



Ability 1st Utah's 20th 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 23, 2023. This year's race we had 185 racers register for our race, and 160 racers of those registered actually ran the race, this included our 1k kids' fun run racers. Our Center raised \$14,351.36 to support our program services. We would like to take this opportunity thank our racers for their continued support of our annual fundraiser. We would also like to take this opportunity to thank our staff, board, consumers and 22 volunteers from Provo College, Just Serve and BYU, that helped in hosting this wonderful community event. Ability 1st Utah would also like to send a big thank you to 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. We had a successful race this year due to all of the support we received for our sponsors, volunteers and Racers!!

### **Sponsors:**

**Central Bank, Zions Bank, America First Credit Union, NU SKIN, (WCF) Workers Compensation Fund, The Honey Baked Ham Company, Splash Summit, Marriott Hotel, SCHEELS, Olive Garden, Texas Road House, The Habit Burger Grill, Mr. MAC, Target, Harmons, Mountain Mike's Pizza, Los Hermanos, Vision Wear International, DHI, Ballet West, Golden Corral, C-A-L Ranch, Chick-Fil-A, Classic Fun Center, Costco, Hale Center Theater, Les Schwab Tires, Tucanos Brazilian Grill, Red Robin, Fat Cats, Brick Oven, Leatherby's, The Home Depot, Village Inn, Black Bear Diner, Utah Jazz, JDawgs, Heber Valley Railroad, Utah's Hogle Zoo, Les Schwab Tire, Outback Steak House, Sizzler, Scera Shell, McMullin Orchards, Einstein Brothers Bagels, Sam's Club, Krispy Kreme Donuts.**

## **Consumer Satisfaction Survey**



At Ability 1st Utah we are committed to providing quality services to our consumers. We invite you to fill out a brief Consumer Satisfaction Survey to give us your opinion on how we are doing. Your opinion is very important to us. To complete this survey please visit our website at [www.ability1stutah.org](http://www.ability1stutah.org) or use the QR code provided here. To access the Survey in another form, please contact the executive director, Sandra Curcio. We appreciate your feedback!

### **3 Strike System**

**After 3 strikes you will not be eligible to receive transportation from us for 3 months (starting from the last strike).**

### **Examples of Strikes:**

- **You don't cancel transportation BEFORE the driver calls or they are already picking up people.**
- **Driver waits outside your home or location for more than 5 minutes.**
- **You don't clean up after yourself.**
- **Disruptive behavior in the van.**
- **Refusal to listen to the driver.**
- **Other forms of misconduct.**

## **Unlocking the Benefits of Medicare and Medicaid Insurance**

Are you or a loved one in need of comprehensive healthcare coverage that goes beyond the basics? Look no further! As a dedicated Medicare insurance agent, I am here to guide you through the myriad of options to ensure you receive the care and services you deserve.

### **Medicare's Coverage of Essential Equipment**

Medicare provides coverage for crucial durable medical equipment, including wheelchairs, shower chairs, and bathroom safety equipment. These essential items can greatly improve the quality of life for those with mobility challenges, allowing for increased independence and comfort.

### **Hearing Aid Coverage**

Did you know that hearing aids are covered under Medicare Advantage plans? This means you can access the support you need to maintain optimal hearing health. Don't let hearing loss hold you back; explore the possibilities with the right coverage.

### **Medicare Advantage: More Than You Imagine**

Medicare Advantage plans offer an array of additional benefits that can enhance your healthcare experience. These plans often include at no additional cost, dental, vision, fitness, and even food benefits, helping you maintain your overall well-being. Plus, over-the-counter products and transportation assistance can make a significant difference in your daily life.

### **Consultations for Informed Choices**

I'm here to assist you every step of the way. Whether you're exploring new insurance options or seeking advice on optimizing your current plan, I offer free in-home consultations with no obligation. You can trust that I will examine your health insurance coverage and make recommendations that offer more benefits at no extra cost to you. I'm more than just an insurance agent; I'm a valuable resource ready to answer your questions and provide the assistance you need. Your health and well-being are my top priorities. Don't hesitate to reach out for any inquiries or concerns. Together, we can unlock the full potential of your healthcare coverage.

Linda Bastian

Your Trusted Medicare Advisor

[linda@bastianbenefitsadvisors.com](mailto:linda@bastianbenefitsadvisors.com)

801-885-1826

## **Noviembre**

1 Compras (ingredientes, etc) para clase de cocina 11:00 am-1:00 pm

Clase de cocina 1:30-3:00 pm

8 Reunión de Advocacy 1st, Boliches 1:30-3:00 pm Trae tu propio almuerzo

15 Potluck de Acción de Gracias en el Centro 11:00 am-2:00 pm

22 Higiene personal 11:00 am-1:00 pm

Película en el Centro 1:00-3:00 pm, ofreceremos almuerzo

El centro estará cerrado durante el fin de semana de Acción de Gracias.

¡¡Feliz día de Acción de Gracias!!

29 Festival de las Luces en Spanish Fork 6:00-9:00 pm



## **Diciembre**

6 Fiesta de Navidad 5:00-8:00 pm en UVU en el Centro Sorensen

800 W University Pkwy

Orem, Utah, EE.UU.

13 Gestión financiera 11:00 am-1:00 pm

Manualidades Navideñas 1:00-3:00 pm

20 Compras Navideñas (Walmart/Centro Comercial/Dollar Tree, etc.) 11:00 am-2:00 pm

El Centro permanecerá cerrado desde el 25 de Diciembre hasta Año Nuevo.

¡Feliz navidad!



# November 2023

# Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Shopping (ingredients, etc) For cooking class 11 am-1 pm Cooking class 1:30-3 pm	2 Deadline to RSVP for next week At 801-850-5566	3
6	7	8 Advocacy 1st Meeting Bowling 1:30-3 pm Bring your own lunch	9 Deadline to RSVP for next week At 801-850-5566	10 Closed for Veterans Day
13	14	15 Thanksgiving Pot Luck At the center 11 am-2 pm	16 Deadline to RSVP for next week At 801-850-5566	17
20	21	22 Personal Hygiene 11 am-1 pm Movie at the center 1-3 pm We will offer lunch	23 Closed through the weekend For Thanksgiving	24
27	28	29 Festival of Lights Spanish Fork 6-9 pm	30 Deadline to RSVP for next week At 801-850-5566	

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For cooking class  
11 am-1 pm  
Cooking class 1:30-3 pm

8 Advocacy 1st Meeting  
Bowling 1:30-3 pm  
Bring your own lunch

15 Thanksgiving Pot Luck  
At the center 11 am-2 pm

22 Personal Hygiene  
11 am-1 pm  
Movie at the center 1-3 pm  
We will offer lunch

The center will be closed for  
thanksgiving weekend.  
Happy Thanksgiving!!

29 Festival of Lights  
Spanish Fork  
6-9 pm

## December 2023

## Class Times May Change

Monday	Tuesday	Wednesday	Thursday
4	5	6 Christmas Party at UVU 5-8 pm	7 Deadline to RSVP for next week At 801-850-5566
11	12	13 Financial Management 11 am-1 pm Christmas Craft 1-3 pm	14 Deadline to RSVP for next week At 801-850-5566
18	19	20 Christmas Shopping (Walmart/Mall/Dollar Tree, etc) 11 am-2 pm	21
25 Closed for Christmas	26 Closed	27 Closed	28 Closed through weekend

6 Christmas Party at UVU  
Sorensen Center  
800 W University Pkwy  
Orem, UT  
5-8 pm

13 Financial Management  
11 am-1 pm  
Christmas Craft 1-3 pm

20 Christmas Shopping  
(Walmart/Mall/Dollar Tree, etc)  
11 am-2 pm  
The center will be closed from  
Christmas through New Years

Merry Christmas!



# November 2023

# Youth

Tuesday	Wednesday	Thursday	Friday
31	1	2 BYU Planetarium 9:30 am-11:30 am	3
7 Cooking Skills: Learn how to make a pie 9:30 am-10:30 am	8	9 BYU Bean Museum (Scavenger Hunt) 9:30 am-11:30 am	10 Closed in observance of Veterans Day
14 Make a recipe folder 9:30 am-10:30 am	15	16 Learn about the history of Thanksgiving Day 9:30am-11:30am	17
21	22	23 Closed through the weekend For Thanksgiving	24
28 Social Skills 9:30 am-10:30 am	29	30 Bowling @Payson 9:30 am-11:30 am	

## Class Times May Change

## December 2023

Tuesday	Wednesday	Thursday	Friday
5 Decorate Christmas Crafts 9:30 am-10:30 am	6	7 BYU Art Museum 9:30 am-11:30 am	
12 Write letters of gratitude for someone 9:30 am-10:30 am	13	14 Dollar Tree Outing/Prepare for Secret Santa Gift 9:30 am-11:30 am	
19 Bake and decorate Christmas cookies 9:30 am-11:30 am	20	21	
26 Closed	27 Closed	28 Closed through weekend	

# Juab & Sanpete

# November 2023

Tuesday	Wednesday	Thursday	Friday	We will be closed Friday November 3 and Thanksgiving Weekend. Our annual Christmas Party will be Wednesday December 6 from 5-8 pm at the Provo Center. We will be closed from Friday December 22 through New Years Day.
31	1	2	3 Office Closed	
7 Election Day Vote in your local election	8 Shopping Day	9	10 Closed for Veterans Day	
14	15	16	17	
21 Shopping Day	22	23 Closed through the weekend For Thanksgiving	24 Closed	
28	29	30		

# December 2023

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 Center Christmas Party	7	8
11	12	13 Shopping Day	14	15
18	19	20	21	22 Closed
25 Closed for Christmas	26 Closed	27 Closed	28 Closed	29 Closed thru New Years Day

## Ability 1st Utah Staff

### Utah & Wasatch

**Sandra Curcio:** Executive Director  
**Jhilma Miranda:** Supervisor  
**Deon Anderson:** IL Coordinator  
**Janine Culver:** TTW Coordinator  
**Robert Jordan:** Loan Bank Equipment Manager /Van Driver  
**Ethan Gregory:** AT Coordinator/Bus Driver  
**Vanessa Ruiz:** IL Life Skills Coordinator  
**Allyson Chamberlain:** Youth Coordinator  
**Clementine Murff:** Youth Coordinator  
**Cheryl Campbell:** Fiscal Officer  
**Angel Cortes:** Outreach/Marketing  
**Daniel Lee:** Receptionist  
**Michelle Tovar:** Covid 19 Social Support Specialist  
**Horacio Ochoa:** Loan Bank Assistant/Van Driver  
**Roger Downing:** Executive Director's Assistant

### Juab & Sanpete

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

## WAYS YOU CAN SUPPORT US!

# Smith's

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

Facebook: [Ability1stUtah](https://www.facebook.com/Ability1stUtah)

Twitter: [@Ability1stUtah](https://twitter.com/Ability1stUtah)

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

Tiktok: [ability1stutah](https://www.tiktok.com/@ability1stutah)



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

Promoting Independence for  
People with Disabilities

# Ability 1st Utah

[www.ability1stutah.org](https://www.ability1stutah.org)

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

1455 West 820 North

Return Service Requested