

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

May/ June 2024

Sure Ways to Spot a Scammer

Scammers say and do things that can tell us they're lying and are not who they pretend to be. Of course, to hear or see those clues, we must get past the panic scammers make us feel, thanks to the so-called emergencies they try to create. Since scammers are convincing, that can be hard to do, but recent scams are costing people their life savings, so here are some sure ways to spot the scammer.

Things only scammers will say:

- **“Act now!” That’s a scam.** Scammers use pressure so you don’t have time to think, but pressuring you to act now is always a sign of a scam. It is also a reason to stop.
- **“Only say what I tell you to say.” – That’s a scam.** The minute someone tells you to lie to anyone – including bank tellers or investment brokers – STOP. It’s a scam.
- **“Don’t trust anyone. They are in on it.” – That’s a scam.** Scammers want to cut you off from anyone who might slow you down.
- **“Do (this) or you’ll be arrested.” That’s a scam.** Any threat like this is a lie. Nobody needs money or information to keep you out of jail, from being deported, or avoid bigger fines. They’re all scams.
- **“Don’t hang up” That’s a scam.** If someone wants to keep you on the phone while you withdraw or transfer money, buy gift cards, or do anything else they’re asking you to do, that’s a scammer. DO hang up.



Here is a list of things that only scammers will tell you to do:

- **“Move your money to protect it” – is a scam.** Nobody legit will tell you to transfer or withdraw money from your bank or investment accounts, but scammers will.

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Healthy Relationships University

OPTIONS is excited to announce that the Fourth Annual Healthy Relationships University (HRU) Summer Camp will be held in June for those aged 16-30 with disabilities (lower age exceptions possible on a case-by-case basis). There will be classes, activities, and, of course, great food!!! Please join us; whether you want to learn more about being a better friend, family member or even safe ways to date, we are here to help!

This year OPTIONS will only be holding ONE Summer Camp.

- When: June 24-27: Mon.-Thurs
 - This is different from past years
- Time: 10 a.m. to 2 p.m.
- Where: OPTIONS for Independence
- Cost: \$25 payable on the first day of camp or before



Please contact Wendi Nelson to sign up for this year’s camp at wnelson@optionsind.org or call 435-753-5353. This is open to anyone aged 16-30 with disabilities

Scammers – From Page 1

- **“Withdraw money and buy gold bars” – is a scam.** Always. Every time.
- **“Withdraw cash and give to (anyone).” – is a scam.** Doesn’t matter who they say; it is a scam. Don’t give it to a courier, don’t deliver it anywhere, or send it. It is a scam.

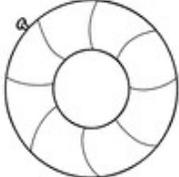
- **“Go to a Bitcoin ATM.” – is a scam.** Nobody legitimate will ever insist you get cryptocurrency of any kind. And there’s no legitimate reason for someone to send you to a Bitcoin ATM. It is a scam.
- **“Buy gift cards” – is a scam.** There’s never a reason to pay for anything with a gift card. Once they have the PIN number on the back, the money is as good as it is gone.

If you see or hear any version of these phrases, you’ve just spotted a scammer. Instead of doing what they say, STOP. Hang up. Delete the email. Stop texting. Block their number – anything to get away from them.



SUMMER WORDSEARCH

J	D	S	H	U	M	I	D	U	Z
A	W	A	U	F	O	O	K	I	S
Q	C	N	J	E	U	C	P	I	C
U	A	D	Q	H	B	E	A	C	H
H	M	G	L	K	P	A	N	L	U
O	P	O	U	R	Y	N	U	R	F
T	O	W	H	R	Z	B	C	P	L
W	A	R	M	K	I	T	E	O	W
B	Z	L	L	Q	F	D	R	O	H
U	T	H	I	K	I	N	G	L	D



WORD LIST

BEACH	KITE
CAMP	OCEAN
HIKING	POOL
HOT	SAND
HUMID	WARM



Homemade GIFTS MADE EASY

Calling all Consumers Age 25-40

OPTIONS will be starting an activity group for those individuals with disabilities who are ages 25-40. Our first meeting will be held Wednesday, May 8, at 6 pm to discuss what we want this group to be, including a new name. We want your input! We will even provide you with dinner.

If you are in this age range, please email Wendi Nelson at wnelson@optionsind.org or Kari Godfrey at kgodfrey@optionsind.org to let us know you will be attending. Let us know if you cannot come our first night but still want to join the group

We are excited for this opportunity! We hope you will be too!



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

Emergency Preparedness

What is emergency preparedness? This refers to the steps you take to ensure you are safe before, during, and after an emergency or natural disaster. These plans are important for your safety in natural and man-made disasters.

Examples of natural disasters are floods, blizzards, tornadoes, and earthquakes. Man-made disasters can include explosions, fires, and chemical or biological attacks.

To ensure your safety, you should have an emergency plan in place. The first question to ask yourself is, do I plan to stay put or relocate?

Stay Put:

- This means you will need a two-week supply of food on hand.
 - Water – 14 gallons per person
 - Medications
 - 14 breakfast servings per person
 - 28 lunch/ dinner servings per person
- A well balanced food storage is made up of:
 - Grains (pasta, rice, oats & instant potatoes)
 - Protein (beans, canned meat, peanut butter)
 - Produce (tomato sauce, carrots, corn, green beans, peaches, applesauce).

Relocate/ Grab & Go:

- Ask yourself where will you go?
 - Will you get a ride or give a ride to anyone else?
- Grab your “go bag” or 72-hour kit
- If you do not have one already, make a kit so it is ready in case you need it. Start small and simple, and add to it when you can.
 - Bottled water, snacks, medications
 - Phone charger, flashlight, batteries
 - Clean outfit, toiletries
- Other things you can add include:
 - Important documents, cash, first aid kit, whistle, duct tape, rain poncho, N95 mask, non-perishable meals, plastic bags, radio, multi-tool, blanket or sleeping bag.

Know where you can find information during an emergency; every town, county, and state will have different places for this information. Be aware of where you can find it for your area.

OPTIONS has pamphlets available in the office for more information on emergency preparedness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATs URDAY
<p>“A truly happy person is one who can enjoy the scenery while on a detour.” -Anonymous</p>			<p>1 ★ Youth-Budgeting Class</p>	<p>2 ◆ Grocery Shop - Logan Only</p>	<p>3</p>	<p>4</p>
<p>5  Cinco De Mayo</p>	<p>6</p>	<p>7</p>	<p>8 ❖ Women's Anxiety Group ○ New Group 1st Meeting</p>	<p>9 ◆ Grocery Shop - Logan & Brigham</p>	<p>10 ◆ CIP – Vintage Market Days ★ Youth - Mother's Day/ Father's Day Craft</p>	<p>11</p>
<p>12  Mother's Day</p>	<p>13</p>	<p>14 ● Low Vision Support Group ❖ WRAP - Providence Place</p>	<p>15 ◆ CIP – Garden Nursery & Breakfast ★ Youth–Cooking Club</p>	<p>16 ◆ Grocery Shop - Logan & Brigham</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21 ● DSBVI Clinic -Logan ◆ CIP – Spiral Jetty & Lunch</p>	<p>22 ❖ Women's Anxiety Group ★ Youth–Bowling at the Fun Park</p>	<p>23 ◆ Grocery Shop - Logan & Brigham</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27  MEMORIAL DAY CENTER CLOSED</p>	<p>28 ● Low Vision Support Group ❖ WRAP - Providence Place</p>	<p>29 ◆ CIP – Pastries & Painting in the Park</p>	<p>30 ◆ Grocery Shop - Logan & Brigham</p>	<p>31</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>It is summertime, ice cream is a food group.</p> 						1
2	3	4	5 ◆ CIP – Poppy Picnic ★ Youth– Summer Kickoff BBQ	6 ◆ Grocery Shop - Logan & Brigham	7	8
9	10 ★ Youth– Budgeting Class	11 ● Low Vision Support Group ❖ WRAP - Providence Place	12 ❖ Women’s Anxiety Group	13 ◆ Grocery Shop - Logan & Brigham	14 ◆ CIP – Summerfest Arts Faire	15
16  Father’s Day	17	18 ● DSBVI Clinic -Logan ◆ CIP – Canyon Cookout	19 JUNETEENTH CENTER CLOSED	20 ◆ Grocery Shop - Logan & Brigham Summer Begins	21 ★ Youth– Tarzan the Musical	22
23	24	25 ● Low Vision Support Group	26 ❖ Women’s Anxiety Group ★ Youth– Cooking Class	27 ◆ Grocery Shop -Logan & Brigham ◆ CIP – Splash & Picnic up Blacksmiths Fork	28	29
30						

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 of all ages with disabilities 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** – May 9, 16, 23 & 30 and June 6, 13, 20 & 27.
- ★ **LOGAN GROCERY SHOPPING** – May 2, 9, 16, 23 & 30 and June 6, 13, 20 & 27.

MAY CIP ACTIVITIES

- ◆ **10 – Vintage Market Days.** 11 a.m. We will be going to Vintage Market Days at the Cache County Fairground. There will be booths and food trucks. Ticket price is \$10, lunch prices will vary and activity donation is \$2.
- ◆ **15 – Garden Nursery & Breakfast.** 10 a.m. We will be eating breakfast at Angie's and going to local garden nurseries. Activity donation is \$2, breakfast prices vary.
- ◆ **21 – Spiral Jetty & Lunch.** 11:30 a.m. Eating lunch at Call's Drive-in and then taking a trip out the Spiral Jetty. Lunch prices will vary, and activity donation is \$2.
- ◆ **29 – Pastries & Painting in the Park.** 10 a.m. We will be meeting at a park to do a spring painting and have a treat. Painting is \$3 and activity donation is \$2.

JUNE CIP ACTIVITIES

- ◆ **5 – Poppy Picnic.** 11 a.m. We will be visiting the Mantua poppies and having a picnic at the park. Picnic is \$3 and activity donation is \$2
- ◆ **14 – Summerfest Arts Faire.** Noon. We will be going to Summerfest. They will have booths and food trucks. Ticket cost is free, lunch prices vary and activity donation is \$2.
- ◆ **18 – Canyon Cookout.** 6 p.m. We will be driving up Logan Canyon, having dinner, and enjoying a night in the mountains. Dinner is \$5 and activity donation is \$2.
- ◆ **27 – Splash & Picnic up Blacksmiths Fork.** 1:30 p.m. Bring a sandwich. OPTIONS will provide chips and drinks. Activity donation is \$4.

❖ 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.
→ May 8 & 22 and June 12 & 26

- ❖ **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.
 - May 14 "Tell my Doctor what?" & 28 HELP?!
 - June 11 "I'm Okay." It's a WRAP lunch.
 - WRAP will resume regular classes on September 10, 2024

● **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.
 - May 21
 - June 18
- **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.
 - May 14 & 28
 - June 12 & 26

★ **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.

MAY YOUTH ACTIVITIES

- ★ **1 – Budgeting Class.** 6 p.m. at OPTIONS. No Cost
- ★ **10 – Mother's Day/ Father's Day Craft.** 6 p.m. at OPTIONS. Cost \$5
- ★ **15 – Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **22 – Bowling at the Fun Park.** 5:30 p.m. Meet at OPTIONS. Cost is \$6.50 for one game or \$9.50 for two games.

JUNE YOUTH ACTIVITIES

- ★ **5 – Summer Kickoff BBQ.** 5:30 p.m. Meet at OPTIONS. Cost is \$5.
- ★ **10 – Budgeting Class.** 6 p.m. at OPTIONS. No Cost.
- ★ **21 – Tarzan the Musical.** 6:45 p.m. Meet at OPTIONS. Cost TBD.
- ★ **26 – Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.

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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Deon Atwood - Youth Program and Loan Bank Coordinator

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Melanie Peckham - Licensed Therapist

Michael Rostron - Facility Maintenance, i.e., loan bank repair, snow removal, etc.

Lovisa Ricks - Cleaning Service Provider

* **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