

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

July / August 2025

Summer Fun Can Come with Some Challenges

Summer can be challenging for individuals with disabilities and their families due to disruptions in routines and support systems. Proactive planning, accessible activities, and reframing summer as a time for exploration can help mitigate potential negative impacts.

Challenges and Considerations:

Summer Slide:

Students with disabilities may experience a more pronounced "summer slide" in academic and functional skills compared to their peers, potentially losing up to two months of learning.

Disrupted Routines:

Summer can bring significant changes to schedules and support systems, impacting individuals with disabilities who rely on consistent routines.

Social-Emotional Impact:

Summer can also affect social-emotional development, behavior, and self-confidence, particularly for those with disabilities.

Accessibility:

Ensuring accessibility in summer activities and environments is crucial for inclusion and participation.

Strategies for a Successful Summer:

Plan Accessible Activities:

Utilize resources like the National Center on Accessibility to find accessible parks and recreational facilities.

Reframing Summer:

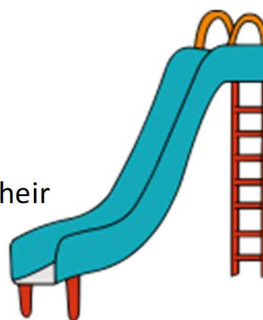
View summer as an opportunity for exploration and experimentation with new interests and activities.

Visual Schedules:

Create daily visual schedules to help individuals with disabilities understand their routines and transitions.

Sensory Activities:

Incorporate sensory experiences like sensory trays with materials like kinetic sand, playdough, or bubbles to engage and stimulate individuals.



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Technology Use:

Be mindful of technology use and its potential impact on individuals with disabilities, especially those with ADHD, who may experience physiological reactions to screen time.

Summer Camps:

Consider specialized summer camps designed for individuals with disabilities, which can provide opportunities for social skill development and

**Advocacy:**

Advocate for inclusive practices and policies that support the needs of individuals with disabilities in all aspects of life.

Universal Design:

Embrace universal design principles in planning activities and environments to ensure accessibility for everyone

Support Systems:

Recognize the importance of strong support systems for individuals with disabilities, including family, friends, and professionals.

By addressing these challenges and implementing proactive strategies, families and individuals with disabilities can navigate the summer with confidence and make the most of the season.

The Forming of the ADA

The Americans with Disabilities Act (ADA) was signed into law by President George H.W. Bush on July 26, 1990. It's a comprehensive civil rights law that prohibits discrimination based on disability in many areas, including employment, transportation, public accommodations, and telecommunications. The ADA was a culmination of years of advocacy and activism by the disability rights movement, building upon previous legislation like the Rehabilitation Act of 1973.

Here's a more detailed look at the ADA's formation:

Early Advocacy:

The disability rights movement, active since the

1970s, advocated for equal rights and access for people with disabilities.

Legislative Roots:

The ADA built upon the foundation of the Rehabilitation Act of 1973, particularly Section 504, which prohibited discrimination in federally funded programs.

Drafting and Introduction:

In 1988, Senator Lowell Weicker and Senator Tom Harkin introduced the first version of the ADA (S. 2345) in Congress, based on a draft from the National Council on Disability.

1990 Enactment:

After revisions and debates, the ADA was passed by Congress and signed into law by President George H.W. Bush on July 26, 1990.

Key Provisions: The ADA addresses discrimination in employment, public services (like transportation), public accommodations (like restaurants and stores), and telecommunications.

Impact:

The ADA has significantly improved access and opportunities for people with disabilities, though challenges and ongoing work remain.

ADA Picnic

In recognition of the 35th anniversary of the passage of the Americans with Disabilities Act (ADA), you are invited to join OPTIONS at the annual:

ADA/ Summer Picnic Party

Tuesday, July 22, 5:30 p.m.

Merlin Olsen Park

300 East Center Street, Logan

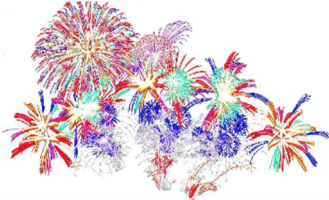



Join OPTIONS for dinner, outdoor activities, bingo, and fun at the park. Dinner will be served at 6 p.m. at the North Pavillion, reserved exclusively for OPTIONS' consumers, family members, and friends.

There is no cost to participate in this celebration; however, you need to RSVP by Friday, July 18! Limited transportation will be available.


July

OPTIONS Event Calendar

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Let Freedom Ring!!</p> 		1	2	3 ♦ Grocery Shop - Logan	4 <p></p> <p>Independence Day CENTER CLOSED</p>	5
6	7	8 <ul style="list-style-type: none"> ● Low Vision Support Group ❖ WRAP <p>- Providence Place</p> <p>⌘ APG – Craft & Snack Night</p>	9 <ul style="list-style-type: none"> ♦ CIP – Side by Side Ride & Dinner <p>* Youth – Personal Hygiene Escape</p>	10 <ul style="list-style-type: none"> ♦ Grocery Shop <p>- Logan & Brigham</p> <p>* Youth – Boondocks</p>	11	12
13	14	15 <ul style="list-style-type: none"> ● DSBVI Clinic <p>-Logan</p> <p>♦ CIP and</p> <p>* Youth – Canoeing at Tony's Grove</p>	16	17 <ul style="list-style-type: none"> ♦ Grocery Shop <p>- Logan & Brigham</p> <p>* Youth – Cooking Club</p>	18	19
20	21	22 <ul style="list-style-type: none"> ❖ WRAP <p>- Providence Place</p> <p>★ OPTIONS' Annual ADA/ Summer Party (See Page 2)</p>	23 <ul style="list-style-type: none"> ♦ Grocery Shop <p>- Logan & Brigham</p>	24  <p>PIONEER DAY CENTER CLOSED</p>	25 CENTER CLOSED	26
27	28	29 <ul style="list-style-type: none"> ♦ CIP – Blacksmith's Fork Splash 	30 <p>* Youth – Front Runner & Clark Planetarium</p>	31 <ul style="list-style-type: none"> ♦ Grocery Shop <p>- Logan & Brigham</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>“Summertime is the best of what might be.” -Charles Bowden</p>						<p>1</p> <p>* Youth – Job Readiness & Treats</p>
3	4	5	<p>6</p> <p>* Youth – End of Summer Shopping Trip & Lunch</p> <p>◆ CIP – Pontoon Boat Tour</p>	<p>7</p> <p>◆ Grocery Shop - Logan & Brigham</p>	8	9
10	11	<p>12</p> <p>● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – Bowling & The Fun Park</p>	<p>13</p> <p>◆ CIP – Bear Lake</p>	<p>14</p> <p>◆ Grocery Shop - Logan & Brigham</p> <p>* Youth – Budgeting Class</p>	15	16
17	18	<p>19</p> <p>● DSBVI Clinic -Logan</p>	20	<p>21</p> <p>◆ Grocery Shop - Logan & Brigham</p> <p>◆ CIP – Box Elder County Fair & Rodeo</p>	22	23
24	25	<p>26</p> <p>● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – End of Summer Dinner</p>	<p>27</p> <p>◆ CIP –Karaoke Night</p>	<p>28</p> <p>◆ Grocery Shop - Logan & Brigham</p>	<p>29</p> <p>* Youth – Summer BBQ</p>	30

◆ **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 have a disability, be 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. You **must** RSVP at least 24 hours in advance.

★ **BRIGHAM GROCERY SHOPPING** – July 10, 17, 23 & 31, and August 7, 14, 21 & 28.

★ **LOGAN GROCERY SHOPPING** – July 3, 10, 17, 23 & 31, and August 7, 14, 21 & 28.

JULY CIP ACTIVITIES

- ◆ **9 – Side by Side Ride & Dinner in the Canyon.** 5 p.m. Logan Canyon Cook-out and side-by-side ride to Old Ephraim's Grave in the beautiful Cache Valley mountains, dinner is \$5.00, & activity fee is \$2.00.
- ◆ **15 – Tony's Grove Canoeing & Lunch.** 1 p.m. Lunch will be provided by Options. Lunch is \$3.00 & activity donation is \$2.00. This activity is combined with youth.
- ◆ **22- ADA Picnic** 5:30 p.m. at Merlin Olsen Park. No Cost.
- ◆ **29 – Splash & Picnic up Blacksmiths Fork.** 11 a.m. Bring a sandwich. OPTIONS will provide chips and drinks. Activity donation is \$4.

AUGUST CIP ACTIVITIES

- ◆ **6 – Pontoon Boat Tour to Pillar Falls.** 11:30 a.m. We will eat lunch at Norm's Café in Twin Falls and go to the dock for the tour at 1:30 for a 70 to 90-minute trip. The pontoon cost is \$50; bring money for lunch and the activity fee is \$5. This trip is limited to 16 and has to be paid by July 15.
- ◆ **13 – Bear Lake Day.** 11 a.m. Bear Lake Day at Rendevous Beach. Come spend the day on the beach (approximately 3 to 4 hours), and stop for dinner or a shake on the way home. Lunch at the beach will be provided. Small coolers are ok. Food is \$3 & \$2.00 activity donation.
- ◆ **21 – Box Elder County Fair & Rodeo.** 5 p.m. The group will go to the fair for a few hours before heading to the rodeo. Bring money for dinner; the ticket price is TBD, and the activity donation is \$2. *Date subject to change.
- ◆ **27 – Karaoke Night.** 8 p.m. Bar snacks and drinks. Food is \$3.00 & activity donation is \$2.00

❖ **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.** This program teaches adults with disabilities to develop healthy and safe relationships through class time and activities. For more information, contact Wendi (435) 753-5353 ext. 104 or wnelson@optionsind.org. Classes will be offered at OPTIONS when there is enough interest to have a full class (10+ Students).
 - ❖ **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.
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- ❖ **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.
- ❖ **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.
 - July 8 – When Things are Breaking Down
 - July 22 – Medical Advocacy
 - August 12 – Crisis
 - August 26 – Post Crisis

● **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.
 - July 15
 - August 19
- **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.
 - July 8
 - August 12 & 26

★ **Youth Program Activities** ★

OPTIONS' Youth Program is for youth with all types of disabilities, ages 12 to 25. 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.

JULY YOUTH ACTIVITIES

- ★ **9 - Personal Hygiene Escape Room.** 6 p.m. at OPTIONS. No cost.
- ★ **10 - Boondocks.** 10 a.m. meet at OPTIONS. Cost is \$20 & bring money for lunch at Wendy's.
- ★ **15 - Tony's Grove Canoeing & Lunch.** 1 p.m. Lunch will be provided by Options, lunch is \$3.00. This activity is combined with CIP.
- ★ **17 – Cooking Club.** 6 p.m. Meet at OPTIONS. Cost is \$1.
- ★ **22- ADA Picnic** 5:30 p.m. at Merlin Olsen Park. No Cost.
- ★ **30 – Front Runner & Clark Planetarium.** Meet at OPTIONS time TBD. Bring money for IMAX movie & lunch.

AUGUST YOUTH ACTIVITIES

- ★ **1 – Job Readiness & Treats.** 6 p.m. Meet at OPTIONS. No cost.
- ★ **6 – End of Summer Shopping Trip.** 10 a.m. meet at OPTIONS. OPTIONS will pay for lunch at Pizza Pie Café. Youth can earn money for the shopping trip by attending July IL classes.
- ★ **14– Budgeting Class & Treats.** 6 p.m. Meet at OPTIONS. No cost.
- ★ **29 – End of Summer BBQ.** 4:30 p.m. Meet at OPTIONS. Cost is \$5.

⌘ Adult Peer Group Activities ⌘

OPTIONS would like to invite everyone ages 25-40 with disabilities to the OPTIONS Adult Peer Group. Two activities will be held monthly on the 2nd and 4th Tuesdays (there may be some exceptions). Please come and participate and make lasting friendships and memories. If you want to be added to the email list, please email wnelson@optionsind.org. Just a reminder: NO transportation is provided to or from activities.

JULY APG ACTIVITIES

- ⌘ **8 – Craft & Snack Night.** Meet at OPTIONS from 6-7:30 pm. No cost.
- ⌘ **22- ADA Picnic** 5:30 p.m. at Merlin Olsen Park. No Cost.

AUGUST APG ACTIVITIES

- ⌘ **12 – Bowling at the Fun Park.** Meet at Fun Park at 6 p.m. Pick-up at 7:30 p.m. Cost is \$5. Don't forget your socks!!
- ⌘ **26 – End of Summer Dinner & Activity.** Meet at OPTIONS from 6-8 p.m. No cost.



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LIVE UNITED



UNITED WAY OF CACHE VALLEY

This Newsletter is Available in Alternate Formats upon Request & on Our Website

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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Mandie Kaneko - CIP and Transportation Coordinator

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Deon Atwood - Youth Program and Loan Bank Coordinator

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

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