

Ability 1st Utah

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

A Voice of our Own

November and December 2021

New Employee Spotlight

Ethan Gregory, Adult Coordinator:

I am from Sacramento, California. I like to hangout with friends and play games. I also like to skateboard. I chose ability first because I love to help people with everything, and this job allows me to work and help those who are in need of help. I hope to serve people in the best way possible. In any manner they need, I am willing to assist and help with any situation possible for their well-being and livelihood.

Lizbeth Clavijo Figueroa

Youth Program Coordinator:

I am originally from Puerto Rico. I like to cook and sleep. While looking for a job dealing with juveniles in my field (Criminal Justice) I came across a post from Ability 1st Utah which was also working with Youth but in a different matter. I thought about how nice it has to feel working with youth that actually want to be independent regardless of the obstacles they could have. I hope I can see many of the youth become independent to the point that every once in a while, they could be a guest speaker and talk about their experience during the transition.

Michael Moss, Front Desk Receptionist:

I am originally from Jacksonville Florida. I love to play games, cook, and spend time with family. I have a strong passion for helping people and solving problems so when I found Ability 1st I felt like this was a great place to be. I am grateful that I get to work with such wonderful people and help them grow. I hope to be able to assist everyone who comes to our facility to feel welcome and uplifted.

In this Issue:

Run, Walk, Roll Recap	Pg. 2
Español	Pg. 3
Calendar– November	Pg. 4
Calendar– December	Pg. 5
Youth Program Calendar	Pg. 6
Juab & Sanpete Counties	Pg. 7
Additional Information	Pg. 8



Run, Walk, Roll Recap



Ability 1st Utah's 18th Annual Run, Walk & Roll 5k race and 1k Kids fun run was a big success this year! Our Annual Run, Walk & Roll fundraiser was held on September 25th this year, we are very grateful that we were able to move forward this year with our annual fundraiser after missing last year due to the pandemic. This year's race had 103 racers register for our race, and 86 racers actually ran the race, this included our 1k kids' fun run racers. We would like to take this opportunity thank our racers for supporting our annual fundraiser. Ability 1st Utah would also like to take this opportunity to thank our staff, board, consumers and the volunteers from Provo College that helped in hosting this wonderful community event. Ability 1st Utah would also like to thank all of our wonderful sponsors and individuals who have continued to generously donate to our annual fundraiser to support the programs provided by Ability 1st Utah.

Sponsors:

Central Bank, Rock Canyon Bank, Zions Bank, Molina HealthCare, The Honey Baked Ham Company, doTERRA, The Advocates injury attorneys, Splash Summit, Vision Wear International, Marriott, DHI, Ballet West, Carrabba's Italian Grill C-A-L Ranch, Chick-Fil-A Classic Fun Center, Costco, Hale Center Theater, Heber Valley Railroad, Hogle Zoo, Les Schwab Tire, Macy's Outback Steak House, Scera Shell, Scheels, Wood Connection, McMullin Orchards.

Ability 1st Utah Annual Christmas Party

Come join us this year for our annual Ability 1st Utah Christmas Party! We will be providing delicious food, fun, and more! Due to the Covid-19 restrictions we will be limited to 75 people so be sure to RSVP! We hope to see you there!

General Information:

When: December 15, 2021

Where: 1600 S 250 E Orem, UT, 84058

Time: 5:00PM —7:00PM



El Rinconcito

Recuento de la Carrera Run, Walk, Roll



La carrera de Run, Walk, Roll de Ability 1st Utah fue un gran éxito. Este año la tuvimos el 25 de septiembre y con mucho agradecimiento ya que el año pasado no la pudimos tener por la pandemia. Hubo 86 personas que participaron en la carrera. Deseamos tomar la oportunidad para agradecer a los patrocinadores que nos apoyaron en la carrera este año. También agradecemos a las personas que participaron en la carrera. Últimamente, queremos agradecer a los empleados, los consumidores, y los voluntarios del colegio universitario de Provo por ayudarnos a poder organizar este evento de la comunidad. Nos gustaría agradecer a todas las personas maravillosas que nos patrocinan y a las personas que continúan a donar generosamente a nuestro recogedor de fondos anual que apoya los programas de Ability 1st Utah.

Los Patrocinadores:

Central Bank, Rock Canyon Bank, Zions Bank, Molina HealthCare, The Honey Baked Ham Company, doTERRA, The Advocates injury attorneys, Splash Summit, Vision Wear International, Marriott, DHI, Ballet West, Carrabba's Italian Grill C-A-L Ranch, Chick-Fil-A Classic Fun Center, Costco, Hale Center Theater, Heber Valley Railroad, Hogle Zoo, Les Schwab Tire, Macy's Outback Steak House, Scera Shell, Scheels, Wood Connection, McMullin Orchards.

Calendario de Noviembre:

Nov 2: Las compras, le recogeremos de su casa a las 9AM.

Nov 9: Haremos pintura de mano en el centro. La actividad empieza a las 12:30.

Nov 16: Iremos para un juego de bolas en Fat Cats. Le recogeremos de su casa a las 11PM.

Nov 17: Fiesta del día de gracias! Será en el centro y empezará a las 12:30PM.

Nov 23: Tendremos una clase de cómo usar el presupuesto. Empieza a las 12:30PM.

Nov 24: Iremos al centro comercial para hacer compras de la Navidad para nuestros queridos.



Calendario de Diciembre:

Nov 29-Dec 1: Tendremos un seminario de Job Hacks en el centro de la 1PM hasta las 2:30PM.

Dec 2: Únase con nosotros para ir y ver las bellas luces de la navidad.

Dec 7: Las compras, le recogeremos de su casa a las 9AM.

Dec 8: Iremos a ver las luces del lago de Utah.

Dec 14: Hornearemos galletas de navidad en el centro.

Dec 15: Únase con nosotros en la fiesta Navideña de Ability 1st Utah. Será limitado a 75 personas. Empieza a las 5PM hasta las 7PM.

(Class Times
May Vary)

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Shopping 9:00	3 Kindness Letter/ Boundaries 12:30-2	4	5
8	9 Finger Painting 12:30-2	10 Board Meeting 11-2	11 Office Closed	12
15	16 Bowling 12-2	17 Fun Activity 11:30-2	18 RSVP for classes	19
22	23 Budgeting Class 12:30-2	24 Christmas Shopping 11-2	25 Office Closed 	26 Office Closed 
29 Job Hacks 1:00-2:30PM	30 Job Hacks 1:00-2:30PM			

Nov 2: Grocery Shopping, we will pick up from your house at 9 o'clock.

Nov 3: Kindness Letter and Boundaries activity at the center from 12:30-2

Nov 9: We will be finger painting at the center! Activity is at 12:30

Nov 16: Bowling activity at Fat Cats! We will transport at 11 to be there at 12

Nov 17: Come join us for a fun activity and a movie from 11:30-2:00

Nov 23: Budgeting class at the center! Starts at 12:30

Nov 24: We will be going to the mall to do Christmas shopping for our loved ones!

December 2021

(Class Times
May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Job Hacks 1:00-2:30PM	2 Festival of Trees Combined 1-3:00PM	3
6	7 Shopping 9:00	8 Holiday Lights 5:30- 7:30	9 RSVP for Classes	10 
13 	14 Cooking Class 12-2	15 Ability 1st Utah's Holi- day Party 5-8	16 Rsvp for Classes	17
20	21 No Activities	22 No Activities	23 No Activities	24 Office Closed 
27	28 No Activities	29 No Activities 	30 No Activities	31 Office Closed

Nov 29- Dec 1: We will be having a job hacks seminar at the center from 1:00PM to 2:30PM.

Dec 2: Join us as we experience Christmas at its peak by seeing the Christmas lights.

Dec 7: Grocery Shopping, we will pick up from your house at 9 o'clock.

Dec 8: We are going to take a look at the lights at Utah lake.

Dec 14: We will baking Christmas cookies! Come and join us.

Dec 15: Join us for the annual Ability 1st Utah's Christmas Party! We have a limit of 75 people to attend.

YOUTH PROGRAM

November

MON	TUES	WED	THUR	FRIDAY
1	2 Cooking Class 2:00-3:00PM	3	4 Craft Class 1:30-3:30PM	5 Call to RSVP
8	9 Budgeting Class 10-11AM	10	11 Veterans Day Center Closed	12 Call to RSVP
15	16	17	18 Cooking Class 1:30-3:30PM	19 Call to RSVP
22	23 Hygiene/ Grooming Class 10-11AM	24	25 Thanksgiving Center Closed 	26 Center Closed
29	30	1	2	3

Tuesdays are for the Older Youth they will be held in the mornings and there will be no transportation available.

Please wear a mask when attending activities held at the Ability First Utah center.

December

MON	TUES	WED	THUR	FRIDAY
29	30	1	2 Festival of Trees	3 Call to RSVP
6	7 Transportation Skills Class 2-3PM	8	9 Christmas Craft 1:00-3:00PM	10 Call to RSVP
13	14 Signing Your Name 10-11:00PM	15 Holiday Party	16 Movie and Games 1:00-3:00PM	17 Call to RSVP
20	21 No Activity	22 No Activity	23 No Activity	24 No Activity
27	28 Dressing for Work Class 10-11AM	29	30 Bowling 1:00- 3:00PM	31 Call to RSVP



Youth Coordinator
Lizbeth Clavijo-Figueroa
Cell: (385) 375-1370
Lizbeth@ability1stutah.org

JUAB & SANPETE

November 2021

MON	TUES	WED	THUR	FRIDAY
1	2	3—Shopping 8-03:30 PM	4	5—Staff retreat Office Closed
8	9—Holiday shopping Spanish Fork	10	11—Veterans Day Office Closed	12—I will be out of the office.
15	16	17—Shopping 8-03:30 PM	18	19
22	23	24	25—Thanks giving Holiday Office Closed	26—Thanksgiving Holiday Closed
29	30	1	2	3

Please remember that we do not transport on Mondays and Fridays. if you need a ride to a doctor's appointment, try to schedule it Tuesday-Thursday when transportation will be available. If you need to schedule an appointment with your doctor, call me prior to get some available dates and times.

I can't believe that I am writing about activities for the end of year. Where did 2021 go?

If you are interested in getting your regular flu shot, the ordinary flu shot, not Covid shots you can get those at the local WalMarts and your doctor's offices. That being said Covid-19 shots are still available and you get those at any of the local pharmacies in Juab or Sanpete County.

If you have applied for HEAT assistance in the past, you can do that right now! HEAT program is now running year round and if you need help and qualify for the assistance sign up.

Keep in mind that if you participate in activities sponsored by Ability 1st Utah you MUST wear a mask. Proper ways to wear a mask is to cover nose and mouth.

December 2021

MON	TUES	WED	THUR	FRIDAY
29	30	1	2	3
6	7	8—Shopping 8-03:30 PM	9—Holiday Shopping— Spanish Fork	10
13	14	15— Center Holiday Party	16	17
20	21	22	23 	24—Office Closed
27	28	29	30	31



Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Lizbeth Clavijo: IL Youth Coordinator
Ethan Gregory: IL Coordinator
Janine Culver: TTW Coordinator
Darren Spencer: Loan Bank/Driver
Kathy Tucker: Loan Bank
 Equipment
Shelly Pitchforth: AT Coordinator
Emma Kruitbosch: Youth Program
 Coordinator.
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Michael Moss: Receptionist

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Program
 Specialist

WAYS YOU CAN SUPPORT



1. Using your Amazon credentials, sign into smile.amazon.com.
2. Go to "Your Account" at the top of the page and select "Your Amazon Smile".
3. Select "Change your Charity" to "Ability 1st Utah".

Amazon will donate 0.5% of eligible purchases to us, when you use smile.amazon.com!
 Go to smile.amazon.com/about for more information.

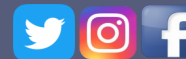


1. Go to smiths foodanddrug.com/inspire
2. Sign into your account.
3. Enter our agency's number (SX024) and choose "Save" to link your account to our agency.

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.

Social Media

@Ability1stUtah



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

Vision~

Promoting Independence for People with Disabilities

Ability 1st Utah

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

1455 West 820 North

Return Service Requested