



Newsletter of the Utah Independent Living Center
March 2019

Prepare Now for the Next One

Emergency Preparedness Information

Recently there was an earthquake measuring 3.1 in the Bluffdale area, along with many aftershocks. There is an active fault zone along the Wasatch Front where we live. This is a reminder to be prepared for any type of emergency. There are 9 essential items to have: Water is the most important, (one gallon per person per day for 3 days). One case of water bottles equals 3 gallons. You also need non-perishable food such as canned or packaged food, a manual can opener, one change of clothing, three days' worth of medications, a flashlight with extra batteries, a battery powered radio with extra batteries to get information, hygiene items, and a basic first aid kit. You might want to have at least \$10 in small bills in case you need to buy something. If the power is out, the credit card machines might not be working. For more information, go to bereadyutah.gov.



Upcoming Spring and Summer Events at UILC

As the snow starts to melt and a bright sunny day hints that warmer weather may soon be on its way, our thoughts turn to spring. At the UILC spring signals the time of year for our Annual Picnic and 5K Independent Living Run and Roll. First on the docket for fun is the **UILC 29th Annual 5K Run and Roll**. This race is like no other as racers run, walk and roll through the finish line while enjoying the scenic beauty of the Jordan River Parkway Trail. The race will be held Saturday, June 1, 2019 and participants will begin racing at 9:30am. (This start time allows for participants using public transit to join us.) The race will start at the Jordan River Trailhead Park, 1021 Cesar Chavez Dr. (2320 S.) and end at the same location. Prizes, drawings, awarding medals, friends and farewells will all signal that the 29th Annual 5K Run and Roll is over for another year. Don't miss this event. Registration forms are available now at the UILC, will be mailed to immediate past participants and will go out in the next issue of the Wasatch Scope. Invite your friends and family to join the race. Register early and avoid the rush and stress of last minute registrations. Call Chelsea or Kim for more information at 801-466-5565.



The **UILC Annual Picnic** is on the move again. This year we are excited to be holding our annual picnic at **Murray Park** on June 13, 2019 from 12:00 to 2:00pm. Every year we see some new and some familiar faces. The food is always delightful and summer like and the conversation is lively. This year will be no exception. However, new this year will be the magic that is in the air. We are fortunate to have a new staff member who is a talented magician. Todd Hanson will entertain picnic goers by performing some magic tricks that are sure to leave us puzzled as we ponder about his magical powers.

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IMPORTANT DATES:

Upcoming UILC Events

April 9th-10th
UILC Closed for Training

April 14th
Youth Summer Program applications available

June 1st
29th Annual 5K Run and Roll

June 13th
Annual UILC Picnic Murray Park

June 17th-Aug 2nd
Salt Lake Youth Summer Program

June 18th-July 25th
Tooele Youth Summer Program

Staff Changes at UILC

Farewell to Friends — Farewell: Dylan and Debbie Sarah

Dylan Richardson was a familiar face in the youth programs at the UILC. Regardless of what the group was doing, whether it was walking to catch the bus, cooking or sitting in the classroom, Dylan always had a smile and a word of kindness for everyone. Dylan was liked by all the students and had a genuine rapport and understanding of issues facing youth, and what skills they needed as they enter the workforce, become more involved in their communities, obtain more education and focus more on adult issues. Everyone here at the UILC wishes Dylan the best of everything the future holds.

Debbie Sarah Gamarra was a student at the University of Utah when she started to work at the Center. She applied for a part time youth position and was told about a

full time position that was open. She applied and the rest is history. Debbie Sarah worked for two years as our Outreach and Independent Living Specialist. She left the Center to complete her required internship and classes at the “U”. She was our first full time staff member who spoke Spanish fluently, which helped open our services to a larger group of people. She wanted the best for her consumers and dedicated herself to learning the skills and resources to assist them on their quest for independence. She graciously allowed us to call her Debbie Sarah even though she does not use both names (there are two other Debbies at the Center). Everyone at UILC wishes Debbie only the best as she moves forward in her schooling and life.

Welcome to New Staff: Todd, Amy and Chris!

Todd Hanson is the UILC’s new Peer Support/Independent Living Specialist. Todd will be working individually with consumers and teaching classes where needed. In Todd’s words, he says, “I am a jack of all trades, and a master of several.” Throughout life Todd has acquired numerous skills. Some fun facts about Todd are that he has been a magician, a pool player, a teacher, a cook, a builder, and an accountant, just to name a few. Todd received his Bachelor’s degree in Psychology from the University of Utah, and is currently working towards his Masters of Social work at Capella University. Todd says that his greatest joy comes from the earned success he gains by helping others. If you want to learn some new skills to make life easier, schedule an appointment with Todd. He is always happy to help.



Amy Stowers is the UILC’s newest staff member. She is one of our Youth Transition Specialists and brings with her over three years of experience teaching skills to youth. Her hobbies are that she enjoys horseback riding, fishing, camping, swimming, boating, basically anything outdoors. She started riding at the young age of nine and competed in 4H, several horse shows and high school rodeos. Her favorite events were barrel racing, pole bending and keyhole. In her own words Amy says “I am a huge animal lover and my family calls me an animal whisperer because animals have always been attracted to me since I was young. I own two horses and a cat, my horses names are Bo and Spirit and my cat’s name is Ally.” A fun fact about Amy is that she has three sisters and all of their initials are the same, A.M.S. She is currently enrolled in college, working towards a Bachelor’s degree in Nursing, and wants to work with patients with disabilities and help them with tasks at home and school. Amy has a huge heart and loves helping others. She wants everyone to know that her office is always open if anyone wants to look at cute pictures of her animals and family or chat. She feels blessed and happy to be at UILC.

Christopher Garcia who goes by Chris has become a familiar face to members of UILC adult classes and groups as he prepares to take over some existing classes and start new classes in March. Chris is the UILC’s Independent Living Specialist. Chris has been a course instructor and peer mentor working with people with disabilities for the past four years. Chris served in Somalia during Operation Restore Hope as a Special Forces Army Medic. He brings knowledge of Veterans services with him, and the fact that he is a classically trained chef should add new dimensions to our cooking and nutrition classes. Fun facts about Chris include that he has lived in 14 major cities in the last 18 years and he loves to play music and sing especially country music. In closing in his own words, Chris smiles and says, “I am married to a wonderful woman and am a dad to a great dog.” Stop by Chris’s office and say “Hi”. He welcomes getting to know you.

Summer Plans *Continued from page 1*



Often in Utah, winter lingers into spring and then spring jumps head first into summer with very little warning. Don't worry UILC staff are prepared and have many fun outings planned (see outing sample list, p. 5). With the addition of new staff come new ideas and new solutions to barriers that keep us from being as independent as we want to be. See the class schedule (p. 4) for some classes that will help people with disabilities gain skills and abilities over a wide range of topics. Remember that you matter to us. Please let UILC staff know what classes and activities could benefit you.

As has been the case for over 30 years now, summer means the beginning of our youth summer program(s).

Youth Summer Programs 2019

It's that time again!! UILC is offering youth 16-21 years of age two options in Salt Lake for their 2019 summer of fun and learning. Applications for both programs will be mailed/emailed on April 14th. If you are not on the summer program mailing list please call the Center and ask to be added to the list.

The 3-day Youth program is community based. On Mondays, participants will visit community sites, like Fatcat's, Nicklemania, malls, parks, etc. They travel on UTA buses and Trax so every student receives bus training, which is a cornerstone of independence. On Wednesday, they stay at the Center and students focus the entire day on mastering one independent skill. Lessons include money management, transition to adult services, employment, and social skills. On Friday, students again travel on the bus or Trax to different grocery stores to

learn about nutrition, comparing prices and shopping. They purchase groceries and return to the Center to make either breakfast or lunch. All meals will focus on functional cooking, like burritos, grilled cheese sandwiches and pancakes. The final Friday will be Party Central with a barbeque, games and a water fight. There will also be an all day camp opportunity on Aug 7th for students attending the 3-day program. We have room for 55 students. We are asking a donation for this program of \$75.00.

The 2-day program called the Empowerment and Leadership Academy is based on learning leadership, job readiness and self-advocacy skills. Students ride the bus and trax to visit several job sites where they will learn about different employment opportunities like food service careers, retail and janitorial in a fun interactive way. Some activities are learning to prepare a healthy lunch, how to dress for an interview, learning interviewing skills and visiting a Public Housing site. Every student will leave with a printed resume, personal recommendation and a certificate of completion from Vocational Rehabilitation. This program is funded through Division of Workforce Services Rehabilitation, Utah State Office of Rehabilitation (USOR) and is FREE to attend. We will be accepting 30 students.



UILC's Tooele Branch office will also hold Youth Summer Program. Interested Tooele residents should call Angie at 435-843-7353 for more information and/or watch for the May addition of the Wasatch Scope.

What is Autism Awareness Month?

By Ladislav de Toldi. Huffington Post

Autism spectrum disorder (ASD) is a complex developmental disorder that affects a person's ability to communicate and interact with others. More than 3.5 million Americans currently live with ASD, and 1 in 68 children are born with a variation of it, so it's likely you know, whether or not you're aware of it, someone on the autism spectrum. With a growing incidence in the country, [The Autism Society](#) was founded in 1965 and in the early 1970s began a nationwide campaign to raise awareness. The first [National Autism Awareness Month](#) occurred in April of 1970. Nearly 50 years later, April is still celebrated as a time to raise awareness around the differences of those on the spectrum, supporting people and educating the public on autism. But what can you do to participate and how can you help support the cause?

Wear Blue on Autism Awareness Day. Within the month of April, there is a designated [Autism Awareness Day](#), when Autism Speaks celebrates the beginning of its yearly campaign, [Light It Up Blue](#). Many landmarks, buildings, homes and even people around the country "light up blue" to support people with autism. On April 2 this year, wear your favorite blue shirt to help raise awareness for this important day.

Spend time with someone with autism. The best way to begin to understand autism is to interact with someone who is affected by it. Giving someone you know with autism support and consideration is a great way to celebrate the month and spread awareness and advocacy.

March Class Schedule at UILC

	Monday	Tuesday	Wednesday	Thursday	Friday
Ongoing	Express Yourself Through Writing 10:30-12:30 (Tiffany) (*Participation by UILC staff referral only*) Peer Support Group 1:30 –3:00 (Chris)	Peer Support Group 10:30-12:00 (Chris) WII Bowling 1:00-2:30 (Solmaz) Alternating Games 3:00-4:30 (Chris) *See Chris for more information*	Music Appreciation 10:30-11:30 (Chris) Conversation Skills 1:00-2:30 (Chris) Young Adult Group Recreation Topic 3:00-4:30 (Jan)	Looming/Knitting 10:30-12:00 (Jan) <i>Alternating Afternoons:</i> 1:00-2:30 Disability Movies (Jan) or Outings (see Outings List)	UILC Chefs 10:30 -12:00 \$3 Donation/class (Chris) Bonwood Bowling 2:00-3:30 (Jan) 2500 S. Main St. (\$2.00 per game which includes shoe rental)
	You can go to the UILC website (uilc.org) for 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.
- Classes on Thursday meet at varying times and cover exercise, home arts, and other topics. The Outing Group meets alternate Thursdays, with an occasional Outing 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 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 UILC classes and services, call person listed below at 801-466-5565 or phone number specified.

Youth Transition Program and Summer Youth Program: Kathy Self
 Nursing Home Transition and Diversion: Solmaz
 One-to-One IL Skills: Todd or Chris
 Community Integration/Outings: Jan
 Assistive Technology: Janice or Tiffany
 Loan Bank: (main number above)
 Tooele Branch Office: Cherie (435-843-7353)
 Deaf Expansion Program (Carole Tomkinson) **801-657-5220 (video phone)**

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. Bring money for admission to Events. Call Cheri at 435-843-7353 for more information.

Events/Outings

- ◆ March 6 —Seaquest Aquarium
- ◆ March 20 — Planetarium Volcano Movie
- ◆ April 3 — Ft. Douglas Military Museum
- ◆ April 17 — This is the Place Monument

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 and cost of admission.
- ◆ Game Day/Movie/Art Class on 2nd/4th Wed from 12:00-3:00pm
- ◆ One on One Skills by appointment
- ◆ Bowling on Thursday 2:00 pm

NEW Art Class
Every Other Wednesday

UILC Tooele Office

52 N Main Street
Tooele, UT 84074

Tooele Phone: 435-843-7353

Cheri Gunderson

Independent Living Specialist/
Office Manager

Angie King

Life Skills Trainer for Youth
Education Enhancement Program

This list is for your information only. You can not request for May outings until April **. Call Jan for more information. 801-466-5565

Thursday, March 21, 2019
Clark Planetarium
 110 S 400 W, Salt Lake City
 1:00pm-3:00pm
 Free, or \$7/ticket if seeing a show

Tuesday, April 2, 2019
Megaplex Theaters
 3620 S 2400 W, West Valley City
 Time to be determined
 \$5.00/ticket

Tuesday, April 23, 2019
Food Bank Service Project
 3150 S 900 W, South Salt Lake
 1:30pm-3:00pm
Free. Please wear close-toed shoes. Limit 20 people

Thursday, May 9, 2019
Lunch at King Buffet
 3620 S State Street
 1:00pm-2:30pm
 \$15 (includes \$9 buffet, plus drink, tax and tip)

Thursday, May 23, 2019
Spring Dance
 UILC Skills Center, 3445 S. Main St.
 1:30pm-3:00pm
 Free. Other IL Centers invited to attend and bring snacks to share



- 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.

**See UILC website (uilc.org) for outing sheets. If you have already turned in an Outing Sign-Up sheet covering April outings, then Jan has your information.

**For free assistance with your taxes, call 211
 or go to www.unitedway.org/myfreetaxes.**

Assistive Tech for IL Consumers

When funding is available, Centers for Independent Living have the ability, if no other benefit exists, to help independent living Consumers acquire Assistive Technology (AT) like wheelchairs, motorized wheelchairs, shower chairs, porch lifts, etc. when funding is available. The equipment will need to help individuals overcome a functional loss their disability has caused in their daily lives. This funding is not for work related technology which needs to be handled by a Vocational Rehabilitation Counselor through USOR or other programs. Technology available through the Centers does not include medical nor recreational technology but is for daily living needs. Although this funding has been around for many years, the amount available varies. However, this looks to be a good year. The process to get technology (equipment) takes some time to get through the checks and balances needed to make sure technology gets into the hands of a people with the greatest need. So don't delay, call Tiffany Montoya at the UILC, 801-466-5565, to receive an application and get the process started. She can answer questions about who qualifies and how the funding works. After the application has been returned you will need to meet with Tiffany and jointly develop a plan to address your needs. You are welcome to pass this information along to other people with disabilities who have assistive technology needs.

The poem below is from the Monday Writing class. It is written by consumer Eric Swanson.

Your Other Self

Shadow,
 O Shadow

Why do you torment me so?

With every step I take
 Down every street,
 every road.

Across every crevice of every building.

Oh, I wish I could gaze
 upon your darkened face.

Why is fate so cruel?

If we could only meet.

Then our deeds would be
 undeniable.

We would be unstoppable.



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RETURN SERVICE REQUESTED

Mark Your Calendar...

- April 9-10—UILC Closed for Training
- April 14—UILC Youth Summer Program Applications Available
- June 1—29th Annual 5K Run and Roll
- June 13—UILC Summer Picnic
- June 17—Youth Summer Program Starts

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

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

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

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