



Ability 1st Utah's 21th 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 21, 2024. This year's race we had 173 racers register for our race, this included our 1k kids' fun run racers. Our Center raised \$17,757.41 to support our program services. We would like to take this opportunity to 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 32 volunteers from Provo College, BYU & Stryker and community volunteers, 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, UCCU, NU SKIN, Bank of Utah, Stryker, Big-O Tires, Splash Summit, Marriott Hotel, SCHEELS, Olive Garden, Denny's, Jersey Mikes, Deer Valley, Texas Road House, Mr. MAC, dōTERRA, Harmons, Mountain Mike's Pizza, Vision Wear International, Cheesecake Factory, Golden Corral, Wendy's, Raising Cane's, Little Giant Ladder Systems, DHI, Golden Corral, C-A-L Ranch, Kneaders, Chick-Fil-A, Classic Fun Center, Costco, Hale Center Theater, Les Schwab Tires, Tucanos Brazilian Grill, Red Robin, Fat Cats, Leatherby's, Boondocks, Burger Supreme, Brick Oven, The Home Depot, Village Inn, Utah Jazz, JDawgs, Heber Valley Railroad, Utah's Hogle Zoo, Outback Steak House, Sizzler, Scera Shell Theater, McMullin Orchards, Sam's Club, Krispy Kreme Donuts, Miracle Bowl, Macys, Lowe's Spanish Fork, Ruby River Steak House, Sports Clips, R&R BBQ, Trader Joe's, Taco Bell, Fire House Subs, Jamba Juice, Culver's, Crumbl Cookies, Café Rio, Panda Express.**

## Independent Living Services

Ability 1<sup>st</sup> Utah provides five core services that every center for independent living is required to provide. These services are available to all individuals that have a physical, mental, cognitive or sensory disability at no cost. The core services are (1) Advocacy, individual and systems change, (2) Peer Support, (3) Information and Referral, (4) Independent Living Skills Training, (5) Transition for youth with disabilities and nursing home and institutional transition. A few of these services will be highlighted below:

### Youth Transition

Ability 1<sup>st</sup> Utah's staff works with youth ages 5 to 24 and older youth up to age 30 with transition services. The transition services helps youth with disabilities to prepare for employment, higher education and community living. Ability 1<sup>st</sup> Utah's staff works with youth in learning skills they have requested, to help them achieve greater independence. These services are provided in the Schools and at the center.

### Nursing Home Transition

Ability 1<sup>st</sup> Utah's staff works with individuals with disabilities who reside in a nursing home or other institutions and have requested assistance to move back to their community. Staff will work with each individual to identify their specific needs and what community resources are available and necessary for their transition. Our staff can provide support services in many different ways and here are a few:

- Developing a transition plan
- Obtaining Personal Assistance Services and Nursing Services
- Applying for Benefits through the Wavier programs
- Identifying and acquiring Accessible and Affordable housing
- Acquiring Assistive Technology
- Acquiring funding for Home Accessibility modifications
- Independent Living Skills training
- Advocacy
- Community integration activities



### Independent Living Skills Training

Independent Living skills are taught at the center, and classes are scheduled through feedback received from individuals with disabilities such as:

- Budgeting & Finances
- Shopping on a budget
- Workplace readiness skills
- Cooking classes
- Accessing public Transportation/Travel Training
- Social Recreation skills & Social Relationships
- Self-Care- Hygiene and safety
- Laundry



If you are interested in these services please contact Ability 1<sup>st</sup> Utah at (801) 373-5044 in Provo and (435) 283-4949 in Ephraim, Utah.

# 2024 Election Dates

## Utah General Election

November 5th, 2024

### Complete voting-By Mail Ballot Return Deadline

Postmarked: November 4<sup>th</sup>, 2024

Received in Dropbox by: November 5, 2024

Early Voting: October 22- November 1<sup>st</sup> 2024

Please contact your Local Election office to confirm the dates, times and location of early voting. Here is a website:

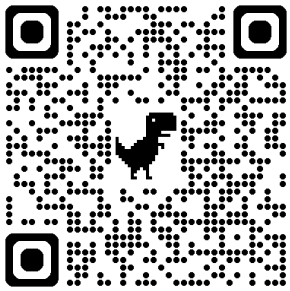
<https://apiavote.org/how-to-vote/in-your-state/utah/>



## Consumer Satisfaction Survey

Ability 1<sup>st</sup> Utah would like to thank all of you that completed our 2024 Consumer Satisfaction Survey. Your feedback will be valuable as our staff moves forward into 2025. Sincere efforts will be made by staff to implement your suggestions. Thank you for taking the time to give us your feedback.

Anyone that did not get a chance to complete the survey and would like to provide Ability 1<sup>st</sup> Utah with your suggestions and comments, you can complete our survey on line, which is available on our website at [www.Ability1stutah.org](http://www.Ability1stutah.org) or you can contact Roger Downing our Easter seals volunteer at (801) 373-5044 to complete a survey by phone. Your suggestions are always welcome.



## CALENDARIO DE ACTIVIDADES

### NOVIEMBRE

- 6 Advocacy 1st Meeting / Reunión Anual / Manualidades de Acción de Gracias (10 am-1 pm) Traer tu almuerzo
- 13 Capacitación UTA / Ir a Plaza Universitaria (9 am-1 pm) Se ofrece almuerzo
- 20 Clase de Cocina / Actividad de carta de agradecimiento (10 am-1 pm) Se ofrece almuerzo
- 27 Clase (Lo Bueno y lo grande) / Película (10 am-1 pm) Traer tu almuerzo



### DICIEMBRE

- 4 Festival de las Luces (6-9 pm) Se ofrece chocolate caliente
- 11 Fiesta de Navidad (5-8 pm) Se ofrece cena. Confirmar su asistencia antes del 11/21
- 18 Compras Navideñas / Manualidades Navideñas (10 am-1 pm) Traer tu almuerzo



# November 2024

# Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed for Staff Training
4 	5 Don't forget to Vote 	6 Advocacy 1 <sup>ST</sup> meeting / Annual Meeting / Thanksgiving Craft 10 am-1 pm Bring your lunch	7 Deadline to RSVP for next week At 801-850-5566	8
11 Veterans Day—Closed	12	13 UTA training / Going to University Place 10 am-1 pm Lunch offered	14 Deadline to RSVP for next week At 801-850-5566	15
18	19	20 Cooking Class / Thank you letter activity 10 am-1 pm Lunch offered	21 <b>Deadline to RSVP for next week and Christmas Party</b> <b>At 801-850-5566</b>	22
25	26	27 Class (The good and the great) / Movie (10 am – 1 pm) Bring your lunch	28 Thanksgiving Closed 	29 Closed

**NOVEMBER**

6<sup>th</sup> Advocacy 1<sup>ST</sup> meeting / Annual Meeting /

Thanksgiving Craft (10 am – 1 pm) Bring your lunch

11<sup>th</sup> Closed for Veterans Day

13<sup>th</sup> UTA training / Going to University Place (9 am – 1 pm) Lunch offered

20<sup>th</sup> Cooking Class / Thank You letter activity (10 am – 1 pm) Lunch offered

27<sup>th</sup> Class (The good and the great) / Movie (10 am – 1 pm) Bring your lunch

28<sup>th</sup>-29<sup>th</sup> Closed for Thanksgiving



# December 2024

## Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Festival of Lights 6 pm-9 pm Hot cocoa offered	5 Deadline to RSVP for next week At 801-850-5566	6
9	10 	11 Christmas Party 5-8 pm Dinner offered <b>Must RSVP by 11/21</b>	12 Deadline to RSVP for next week At 801-850-5566	13
16	17	18 Christmas Shopping / Christmas Craft 10 am-1 pm Bring your lunch	19	20
23 Closed	24 Closed	25 Merry Christmas! Closed 	26 Closed	27 Closed
30 We're Open	31 New Years Eve We're Open!	1 Happy New Years! Closed		

### DECEMBER

4<sup>th</sup> Festival of Lights (6 pm – 9 pm) Hot cocoa offered

11<sup>th</sup> Christmas Party **Must RSVP by November 21** (5-8 pm) Dinner offered

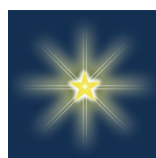
No transportation if you have guests.

LIMITED SEATING: If you come without a reservation, we will not be able to accommodate you.

GUESTS: 1-2 guests per family. Children count as guests.

18<sup>th</sup> Christmas Shopping / Christmas Craft (10 am – 1 pm) Bring your lunch


23<sup>rd</sup>-27<sup>th</sup> Closed for week of Christmas



# November 2024

## Theme for the Month: Self-Advocacy

Youth

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 What are my strengths Craft 9:30-11:00 am Don't forget to Vote	6	7 Andy teaching Self-Advocacy 9:30-11:30 am	8
11	12 I can speak up for my needs 9:30-11:00 am	13	14 Setting goals activity 9:30-11:30 am	15
18	19 Volunteer Activity 9:30-11:00 am	20	21 Bowling 9:30-11:30 am	22
25	26 No class	27	28 Thanksgiving Closed	29 Closed


# December 2024

## Theme for the Month: Healthy Relationships

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 What does it mean to have a healthy relationship 9:30-11:00 am	4	5 Trust Tree Craft 9:30-11:30 am	6
9	10 Boundaries & Personal Space Activity 9:30-11:00 am	11 Christmas Party 5-8 pm Dinner offered <b>Must RSVP by 11/21</b>	12 Healthy Vs. Unhealthy Relationships 9:30-11:30 am	13
16	17 Volunteer Activity 9:30-11:00 am	18 	19 Ice Skating 9:30-11:30 am	20
23 Closed	24 Closed	25 Merry Christmas! Closed	26 Closed	27 Closed
30 We're Open	31 New Years Eve We're Open!	1 Happy New Years! Closed		

# November 2024



# Sanpete & Juab counties

Monday	Tuesday	Wednesday	Thursday
4 	5 Don't forget to Vote	6 Medical Transports	7
11 Office Closed Thank a "Vet"	12 Transports	13 Shopping Day	14
18	19	20 Juab County Day Transports & IL Appts.	21
25	26	27	28 Thanksgiving Closed and Friday



Remember if you need transportation please call at least one week before you need it so I can arrange my schedule if needed.

# December 2024

Monday	Tuesday	Wednesday	Thursday
2	3	4 Medical Appts	5
9	10 	11 Shopping Day	12 Shopping in Spanish Fork Shopping Center
16	17 Medical Appts	18 Juab County Day Transports/IL Appts	19
23 Closed	24 Closed	25 Merry Christmas! Closed 	26 Closed and Friday
30 Closed	31 Closed	1 Happy New Years! Closed	2 Office Reopens

Remember to get your Flu and Covid Shots. If you are scheduled for transport and you appear ill you will not be allowed on the bus. Flu and Covid shots are available at WalMart in Ephraim, and the Pharmacy in Juab County inside Nebo Market.

*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
- Jaiden Melendrez: AT Coordinator/Van Driver
- Vanessa Ruiz: IL Life Skills Coordinator
- Dayane Lee: Youth Coordinator
- Meagan Wedge: Youth Coordinator
- Cheryl Campbell: Fiscal Officer
- Angel Cortes: Outreach/Marketing
- Daniel Lee: Receptionist
- Horacio Ochoa: Van Driver

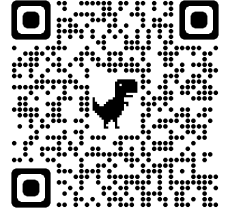
Juab & Sanpete

- Wendy Hansen: IL Coordinator
- Craig Ezzell: Youth Coordinator

**WAYS YOU CAN SUPPORT US!**



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
- 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