



Newsletter of the Utah Independent Living Center  
March 2018

## UILC Welcomes New Board Members

The UILC Board of Directors is pleased to announce that four new members have joined the Board. Each new member brings with them skills and abilities that will be beneficial to the UILC.

Mike Foster received his Masters degree from Utah State University. He is a Certified Rehabilitation Counselor and he is employed as a Vocational Rehabilitation Counselor with the Veterans Administration.

Christine Pettey is a Registered Nurse, parent advocate of a child with a disability and long time participant in UILC awareness and fundraising activities especially the 5K Run and Roll.

David Ruster is an engineer who brings his engineering and project management skills to the center and its future projects and growth.

Julie Beckstead, a familiar name to some, has 50+ years experience with a disability, is knowledgeable about Independent Living, and following her retirement from the UILC more than a year ago wants to give back to the community in a meaningful way.

The chair of the board, Dick Fox, said that he is pleased that so many talented individuals wanted to join the board. Dick went on to say that he is amazed at all the things the center accomplishes helping people with disabilities.

## Staff Changes at the UILC

UILC says hello to two new faces and bids a sad farewell to two familiar faces.

Michael Lefevor has been a staff member of the UILC twice. He was first employed in our youth program, and then upon his return he became the Community Integration Coordinator. A position he held for about 6 years. Michael's willingness to always lend a hand where needed, his sense of humor and his work ethic will be missed. During his stint as Community Integration Coordinator, more and more of his time was focused on youth projects. As his commitment to mentor young people with disabilities into leadership roles grew, Michael wanted to be on the forefront of making that change happen.

To that end, Michael took a position with the Statewide Independent Living Council to develop, expand, and implement youth leadership and empowerment programs throughout the state.

One month after Michael left, the UILC also said goodbye to Audrey Wright, our Independent Living Specialist. Audrey was often heard saying that she taught most of the adult classes, which was true. Audrey's artistic abilities, her belief in the value and worth of all people and her knowledge of first aid, chemistry, (continued on page 3)

### In this issue:

- New Class, TBI Services  
Summer Youth Program,  
Tooele Events .....2
- New Staff, Deaf Expansion  
Services .....3
- Outing Sheet, Rocky  
Mtn ADA Center.....4
- Class Schedule, NINJA  
Youth Conference, 5K  
Run and Roll Race.....5

### IMPORTANT DATES:

#### Upcoming UILC Events

**Monday, May 28**  
UILC will be closed in observance of Memorial Day

**Saturday, June 2nd**  
5K Run and Roll. Registration form in next Newsletter.

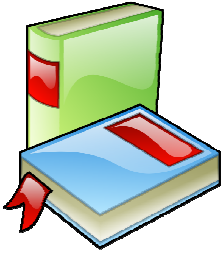
**June 14**  
UILC Annual Picnic

**June 18**  
Youth Summer Program begins (M,W, F). Applications April 18<sup>th</sup>.

**June 19**  
Youth Empowerment Academy (T,Th) begins. Applications April 18<sup>th</sup>.

## Literature Class

By Aspyn Bennett



Hi guys! In the coming months I will be starting up a basic literature class for all who are interested. This is not the writing class, and content will be different. Literature class will be focused on improving reading, writing, and comprehension skills. These skills would be useful in everyday life, especially when applying

for jobs or housing. Not to mention, improving understanding of what you write and read can be empowering. Skills to be learned include: sentence structure and meaning, essay structure and flow, and understanding of what we read. We will be reading a novel in this class, so regular attendance is a must! If you have any questions or concerns, call me at 801-466-5565 or better yet, come see me. Class begins March 16<sup>th</sup>.

## New Summer Youth Program 2018

Utah Independent Living Center is excited to offer a new Summer Program this year. In addition to the very successful program we have offered for over 25 years. We will be adding an additional two day program called Empowerment and Transition Academy. This program will be for students 16-22 years old that are interested in becoming employed and developing self-empowerment and leadership skills. The program will focus on pre-employment skills such as filling out a job application, and successful interviewing. Each student will leave the program with a working resume. This program is a perfect fit for young adults who want to be more independent, transition to adult living and improve their skills.

Classes are Tuesday and Thursday from 9:00am to 2:00pm beginning June 19<sup>th</sup> thru Aug 2<sup>nd</sup>. The students will be responsible for their own lunches and bus passes.

Application will be mailed on April 16<sup>th</sup> and registrations will be accepted on a first come first served basis starting April 18<sup>th</sup>.

*\* Please note that the regular Summer Youth Program (M,W,F) in Salt Lake will also be held as will the Tooele Summer Youth Program.*

## Resource Facilitation available for individuals with a TBI

Many of you may not be aware that the UILC provides Resource Facilitation for individuals with Traumatic Brain Injuries (TBI)! This includes assistance to coordinate needed supports in the community during a 6 week period of time, with additional follow up assistance as needed. A neuropsych evaluation is also available if needed. Please contact Debbie Sarah or Jan Bigelow for more information at 804-466-5565.

## Community Integration Coordinator

Who would have guessed that the new Community Integration Coordinator was hiding in plain sight at the front desk of the UILC. Brenda Green's experience and commitment to helping people with disabilities learn leisure activities, and community participation make her a natural fit for this position. Congratulations Brenda on the new role at the UILC.

## Tooele Happenings

Tooele branch office staff want to help people with disabilities living in Tooele County increase their skills at home and in the community. Below are some of the activities happening there. Call Cheri or Jessica at 435-843-7353 for more information.

### Ongoing Classes

- ◆ Basic IL Skills class every Monday 12:30-1:30 pm
- ◆ Advanced IL Skills Class 1st / 3rd Thursday each month and include skills such as: cooking, interviewing for jobs, budget, sewing, etc.
- ◆ Community Outing 1st & 3rd Wednesday 12:00-4:00 pm. Bring sack lunch & drink.
- ◆ One on One Skills by appointment
- ◆ Bowling every Thursday 1:00 pm
- ◆ Friday—Fun Activities

### UILC Tooele Office

52 N Main Street  
Tooele, UT 84074

Tooele Phone: 435-843-7353

### Cheri Gunderson

Life Skills Trainer for Youth  
Education Enhancement Program

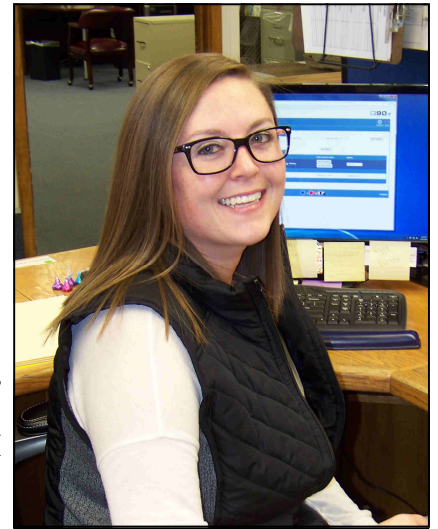
### Jessica Smith

Outreach Specialist  
Independent Living Program

(*Staff cont. page 1*) and anatomy were all put to good use in the classes. After being employed at the UILC for about 3 years, Audrey had the chance to move back to her hometown and further her education. This was an opportunity that she could not pass up as she is only a few credits away from getting her degree. We wish you the best in all you do.



Chelsea Walton is the new face you will see as you come through the front door of the UILC. She has recently been employed as a Certified Nursing Assistant (CNA) and enjoys working with people. Her hobbies are camping, riding ATV's, traveling, playing and watching sports. However, what she enjoys the most is spending as much time as she can with her 8 year old son. She is grateful to be at the Center, and as the Receptionist she is looking forward to getting to know all of you.



New Receptionist Chelsea Walton



New IL Specialist Aspyn Bennett

Aspyn Bennett is the new Independent Living Specialist. She has always wanted to work with people with disabilities. Aspyn's exact words are "being that I have moderate cerebral palsy myself, I want to be able to provide a sense of community and growth for other people with disabilities that I didn't have when I was growing up. I'm passionate about advocating for our community, and I'm so happy to be here". She is an artist by trade; she graduated from Savannah College of Art and Design with a BFA in Photography and a minor in Creative Writing. When she is not at work, you're likely to find her in the darkroom or writing a new song. If just relaxing, she likes to go climbing or swimming, or spending time at home watching Netflix with her cats. Aspyn is hoping that she will be able to incorporate some of her artistic flair at the center with some new classes in the coming months.

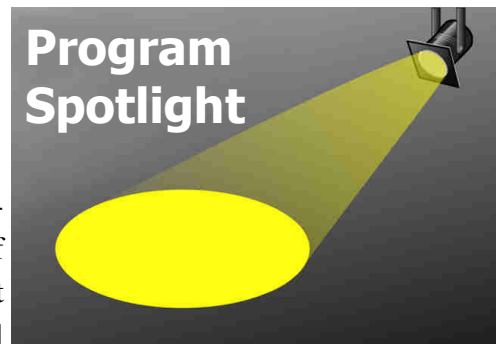
## 50<sup>th</sup> Anniversary Fair Housing Act of 1968

If you believe you are experiencing housing discrimination because of race, color, national origin, religion, sex disability, or familial status, contact HUD [www.hud.gov/fairhousing](http://www.hud.gov/fairhousing) or at 1-800-669-9777.



## Deaf Expansion Services

If you would like to learn about services available to people who are deaf or hard of hearing, you need to meet Carole Tomkinson. She is instrumental



in providing these important services at the Utah Independent Living Center (UILC) and Community Center for the Deaf and Hard of Hearing. Carole is the Deaf Expansion Peer Support Specialist employed by the UILC; she works with consumers who are deaf to help them become more independent. She teaches classes like cooking, budgeting, and communication and helps with a bowling class on Friday. She says participation in classes helps prevent isolation for her consumers. She also works individually with consumers helping them acquire resources and/or learn skills for every day living. Carole feels strongly about the importance of visiting elderly and people who are deaf living in nursing homes to make sure they have the supports they need and are able to communicate and interact with others using American Sign Language (ASL). To contact Carole, please call her video phone at 801-657-5220 or the main UILC office 801-466-5565.

## OUTINGS GROUP SIGN-UP

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Mark each outing that you want to attend with an "X" in the appropriate box. **Return the top 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.**

Thursday, March 1, 2018  
**Clark Planetarium**  
1:00pm – 3:00pm  
**Notes: Free \*UTA**

Thursday, March 29, 2018  
**Wii Bowling Tournament**  
UILC Skills Center  
12:30pm-2:30pm  
**Notes:**

Thursday, April 26, 2018  
**Sweets Candy Company**  
Tour 2:00-3:00pm, Meet at the Center 1pm  
**Notes: Free, Limited to 15 people, preference given to first-time attendees. Must RSVP**

Thursday, March 15, 2018  
**Scheels**  
1:00pm-3:00pm  
**Notes: Free**

Thursday, April 12, 2018  
**Museum of Natural History**  
12:00pm-3:00pm  
**Notes: \$12 Limited Seating**

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**Please detach and return the top half to Brenda at 3445 South Main Street, Salt Lake City, UT 84115**  
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### Keep the bottom half for your records

- Fill in circle to remind you what you signed up for.
- For questions contact Brenda 801-466-5565.
- 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.**

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- We meet at the Outings Location at the time specified on this sheet.
- UILC bus is reserved for those who have no other means of transportation and is first come, first served. It can be scheduled 2 weeks before an activity, but needs to be arranged at least 2 days before the outing. **It is your responsibility to arrange transportation.**
- \*UTA is the usual way to reach an outing location. It is \$2.50 (one way) without a Paratransit Pass or Reduced Fare Card.

**Other Events:** Statewide NINJA Youth Leadership Conference—June 4-7. See article on page 5.

## Rocky Mountain ADA Center

Ever have a question about your access rights as a person with a disability? Can a store ask to see a certification for my service animal? Doesn't that business need to leave an accessible path from their curb cut to the front door? What is happening at the national level with access and disability law?

Answers to all these and more are a phone call or mouse click away. The Rocky Mountain ADA Center is a great resource for all things ADA. They have a toll-free number (800-949-4232) to talk over an issue or visit their web page at [www.RockymountainADA.org](http://www.RockymountainADA.org). It is a treasure trove of information on specific topics like service animals, physical access or employment. Or get a broader perspective from articles on general ADA information, disability etiquette, or current national and regional legislation. Their monthly newsletter, to which you can subscribe or read on-line, provides a good assortment of articles at all these levels. The Rocky Mountain ADA Center is one of ten Centers across the nation created to provide ADA information to individuals and businesses. Give them a look at the address above and let us know what you think.



# Class Schedule at UILC

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30-12:30</b> <b>Express Yourself Through Writing</b> (*Participation by UILC staff referral only*)  <b>New afternoon class starting soon!</b>	<b>10:30-12:30</b> <b>Peer Support Group</b> *Note the time change for PEER SUPPORT*  <b>1:30-2:30 Basic Kitchen Skills</b>  <b>4:00pm-5:00pm ASPIRE</b> *See Debbie Sarah for more information*	<b>11:00-12:00</b> <b>Advocacy and Disability Culture</b> *note time change*  <b>3:00-4:30</b> <b>Young Adult Group</b>	<b>10:30-11:30 am</b> <b>Etiquette Class begins March 8<sup>th</sup></b>  <i>Alternating Afternoons:</i> <b>1:30-3:00 pm</b> <b>Home Arts</b> or <b>Outings</b> (see outing sheet) <b>2:00-3:00 pm</b> <b>Latino Community Resources</b>	<b>10:30-12:00 am</b> <b>Discussion Group ends March 5<sup>th</sup>.</b>  <b>Literature Class begins March 16<sup>th</sup></b>  <b>2:00-3:30</b> <b>Bonwood Bowling</b> 2500 S. Main St. (\$3.50 for 2 games—shoes included)

Please call and speak with the instructor before attending any group, class, or outing, Contact Aspyn or Brenda for more information

## Independent Living 5K Run and Roll —June 2



For the past 27 years the UILC has hosted a 5K Run and Roll as an awareness and fund-raising event. This year is no exception. The 28<sup>th</sup> Independent Living 5K Run and Roll will be held on June 2<sup>nd</sup>, 2018. Registration will begin at 8:30 am and the race starts at 9:30 am.

It will be held again at the Jordan River Trailhead Park. A registration form for the race will be included in the next issue of the Wasatch Scope along with instructions for how you can register online. Of course you can always drop by the center and pick up a registration or fill one out while you are there. The price will be \$20.00 before Thursday, May 31<sup>st</sup> and \$25.00 day of the race. It is a race like no other as participants, walk, run or wheel

the distance. This is a fun event for participants and for spectators alike. We would like to spread the word about this. Please join us and invite others that you may know who want to spend a pleasant morning racing, visiting with friends and enjoying nature.

## NINJA Youth Leadership Conference - June 4-7

By Michael Lefevor

The NINJA Youth Leadership Conference sponsored by the Utah Statewide Independent Living Council (USILC) is a 4-day conference for youth with disabilities between the ages of 16-24. It is held annually in early June and takes place on a college campus, allowing delegates the opportunity to experience “college life” including staying in the dorms, attending classes and eating in the cafeteria.

In 2013, Utah held its first NINJA leadership conference for youth with disabilities at Utah State University, hosting 10 youth from across the state. The first youth participated in the naming of the conference, NINJA was chosen. NINJA is an acronym for New Ideas to Network Junior Advocates. 2017 marked the 5th year of the conference which has served over 70 youth. Youth can attend for up to 3 years, following completion of the 3rd year, youth then have the opportunity to become a youth mentor. Youth mentors are a valuable tool in helping other youth succeed in their life and leadership goals, as they have gained valuable knowledge and experience while working on their own goals.

Often youth with disabilities don't have the same kind of opportunities as their peers without disabilities. The NINJA Conference was established to give youth with disabilities the opportunity to learn leadership and advocacy skills in an environment that is inclusive and fun.

In addition to the NINJA conference, USILC provides continued support to NINJA delegates. USILC has established an alumni association and a Youth Advisory Committee to allow the youth to continue to use and grow their leadership skills, furthering community advocacy efforts in areas of their choosing. Many alumni of the NINJA Conference have been able to get jobs, go to college, participate in national disability conferences, and live more independent lives.

This year's NINJA Conference is scheduled for June 4-7, 2018. More information and applications can be found at [www.usilc.org](http://www.usilc.org) and are due March 30, 2018. For questions contact Michael Lefevor at [michael@usilc.org](mailto:michael@usilc.org).

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Web Page: [www.uilc.org](http://www.uilc.org)

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U.S. Postage  
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Salt Lake City, UT  
Permit No. 4531

## RETURN SERVICE REQUESTED

### Summer Programs for Youth

(Applications available April 18)

#### -Youth Summer Program (M, W, F)

Classes begin June 18

#### -Youth Empowerment Academy (T, Th)

Classes begin June 19th

April 18 -- Printable applications available from UILC website ([www.uilc.org](http://www.uilc.org)) must be mailed, delivered to UILC or emailed to Kathy at [kself@uilc.org](mailto:kself@uilc.org). Applications will also be mailed to interested individuals and should be returned as quickly as possible.

### UILC Board of Directors

**Richard Fox** *Chair*  
**Kimberly Price** *Vice Chair*  
**Sam Arishita,**  
*Secretary/Treasurer*

**Julie Beckstead**  
**Bryan Carroll**  
**Mike Foster**  
**Jack Landro**  
**Christine Pettey**  
**David Ruster**  
**Kent Ryan**  
**Howard Wilkerson**

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**Executive Director** Debra Mair  
**Editor** Aspyn Bennett

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

### UILC Staff

**Debra Mair**, *Executive Director*  
**Kim Meichle**, *Assistant Director*  
**Jan Bigelow**, *Outreach/ Independent Living Coordinator*

**Aspyn Bennett**, *IL Skills Specialist*  
**Brenda Green**, *Community Integration*  
**Kathy Self**, *Youth Transition Coordinator*  
**Dylan Richardson**, *Education Enhancement*  
**Amy Carmen**, *Youth Transition Specialist*  
**April Stults**, *Education Enhancement*  
**Carole Tomkinson**, *Deaf Enhancement*  
**Janice McCullough**, *Assistive Technology*  
**Tiffany Montoya**, *Assistive Technology*  
**Jessica Smith**, *Tooele Outreach*  
**Cheri Gunderson**, *Tooele Education Enhancement*

**Patty Trent**, *Fiscal Manager*  
**Jess Bushman**, *Loan Bank/Custodial*  
**Debbie Sarah Gamarra**, *Life Skills Specialist*  
**Ruth Burnside**, *Driver*  
**Debbie Lambrose**, *Nursing Home Diversion Specialist*  
**Chelsea Walton**, *Receptionist/ Loan Bank*

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

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

