



THE WASATCH SCOPE

Newsletter of the Utah Independent Living Center
May 2018

Founding Member of UILC Dies at 88

by Debra Mair

Barbara Toomer a local and very visible advocate for people with disabilities died from respiratory failure on April 24, 2018. She was an extremely vocal and well known civil rights activist not only in Utah but across the country. Upon her death at 88 years of age, Barbara leaves behind a legacy of service to others. In the 1950's, Barbara contracted polio and started using a wheelchair for mobility from then on. She experienced first-hand the discrimination that can occur from inaccessibility and became a tireless crusader to promote equal access for people with disabilities. I met Barbara in the late 70's when she was determined to have people with disabilities have a voice in how Independent Living would look in this state. The 1973 Amendments to the Rehabilitation Act had added some language that said that people with the most "severe disabilities" must receive services or words to that effect. Then in 1978 Amendments to the Rehabilitation Act some money was allocated to serve these individuals thereby creating the federal funding stream for Independent Living Centers. Through a competitive process Vocational Rehabilitation agencies across the country competed for these funds with local input being required, hence Barbara's involvement. I was a shy, young quadriplegic college student at this time. I was content during these early public hearings to blend in to the woodwork. Not so with Barbara. She felt that Independent Living Centers should reflect what the law wanted them to be. Programs for people with disabilities run by people with disabilities. To this end, she helped organize the UILC's first board of directors and was one of only



Barbara Toomer and Dr. Smith, 1st UILC Director

two signatures on the UILC's Articles of Incorporation. She helped write policies that still govern the Center today. She helped locate and design the space at 764 S. 200 W. that became the Utah Independent Living Center. She attended the first board meeting in December 1981, was elected as vice chair on the board until she became chair in 1984. She helped hire the three Executive Directors for the center, Dr. Willard Smith, Maurice Campbell and in 1985 me, Debra Mair. I was hired as one of the original staff members of the UILC in June of 1982. I think Barbara viewed it as her personal mission to mentor me into becoming a more outspoken advocate. Barbara was infuriated when Salt Lake City sold the lifts that would have made main-line buses here accessible to Denver. The Utah Transit Authority had chosen to provide a paratransit system for people with disabilities. It was not long before I, Barbara and my attendant were boarding a Sky-West plane to Denver for one of the first ADAPT (Americans Disabled for Access-

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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 on Page 3
- June 14**
UILC Annual Picnic
- June 18**
Youth Summer Program begins (M,W, F).
- June 19**
Youth Empowerment Academy (T,Th) begins.
- June 21**
Tooele Youth Program

(*Founder—page 1*) ible Public Transit) protests. My first plane ride ever, my first protest ever. And boy oh boy what an experience that was. “Mentoring by Fire.” As our transportation met us at the Denver Airport, we were pushed up a ramp into a cargo van and were packed in there like sardines. Good thing too, as there were no tie downs or seat belts. Protesters not in wheelchairs including attendants either sat on someone’s lap or on the wheelwells. We stayed at local homes that were only partially accessible, organized for the protest in an old, cold church, arrived the next day at a local Denver hotel, casually filed into a room where transit authorities from across the county were meeting and then; quietly at first, then getting louder and louder, chanted, “we will ride, WE WILL RIDE”. We were politely, then not so politely, asked to leave, but we surrounded the hotel and continued the chant. What an experience!!! The chanting was amazingly empowering. All too soon we found ourselves



Barbara and Debra Mair at Denver Protest

back in Salt Lake City but the fight for accessible public transportation continued by blocking buses on Main Street and having people “crawl” on the bus with someone carrying their wheelchair aboard. It then moved to Greyhound buses and even to having local organizers from

Denver meet with UTA. Remember this is the early to mid-80’s so nothing is very accessible. Driveways are the only way to get on and off sidewalks as curb ramps are rare, most buildings were not accessible. People were shocked to see large groups of people with disabilities banning together for a single cause.



Barbara with officer at Greyhound Action

Barbara fought for the Americans with Disabilities Act (ADA) to be passed in 1990. She retired from the UILC Board in 1991, and became a more outspoken and even at times confrontational advocate for people with disabilities in Utah and around the country. Her focus changed over the years from transportation, to public accessibility, to attendant services to changing federal and state laws allowing greater freedom of choices, access, and services to be available to people with disabilities in the community, not in an institution. Her commitment to people with disabilities never wavered. She approached things head on and you always knew where you stood with her. She was an unstoppable force for the fair and equal treatment for all people. Goodbye Barbara, my mentor, my friend, you will be missed.

2018 Summer Program for Youth — NOW Accepting Applications

Don’t miss this once a year opportunity

We are excited to again be offering two summer programs. Participants are limited to people with disabilities ages 16-22.

The 2 day Empowerment and Transition Academy is **FREE** this year starting June 19th and then every Tuesday and Thursday through August 2nd (with the exception of Tuesday July 24th). This program will focus on aspects of employment and includes interviewing skills, resume development, learning and practicing communication, self-advocacy, touring community resources, dressing for success and fun activities that lead to employment.

The 3 day Summer Youth Program starts on June 18th, and then is every Monday, Wednesday and Friday through August 3rd (with the exception of Wednesday July 4th). The focus will be on a broad range of independent living skills. The suggested donation for this program is \$75 and will include a t-shirt.

You must choose **EITHER** the 3-day Summer Program **OR** the 2-day Empowerment and Transition Academy, by circling your choice at the top of the application page.

These Programs are filling up fast and will be filled on a FIRST COME, FIRST SERVED BASIS.
Printable application available at uilc.org

We hope to receive your application soon. Please mail, email, drop-off or fax to the number below.

Kathy Self, kself@uilc.org (801) 466-5565 Ext. 211 Fax (801) 466-2363,
 Utah Independent Living Center 3445 South Main Street, Salt Lake, UT 84115

28th Annual Independent Living 5K RUN & ROLL

Enhancing the Independence of People with Disabilities



Saturday, June 2, 2018



Registration: 8:30 AM **Race begins:** 9:30 AM

Distance: 5K open

Place: Jordan River Trailhead Park
1021 W Cesar Chavez Dr (2320 S)
Enter from Redwood Road (1700 W)

Registration: \$20.00 before the race or \$25 day of race
\$10.00 for children 11 years and younger
In adult categories, all ages compete together
Online registration at www.uilc.org through May 28th
Checks can be mailed to UILC / 3445 S. Main St. / SLC, 84115



- PRIZE DRAWINGS AFTER THE RACE - **EVERYONE** ELIGIBLE TO PARTICIPATE
- **GRAND PRIZE DRAWING (SAMSUNG TAB A) FOR PAID ADULT RACERS**
- MUST BE PRESENT TO WIN!

For more information, call Chelsea or Kim at 801-466-5565

2 Child Divisions
(11 and younger)
(Girls and boys race together)
Child Runner Division
Child Wheelchair Division

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

1. Gender: Female Male

2. Race Category
(Choose One Adult or Child Division)

- | | |
|--|---|
| Adult Racer | Child Racer |
| <input type="checkbox"/> Adult Runner | (Girls and boys race together) |
| <input type="checkbox"/> Adult Walker | <input type="checkbox"/> Child Runner |
| <input type="checkbox"/> Adult Handcycle | <input type="checkbox"/> Child Wheelchair |
| <input type="checkbox"/> Adult Assisted Wheelchair | (manual & motorized) |
| (motorized or with help) | |
| <input type="checkbox"/> Adult Non-Assisted Wheelchair | |
| (manual chair, no help) | |

3. T-Shirt (Circle One)
ADULT S M L XL XXL XXXL
Youth S M
Child Sizes 2T 3T 4T

Please choose all that apply:

- I plan to race.
(Choose race category, adult/child racer, gender, and shirt size.)
- I would like to make an additional donation of _____.
(Thank you!)
- I would also like to sponsor a racer who couldn't otherwise participate. (\$20 each)

In consideration of my entry, I hereby for myself, my heirs, executors or anyone else who might sue on my behalf; waive, release, and discharge the sponsors, contributors, USATF, volunteers, officials, race organizers and others from all rights, claims or liability for death, personal injury or property damage of any kind or nature whatsoever, arising out of or in the course of my participation. I attest that I am physically fit and have trained to participate in this event. I understand that all registration fees are non-refundable

This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors will be accepted with a parent's signature.

Signature of Racer: _____ Date: _____

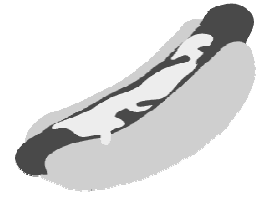
(Parent's signature needed if racer is under 18)



June 14, 2018

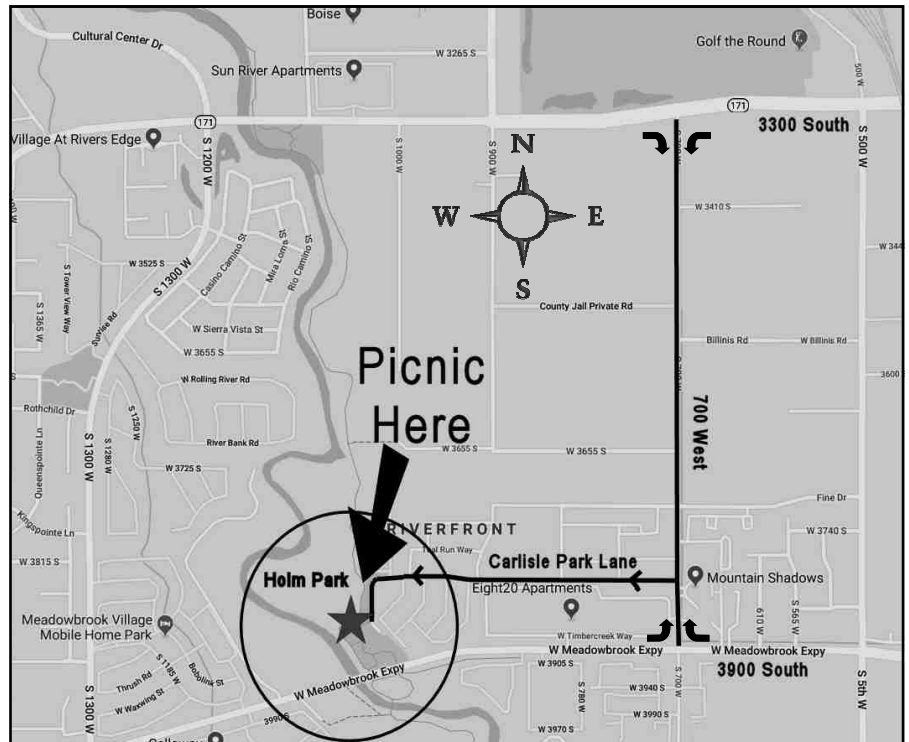
UILC Picnic – *New Location!*

12:00 am—2:00 pm



A long-time favorite activity around here is the UILC Summer Picnic and it is about that time again. Something from the grill, warm sunshine and catching up with friends seems like a recipe for a great afternoon. Although we have had our picnic at the Fitts Community Park (“Duck Park”) for many years, this year they are using their large pavilions in June for youth activities. This gives us the fun opportunity to try somewhere new. It is a park fairly close to the Center as well. A New Location

– at Holm Park was chosen (*1021 W Carlisle Park Ln*). Holm Park has a pavilion, playground, grassy area and good parking. If driving, turn onto 700 West from either 3300 South or 3900 South. Travel to Carlisle Park Lane (3800 South), turn west and follow it all the way to the end. The road turns left (south) just a bit where it ends at the park by the Jordan River. For those of you riding UTA, go to the Meadowbrook Trax Station, board Bus #41 westbound to the 950 W bus stop. It is by the pedestrian walkway. A sidewalk leads to the park. You can see the park from 3900 South. If you get off on the south side of the road, take the pedestrian walkway to cross over the road to the park which is part of the Jordan River Parkway Trail system. Or if the walkway looks too steep, simply ride to Meadowbrook Trax Station (3900 S) and catch the #41 westbound as explained above. It promises to be good fun in the sun. See you there!



Map to the New Location of the UILC Picnic
1021 West Carlisle Park Lane (3800 S)

Smoke? Have a Disability? Check This Out...

Did you know people with disabilities in Utah smoke at a rate of 19% versus 7.6% with no disability? This may be due to a long history of targeting by the tobacco companies. One such example started in 1995 by R.J. Reynolds called the “Project SCUM” (Subculture Urban Marketing) marketing strategy. The tobacco companies started this plan to target populations, including mentally ill, homeless and LGBT people. Tobacco companies have been proven over and over to purposely target populations. Those populations, in turn, have high rates of tobacco use. However, people can quit with the right resources and support.

A person who smokes may have high cholesterol, high blood pressure or diabetes. Tobacco use has been linked to all three. Smokers are 30-40% more likely to develop Type 2 diabetes than non-smokers according to the CDC. It becomes harder to control insulin, a hormone the body

uses to regulate the amount of sugar in the blood. The lack of oxygen from smoking decreases blood flow to the legs and feet. Smoking also increases the blood pressure and heart rate. This increase leads to high blood pressure. Smoking can also damage blood vessels and harden arteries used to pump blood around the body.

The great news is a lot of this damage can be reversed when someone quits smoking. 70% of Utah adult smokers report that they want to quit and 55% of those smokers made a quit attempt of at least one day or longer in the previous year. For anyone interested in quitting smoking and free nicotine replacement therapy, go online or call 1-800-QUIT-NOW or www.waytoquit.org.

To learn more about tobacco companies targeting go to www.truthinitiative.org

UILC Welcomes Roberto Garcia

UILC would like to extend a warm welcome to Roberto Garcia who joins the staff of the UILC as our Bookkeeper/Fiscal Manager. He moved from Columbia to Utah four years ago with his wife. Prior to that he spent two years in Mexico serving his church. Roberto or Robert, as he softly assures us we are welcome to call him, is bilingual and brings with him a great sense of humor. He has recently received his Associates Degree in Accounting from LDS Business College. Robert has varied experience from working in fast food, the credit card industry, marketing, accounts receivable/payable, to helping to prepare for an audit. His hobbies are sports, watching movies and eating out with his wife. Robert says that he is happy and excited to serve at the Center and everyone here has made him feel welcome.



A Fond Farewell to Jessica Smith



The UILC is sad to say goodbye to Jessica Smith, who joined the Tooele UILC branch office in August 2016. Jessica provided services and classes to adults with disabilities and did outreach in the Tooele/Grantsville community. Jessica brought great enthusiasm and energy to the Tooele Center and connected with consumers and staff alike. During her 1 ½ yrs with us, she helped with many outings, held classes on cooking, home maintenance, yoga/exercising and helped the Tooele office grow and move into a much bigger office! In December, Jessica's granddaughter was born and became a bright spot in her life. Jessica has decided to resign from the UILC and watch her new grandbaby. She wants to go back to school to finish her bachelor's degree, which she is only a few classes away from completing. We will miss her and hope her new adventures will be rewarding!



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 classes and activities happening there. Call Cheri at 435-843-7353 for more information.

Register now for the Youth Summer Program

Youth ages 16-22 June 21-July 29

Camp Discover July 30/31

Ongoing Classes

- ◆ Basic IL Skills class every Monday 12:30-1:30 pm
- ◆ Community Outings 1/3rd Wed of each month 12:00 -4:00 pm
Bring sack lunch and drink
- ◆ Game Days on 2nd/4th Wednesday from 12:30-2:30 pm
- ◆ One on One Skills by appointment
- ◆ Bowling on Thursday 2:00 pm
- ◆ Youth Summer Program starts Thursday, June 21
and meets each Tuesday and Thursday through July.

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

Outreach Specialist
Independent Living Program

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. Please turn in a outing sheet if you want to attend outings.**

- | | | |
|--|--|--|
| <input type="checkbox"/> Thursday, May 10, 2018
Hogle Zoo
Meet at UILC 10:30 am or at the Zoo 11:30 am
Bring \$13.95 per person.
We have to go in as a group. Bring extra money if you want to buy things.
<u>Limited seating</u> | <input type="checkbox"/> Thursday June 7, 2018
Lunch Bunch Outing
Golden Corral
Bring \$10.00
TRAX \$2.50 one way
3399 W 3500 S
Leaving UILC 10:30am returning 1:30pm | <input type="checkbox"/> Thursday, July 12 2018
Fashion Place Mall
Time leaving UILC 12:15
1:00 -3:00pm
TRAX \$2.50 one way
<u>Bring lunch money or eat before arriving.</u> |
| <input type="checkbox"/> Thursday May 24 2018
Hill Air Force Base Museum
Free Admission
Meet at UILC at 11:45am return 3:30 pm
<u>RSVP seating is limited</u>
Meet at UILC at 11:45 Return at 3:30 | <input type="checkbox"/> Thursday, June 14 New Location!
UILC Annual Picnic at Holm Park
1021 W Carlisle Park Ln
12:00 pm – 2:00 pm
Free. Food served 12:00 to 1:30 pm or until gone. (See Article) | <input type="checkbox"/> Thursday, July 26,2018
Dinner in the mountains
3:00 pm-7:00 pm
Meet at UILC
<u>Limited Seating. Need to RSVP</u> |
| <input type="checkbox"/> Friday_May 25,2018
Utah Symphony
Free Admission
Leave UILC at 8:30 am
Starts at 10:00 am You need to RSVP
<u>Seating limited</u> | <input type="checkbox"/> Thursday, June 21 , 2018
Arts Festival
1:00 pm-3:00 pm
<u>Free. No outside food. Bring lunch money or eat before arriving.</u> | <input type="checkbox"/> Tuesday Aug 14-16 2018
Campout
American Fork Granite Flat
Meet at UILC 11:00 am on the 14th.
Bring a lunch.
Return to UILC Aug 16th -3:00 pm. |

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

Keep the bottom half for your records


- Fill in box 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.
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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.

May Class Schedule at UILC

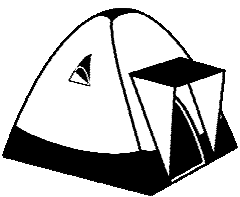
	Monday	Tuesday	Wednesday	Thursday	Friday
Ongoing	Express Yourself Through Writing 10:30-12:30 (*Participation by UILC staff referral only*) Peer Support Group 1:30 pm –3:00 pm (Aspyn, Debbie)	Peer Support Group 10:30-12:30 Gardening 1:30-2:30 (except May 15th) (Aspyn, Debbie) ASPIRE 4:00pm-5:00pm (1st, 3rd, and 5th Tue) *See Debbie Sarah for more information*	Advocacy and Disability Culture 11:00-12:00 *note time change* Young Adult Group 3:00-4:30 (Brenda)	Etiquette & Boundries 10:30-11:30 am (Aspyn) <i>Alternating Afternoons:</i> 1:30-3:00 pm Home Arts or Outings (see Outing Sheet)	Literature Class 10:30-12:00 am (Aspyn) Bonwood Bowling 2:00-3:30 2500 S. Main St. (\$3.50 for 2 games — shoes included)
One Time	Closed May 28th For Memorial Day 	May 15th Deaf Communication Skills (Carole) <i>Last Class</i> 10:30am-12:00pm Food \$ense 2:00-3:00 pm (Aspyn, Debbie)	Please go to the UILC website (uilc.org) during June and July for the current calendars.		May 25th Outing Utah Symphony (See Outing Sheet)

- Groups on Thursday meet at varying times and cover home arts, knitting, exercise, and other programs. The Outing Group alternates Thursdays, with occasional Outings on other days. Contact Brenda for more information.
- The Outings group utilizes TRAX to get to most activities. If you are in need of more information about Reduced Fare or Paratransit, contact UILC.
- Often, UILC will hold small, invitation only classes for consumers with a designated need. Staff can provide **one-to-one skill building** as well.
- UILC does not automatically provide transportation to classes and outings. For information on UILC transportation, Flex Trans, 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

Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**
 Education Enhancement Program and Summer Youth Program: Kathy Self (x219)
 Nursing Home Transition and Diversion: Debbie (x206)
 One-to-One IL Skills : Aspyn (x215), Debbie Sarah (x205), Jan (x211)
 Community Integration: Brenda (x209)
 Assistive Technology: Janice (x208) or Tiffany (x220)
 Loan Bank: (main number) or Jess (x202)
 Tooele Branch Office: Cherie (435-843-7353)

Annual UILC Campout August 14-16, 2018



Once again, UILC will be combining our forces with the fun folks from Ability 1st Utah in Provo for our annual campout. As was the case last year, the campout will be at Granite Flats Campground. Located a short distance up scenic American Fork canyon, this campground provides a large flat grassy area surrounded by



majestic strands of aspen, spruce, pine and Douglas fir. It is a beautiful place, well worth a second visit. The campout will be August 14-16, 2018. UILC participants will meet at the UILC on August 14th and return to UILC on August 16th. Contact Brenda at 801-466-5565 for more details and to sign up.

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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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David Ruster
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Howard Wilkerson

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Editor Aspyn Bennett

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

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Voice & TTY**



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