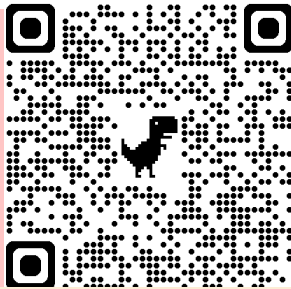


RUN WALK ROLL



FUNDRAISER RACE

*Our 23rd Annual
Run, Walk, or Roll
will be on
September 26,
2026*



Pre-registration is available at <https://ability1stutah.org>

If you have any questions please call Daniel Lee at:
(801)- 373-5044 or email daniel@ability1stutah.org

10K Race will be at 8 AM, 5K at 8:30 AM at
1455 West 820 North Provo, Utah 84601

This year is our 23rd annual 5k/10k run walk and roll race. Our annual fundraiser which is on September 26th, 2026 is a fun event for everyone. The proceeds from our annual 5k/10k race go to support our youth and adult community integration program services. We hope that you all can come join us in this wonderful event to support Ability 1st Utah.

Sandra Curcio



Bethany Davis-Outreach/Marketing Coordinator

Bethany is always keeping busy with projects, volunteer work, and learning new things. In her free time, she loves to write stories and spend time outside, and she can often be found exploring new hiking trails and looking for interesting creatures. She's excited to be working with Ability 1st Utah!



Meet Josephine Shelton-Easterseals Assistant

I was born and raised in Harlem NYC NY. I am the oldest of 2 living siblings. I was known for my voice and longed to be an opera singer. I was married to the love of my life my late husband Stanley Shelton. Together we have 5 children, 10 grandchildren and 4 great grandchildren. My favorite things to do in my spare time are gardening, arts and crafts, acrylic painting, home décor and cooking. The most important of these talents is my ability to connect with and care for others by going above and beyond my call of duty in all that I do. I am sincerely grateful and blessed in all that I have experienced in my life.

Cristian Amador-Inventory/Transportation Coordinator

I have lived in Provo Utah for 37 years. I was born in Ensenada Mexico, I studied clinical laboratory science and later attended medical school. I enjoy all sports especially basketball and soccer. I would like to thank Sandra and Jhilma for giving me the opportunity to work for ability 1st Utah as a transportation coordinator.



This summer, our Youth Transition Program provided students with opportunities to build job readiness, independent living, social, and community skills through hands-on activities and experiences. Students participated in a variety of community outings, including Topgolf, bowling, the movie theater, museums, Ben Gamin Games, the zoo, and local restaurants. These activities allowed students to practice skills in real-world settings while having fun and building positive relationships with peers and community members.

A major focus of the program was developing independence and social skills. Students practiced appropriate public behavior, communication, ordering food, for themselves, tipping, making choices, following directions, problem-solving, and interacting respectfully with employees and members of the community. Students also had opportunities to learn about businesses and entrepreneurship, including hearing from local business owners and learning what it takes to operate a business.

One of the highlights of the summer was seeing the students become more comfortable, confident, and independent as the program progressed. They worked together, supported one another, tried new experiences, and created many positive memories. The community support we received from local businesses also made the summer especially meaningful. Donations, discounts, and special accommodations from community partners helped provide experiences that our students may not otherwise have had the opportunity to enjoy.

Overall, the summer program was a successful combination of learning, independence, community involvement, and fun. Most importantly, the students were able to practice skills in authentic situations while discovering that they are capable of doing more for themselves than they may have initially believed.

Craig Ezzell, Youth Program Coordinator, Ephraim Office

On-Demand Transportation Services

Hello Everyone,

Thank you to everyone who has been using our on-demand transportation services. We are happy to announce that we can now provide on-demand transportation every Monday from 9:30 a.m. to 4:30 p.m.

We may also be able to provide on-demand transportation Tuesday through Friday on a very limited basis, depending on scheduling and availability. Please note that availability on these days is limited, so advance scheduling is strongly recommended. Services are scheduled out one week in advance, so it is very important to call ahead.

To schedule transportation, please contact Daniel, our receptionist. He will connect you with your Independent Living Coordinator, who will verify that you have an active case and a transportation goal. Then it will be referred to the on-demand driver. Thank you for your continued support and for using our transportation services!

Septiembre

- 2 Advocacy 1st Meeting / Zoo **Traer Almuerzo: 10 am – 2 pm
- 7 Cerrado por el Día del Trabajo (Labor Day)
- 9 Día de compras **Traer Almuerzo: 10:30 am – 1:30 pm
- 14 Cine: 10:30 am – 1:30 pm
- 16 Feria Estatal de Utah **Traer Almuerzo o Dinero: 10 am – 2 pm
- 21 ¿Qué es un trabajo? ¿Qué tipo de trabajo me gustaría?
**Almuerzo Ofrecido: 10:30 am– 12:30 pm
- 23 ¿Qué es un trabajo? ¿Qué tipo de trabajo me gustaría?
**Almuerzo Ofrecido: 10:30 am– 12:30 pm
- 26 Carrera benéfica "Run, Walk & Roll" **Se ofrecen aperitivos: 10K 8 am, 5K 8:30 am
- 28 Seguridad **Almuerzo Ofrecido: 10:30 am – 1:30 pm
- 30 NO ACTIVIDAD (Conferencia de Vida Independiente)

Octubre

- 5 Advocacy 1st Meeting/ Día de compras **Traer Almuerzo 10:30 am - 1 pm
- 7 Repaso de habilidades laborales **Almuerzo Ofrecido: 10:30 am - 12:30 pm
- 12 Repaso de habilidades laborales **Almuerzo Ofrecido: 10:30 am - 12:30 pm
- 14 Thanksgiving Point **Traer Almuerzo: 10 am - 2 pm
- 19 Top Golf **Traer Almuerzo o Dinero: 10 am - 2 pm
- 21 Museo de Arte en Springville **Traer Almuerzo: 10 am - 2 pm
- 26 Corn Bellys **Traer Almuerzo: 10 am - 2 pm
- 28 Fiesta de Halloween **Almuerzo Ofrecido: 11:00 am - 2 pm



September 2026

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Advocacy 1st Meeting/ Zoo BRING YOUR LUNCH 10:00 am - 2:00 pm	3 Deadline to RSVP for next week At 801-373-5044	4	5
7 Labor Day Closed	8	9 Shopping Day BRING LUNCH 10:30 am - 1:30 pm	10 Deadline to RSVP for next week At 801-373-5044	11	12
14 Movie Theater 10:30 am - 1:30 pm	15	16 Utah State Fair Bring Lunch OR Money 10 am - 2 pm	17 Deadline to RSVP for next week At 801-373-5044	18	19
21 Job Class Lunch offered 10:30 am - 12:30 pm	22	23 Job Class Lunch offered 10:30 am-12:30 pm	24 Deadline to RSVP for next week At 801-373-5044	25	26 Run Walk & Roll fundraiser race 10K 8 am 5K 8:30 am
28 Safety Lunch Offered 10:30 am - 1:30 pm	29 NO ACTIVITY IL Conference	30 No Activity IL Conference			

2 Advocacy 1st Meeting/ Zoo Lunch Offered: 10 am-2 pm

7 Labor Day Closed

9 Shopping Day **Bring Your Lunch: 10:30 am - 1:30 pm

14 Movie Theater 10:30 am - 1:30 pm

16 Utah State Fair **Bring Lunch OR Money: 10 am - 2 pm

21 What Is a Job? What Kind of Job Would I Like? Lunch Offered: 10:30 am - 12:30 pm

23 What Is a Job? What Kind of Job Would I Like? Lunch Offered: 10:30 am - 12:30 pm

26 Run Walk & Roll Fundraiser Race **Snacks Provided 10K 8:00 am, 5K 8:30 am

28 Safety **Lunch Offered: 10:30 am - 1:30 pm

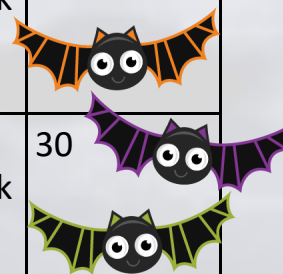
29-30 IL Conference, NO ACTIVITY



October 2026

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Deadline to RSVP for next week At 801-373-5044	2
5 Advocacy 1st Meeting / Shopping Day *BRING YOUR LUNCH 10:30 am - 1 pm	6	7 Job Skills Review **LUNCH OFFERED 10:30 am - 12:30 pm	8 Deadline to RSVP for next week At 801-373-5044	9
12 Job Skills Review **LUNCH OFFERED 10:30 am - 12:30 pm	13	14 Thanksgiving point *BRING YOUR LUNCH 10 am - 2 pm	15 Deadline to RSVP for next week At 801-373-5044	16
19 Top Golf **Bring Lunch or Money 10 am - 2 pm	20	21 Springville Art Museum **BRING LUNCH 10 am - 2 pm	22 Deadline to RSVP for next week At 801-373-5044	23
26 Corn Bellys *BRING YOUR LUNCH 10 am - 2 pm	27	28 Halloween Party **LUNCH OFFERED 11 am - 2 pm	29 Deadline to RSVP for next week At 801-373-5044	30



- 5 Advocacy 1st Meeting /Shopping Day **Bring Your Lunch: 10:30 am - 1:00 pm
- 7 Job Skills Review **Lunch Offered: 10:30 am - 12:30 pm
- 12 Job Skills Review **Lunch Offered: 10:30 am - 12:30 pm
- 14 Thanksgiving point **Bring Your Lunch: 10 am - 2:00 pm
- 19 Top Golf **Bring Lunch or Money: 10:00 am - 2:00 pm
- 21 Springville Art Museum **Bring Your Lunch: 10:00 am - 2:00 pm
- 26 Corn Bellys **Bring Your Lunch: 10 am - 2:00 pm
- 28 Halloween Party **Lunch Offered: 11 am - 2 pm



September 2026

Youth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Personal Safety 9:30-11 am	2	3 Cooking Mexican Food 9:30-11 am	4	5
7 Labor Day Closed	8 How to do laundry / Make Fall Cookies 9:30-11 am	9	10 Personal Hygiene & Self-Care 9:30-11 am	11	12
14	15 Money Management 9:30-11 am	16	17 Lindon Animal Shelter 9:30-11 am	18	19
21	22 BYU Bean Museum 9:30-11 am	23	24 Paint a Canvas 9:30-11 am	25	26 Run Walk & Roll fundraiser race 10K 8:00 am 5K 8:30 am
28	29 IL Conference No Activity	30 IL Conference No Activity			

October 2026

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Watch a Movie: Spiderwick Chronicle (PG) 9:30-11:00 am	2
5	6 BYU Planetarium 9:30-11:00 am	7	8 Lindon Pumpkin Patch 9:30-11:00 am	9 
12	13 Volunteer at Deseret Industries 9:30-11:00 am	14	15 Assemble Kits for the Red Cross 9:30-11:00 am	16
19	20 Halloween Crafts 9:30 am-11:00 am	21	22 Jaker's Pumpkin Patch 9:30 am-1:00 pm	23 
26	27 No Activity	28 Halloween Party **LUNCH OFFERED 11 am - 2 pm	29 History of Halloween National Geographic movie 9:30-11:00 am	30

September 2026

Sanpete & Juab

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Grocery Shopping 8:30 am- 3:00 pm	4	5
7 Labor Day Closed	8	9 Transportation Day	10 Transportation Day	11	12
14	15	16 JUAB COUNTY DAY	17	18	19
21	22	23	24	25	26 Run Walk & Roll fundraiser race 10K 8:00 am 5K 8:30 am
28	29 IL Conference Office Closed	30 IL Conference Office Closed			



October 2026

Monday	Tuesday	Wednesday	Thursday
			1
5	6	7 Grocery Shopping 8:30 AM- 3:00 PM	8
12	13	14 Transportation Day	15 Transportation Day
19	20	21 JUAB COUNTY DAY	22
26	27	28 Halloween Party **LUNCH OFFERED 11 am - 2 pm	29



THINKING ABOUT GETTING A JOB FOR SOME EXTRA MONEY?

Ability 1st Utah is a Ticket to Work Employment Network. We can help you manage your benefits while you try to go to work. In fact, in some case you may be able to keep your social security for 9 months without penalty and keep your wages from your job too. If you have any questions or think you might like to participate in this program, please call Wendy Hansen Ability 1st Utah (435) 283-4949.

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

Bethany Davis: Outreach/Marketing Coordinator

Daniel Lee: Receptionist

Cristian Amador: Inventory/Transportation Coordinator

Horacio Ochoa: Van Driver

Juab & Sanpete

Wendy Hansen: IL Coordinator

Craig Ezzell: Youth Coordinator

WAYS YOU CAN SUPPORT US!

Smith's

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](https://www.facebook.com/Ability1stUtah)

Twitter: [@Ability1stUtah](https://twitter.com/Ability1stUtah)

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.

Ability 1st Utah
Promoting Independence for
People with Disabilities

www.ability1stutah.org

Fax: 801-373-5094

Phone: 801-373-5044

Provo Utah, 84601

1455 West 820 North

Return Service Requested