

Announcing our New Pilot Program COVID-19 Social Support Program!

Funding from the Administration for Community Living has been received for a pilot program with the object of connecting the underserved population. Bringing COVID-19 resources to aging adults and people experiencing barriers, with a heavy emphasis on those experiencing "Long COVID" also known as "Long Haulers".

We are working to build network contacts and create community partnerships to continue building a community social support system. We are looking for best practices for collecting and sharing vital resources to our target population.

We are proud to welcome two new employees to manage this new pilot program:
Jami Langeveld and Michelle Tovar!

Ability 1st Utah's Open House Thank you!!!

Ability 1st Utah held our Open House on October 5, 2022. All of our consumers, community organizations, legislators and many others were invited to attend our Open House.

We would like to take this opportunity to thank everyone that came and supported our Open House. Those that attended learned about all of the wonderful services that Ability 1st Utah provides to individuals with disabilities.

Everyone that attended had the opportunity to tour our new center and see our current capacity of how we implement our services, and possibilities of future growth for our center. Our staff also informed all those that attended about all of the wonderful services they provide to our consumers that participate in all of our program activities. They also were able to see our center's capacity for transportation with our vans, and our loan bank equipment, which demonstrated the different types of equipment that we have available to loan out to our consumers.

Again a big Thank You, to all that supported our Open House!



JOIN THE HABIT BURGER GRILL IN SUPPORT OF

Ability 1st Utah

Dec 5- Dec 7 Between 2-5pm

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Ability 1st Utah's Run, Walk & Roll 2022 Recap

Ability 1st Utah's 19th 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 Saturday September 24th 2022. We were so excited with all of the support we received this year for our annual fundraiser! This year's race we had 176 racers register for our race, and 161 racers who actually ran the race, this included our 1k kids fun run racers. We almost made it to our goal of 200 this year! We would like to take this opportunity thank our all of the racers for supporting our annual fundraiser. Our race would not be a success without their support. Ability 1st Utah would also like to take this opportunity to thank our staff, board, consumers and the volunteers from Provo College, Stryker, The Habit Burger Grill, that sponsored a water station, in hosting this wonderful community event. Ability 1st Utah would also like to thank all of our wonderful sponsors and all of the individuals who have continued to generously donate to our annual fundraiser to support the programs provided by Ability 1st Utah.

Sponsors:

Central Bank, Zions Bank, America First Credit Union, WCF Insurance, NuSkin, Stryker, doTERRA, Splash Summit, Vision Wear International, Provo Marriott Hotel, Olive Garden, Texas Roadhouse, Ballet West, C-A-L Ranch, Chick-Fil-A, Classic Fun Center, Costco, Hale Center Theater, MR. MAC, Deer Valley Resort, Heber Valley Railroad, Les Schwab Tire, Outback Steak House, Scheels, The Habit Burger Grill, Golden Corral, Harmons, Target, Home Depot, Apple Bee's, Black Bear Diner, Sizzler, McMullin Orchards, Boondocks, Tucanos & Red Robin.

Noviembre

Martes 1 de Noviembre Compras 12-2 pm

Miércoles 2 de Noviembre Presupuestación 12-1

Lunes 7 de Noviembre Preparación de comidas/Nutrición 12-1

Jueves 10 de Noviembre Potluck de Acción de Gracias 12-3 (350 E 2950 N Provo)

Cerramos el día 11 de Noviembre para día de veteranos.

Lunes 14 de Noviembre Cocina 12-2

Miércoles 16 de Noviembre Boliche 12-2 (Miracle Bowl)

Lunes 21 de Noviembre Gestión del tiempo 12-1

Miércoles 23 de Noviembre Bingo y juegos de mesa 12-1

Lunes 28 de Noviembre Habilidades de comunicación 12-1

Miércoles 30 de Noviembre Película 12-2:30



Diciembre

Lunes 5 de Diciembre Compras navideñas 12-2

Jueves 8 de Diciembre FIESTA DE NAVIDAD 5-8 (350 E. 2950 N. Provo)

Lunes 12 de Diciembre Manejo del estrés 12-1

Miércoles 14 de Diciembre Manualidades navideñas 12-1:30

Lunes 19 de Diciembre Resolución de problemas 12-1

Miércoles 21 de Diciembre Luces navideñas 5-8 (en las camionetas jóvenes y adultos)

NAVIDAD :) FIN DE SEMANA

Nosotros estaremos cerrados 26-29 de Diciembre.



November 2022

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Shopping 12-2 pm	2 Budgeting 12-1 pm	3	4 Please RSVP
7 Meal Prep/Nutrition 12-1 pm	8	9	10 Thanksgiving Potluck 12-3 pm 350 E 2950 N Provo	11 Closed Veterans day
14 Cooking 12-2 pm	15	16 Bowling 12-2 pm Miracle Bowl	17	18 Closed Staff Retreat
21 Time Management 12-1 pm	22	23 Bingo and Board Games 12-1 pm	24 Thanksgiving break Closed	25 Thanksgiving break Closed
28 Communication Skills 12-1 pm	29	30 Movie 12-2:30 pm	1	2

NOVEMBER

Tuesday Nov. 1st Shopping 12-2 pm

Wednesday Nov. 2nd Budgeting 12-1

Monday Nov. 7th Meal prep/Nutrition 12-1

Thursday Nov. 10th Thanksgiving Potluck 12-3 (350 E 2950 N Provo)

Monday Nov. 14th Cooking 12-2

Wednesday Nov. 16th Bowling 12-2 (Miracle Bowl)

Monday Nov. 21st Time management 12-1

Wednesday Nov. 23rd Bingo and Board games 12-1

Monday Nov. 28th Communication skills 12-1

Wednesday Nov. 30th Movie 12-2:30



December 2022

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2 Please RSVP
5 Christmas Shopping 12-2 pm	6	7	8 Christmas Party 5-8 pm 350 E 2950 N, Provo	9 Please RSVP
12 Stress Management 12-1 pm	13	14 Christmas Crafts 12-1:30 pm	15	16 Please RSVP
19 Problem Solving 12-1 pm	20	21 Christmas Lights 5-8 pm (in the vans youth & adults)	22	23 Closed for the Holiday
26 Closed for the Holiday	27 Closed for the Holiday	28 Closed for the Holiday	29 Closed for the Holiday	30

DECEMBER

Monday Dec. 5th Christmas Shopping 12-2

Thursday Dec. 8th CHRISTMAS PARTY 5-8 (350 E. 2950 N. Provo)

Monday Dec. 12th Stress Management 12-1

Wednesday Dec. 14th Christmas Crafts 12-1:30

Monday Dec. 19th Problem Solving 12-1

Wednesday Dec. 21st Christmas lights 5-8 (in the vans youth and adults)

CHRISTMAS :) WEEKEND

Closed after Christmas 26th thru 29th

Happy Holidays!



November

Youth Program

Tuesday	Wednesday	Thursday	Friday
1 What are boundaries? 9-10 am	2	3 Cooking Class- Pumpkin Pie 9-11 am	4 RSVP for next week
8 Basic Communication Skills 9-10 am	9	10 Thanksgiving Potluck 12-3 pm 350 E 2950 N Provo	11 Closed Veterans day
15 Being Grateful— Writing Letters 9-10 am	16	17 Thanksgiving Crafts 9-11 am	18 Closed Staff Annual Retreat
22 Communication in Group Settings 9-10 am	23	24 Closed for Thanksgiving Holiday	25 Closed for Thanksgiving Holiday
29 Setting Boundaries with Friends 9-10 am	30	1	2



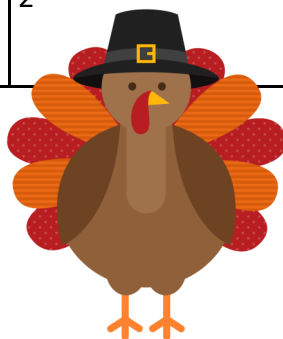
December

Tuesday	Wednesday	Thursday	Friday
29	30	1 Setting Up Christmas 9-11 am	2 RSVP for next week
6 Managing your mental health/ Christmas Crafts 9-10:30 am	7	8 Christmas Party 5-8 pm (350 E 2950 N Provo)	9 RSVP for next week
13 Making a booklet of coping skills 9-11 am	14	15 Christmas Craft 9-10:30 am	16 RSVP for next week
20 Job Interview Skills/Mock Interviews 9-11 am	21 Christmas Lights 5-8 pm (in the vans youth and adults)	22	23 Closed for the Holidays
27 Closed for the Holidays	28 Closed for the Holidays	29 Closed for the Holidays	30

November

Juab & Sanpete

Tuesday	Wednesday	Thursday	Friday
1	2	3	4
8 Don't forget to vote!	9 Shopping Day	10	11 Veterans day Closed
15	16	17	18 Closed Staff Annual Retreat
22	23	24 Closed for Thanksgiving	25 Closed for thanksgiving break
29	30	1	2



November 2022

Remember you have until Wednesday December 7th to consult with an insurance person about your benefits for the coming year 2023. if you are a concurrent beneficiary that means you have both Medicare and Medicaid there are a few plans out there that can offer you some incredible benefits and savings. if you think you might be eligible for these benefits please call me and I can put you in contact with an insurance agent which you can call and speak with.

December 2022

If you need to apply for HEAT assistance you can do so by calling Six County AOG at 4358352831. If you need a ride to your HEAT appointment please call me to arrange for transportation. You can get your 2023 flu shot booster along with your covid 19 booster at Walmart. in Juab county they are offering the shots at their local pharmacies in Mt Nebo market. you only need to show your Medicare or Medicaid card or other insurance card to get your booster shots.

December

Tuesday	Wednesday	Thursday	Friday
6	7 Shopping Day 8 am	8 Christmas Party 5-8 pm in Provo	9
13	14	15	16
20	21	22	23 Closed for the holidays
27 Closed for the Holidays	28 Closed for the Holidays	29 Closed for the Holidays	30

Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Laura Jeffs: IL Coordinator
Janine Culver: TTW Coordinator
Robert Jordan: Loan Bank Equipment Manager / Van Driver
Danetta Sabin: Youth Coordinator
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Daniel Lee: Receptionist
Jami Langeveld: Covid 19 Social Support Specialist
Michelle Tovar: Covid 19 Social Support Specialist

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Program Specialist

WAYS YOU CAN SUPPORT US!

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