



Ability 1st Utah

A VOICE OF OUR OWN

May – June 2020

COVID-19:

**How to Protect
Yourself & Others**

How It Spreads:

- ♦ It spreads through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can be inhaled by people nearby (about 6 feet).
- ♦ It can also survive on surfaces for hours and be spread through contact of surface.
- ♦ **COVID-19 may be spread by people not showing symptoms. You could spread to others even if you do not feel sick.**
- ♦ **The best way to prevent illness is to protect from being exposed to the virus.**

Simple Ways to Protect

- ♦ **Wash your hands with** soap and water for at least 20 seconds especially after you have been outside. If soap and water aren't available, **use a hand sanitizer that contains at least 60% alcohol.**
- ♦ **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- ♦ **Stay at home as much as possible.** This is important for **people who are at higher risk of getting very sick.**
- ♦ **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, , phones, keyboards, toilets, faucets, and sinks.

If You Have to Go Out:

- ♦ **Keep about 6 feet between yourself and others.**
- ♦ **Cover your mouth and nose** when you cough or sneeze with a tissue or use the inside of your elbow and **wash your hands right after.**
- ♦ **Everyone should wear a cloth face cover when they have to go out in public.**
- ♦ Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unable to remove mask without assistance.

Visit www.cdc.org for the latest news on COVID 19.

MAY & JUNE ACTIVITIES

- * **BOARD GAME ACTIVITIES:** Come and play a variety of board games online!
- * **ADVOCATES FIRST CLASS:** Join us to learn from a professional who works in health and wellness area.
- * **BOOK CLUB:** “The Wind in the Willows” by Kenneth Grahame. We’ll meet on Wednesdays to discuss the chapters we’ve read. Use the links below to follow along.
Free Text: <https://www.gutenberg.org/files/27805/27805-h/27805-h.htm>
Free Audiobook: <https://www.youtube.com/watch?v=8BYjJmqxTSc>
- * **MOTHER’S DAY CARDS:** We will be learning a lot of different cards to make!
Materials: Colored Paper — Glue — Scissors — Markers or Pens
- * **VIRTUAL MUSEUM TOUR:** We’ll be virtually touring museums and monuments in different countries!
- * **PHOTOGRAPHY:** Join us to learn some basics about taking pictures. We’ll practice taking photograph and share our new skills!
- * **BINGO:** Play Bingo online! There will be a virtual board, but if you need one printed and mailed to you, let Maddie know the week before.
- * **FUNNY VIDEO SHARE:** Find some of your favorite funny videos and send them to Maddie (madison@cucil.org) and we’ll watch them together!
- * **MAGIC TRICKS:** We’ll work on learning some basic magic tricks. If you want to practice, you will need a standard deck of cards and a coin.
- * **BUDGETING CLASS:** We will learn some basic budgeting and computer skills.
- * **ONLINE JIGSAW:** We’ll be doing an online jigsaw puzzle together! A link to the puzzle will be sent to you. It is easier to do it on a laptop or computer, but a phone will work.
- * **EMERGENCY PREPAREDNESS:** We’ll go over how to be prepare for different emergencies.
- * **ORIGAMI:** Come learn cool origami techniques! If you have paper, you can fold along!
- * **HEALTHCARE BINGO:** Juan Gomez will join us and answer any healthcare questions you might have then play Bingo online! There’ll be a virtual board, but if you need a printed copy, let Maddie know the week before.
- * **VIRTUAL ZOO TOUR:** We will be doing a virtual zoo tour.
- * **JOB HACKS WORKSHOP:** We will talk about many different skills and abilities that employers are looking for and teach about the best ways to find a job.
- * **MEDITATION:** We’ll be trying out different methods to relax and meditate together
- * **LEARNING LANGUAGES:** We’ll go over different resources to learn languages for free!

1K/5K Carrera

Quando: 9/26/2020

Donde:
Freedom Prep Academy
1761 O. 820 N., Provo

Regístrate Ahora!

Internet: ability1stutah.org

Correo/Oficina: Entregue su aplicación con pago a:
491 N. Freedom Blvd.
Provo, UT 84601

DESCUENTOS

Grupos de 4 o más pueden recibir \$2 de descuento en cada corredor.

1K:

Niños (-11) \$7

5K :

	Antes	Mismo Dia
Adultos (12-54)	\$20	\$25
Niños (-11)	\$15	\$20
(55+)	\$15	\$20

COVID-19

**Cómo Protegerse Y
Proteger a Otros.**

Cómo Se Propaga

- ♦ El virus se propaga principalmente de persona a persona que están en contacto cercano/6 pies. A través de gotitas respiratorias cuando una persona infectada tose, estornuda o habla.
- ♦ COVID-19 puede propagarse a través de personas que no presentan síntomas.
- ♦ La mejor manera de prevenir la enfermedad es evitar la exposición a este virus.

Maneras Simples de Proteger

- ♦ Lávese las manos con agua y jabón por 20 segundos. Si no dispone de agua y jabón, **use un desinfectante de manos que contenga 60 % de alcohol.**
- ♦ Limpie Y desinfecte las superficies que se tocan con frecuencia . Esto incluye las mesas, las manijas de las puertas, los interruptores de luz, las barandas, los escritorios, los teléfonos, etc.

Si Tienes Que Salir:

- ♦ Mantenga unos 2 metros entre usted y los demás.
- ♦ Usar cubiertas de tela sus cara cuando salen de sus casas. Las cubiertas de tela no se deberían usar en niños menores de 2 años, personas con problemas respiratorios, o que no sean capaces de quitárselas sin ayuda.

(Class Times May Vary)

May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call 801 373 5044 or email staff@ability1stutah to reserve!				1
4	5 Board Game 12:30-2	6 Advocates First: Health & Wellness 12:30-2	7 Book Club (Chap. 2-3) 12:30-1:30	8 Mother's Day Card Making 12:30-1:30
11	12 Cooking: Chicken Enchiladas 11-12	13 Book Club (Chap. 4-5) 12:30-1:30	14 Virtual Museum 1 2:30-1:30	15 Hobbies Day: Photography 12:30-1:30
18	19 Bingo 12:30 –1:30	20 Book Club (Chap. 6-7) 12:30-1:30	21 Funny Video Share 12:30-1:30	22 Hobbies Day: Magic Tricks. 12:30-1:30
25 Office Closed 	26 Cooking: Taco Ring 11-12	27 Book Club (Chap. 8-9) 12:30-1:30	28 Budgeting 12:30-1:30	29 Online Jigsaw 12:30-1:30

Chicken Enchiladas Ingredients:

4 cups of shredded chicken.
1 pint of salsa Verde.
1 cup of shredded cheese
2 Tablespoon Sour cream
4 tortillas.

Optional: Sides of rice and beans.

Taco Ring Ingredients:

1 lb ground beef
1 package of taco seasoning
1 cup shredded cheese
2 cans (8 oz each) crescent dinner rolls
Toppings: Lettuce, tomatoes, salsa, olives.

Ramen Surprise Ingredients:

2 packages Ramen Noodles
1 pound ground beef
25 slices pepperoni
1 can diced tomatoes
1 tsp garlic powder
1 ¼ cup water
1 cup shredded cheese

Mini Pizza Ingredients:

6 English Muffins
1 Jar of Pizza Sauce
Shredded mozzarella cheese
Toppings of your choice.

June 2020

(Class Times May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Emergency Preparedness 12:30-1:30	3 Book Club (chap. 10 & 11) 12:30-1:30	4 Board Game 12:30-2	5 Hobbies Day: Origami 12:30-1:30
8	9 Cooking: Mini Pizza's 11-12	10 Book Club (chap. 12– End) 12:30-1:30	11 Healthcare Bingo 12:30-2	12 Virtual Zoo 12:30-1:30
15 Job Hacks Workshop 1-2:30	16 Job Hacks Workshop 1-2:30	17 Job Hacks Workshop 1-2:30	18	19
22	23 Mediation Class 12:30-1:30	24 Hobbies Day: Learning A Language 12:30-1:30	25 Board Game 12:30-2	26
29	30 Cooking: Ramen Surprise 11-12	Call 801 373 5044 or email staff@ability1stutah to reserve!		

Zoom Activities

We'll meet for activities VIA Zoom. If you need help with using zoom, we can help you learn the process.

What You Will Need:

- Access to the internet.
- A working email to receive instructions and meeting invites.
- A smartphone or computer with a camera and microphone.

Call or email us each week to let us know which activities you plan on attending and so we can send you the link to join each activity.

**Our Run,
Walk, & Roll
5k Race!**

**Saturday,
September
26th, 2020**

YOUTH ACTIVITIES

MAY 2020

MON	TUES	WED	THUR	FRI
4 Board Games 2-3	5	6 Life Skills 10-11:30	7 Hands On 1-3	8 Watch & Discuss 10-1:30
11 Board Games 2-3	12	13 Life Skills 10-11:30	14 Hands On 1-3	15 Watch & Discuss 10-1:30
18 Board Games 2-3	19	20 Life Skills 10-11:30	21 Hands On 1-3	22 Watch & Discuss 10-1:30
25 Office Closed	26	27 Life Skills 10-11:30	28 Hands On 1-3	29 Watch & Discuss 10-1:30

SUMMER PROGRAM 2020

Applications: Due June 1st!

- You will need to complete an application to be accepted in the summer program.
- Text Bret at **385 375 1370** with an email and we will send one out to you. LIMITED SPACES!
- June activities will be listed on the applications.
- You need to call each week to sign up for the activities.

Bret Guercio— IL Youth Coordinator

Direct: (801) 850-5566

Cell: (385) 375-1370

bret@ability1stutah.org

Zoom Activities

We'll meet for activities VIA Zoom. If you need help with using zoom, we can help you learn the process.

What You Will Need:

- Access to the internet.
- A working email to receive instructions and meeting invites.
- A smartphone or computer with a camera and microphone.

Call or email us each week to let us know which activities you plan on attending and so we can send you the link to join each activity.

MAY WEEKLY ACTIVITIES

Monday: Board Games

We'll be playing various games on tabletopia.com

Wednesday: Life Skills

We'll learn different life skills that are needed for everyday life.

Thursday: Hands On Activities

You'll have to provide your own materials. We'll send you a list of materials when you sign up.

Friday: Watch & Discuss

We'll be picking a movie on those overcoming disabilities and show our opinions.

JUAB & SANPETE

THIS NEWSLETTER IS GOING TO BE A LITTLE BIT DIFFERENT THAN USUAL.

- **TRANSPORTATION:**

Presently we are not providing transportation for consumers. Until the Governor lifts the “Stay Home Stay Safe” order, we cannot provide transport for our consumers in this area. However we can still help you with a variety of services via telephone, ZOOM meetings, or Skype. Please remember if you get a review from either Department of Workforce Services or Social Security, it is best to get those done ASAP so your benefits are not interrupted. We can still assist you with those reviews.

- **ASSISTIVE TECHNOLOGY & EQUIPMENT:**

If you need Assistive Technology, we can still submit a packet for devices that will help you overcome barriers. Please remember that if you need things like walkers, wheelchairs, and other basic self-care items, please try to get those items through prescription from your physician FIRST. If you cannot get those items on your own, let me know to set up a no contact delivery.

- **CABIN FEVER:**

There are a variety of Podcasts that can help consumers if they are experiencing problems with isolation sickness. You can still contact Central Utah Mental Health if you need to speak with a counselor.

Free cross stitch patterns can be emailed or texted to you. These are cute small patterns, easy to complete quickly and they go with the #bewellandstitch hashtag. If you want some of those to complete, let me know so I can get them to you. These go along with our “Sit and Stitch” class, which we can’t hold in our center right now but we hope to bring it back very soon.

Ephraim Office

(435) 283 4949

(435) 340 1145

wendy@ability1stutah.org

[Visit www.cdc.org](http://www.cdc.org)
[for the latest news &](#)
[health measures](#)
[to COVID 19.](#)

Farewell Carol Skinner

We would like to honor one of our dear consumers, volunteer, and all around friend, Carol Skinner. She passed away on April 23rd from battling with cancer.

Her favorite pastime was teaching our sewing class, which became one of our most popular classes because of her teaching style and spirited personality.



She also volunteered her time at our annual race each year.

If you'd like to leave your condolences, please visit ability1stutah.org.

Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Janine Culver
Wendy Hansen
Craig Ezzell
Shauna Parks
Angel Cortes
Roy Gerber
Bret Guercio
Darren Spencer
Madison Campbell
Kathy Tucker
Shelly Pitchforth
Cheryl Campbell
Cynthia Gonzalez

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

Vision~

Facebook: Ability 1st Utah

Website: www.ability1stutah.org

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

491 N. Freedom Blvd.

Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested