

## DISABILITY ADVOCACY DAY

Join us for Disability Advocacy Day 2026! You will hear the latest updates on Utah's 2026 Legislative Session and have the opportunity to participate in advocacy training.

### JANUARY 26, 2026 UTAH STATE CAPITOL

**Who should attend?**  
People with disabilities,  
family members, allies and  
disability professionals!

12:30  
PM

#### Legislative Training with UDDC

Hosted by the Utah Developmental Disabilities Council in the Kletting Room inside the Capitol

3  
PM

#### March Around the Capitol

Hosted by the Utah Parent Center's Youth Advisory Board

3:30-5  
PM

#### Voices for Change Rally

Hosted by the Utah Parent Center's Youth Advisory Board  
Register at: [bit.ly/YABMakingHistory](https://bit.ly/YABMakingHistory)



SCAN

4:30-6  
PM

#### Annual LCPD Reception

Hosted by the Legislative Coalition for People with Disabilities  
Register at: [bit.ly/VoicesforChangeJan26](https://bit.ly/VoicesforChangeJan26)

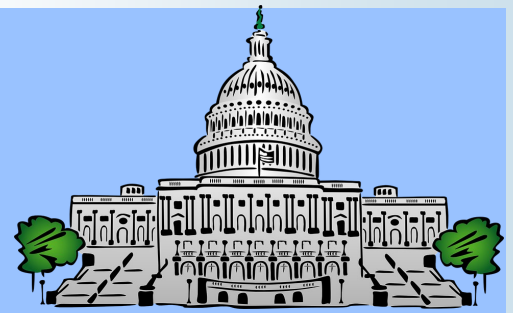


SCAN



Hello Everyone,

The Utah Legislative General Session start on January 20th and runs until March 6th 2026 to complete their 45-day session. Disability advocacy groups will be hosting a Disability Advocacy Day at the State Capitol on Monday January 26th 2026 from 12:30 pm to 6:00 p.m.



The Disability Advocacy Day will start with activities such as, a Pre-legislative Training that will start at 12:30 p.m. until 3:00 p.m. The Pre-Legislative training will provide you with opportunities to participate and learn about Legislative advocacy basics and the most effective methods to communicate with your elected officials. Helping them to understand and support the issues most important to you. 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 which is someone living in their voting districts. Lunch will be provided during the Pre-Legislative Training.

A new activity this year is a Disability day Rally that will include a walk around the State Capitol from 3 p.m. to 5 p.m. Signs for the Rally will be pre-made at the Advocates First meeting on January 7th 2026. After the Rally we all will be attending the Legislative Coalition for People with Disabilities, Legislative reception that will be held at the State Capitol Rotunda from 4:30 p.m. to 6:00 p.m. The LCPD reception is another great opportunity for people with disabilities to have their issues and voices heard by their elected officials. People with disabilities are encouraged to invite their House Representative and Senator to the LCPD reception so that they can speak with them directly. If you are interested in attending these events please contact the center and RSVP to be able to attend. If you have any questions please contact Daniel Lee, Roger Downing or Dayane Lee at 801-373-5044. Light refreshments will be provided at the reception.

I wish you a wonderful and Happy New Year!!!

*Sandra Turcio, Executive Director*

### **Consumer Satisfaction Survey**

Ability 1st Utah would like to thank all of you that completed our 2025 Consumer Satisfaction Survey. Your feedback will be valuable as our staff moves forward into 2026. 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](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.

## Cathy Rasmussen

Cathy is a wonderful asset to Ability 1st. With her dogged determination, she has worked to help others and has really come a tremendous way in her abilities as an office assistant. Cathy started working for the Easter Seals program in 2017. She was able to get an extension so that she was able to continue working with the Easter Seals program but in June, 2025, this came to an end because her time with the program ran out. In spite of this, Cathy has continued to work as an office assistant as a volunteer. She enjoys being able to work with people and she feels useful. Cathy states that she loves Ability 1st and as a consumer and a volunteer, has benefitted greatly from the services that she has received; they have helped her with overcoming many barriers and with being more independent in the community. In turn Cathy has assisted me, Deon, with keeping my files organized and assisting with inputting information into the computer and with her wonderful sense of humor and infectious laugh, has brought joy to the office. She is truly a wonderful asset to Ability 1st!



## Calendario en Español

### ENERO

1 Día de Año Nuevo - Centro cerrado.

7 Advocacy 1st Meeting / Preparación para la manifestación de LCPD \*Se ofrecerá un refrigerio de 10 am-1 pm.

14 Clase de empleo / Elaboración de currículum \*Se ofrecerá almuerzo 10 am-1 pm

19 Día de Martin Luther King Jr. - Centro cerrado.

21 Clase de vivienda / Clase de costura \*Se ofrecerá almuerzo de 10 am-1 pm.

26 Defensa legislativa de LCPD / USILC \*Se ofrecerá almuerzo de 11 am-7 pm.

### FEBRERO

4 Advocacy 1st Meeting / Clase sobre los límites con orador de UTA.

\*Se ofrecerá un refrigerio 10 am-1 pm.

11 Fiesta de San Valentín \*SE OFRECERÁ ALMUERZO 10 am-1 pm.

16 Día de los Presidentes: Centro cerrado.



18 Clase de administración de dinero \*SE OFRECERÁ ALMUERZO 10 am-1 pm.

25 Visita a la Biblioteca de Provo \*TRAER TU ALMUERZO 10 am-1 pm.



# January 2026

# Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Years Day Center Closed	2
5	6	7 Advocacy 1st Meeting / LCPD Rally Prep * Snack Offered 10 am - 1 pm	8	9
12	13	14 Employment / Resume class **LUNCH OFFERED 10 am - 1 pm	15	16
19 MLK day Closed 	20	21 Housing Class / Sewing Class **LUNCH OFFERED 10 am - 1 pm	22	23
26 LCPD / USILC Legislative Advocacy **LUNCH OFFERED 11 am - 7 pm	27	28 No Activity	29	30

## JANUARY

1 New Years Day Center Closed

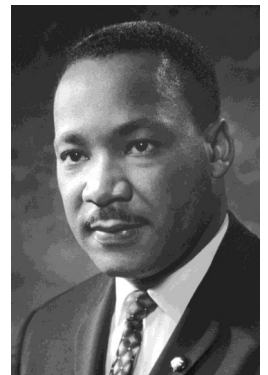
7 Advocacy 1st Meeting / LCPD Rally Prep \*Snack Offered 10 am-1 pm

14 Employment / Resume class \*LUNCH OFFERED 10 am-1 pm

19 MLK day Closed


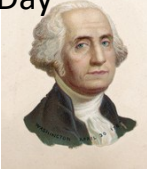
21 Housing Class / Sewing Class \*LUNCH OFFERED 10 am-1 pm

26 LCPD / USILC Legislative Advocacy \*LUNCH OFFERED 11 am-7 pm



# February 2026

## Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Advocacy 1st Meeting / UTA Speaker Boundaries class * Snack Offered 10 am - 1 pm	5	6
9	10	11 Valentine's Day Party **LUNCH OFFERED 10 am -1 pm 	12	13
16 Presidents Day Center closed 	17	18 Money Management Class **LUNCH OFFERED 10 am -1 pm	19	20
23	24	25 Provo Library Tour ***BRING A LUNCH 10 am -1 pm	26	27

happy Valentine's day

### FEBRUARY

- 4 Advocacy 1st Meeting / UTA Speaker Boundaries class \* Snack Offered 10 am - 1 pm
- 11 Valentine's Day Party \*LUNCH OFFERED 10 am-1 pm
- 16 Presidents Day Center closed
- 18 Money Management Class \*LUNCH OFFERED 10 am-1 pm
- 25 Provo Library Tour \*BRING A LUNCH 10 am-1 pm

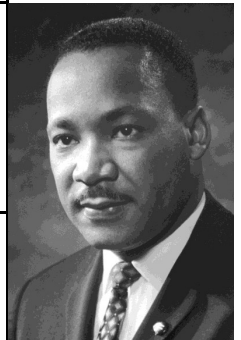


# January 2026

# Youth

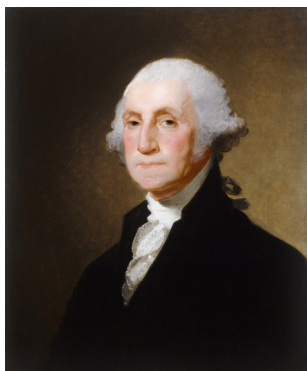
## Youth

Monday	Tuesday	Wednesday	Thursday
			1 Closed for New Year's Day
5	6 Orem Library Service Project 9:30-11:00 am	7	8 Class on Leadership 9:30 am-11:00 am
12	13 Springville Art Museum 9:30 am-11:00 am	14	15 Orem Police Department Speaker Sergeant Lewis 9:30 am-11:00 am
19 MLK Day Closed	20 Home Depot, Lindon Learn about paint techniques 9:30 am-11:00 am	21	22 Canvas Painting 9:30 am-11:00 am
26	27 Lindon Animal Shelter 9:30 am-11:00 am	28	29 Jack & Jill Bowling AF 9:30 am-11:00 am



# February 2026

Monday	Tuesday	Wednesday	Thursday
2	3 History of Valentine's Day Make Valentine crafts 9:30 am-11:00 am	4	5 Make Valentine Desserts 9:30 am-11:00 am
9	10 Valentine Journals 9:30 am-11:00 am	11 Valentine's Party 10 am-1:00 pm	12 
16	17 BYU Art Museum/Hot Cocoa 9:30 am-11:00 am	18	19 Goal Setting 9:30 am-11:00 am
23	24 Self-Esteem Class 9:30 am-11:00 am	25	26 Tabitha's Way Service Project 9:30 am-11:00 am



# January 2026




# Sanpete & Juab

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Years Day Closed	2 Office Closed
5	6	7 Shopping Day 8:30 am-3:30 pm	8	
12	13	14 On Demand Transportation Day	15 On Demand Transportation Day	
19 MLK Day closed	20	21 Pre-scheduled Transportation Day	22 Pre-scheduled Transportation Day	
26	27	28	29	

APRIL (the Association Program for Rural Independent Living) announces scholarship for students with disabilities. Check them out at the QR Code below!



# February 2026

Monday	Tuesday	Wednesday	Thursday
2	3	4 Shopping Day 8:30 am-3:30 pm	5
9	10	11 On Demand Transportation Day	12 On Demand Transportation Day 
16 President's Day Closed  	17	18 Pre-scheduled Transportation Day	19 Pre-scheduled Transportation Day
23	24	25	26



*Ability 1st Utah Staff*

Utah & Wasatch

- Sandra Curcio: Executive Director
- Jhilma Miranda: Supervisor / IL Specialist
- Deon Anderson: Nursing Home Transition Coordinator
- Robert Jordan: Loan Bank Equipment Manager /Van Driver
- Connor Lemon: AT Coordinator/Van Driver
- Dayane Lee: IL Life Skills Coordinator
- Brandon Duncan: Youth Coordinator
- Clementine Murff: 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!**



- 1.1. Go to [smithsfoodanddrug.com/inspire](https://smithsfoodanddrug.com/inspire)
- 2.2. Sign into your account.
- 3.3. 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*