

# OPTIONS *for* Independence

Making independence a reality

Newsletter of the  
Northern Utah  
Center for Independent Living

March / April 2026

## Moving Beyond Awareness: Celebrating Autism Acceptance

Every April, the world turns its attention to autism. While "awareness" was a starting point, our community is moving toward something deeper: **Autism Acceptance**. For people with disabilities, acceptance isn't just about knowing a diagnosis exists—it is about creating a world where every neurotype is respected, and every individual has the support they need to thrive. According to the [Autism Society of America](#), shifting to "acceptance" means moving from just recognition to real inclusion in every part of life.

### What Does Acceptance Look Like?

**Embracing Neurodiversity:** Recognizing that autism is a natural variation of the human brain, not a "condition" to be fixed.

**Valuing Lived Experience:** Centering the voices of autistic people themselves— Following the principle of "**Nothing About Us Without Us**". This includes supporting [self-advocacy](#), which empowers individuals to speak up about their own rights and needs.

### Thriving in the Workplace and Beyond

Acceptance must translate into equal opportunity. Under laws like the [Americans with Disabilities Act \(ADA\)](#), autistic employees have the right to [reasonable accommodations](#) that help them succeed.

**In the Office:** This might include noise-canceling headphones, written rather than verbal instructions, or flexible work hours.

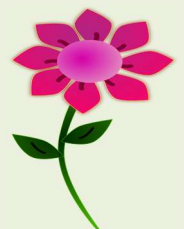
**Transitioning to Adulthood:** For young adults, planning for independence should start early—ideally between ages 12 and 14—using tools like [Individualized Education Programs \(IEP\)](#) to map out goals for college or careers.



## INSIDE THIS ISSUE



1. Autism Acceptance
2. ArgAbility
3. & 4. Event Calendars
5. Grocery Shop
- Community Integration Program (CIP)
6. Low Vision Program
- IL Classes & Support Groups
- Youth Program
7. APG Program
- Community Events



## AgrAbility

Do you know someone in agriculture who is impacted by injury, illness, disability, or arthritis? AgrAbility of Utah is a program that helps farmers, ranchers, and family members remain in agriculture despite adverse health conditions.

AgrAbility specialists visit with impacted farmers, ranchers, and family members, conduct an agricultural work-site analysis, and evaluate each situation. Practical solutions that address the specific barriers faced by the agriculturalist or family member are identified. Solutions may include assistive technology recommendations (tools and devices that mitigate the limitations faced), equipment modifications, or task restructuring. Examples include livestock-handling equipment, lifts for equipment access, and farm mobility devices.

All AgrAbility services are free and confidential. AgrAbility of Utah is funded through the USDA, and is a partnership between Utah State University Extension and Roads To Independence. Utah is just one of 21 states that have the AgrAbility program. If you or someone you know works in agriculture and has a disability, please call or email program coordinator, Randall Bagley at 435-797-0350 or [randall.bagley@usu.edu](mailto:randall.bagley@usu.edu).



(Autism- Page 1)

### Prioritizing Mental Health and Well-being

Acceptance is a vital tool for mental health. Research shows that [societal acceptance](#) significantly reduces rates of depression and stress in autistic adults.

**Ending "Masking":** A world that accepts autism allows individuals to stop "masking" (hiding autistic traits to fit in), which is a major [cause of burnout and exhaustion](#).

### How We Can All Support One Another

**Respect Communication Choices:** Some people use speech, while others use sign language, [AAC devices](#), or text. All forms of communication are valid.



**Accessible Care:** Mental health providers are increasingly adapting services by [modifying sensory environments](#) and using direct communication styles to better support neurodivergent clients.

**Honor Language Preferences:** Many prefer **identity-first language** ("autistic person"), while others prefer **person-first language** ("person with autism"). When in doubt, just ask.







1. **Challenge Ableism:** Stigma often causes more harm than autism itself
2. **Avoid [stigmatizing labels](#)** like "high-functioning," as they often overlook an individual's actual support needs.

This month, let's not just spread awareness—let's practice **inclusion** and **appreciation** for the unique strengths every person brings to our lives.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 ◆ CIP – Smtih & Edwards & Lunch	4	5 ◆ Grocery Shop - Logan & Brigham	6 * Youth – Emergency Planning	7
8  Daylight Savings	9	10 ● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – Bowling	11 ◆ CIP – Walker Movie	12 ◆ Grocery Shop - Logan & Brigham	13 * Youth – St. Patrick's Day Party	14
15	16	17 ● DSBVI Clinic -Logan ◆ CIP – Green Game Day Party St. Patrick's Day	18	19 ◆ Grocery Shop - Logan & Brigham * Youth – Cooking Club & Budgeting Class	20  Spring Begins	21
22	23	24 ● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – Emergency Preparedness	25 ◆ CIP – Emergency Preparedness	26 ◆ Grocery Shop - Logan & Brigham * Youth – Family Cooking Club	27	28
29	30	31	<p>You get out of life what you put into it. I think you need a bit of luck but you also make a bit of luck. -John Key</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>"Don't wait for extraordinary opportunities. Seize common occasions and make them great." — Orison Swett Marden</p>			<p>1</p>  <p>April Fool's Day</p> <p>◆ CIP – Spring Craft</p>	<p>2</p> <p>◆ Grocery Shop - Logan &amp; Brigham</p>	<p>3</p>	<p>4</p>
<p>5</p>  <p>Easter</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>◆ Grocery Shop - Logan &amp; Brigham</p> <p>* Youth – Self Advocacy &amp; Goal Night</p>	<p>10</p> <p>◆ CIP –Lava Hot Springs</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p> <p>● Low Vision Support Group</p> <p>⌘ APG – Peer Lead Activity</p> <p>❖ WRAP - Providence Place</p>	<p>15</p> <p>◆ CIP –Logan Outlets &amp; Lunch</p>  <p>Tax Day</p>	<p>16</p> <p>◆ Grocery Shop - Logan &amp; Brigham</p> <p>* Youth – Budgeting Class</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p> <p>● DSBVI Clinic -Logan</p> <p>◆ CIP – Movie &amp; Snacks</p> <p>* Youth – Super Mario</p>	<p>22</p>  <p>Earth Day</p>	<p>23</p> <p>◆ Grocery Shop - Logan &amp; Brigham</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p> <p>● Low Vision Support Group</p> <p>⌘ APG – Paint &amp; Dessert Night</p> <p>❖ WRAP - Providence Place</p>	<p>29</p> <p>◆ CIP – Planting Party</p> <p>* Youth – Crystal Hot Springs</p>	<p>30</p> <p>◆ Grocery Shop - Logan &amp; Brigham</p>	<p>You are EGG-STRA special to me!</p> 	

OPTIONS' transportation is limited for OPTIONS' activities exclusively, for those with no other means of transportation. **Some activities may have a waiting list.** 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 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** – March 5, 12, 19 & 26, and April 2, 9, 16, 23 & 30.

★ **LOGAN GROCERY SHOPPING** – March 5, 12, 19 & 26, and April 2, 9, 16, 23 & 30.

### MARCH CIP ACTIVITIES

◆ **3 – Smith & Edwards & Jumbo Burger.** 11:30 am. Lunch prices vary, & activity donation is \$2.

◆ **11- Walker Movie.** 7 pm Ticket is \$6 & activity donation \$2.

◆ **17 – Game Night & Treats.** 6:30 pm Treats & Game \$3 & the activity donation is \$2.

◆ **25- Emergency Preparedness Night.** 6 pm Movie & dinner at OPTIONS. Dinner \$3 & activity donation \$2.

### APRIL CIP ACTIVITIES

◆ **1 – Spring DIY & Treats.** 11 am. DIY & Treats is \$3, & the activity donation is \$2.

◆ **10 – Lava Hot Springs & Lunch.** 11:30 am. Pools are accessible the cost to soak is \$8, lunch prices will vary, & activity donation is \$5.

◆ **15 – Cache Valley Outlet Trip.** 11 am. We will be visiting Pepperidge Farm, Gossner's, and the Pajama & Sock outlet. Lunch at Seven Brothers, lunch prices will vary & activity donation \$2.

◆ **21 – Movie Night & Treats.** 6:30 pm Treats \$2, and the activity donation is \$2.

◆ **29 – Planting Party & Treats.** 11 am. Treats & planting \$5, and the activity donation is \$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.** This program teaches adults with disabilities to develop healthy, safe relationships through class sessions and activities. For more information, contact Wendi (435) 753-5353 ext. 104 or [wnelson@optionsind.org](mailto: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 in Box Elder, Cache, and Rich Counties for Individualized Education Programs (IEPs), advocacy, skills training, problem-solving, and more. 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](mailto: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](mailto:krostron@optionsind.org).

**Providence Place Classes**, 234 N 300 W, Providence, 1 to 3 pm.

→ March 10th – What stresses you out?

→ March 24th – How to make ourselves a priority

- April 14th – Making Decisions
- April 28th – Taking Personal Responsibility

### ● **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](mailto: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 am to 4 pm.
    - March 17th
    - April 21st
- **Low Vision Support Group.** For adults aged 55 and older who have visual disabilities. Topics include education, resources, and new technologies for vision loss and blindness. The group also provides community access, independent living skills, discussion on concerns, and recreational opportunities. Held at OPTIONS, 106 E 1120 N, Logan, 10 am to 12 pm.
  - March 10 & 24
  - April 14 & 28

### ★ **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](mailto:sstevens@optionsind.org) for more information.*

#### **MARCH YOUTH ACTIVITIES**

- ★ **6 – Emergency Planning with Pizza and a Movie.** 6 pm Meet at OPTIONS. Cost is \$5.
- ★ **13 – St. Patrick's Day Party with Dinner and Games.** 6 pm Meet at OPTIONS. Cost is \$5.
- ★ **19- Combined Cooking and Budgeting Class for Family Cooking on March 26th.** 6 pm at OPTIONS. No cost.
- ★ **26- Family Cooking Club.** 5 pm Meet at OPTIONS. Up to two family members can come for dinner at 6:30. No cost.

#### **APRIL YOUTH ACTIVITIES**

- ★ **9 – Self Advocacy and Goal Night with Treats.** 6 pm Meet at OPTIONS. No cost.
- ★ **16 – Budgeting Class and Treats.** 6 pm Meet at OPTIONS. No cost.
- ★ **21 – Super Mario Movie at University Theatre.** Time TBD. Meet at OPTIONS. Cost is \$6 per ticket. OPTIONS will get two popcorn buckets; bring money for any other treats.

- ★ **29 – Crystal Hot Springs.** 4:45 meet at OPTIONS. Cost is \$7.

## ⌘ 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](mailto:wnelson@optionsind.org). Just a reminder: NO transportation is provided to or from activities.

### MARCH APG ACTIVITIES

⌘ **10 – Bowling.** Meet at The Fun Park from 6 to 7:30. Cost is \$3. Don't forget your socks, they are \$2.50 there and you will have to buy them to be able to bowl.

⌘ **24 – Emergency Preparedness.** Meet at OPTIONS for snacks, information and a movie from 6 to 8:30 pm. No Cost.

### APRIL APG ACTIVITIES

⌘ **14 – Peer Lead Activity.** Meet at OPTIONS from 6 to 7:30 pm. No Cost. More information will be provided at a later time and will be emailed closer to the activity.

⌘ **28 – Paint and Dessert Night.** Meet at OPTIONS from 6 to 7:30. No Cost.

## Local Cache & Box Elder Activities

### MARCH ACTIVITIES

- **2<sup>nd</sup> -6<sup>th</sup> – Paper and Clay Exhibition.** This exhibition runs through March 6th in the Tippetts & Eccles Galleries. The galleries are open M–F from 9 am–5 pm.
- **18<sup>th</sup> – 21<sup>st</sup> – Divvy UP Children's Consignment Sale.** Tens of thousands of gently used children's items, including clothing, books, toys, games, baby gear, maternity, etc. All in ONE location, ONE week! It's easy to sell your children's items and a great place to get the things your kids need. At the Cache County Fairgrounds.
- **28 – Brick Masters of Brigham City.** Full day of LEGO building at the Brigham City Fine Arts Building, 10 am to 6 pm \$3 per person/ \$10 per household for 2hours and \$8 per person for the whole day. Enjoy displays, get hands-on or watch the builders' competition.

### APRIL ACTIVITIES

- **1<sup>st</sup> – 4<sup>th</sup> & 9<sup>th</sup> -11<sup>th</sup> – Baby Animal Days at American West Heritage Center.** Tickets are \$12-\$15. Kids under 2 are free.
- **18 – Cache Valley Easter Egg Hunt and Activities.** Merlin Olsen Park from 5 to 9 pm. This free, family-friendly event is designed to bring our community together for an afternoon of seasonal fun. Children will enjoy an exciting Easter egg hunt, along with a variety of interactive activities, including cookie decorating, coloring stations, and fun games for all ages. We'll also be hosting a raffle with prizes throughout the event, adding an extra layer of excitement for both kids and adults.



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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. Administration for Community Living. However, these contents do not necessarily represent the policy of the Administration for Community Living, and you should not assume endorsement by the Federal Government.

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