



Newsletter of the Utah Independent Living Center
September 2018

WHAT ARE YOUR PLANS TO VOTE?

It is almost time to go to the polls. This November 6th is the day to choose who you want to represent your views and needs as an elected official. In 2016, over 35 million people with disabilities were eligible to vote, but only 16 million did, reports the American Association of People with Disabilities (AAPD). If you don't vote, you are letting someone else decide what will happen to you and your community. Help us make sure *our* community is registered, educated, and engaged to exercise their civil right to vote! A good place to start for Salt Lake County is slco.org/clerk/elections/voter-info-look-up/ to register or see if you are already registered and also who will be on your ballot. For information statewide, vote.utah.gov has candidates, propositions and more.

Be a Mystery Voter — Help Improve Voting Site Accessibility

Will you be a mystery voter? This Fall's General Election is coming. The Disability Law Center looking for voters across Utah to help improve the election experience for voters with disabilities. Mystery voters will vote at their polling place on a voting machine and report about it. The identities of mystery voters will be confidential.

How mystery voters will drive change: You will be asked about your experience using the voting machine, accessibility, and poll worker performance. This information will be shared with election officials to advocate for improvements. Your feedback will also be used to recognize counties doing a good job.

Interested? Contact Eliza Stauffer at estauffer@disabilitylawcenter.org or call 800-662-9080 ext. 3202.

UILC Website Facelift

Have you visited the uilc.org website lately? If not, you are in for a surprise! The website has a new look and, even more importantly, the information on the website is current and up to date. You can discover upcoming classes and events or look at the full calendar for the month and, you can also find an outing sheet listing community outings. The most current newsletter is posted along with descriptions of our services. You can learn about board and staff members, discover what's happening in Tooele, visit the websites of other Centers for Independent Living in the state, learn about affordable and accessible housing and a whole lot more. Don't miss out on this opportunity to learn more about the Utah Independent Living Center. You can access the website using a computer, tablet or smart cell phone. Please notice the new logo. We hope to keep the website packed with information that is important to you, so visit uilc.org often.



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IMPORTANT DATES:

Upcoming UILC Events

Oct 12th 
Equipment Giveaway

Oct 25th 
UILC Halloween Party

Dec 20th 
UILC Holiday Party



Summer Youth Program 2018 Wrap-Up

What an exciting and busy summer youth participants and staff members had here at UILC. As was the case last year, the UILC offered two summer programs — a 3-day and a 2-day program. Each program was different and was tailored to meet specific student needs.

The 3-day program was community based. On Monday, everyone went out into the community. We visited Fatcat's, Nicklemania, City Creek Mall, Clark Planetarium, University of Utah Fine Arts museum and Gallivan Center for a summer concert. We traveled on UTA buses and Trax so every student received bus training, which is a cornerstone of independence. On Wednesday, we stayed at the Center and students focused the entire day on mastering one independent skill. Lessons included bus safety, personal safety, money management, transition to adult services, employment and social skills. On Friday, we again traveled on the bus or Trax to different grocery stores to learn about nutrition, couponing, estimating total cost, comparing prices and shopping. We purchased our groceries and returned to the Center to make either breakfast or lunch. All meals focused on functional cooking. We made burritos, grilled cheese sandwiches, spaghetti, waffles, pancakes and omelets to name a few. We even visited the Murray Farmers Market which was a first for many of the students. The final Friday was Party Central with a barbeque, carnival games and a water fight. The program ended on August 8th with over 30 students and staff traveling up Big Cottonwood canyon for a walk around Silver Lake and lunch. We spent the rest of the day at the Spruces playing games, hiking, having marshmallow gun fights and enjoying s'mores, chili and hotdogs cooked over an open fire.

The 2-day program, the Empowerment and Leadership Academy, was based on learning job readiness and self-advocacy skills. The students visited three job sites where they learned about different employment opportunities: Elizabeth's Catering taught us about food service careers, at Deseret Industries we learned about retail and at the Megaplex at Jordan Commons, we learned that the Larry H Miller Company employs over 1000 part-time employees in one of three jobs, ticket sales, food service or janitorial. Some of the other highlights were mock interviews conducted with a Vocational Rehabilitation counselor, learning to prepare a healthy lunch at Harmons, how to dress for an job interview with Dressing for Success, learning interview skills with Workforce Services and visiting a Public Housing site. Every student left with a printed resume, personal recommendation and a certificate of completion from Vocational Rehabilitation.

During this past summer, over 75 students in Salt Lake improved skills needed for everyday living. UILC staff would like to see even more students experience these opportunities for growth next year. If you are interested in joining us for either program in the summer of 2019, please call and ask to have your name added to the mailing list. Applications will go out mid-April 2019. You must be 16-22 year old to attend either program.



CLASSIFIED ADS FOR AT!

Are you looking to buy a piece of assistive technology (AT)? Do you have some AT you would like to sell or donate? There is a new website you might use at myatprogram.org. This on-line portal for AT exchange is like a classified ad service for AT devices/equipment. Its purpose is to help individuals, agencies or organizations wanting to buy, sell, or donate AT devices/equipment get in contact with each other -- the website itself does not accept any payments or arrange meet-ups. Pick-up, delivery, transfer, or payment for the device will be determined by the individuals involved in buying/selling/donating the items. This brand new AT exchange website is live and ready to use at <https://myatprogram.org>. You will see NATADS Public Access with two sections, **Device Loan Request**

System is at the top. In Utah, this is provided by your local IL Center. Scroll down to the **Assistive Technology Classifieds** section below that. To simply view what is currently available in Utah, select Utah in the Search Box and click on the blue words **Search Classifieds from Utah**. To post or contact an ad, you will need to register and login. Utah Assistive Technology program maintains and monitors the website and ensures submittals are appropriate. If you have any questions, please contact Alma Burgess who oversees the website. He can be reached at alma.burgess@usu.edu or 435-797-0253.



Staff Changes at UILC

Out with the Old — In with the New

Change is in the air. As summer changes to fall and fall moves on the fast track toward winter, you will notice some changes at the UILC. Jan Bigelow has decided to try her hand at creating a little more fun or in other words, Jan is the UILC's Community Integration Coordinator. Brenda Green, the former Community Integration Coordinator, decided that she wanted to go back to school during the day and is now working a night shift. Debbie Lambrose the Nursing Home and Diversion Coordinator after learning of Jan's job change decided to test her skills at Jan's old position, the Outreach and Independent Living Specialist. This means she will now work more with helping consumers with housing needs and developing a network of community supports that they need to succeed as they relocate. A new Nursing Home and Diversion Specialist will have just started close to when you read this newsletter. So Jan is the new Brenda and Debbie is the new Jan, and a new person will be the new Debbie and Chelsea, our receptionist is the new Brenda and remember Aspyn is the new Audrey who replaced the old Shauna. Oh my!!! This way too confusing just come in and say hi to everyone and learn about all the new and wonderful things happening at the Center or give us a call at 801-466-5565.

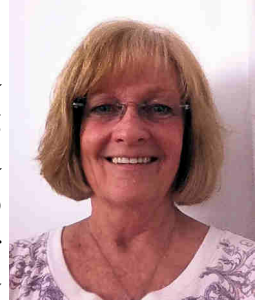
Not to be out maneuvered by staff in Salt Lake, Tooele staff are also switching it up as well. Cheri Gunderson who has always worked with youth is now the Independent Living Specialist/Office Manager working with adults and Linda Neff is the new Cheri working with youth at local high schools and the Tooele Branch Office. Drop by and say "hi" or call them at 435-843-7353.

Board Member Trades Skiing For Fun In The Sun.

Kim Price, after serving on the UILC Board of Directors for 10 years, has relocated to Las Vegas, Nevada. Kim plans on enjoying the milder winters there while continuing her career at the VA hospital as a Social Worker, a position she has also held at the Salt Lake VA hospital. Kim will be missed at Board Meetings as she always had insightful and knowledgeable advice that helped guide programs at the Center and helped the Center grow. Kim was actively involved with the Membership committee and planning and fundraising for the annual UILC 5K Run and Roll. For at least the past 5 years, Kim has chaired the 5K Committee. Board and staff members wish Kim well and hope all her dreams come true.

UILC—Tooele Welcomes Linda Neff

UILC welcomes Linda Neff as a Life Skill Trainer serving Tooele County youth! Linda and her husband are Colorado natives and the best Denver Bronco Fans around. They moved to Utah to be close to their daughter and family and especially the grandkids. When she is not working at the Tooele Office for UILC, she is most likely working with her Girl Scout Troop, watching grandkids or quilting—three of her favorites passions. Quilting has been a passion of hers since she began sewing with her grandmother about 60 years ago and is a tradition she hopes to pass down to her grandkids. Linda will be teaching life skills to youth 14-22 years old in local high schools and at our Tooele office.



Patty Trent Retires from the UILC

Patty Trent was hired as the UILC's Fiscal Manager in 1983. She has always enjoyed working with numbers but after 25 years of service to the UILC, this year she decided to enjoy playing with her grandkids instead. Patty always felt that being a team player was important. She was hired shortly after we moved into our current location. Over the years, she has been seen and photographed doing everything from weeding to driving a front-end loader, to laying sod or rearranging staff offices to responding to calls from the UILC security company and of course helping with fundraising, answering human resource questions and helping managing the Center's finances. Patty's health over the past several years made it so she could not be at the center as often as she would've liked but her dedication to the center never wavered. Everyone at the center and on the board of directors wish Patty a joyful retirement. No one deserves it more.

Utah Independent Living Center

Consumer Satisfaction Survey

The Utah Independent Living Center (UILC) is required to conduct an annual survey of consumer satisfaction. Completing the survey is completely voluntary. No personally identifying information is collected about the person completing the survey. The information gathered will help the UILC to provide better services to our consumers. Please address an envelope to UILC, 3445 S. Main Street, SLC Utah 84115 and mail your survey to the Center or just bring it in when you come and slip it in the survey box by the door. If you forget your survey, no problem, just ask the receptionist for one. Please take a moment and answer the following questions:

How did you first become aware of or hear about the UILC? _____

Do you think you have gained any new skills, knowledge or resources you didn't have when you first came to the UILC for services? Yes_____ No_____

Please explain: _____

What classes or services could the UILC provide that would help you the most right now? _____

What classes or services were the most helpful this past year? _____

What classes or services were the least helpful? _____

Overall, are you satisfied with the services through the Utah Independent Living Center?
 Yes_____ No_____

Is there anything else good or bad about your experience with the UILC that you would like to share?

WHAT YOU THINK MATTERS TO US

Assistive Equipment Giveaway

Are you a person with a disability? Have you been looking for a piece of equipment? Over the past 4 years, UILC has designated one day when we focus of getting surplus donated equipment and supplies into the hands of people with disabilities who need it. This year, **October 12, 2018 from 11:00am to 4:00pm** will be that day! People who have generously donated equipment to the UILC want to see that equipment used by someone who needs it. Certain rules and requirements apply. Please call Chelsea at (801) 466-5565 for more information.

Available Equipment will include:

- Manual Wheelchairs
- Power Wheelchairs
- Tub Clamp-On Safety Rails
- Walkers
- Crutches
- Cushions
- Wheelchair Trays
- Medical supplies
- Etc.

**All items are at a
first come, first served basis.**



**ALL EQUIPMENT IS AVAILABLE “AS IS”
UILC will not deliver equipment. No exchanges please.**

Save The Date:

**UILC Holiday Party — December 20th
12:00-2:00pm**



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.

Events

- ♦ September 26—Dinosaur Park in Ogden
- ♦ October 10—Gardner Village - Witchfest
- ♦ October 24—Halloween Party at Provo IL Center

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

UILC Tooele Office

52 N Main Street
Tooele, UT 84074

Tooele Phone: 435-843-7353

Cheri Gunderson

Independent Living Specialist/
Office Manager

Linda Neff

Life Skills Trainer for Youth
Education Enhancement Program

UTAH INDEPENDENT LIVING CENTER- 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.**

☐ Thursday, September 6 2018
FanX Salt Lake Comic Convention
 100 S West Temple, SLC
 2:00pm-4:00pm
 Free- limited General Admission Tickets available. RSVP required

☐ Thursday, October 11, 2018
WitchFest at Gardner Village
 1100 West 7800 S, West Jordan
 1:00-3:00pm
 Free. Can bring money for lunch or shopping.

☐ Thursday, November 29, 2018
Festival of Trees
 9575 South State Street, Sandy
 1:00pm-3:00pm
 \$7/ticket

☐ Wednesday, September 12, 2018
Utah State Fair
 155 N. 1000 W, Salt Lake City
 10:00am-3:00pm
 \$1/person, must enter as a group.

☐ Thursday, October 25, 2018
UILC Halloween Party
 3445 S. Main St. SLC
 12:00-2:00pm
 Free. Food served 12:00 to 1:30 pm or until gone. Come dressed up!

☐ Thursday, December 20, 2018
UILC Holiday Party
 3445 S. Main St. SLC
 12:00-2:00pm
 Free. Food served 12:00 to 1:30 or until gone.

☐ Thursday, September 27, 2018
Ogden Dinosaur Park
 1544 East Park Boulevard, Ogden
 1:00-3:30pm
 \$3/person. Must RSVP, limited seating, returning to UILC at 4:30pm

☐ Thursday, November 8, 2018
Lunch Buffet at PizzaPieCafe
 3078 W. 7800 S., West Jordan
 1:00pm-2:30pm
 \$7.49 for buffet, drinks and tax are additional

☐ Thursday, January 10, 2019
UILC Picture Slide Show!
 3445 S. Main St. SLC
 1:00pm-3:00pm
 Free. Popcorn provided, feel free to bring snack to share.

Please detach and return the top half to Jan 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.
- 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 801-566-5565

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 *UTA

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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 half hour early

September Class Schedule at UILC

Ongoing

Monday	Tuesday	Wednesday	Thursday	Friday
Express Yourself Through Writing 10:30-12:30 (*Participation by UILC staff referral only*) Peer Support Group 1:30 pm –3:00 pm (Aspyn)	Peer Support Group 10:30-12:30 Disaster Preparation/ First Aid 1:30-2:30pm (Aspyn) ASPIRE 4:00pm-5:00pm (1st, 3rd, and 5th Tue) *See Debbie Sarah for more information*	Photography Class 1:30-3:00 (Aspyn) (must bring camera or phone for taking pictures) Young Adult Group 3:00-4:30 (Jan)	Light Exercise/Yoga 10:30-11:30 am (Jan) <i>Alternating Afternoons:</i> 1:00-2:30 pm Board Games (Jan) or Outings (see Outing Sheet)	Art Class 10:00 am-12:00 pm (Aspyn) Bonwood Bowling 2:00-3:30 2500 S. Main St. (\$2.00 per game includes shoe rental)
Please go to the UILC website (uilc.org) during October and November 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: Debbie, Solmaz
 One-to-One IL Skills : Aspyn, Debbie Sarah
 Community Integration: Jan
 Assistive Technology: Janice or Tiffany
 Loan Bank: (main number above) or Jess
 Tooele Branch Office: Cherie (435-843-7353)
 Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**

UILC Classes at the Sanderson Community Center

Carole Tomkinson, an Independent Living Specialist serving persons who are deaf or hard of hearing, has begun a new series of Independent Living Skills classes at the Sanderson Community Center (5709 S 1500 W in Taylorsville). In a partnership between UILC and the Sanderson Community Center of the Deaf and Hard of Hearing, Carole will be teaching classes on Wednesdays from 1:30 – 3:00 pm and the topic will change monthly. In September, the classes will be about learning to plan and cook nutritious (*and delicious*) meals. Future months will cover budgeting, home arts, and computer skills. These classes are limited to 15 participants and priority will be given to deaf and hard of hearing adults 18 and older. Interested? Please sign up with Carole. Her video phone (VP) number is 801-657-5220 or email her at ctomkinson@uilc.org.

HALLOWEEN PARTY



UILC Skills Center
 (3445 S Main Street)



Thursday, October 25th
12:00-2:00 pm

Come Dressed in your Costume!

Food served until 1:30 pm
or until gone.

Costume Contests



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

Non-Profit Org.
U.S. Postage
PAID
Salt Lake City, UT
Permit No. 4531

RETURN SERVICE REQUESTED

Mark Your Calendar...

Oct 12th—Equipment Giveaway

Oct 25th—UILC Halloween Party

Dec 20th—UILC Holiday Party

UILC Board of Directors

Richard Fox, *Chair*
Sam Arishita, *Vice Chair*
Julie Beckstead,
Secretary/Treasurer
Bryan Carroll
Mike Foster
Jack Landro
Christine Pettey
David Ruster
Kent Ryan
Howard Wilkerson

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

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Robert Garcia, *Fiscal Manager*
Jess Bushman, *Loan Bank/Custodial*
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
alternative formats upon request.**

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



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