

2023 Accomplishments

By Cheryl Atwood, Executive Director

I hope you had a wonderful holiday season and that your new year will be one filled with hope and happiness. Over the past year OPTIONS for Independence provided services to over 2,433 individuals in Cache, Box Elder and Rich Counties. OPTIONS offers many programs to people with disabilities. Below are some highlights regarding programs and services offered during the past year.

Loan Bank – Assistive technology items are available for loan at no cost for 90 days. Items like wheelchairs, knee walkers and hospital beds require a refundable deposit. Two thousand-one hundred seven people borrowed 4,569 items last year. We are so thankful for the many individuals who use the loan bank and leave a donation. It makes it possible for OPTIONS to continue the great programs offered.

Independent Living – Through the Independent Living Program, individuals set goals to enhance their independence. OPTIONS provided 23,175 individuals services to help people increase their independence.

Community Integration Program – The Community Integration Program (CIP) provides participants with opportunities to participate in community activities such as; lunch out, picnics, fairs, bowling and the zoo. Participants were able to attend 50 activities.

Nursing Facility Transition and Diversion – OPTIONS assisted seven individuals in transitioning from a nursing facility and 144 individuals received services that prevented them from entering a nursing facility.

Healthy Relationship Classes – People with disabilities experience violence and sexual assault at a higher rate than others. OPTIONS provides classes to teach youth skills in developing healthy relationships. The classes can help prevent victimization of vulnerable individuals. This program is available through a grant from the Department of Justice.

The Wellness Recovery Action Plan (WRAP) Support Group – WRAP provides opportunities for people with disabilities to learn skills and set goals to improve all aspects of their physical, emotional, and mental health. Participants share experiences to support each other. Thirty-five support groups were held.

See **Accomplishments** | page 3

INSIDE THIS ISSUE



1. **2023 Accomplishments**
2. **Staff Changes**
Thank You for Holiday Quilts
Beat the Winter Blues
3. **Acts of Kindness**
Consumer Satisfaction Survey
Title VI Compliance
4. & 5. **Event Calendars**
6. **Grocery Shop**
Community Integration Program (CIP)
Low Vision Program
IL Classes & Support Groups
Youth Program

Staff Changes

New Staff Member -

Jessica Baxter has been hired as an Independent Living (IL) Coordinator at OPTIONS. She will work part-time, providing support and services to people of all ages with all types of disabilities in Cache County.



Jessica Baxter

Jessica recently moved to Logan and is excited to learn more about the community resources and share this information with others. Independent Living is an ideal that she strives for in her life and looks forward to helping others achieve.

Jessica loves connections, people, American Sign Language, and design thinking. She is seeking a Human Experience and Design Interaction (HEDI) degree from USU. Her leisurely pursuits include cultural cooking, gardening, and throwing parties with friends.

To contact Jessica, email jessica@optionsind.org or call (435) 753-5353 ext. 101.

Center Manager - After 30 years, Judy Biggs, OPTIONS' Center Manager, is retiring. This decision has been difficult since she loves working with people with disabilities, but it is time to find a new passion and purpose. Judy leaves with such good memories of so many wonderful people and will miss all of you so much!

Judy's job responsibilities will be distributed among current staff, who will do them with their own unique style. Taylor Moore will be doing the newsletter, so look forward to new and exciting changes. ◀

"The Secret of Change is to focus all your energy, not on fighting the old, but on building the new." ~ Socrates

Thank You for Holiday Quilts

OPTIONS was very fortunate this past holiday season to be the recipient of around 70 handmade quilts. These quilts were of various sizes and kinds, including knitted, crocheted, and tied. However, all had some things in common - many hours went into making them, they were soft and warm, and all were made with love.

The quilts were passed on to people with disabilities in OPTIONS' service area and were very appreciated. Thank you to all who assisted with this generous donation of your time, talent, and purchase of materials, including Sherry Mangum, the Humanitarian Center in Hyrum, and many others who remain anonymous. You helped make the holidays a bit brighter and definitely warmer! ◀

Beat the Winter Blues

The 'Winter Blues' can affect people of any age, including children. Signs include problems sleeping, depression, lethargy, overeating, irritability, feeling down and unsociable. Symptoms vary, so it is reasonable that remedies will also differ. What works for one may not work for someone else. Don't give up; keep trying to find what works for you. Following are a few tips on how to deal with those pesky winter blues:

- Be active – a daily walk can help you cope with the down days.
- Get outside as much as you can. Sitting by a window or light therapy may be helpful.
- Keep warm – hot food and drink, plus warm clothing and a snuggly blanket.
- Eat healthy – boost your mood with a balanced diet of fresh veggies and fruits; curb the carbs.
- Take up a new hobby – keep a journal.
- Join a support group or talk it through with a therapist.
- If your symptoms are so bad you can't function, please contact a doctor. ◀

Acts of Kindness

February 17 is Random Acts of Kindness Day. Be the person that brightens what otherwise would've been 'just a normal day.' You know the sort. The clerk at the store who tells you to 'have a great day'...and really means it. The person on the bus who offers their seat to a pregnant or elderly person. The little, tender gestures when you need them most (but expect them the least). Yep, those are the ones that stay with you.

Random Acts of Kindness connects you to your humanity, reminds you how much love there is in the world, and inspires you to pay it forward. Can you imagine a world where kindness is the norm, where you can succeed by being nice, where we all pay it forward, and where people look out for each other? Isn't that the kind of world that you want? It doesn't take much, and it can be quite simple. Just start with an intentional act.

- Be an active listener.
- Be a friend to a lonely neighbor.
- Write positive messages on sticky notes and leave them for others to find.
- Tell someone how much you appreciate them, i.e., the garbage collector or the mail person.
- Call the person you have been meaning to call.
- Check in on someone who has been struggling.
- Smile and say hello.
- Give a sincere compliment.

These are just a few ideas. There are so many opportunities for kindness in each moment. Don't limit Random Acts of Kindness to just one day; why not do it every day? Make the world a better place because you are in it! ◀



One kind word
can change someone's
entire day!

Accomplishments | from page 1

Low Vision Support Group – The low vision support group provides opportunities for individuals with vision loss to support each other by sharing ideas on coping with their disability. Twelve support group meetings were held.

I am so proud of the amazing staff at OPTIONS. They work very hard to support people with disabilities. We are happy to provide these and other important services in our communities. Please let us know if there is something you would like to see offered at OPTIONS. ◀

Consumer Satisfaction Survey

A big **“THANK YOU”** goes to all who completed OPTIONS' 2023 Consumer Satisfaction Survey. A lot of good feedback was given, which will help direct Center services going forward.

Congratulations to the five \$25 gift card winners: Lisa Clements, Quentin Faamoe, Carma Ricks, Blake Savage, and Kaylene Seager. ◀

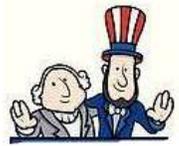
Title VI Compliance

OPTIONS is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Organization assures that no person in the United States shall, on the grounds of race, color, citizenship status, national origin, ancestry, gender, sexual orientation, gender identity, gender expression, transgender status, age, religion, creed, physical or mental disability, marital status, veteran status, political affiliation, or any other factor protected by law be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on OPTIONS' Title VI policy or to file a discrimination complaint, please contact OPTIONS at (435) 753-5353. The Complaint Procedure is located at OPTIONS for Independence, 106 East 1120 North, Logan, UT. ◀

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p>  <p>Center Closed</p>	2	3 ♦ CIP - Bear River Bowling & Dinner	4 ♦ Grocery Shop - Logan & Brigham	5 ★ Youth - Activities / Classes Planning & Movie	6
7	8	9 <ul style="list-style-type: none"> ● Low Vision Support Group ❖ WRAP - Providence Place 	10 <ul style="list-style-type: none"> ❖ Women's Anxiety Group ★ Youth - Budgeting Class ♦ CIP - Bargain Movie 	11 ♦ Grocery Shop - Logan & Brigham	12	13
14	<p>15 Martin Luther King Jr. Day</p> 	16 <ul style="list-style-type: none"> ● DSBVI Clinic - Logan ♦ CIP - SeaQuest Aquarium & Lunch 	17 <ul style="list-style-type: none"> ★ Youth - Cooking Club 	18 ♦ Grocery Shop - Logan & Brigham	19	20
21	22	23 <ul style="list-style-type: none"> ● Low Vision Support Group ❖ WRAP - Providence Place ♦ CIP - Paint Night 	24 <ul style="list-style-type: none"> ❖ Women's Anxiety Group 	25 ♦ Grocery Shop - Logan & Brigham	26 ★ Youth - Game Night & Dinner	27
28	29	30 ♦ CIP - Getting Organized Night & DI	31	<p>Advice from a Snowman ~ </p> <p>Be a jolly, happy soul, Spend time outdoors, Stay cool, It's okay to be a little bottom heavy, Avoid meltdowns, Be well-rounded, Live well, Life is short!</p> 		

Participation in ALL OPTIONS' programs, activities, and opportunities is open to residents with disabilities in Box Elder, Cache & Rich Counties. All activities, dates, and times are subject to change. **Activity reservations can be made at the beginning of the month the activity is scheduled or the last week of the previous month and no later than 48 hours in advance unless otherwise noted.** Please call (435) 753-5353 to RSVP.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Look for something positive in each day, Even if some days you have to look a little harder!</p>				1 ♦ Grocery Shop - Logan & Brigham ★ Youth - Budgeting Class	2 Groundhog Day 	3
4	5	6 ♦ CIP - Valentine's Lunch at Maddox & Amish Store Trip	7	8 ♦ Grocery Shop - Logan & Brigham	9 ★ Youth - Beach Day with Dinner & Games	10
11	12	13 ● Low Vision Support Group ❖ WRAP - Providence Place ♦ CIP - Valentine's Bingo & Pizza	14 Valentine's Day  ❖ Women's Anxiety Group	15 ♦ Grocery Shop - Logan & Brigham	16	17
18	19 President's Day  Center Closed	20 ● DSBVI Clinic - Logan	21 ♦ CIP - Crystal Springs & Lunch	22 ♦ Grocery Shop - Logan & Brigham	23	24 ★ Youth - Catch Me If You Can Musical
25	26	27 ● Low Vision Support Group ❖ WRAP - Providence Place	28 ❖ Women's Anxiety Group	29 ♦ Grocery Shop - Logan & Brigham ♦ CIP - Leap Year Party	 <p>Leave footprints of love and kindness where ever you go!</p>	

OPTIONS' transportation is limited for OPTIONS' activities exclusively, for those with no other means of transportation on a first call first served basis until maximum capacity is reached. Transportation requests must be made at least 48 hours in advance. See the activity information for the suggested transportation/activity donation. Please use the CVTD bus system whenever possible.

◆ Community Integration Program (CIP) Activities ◆

People with disabilities of all ages are provided the opportunity to participate in community recreation activities while promoting accessibility.

Grocery Shop in Brigham & Logan - Participants must be disabled, unable to access grocery stores any other way, and need only minor assistance. You must also be a consumer at OPTIONS for Independence. A \$2 activity donation is suggested. Contact Deon at (435) 753-5353 in Logan or Natalie at (435) 723-2171 in Brigham to sign up. Please RSVP at least 24 hours in advance.

- ★ **BRIGHAM GROCERY SHOPPING** – January 4, 11, 18 & 25 and February 1, 8, 15, 22 & 29.
- ★ **LOGAN GROCERY SHOPPING** – January 4, 11, 18 & 25 and February 1, 8, 15, 22 & 29.

JANUARY CIP ACTIVITIES

- ◆ **3 - Bear River Bowling & Lunch.** 4 p.m. Bowling is about \$3, dinner prices vary, and activity donation \$2.
- ◆ **10 - Bargain Movie at the Walker Theater.** 6:30 p.m. Ticket cost \$6 and activity donation \$2.
- ◆ **16 - SeaQuest Aquarium & Lunch at Layton Hills Mall.** 11:30 a.m. Ticket cost TBA, lunch prices vary, and activity donation \$5.
- ◆ **23 - Paint Night & Treats at the Center.** 6 p.m. Craft/treat cost \$3. Activity donation \$2.
- ◆ **30 - Getting Organized Night & Trip to the DI.** Learn how to be organized and set goals during dinner at the Center, followed by a donation trip to the DI. 5 p.m. Food cost \$3 and activity donation \$2.

FEBRUARY CIP ACTIVITIES

- ◆ **6 - Valentine's Lunch at Maddox & Amish Store Trip.** 11 a.m. Lunch prices vary, and activity donation \$2.
- ◆ **13 - Valentine's Bingo & Pizza at the Center.** 6 p.m. Dinner cost \$3 and activity donation \$2.
- ◆ **21 - Crystal Springs & Lunch at Arctic Circle.** 11:30 a.m. Soak cost \$15, lunch prices vary, and activity donation \$2.
- ◆ **29 - Leap Year Party.** Dinner, movie, and other fun-themed activities. 6 p.m. Dinner \$3 and activity donation \$2.

❖ Independent Living Classes and Support Groups ❖

A supportive environment and education are essential in promoting Independence. In addition, group and individual assistance are available to help individuals be more effective when facing the challenges of living independently with a disability.

- ❖ **HRU - Healthy Relationships University.** Teaches young adults ages 18-30 with disabilities to develop healthy and safe relationships through class time and activities. Contact Wendi (435) 753-5353 ext. 104 or wnelson@optionsind.org for more information.
- ❖ **Individualized Support for People with Disabilities.** Assistance is available for Individualized Education Programs (IEPs), advocacy, skills training, problem-solving, and more in Box Elder, Cache, and Rich Counties. Contact (435) 723-2171, Box Elder, and (435) 753-5353, Cache & Rich, for more information.
- ❖ **Therapy.** Individual therapy is available for people with disabilities from a licensed therapist. Contact Melanie at (435) 753-2500 or melanie@capsa.org to schedule an appointment.
- ❖ **Women's Anxiety Group.** An interactive group for women with disabilities experiencing anxiety, depression, and other mental health issues. Therapy, education, and support are provided to assist. Contact Sheri at (435) 753-5353 or Melanie at (435) 753-2500. Held at OPTIONS, 12 to 1:30 p.m.
→ January 10 & 24 and February 14 & 28

- ❖ **WRAP - Wellness Recovery Action Plan.** A program to assist people with all kinds of health and life challenges to feel better and stay better. Contact Kari at (435) 363-9038 or krostron@optionsind.org.

Providence Place Classes, 234 N 300 W, Providence, 1 to 3 p.m.

- January 9, *New Year, New You* & January 23, *I Like That*
- February 13, *Let's Do This Today* & February 27, *That Really Happened*

● **Low Vision Program Activities** ●

OPTIONS offers a variety of resources and services to help with vision loss. For more information on OPTIONS' Low Vision Program, contact Marty (435) 753-5353 or mhigham@optionsind.org.

- **Division of Services for the Blind and Visually Impaired (DSBVI) Clinics.** DSBVI conducts clinics to assist individuals with low vision needs. Participation requires a referral from an eye care professional. Call DSBVI at (800) 284-1823 to schedule an appointment.

DSBVI Clinics in Logan. Appointments are held at OPTIONS, 106 E 1120 N, Logan, between 9 a.m. to 4 p.m.

- January 16
- February 20

- **Low Vision Support Group.** For adults age 55 and older who have visual disabilities. Topics include education, resources, and new vision loss and blindness technology. The group also provides community access, independent living skills, discussion on concerns, and recreational opportunities. Held at OPTIONS, 106 E 1120 N, Logan, 10 a.m. to 12 p.m.

- January 9 & 23
- February 13 & 27

★ **Youth Program Activities** ★

OPTIONS' Youth Program is for youth with all kinds of disabilities, ages 12 to 30. Activities provide the opportunity to learn, grow, and have fun with peers! Information on upcoming youth activities will be posted on OPTIONS' Facebook page and emailed. Please make sure OPTIONS has your email address. Contact Sheri at (435) 753-5353 or sstevens@optionsind.org for more information.

JANUARY YOUTH ACTIVITIES

- ★ **5 - Activities/Classes Planning and Movie.** Movie time and cost are to be determined.
- ★ **10 - Budgeting Class.** 6 p.m. at OPTIONS. No cost.
- ★ **17 - Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **26 - Game Night and Dinner.** 6 p.m. at OPTIONS. Cost is \$4.

FEBRUARY YOUTH ACTIVITIES

- ★ **1 - Budgeting Class.** 6 p.m. at OPTIONS. No cost.
- ★ **9 - Beach Day with Dinner and Games.** Bring your beach towel, enjoy a fun dinner, play beach games, and pretend it is warm outside! 6 p.m. at OPTIONS. Cost is \$5.
- ★ **15 - Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **24 - Catch Me If You Can Musical at the Utah Theatre.** Performance cost and time to be determined.

OPTIONS FOR INDEPENDENCE
NORTHERN UTAH CENTER FOR INDEPENDENT LIVING
106 EAST 1120 NORTH
LOGAN UT 84341-7502
PHONE: (435) 753-5353, RELAY UTAH: 7-1-1
SPANISH RELAY: (888) 346-3162
FAX: (435) 753-5390

EMAIL: cheryl@optionsind.org

WEBSITE: www.optionsind.org

FACEBOOK: <https://www.facebook.com/optionsindependence/>

LIVE UNITED



UNITED WAY OF CACHE VALLEY

This Newsletter is Available in Alternate Formats upon Request

The contents of this newsletter were developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

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* **Penny Bunderson** - IL Coordinator for Box Elder County
* **Natalie Doutre** - Program Coordinator and Van Driver for Box Elder County

* Box Elder County Office, 118 East 100 North, Brigham City, UT 84302
Phone: (435) 723-2171, Relay Utah: 7-1-1, Spanish Relay: (888) 346-3162, Fax: (435) 723-9618
Email: penny@optionsind.org or natalie@optionsind.org