IN-PERSON IL CLASSES:

We are going to start offering IL classes and activities at our office on a limited basis. We will offer three kinds of classes, and have color-coded them on the main calendar (pages 4-5).

**BLUE:** The class will be offered VIA Zoom only.

**GREEN:** The class will be offered both in person and Zoom (Mixed).

**PURPLE:** The class will be offered in person only.

**LIVE/MIX:** We’ll be following COVID-19 guidelines. A complete set of guidelines are on the next page. Classes may be cancelled on a short notice.
THE OFFICE WILL BE CLOSED:

- November 11 • November 26 & 27
- December 21 – 25 • January 1

COVID-19 PREVENTION GUIDELINES

Here are the guidelines we will be using for In-person classes/appointments/transportation.

- **MASKS**: Masks will be required for the duration of your visit/transportation. We have a limited supply so try to bring your own. If you refuse to wear one, we may ask you to leave.

- **HYGIENE**: Proper hand sanitizing will be in place. Gloves are an option. We will also disinfect the class area/van after every class/transport.

- **TEMPURATURE TAKING**: We will be taking temperatures when consumers arrive at the center/before transported. If you are found with a fever, we may ask you to leave the center/stay at home.

- **SYMPTOMS**: If you arrive at the center with any of the following symptoms, we may ask you to leave:
  Fever, cough, loss of taste/smell, runny nose, breathing issues, and other symptoms of COVID-19.

- **DISTANCING**: We will keep 6 feet between consumers distance during class.

- **CLASS SIZES**: We’re limiting the number of consumers for the in-person classes.

THESE GUIDELINES WILL BE IN PLACE UNTIL FURTHER NOTICE.
Directrices de Prevención de COVID-19

Estas son las directrices que vamos a utilizar para:
Clases en vivo • Citas • Transporte.

- **Mascaras**: Se requerirán máscaras durante la duración total de su visita/transporte. Tenemos una cantidad limitada a fin de tratar de traer su propio. Si se niega a usar uno, podemos edirle que se vaya.

- **Higiene**: Se aplicará una desinfección de manos adecuada. Los guantes son una opción. También vamos a desinfectar el área después de clase.

- **Toma de Temperatura**: Estaremos tomando temperaturas cuando consumidores lleguen al centro/sean transportados. Si tiene fiebre, podemos pedirle que salga el centro/estancia en casa.

- **Síntomas**: Si llega con cualquiera de los siguientes síntomas, podemos pedirle que salga el centro: Fiebre, tos, pérdida del gusto/olfato, secreción nasal, problemas respiratorios recientes y otros síntomas de COVID-19.

- **Distancia**: Mantendremos distancia de 6 pies entre consumidores durante la clase.

- **Tamaños de Clase**: Estamos limitando el número de consumidores en los clases presenciales.

**Estas Directrices Estarán En Lugar Hasta Más Aviso.**

**La Oficina Será Cerrada:**
- Noviembre 11 • Noviembre 26 & 27
- Diciembre 21 – 25 • Enero 1
# November 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 2 2    | **3 Virtual**
CALL/EMAIL TO Advocates First RSVP TO CLASSES
Board Meeting 12:30-1:30
| **4 Mix**
Board Game
12:30-1:30 | 5
| 6 In Person
Bowling @ BYU
1-2:30
NO TRANSPORT |

| 9 9    | **10 Virtual**
CALL/EMAIL TO Self-Advocacy RSVP TO CLASSES
Class 12:30-1:30 |
| 10 Virtual | **11 CLOSED** | **12 Mix**
Self-Advocacy
USU Extension
Class 12:30-1:30
Cooking Class
11-12:30 |
| 16 Virtual | **17 Mix**
Setting
Beading Class
Boundaries 12:30-1:30 |
| **18 In Person**
In Person
Sewing Class
12-1:30 |
| **19 In Person**
In Person
Service Project
11:30-1:30 |

| 23 23   | **24 Mix**
CALL/EMAIL TO Cooking Basics
RSVP TO CLASSES
12:30-1:30 |
| **25** | **26 CLOSED**
| **27 CLOSED** |

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**LIMITED TRANSPORTATION:** Sign up for classes at least **ONE WEEK** before to ensure a ride!

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**November**

11/3: Board Meeting for Advocates First.
11/4: Board games!
NO TRANSPORT!
11/10: Self-Advocacy class.
11/12: USU Cooking Class.
11/16: Learning to set boundaries.
11/17: Crafting with beads.
11/18: Sewing: Bags. LIMIT 5.

**December**

12/1: Advocates First Calendar Planning.
12/2: Sewing: Xmas pillows & stockings.
12/8: Crafting: Christmas cards & other!
12/9: Come watch a Christmas classic!
12/10: USU Cooking Class.
12/15: Learn about hazards in your home.
12/16: Service: Kits for kids in hospitals.
12/17: Cooking Basics– Menu TBD
<table>
<thead>
<tr>
<th><strong>DECEMBER 2020</strong></th>
<th><strong>(Class Times May Change)</strong></th>
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</table>

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
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<th><strong>FRIDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>31 CALL/EMAIL TO RSVP TO CLASSES</td>
<td>1 Virtual Calendar Planning 2021 11-1</td>
<td>2 In Person Sewing Class 12-1:30</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7 CALL/EMAIL TO RSVP TO CLASSES</td>
<td>8 Mix Christmas Crafts 12:30-2</td>
<td>9 Virtual Christmas Party/ Movie 11-1</td>
<td>10 Mix USU Extension Cooking Class 11-12:30</td>
<td>11</td>
</tr>
<tr>
<td>14 CALL/EMAIL TO RSVP TO CLASSES</td>
<td>15 Virtual Hazards around the Home 12:30-1:30</td>
<td>16 In Person Service Project! 12-2</td>
<td>17 Mix Cooking Basics 12:30-1:30</td>
<td>18</td>
</tr>
<tr>
<td>21 CLOSED</td>
<td>22 CLOSED</td>
<td>23 CLOSED</td>
<td>24 CLOSED</td>
<td>25 CLOSED</td>
</tr>
<tr>
<td>28 NO CLASSES THIS WEEK!</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1 CLOSED</td>
</tr>
</tbody>
</table>

**Closed for Holidays**

**Color Coded Classes**

**BLUE:** The class will be offered **virtually** only.

**GREEN:** The class will be offered **both in person and online (Mix).**

**PURPLE:** The class will be offered **in person only.**

*Please review the COVID-19 guidelines on page 2!*
Until further notice, we will provide the weekly Youth Classes on Zoom.

We are offering other activities in our office. Turn to main calendar and front page for more info.

To receive the zoom invites for the weekly classes, let me know either through text or email (see below).

**Weekly Zoom Classes**

**IL Skill Building:**
Thursdays 12-1.

**Movie Day:**
Fridays 2-4.

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**We Will Not Have Any Classes On:**

- November 11 • November 26 & 27
- December 21 – 25 • January 1

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Bret Guercio -
Youth Coordinator
Office: (801) 850-5565
Cell: (385) 375-1370
bret@ability1stutah.org
**EXTRA! EXTRA!**

**NEW HEAT SEASON!**
**STARTS NOVEMBER 1ST.**
Contact local Six County Agency in Juab and Sanpete County.

**FLU SHOTS -**

Please get a flu shot for the upcoming flu season. **This is not the flu shot for the COVID Flu.** However if you get vaccinated for the regular flu, you will increase your chances of staying healthier and keep hospital beds free for seriously ill COVID patients. You can receive them at your local pharmacy or contact your physician.

**EPhRAIM OFFICE**

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WAYS YOU CAN SUPPORT US!

1. Sign into smile.amazon.com with your Amazon credentials.
2. Go to “Your Account” tab at the top of the page and select “Your Amazon Smile”.
3. Select “Change your Charity” to “Ability 1st Utah”.

When you use smile.amazon.com for your purchases, Amazon will donate 0.5% of eligible purchases to us!

1. Go to smithsfoodanddrug.com/inspire
2. Sign into your account (or Create an account with Smiths at no cost).
3. Enter our agency’s number (SX024) and choose “Save”.

When you shop at Smith’s with your rewards card, either in store or online, they’ll donate 0.5% of your 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

Promoting Independence for People with Disabilities