

Peer Support Can Change Lives

Peer support is one of the core services of independent living and it is the practice of bringing people together who have similar disabilities to provide education, encouragement, and assistance to overcome the challenges of living independently with a disability. Who can offer better peer support than one who has personal experience, has been there, and has done that? They can offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, and other people. Peer support can make a big difference in an individual's sense of self-awareness and self-acceptance. Problems are solved through the exchange of information, and friendships are made. It can change lives!

Peer support can be done one-on-one or in support groups. Groups are composed of members with a similar disability, common interest, or problem and are arranged as needed. Another alternative is to conduct social and recreational activities where consumers observe and associate with each other, picking their peer counseling relationships from among participants.

Ability 1st Utah provides individual peer support as needed in an ongoing support group like the Advocates First consumer group that meets once a month at the center. This group was organized by consumers who have had to deal with difficult and complicated issues due to their disability and have overcome these challenges through peer support activities. This group meets the first Wednesday of each month at the center as listed on Pages 4 & 5. A supportive environment and education are essential in promoting independence.



Legislative Advocacy Training

This is an important time to be involved, since the Utah State Legislature began its 45-day session on January 16th and it will conclude on March 1st 2024. There is a lot going on in a very short period of time. Ability 1st Utah's consumers and staff attended the Centers for Independent Living annual Legislative Advocacy training at the Capitol on January 25th. The CIL training was combined with Roads to Independence consumers, staff and the Utah Statewide Independent Living Council. At this training we had Representative Mike Schultz Speaker of the House come speak to our group about some of the important bills that he has been working on. We also had Representative Marsha Judkins come and speak to the group about some of her current bills that she has been working on. Some of her bills are HB0197 Requirements for Supported Decision-making Agreements and HB0149 Earned Income Tax Credit Amendments. Representative Karen M. Peterson also came and spoke to us about the Legislative process and coming up to speak with your legislator. The group also attended the Legislative Coalition for People with Disabilities Reception that same evening. Everyone had the opportunity to speak to some of the legislators that came to our table and talk to them about issues that have impacted their independence. The group learned about how important it is to get involved in the legislative process, how speaking up for issues that impact their life is very important. If you would like to become involved with LCPD go to their website at Lcpdut.org or if you would like to become a member of LCPD contact Janet Wade at Janetewade@hotmail.com. There is also a state webpage for our Utah State Legislators, where you can find information involving the legislature. Their webpage is le.utah.gov. Also if you would like to get involved with Ability 1st Utah's consumer group called Advocates First you can contact Roger Downing at advocacy1st@gmail.com. 2024 is an election year. If you are not registered to vote and would like to get registered please go to Vote.Utah.gov. If you need help please let us know and we can help you with this process.

Sandra Curcio—Executive Director



The Disability Law Center's (DLC) voting team is branching into a new realm of voting advocacy, accessibility of caucus and convention meetings. Because these gatherings are the gateway to the electoral process and often produce our candidates, we must ensure that everyone can participate, have their views acknowledged, and their vote counted. The DLC has heard disappointing accounts of poor accessibility and lack of accommodations at these meetings. To obtain a clear picture and provide party leadership with real data, we're seeking citizens who are willing to attend their caucus meeting on March 5th and complete a survey about their observations. We are in TREMENDOUS NEED of volunteers to make this effort impactful. We especially need volunteers in your service area. For volunteers willing to join us in this new and exciting effort, here's what you can expect:

1. We'll ask you to complete a 4-minute pre-survey.
2. A member of the DLC voting team will support you in learning where your caucus meeting will be held.
3. We'll provide an online training to prepare you to complete the survey. This is for volunteers less familiar with evaluating accessible parking, route, entry, and meeting set-up features. The on-line modules will be available by February 25th.
4. On March 5th, you'll attend the caucus meeting for your precinct. This means that the meeting will be located near your home.
5. Afterwards, you can submit your survey and observations. If you'd like to receive a compilation of the data we collect, we'll be happy to share that with you later.

Note: for individuals with disabilities who are not interested in completing a full accessibility survey, we would love to interview you after you attend the caucus. We'll ask questions such as:

- Did you observe any accessibility problems?
- Did you know how to request an accommodation?
- Were you able to fully participate in the meeting?
- What improvements could be made to ensure that older voters and those with disabilities can safely and comfortably participate in the caucus?

To get involved or ask questions: contact me at snewton@disabilitylawcenter.org. You can also scan the following QR code to express interest.



CLASES Y ACTIVIDADES PARA ADULTOS (Marzo – Abril)

MARZO 2024

6º Compras / MANUALIDADES del día de Saint Patrick - (TRAE TU ALMUERZO)

13º Reunión de Advocacy First / Clase de cocina (SE OFRECE ALMUERZO)

20ª Clase informativa del Acuario / Visita al Acuario - (TRAE TU ALMUERZO)

27º Clase de Higiene Personal / Día de Cine (SE OFRECE ALMUERZO)

ABRIL 2024

3º Compras / ARTESANÍA día de Pascua - (TRAE TU ALMUERZO)

10º Reunión de Advocacy First / Boliche - (TRAE TU ALMUERZO)

17a Clase de seguridad en la cocina / Clase de cocina - (ALMUERZO OFRECIDO)

24 Conoce más sobre un museo - clase / Museo de Springville - (TRAE TU ALMUERZO)

NOTA. – Primeras clases y segundas Actividades.



DURACIÓN TOTAL (clase y actividad) 3 horas (10 AM – 1 PM)

Todas las clases se ofrecen durante la primera hora, después de la clase viene la actividad.



March 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6 Shopping / St Patrick's day CRAFT - (BRING YOUR LUNCH) 10 AM-1 PM	7 Deadline to RSVP for next week At 801-850-5566	8
11	12	13 Advocacy 1st meeting / Cooking class (LUNCH OFFERED) 10 AM-1 PM	14 Deadline to RSVP for next week At 801-850-5566	15 
18 	19	20 Aquarium informative class / Aquarium visit - (BRING YOUR LUNCH) 10:30 AM-1 PM	21 Deadline to RSVP for next week At 801-850-5566	22
25	26	27 Personal Hygiene class / Movie Day (LUNCH OFFERED) 10 AM-1 PM	28 Deadline to RSVP for next week At 801-850-5566	29

MARCH 2024



6th Shopping / St Patrick's day CRAFT - (BRING YOUR LUNCH)

13th Advocacy 1st meeting / Cooking class (LUNCH OFFERED)

20th Aquarium informative class / Aquarium visit - (BRING YOUR LUNCH)


27th Personal Hygiene class / Movie Day (LUNCH OFFERED)

NOTE. – First classes and second Activities. TOTAL DURATION (class & activity) 3 hours (10 AM – 1 PM)

All the classes are offered during the first hour, after the class comes the activity.

April 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Shopping / Easter CRAFT - (BRING YOUR LUNCH) 10 AM-1 PM	4 Deadline to RSVP for next week At 801-850-5566	5
8 	9	10 Advocacy 1st meeting / Bowling - (BRING YOUR LUNCH) 10 AM-1 PM	11 Deadline to RSVP for next week At 801-850-5566	12
15	16	17 Kitchen safety class / Cooking class - (LUNCH OFFERED) 10 AM-1 PM	18 Deadline to RSVP for next week At 801-850-5566	19
22	23	24 Know more about a museum - class / Springville Museum - (BRING YOUR LUNCH) 10 AM-1 PM	25 Deadline to RSVP for next week At 801-850-5566	26

APRIL 2024

3rd Shopping / Easter day CRAFT - (BRING YOUR LUNCH)

10th Advocacy 1st meeting / Bowling - (BRING YOUR LUNCH)

17th Kitchen safety class / Cooking class - (LUNCH OFFERED)

24th Know more about a museum - class / Springville Museum
(BRING YOUR LUNCH)


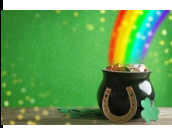




NOTE. – First classes and second Activities. TOTAL DURATION (class & activity) 3 hours (10 AM – 1 PM)

All the classes are offered during the first hour, after the class comes the activity.

March 2024

Youth

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 Advocacy talk with Natalie 9:30-10:30 AM	6	7 Volunteer Work at Tabitha's Way 9:30-11:30 AM	8
11	12 Tour at the Fire Department 9:30-10:30 AM	13	14 The Glory of Communication 9:30-11:30 AM	15 
18 	19 Conflict Resolution 9:30-10:30 AM	20	21 Bring a Buddy Movie Day! 9:30-11:30 AM	22 
25	26 How to be Safe Online 9:30-10:30 AM	27	28 Payson Bowling 9:30-11:30 AM	29 

April 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Personal Safety 9:30-10:30 AM	3	4 Police Station Tour 9:30-11:30 AM	5
8	9 All About Nutrition 9:30-10:30 AM	10	11 Grocery Shopping for Cooking Class 9:30-11:30 AM	12
15	16 Rules of Kitchen Safety 9:30-10:30 AM	17	18 Bring a Buddy Gourmet Sliders 9:30-11:30 AM	19
22	23 What can and can't be recycled 9:30-10:30 AM	24	25 Goals and Vision Boards 9:30-11:30 AM	26
29	30 What is our Carbon Footprint 9:30-10:30 AM			

March 2024

Sanpete & Juab


Monday	Tuesday	Wednesday	Thursday
4	5	6 Shopping Day	7
11	12	13	14 
18	19	20 Shopping Day	21
25	26	27 DWS in Nephi/ Juab County	28

There are a number of days available for transportation during March, 2024. If you need transport to see a doctor or take care of something outside the community where you live, please let me know and I can transport you.



April 2024

Class Times May Change

Monday	Tuesday	Wednesday	Thursday
1	2	3 Shopping Day	4
8	9	10	11 Introductory sewing class 1 pm
15	16	17 Shopping Day	18
22	23	24	25
29	30 DWS in Nephi/ Juab County		

I am going to offer an introductory sewing class. This isn't a class that will help you make clothing, but rather to help you learn about how to operate a sewing machine and how to take care of it, and we will be making some home décor items as well which will be fun! If you are interested let me know.

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

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3. Enter our agency's number (SX024) and choose "Save" to link your account to our agency.



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

Promoting Independence for
People with Disabilities

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Return Service Requested