



Ability 1st Utah

A VOICE OF OUR OWN

JANUARY-FEBRUARY 2021

*Happy New Year
2021*

It feels like 2021 couldn't come any sooner. We have some high expectations for this next year.

But before you throw 2020 out the door, reflect on the successes and the struggles you overcame.

- Did you read the book you've been wanting to?
- Did you make good choices when it was tough?
- Did you help out neighbors and friends who were limited on their own way?
- Did you learn how to make bread?

Give yourself a pat on the back and use the energy to carry you into the new year. Thanks for being you!

DECLUTTERING TIPS

With the new year comes a time for change and starting fresh. One way is to remove what you don't need by decluttering. Here are ways to get started:

- **GIVE/THROW 1 ITEM AWAY EACH**

DAY: This could remove 365 items every year from your home.

- **CREATE A CHECKLIST BEFORE STARTING:** It's easier when you can see where you need to declutter.

- **12-12-12 CHALLENGE:** Locate 12 items to throw away, 12 items to donate, and 12 items to be returned to their proper place.

- **VIEW YOUR HOME AS A VISITOR:** Enter your home as if you're visiting a friend's place. Write down your first impression and ways to improve it.

- **PUT IT TO A VOTE:** Have a friend/family member go through your home and suggest items to throw away/donate. If you want to keep it, they have to agree with you. If they don't, it's time to get rid of it.

- **THE 4 BOX METHOD.** Get 4 boxes and label them **trash**, **donate**, **keep**, and **re-locate**. Choose one room and place each item into one of the boxes. This will help you see what you have and what to do with each item.



LA OFICINA ESTARÁ CERRADO: Enero 18 y Febrero 15



Se siente como 2021 no pudo llegar más pronto. Tenemos grandes expectativas para el próximo año. Pero antes de que termine 2020, reflexione sobre los éxitos que ha tenido y las luchas que ha superado.

- **¿Leíste el libro que querías?**
- **¿Hiciste buenas elecciones cuando fue difícil?**
- **¿Ayudó a los vecinos que estaban limitados a su manera?**
- **¿Aprendiste un nuevo pasatiempo?**



Anímate y usa la energía para llevarte al nuevo año. ¡Gracias por ser tu!

Todas las clases serán sobre Zoom a menos que se indique. Contáctenos si desea que se agregue su correo electrónico para ampliar las invitaciones.

Entendemos que las vacunas para COVID se están distribuyendo en todo el país. Sin embargo, muchas reglas, como el uso de máscaras y el distanciamiento social, seguirán vigentes hasta que las tasas de transmisión sean seguras y el estado ajuste sus mandatos. Esperamos poder tener clases presenciales pronto.

(Class Times
May Change)

JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Legislative Coalition for People with Disabilities are holding their reception virtually this year. Contact us if you're interested or have any questions. Details TBA.				1 Office Closed 
4	5 Advocates First Board Meeting 12:30	6	7	8
11	12 Health Department 12:30	13 Virtual Tour: The Leonardo Museum 12:30	14 Support Group & Games 12:30	15
18 Office Closed 	19 Setting & Keeping Boundaries 12:30	20 Craft Class/ Being Positive 12:30	21	22
25	26 USU Cooking Class 11:00	27	28 LCPD Annual Reception TBA	29

JANUARY

1/5: Board Meeting- Advocates 1st
1/12: Health Department Presentation
1/13: Virtual Tour of the Leonardo
1/14: Support Group & Games
1/19: Boundaries Class
1/20: Winter Craft!
1/26: USU Cooking Class.

FEBRUARY

2/2: Train safety
2/4: Support Group & Games
2/9: Public Transport training
2/10: Support Group & Games
2/16: Hazards in the Home
2/18: Support Group & Games
2/23: USU Cooking Class
2/24: Support Group & Games

FEBRUARY 2020

(Class Times
May Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Operation Life Saver: Train Safety 12:30	3	4 Support Group & Games 12:30	5
8	9 Public Transport Training 12:30	10 Support Group & Games 12:30	11	12
15 Office Closed 	16 Hazards in the Home 12:30	17	18 Support Group & Games 12:30	19
22	23 USU Cooking Class 11:00	24 Support Group & Games 12:30	25	26

**We're putting together a peer support call list.
If you're interested, contact your case manager.**

IMPORTANT NOTICE!

All classes will be over Zoom.

Contact us if you wish to have your email added to invites.

We understand COVID vaccines are being distributed throughout the nation. However many guidelines, such as mask wearing and social distancing, will still be in place until the transmission rates are safe and the state adjust their mandates. We hope to be able to have in-person classes soon.

YOUTH PROGRAM



Bret Guercio, who has been with Ability 1st Utah since 2017, will be leaving us for new opportunities. He will be missed by both our staff and the many consumers and youth he's worked with.



HELLO

We'd like to introduce Jordan Taylor!

She'll be joining on as the new Independent Living Youth coordinator. She will be starting January 4th and will reach out when she has set the schedule for the youth.

JORDAN TAYLOR:
YOUTH COORDINATOR

Office: (801) 850-5565
Cell: (385) 375-1370

What About the Youth Classes?

We ask you bear with us as we settle with the new staff changes. Keep in contact so you can know as soon as possible when the IL youth classes will be starting again.

JUAB & SANPETE

2021

I hope everyone had a wonderful holiday season. It's safe to say that none of us have experienced a year quite like 2020. But out with the old and in with the new.

Continue to practice social distancing and keep wearing your mask! This is the best way to prevent getting and spreading Covid-19. Our agency is keeping our ear to ground in regards to vaccine and transmission risks.

Take a look at the calendar for Utah County (pages 4 & 5). Madison has scheduled game activities via Zoom. If you want to join, let me know and we can add you to the list.

Ephraim Office

435-283-4949

85 W 100 N

Ephraim, UT 84627

CALENDAR EVENTS

Sit-N-Stitch

1/14, 1/28, & 2/10

Since it's too cold outside, I can safely have 3 consumers in the office for the Sit-n-Stitch classes.

Masks will be required for the entire class and your temperature will be taken. If you show signs of illness, you won't be able to attend.

Shopping Days

1/6, 1/20, 2/3, & 2/17

TRANSPORTATION:

Please give us a call as soon as you know you need transport so we can schedule as best we can. We make every effort to get you where you need to go.

We're putting together a peer support call list. If you are interested, let me know.

Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Jordan Taylor: IL Youth Coordinator
Madison Campbell: IL Coordinator
Janine Culver: TTW Coordinator
Shauna Parks: Pre-ETS Specialist
Roy Gerber: Pre-ETS Specialist
Divine Fuaga: Pre-ETS Specialist

Darren Spencer: Loan Bank/Driver
Kathy Tucker: Loan Bank Equipment
Shelly Pitchforth: AT Coordinator
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Cynthia Gonzalez: Receptionist

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Pre-ETS Specialist

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

Vision~



1455 North 820 West
 Provo Utah, 84601
 Phone: 801-373-5044
 Fax: 801-373-5094
www.ability1stutah.org

Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested