

Ability 1st Utah

A VOICE OF OUR OWN

March-April 2020

LEGISLATIVE ADVOCACY 2020

On January 14th, the Utah Statewide Independent Living Council sponsored their annual Legislative Advocacy training at the State Capitol. Many of our consumers were given a great opportunity to understand the advocacy process when meeting with Legislators.

On January 30th, the Legislative Coalition for People with Disabilities held their annual reception. Consumers met with Representatives and Senators and discuss important issues that affect individuals with disabilities. They also had the opportunity to receive training earlier in the day which let them interact directly with Legislators.



This year, the six Utah Independent Living centers will receive a one-time building block of \$750,000 from the Department of Work for Services to be split equally. This funding will assist the centers in maintaining current level of funding for youth transition services, ages 5-24, and maintain current level of services for center programs.

I'd like to express my gratitude for all of the support for Ability 1st Utah throughout our 19 years of service. Please do not hesitate to let us know if you would like to get involved in any of the center activities. I wish all of you the very best this year and thank you so much for your continued support!

-Sandra M. Curcio - Executive Director

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ADA CORNER



THE FAIR HOUSING ACT

The Fair Housing Act (FHA) was established to help people from being discriminated in housing related situations. For those who rent from a second party (landlord, rental company, etc), it states that people with disabilities have the right to have “reasonable accommodations/modifications” in their home.

EXAMPLES OF REASONABLE ACCOMMODATIONS & MODIFICATION

- * Widening doorways for those who are wheelchair bound.
- * Allowing service & support animals despite a “No Pets” policy.
- * Installing grab bars for those with limited mobility.
- * Giving an assigned parking spot for those who are wheelchair bound.

IMPORTANT NOTE: You must get permission from your landlord **BEFORE** making any notable changes or ask to be exempted from specific policies.

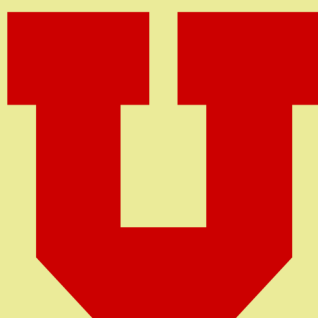
If you feel you have been denied reasonable accommodations without cause or discriminated from housing based on your disability, you can reach out to **Utah Legal Services — 801 374 6766** or the **Disability Law Center — 800 662 9080**.

New Staff at Ability 1st Utah

Craig Ezzell —

Youth Transition (Ephraim office)

I’ve been mentoring youth and individuals with social and physical challenges for many years. I graduated from Snow College and obtained my Bachelor’s in Social Work from the U of U. I’m married with twins that turned two in January. We live in Ephraim and really like the area and the people here. I enjoy sports and am a huge Ute fan!



- Maddie Campbell

IL Coordinator (Provo Office)

I'm currently studying Sociology at BYU. I just got married recently and love spending time with my family. I love going on hikes, playing sports, and visiting new places. My favorite place in the world is California. I love spending time on the beach in the warm weather. I look forward to getting to know and working with you all!



El Rinconcito

MARZO

3/3: Viaje de compras

3/4: Abogocia- Aprenderemos sobre la comunicación asertiva para crear cambios.

3/10: Clase de Cocina- Limitado a 10 personas.

3/11: Comunicación- Aprenderemos sobre diferentes estilos de comunicación.

3/18: Proyecto de servicio- Iremos a Community Action en Provo para ser voluntarios en su banco de comida.

3/19: Boliche- Reúnete con nosotros en la Wilkinson Center en BYU. **No tendremos transporte.**

3/24: Clase de Pasatiempos- Aprenderemos sobre diferentes formas y estilos de arte.

3/25: Computadora & Presupuestos.

3/31: Costura- Limitado a 5 personas.

ABRIL

4/1: Abogocia- Tendremos a alguien de AARP como orador.

4/7: Viaje de compras.

4/8: Actividad de Pascua.

4/14: Clase de Seguro de Salud.

4/15: Proyecto de servicio- Iremos a Desert Industry en Provo para hacer trabajo voluntario.

4/21: Película en el centro.

4/22: Costura- Limitado a 5 personas.

4/28: Clase de Cocina- Limitado a 10 personas.

4/29: Clase de Pasatiempos- Estamos probando diferentes juegos mentales y rompecabezas.

Ultimo Dia Para Hacer Impuestos

Abril 15th, 2020

Asistencia con Impuestos

V.I.T.A.:

Un programa que ofrece asistencia con impuestos gratis si califica. Están ubicados en varios centros en la comunitarios.

Visitar: UtahTaxHelp.org

Llama (800) 906 - 9887

United Way:

Puede presentar un impuesto sencilla directamente en su página web.

Visitar: unitedway.org/myfreetaxes

Llama: 2-1-1



(Class Times
May Vary)

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Shopping	4 Advocates First-12:30-2:30 Living Well 5-7 pm NO TRANSPORT	5	6
9	10 Cooking 12:30-2:30	11 Communica- tion- 1-2:30 Living Well 5-7 pm NO TRANSPORT	12	13
16	17	18 Food Bank 12:30-2:30 Living Well 5-7 pm NO TRANSPORT	19 Bowling @BYU 12:30-2:30 NO TRANSPORT	20
23	24 Hobbies Day: Art Class 12:30-2	25 Computer/ Budget- 1-2:30 Living Well 5-7 pm NO TRANSPORT	26	27
30	31 Sewing 1-3			

MARCH

3/3: Shopping

3/4: Advocates First- We'll talk about how communicate effectively when advocating for change.

3/10: Cooking- Limit 10 consumers.

3/11: Communication- We will learn about different communication styles.

3/18: Food Bank Service Project- We'll be going to Community Action to volunteer in their food bank department. Limit 10 consumers.

3/19: Bowling- Meet us at the Wilkinson Center on BYU campus. NO TRANSPORT!

3/24: Hobbies Day: Art class.

3/25: Computer/Budgeting Class- Limit 5 consumers.

3/31: Sewing- Limit 5 Consumers.

APRIL

4/1: Advocates First- We have a guest speaker from AARP join us. We will also talk about empowerment.

4/7: Shopping

4/8: Easter Activity- We'll be doing crafts and games.

4/14: Health Care Bingo

4/15: Service Project- We will be going to Deseret Industries to do some volunteer work.

4/21: Movie Day at the center.

4/22: Sewing- Limit 5 Consumers.

4/28: Cooking- Limit 10 Consumers.

4/29: Hobbies Day- Mind games and puzzles.

APRIL 2020

(Class Times
May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Advocates First 12:30-2:30 Living Well 5-7 pm NO TRANSPORT	2	3
6	7 Shopping	8 Easter Activity 1-3	9	10
13	14 Health Care Bingo 12:30-2	15 DI Service Project: 12:30-2:30	16	17
20	21 Movie @ center 12:30-3	22 Sewing 1-3	23	24
27	28 Cooking Class 12:30-2:30	29 Hobbies Day: Puzzles 1-2:30	30	

“HOBBIES DAY”

Come learn about new hobbies and be able to try out with us!

MARCH: We'll be learning about different art forms and styles.

APRIL: We're trying out different mind games and puzzles.

Goodbye

We'd like to say goodbye to Kailee Rivera, our IL Skills coordinator. She has been with us for a little more than a year but has made a lasting impressions on the consumers. We wish her the best of luck with her new endeavors!

March 2020

MON	TUES	WED	THUR
2 EB: 11 AM	3 EB: 10 AM	4	5 OY: 10 AM EB: 12 PM
9 EB: 11 AM	10 EB: 10 AM	11	12 OY: 10 AM EB: 12 PM
16 EB: 11 AM	17 EB: 10 AM	18	19 OY: 10 AM EB: 12 PM
23 EB: 11 AM	24 EB: 10 AM	25	26 OY: 10 AM EB: 12 PM
30 EB: 11 AM	31 EB: 10 AM		

April 2020

MON	TUES	WED	THUR
		1	2 OY: 10 AM EB: 12 PM
6	7	8	9
SPRING BREAK			
13 EB: 11 AM	14 EB: 10 AM	15	16
20 EB: 11 AM	21 EB: 10 AM	22	23 OY: 10 AM EB: 12 PM
27 EB: 11 AM	28 EB: 10 AM	29	30 OY: 10 AM EB: 12 PM

YOUTH ACTIVITIES

NO CLASSES:
4/6-4/9

YOUTH SUMMER PROGRAM 2020!

**IT'S ALMOST TIME FOR OUR YEARLY
SUMMER PROGRAM!**

Applications will be available in late April/early May. We have a limited number of spots and it's a "First Come-First Serve" basis. **You need to turn in a completed application to reserve a spot.**

TRANSPORTATION: If you need transportation to/from the center and live in the Northern/Southern parts of the county, try to meet us at a location closer to Provo for pick up or drop off.

We're asking for a voluntary \$50 donation to help with costs. Parents can also help by being chaperones/volunteers.

Bret Guercio
Office: (801) 850-5565
Cell: (385) 375-1370
bret@ability1stutah.org

JUAB & SANPETE

• Sit 'n' Stich:

For all of our crafters, beginners or professional. If you know someone who likes to crochet, knit, or cross-stitch, bring them along.

• HEAT Program: Ends 4/22.

There's still time to get in contact with Six County HEAT. Call 435 835 2831 **ASAP!**

• Transportation Services:

We do assist with transportation to doctors appointments. However, it's meant to be a last resort option.

We encourage you to examine all other options **BEFORE** calling us for a ride.



Ephraim Office

Office: (435) 283-4949

85 West 100 North

Ephraim UT, 84627

March 2020

TUES	WED	THUR
3	4 Shopping	5
10	11	12
17	18 Shopping	19
24	25 Sit 'n' Stich @ 1 pm	26
31		

April 2020

TUES	WED	THUR
	1	2
7	8 Shopping	9
14	15 Sit 'n' Stich @ 1 pm	16
21	22 Shopping	23
28	29	30

Tax Day: APRIL 15th, 2020

VOLUNTEER INCOME TAX ASSISTANCE

V.I.T.A. is a program that offers free tax help for those that qualify. They're generally located in community centers. Use the "VITA Locator Tool" or call (800) 906 - 9887 to find one near you.

OTHER TAX HELP

United Way: Call 2-1-1 or go to:
www.unitedway.org/myfreetaxes

Earn it, Keep it, Save it:

Go to utahtaxhelp.org for more information.

Ability 1st Utah Staff

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*To integrate, build, and
 strengthen abilities for all
 individuals with
 disabilities.*

~Vision~

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Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested