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.
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:

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
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:


Recuento de la Carrera Run, Walk, Roll

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.
### November 2021

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

**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**

<table>
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<tr>
<th>MONDAY</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1 Job Hacks 1:00-2:30PM</td>
<td>2 Festival of Trees Combined 1-3:00PM</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>7 Shopping 9:00</td>
<td>8 Holiday Lights 5:30-7:30</td>
<td>9 RSVP for Classes</td>
<td>10</td>
</tr>
<tr>
<td>13</td>
<td>14 Cooking Class 12-2</td>
<td>15 Ability 1st Utah’s Holiday Party 5-8</td>
<td>16 RSVP for Classes</td>
<td>17</td>
</tr>
<tr>
<td>20</td>
<td>21 No Activities</td>
<td>22 No Activities</td>
<td>23 No Activities</td>
<td>24 Office Closed</td>
</tr>
<tr>
<td>27</td>
<td>28 No Activities</td>
<td>29 No Activities</td>
<td>30 No Activities</td>
<td>31 Office Closed</td>
</tr>
</tbody>
</table>

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**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.
## November

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

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

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

Youth Coordinator
Lizbeth Clavijo-Figueroa
Cell: (385) 375-1370
Lizbeth@ability1stutah.org
I can’t believe that I am writing about activities for the end of the 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.

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.
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 Kruijbosch: 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

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