



Newsletter of the Utah Independent Living Center  
October 2013



This year the Utah Statewide Independent Living Council (USILC) sponsored its first ever conference for youth with disabilities. One to three youth from five Centers for Independent Living had the opportunity to participate in skill building, workshops, and activities. Leadership skills learned will benefit Centers for Independent Living as participants share their experiences, facilitate one advocacy/leadership project in their center, and promote even greater involvement of youth in center activities.

The workshops, held up at Utah State University, lasted three days and two nights, and included a ropes course, team building exercises, leadership workshops, and motivational activities. The Keynote Speaker was Todd Christensen.

The focus is to help cultivate the next generation of leaders within the disability community. Annie Beach was one of the representatives from UILC, and shared her experiences.

*My favorite parts of the conference were rock climbing and playing Duck, Duck Goose because we got wet and it felt good because it was so hot out there. And also the rock climbing was kind of slippery because it was kind of wet still.*

*Another game we played was this one where you tossed a Frisbee and if you caught it you had to say something on your bucket list. I want to run in seven marathons and I want to collect snow globes from all over the world before I die. And, my other favorite thing was watching Wreck it Ralph with all my friends. We all chose a character to identify with, mine was Fenelope.*

*At the ropes course they were teaching how if you want to do something and they talked about how the first time it takes forever and the second time you do it you figure out how to make it a little bit easier and by the third time it should be really quick so that way you can do other things.*

*The thing I took away from the conference was that if you have a passion for something you should keep at it; if you have a commitment, you should not give up on it.*

*I am working now with the youth summer program as a volunteer peer leader. I want to show kids that they can be independent. They don't have to ask their parents to go everywhere. Some of the kids in the summer program do ride the bus by themselves. Today, I helped a kid write all of his favorite foods down at the store. Also, if you know that something is not right, taking the opportunity to speak up and help others make better choices.*

Annie is a member of the UILC Youth Program and the UILC Advocacy Class. She has attended LCPD meetings and met with state legislators. Recently, she began a facebook page that advocates for animal rights. ( [facebook.com/animalsfeelings](https://www.facebook.com/animalsfeelings) )

The next youth conference will be held in June of 2014.

The Youth Conference has also set up a facebook group for continued conversation: <https://www.facebook.com/groups/628819847143367/>

# 23rd Annual



5K

Run &  
Roll

(Continued from Page 2)

## Taking it to the Street: The 23rd Annual 5K Run and Roll

A week of clouds, rain, wind, and falling temperatures led up to the start of UILC's 23rd Annual 5K Run and Roll. Yet, on the morning on September 14, the sky dawned clear to allow the racers to take to the course at the West Jordan Veterans Memorial Park. Congratulations to our winners and thank you to everyone for your continued support over the last 23 years.



### Top Three Finishers in Each Category:

#### Runners:

Women: Natasha Guido, 24:46  
Claire Duffy, 25:35  
Megan Lefevor, 26:22

Men: Mark Bunker, 21:57  
John Vail, 22:46  
Brian McKell, 23:44

#### Walkers:

Women: Barbara Fox, 46:01  
Lisa Rouch, 47:38  
Stacy Carroll, 52:14

Men: Richard Fox, 46:03  
Mike Bell, 47:06  
Willis Morton, 56:31

#### Assisted Wheelchair:

Bryan Carroll, 31:58  
Marylou Boone, 35:12  
Amy Larabee, 40:44

#### Manual Wheelchair:

Kate McDermott, 57:31  
Kari Walker, 57:32

#### Hand Cycle:

Kyle Marchant, 18:11  
Tyson Brinkerhoff, 23:00



Ms. Wheelchair America, Jenny Lynn Adams, will be speaking at Roads to Independence in Ogden on Wednesday, October 16th from 1:00-3:00.

#### *Inclusion Revolution*

*"Our limitations are not a burden, but instead a gift, for beyond our limitations is fulfillment and life's purpose."*

UILC will be attending. Please contact Michael for information on transportation.



## FOR YOUR INFORMATION

### October 1st and the Affordable Health Care Act

On October 1, 2013, most of the changes to the nation's health care system will be implemented. This includes, but is not limited to, the activation of the Health Care Exchanges. By January 1, 2014, every American will be expected to have health care either through an employer, self-provided, or government-based program.

For more information, please refer to these resources:

- The Salt Lake Tribune will hold a Health Reform Town Hall on Wednesday, October 9th from 7-8 pm at the SLC Main Library. See site for information.
- Utah Health Policy Project ([healthpolicy.org](http://healthpolicy.org)) has set up a website that provides information on the structure and the process of implementation. They are providing links to different health care resources and navigators.
- The United Way 2-1-1 ([uw.org/211](http://uw.org/211)) and the Association of Utah Community Health ([auch.org](http://auch.org)). These sites include a map of the Community Health Centers across the state of Utah and links to specific organizations that have navigator grants.

### LCPD [lcpdut.org](http://lcpdut.org)

The Legislative Coalition for People with Disabilities (LCPD) advocates for public policy affecting all people in Utah who have disabilities. Membership is open to all and is comprised of voting and non-voting members. The Coalition is incorporated as a private, non-profit 501(c)3 organization in the state of Utah.

With the Legislative session fast approaching, consumers who are looking for a way to get involved with the process might want to check out the Legislative Coalition for People with Disabilities. LCPD is a consumer and member driven organization that keeps its fingers on the pulse of what is happening with upcoming legislation and works actively to educate lawmakers on disability issues.

The website has links and information on how to get involved, how to contact legislators, and how to better become an effective advocate. Membership can also be completed at the website.

LCPD meets on Thursdays from 12:30-2:00 pm at the Utah Division of Services the Blind and Visually Impaired (DSVBI), 250 N. 1950 W. Suite B.

*Some material provided by [lcpdut.org](http://lcpdut.org).*

### Resource List

#### Caregivers:

- Utah Caregiver Alliance was formed to bring families together to help solve support needs. [caregiveralliance.com](http://caregiveralliance.com)
- Hiremycare.org is a web-based registry for aging and disability resources that connects people who need in-home care with individual caregivers and businesses. [hiremycare.org](http://hiremycare.org)

#### Transportation:

- UTA provides bus, light rail, and high speed commuter access along the Wasatch Front. While not every area is served, all busses and train platforms are accessible and low cost passes for people with disabilities are available. [rideuta.com](http://rideuta.com)
- UTA Paratransit is a door-to-door service for eligible individuals with disabilities. To learn more, go to [rideuta.com](http://rideuta.com) and choose the Riding UTA dropdown menu. Click on the "Accessibility" link.
- Gold Cross Assisted Transportation is a division of the familiar ambulance service. Services provided include transportation to medical appointments and Wheel Chair/Van Assistance/and Paratransit services. [Goldcrossambulance.com](http://Goldcrossambulance.com)

### National Ability Center [discovernac.org](http://discovernac.org)

The National Ability Center empowers individuals of all abilities by building self-esteem, confidence and lifetime skills through sport, recreation and educational programs. It is their philosophy to offer a broad range of programs for individuals of all abilities. Through the use of adaptive equipment, trained instructors, volunteers, and specialized techniques, the NAC helps facilitate athletic endeavors and encourages physical activity.

#### Programs at NAC include:

- Sports & Recreation Programs
- Equestrian Programs
- Military Programs
- Group & Custom Programs
- Camps
- Rentals & Assessments
- Training & Education
- Featured Activities & Demo Days

In October, UILC will be pairing up with the National Ability Center to teach consumers how to use hand-cycles. The group will travel up to the NAC on October 17th to take advantage of the training they have available.

# Advocacy Marches On

Advocacy models are always changing and most people nowadays have access to some form of social media. The internet is an invaluable tool for people with disabilities to speak out about issues that matter to them. Blogging platforms range from sites such as Facebook, twitter, and tumblr, to sites designed for articles and publications: wordpress, eblogger, and livejournal, just to name three.

At UILC, many of our consumers have taken to the web to speak their minds about issues that are important to them. From visibility regarding sex and sexuality to personal stories of mental illness and getting out of nursing homes, these blogs are a way for people to connect on a personal level while still reaching a larger audience.

## Consumer Driven Blogs:

*Please note:*

*The content on the blogs listed below is the sole work of the consumer and the opinions are not associated with UILC or UILC staff.*

**Annie Beach** is a youth advocate at UILC. She is also passionate about animal rights. Her Facebook page, **Animals Have Feelings** ([facebook.com/animalsfeelings](https://www.facebook.com/animalsfeelings)), highlights problems and abuses against animals.

**Stacy Davis** is a student of social work at SLCC and is looking to transfer to the university system. Her blog, [wheeliewifey.tumblr.com](http://wheeliewifey.tumblr.com) highlights her transitional struggles as she moves from being able bodied to having a disability. She speaks openly about the need for better access to service providers and accessibility in the community.

**Katie Felgar** is hoping to change the language we use when talking about people with disabilities. Her blogging project, [kttalks.tumblr.com](http://kttalks.tumblr.com) will use her artwork and poetry to highlight her goal toward more equal language.

**Karen Hansen** has been working with UILC and care center staff for ten years, trying to get back into a place of her own. Through her time with the advocacy class, Karen has decided to use the internet to tell her story. Shared mostly through pictures, Karen will be working with UILC staff to post images and stories of her progress and hopefully spread the word for everyone who is trying to get out of care centers around the world. Her blog can be found at: [ihatethecarecenter.tumblr.com](http://ihatethecarecenter.tumblr.com)

**Erica Head** is a leader in the Salt Lake LGBT community and has made it a point to speak out regarding the need to bring visibility to people with disabilities. Her blog, **Sexability** ([disabilitysexy.wordpress.com](http://disabilitysexy.wordpress.com)), discusses issues related to sex and sexuality in the disabled community. Erica also helps to manage UILC's tumblr page.

**Corwin Housely** is speaking out about the need to recognize issues of mental illness. His blog, which can be found at [corwinhous.wordpress.com](http://corwinhous.wordpress.com), discusses definitions of mental illness and the need for better understanding among families and support systems.

**Richard Luke** is an active voice for Veteran's Rights and an advocate for accessibility. Beyond working with UILC staff in the Advocacy class on accessibility projects such as the *South Salt Lake Infrastructure Project*, he is the Vice-Chair of the Utah Statewide Independent Living Council and blogs about Veteran's issues at [amebril.tumblr.com](http://amebril.tumblr.com). Richard also helps to manage UILC's tumblr page.

UILC can currently be found on Facebook, Twitter, and Tumblr. See the back flap for web addresses.

## Save The Date:

## UILC's Annual Halloween Party



## Thursday, October 31

## 12:00-2:00

*Food served from 12:00-1:30 or until gone.*

## Costume Contest! Games!

## Class Schedule at UILC

### Ongoing Classes and Groups:

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Ongoing	<b>10:30-12:30</b> Express Yourself Through Writing	<b>10:30-12:00</b> Adjusting to Disability Support Group	<b>10:30-12:00</b> Advocacy and Disability Culture  <b>1:30-3:00</b> Acting  <b>3:00-4:30</b> Young Adult Group	<i>Groups on Thursday meet at varying times and cover home arts, knitting, exercise, and other programs.</i>  <i>The Outings Group alternates Thursdays.</i>  <i>See Michael for more information.</i>	<b>10:30-12:00</b> Friday Discussion Group  <b>2:00-3:30</b> Bonwood Bowling
New or Short –Term	<i>Through the end of 2013, Monday afternoons are set aside for one-on-one or small group Independent Living Skills training. These classes are by appointment only.</i>  <i>Please contact Julie, Jan, or Shauna for more information.</i>	<b>October</b> <b>1:30-2:30</b> Understanding Boundaries and Assertiveness  <b>November</b> <b>1:30-3:30</b> Cooking for the Holidays  <b>December</b> <b>1:30-3:30</b> Holiday Movies and Stories	<b>1:30-4:30</b> Free Legal Clinic  <i>By Appointment Only on the 3rd Wednesday of the month. Contact Shauna for more information.</i>		

For More information call 801-466-5565.

- Deaf Expansion Program: Contact Carole Peck. 801-466-5565 (TTY)
- Education Enhancement Program and Summer Youth Program: Contact Julie (x206)
- Tooele Information: Contact Angie or Cherie at 435-843-7353
- Summit County, Riverton/Herriman, and Magna: Contact Deserae (x212)
- One on One IL Skills (training or classes): Contact Shauna (x205), Julie (x206), or Jan (x211)
- Community Integration: Contact Michael (x209)
- Nursing Home Transition or Diversion: Contact Tiffany (x220)

Please Note:

- Before attending any group, class, or outing you must meet with an UILC staff member. Contact Shauna, Julie, or Michael for more information.
- UILC does not automatically provide transportation. For information on UILC transportation, flextrans, and 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 serve basis. Contact Julie, Shauna, or Michael for transportation information.
- Classes and outings are subject to change without notice.

## SAVE THE DATE

UILC's Annual Holiday Party  
December 19th

12:00-2:00 *Food served from 12:00-1:30 or until gone.*

**Games! Food! A visit from Santa!**



# OUTINGS GROUP SIGN-UP

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Mark each outing that you want to attend with an "X" in the appropriate box. **Return it to us as soon as possible.**
- You will be contacted only for the outings you sign up for. **Some outings have limited space, and are first come, first serve.**
- Outings are subject to change without notice.

Thursday, October 17, 2013

**Hand-cycling with National Ability Center ;** 1000 Ability Way, Park City  
1:00pm – 3:00pm

**Notes:** This outing is for **anyone** interested in learning how to hand-cycle.  
**Advanced Payment of \$7 required by Oct 8<sup>th</sup>** First day of sign up is Oct 3<sup>rd</sup>.  
Limited seating. A participant waiver is needed to participate. See Michael.

Thursday, December 5, 2013

**Christmas Lights Temple Square**  
City Creek  
6:00pm – 8:00pm

**Notes:** Price \$5 for train, unless you have a UTA bus or Paratransit pass. **There will be no transportation provided by UILC.** We will meet at TRAX on 3300 South at 5:30pm and return to 3300 South at 8:30pm.

Thursday, October 31, 2013

**UILC Halloween Party**  
12:00pm – 2:00pm

**Notes:** Free. Costume Contest; Food served 12:00-1:30pm or until gone.

Thursday, December 19, 2013

**UILC Christmas Party**

12:00pm – 2:00pm  
**Notes:** Free. Food served 12:00-1:30pm or until gone.

Thursday, November 14, 2013

**Movie: What About Bob (PG)**  
UILC  
1:00pm – 3:00pm

**Notes:** Bring snack to share. Popcorn will be provided.

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

## Keep the bottom half for your records

- Mark circle to remind you what you signed up for.
- Outings are subject to change without notice.
- If you cannot make an outing you signed up for, you must call Michael a minimum of three days before the outing.

Thursday, October 17, 2013

**Hand-cycling with National Ability Center ;** 1000 Ability Way, Park City  
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Thursday, October 31, 2013

**UILC Halloween Party**  
12:00pm – 2:00pm

**Notes:** Free. Come in costume for contest. Food served 12:00-1:30 or until gone.

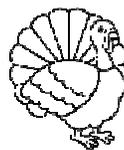


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1:00pm – 3:00pm

**Notes:** Bring snack to share. Popcorn will be provided.



Thursday, December 19, 2013

**Christmas Party**

UILC  
12:00pm – 2:00pm

**Notes:** Free. Food served 12:00-1:30pm or until gone.



- We meet at the outings location.
- The bus is reserved for those who have no other means of transportation and is first come, first serve. 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 if it is needed.
- If you have questions, please contact Michael at 801-466-5565.

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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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The Wasatch Scope is available in alternative formats upon request. Opinions and views expressed do not necessarily represent those of the UILC.

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**Call Shauna @ 801-466-5565**  
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