

Ability 1st Utah

A VOICE OF OUR OWN

MARCH-APRIL 2021

LEGISLATIVE ADVOCACY 2021

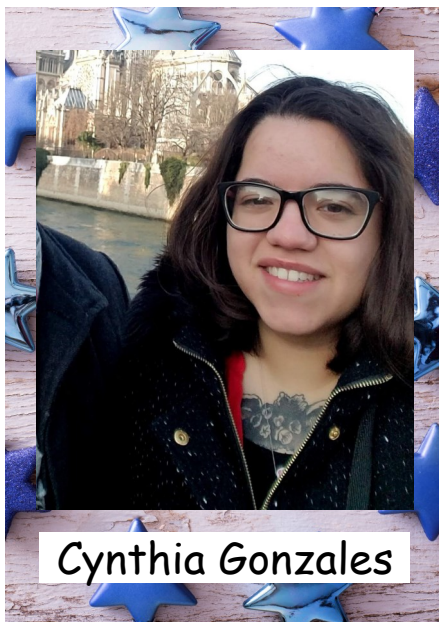
On January 28, 2021, Disability Advocacy Day opened up an opportunity to highlight the issues and concerns facing people with disabilities in Utah. The Disability Advocacy



Day this year was completely virtual and included an advocacy workshop conducted by the Utah Developmental Disabilities Council and the Utah State Independent Living Council. This event provided opportunities for self-advocates and family members to learn about the legislative process and provided information on how to get involved in virtual advocacy during the COVID pandemic. This event also highlighted policy issues that impact people with disabilities during the 2021 session of the Utah Legislature.

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Cynthia Gonzales

GOODBYE

We would like to say goodbye to Cynthia Gonzalez, our Receptionist for the last five years. She has made a lasting impression on the consumers as well as her coworkers. Cynthia will stay serving the community as a substance abuse counselor. *We're wishing her the best of luck in the next step of her career. Thank you for the support and goodwill you've shown over the years. These memories are ones that we'll never forget.*

Covid 19 vaccine Utah

The Utah Department of Health estimates the state will receive 1.2 million doses of COVID-19 vaccine during the month of March.

Utah Department of Health 1-800-456-7707

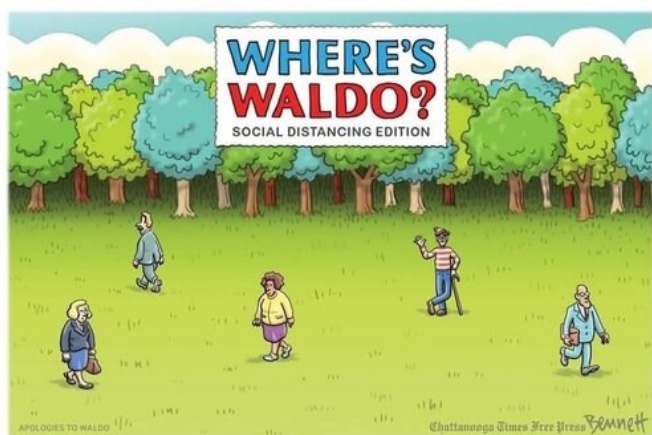
Central Utah Public Health Department

435-623-0696 OR 435-462-2449

Juab, Millard, Piute, Sanpete, Sevier, and Wayne counties - Sanpete County **435-835-2231**



More Info at: <https://coronavirus.utah.gov/vaccine-distribution>



A friendly reminder :

To all the consumers, during this time of physical distancing, clear communication with your independent living coordinator is more important than ever. **The Ability 1st office in Provo is still closed to the public.** All appointments are over the phone and all the classes are via zoom meeting.

Any questions or concerns call the front desk at

801-373-5044

El Rinconcito

CALENDARIO

Actividades de Marzo

- 3/2– Clase de finanzas personales 12:30
- 3/4– Recorrido en el museo virtual 12:30
- 3/8– Establecer y mantener límites 12:30
- 3/9– Disability Awareness 12:30
- 3/16– Seguridad cibernética 12:30
- 3/17– Clase de manualidades del día de san Patricio 12:30
- 3/23– Clase de cocina USU 11:00
- 3/25– Día de juegos 12:30
- 3/30– Actividad física 12:30
- 3/31– Clase de Microsoft Word para principiantes 12:30

Actividades de Abril

- 4/6– Presentación de UVU 12:30
- 4/7– Actividad de pascua (llamar para detalles)
- 4/13– Limpiar el parque
- 4/15– Día de juegos 12:30
- 4/20– Presentación del día de la tierra y película 12:00
- 4/21– Recorrido virtual a Marte 12:30
- 4/27– Clase de cocina USU 11:00
- 4/28– Picnic en el parque (llamar para detalles)

Ultimo Dia Para Hacer Impuestos Abril 15,2021

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 sus impuestos sencillos directamente en la página web.

Visitar:

[unitedway.org/
myfreetaxes](https://unitedway.org/myfreetaxes)



En Ability 1st continuamos con el distanciamiento social, todas las citas son por teléfono y las clases son en ZOOM meeting. Gracias.

(Class Times
May Vary)

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Call office to sign up for classes	2 Personal Finance Class 12:30	3	4 Virtual Museum Tour 12:30	5
8 Setting and Keeping Bound- aries 12:30	9 Disability Awareness 12:30	10	11	12
15 Call office to sign up for classes	16 Cyber Safety 12:30	17  St. Patrick's Day Craft Class 12:30	18	19
22 Call office to sign up for classes	23 USU Cooking Class 11:00	24 Game Day 12:30	25	26
29 Call office to sign up for classes	30 Physical Fitness 12:30	31 Microsoft Word Class Beginners 12:30		

March Activities

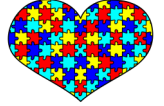


3/2– Personal Finance Class 12:30
 3/4– Virtual Museum Tour 12:30
 3/8– Setting and Keeping Boundaries 12:30
 3/9– Disability Awareness 12:30
 3/16– Cyber Safety 12:30
 3/17– St. Patrick's Day Craft Class 12:30
 3/23– USU Cooking Class 11:00
 3/25– Game Day 12:30
 3/30– Physical Fitness 12:30
 3/31– Microsoft Word Class Beginners 12:30

April Activities

4/6– Presentation by UVU 12:30
 4/7– Easter Activity (see next page for details)
 4/13– Park Clean-up
 4/15– Game Day 12:30
 4/20– Earth Day Presentation and Movie 12:00
 4/21– Virtual Tour of Mars 12:30
 4/27– USU Cooking Class 11:00
 4/28– Picnic Activity (See details on next page)

APRIL 2021

(Class Times
May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2  World Autism Awareness Day
5  Easter	6 UVU Presenta- tion 12:30	7 Outside Easter Activity! 12:30	8	9
12	13 Park Clean-up	14	15 Game Day 12:30	16
19	20 Earth Day Mov- ie 12:00	21 Mars Tour 12:30	22  Earth day	23
26	27 USU Cooking Class 11:00	28 Picnic in the Park (with Juan) 11:30	29	30

Easter Activity

On Wednesday, April 7th at 12:30 we will have an Easter egg hunt and play games at Lion's Park (950 W 1280 N St., Provo, UT 84604). Masks and social distancing will be required. Limited transportation will be available, so please let us know ASAP if you want to come. No lunch will be serve, just snacks and candy. We will be done at 2:00pm.

Picnic in the Park

On Wednesday, April 28th at 11:30 we will eat lunch and play games at Lion's Park (950 W 1280 N St., Provo, UT 84604). Masks and social distancing will be required. Limited transportation will be available, so please let us know ASAP if you want to come. Lunch will be served. Juan, a healthcare agent will also join us to talk about any healthcare options you are interested and will bring treats for those with birthdays between March and May. We will be done by 1pm.

YOUTH PROGRAM

March

3/2: Independent Living Class @2:30

3/4: Game Day @ 1:30

3/10: Life Skills and Hobbies @ 10

3/11: Virtual Art Museum Tour @ 1:30

3/16: Independent Living Class @ 2:30

3/24: Life Skills and Hobbies @ 10

3/30: Independent Living Class @ 2:30

April

4/1: Easter Activity @ 1:30

4/7: Life Skills & Hobbies @ 10

4/8: Movie Day @ 1:30

4/13: Independent Living Class @ 2:30

4/15: Virtual Disneyland Tour @ 1:30

4/21: Life Skills & Hobbies @ 10

4/22: Activity at the Park @ 1:30

4/27: Independent Living Class @ 2:30

4/29: Just Dance & Lip Sync Battle @ 1:30



YOUTH COORDINATOR

Taylor Peck
Cell:
(385) 375-1370

Email:
taylor@ability1stutah.org

Instagram:
@youth. of.ability1stutah



JUAB & SANPETE

March

* **Shopping:** March 3rd & 17th from 09:00 AM until 03:30 PM.

If you want to come shopping please let Wendy know in advance and I will put you on the schedule. If you choose to pre-buy your groceries from Wal Mart and you need them picked up, that too can be arranged on the 3rd and 17th of March. Wendy would be happy to pick those up and bring them to you. We are still providing transportation for doctor appointments and other daily life things. So, if you need a ride give Wendy a call and we will try to arrange transportation for you.

* **Sit and Stitch** will be on March 10th @ 11:00 AM

TUES	WED	THUR
2	3 <u>shopping</u> 09:00 AM – 03:30 PM.	4
9	10 Sit and Stitch 11:00 AM	11
16	17 <u>shopping</u> 09:00 AM – 03:30 PM.	18
23	24	25

April

* **Shopping:** April 7th & 21st from 09:00 AM until 03:30 PM.

If you shop in store you will be given a specific period of time to shop and then you will be picked up and transported home. The van is cleaned thoroughly inside after each consumer leaves the van.

* **Sit and Stitch** will be on April 14th @ 11:00 AM

TUES	WED	THUR
6	7 <u>shopping</u> 09:00 AM – 03:30	8
13	14	15
20	21 <u>shopping</u> 09:00 AM – 03:30	22
27	28	29

Housekeeping-office telephone number is (435) 283-4949 and cell is (435) 340-1145.

Office is still locked but if you have an appointment you will be allowed to meet with staff. You will have your temperature taken and asked some simple questions.

If you want to register for a Covid-19 vaccine you can log into the following website.
Currently if you are 65 or over you can get the vaccine fairly soon.

https://docs.google.com/forms/d/e/1FAIpQLSdN_xLwhhQILN4fBmbB-Usym2i0faPyVvHcaJimG2obXZYq9w/viewform

Remember that getting the vaccine doesn't mean you shouldn't wear a mask, you should CONTINUE to wear your mask. Unfortunately, the Pandemic continues on and we still need to be vigilant and take every precaution necessary.

Tax Day: **APRIL**

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

Utah & Wasatch

Sandra Curcio: Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Taylor Peck: IL Youth Coordinator
Madison Campbell: IL Coordinator
Janine Culver: TTW Coordinator
Shauna Parks: Pre-ETS Specialist
Roy Gerber: Pre-ETS Specialist
Divine Smith: 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
Melina Lacayo: Receptionist

Juab & Sanpete

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

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

~Vision~



Promoting Independence for People with Disabilities

Ability 1st Utah

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Return Service Requested