

Ability 1st Utah

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A Voice Of Our Own

March & April 2026

Ability 1st Utah- Promoting Independence for people with disabilities

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My name is María Amador. I was born in Mexico.

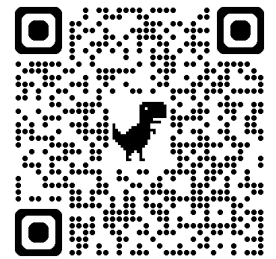
I feel very happy and blessed to have the opportunity to work at Ability 1st Utah. I began my work by performing cleaning duties in the building, and I am currently serving as Dayane's Assistant supporting the various activities and classes offered to participants.

This position has allowed me to develop and acquire new skills, particularly in the areas of cooking, creating crafts, decorating the center, and interacting with and supporting consumers and coworkers. I am deeply grateful for the patience and kindness shown to me, as this experience has given me greater confidence to communicate and express myself in the English language, while also strengthening my empathy and understanding of each individual's unique abilities.

I sincerely thank Ability 1st Utah for giving me the opportunity to help and serve others with love, and for allowing me to work alongside such wonderful people at the center.

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 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.



Utah Centers for Independent Living Legislative Funding Request

This year the Utah State Legislative Session began its 45-day session on January 20th 2026 and will run through March 6th 2026. This year's legislative session took off with lots of activities for the Senate and House passing of Bills and looking at Department Directors presenting a 5% budget cut for their programs and many different funding requests.

The Utah Independent Living Program presented an ongoing funding request in the amount of \$450,000.00 to maintain staff and essential services statewide. These funds represent the minimum needed to sustain existing services for the centers for independent living. This funding will be split between all six centers statewide. On February 10th the Economic and Community Development Appropriation's Subcommittee presented their priority list for the Executive Appropriations Committee. The Utah Independent living Program funding request was ranked at 15 on their list. As Advocates we will continue to educate the Executive Appropriations committee members about the funding and ask them for their support. Advocacy truly does work, we are so grateful to Representative Watkins for sponsoring our funding request and working with advocates to get our funding request ranked at 15. Also, on January 26th Ability 1st Utah's consumers and staff attended the Disability Advocacy Day activities at the State Capitol. We started off our day with the Legislative Advocacy training with the Utah Development Disabilities Center (UDDC). Then we marched around the Capitol grounds, and attended the voices for change Rally in front of the Capitol. We ended our evening by attending the annual LCPD Reception at the Capitol rotunda. Both of these trainings and the LCPD reception gave everyone the opportunity to learn more about the legislative session and how to advocate with legislators. All of the activities that we attended at the Capitol were very well attended. It truly was a great opportunity for everyone to participate in systems change advocacy. If you would like to become involved with the Legislative Coalition for People with Disabilities (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 on our Utah legislature and their specific activities. 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



Clases y actividades para adultos en Marzo 2026

1. Advocacy 1st Meeting / Clase de Medicare / Clase de Computación
**ALMUERZO OFRECIDO 10 am - 1 pm.
11. Capacitación en Viajes / Centro Comercial Orem
*Traer Tu Almuerzo 10 am - 1 pm.
17. ¡Feliz día de San Patricio!
18. Comida Compartida de San Patricio / Manualidades
*TRAER TU PLATO FAVORITO 10 am - 1 pm
25. Juego de Jazz
*TRAER TU CENA 7 pm - 9 pm





Clases y actividades para adultos en Abril 2026

1. Advocacy 1st Meeting / Orador de DI / Manualidades / Búsqueda de Huevos
*Traer Tu Almuerzo 10 am - 1 pm
5. ¡Felices Pascuas!
8. Clase de Cocina / Aprendiendo a Reciclar
**ALMUERZO INCLUIDO 10 am - 1 pm
15. Hábitat para la Humanidad del Condado de Utah
*Traer Tu Almuerzo 10 am - 1 pm
22. Festival de Tulipanes
*Traer Tu Almuerzo 10 am - 1 pm
29. Capacitación de apoyo entre pares / Clase de fotografía
*Traer Tu Almuerzo 10 am - 1 pm



March 2026

Class Times May Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------------------------|---|--|-----------------------|
| 2 | 3 | 4 Advocacy 1st Meeting / Medicare Class/Computer Class **LUNCH OFFERED 10 am - 1 pm | 5 Deadline to RSVP for next week At 801-850-5566 | 6 |
| 9 | 10 | 11 Travel Training / Orem Mall *BRING YOUR LUNCH 10 am - 1 pm | 12 Deadline to RSVP for next week At 801-850-5566 | 13 |
| 16  | 17 Happy St. Patrick's Day! | 18 St. Patrick's POTLUCK /Crafts *BRING FAVORITE DISH 10 am - 1 pm | 19 Deadline to RSVP for next week At 801-850-5566 | 20 1st Day of Spring! |
| 23  | 24 | 25 Jazz Game *BRING YOUR DINNER 7pm - 9 pm | 26 Deadline to RSVP for next week At 801-850-5566 | 27 |
| 30 | 31 | 1 | 2 | 3 |

4 Advocacy 1st Meeting / Medicare Class/Computer Class

**LUNCH OFFERED 10 am - 1 pm

11 Travel Training / Orem Mall

*BRING YOUR LUNCH 10 am - 1 pm

17 Happy St. Patrick's Day!

18 St. Patrick's POTLUCK /Crafts

*BRING FAVORITE DISH 10 am - 1 pm

20 First day of Spring!


25 Jazz Game

*BRING YOUR DINNER 7 pm - 9 pm



April 2026

Class Times May Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|---|--|--------|
|  | | 1 Advocacy 1st Meeting / DI Speaker/ Crafts/ Egg Hunting *BRING YOUR LUNCH 10 am - 1 pm | 2 Deadline to RSVP for next week At 801-850-5566 | 3 |
| 6 | 7 | 8 Cooking Class/ Learning to recycle **LUNCH OFFERED 10 am - 1 pm | 9 Deadline to RSVP for next week At 801-850-5566 | 10 |
| 13 | 14 | 15 Habitat for Humanity of Utah County *BRING YOUR LUNCH 10 am - 1 pm | 16 Deadline to RSVP for next week At 801-850-5566 | 17 |
| 20 | 21 | 22 Tulip Festival *BRING YOUR LUNCH 10 am - 1 pm | 23 Deadline to RSVP for next week At 801-850-5566 | 24 |
| 27 | 28 | 29 Peer support training/photo class *BRING YOUR LUNCH 10 am - 1 pm | 30 Deadline to RSVP for next week At 801-850-5566 | 1 |

1 Advocacy 1st Meeting / DI Speaker/ Crafts/ Egg Hunting

*BRING YOUR LUNCH 10 am - 1 pm

5 Happy Easter!

8 Cooking Class/ Learning to recycle

**LUNCH OFFERED 10 am - 1 pm

15 Habitat for Humanity of Utah County

*BRING YOUR LUNCH 10 am - 1 pm

22 Tulip Festival

*BRING YOUR LUNCH 10 am - 1 pm



29 Peer support training/photo class

*BRING YOUR LUNCH 10 am - 1 pm




March 2026

Youth

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-----------|--|--------|
| 2 | 3 Create a poster for Ability 1st Utah/Canvas painting 9:30 am-11:00 am | 4 | 5 Service Project at Lindon Elementary 9:30 am-11:00 am | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 16  | 17 Happy St. Patrick's Day Scavenger Hunt 9:30 am-11:00 am  | 18 | 19 Roots of Knowledge at UVU 9:30 am-11:00 am | 20 |
| 23 | 24 Service work at the DI 9:30 am-11:00 am | 25 | 26 Pick up Animal food donations in Lindon 9:30 am-11:00 am | 27 |
| 30 | 31 BYU Botany Pond/Picnic 9:30 am-11:00 am | | | |


April 2026

Class Times May Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-----------|---|--------|
|  | | 1 | 2 Deliver the food items/ Lindon Animal Shelter 9:30 am-11:00 am | 3 |
| 6 | 7 First Aid class 9:30 am-11:00 am | 8 | 9 BYU Royden G. Derrick Planetarium 9:30 am-11:00 am | 10 |
| 13 | 14 Make baby hats for Utah Valley hospital | 15 | 16 Cooking class 9:30 am-11:00 am | 17 |
| 20 | 21 Setting goals 9:30 am-11:00 am | 22 | 23 BYU Bean Museum 9:30 am-11:00 am | 24 |
| 27 | 28 Feed the ducks at Paul Ream Wilderness Park 9:30 am-11:00 am | 29 | 30 Service Work at Habitat For Humanity 9:30 am-11:00 am | 1 |



March 2026

Sanpete & Juab

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|----------------------------------|------------------|-----------|
| 2 | 3 | 4 Shopping Day 9 am - 3:30 pm | 5 | 6 |
| 9 | 10 | 11 Transport Day | 12 Transport Day | 13 Yikes! |
| 16 | 17  St. Patrick's Day | 18 Transport Day | 19 Transport Day | 20 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | |

R6 in Juab and Sanpete Counties will have funds for the HEAT program. So be sure to call your local HEAT office and if you don't know the number, call our office at (435) 283-4949 to get the correct number.

April 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|------------------|------------------|------------------------|------------------------|
|  | | 1 April Fools! | 2 | 3 |
| 6  | 7 Shopping Day | 8 | 9 | 10 |
| 13 | 14 | 15 Transport Day | 16 Transport Day | 17 |
| 20 | 21 Transport Day | 22 Transport Day | 23 Wendy out of office | 24 Wendy out of office |
| 27 | 28 | 29 | 30 | 1 |

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

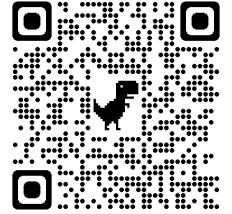
Juab & Sanpete

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

WAYS YOU CAN SUPPORT US!



- 1.1. Go to smithsfoodanddrug.com/inspire
- 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.

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Return Service Requested