



THE WASATCH SCOPE

Newsletter of the Utah Independent Living Center
Fall 2022

Surviving and Thriving

Greetings everyone from UILC staff. We apologize that it has been so long since we have published a written addition of the **Wasatch Scope**. We hope that you have kept current on things happening at the UILC by visiting the our website at www.uilc.org. We have also been actively posting our activities and events on Facebook. Our class schedule is frequently updated and is on the UILC website as are events and activities that are happening at both our Salt Lake and Tooele Centers.

Many wonderful things are happening here and in Tooele. We have hired new staff who are wanting to meet all of you. We have new classes and activities planned, as well as, some old often asked for classes and activities. The UILC wants to be there for people with disabilities who need our services. You are all very important to us and we have missed seeing you. Drop by and say hi one day or give us a call. Your input and continued support is why we are not only surviving but thriving.

NINJA

N.I.N.J.A. stands for New Ideas to Network Junior Advocates. Last June 20-24, a group of 26 delegates aged 16-24 from all across Utah came together at Utah State University. The delegates want to become leaders in the community. They lived in the dorms and ate in the cafeteria, participated in classes and activities focused on advocacy, team building and FUN. The delegates enjoyed a college experience while learning new skills and making friends. This summer was the 10th anniversary of the NINJA conference and UILC sent 6 delegates, 1 mentor and 1 staff, who all agreed it was a great experience.



This conference is sponsored by the Statewide Council for Independent Living. If you have questions about any of these programs or would like to participate in them please give Kathy Self a call at 801-466-5565.

We Need Your Help



Every year we conduct a survey about our services and how you benefitted. We also would like to know what didn't work. Surveys are always available across from the front desk and on our website, as we want to receive feedback throughout the year. The

surveys are anonymous - no name is required. Information gathered will help us plan for services that you need and help us to improve the services we are currently providing. Chelsea can also email you a survey and print it without your name on it when it is returned. Help us help you by completing our survey. Thanks!

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IMPORTANT DATES:

Upcoming UILC Events

October 7th — Equipment GiveAway

October 11th — Tooele Open House

October 27th — UILC Halloween Party (SLC)

November 24th & 25th — UILC Salt Lake and Tooele Offices closed for Thanksgiving

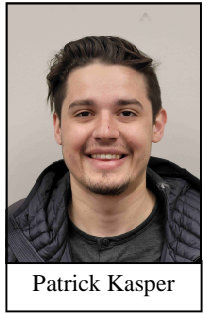
December 15th — UILC Holiday Party

December 26th & 27th — UILC Salt Lake and Tooele Offices closed for the Holidays.



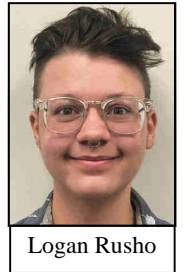
Meet Our New Staff

I started work with UILC in November of 2021. Since then, I have been driving, teaching classes, and enjoying whatever outing we have with our consumers. I was born in Edmonton, Alberta, and moved to Utah at a very young age. I ended up moving back to Canada for boarding school to follow my hockey dream. From there, I attended the University of Utah where I continued my education and hockey. My hobbies include hockey, golf, skiing and basketball. Currently, I am loving my work with UILC, and I am coaching the u16 Ogden Jr. Mustangs as well. My goal is to keep love alive in whoever I can, including myself.



I started working at the UILC in May of this year. I'm very happy and excited to be a part of the UILC team. I was hired as a Youth Transition Specialist. I love working with students and I'm excited when they make goals and accomplish them, I was born in the old Utah County Hospital formally on 2100 South and State. As a life long resident of Salt Lake City, I love how close we are to so much nature. I'm a widow after 35 years of marriage. I have 3 grown children with 8 grandchildren who I adore. I love reading and travel. True joy comes from the students and co-workers. My background has been in the Medical field working with seniors and people with special needs. This has given my life happiness and purpose. I hope to spend many years working at the Utah Independent Living Center. The co-workers have been so welcoming and kind and I see and understand the importance of UILC and what it offers to our community. I'm so grateful for the opportunity they have given me.

My name is Logan Rusho, I've been very recently employed at the Utah Independent Living Center as a Youth Transition Specialist. I enjoy art (both creating and consuming), long hikes with my partner, and generally spending time in the outdoors. I'm an avid reader and judge of pulp sci-fi. I love teaching folks of all ages and abilities, working with kids, and helping the people around me. If you frequent Salt Lake coffee shops, you may have seen some of my art in the Local Artist Sticker machines! I grew up in Salt Lake and I adore the community, culture, and environment. I've been loving the friendly and welcoming atmosphere at the UILC, from both coworkers and consumers alike. If you see me around, feel free to ask me about my cats - I have four, and I love showing people pictures of them!



I have lived most of my life in Tooele county aside from living in Alaska for 3 years, and then on The Big Island of Hawaii for 3 years as well. I love going to new places and experiencing other cultures and the way they live. The ocean is my favorite and if I could live on the beach for the rest of my life I would be more than content. Fiji and Costa Rica are definitely on my bucket list of places to visit! I love working at the UILC and teaching a wide variety of skills to my consumers. Being able to interact with all of them and having a place for them to come and socialize is a very rewarding experience. Aside from working here, I also have my own house cleaning and window cleaning business that I run on the weekends and after work. I am grateful I get the opportunity to work with a wide variety of people on all different levels and I can't wait to see what the future has in store for me!

Hello, I'm the new Deaf Peer Support Specialist at the UILC. I started in May. I am profoundly Deaf, I use ASL. I can speak and lips read well most of the time. I enjoy reading and attending concerts. I'm excited to help all people with disabilities in the community to live as independently as possible.



I have worked with the UILC as the Peer Support Specialist for Deaf since last December, 2021. I have lived in Utah most of my life. I went to Utah School for the Deaf and graduated from there. I have 5 kids and 11 grandkids. Being a grandma is the best! My hobbies are listening to music, doing crafts and visiting nature; also I know how to make things more fun. I love what I had been doing while being an advocate for Deaf community and seeing their lives thriving. Namaste



30th Annual 5K for Utah Independent Living Center

This year, 67 people registered to participate in the 30th Annual 5K Fun Run and Roll for the Utah Independent Living Center, Inc. The race was held at the Jordan River Trailhead Park in West Valley City, Utah, on June 11, 2022. Race participants came from as far away as 300 miles from the starting line to participate in this race. Some participants had preregistered while others registered the day of the race. Either way, an enthusiastic crowd came out and participated in what they felt was a good cause. The proceeds for this race go to the Utah Independent Living Center, Inc. No participant was turned away for the inability to pay due to Scholarships that were made available.



It was great to see all of the participants there. It had been a couple of years since the race could be held due to COVID precautions. For the first time ever, the race was a fun run this year. All of the participants were there for a different reason and enjoyed themselves. The participants and spectators who remained after the race were able to participate in the prize drawings. Prizes ranged from a Chromebook computer, a drone, Cherry Hill Passes, Hale Center

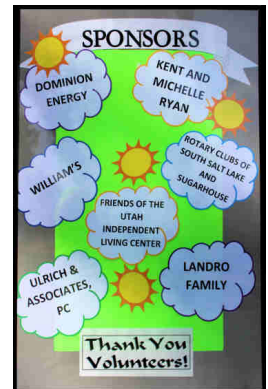
Theater tickets, Texas Roadhouse Gift cards, and other gift cards that were donated by local individuals and businesses. It was a beautiful, very warm, successful day for the 30th Annual Utah Independent Living Center 5K Run and Roll.



Thank You! **To Our Sponsors, Donors and Racers**

UILC board and staff members would like to thank them any generous donors who made our 30th Annual Independent Living 5K Fun Run and Roll such a memorable event this year. After cancelling this fun awareness event for two years because of COVID concerns, it was so wonderful for all of us to be able to interact with both racers and spectators.

A heartfelt *Thank You* goes out to the following sponsors: Williams, Dominion Energy, Ulrich and Associates, Michelle and Kent Ryan, Murray/South Salt Lake Rotary, friends of UILC and the Landro Family.

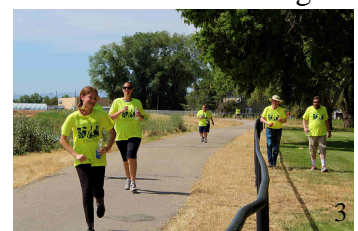


UILC would also like to acknowledge and thank South Salt Lake and Salt Lake County who each made a special effort to repair the cracks on their side of the course so our racers who use mobility devices could safely participate. A world of appreciation and thanks goes to Mactex for allowing us to park in their parking lot when other nearby businesses refused. A special thank you is extended to the West Valley paramedics who donated their time to be at the race.



Racers and spectators, like always, look forward to participating in the prize drawings at the end of the race. The prize drawing would not have been possible without the generosity of the following donors. Hale Theater, Tracy Aviary, Desert Star Playhouse, Heber Valley Historic Railroad, Boondocks, Blue Iguana, USANA, Cherry Hill, Whitney Insurance, Frank & William Miklavic, Debbie Lambrose, Michaels, Charles Winter, Sari Williams, Soelberg's Market, Dollar Tree, Target, Texas Roadhouse, Rosewood Dental and friends of Jeannie Hodgkiss.

Of course, a grateful *Thank You* goes to the participants and their guests who, without your support, this Fun Run would not have been possible.



Youth Programs at UILC

The 2022-2023 school year has started and Utah Independent Living Center's school-based youth programs are in full swing. UILC sends Life Skills Trainers into Middle, High and Post High Schools in Murray, Canyon, Granite, Jordan, Salt Lake, Tooele, Summit and Park City School Districts. The Life Skills Trainers go to classes for one hour each week for a full semester. While they are there, they teach the students about Independent Living. Advocacy, social skills, vocational skills, nutrition and money management are just a few of the topics available to the students. This program has been around since 1985, and over the years thousands of students have benefited from this important program. One of the most requested classes is "Taking care of yourself" in this 12-week class students learn every aspect of hygiene, from handwashing to doing the laundry. Each student enrolled in class receives a hygiene kit full of everything that they will need to prepare for an interview or a community outing. UILC distributes over 200 hygiene kits each year.



The SLC Youth Summer Program just ended for students 16-22 years of age and it started on June 13th. The program was every Monday, Wednesday and Friday for seven weeks until July 31st. Students went on outings into the community on the bus or Trax. Over the summer students went bowling, visited Nicklemania, Valley Fair Village Housing, Silver Lake and Vocational Rehabilitation Offices.



The students were divided into cooking groups and traveled to an area grocery store to shop for the ingredients to make a nutritious breakfast or lunch. Whole group instruction included bus training, social skills, sex education, self-advocacy and a dance. Over the summer students improved their social skills and overall living skills in a fun and safe environment.



988 Suicide and Crisis Lifeline

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides a 24/7 connection to confidential support. Call or text 988 to be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. Trained counselors will listen and provide support and connections to resources if necessary.



The previous Lifeline phone number (1-800-273-8255) will also remain available to people in emotional distress or suicidal crisis along with the 988 phone number.

There is hope.



UTAH INDEPENDENT LIVING CENTER *OUTINGS GROUP SIGN-UP* OCTOBER 2022-

- Mark each outing that you want to attend with an "X" in the appropriate box, on both the top and bottom of the page. **Return the bottom half of the page to UILC as soon as possible.**
- You will be contacted only for the outings you sign up for. Some outings have limited space, and are on a first come, first served basis.
- **Outings are subject to change without notice. Please turn in an outing sheet if you want to attend out-**

You are encouraged to **meet at the outing location.**

☐ **Thursday, October 13, 2022**
Cross E Ranch Fall Festival
3500 North 2200 West, SLC
12:00pm-3:00pm
Cost \$10.77 (with a 50% discount, **must buy online in advance**, discount code will be given to those signed up).
Limited transportation available.
May bring a lunch or buy food.
Limited wheelchair accessibility,
gravel and dirt limitations.
Check out their website:
<https://www.crosseranch.com>

☐ **Thursday, October 27, 2022**
Halloween Party
UILC Skills Center
3445 S. Main St., SLC
12:00pm-2:00pm
Free
Come dressed up and hungry!
Lunch served until food is gone

☐ **Thursday, November 17, 2022**
Thanksgiving Trivia in Tooele
52 N. Main St., Tooele
12:00pm-3:00pm
Free, bring a lunch
Trivia games and treats to make will be provided

☐ **Thursday, December 1, 2022**
Festival of Trees
Mountain America Expo Center
9575 South State Street, Sandy
More details to come

☐ **Thursday, December 15, 2022**
Holiday Party
UILC Skills Center
3445 S. Main St., SLC
12:00pm-2:00pm
Free
Lunch served until food is gone

☐ **Thursday, January 12, 2023**
Dreamscapes Exhibit
South Town Mall
10450 State St STE 2200, Sandy
11:30am-3:00pm
Limited donated tickets available.
May bring lunch or buy food at mall

☐ **Thursday, January 26, 2023**
Annual UILC Slideshow
UILC Skill Center and via Zoom
3445 S. Main St, SLC
1:00pm-3:00pm
Free, may bring snack to share

- We meet at the Outings Location at the time specified on this sheet.
- **UTA** is the preferred way to reach an outing location. The cost is \$2.50 (one way) without a Paratransit Pass or Reduced Fare Card. If you need guidance on how to get either of these UTA passes, please contact the UILC.
- The UILC bus/van is reserved for those who have no other means of transportation and is first come, first served. UILC transportation may be very limited due to COVID safety guidelines. It can be scheduled 2 weeks before an outing, but needs to be arranged at least 2 days before the outing. **It is your responsibility to arrange transportation.**

Keep the top half for your records.

Call Jan Bigelow with any questions 801-466-5565

Please detach and return the bottom half to Jan at 3445 South Main Street, Salt Lake City, UT 84115

UTAH INDEPENDENT LIVING CENTER *OUTINGS GROUP SIGN-UP* OCTOBER 2022-

Name: _____

Phone: _____

Email: _____

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Cross E Ranch Fall Festival

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Halloween Party

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Holiday Party

☐ **Thursday, January 12, 2023**
Dreamscapes Exhibit

☐ **Thursday, January 26, 2023**
Annual UILC Slideshow

Date Received _____

HALLOWEEN PARTY



Thursday,
October 27, 2022
12:00pm-2:00pm



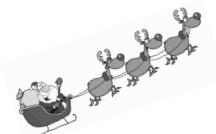
UILC Skills Center
(3445 S Main Street in Salt Lake)
Come dressed up for the
Costume Contest.

SEE YOU THEN!



Holiday Party!

Thursday,
December 15, 2022
12:00 pm—2:00 pm



UILC - 3445 S Main Street in SLC
Come enjoy Food, Friends and Festivities, and a visit
from Santa!



ASSISTIVE EQUIPMENT GIVE – AWAY



DATE: Friday, October 7, 2022

TIME: 10:00 am to 2:00 pm

Location: UILC (3445 S Main Street, Salt Lake City)

The Utah Independent Living Center has some equipment and supplies that we want someone with a disability to use. Some equipment is very specialized and needs to go to just the right person. Other equipment will work for most people.

Giveaway Guidelines

- UILC is not responsible for repairs, batteries, breakage or damage caused by or to the equipment.
- Medical proof that a person needs the equipment may be required for high cost and/or specialized equipment.
- UILC consumers will get priority.
- Equipment may have weight restrictions.
- UILC will not deliver equipment. No exchanges please.

Types of Equipment/Supplies available:

Walkers, Medical Supplies, Wheelchairs, Motorized Wheelchairs, Braces, Crutches, Cushions, Trays, etc.

**ALL EQUIPMENT IS AVAILABLE
"AS IS"**

Tooele Open House October 11th 3:00 - 5:30 pm

The Utah Independent Living Center in Tooele will be having an Open House and we would love to see you there! Come see what all we have to offer for people with disabilities, meet the staff and let us know how we can be of assistance to you or someone you may know with a disability. Located at 52 North Main Street in Tooele, the Open House is from 3:00 to 5:30 pm on October 11th. There will be refreshments served and also an equipment giveaway (a smaller version of the one above at the Salt Lake office. Parking is available in the rear of the building (off of Garden Street by the new Police Station). Questions? Call us at 435-843-7353.



UILC—Tooele Office
52 North Main Street, Tooele, UT 84074

Come Join Us!

Utah Independent Living Center
3445 South Main Street
Salt Lake City, UT 84115-4418
Voice/TTY 466-5565
Email: uilc@uilc.org
Web Page: www.uilc.org

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Mark Your Calendar...

October 7th — Equipment Give Away

October 27th — UILC Halloween Party (SLC)

November 24th & 25th — UILC Salt Lake and
Tooele Offices closed for Thanksgiving

December 15th — UILC Holiday Party

December 26th & 27th — UILC Salt Lake and
Tooele Offices closed for Christmas

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Opinions and views expressed do not necessarily represent those of the UILC.

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Rebecca Hale, *Tooele Easter Seal Volunteer*

**The Wasatch Scope is available in
alternative formats upon request.**

**Call Kim @ 801-466-5565
Voice & TTY**

Find us on Facebook!