



CIL's Legislative Advocacy Training & LCPD Reception!

Thursday, January 25th 2024

The Utah State Legislative session will be starting on January 16th 2024 and will end on March 1st 2024. Legislative training activities will provide you with opportunities to participate and learn about effective advocacy methods, in order to help our elected officials understand and support issues affecting individuals with disabilities. Hearing directly from you about what issues you feel are most important is a very effective way to have your voice heard. Legislators want to hear from their constituents living in their voting districts.

CIL's Legislative Advocacy Training:

January 25th 11AM- 3PM

Learn how to advocate with your local legislator, see a legislative session, and discover how bills are made and passed. We'll be joined with other IL centers.

Lunch will be provided.

LCPD Reception:

January 25th 4:30-6:00PM

It's the Legislative Coalition for People with Disabilities Reception. Come and greet and meet you State Legislators.

Light refreshments will be served.

UDDC & USILC Disability week. Virtual connections legislative trainings.

USILC Legislative Virtual training will be held on January 23. Time to be determined.

Thank you

Ability 1st Utah would like to send out a big Thank You to everyone that has generously donated Assistive Technology equipment to our Center's loan Bank throughout this past year. Your donation of gently used and sometimes new equipment has been greatly appreciated. Through these wonderful donations, many of our consumers have achieved and maintained their independence. Ability 1st Utah is extremely grateful for your support.



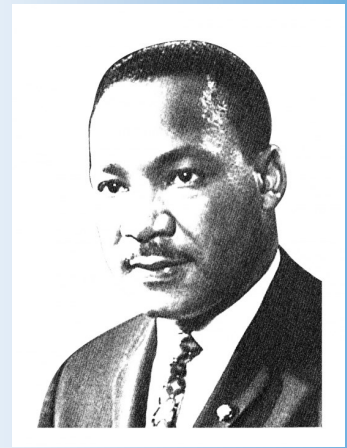
Utah County WARMING CENTERS:

**Provo/Orem dispatch
number for after hours
motel voucher/warming
centers info is 801-852-6411.**

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 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!





ENERO 2024

3º No hay actividades

10º Reunión de Advocacy 1st 11 am-12 pm/ Boliche - (TRAE TU ALMUERZO) 12-2 pm

15º Cerrado por el Día de Martin Luther King Jr.

17º Día de compras 11 am-12 pm/película en el Centro- (ALMUERZO PROVEIDO) 12-2 pm

25º Entrenamiento de LCPD en Capitol SLC 11 am-3 pm, recepción 4-6 pm

(ALMUERZO OFRECIDO)

31º Cómo organizar tu ropa 11 am-12 pm/ Manualidades de San Valentín (TRAE TU ALMUERZO) 12-2 pm



FEBRERO 2024

7º Día de compras 11 am-12 pm/ clase de cocina - (ALMUERZO PROVEIDO) 12-2 pm

14º Fiesta de San Valentín (Baile, actividades y COMIDA OFRECIDA) 11 am-2 pm

19º Cerrado por el Día de los Presidentes

21º Reunión de Advocacy 1st 11 am-12 pm/

Bingo + otros juegos (TRAE TU ALMUERZO) 12-2 pm

28º Clase de Autoestima 11 am-12 pm/

Día de la Cultura (Repostería) (TRAE TU ALMUERZO) 12-2 pm

January 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for New Years Day	2	3 No Activities	4 Deadline to RSVP for next week At 801-850-5566	5
8	9	10 Advocacy 1st Meeting 11 am-12 pm/ Bowling 12-2 pm *Bring your own lunch	11 Deadline to RSVP for next week At 801-850-5566	12
15 Closed for Martin Luther King Jr Day	16	17 Shopping 11 am-12 pm/ movie day at the center 12-2 pm (LUNCH PROVIDED)	18 Deadline to RSVP for next week At 801-850-5566	19
22	23	24	25 CIL Advocacy Training Capitol 11 am-3 pm (LUNCH PROVIDED), LCPD reception 4-6 pm Light Refreshments Provided	26
29	30	31 How to organize your clothes 11 am-12 pm/ Valentine's day craft - (BRING YOUR LUNCH) 11 am-2 pm		

JANUARY 20243th No activities10th Advocacy 1st meeting 11 am-12 pm/ Bowling 12-2 pm (BRING YOUR LUNCH)15th Closed for Martin Luther King Jr. Day17th Shopping 11 am-12 pm/ movie day at the center- (LUNCH PROVIDED) 12-2 pm25th CIL Advocacy Training Capitol 11 am-3 pm (Lunch Provided),

LCPD reception 4-6 pm (Light Refreshments Provided)


31st How to organize your clothes 11 am-12 pm/

Valentine's day craft (BRING YOUR OWN LUNCH) 12-2 pm Location TBD



February 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Deadline to RSVP for next week At 801-850-5566	2
5	6	7 Shopping 11 am-12 pm/ Cooking Class -(Lunch Provided) 12-2 pm	8 Deadline to RSVP for next week At 801-850-5566	9
12	13 	14 Valentine's Day Party (Dance, activities, food offered) 11 am-2 pm	15 Deadline to RSVP for next week At 801-850-5566	16
19 Closed for Presidents Day	20	21 Advocacy 1st Meeting 11 am-12 pm/Bingo, other games-(bring your own lunch) 12-2 pm	22 Deadline to RSVP for next week At 801-850-5566	23
26	27	28 Self-esteem class 11 am-12 pm/Culture day (baking) - (bring your own lunch) 12-2 pm	29 Deadline to RSVP for next week At 801-850-5566	



FEBRUARY 2024

7th Shopping 11 am-12 pm/ Cooking class (LUNCH PROVIDED) 12-2 pm

14th Valentine's day party (Dance, activities, and FOOD PROVIDED) 11 am-2 pm

19th Closed for Presidents Day

21st Advocacy 1st meeting 11 am-12 pm/ Bingo+other games-
(BRING YOUR OWN LUNCH) 12-2 pm

28th Self-esteem class 11 am-12 pm/

Culture day (Baking) (BRING YOUR OWN LUNCH) 12-2 pm

January 2024

Youth

Monday	Tuesday	Wednesday	Thursday
1 Closed for New Years Day	2 No Class	3	4 No Class
8	9 Money Management 9:30-10:30 am	10	11 Italian cooking 9:30-11:30 am
15 Closed for Martin Luther King Jr Day	16 Hygiene Class 9:30-10:30 am	17	18 BYU Planetarium 9:30-11:30 am
22	23 Healthy Relationships 9:30-11:30 am	24	25 State Legislature 11:00 am-3:00 pm
29	30 Time Management 9:30-10:30 am	31	



February 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday
			1 BYU Photography 9:30 am -11:30 am
5	6 Laundry Day 9:30 am-10:30 am	7	8 Roots of Knowledge UVU 9:30 am-11:30 am
12	13 Valentine's Day Art Project 9:30 am-10:30 am	14 Valentine Dance Party 11:00 am-2:00 pm	15
19 Closed for Presidents Day	20 Heart Affirmations 9:30 am-10:30 am	21	22 Bowling @Payson 9:30 am-11:30 am
26	27 Canvas Painting 9:30 am-10:30 am	28	29 Springville Museum 9:30 am-11:30 am



January 2024

Sanpete & Juab

Monday	Tuesday	Wednesday	Thursday
1 Closed for New Years Day	2	3 Shopping	4
8	9	10	11
15	16	17 Shopping/ Medical Transports	18
22	23	24	25 LCPD State Capitol Day
29	30	31	

Our calendars only offer transportation for either personal activities or center activities Tuesday, Wednesday and Thursday.

With the beginning of our New Year 2024 I want to give you some resources that can help you navigate independent living. While I don't have a full page to include all these resources, I am focusing on the ones that I think are the most beneficial for consumers during the Winter Season 2024.

Food Bank Sanpete: (435)462-3006
Juab: (435) 610-0757

HEAT Assistance: Sanpete (435)835-2831 Juab: (435)743-4060

VA Assistance:

Wendy@ability1stutah.org (435) 283-4949

Mental Health Counseling: Juab (435) 623-1456 Sanpete: (435) 283-4065

Center for Women and Children in Crisis: (435)851-3633 (Number for Both Sanpete and Juab)

Department of Workforce Services (866)435-7414 (Food Stamps, EBT Cards and questions about Utah Medicaid)

If you don't see the number you need call me and I will get a number that you can call or make an appointment where we can meet and call together.

February 2024



Monday	Tuesday	Wednesday	Thursday
			1
5	6	7 Shopping	8
12	13	14 Happy Valentine's Day	15
19 Closed for President's Day	20	21 Shopping	22
26	27	28	29

Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Executive Director
Jhilma Miranda: Supervisor
Deon Anderson: Nursing Home Transition Coordinator
Janine Culver: TTW Coordinator
Robert Jordan: Loan Bank Equipment Manager /Van Driver
Ethan Gregory: AT Coordinator/Van Driver
Vanessa Ruiz: IL Life Skills Coordinator
Allyson Chamberlain: Youth Coordinator
Meagan Wedge: Youth Coordinator
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Daniel Lee: Receptionist
Horacio Ochoa: Van Driver

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Coordinator

WAYS YOU CAN SUPPORT US!

Smith's

1. Go to 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

Twitter: @Ability1stUtah

Instagram: ability1stutah

Tiktok: ability1stutah



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

Promoting Independence for
 People with Disabilities

Ability 1st Utah

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Return Service Requested