



"Hey, I'm Brandon Duncan! I love helping young people with disabilities build the confidence they need to navigate life on their own terms. My background as a Behavior Technician and Direct Support Staff taught me a lot about practical life skills and self-advocacy, and now I enjoy sharing that experience—whether it's prepping for interviews or figuring out public transportation and so much more. I'm all about creating a laid-back, supportive space where everyone feels welcome and ready to tackle whatever comes next."

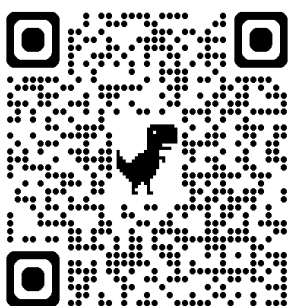
In this issue:

- Page 1: Consumer Satisfaction Survey
- Page 2: Message from Sandra Curcio
- Page 3: Spanish Calendars
- Page 4: Adult January Calendar
- Page 5: Adult February Calendar
- Page 6: Youth Program Calendars
- Page 7: Juab & Sanpete Counties Calendars
- Page 8: Additional Information



Consumer Satisfaction Survey

Ability 1st 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 1st Utah with your suggestions and comments, you can complete our survey on line, which is available on our website at 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.

Independent Living Legislative Funding Request

As you are all aware the Utah State Legislature began its 45-day session on January 21st and it will conclude on March 7th 2025. Lots of changes this Legislative session. First The Department of Workforce Services was moved to a new legislative committee. Last year DWS was under the Social Services Appropriations committee. This year DWS was moved to the Economic and Development Committee. The Independent Living program falls under the DWS so we moved to this new committee. This committee had many legislators that were not familiar with the independent living program. So many advocates did a lots of education and awareness with all of the committee members that were available informing them of all the great services that the centers for independent living provide to individuals with disabilities. The Independent Living program had two funding requests one for ongoing in the amount of \$450,000 to address inflation & sustain services. The other request was for one time funding for \$400,000 for Critical Infrastructure & Equipment Projects. Both requests would be split with all six centers. On February 7th the Economic and Development committee did prioritize their funding requests and our request came in on their priority list at 39th for the ongoing and 40th for the onetime request. Unfortunately the committee only funded up to 30 requests. So our funding requests did not make it through this committee this year. Advocates are still working on the Executive Appropriations committee members but not sure that our funding requests will get funded this year.

Also Ability 1st Utah's consumers and staff attended the Utah Developmental Disabilities Council & and the Utah Statewide Independent Living Council Advocacy workshop at the Utah State Capitol on January 21st. This training everyone learned about the Utah State Legislative process and how it works. Also consumers and staff attend the virtual 2025 Disability Advocacy day on February 3rd. Both of these trainings gave everyone the opportunity to learn more about the legislative session and how to advocate with legislators. We did wrap up our legislative advocacy activities by attending the Legislative Coalition for People with Disabilities Reception on February 3rd. Ability 1st Utah had a strong turn out with our consumers, staff and volunteers. We did get to meet with Representative Norm Thurston and Senator Keven Stratton. Thanks to everyone that participated in this training and the reception and all of our advocacy efforts. Also 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. Also I encourage you to register to vote If you are not 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



Marzo

5 Advocacy 1st Meeting /

Juego de abogacía * Se ofrece refrigerio 10 AM - 1 PM

12 Manualidades del Día de San Patricio /

* POTLUCK del Día de San Patricio 10 AM - 1 PM

19 Día del centro de recreación de Provo

* Traer tu almuerzo 10 AM - 1 PM

26 Clases de acondicionamiento físico con un maestro de BYU

* Se ofrece refrigerio 10 AM - 1 PM



Abril

2 Advocacy 1st Meeting /excursión

* Se ofrece refrigerio 10 AM - 1 PM

9 Búsqueda del tesoro / Lago Utah

* Se Ofrece Almuerzo 10 AM - 1 PM

16 Manualidades / Juego de Pascua 10 AM - 1 PM

23 Servicio comunitario de limpieza del parque

* Se ofrece almuerzo 10 AM - 1 PM


30 Jardinería del Centro

* Se ofrece refrigerio 10 AM - 1 PM



March 2025

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Advocacy 1st Meeting / Advocate Game * Snack Offered 10 AM - 1 PM	6 Deadline to RSVP for next week At 801-850-5566	7
10	11	12 St. Patrick's Day Craft / * St Patrick Day POTLUCK 10 AM - 1 PM	13 Deadline to RSVP for next week At 801-850-5566	14
17 St Patrick's Day 	18	19 Provo Rec Center Day * Bring your lunch 10 AM - 1 PM	20 Deadline to RSVP for next week At 801-850-5566	21
24	25	26 Fitness Class with BYU Teacher * Snack Offered 10 AM - 1 PM	27 Deadline to RSVP for next week At 801-850-5566	28
31				

March



5 Advocacy 1st Meeting / Advocate Game * Snack Offered 10 AM - 1 PM


12 St. Patrick's Day Craft / * St Patrick Day POTLUCK 10 AM - 1 PM

19 Provo Rec Center Day * Bring your lunch 10 AM - 1 PM

26 Fitness Class with BYU Teacher * Snack Offered 10 AM - 1 PM

April 2025

Class Times May Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Advocacy 1st Meeting / Field Trip *Snack Offered 10 AM - 1 PM	3 Deadline to RSVP for next week At 801-850-5566	4
6	7	8	9 Scavenger Hunt / Utah Lake * Lunch Offered 10 AM - 1 PM	10 Deadline to RSVP for next week At 801-850-5566	11
13	14	15	16 Crafts / Easter Game 10 AM - 1 PM	17 Deadline to RSVP for next week At 801-850-5566	18
20 	21	22	23 Park clean up community service *Lunch Offered 10 AM - 1 PM	24 Deadline to RSVP for next week At 801-850-5566	25
27	28	29	30 Gardening the Center * Snack Offered 10 AM - 1 PM		

April

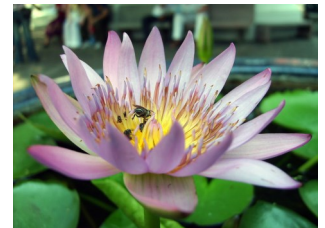
2 Advocacy 1st Meeting / Field Trip * Snack Offered 10 AM - 1 PM

9 Scavenger Hunt / Utah Lake * Lunch Offered 10 AM - 1 PM

16 Crafts / Easter Game 10 AM - 1 PM

23 Park clean up community service * Lunch Offered 10 AM - 1 PM


30 Gardening the Center * Snack Offered 10 AM - 1 PM



March 2025


Theme: Self-Care is the Best Care

Youth

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 All the different kinds of self-care 9:30 AM to 11:00 AM	5	6 How do you handle stress? (Stress Management) 9:30 AM to 11:30 AM	7
10	11 Create your everyday routine 9:30 AM to 11:00 AM	12	13 Declutter & Live Comfortable 9:30 AM to 11:30 AM	14
17 	18	19	20 Volunteer Activity 9:30 AM to 11:30 AM	21
24	25 Hobbies are for your well being 9:30 AM to 11:00 AM	26	27 Cosmetology School Experience 9:30 AM to 11:30 AM	28

April 2025

Theme: Why Physical Activity is Important

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 Benefits of Physical Activity 9:30 - 11:00 AM	2	3 Pilates 9:30 - 11:30 AM	4
6	7	8 Knowing the Limits of Your Body 9:30 - 11:00 AM	9	10 Find Your Zen Yoga 9:30 - 11:30 AM	11
13	14	15 Kickball 9:30 - 11:00 AM	16	17 Picnic at Bridal Falls 9:30 AM - 12 PM	18
20 	21	22 Volunteer Activity 9:30 - 11:00 AM	23	24 Classic Fun Center 9:30 AM - 12 PM	25
27	28	29 Zumba 9:30 - 11:00 AM	30		

March 2025

Sanpete & Juab


Tuesday	Wednesday	Thursday
4	5 Shopping Day	6
11	12 Transportation Day	13 Transportation Day
18	19 Transportation Day	20 Transportation Day
25	26	27



Beginning in May I will be bringing back Community Integration/ Recreation with a trip to Hogle Zoo. I have that scheduled for Wednesday May 21st so if you want to get in on that give me a call to reserve seat on the bus. Also, please note the days on the calendars for transportation days. If you have medical appointments it would be appreciated if you schedule on those days.



April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday
		1	2	3
6	7	8	9 Shopping Day	10
13	14	15	16 Transportation Day	17 Transportation Day
20		21	22	23 Transportation Day
				24 Transportation Day
27	28	29	30	

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
- Dayane Lee: IL Life Skills Coordinator
- Brandon Duncan: 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
2. Sign into your account.
3. Enter our agency's number (SX024) and choose "Save" to link your account to our agency.



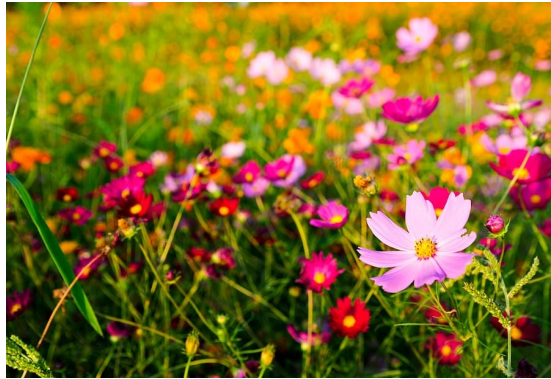
Now when you shop at Smith's, either in the store with your rewards card or online, they will donate 0.5% of your total purchase to our agency.

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

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

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