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. For many of us, however, holding a piece of paper in our hands and reading is still an enjoyable way to get news.

The UILC, just like everyone else, was impacted by the COVID pandemic. We had to figure out some new ways to provide services that enabled us to safely serve people during the pandemic. So, like the rest of Utah, we went to virtual learning for many of our adult and youth classes. We closed the office building to the public and found ways to implement COVID protocols in our Skills Center (east building) utilizing masks, sanitizer, 6 foot spacing of participants and table dividers followed by extensive cleaning after each class of participants or individual had left. This placed a lot of responsibility and work on UILC Class Instructors and Service Coordinators who were expected to clean and sanitize the area after their consumers left the Skills Center. Many activities, interviews and loan bank services were conducted outside.

The UILC wants to share some notable milestones that occurred since our last SCOPE.

Milestones
♦ The Center stayed open every single day of the pandemic and staff were available to assist people with disabilities.
♦ A live voice, not a recording, answered phone calls the Center received.
♦ An in-person Youth Summer Program was held not only this summer but last summer as well. Due to COVID restrictions the number of participants was smaller the first year, so two sessions were held this summer to accommodate students who wanted to attend. (continued on page 2)

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. A survey will be published in the next issue of the Wasatch SCOPE. 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 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!
**Thriving** (continued from page 1)

- The summer of 20 and 21, also had consumers enjoying each others company at a picnic, overnight camping and numerous community outings both years.
- Skill building classes for all ages continued either virtually or in-person or at times a hybrid of both types of learning.
- Staff industrially gave the Center a much-needed facelift during the first summer of fear and uncertainty of the pandemic including replacing the pfizer juniper bushes with roses, painting the office building, hauling rocks, pulling weeds, etc. Their work was so top notch, a business in the area wanted to hire them to paint their building.

Many other notable activities occurred like staff needing to meet new potential consumers in parking lots with both parties wearing masks and gloves and staying six feet apart. Being safe was always our top priority. This year, more consumers have wanted back to come to the Center and we have provided them with a safe place to reconnect with staff and friends. Safety protocols have been and are still being observed as we meet with more people face to face. Other than the reception area, the office building remains closed to the public. We are also closely monitoring the effects of the new variants of COVID that are emerging.

Many wonderful things are happening here and in Tooele. We have hired new staff who are wanting to meet all of you and will have more introductions for our next Scope. 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.

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**A Gesture of Kindness**

Edythe Osberg was the first person to reach out to the UILC when we all were just learning precautions that needed to be taken to protect ourselves from coronavirus. Edythe sewed masks for the entire UILC staff and shipped them from Oregon to her son Andy Anderson. Andy works here at the center. These were the first protective masks that most of the staff had worn. As the pandemic evolved so did staff’s collection of masks. The security and comfort UILC staff felt wearing that first mask lingers, as some staff are still seen wearing that very first mask today. UILC staff would like to send a special thank you to the family of Edythe Oberg, recognizing her generosity and kindness. Edythe, sadly lost her battle with cancer a few months ago. We did not want to miss this opportunity to acknowledge this gesture of kindness.

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**New Staff at Our Tooele Office**

**Tina Stuart** has lived most of her life in Utah. She has called Tooele her home for the past 13 years. Hired several months ago, she is the Tooele Youth Life Skills/ Transition Specialist. She has 19 plus years of experience teaching people with disabilities life skills and independence. She received this experience in her own home with one of her three daughters and one son having a disability. She never thought that she would be putting real life experiences into action by helping others advocate for themselves and becoming more independent.

She and her husband enjoy supporting their family in whatever adventures life takes them on which often include soccer games, high school track, or being on a lake boating and water skiing. Sometimes it is an adventure just playing games with the extra people that her children bring home. She enjoys vacationing with her family and spending as much time together as possible. Tina is happy to be part of the UILC team and looks forward to continuing to learn and also meeting all of you.

**Michelle Gray** was hired as the Tooele Independent Living Specialist last year. She works primarily with adults teaching skill development classes, managing the loan bank and organizing community access outings. She was born in San Diego, California but moved to Tooele in 1996. She moved a couple of times for a short time but has lived most of her adult life in Tooele. She has 4 children and one grandbaby. Michelle says that she is looking forward to getting married in the distant future. She and her boyfriend are just enjoying their courtship right now. Michelle describes herself as an avid reader and says she has read over 200 books in the last two years. She has a passion for cooking and her guilty pleasure is that she has watched every episode of every season of *Greys Anatomy*. She loves her job, feels she has grown in the position and would not trade it for anything.
Brenda Martin started working at U.I.L.C in March of this year as the Youth Transition Specialist. She really enjoys working with High school students and watching them achieve their goals. She was born in New Port Beach California and grew up in Salt Lake City. She has 1 sister who lives in San Diego California. Her parents live in Park City. Brenda lived in Park City until 2015. She graduated from Stevens Henagar College, with an Associate’s degree in Medical Specialties then decided to pursue a different career. Before working at Utah Independent Living Center, she worked at Hartvigsen Elementary School. She worked with Medically fragile students with all types of disabilities and she loves to watch students succeed. She has a three-year-old chihuahua named Roscoe. Her hobbies include: swimming, photography, bowling and getting pedicures once a month with friends. Brenda loves traveling to places she has never been. Some of her favorite trips were to Oceanside California, Costa Rica and Hawaii. One day she wants to travel to Italy where her grandparents are from.

Harrison Mower, a self-described millennial, has been employed at the UILC since February as the Center’s first ever Bookkeeping/Accounting Assistant. He, himself, is a person with a disability having both agoraphobia and clinical depression. Harrison says that his position here presents him with an interesting dichotomy. He says there is more urgency to get checks or other tasks completed on time yet he feels less pressure here than at previous jobs. He feels the environment and atmosphere of the center make it a good fit for him. Although born in Salt Lake City, Harrison spent his early years in Texas before moving to Richfield. He loved the openness of Texas and mountains make him wonder what is beyond them. As an only child, his mother spoiled him by buying him all the newest technology which other kids desperately wanted. Having technology made him not want it as much as others did. Somehow it was less appealing to him. Being an only child can be socially isolating. Harrison discovered as he grew older that he was more comfortable connecting with people using technology than face to face. Harrison feels he learned professionalism while working in a Doctors office organizing and archiving medical records. The concept of professionalism is what has lead him to want to work with bookkeeping and accounting. He feels the UILC is the right place for him to be. A place where he feels good about the people and his work.

Susan Andersen is a native Utahan and was born and raised in Salt Lake City. She has been employed at the UILC since February as the Center’s newest janitor. She can often be seen carrying loan bank equipment from building to building to be cleaned and sanitized, or mopping, vacuuming, mowing, etc. She has 5 years experience doing janitorial work. She loves working with people. As a night shift manager for a convenient store, her open friendly personality often earned her tips from repeat customers. Susan said she was shocked one Holiday season when a new customer reached in to his backpack and gave her 10 one hundred-dollar bills. He said “spend this on Christmas.” He came back to make sure she did just that and she had. She has four adult children whom her husband of 19 years has helped her raise. She enjoys reading, going to movies and long walks with her husband. Susan says that she has loved everything about working at the Center.

Mike Keeley works part time at the UILC putting his mechanical abilities to good use repairing loan bank equipment, assembling sheds, and performing a myriad of other tasks. He was hired in March as the Maintenance Assistant. Mike has six children, 17 grandchildren, and 28 great grandchildren. For 20 years he also was a foster parent to four children at a time who varied based on their needs. He laughs as he tells the story of the girl who got caught shoplifting in the mall. He told the store owner to hire her if he wanted to stop the shoplifting because she knew what to look for. She was employed at the store for 20 years. Mike was born and lived his first 18 years in Illinois. He has since lived in every state in the United States. He recently lost his wife of 21 years who Mike says was his soulmate. Both Mike and Shirley, his wife, had both been married four times before they found each other. He said they met for breakfast one day and were together ever since. Mike says that he can fix anything. He has a wide range of experience ranging from working with Ford Motor Company to using seismographs to look for oil. Mike describes himself as a jokester. He likes to have fun, watch movies, play on the computer, and most of all, he likes helping people.
### October 2021

**UILC Classes**

**Please contact UILC if you have any Covid related financial needs**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>4</td>
<td><em>Express Yourself Through Writing has been canceled until further notice</em></td>
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</tbody>
</table>
| 5   | Peer Support Group (Zoom & In-Person)  
10:30am-12:00pm (Jana)  
How the Body Works (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Totally TEEN (Zoom & In-Person)  
4:00pm-5:00pm (Halee) |
| 6   | Holiday Craft Class (In-Person only)  
11:00am-12:00pm (Jana)  
Spirit Club Meditation (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Young Adult Group (Zoom & In-Person)  
(Cooking)  
3:00pm-4:00pm (Jana) |
| 7   | Loom Knitting (In-Person only)  
10:30am–12:00pm (Jan)  
Games Group (In-Person only)  
1:00pm-2:00pm (Jan) |
| 8   | Spirit Club Exercise (Zoom & In-Person)  
11:00am-12:00pm (April)  
Bonwood Bowling  
1:30pm-3:00pm (Jan)  
2500 S. Main St. (Meet there)  
$2/game (includes shoes) |
| 11  | *Express Yourself Through Writing has been canceled until further notice*  
Cooking (Zoom & In-Person)  
1:00pm-2:30pm (Jana) |
| 12  | Peer Support Group (Zoom & In-Person)  
10:30am-12:00pm (Jana)  
How the Body Works (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Totally TEEN (Zoom & In-Person)  
4:00pm-5:00pm (Halee) |
| 13  | Outing: Asylum 49 Haunted House  
Halloween Party  
1:00pm-3:00pm  
140 E 200 S. Tooele  
Free. Lights will be on, will do a haunted house walk-through. Limited transportation available |
| 14  | *Emergency Prep class (one day, In-Person only)  
1:00pm-2:00pm (Jana)  
Asylum 49 Haunted House Outing on Wednesday  
1:00pm-3:00pm  
2500 S. Main St. (Meet there)  
$2/game (includes shoes) |
| 15  | Spirit Club Exercise (Zoom & In-Person)  
11:00am-12:00pm (April)  
Bonwood Bowling  
1:30pm-3:00pm (Jan)  
2500 S. Main St. (Meet there)  
$2/game (includes shoes) |
| 18  | *Express Yourself Through Writing has been canceled until further notice*  
Cooking (Zoom & In-Person)  
1:00pm-2:30pm (Jana) |
| 19  | Peer Support Group (Zoom & In-Person)  
10:30am-12:00pm (Jana)  
How the Body Works (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Totally TEEN (Zoom & In-Person)  
4:00pm-5:00pm (Halee) |
| 20  | *Holiday Craft Class Cancelled*  
*Emergency Prep class (one day, In-Person only)  
11:00am-12:00pm (Jana)  
Spirit Club Meditation (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Young Adult Group (Zoom & In-Person)  
(Cooking)  
3:00pm-4:00pm (Jana) |
| 21  | Loom Knitting (In-Person only)  
10:30am–12:00pm (Jan)  
Games Group (In-Person only)  
1:00pm-2:00pm (Jan) |
| 22  | Spirit Club Exercise (Zoom & In-Person)  
11:00am-12:00pm (April)  
Bonwood Bowling  
1:30pm-3:00pm (Jan)  
2500 S. Main St. (Meet there)  
$2/game (includes shoes) |
| 25  | *Express Yourself Through Writing has been canceled until further notice*  
Cooking (Zoom & In-Person)  
1:00pm-2:30pm (Jana) |
| 26  | Peer Support Group (Zoom & In-Person)  
10:30am-12:00pm (Jana)  
How the Body Works (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
*Emergency Prep class (one day, In-Person only)  
2:30pm-3:30pm (Jana)  
Totally TEEN (Zoom & In-Person)  
4:00pm-5:00pm (Halee) |
| 27  | Holiday Craft Class (In-Person only)  
11:00am–12:00pm (Jana)  
Spirit Club Meditation (Zoom & In-Person)  
1:00pm-2:00pm (Jana)  
Young Adult Group (Zoom & In-Person)  
(Cooking)  
3:00pm-4:00pm (Jana) |
| 28  | Outing– Halloween Party  
1:00pm-3:00pm  
UILC Skills Center/Zoom?  
More details to come |
| 29  | Spirit Club Exercise (Zoom & In-Person)  
11:00am-12:00pm (April)  
Bonwood Bowling  
1:30pm-3:00pm (Jan)  
2500 S. Main St. (Meet there)  
$2/game (includes shoes) |
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 outings.

Please observe Physical Distancing and Wear a Mask for all outings. You are encouraged to meet at the outing location.

WEDNESDAY, November 10, 2021
“Chitty Chitty Bang Bang” Play
Hale Centre Theatre
9900 South Monroe Street, Sandy
12:30pm-3:30pm
Limited Free donated tickets.
Must RSVP.

Thursday, January 6, 2022
Dreamscapes
111 S Rio Grande St., SLC
11:00am-3:00pm
Cost is $7.50/person
Will have access to Art Exhibit and Planetarium as well. May bring lunch or money for lunch and/or $5 for specialty ice cream.

Thursday, January 20, 2022
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 is 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

Name: ________________________ Phone: _______________________ Email: _______________________

WEDNESDAY, October 13, 2021
Asylum 49 Haunted House
140 E. 200 S. Tooele
1:00pm-3:00pm
Free. Lights will be on, will do a Haunted House walk-through. Limited transportation available.

Thursday, October 28, 2021
Halloween Party
UILC Skills Center/Zoom?
1:00pm-3:00pm
More details will be coming

WEDNESDAY, November 10, 2021
Asylum 49 Haunted House
140 E. 200 S. Tooele
1:00pm-3:00pm
Free. Lights will be on, will do a Haunted House walk-through. Limited transportation available.

Thursday, December 2, 2021
Festival of Trees
Mountain America Expo Center
9575 State St, Sandy
More details will be coming

Thursday, December 2, 2021
Halloween Party
UILC Skills Center/Zoom?
1:00pm-3:00pm
More details will be coming

Thursday, December 16, 2021
Holiday Party
UILC Skills Center/Zoom?
1:00pm-3:00pm
More details will be coming

Thursday, December 2, 2021
Festival of Trees
Mountain America Expo Center
9575 State St, Sandy
More details will be coming

Thursday, December 16, 2021
Holiday Party
UILC Skills Center/Zoom?
1:00pm-3:00pm
More details will be coming

Thursday, January 6, 2022
Dreamscapes
111 S Rio Grande St., SLC
11:00am-3:00pm
Cost is $7.50/person
Will have access to Art Exhibit and Planetarium as well. May bring lunch or money for lunch and/or $5 for specialty ice cream.

Thursday, January 20, 2022
UILC Slideshow!!
UILC Skill Center and via Zoom
3445 S. Main St, SLC
1:00pm-3:00pm
Free, may bring snack to share
**Emergency Kits Available Following In-Class Participation**

The past 18 months have given people opportunities to learn precautions to stay healthy both physically and emotionally. Information has been provided to UILC consumers on how to prepare for emergencies. The Utah Independent Living Center has helped people prepare for disasters, including emotional preparedness. We have been able to buy supplies to put in emergency kits for our consumers. This includes emergency preparation, as well as coping with anxiety during difficult times. A class will be taught to educate consumers on how to help themselves when faced with a variety of these issues.

This class is for consumers to learn more information. The days and times will be posted on the UILC website and Facebook page. The same class will be taught once a week at various times to accommodate different schedules (see October calendar). After participating in a class, a consumer will be given an emergency kit containing supplies for an emergency and information on staying healthy through COVID-19. Registration for the class is required, and each class is limited to a small number of participants. Call Jana at 801-466-5565 to register.

**Have a TBI/Concussion?**

**Full Circle Yoga & Therapy** is starting a new Love Your Brain Yoga Program to build community and resilience starting October 2nd. No experience necessary!

**What:** This FREE 6-week program offers gentle yoga, guided meditation, and facilitated group discussion. Classes are 1.5 hours and meet once a week.

**Who:** For people with traumatic brain injury (including concussion) and caregivers/support people who are:
- Able to move without assistance (no wheelchair, cane, walker)
- Open to participating in group discussion (includes simply listening)
- Able to follow instructions and regulate intense emotions
- Able to commit to all 6 classes (the first class is mandatory)
- Over 15 years old

**When:** October 2nd - November 6th from 2:00 pm - 3:30 pm.

**Where:** Full Circle Yoga & Therapy, 1719 Main St, SLC, UT 84115

**How to sign up:** Up to 13 students can join, so sign up on the LoveYourBrain website today before the program fills up! Each person must submit their own registration. If you are planning to attend with another person, please try to submit your applications close together so you both get a spot. Check out the website for more information and register at https://www.loveyourbrain.com/yoga/ut.

Can't make it this time or no longer live near this studio? Sign up ONLINE yoga and mindfulness programs at the link above.

**LoveYourBrain Mindset!**

*This is not a UILC sponsored event and is being mentioned to broaden your awareness of available community activities.*

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**Federal Emergency Management Agency (FEMA) Urges All to ‘Prepare to Protect’ Before Disaster Strikes**

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2021 theme is “Prepare to Protect. Preparing for disasters is protecting everyone you love.”

National Preparedness Month is to remind all Americans how important it is for individuals, families and communities to be prepared for disasters and emergencies that can happen at any time.

On September 1st, Deanne Criswell, FEMA Administrator said, “Today marks the beginning of National Preparedness Month, as we’re already in the height of a very active hurricane season, while wildfire threats to communities are increasing daily. Now is the time that everyone should have a conversation with their family, neighbors or loved ones to discuss what you would do in the event of a disaster in your area. Use the resources on Ready.gov or Listo.gov to make sure you have taken the steps to get prepared.” (excerpts from a FEMA Advisory).

It is always the right time to prepare for an emergency. If this September passed you by and you did not prepare for a disaster, do it now.
ASSISTIVE EQUIPMENT
GIVE – AWAY

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.

DATE: Friday, October 8, 2021
TIME: 10:00 am to 3:00 pm
Location: UILC (3445 S Main Street, Salt Lake City)

Types of Equipment/Supplies available: Walkers, Medical Supplies, Wheelchairs, Motorized Wheelchairs, Braces, Crutches, Cushions, Trays, etc.

ALL EQUIPMENT IS AVAILABLE “AS IS”

Giveaway Guidelines

UILC is not responsible for repairs, batteries, breaks 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.
RETURN SERVICE REQUESTED

Mark Your Calendar...

October 8th — Equipment GiveAway

October 28th — UILC Halloween Party (SLC)

November 25th & 26th — UILC Salt Lake and Tooele Offices closed for Thanksgiving

December 16th — UILC Holiday Party

December 24th - 27th — UILC Salt Lake and Tooele Offices closed for Christmas

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Brenda Martin, Youth Transition Specialist
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Denise Greene, Deaf Service Expansion Assistant
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Tina Stuart, Tooele Youth Transition Specialist
Hailee Montoya, Life Skills Trainer
Brooke Bunn, Life Skills Trainer
Andy Andersen, IL Skills Specialist
Jeannie Hodgkiss, Transition & Diversion Specialist
Jana Anderson, IL Skills Specialist
Robert Garcia, Fiscal Manager
Harrison Maurer, Accounting Assistant
Chelsea Walton, Receptionist/Loan Bank
Susan Anderson, Custodial/Loan Bank
Mike Keeley, Maintenance Assistant
Debra Jepperson, Tooele Easter Seal Volunteer

The Wasatch Scope is published four times yearly by the Utah Independent Living Center, Inc., 3445 South Main Street, S.L.C., Utah 84115.

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Executive Director Debra Mair
Editor Kim Meichle

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

The Wasatch Scope is available in alternative formats upon request. Call Kim @ 801-466-5565 Voice & TTY

Find us on Facebook!