

## New Employee Spotlights

### Vanessa Ruiz

Adult Life Skills Coordinator

Vanessa is from Ecuador. She attended college in Ecuador and UVU.

She can't live without her family. She has a cat. She loves to cook, listen to music and travel. She loves carne asada, rice and salad. Her dream vacation would be to travel to Europe.

She is very responsible, loving and honest. She loves working at Ability 1st Utah to help people to learn skills to be more independent.



### Roger Brown

Assistive Technology Coordinator / Driver

I have been here since November '22.

I Love seafood, Mexican, and Italian foods.

I grew up in Orlando, FL.

2 words to describe me? Adventurous, helpful.

Outside of work I enjoy tutoring people in IT, and hiking a few times a week. I got to climb snow covered Kyhv(Squaw) Peak last week. I studied Chemistry a few years at BYU

I love interacting with coworkers and consumers here at Ability 1st Utah.



### Horacio Ochoa

He is loan bank assistant and driver.

He has worked in the electro/mechanical field and as a cable technician. He is from Mexico. He loves spending time with his family and playing sports such as handball, football, soccer, basketball, and volleyball. He loves very spicy food.

He loves working here at Ability 1st Utah to serve others.



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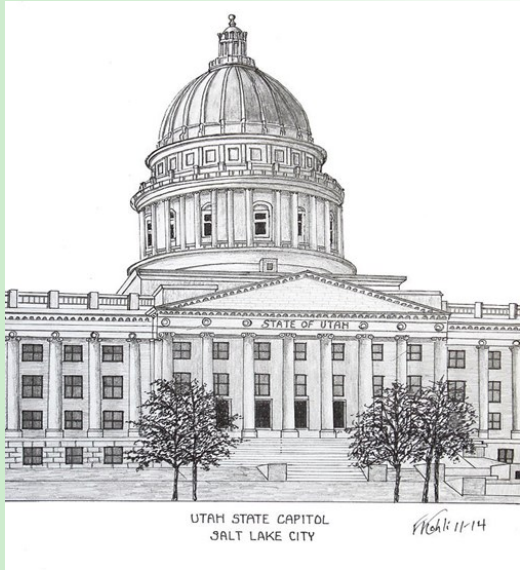
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Another busy year at the Legislature! This year's Legislative Session started on January 17<sup>th</sup>. Consumers and staff were able to attend the USILC Legislative Advocacy training on January 25<sup>th</sup>. This training provided consumers with the opportunity to hear directly from Representative Mike Schultz, Senator Stephanie Pitcher and Representative Jennifer Dailey-Provost on the most effective ways to communicate with legislators especially during the session. They also learned the best ways to speak up and share your concerns with legislators.

Consumers and staff also attended the Centers for Independent Living Advocacy Training and the Legislative Coalition for People with Disabilities reception on January 26<sup>th</sup>. Consumers heard from Senator Michael S. Kennedy and Representative Raymond P. Ward about the best ways to communicate with them during the session. The Legislative Reception was also a big success this year in that we had many individuals with disabilities from all over the state in attendance and many of our legislators attended, which provided those in attendance with the opportunity to speak to them about issues that have impacted them directly and to voice their concerns on specific issues. This year the Center for Independent Living requested \$735,000 of ongoing funds from the State general funds to be provided to DWS, Rehabilitation for the six centers for independent living. Senator Todd Weiler sponsored the funding request. With the ongoing funding CILs will have the opportunity to stabilize their workforce, which will allow them to hire qualified individuals to fill current needs, and allow centers to address the ever-growing demand for services. Also Ability 1<sup>st</sup> Utah is requesting \$148,000 one- time funds sponsored by Representative Marsha Judkins, for our accessibility project. Our project includes the installation of an ADA accessible elevator and to improve accessibility to our center with an ADA ramp and accessible bathroom on the west side of our building. Removing these barriers Ability 1<sup>st</sup> Utah will have the opportunity to serve all individuals with disabilities to our full capacity. I'd like to express my gratitude for all of the support for Ability 1st Utah throughout our 22 years of service. I wish all of you the very best this year and thank you so much for your continued support!

**Sandra M. Curcio – Executive Director**

## **Actividades para Adultos en Marzo**

- 1 Película: Vengadores [Avengers] 12:30-2:30 pm
- 6 Compras 12-2 pm
- 8 Boliche en Payson 12-3 pm
- 13 Costura 12:30-2 pm
- 15 Manualidades del Día de San Patricio 12:30-2 pm
- 20 Clase de nutrición/cocina 12:30-2 pm
- 22 Capacitación en viajes 12:30-2 pm
- 27 UDDC con oradora invitada, Olivia 12:30-2 pm
- Reunión de Planificación con los Consumidores 2 pm
- 29 Planetario Clark 10 am-3 pm

## **Actividades Para Adultos en Abril**

- 3 Compras 12-2 pm
- 5 Clase para abono de plantas 12:30-2 pm
- 10 Terapia Fisica 12:30-2 pm
- 12 Jardinería 12:30-2 pm
- 17 Preparación para emergencias, recorrido para la seguridad en la estación de bomberos 12:30-2 pm
- 19 Concientización sobre discapacidad con el orador invitado, Tylee, de USILC 12:30-2 pm
- 24 Conciencia Cultural 12:30-2 pm
- 26 Granja de Wheeler en Murray 11 am-3 pm

# March 2023

## Class Times May Change

| Monday   | Tuesday | Wednesday                                | Thursday | Friday   |
|--|---------|--|----------|--|
| 27   | 28      | 1 Movie<br>12:30-2:30 pm<br>Avengers     | 2        | 3 Please RSVP for<br>next week   |
| 6 Shopping<br>12-2 pm  | 7       | 8 Bowling<br>12-3 pm<br>Payson           | 9        | 10 Please RSVP for<br>next week  |
| 13 Sewing<br>12:30-2 pm  | 14      | 15 St Patrick's Day Crafts<br>12:30-2 pm | 16       | 17  |
| 20 Nutrition<br>Cooking Class<br>12:30-2 pm                      | 21      | 22 Travel Training<br>12:30-2 pm         | 23       | 24 Please RSVP for<br>next week  |
| 27 UDDC Olivia<br>12:30-2 pm<br>Planning Mtg w<br>Consumers 2 pm | 28      | 29 Clark Planetarium<br>10 am-3 pm       | 30       | 31 Please RSVP for<br>next week  |

### Mondays

6 Shopping 12-2 pm  
13 Sewing 12:30-2 pm  
20 Nutrition/Cooking class 12:30-2 pm  
27 UDDC w/ Guest Speaker Olivia 12:30-2 pm  
Planning Meeting with Consumers 2 pm

### Wednesdays

1 Movie: Avengers 12:30-2:30 pm  
8 Bowling in Payson 12-3 pm  
15 St Patrick's Day Crafts 12:30-2 pm  
22 Travel Training 12:30-2 pm  
29 Clark Planetarium 10 am-3 pm

**April 2023****Class Times May Change**

| Monday   | Tuesday | Wednesday  | Thursday  | Friday                       |
|--|---------|--|---|------------------------------|
| 3 Shopping<br>12-2 pm                                      | 4       | 5 Composting Class<br>12:30-2 pm                     | 6   | 7 Please RSVP for next week  |
| 10 Physical Therapy<br>12:30-2 pm                          | 11      | 12 Gardening<br>12:30-2 pm<br>Roger                  | 13  | 14 Please RSVP for next week |
| 17 Emergency Prep,<br>Fire House Safety Tour<br>12:30-2 pm | 18      | 19 Disability Awareness<br>Tylee/USILC<br>12:30-2 pm | 20<br> | 21 Please RSVP for next week |
| 24 Cultural Awareness<br>12:30-2 pm                        | 25      | 26 Wheeler Farms<br>Murray<br>11 am-3 pm             | 27  | 28 Please RSVP for next week |

**Mondays**

3 Shopping 12-2 pm

10 Physical Therapy 12:30-2 pm

17 Emergency Prep, Fire House Safety Tour 12:30-2 pm

24 Cultural Awareness 12:30-2 pm

**Wednesdays**

5 Composting Class 12:30-2 pm

12 Gardening 12:30-2 pm

19 Disability Awareness with guest speaker Tylee from USILC 12:30-2 pm



26 Wheeler Farms in Murray 11 am-3 pm





# March 2023

# Youth Program

| Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|
| 28   | 1  | 2 Cooking Class<br>Irish meal/dessert<br>9-11 am | 3 Please RSVP for<br>next week   |
| 7 Boundaries and Self<br>Advocacy<br>9-10 am           | 8  | 9 Volunteer at DI<br>9-11 am                     | 10 Please RSVP for<br>next week  |
| 14 Celebrate PI day/<br>Importance of Math<br>9-10 am  | 15  | 16 Shamrock<br>Scavenger Hunt BYU<br>9-11 am     | 17  |
| 21 Grooming/Hygiene<br>Class<br>9-11 am                | 22   | 23 Bowling at Fat Cats<br>in Provo<br>9-11 am    | 24 Please RSVP for<br>next week  |
| 28 Health/Nutrition<br>Making healthy Shake<br>9-10 am | 29   | 30 BYU Museum of<br>Paleontology<br>9-11 am      | 31 Please RSVP for<br>next week  |

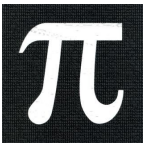

# April 2023



| Tuesday   | Wednesday | Thursday  | Friday                          |
|---|-----------|---|---------------------------------|
| 4 Learn how to make<br>hand soap<br>9-10 am                     | 5         | 6 Easter Egg Hunt/<br>Decorate Cupcakes<br>9-11 am  | 7 Please RSVP for<br>next week  |
| 11 Social skills and<br>Cultural<br>9-10 am                     | 12        | 13 Visit Lindon Home Depot<br>Learn color selection for<br>collage, learn about plants<br>9-11 am | 14 Please RSVP for<br>next week |
| 18 Stress Management<br>9-10 am                                 | 19        | 20 Using Paratransit Services<br>9-11 am  | 21 Please RSVP for<br>next week |
| 25 Class on obtaining<br>drivers License or State ID<br>9-10 am | 26        | 27 Visiting BYU Art Museum<br>9-11 am   | 28 Please RSVP for<br>next week |

## March 2023

## Juab & Sanpete

| Tuesday  | Wednesday | Thursday | Friday   |
|--|-----------|----------|--|
| 28   | 1         | 2        | 3  |
| 7 Transportation for Medical - Filled  | 8         | 9        | 10   |
| 14  | 15        | 16       | 17  |
| 21 Transportation for Medical – Filled   | 22        | 23       | 24   |
| 28   | 29        | 30       | 31   |

As some of you know, I broke my ankle two days after Christmas. As a result of that injury and subsequent surgery I could not work for about three weeks. I came back to work on January 23, 2023. I still have not been cleared by my doctor to drive the center's van yet. I anticipate that I will be driving the beginning of April, 2023. I do not have anything scheduled for March, 2023 except some specific rides for doctor's appointments on the 7th and 21st. I know that this is inconvenient and I am doing my best to get my ankle and leg ready to begin driving.

Wendy Hansen

IL Coordinator for Juab & Sanpete

If you have groceries to be picked up I will happy to do that for you. However, Ability 1st Utah staff will not be able to remove packages from the van and take them into your home. This is your responsibility. Your groceries are just that your groceries and you will need to take them off the van and bring them into your home.

Remember that taxes are due on April 18, 2023. If you worked and had earnings you will need to file a 2022 income tax return. There are several options for you to file FREE and get your taxes done.

Please remember that if you have arranged to come on an activity hosted by the center such as shopping day and you are ill, please don't come onto the van while you are feeling ill and may be contagious. If you exhibit signs of illness and get on the van you will be asked to remove yourself from the van and asked to reschedule your appointment when you are feeling better. Please let us know ASAP.

## April 2023



| Tuesday                       | Wednesday                    | Thursday | Friday |
|-------------------------------|------------------------------|----------|--------|
| 4                             | 5 Shopping Day<br>8 am-4 pm  | 6        | 7      |
| 11 Transportation for Medical | 12                           | 13       | 14     |
| 18                            | 19 Shopping Day<br>8 am-4 pm | 20       | 21     |
| 25 Transportation for Medical | 26                           | 27       | 28     |

## Ability 1st Utah Staff

### Utah & Wasatch

**Sandra Curcio:** Director  
**Jhilma Miranda:** Supervisor  
**Deon Anderson:** IL Coordinator  
**Janine Culver:** TTW Coordinator  
**Robert Jordan:** Loan Bank Equipment Manager / Van Driver  
**Roger Brown:** AT Coordinator/Van Driver  
**Vanessa Ruiz:** IL Life Skills Coordinator  
**Danetta Sabin:** Youth Coordinator  
**Clementine Murff:** 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  
**Horacio Ochoa:** LB Asst/Van Driver

### Juab & Sanpete

**Wendy Hansen:** IL Coordinator  
**Craig Ezzell:** Youth Program Specialist

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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](https://smile.amazon.com)! Go to [smile.amazon.com](https://smile.amazon.com)/ about for more information.



1. Go to [smiths foodanddrug.com/inspire](https://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.

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Instagram: [ability1stutah](https://www.instagram.com/ability1stutah)



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

*Vision~*

Promoting Independence for  
People with Disabilities

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*Ability 1st Utah*

Return Service Requested