

Ability 1st Utah

A VOICE OF OUR OWN

JULY-AUGUST 2020



ADA: 30 YEARS LATER

The Americans with Disabilities Act (ADA) was signed into law by President George H.W. Bush on July 26, 1990. The ADA is the first comprehensive civil rights law focused on persons with disabilities. In September of 2008, congress amended the law to clarify its definition of disability with the ADA Amendments Act of 2008.

It opened the doors to employment opportunities, created state and local government programs, provided accommodations, and improved transportation needs by prohibiting discrimination against people with disabilities.

THE ADA PROHIBITS DISCRIMINATION AGAINST:

- Those with a physical/mental impairment that substantially limits one or more major life activity.
- Those who have a record of such impairment.
- Those who are regarded as having an impairment.

Visit
rockymountainada.org
for updates &
assistance with
disability issues.

DISABILITY RIGHTS
ARE CIVIL RIGHTS

COVID-19 RELATED ASSISTANCE

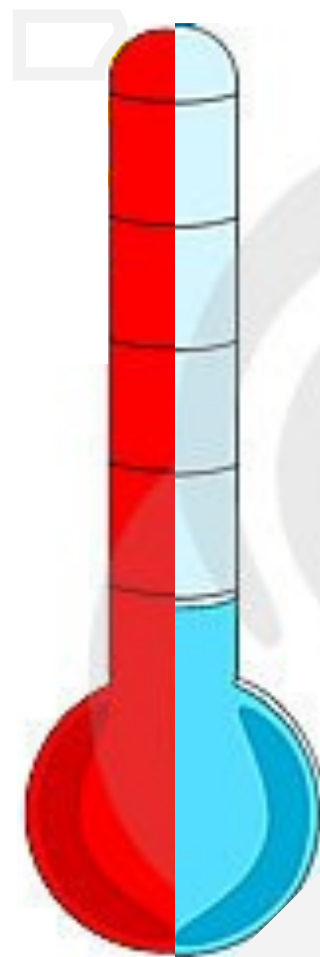
Many consumers have spoken to us about the difficulties to obtain essential/life-sustaining items, attending classes through Zoom, or internet access.

Due to the CARES Act, we can expand our services to help with those services. Please reach out and speak to your coordinators about fulfilling those needs.

EASY WAYS TO KEEP COOL IN THE SUMMER

Here are some simple tricks to help you stay chill in the heat:

- 1) **Hydration:** In hot temperatures, your body will lose a lot of water. Drinking the recommended amount through out the day, at least 2 liters, can help prevent over heating.
- 2) **Ventilation:** There are different ways to control the air flow. Using electrical fans for direct air and closing off rooms that you won't need are ways to have the cooler air where you want it to be. Open windows in the evening and closed blinds during the day can help keep heat out and cold in.
- 3) **Dress Lightly:** Wearing thinner and/or loose fitting clothes can help breathe easier. Lighter colors (yellow, orange, pastel colors) will help reflect more light and heat off.



El Rinconcito

FRESCO EN EL VERANO

- 1) **HIDRATACIÓN:** En temperaturas altas, el cuerpo puede perder mucha agua. Beber la cantidad recomendada durante todo el día, al menos 2 litros, puede ayudar a prevenir el sobrecalentamiento.
- 2) **VENTILACIÓN:** hay diferentes formas de controlar el flujo de aire. Usando ventiladores eléctricos para aire directo y cerrando habitaciones que no necesitará. Abrir ventanas por la noche y cerrar las persianas durante el día puede ayudar a mantener el calor y el frío adentro.
- 3) **VÍSTASE LIGERAMENTE:** usar ropa más delgada y / o holgada puede ayudar a respirar más fácilmente. Los colores más claros ayudarán a reflejar más calor.



ASISTENCIA ADICIONAL

Muchos consumidores nos han hablado sobre las dificultades para obtener artículos que sustenten la vida, asistir a clases a través de Zoom o acceder a Internet.

Debido a la CARES Act, podemos ampliar nuestros servicios para ayudar con esos servicios. Hable con sus coordinadores sobre cómo satisfacer esas necesidades.

(Class Times
May Vary)

July 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Board Games 1-2	3 Office Closed 
6 Cooking Class 11-12:30	7 Computer Skills Part 1 1-2	8 Self-Advocacy & Game Day 1-2:30	9	10 Movie Day 4-6
13	14 Computer Skills Part 2 1-2	15 Book Club: <i>Little House on the Prairie</i> 1-2	16 Board Games 1-2	17
20	21 Computer Skills Part 3 1-2	22	23 Cooking Class 11-12:30	24 Office Closed 
27	28	29 Book Club: <i>Little House on the Prairie</i> 1-2	30	31

Changes in Classes in regards to COVID 19.

Starting in August, we will start to offer certain group activities in person as restrictions are lifted. **These activities are marked in yellow boxes on the newsletter.**

PLEASE NOTE: There are still some restrictions as the pandemic is still an ongoing situation. You may be required to wear a mask, maintain social distancing and other safety measures. These classes may also be cancelled with little to no notice.

We know this has been a difficult time and we are hoping to move forward. Please understand what new procedures we put in and changes, we always have the health and safety of consumers and staff in mind.

August 2020

(Class Times
May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Music Man @ Scera Theatre.	5	6 Cooking Class 11-12:30	7 Movie Day 4-6
10	11 CAMPING	12	13	14
17	18 UTA & Utah County Elections Speakers	19 Personal Financing: P1 1-2	20 UVX Trip: Krispy Kreme 1-3	21 Movie Day 4-6
24	25 Personal Financing: P2 1-2	26 Book Club: <i>Little House on the Prairie</i> 1-2	27 Board Games 12:30-2	28
31				

Campout at Perception Park, Ogden Canyon

We'll leave for Ogden at 10 AM on Tuesday and return on Thursday around 4 PM. If you can, try to meet us at the Provo office before then.

There are restrooms available and limited electricity for charging power chairs only. The ability to move own luggage and set up own tent preferred. If you need assistance, you need to provide your own aide. You will need to provide your own personal hygiene items and/or bring an aide to assist with all needs. We can provide safety items such as masks and gloves.

If possible, a \$10 donation is appreciated. We do require you fill out an application beforehand. Call our office for further inquires.



YOUTH ACTIVITIES

July 2020

MON	TUES	WED	THUR	FRI
		1 Living Well 1:30-3:30	2 Hobby Day 1:30-2:30	3
6	7 NINJA	8	9	10
13 Board Game 2-3	14	15 Living Well 1:30-3:30	16 Hobby Day 1:30-2:30	17 Movie Day 4-6
20 Board Game 2-3	21	22 Living Well 1:30-3:30	23 Hobby Day 1:30-2:30	24
27 Board Game 2-3	28	29 Living Well 1:30-3:30	30 Hobby Day 1:30-2:30	31 Movie Day 4-6

August 2020

MON	TUES	WED	THUR	FRI
3 Board Game 2-3	4	5 Living Well 1:30-3:30	6 Hobby Day 1:30-2:30	7 Movie Day 4-6
10	11 CAMPING	12	13	14
17 Board Game 2-3	18	19 Living Well 1:30-3:30	20 Hobby Day 1:30-2:30	21 Movie Day 4-6
24 Board Game 2-3	25	26 Living Well 1:30-3:30	27 Hobby Day 1:30-2:30	28 Movie Day 4-6
31 Board Game 2-3				

OTHER EVENTS

***NINJA conference: July 7-9**

- Over Zoom.

***Camping: August 11-13**

- See Page 5 for Info.

LIVING WELL IN THE COMMUNITY

WEDNESDAYS @ 1:30-3:30 PM

A 10 week workshop for people who want to set goals to improve their quality of life.



Participants Can:

- Identify what is meaningful in their life.
- Set quality of life goals based on ways they want to make their lives better.
- Applying problem-solving skills to obstacles that get in the way of reaching goals.
- Discover tools and skills to help achieve your goals like communicating effectively and finding resources.
- Explore ways to improve their overall health by amending daily habits.
- Practice self-advocacy and systems-advocacy to make changes to help support them and others in living well.

Bret Guercio— Youth Coordinator
(801) 850-5565 / (385) 375-1370
bret@ability1stutah.org

JUAB & SANPETE

A New Normal

Since the outbreak of COVID-19, our world has changed. Taking responsibility for our health has become the most important aspect of daily life.

NEW PROCEDURES FOR APPOINTMENTS BRANCH OFFICE

- DON'T show up unannounced at the office. We'll let you in ONLY with an appointment.
- Office Appointments: Your temperature will be taken at the door. If you have a temperature, you'll be asked to leave.
- You will need to wear both a mask and gloves during the entire appointment. We encourage you to bring hand sanitizer with you.

TRANSPORTATION SERVICES

If you've found an alternative source for shopping/medical appointments, we encourage you to continue using that source.

However, if you absolutely need transport services from our agency, you'll be required to wear a mask on the van & social distancing must be maintained at all times.

SHOPPING TRIPS:

**July 7th, July 21st,
August 4th, & August 18th.**

You will need to call me to get on the schedule, there are a limited number of spots. To comply with social distancing, our van does not allow us to transport more than one person or groups of people who have not interacted with each other on a regular basis.

You will be transported to your destination and back to your place of pickup. There will be no side trips. Once a consumer is dropped off, the van will be cleaned and sanitized. These procedures are to keep both consumers and staff safe.

ACTIVITIES

As of now, there is no transportation for recreation unless noted. There are virtual classes being offered by the Ability 1st Provo Office. If you have a computer or tablet and internet access you can participate in these classes. Just let me know and we can make sure you get the contact/login information to join.

SIT & STITCH:

**July 9th, July 23rd,
August 6th, & August 20th.**

All the events will be in Pioneer Park at 11 AM. You can bring your lunch while we sit in the shade and stitch. We will be maintaining social distancing during this class. Come and join us for some craft, conversation and lunch.

BRANCH OFFICE

**85 W 100 N. Ephraim, UT 84627
435 283 4949 • 435 340 1145
wendy@ability1stutah.org
craig@ability1stutah.org**

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Now when you shop at Smith's, either in the store with your rewards card or online, they will donate 0.5% of your total purchase to our agency.

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~

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