



Newsletter of the Utah Independent Living Center  
December 2018

## Upcoming Legislative Reception

Elections for elected officials are for the most part finalized now. A record number of people in Utah voted to support candidates who supported the same issues they believed in. The Legislative session is a great opportunity to help local elected officials to understand and support the issues that are important to you. What you think and believe in matters to our local leaders and they are pleased when they hear from their constituents, meaning someone living in their voting districts.

Each year the Legislative Coalition for People with Disabilities often in conjunction with other disability organizations hosts a reception and invites Utah's Legislators to attend. This is an awesome opportunity for people with disabilities to have their issues and voices be heard by elected officials who can and do make a difference in Utah. People with disabilities are encouraged to invite their local representative and senator to the reception where you can visit about issues and about upcoming legislation that you believe is important for our leaders to understand.

LCPD Reception  
January 31st, 2019  
4:30pm – 6:00pm

The Utah Statewide Independent Living Council is requesting that you RSVP to Brooke Wilson a week before the reception as refreshments are being served and a count of people attending is needed. She can be reached at (801)463-1592 or by email at [Brooke@usilc.org](mailto:Brooke@usilc.org). Brooke can answer any questions you may have and also inform you of other Legislative opportunities.

## Don't get "Spoofed"

Every day it seems you hear of a new scheme where someone is trying to steal either your identity or your money. The Social Security Administration (SSA) is warning people about a caller-ID "spoofing" scheme that is using their national consumer telephone number to learn personal information about you. The number that appears on your caller-ID is 1-800-772-1213. This is a scam. Do not confirm or provide any person information to the caller like your Social Security or bank account numbers — even if they threaten to terminate your benefits or promise to increase your benefits. Just hang up.

If you or someone you know receives a suspicious call from someone alleging to be from SSA, report the call to 1-800-269-0271 or online at <https://org.ssa.gov/report>.



### In this issue:

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### IMPORTANT DATES:

#### Upcoming UILC Events

Dec 19th  
Holiday Party  
UILC—Tooele



Dec 20th  
Holiday Party  
UILC—Salt  
Lake



Dec 25 & 26  
UILC closed for  
Christmas



Jan 1st  
UILC Closed-New Year



Jan 10th  
UILC Picture  
Slide Show-Outing Sheet



Jan 31st  
LCPD Reception



# Staff Changes at UILC

## Farewell to Friends

### Aspyn Bennett

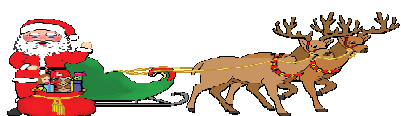
Aspyn has been a familiar face teaching classes at the UILC for almost a year now. Unfortunately Utah's winter inversions and cold temperatures were difficult to acclimate to and played a major role in Aspyn's decision to relocate to Washington State. Everyone at the UILC wishes Aspyn all the best. Aspyn's willingness to listen and the artsy flair Aspyn brought to the UILC classes will be missed. Groups often started with Aspyn asking consumers whether they had any "hot potatoes," or "sweet potatoes" they wanted to share.

### Linda Neff

Linda brought a lot of enthusiasm and an earnest desire to teach her classes in a way that met the needs of all youth in her classes. She always strived to do her best. Linda's plan was to work a long time at the Tooele Branch office, however life and health concerns conspired against her. Linda has now retired and plans to spend a long time enjoying her friends and family.

### Jess Bushman

Jess Bushman, after spending 10 years as the UILC Loan Bank/ Custodial staff, has decided to retire. Jess could always be counted on handle a consumer crisis with their wheelchair or other assistive equipment concerns they experienced. He kept the inside and outside of the UILC looking good. He shook his head over the massive amounts of clutter staff could accumulate, although to them it was something to be treasured. He was very kind and patient with loan bank consumers and didn't mind bringing various types and sizes of assistive equipment to the front lobby area to see which piece met the consumers' needs best. People who came to borrow equipment left feeling the person who helped them (Jess) cared that their needs were met. People often made that comment as they were leaving. Jess wasn't shy about telling everyone he met about the good work that the UILC does for people and why doing the right thing for people matters. Jess's work ethic and dedication to people with disabilities will be missed. Everyone at the UILC wishes Jess the best in his retirement and hope the next years bring many grand adventures his way.



## UILC—Tooele Branch Welcomes Angie King

Hi everyone! My name is Angie and I'm the new Youth Transition Specialist for the UILC's Tooele Branch Office. I'm new to Utah and I absolutely love it here! I moved here from the flatlands of Illinois due to the bad economy. I've been in the field working with seniors and adults/children with disabilities for more 12 years. I've driven past the UILC in Tooele a 1000 times and never really knew what the main function was. I've even been to the UILC in SLC with a group of adults in the past and often wondered, "What all do they do here"? Well, now I know!! I am so proud to be a part of such an amazing organization that helps others to become successful, independent citizens in society. I truly enjoy working with children and adults with disabilities; it's been an amazing life long passion and now I am honored to call UILC my new home. I look forward to many successful years of teaching in the Tooele County School District. Thanks again for this wonderful opportunity.



# Happy Holidays

Please join the  
**Utah Independent Living Center,  
Tooele Branch,**  
for their Holiday party on:

**Wednesday, December 19, 2018**  
from 4-6 p.m.

**We will be serving light dinner, playing  
games, and having fun!**

**We will be celebrating the fantastic year we  
had and all we look forward to in 2019!**  
**Hope to see you all at the party!**

**52 North Main St.  
Tooele, UT  
435-843-7353**

# UTAH INDEPENDENT LIVING CENTER- OUTINGS JANUARY-APRIL 2019 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. Please turn in a outing sheet if you want to attend outings.**

<input type="checkbox"/> Thursday, January 10, 2019 <b>UILC Picture Slide Show!</b> 3445 S. Main St. SLC 1:00pm-3:00pm Free. Popcorn provided, feel free to bring snack to share.	<input type="checkbox"/> Thursday, February 21, 2019 <b>Ballet West- Swan Lake</b> Capitol Theatre, 50 West 200 South, SLC <b>10:00am-11:30am</b> Free. <u>Must RSVP</u> - limited donated tickets.	<input type="checkbox"/> Tuesday, April 2, 2019 <b>Megaplex Theaters</b> 3620 S 2400 W, West Valley City Time to be determined \$5.00/ticket
<input type="checkbox"/> Thursday, January 31, 2019 <b>LCPD Reception</b> State Capitol Rotunda 350 N. State Street, 120 State Capitol, SLC <b>4:30pm-6:00pm</b> Free. <u>RSVP Required</u> . Transportation provided from the UILC to/from the Capitol	<input type="checkbox"/> Thursday, March 14, 2019 <b>Sportsmans Expo</b> Mountain America Expo Center 8575 So. State St., Sandy 1:00pm-3:00pm Free- <u>Must RSVP</u> - limited donated tickets.	<input type="checkbox"/> Tuesday, April 23, 2019 <b>Food Bank Service Project</b> 3150 S 900 W, South Salt Lake 1:30pm-3:00pm <b>Free. Please wear close-toed shoes. Limit 20 people</b>
<input type="checkbox"/> Wednesday, February 6, 2019 <b>Tracy Aviary</b> 589 E. 1300 S., Salt Lake City 12:30pm-3:00pm \$1/person	<input type="checkbox"/> Thursday, March 21, 2019 <b>Clark Planetarium</b> 110 S 400 W, Salt Lake City 1:00pm-3:00pm Free, or \$7/ticket if seeing a show	<input type="checkbox"/> Thursday, May 9, 2019 <b>TBA</b>

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

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

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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.
- For activities using UTA meet at the UILC one hour early.

# December Class Schedule at UILC

	Monday	Tuesday	Wednesday	Thursday	Friday
Ongoing	<b>Express Yourself Through Writing</b> <b>10:30-12:30</b> (*Participation by UILC staff referral only*)	<b>Peer Support Group</b> <b>10:30-12:30</b> (Janice)	<b>Drama/Acting Class</b> <b>1:00-2:30</b> (Tiffany)	<b>Light Exercise/Yoga</b> <b>10:30-11:30</b> (Jan)	<b>Deaf Support Group</b> <b>10:30 -11:30</b> (Carole)
	<b>Peer Support Group</b> <b>1:30 –3:00</b> (Solmaz)	<b>Healthy Cooking</b> <b>1:30-3:00</b> (Solmaz)	<b>Young Adult Group</b> <b>3:00-4:30</b> (Jan)	<b>Alternating Afternoons:</b> <b>1:00-2:30</b> <b>Board Games</b> (Jan) or <b>Outings</b> (see <b>Outing Sheet</b> )	<b>Bonwood Bowling</b> <b>2:00-3:30</b> 2500 S. Main St. (\$2.00 per game includes shoe rental)
Please go to the UILC website (uilc.org) during December and January for the current calendars.					

- Often, UILC will hold small, invitation only classes for consumers with a designated need. Staff can provide **one-to-one skill building** as well.
- Groups on Thursday meet at varying times and cover exercise, home arts, and other topics. The Outing Group alternates Thursdays, with occasional Outings on other days. The Outings group utilizes UTA public transit to get to most activities. Contact Jan for more information.
- UILC does not automatically provide transportation to classes and outings. For information on UILC transportation, FlexTrans, Reduced Fare, or the mainline bus and TRAX routes, please contact UILC staff. Transportation on the UILC van for all classes and outings is available for people without other transportation options on a first come, first served basis. **Classes and outings are subject to change without notice.**

For more information about other classes and services, call 801-466-5565

Education Enhancement Program and Summer Youth Program: Kathy Self

Nursing Home Transition and Diversion: Solmaz

One-to-One IL Skills: Debbie Sarah

Community Integration: Jan

Assistive Technology: Janice or Tiffany

Loan Bank: (main number above)

Tooele Branch Office: Cherie (435-843-7353)

Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**

## Winter Holiday Party



**Come  
Join Us!**

**UILC Skills Center (Salt Lake)**  
**(3445 S Main Street)**

**Thursday, December 20th**  
**12:00-2:00 pm**

**Food served  
until 1:30 pm  
or until gone.**

**Fun, Food, Activities, Mr. and Mrs. Santa Claus**



# The Most Joyous Time of the Year?

Taken from Options CIL Newsletter

Feeling down during the holidays can be tough, especially if you seem out of step with the world. Everyone seems to be bursting with holiday spirit while you're feeling tired and worn out. If the family gatherings, endless parties, and shopping get you down, you're hardly-alone. A lot of people would say the holidays are the most overwhelming and exhausting time of the year.

While it might take effort on your part, you can reduce holiday stress -- and maybe even find some holiday joy. Here are some tips:

1. Keep your expectations modest. Don't get hung up on what the holidays are *supposed* to be like and how you're *supposed* to feel. If you're comparing your holidays to a greeting card they'll always come up short.
2. Do something different. Don't let the usual holiday routine fill you with dread. Try something different. Have a good meal at a restaurant. Spend time at movie theater. Get your family to agree to skip gifts and instead donate the money to a charity. Volunteer.
3. Lean on your support system. Having the support of close friends and family to turn to is essential. During the holidays, take time to get together with your support team -- or at least keep in touch (phone, email, text, message) to keep yourself centered. Reach out to others who might be feeling down or living alone.
4. Don't assume the worst. Some people go in to the holidays with expectations so low that-it makes them depressed. Don't start the holiday season anticipating disaster. Try to take the holidays as they come and limit your expectations -- both good and bad. Attend free events.
5. Don't overspend. You hear that it can't hurt to spend a little extra during the holidays because "Tis the Season!" Right? *Wrong*...it can and does hurt. No matter how caught up in the spirit of giving you may get, being wise and careful is the name of the game to keep your finances in check. Don't put purchases on a credit card. Overspending is easy with a credit card so use cash payments.
6. Share the costs of entertaining. Ask guests to bring food, paper products, game supplies, etc. Purchase party supplies at dollar stores.



The Utah Independent Living Center would like to extend our deepest gratitude to **American Express** for supporting our Housing Program with a wonderful grant. The money will be used to help individuals secure long-term, affordable and accessible housing.

## **JOBS?**

As you read on page 2, some of our staff have moved on to pursue new adventures so the UILC has some job openings coming up. These are in the areas of IL skills instruction for either youth or adults and also for our AT Loan Bank/Custodial position. If you are interested or know someone looking, give us a call at 801-466-5565.



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

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## RETURN SERVICE REQUESTED

### Mark Your Calendar...

Dec 19th—UILC Holiday Party-Tooele  
Dec 20th—UILC Holiday Party-Salt Lake  
Dec 25-26—UILC Closed—Christmas  
Jan 1st—UILC Closed—New Year's  
Jan 31st — Legislative Reception

### UILC Board of Directors

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**Kent Ryan**, *Vice Chair*  
**Julie Beckstead**,  
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**Editor** Kim Meichle

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

### UILC Staff

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**Kim Meichle**, *Assistant Director*  
**Jan Bigelow**, *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*  
**Cheri Gunderson**, *Tooele IL/Outreach Specialist*  
**Linda Neff**, *Tooele Youth Transition Specialist*  
**Robert Garcia**, *Fiscal Manager*  
**Debbie Sarah Gamarra**, *Life Skills Specialist*  
**Ruth Burnside**, *Driver*  
**Chelsea Walton**, *Receptionist/ Loan Bank*  
**Debbie Lambrose**, *IL Skills Specialist*  
**Solmaz Matboo**, *Nursing Home Transition and Diversion*

**The Wasatch Scope is available in  
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Voice & TTY**

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