

Ability 1st Utah

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A Voice of our Own

January and February 2022



2021
**DISABILITY
ADVOCACY DAY**



Save the Date:

January 19, 2022

9:00 am - 12:30 pm

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We're excited to announce the 3rd annual Disability Advocacy Day on January 19, 2022 from 9:00 am - 12:30 pm. This event will include focused advocacy training for self-advocates, parents, professionals, and more! You will also have an opportunity to hear from policymakers and other influencers about upcoming disability issues and initiatives during the legislative session. Register on the website below to attend the virtual event.

(Announcement taken from the Utah State University Institute for Disability Research, Policy & Practice website: idrpp.usu.edu/disability-advocacy-day.)

Disability Advocacy Day, LCPD Reception & Legislative Advocacy Training

The Utah State Legislative session will be starting on January 18, 2022. Legislative training activities this year will provide you with opportunities to participate and learn about effective advocacy methods, to help our elected officials to understand and support the issues most important to you. Hearing directly from you about what issues you feel are most important is a very effective way to have your voice heard, they want to hear from their constituents which is someone living in their voting districts. The Disability Advocacy Day on the 19th is an event that will be held virtual. Flyers to register for this event can be sent to you directly.

The LCPD Reception on the 20th will be onsite and virtual this year, the reception will be a great opportunity for people with disabilities to have their issues and voices heard by elected officials that make a difference in our state. People with disabilities are encouraged to invite their local representative and senator to the reception so that they can speak with them directly. Also we are planning a Legislative advocacy training on January 26th to learn about effective methods in communicating with legislators about issues important to them and how to request their support. If you are interested in attending any of these events please contact the center so that we can RSVP your attendance. If you have any questions please contact Ethan Gregory or Lizbeth Clavijo-Figueroa at 801-373-5044.

Ability 1st Valentine's Day Party

Come join us this Valentine's Day at Ability 1st Utah for a fantastic Valentine's Day party! There will be food and fun for all! Please be sure to sign up early, as there will be a limit on the number of people able to attend.

General Information:

Where: 1700 S 400 E Orem, Utah

When: Wednesday, February 9, 2021

Time: 11AM-2:00PM

*Happy
Valentine's
Day*

El Rinconcito

Día de Abogacía de Discapacidad, Recepción de LCPD y Entrenamiento de Abogacía Legislativa

La sesión de los Legisladores del Estado de Utah comenzará el 18 de Enero, 2022. Las actividades del entrenamiento de este año le proveerán con oportunidades a participar y aprender sobre métodos de abogacía eficaces, para ayudar a los oficiales electos para entender y suportar a los asuntos que mas le dan importancia. Al escuchar de esos asuntos importantes directamente por usted mismo es una manera muy eficaz para que su voz sea escuchada. Ellos desean escuchar directamente de ustedes a las personas que votan en su distrito. El Día de Abogacía de Discapacidad será el 19 de Enero. El evento se llevará a cabo por virtual. La recepción del LCPD será en persona o virtual, y se llevará a cabo el 20 de Enero. Esta recepción será un gran oportunidad para las personas con discapacidades a lanzar la voz a sus electos oficiales. Se quiere que inviten a sus representantes locales y Senadores al evento para que puedan hablar con ellos directamente. También, tenemos planeado un entrenamiento de Abogacía legislativa el 26 de Enero para aprender métodos de comunicación con los legisladores sobre los asunto más importantes a ellos y como solicitar su apoyo. Si le gustaría asistir a uno de estos eventos, usted debe contactar el Centro para registrarse para que podamos saber cuantas personas esperan asistir. Cualquier pregunta que tenga por favor contáctese con Ethan o Lizbeth al llamar 801-373-5044.

Calendario de Enero:

En 4: Las compras, le recogeremos de su casa a las 9AM.

En 11: Tendremos un día de juegos. Empezaremos a las 12:30PM en el Centro.

En 12: Haremos comida en el Centro a las 12PM. Habrá transportación.

En 18: Tendremos un discursante que nos hablará sobre la seguridad. Habrá transportación.

En 19: Dia de Abogacía en el Centro de las 9AM hasta las 12PM.

En 20: Recepción de LCPD será una reunión virtual de las 4:30PM hasta las 6:30PM.

En 25: Angel nos hablará sobre Puerto Rico y la cultura del país.

En 26: Entrenamiento de Abogacía Legislativa por Virtual a la 1PM hasta las 2:30PM.

Calendario de Febrero:

Feb 1: Veremos una película en el Centro. Habrá transportación.

Feb 2: Ethan nos hablará sobre España y la cultura del país.

Feb 8: Las compras, le recogeremos de su casa a las 9AM.

Feb 9: Fiesta del día de San Valentín. Lugar: 1700 S 400 E, Orem UT de las 11AM hasta las 2PM.

Feb 15: Tendremos una clase de cómo ser preparado en caso de una emergencia.

Feb 16: Iremos para juego de bolas en Fat Cats. Podemos transportarle.

Feb 22: Tendremos una clase para aprender consejos para cómo cuidarse de sí mismo. Habrá transportación.

Feb 23: Tendremos una actividad de trabajo de equipo en el centro a las 12:30PM hasta las 1:30PM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Shopping @9	5 Board Meeting	6 RSVP For Classes	7
10	11 Games Activity @12:30-2	12 Cooking Class @12:30-2	13 RSVP For Classes	14
17 Office Closed MLK Day	18 Medicare Speaker @ 12:30-1:15	19 Advocacy Day 9-12PM	20 LCPD Reception 4:30-6:30PM Virtual	21
24	25 Culture Day @12:30-2	26 Legislative Advocacy Training 1-2:30PM	27 RSVP For Classes	28
31				

Jan 4: Grocery Shopping, we will pick up from your house at 9 o'clock.

Jan 11: We will be having a game day, Starts at 12:30 @ the center.

Jan 12: We will be making food at the Center @ 12. There'll be transportation.

Jan 18: We will be having a guest speaker that'll talk about insurances for you.
There will be transportation.

Jan 19: Advocacy day at the center from 9-12PM.

Jan 20: LCPD Reception Will be a virtual meeting from 4:30-6:30PM.

Jan 25: Angel will be talking about Puerto Rico and what life is like there.

Jan 26: Legislative Advocacy Training Update. Virtual @ 1-2:30.

February 2022

(Class Times
May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Movie Day 12:30-2	2 Culture day @12-1:15	3 RSVP For Classes	4
7	8 Shopping @ 9	9 Valentines day party Combined with SLC & Price 11AM-2PM	10 RSVP For Classes	11
14	15 72 Hour Kit class @12:30-1:30	16 Bowling @12-2	17 RSVP For Classes	18
21 Office Closed	22 Personal Care day 12:30-1:30	23 Teamwork Activity @ 12:30-1:30	24 RSVP For Classes	25
28				

Feb 1: We will be watching a movie at the center! Meet at the center. Transportation is available.

Feb 2: Ethan will be talking about Spain and the culture there. Transportation will be available.

Feb 8: Grocery Shopping, we'll pick you up from your house at 9 o'clock.

Feb 9: Valentine's day party at 1700 S 400 E Orem, Utah from 11AM-2PM.

Feb 15: We will be discussing about being prepared in case of an emergency.

Feb 16: Bowling at Fat cats! We will have transportation.

Feb 22: We will be discussing how to personally care for ourselves and some hacks for that.

Transportation will be provided.

Feb 23: We will be having a teamwork activity at the center from 12:30PM-1:30PM.

YOUTH PROGRAM

January

MON	TUES	WED	THUR	FRIDAY
3	4 Money Management 10am –11am	5	6 Self Advocacy 1pm 3pm	7
10	11 Employment skills 10am –11am	12	13 Positive attitude 1pm 3pm	14
17	18 How to open a checking/savings account 10am – 11am	19	20 Create your re-sume 1pm 3pm	21
24	25 Understanding your disability 10am –11am	26	27 Riding the bus 1pm 3pm	28
31	1	2	3	4

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



February

MON	TUES	WED	THUR	FRIDAY
31	1 Coping with loneliness 10am –11am	2	3 Positive relationship 1pm-3pm	4
7	8 Home safety 10am –11am	9	10 Crafting 1pm 3pm	11
14	15 Drugs and alcohol 10am – 11am	16	17 Cooking class 1pm 3pm	18
21	22 Internet safety 10am-11 am	23	24 Self advocacy 1pm-3pm	25
28	1	2	3	4

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

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

JUAB & SANPETE

January, 2022

MON	TUES	WED	THUR	FRIDAY
3	4	5 Shopping 8:30-3:30PM	6	7
10	11	12 Craft Class 1:00PM-3:00PM	13	14
17 Office Closed	18	19 Shopping 8:30-3:30PM	20	21
24	25	26	27	28
31	1	2	3	4

Happy 2022

Because it is the first of the year, it's a good idea to go over some rules we have for attending community integration activities and requesting services. Our agency offers transportation as most of you. Your buy in for receiving transportation is calling in advance and scheduling with me for your transportation needs. For example, if you want to go shopping you need to call prior to the first shopping day of the month AND prior to the second day of shopping in a month. If you need transportation for a doctor/medical reason sometimes it's a good idea to call me and get some days in advance before you schedule the appointment. But, if you have an appointment scheduled, call me as soon as you can to see if I can transport you.

From time to time things come up and I will not be able to transport you. I encourage you to have a backup in place that you can use to get where you need to go. I am thinking about scheduling an exercise class, not a high impact class, a couple of days each week. If you are interested in attending please, please call me and let me know you would like to come. We would be doing the class in the larger room in the senior center a couple of days each week, probably Tuesday and Thursday.

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.

February, 2022

MON	TUES	WED	THUR	FRIDAY
31	1	2	3	4
7	8	9 Shopping 8:30-3:30PM	10	11
14	15	16 Craft Class 1:00PM-3:00PM	17	18
21	22	23 Shopping 8:30-3:30PM	24	25
28	1	2	3	4

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
Daniel Lee: Receptionist

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Program
 Specialist

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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

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Return Service Requested