

# OPTIONS *for* Independence

Making independence a reality

Newsletter of the  
Northern Utah  
Center for Independent Living

May / June 2026

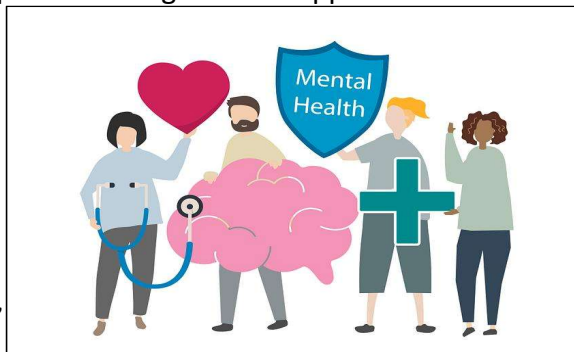
## Mental Health Awareness: Supporting Well-Being in Our Rural Communities

In rural areas, community is at the heart of who we are. Neighbors look out for neighbors, families support one another, and people step up in times of need. That sense of connection is one of our greatest strengths, but when it comes to mental health, many individuals still face challenges quietly and alone.

Mental health is an essential part of overall health. Conditions like stress, anxiety, depression, and loneliness can affect anyone, regardless of age or background. In rural areas, these challenges can be intensified by long distances between services, limited access to care, demanding work schedules, and social isolation. For individuals with disabilities, these barriers can be even greater, including transportation difficulties, accessibility needs, and fewer specialized resources.

It's important to recognize that struggling with mental health is not a personal failure. Life's pressures, whether related to work, finances, health, caregiving, or daily responsibilities, can take a toll on anyone. Acknowledging these challenges is a strong and important first step toward finding support. Creating a more supportive

community starts with awareness and understanding. A simple check-in with a friend, neighbor, or family member can make a meaningful difference. Taking time to listen, showing patience, and offering kindness without judgment helps create an environment where people feel safe opening up. For individuals with disabilities, inclusive support, making sure communication is clear, spaces are accessible, and voices are heard, is especially important.



If you or someone you know is struggling, there are resources available. Local clinics, community organizations, faith-based groups, and confidential helplines can provide support. Telehealth services have also made it easier to connect with mental health professionals from home. Reaching out may feel difficult, but it is a sign of strength and an important step toward healing.

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### Spring Refresh

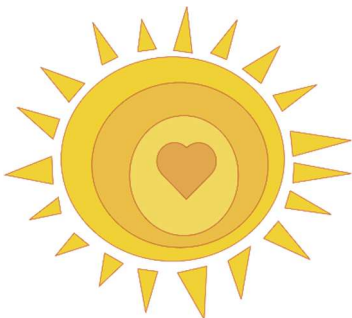
Spring is a time of renewal, making it the perfect opportunity to freshen up our homes and daily routines. Spring cleaning isn't just about tidying up; it's about creating a space that feels comfortable, safe, and uplifting. Opening windows for fresh air, organizing clutter, and deep-cleaning often-overlooked areas can help improve both physical and mental well-being. Even small tasks, done a little at a time, can make a big difference.



For many, spring cleaning can also be a chance to make living spaces more accessible and functional. Rearranging frequently used items within easy reach, clearing pathways, and simplifying storage can help support independence and reduce stress. Whether you tackle one drawer or an entire room, the goal is progress, not perfection, and creating a space that works better for you.

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There are also small, everyday ways to care for your mental well-being. Staying connected with others, spending time outdoors, maintaining routines, and taking breaks when needed can all have a positive impact. For caregivers and family members, remembering to care for your own mental health is just as important as supporting others.



As a community, we can continue to break down stigma and build a culture

where mental health is openly discussed and supported. Everyone deserves to feel valued, understood, and connected—no matter their circumstances or abilities.

Together, in Cache, Rich, and Box Elder counties, we can create a stronger, more inclusive community where no one has to face mental health challenges alone.



Support **OPTIONS** Every Time You Shop

Did you know you can support OPTIONS for Independence just by shopping at Smith's? Through the Kroger Family of Stores' Inspiring Donations program, Smith's Food & Drug gives back to local organizations like ours—at no extra cost to you.





When you link your Smith's rewards card to OPTIONS for Independence, **0.5% of every eligible purchase** you make is donated directly to us to support our programs and services.

This is an easy way to make a meaningful impact. The more supporters who enroll and shop, the more funding we receive to strengthen our community.






**Make sure your rewards card is linked to OPTIONS for Independence and help us earn!**

**Children with autism grow into autistic adults. They don't outgrow autism. They grow through it with courage, resilience, and strength the world often overlooks. They deserve more than awareness in childhood. They deserve lifelong understanding, patience, respect, and unconditional support. Because autism doesn't end at adulthood and neither should love, acceptance, or advocacy. See them. Hear them. Support them. Always. ❤️**

-Autistic & Proud

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>"May is the month of expectation, the month of wishes, the month of hope." — Emily Brontë</p> 				1	2	
3	4	5	6	7	8	9
				<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan</li> <li>* Youth – Cooking Club</li> </ul>		
10	11	12	13	14	15	16
 <p>Mother's Day</p>		<ul style="list-style-type: none"> <li>● Low Vision Support Group</li> <li>❖ Peer Connection - Providence Place</li> <li>⌘ APG – RUSH Fun Plex</li> </ul>	<ul style="list-style-type: none"> <li>◆ CIP – Spiral Jetty &amp; Golden Spike</li> </ul>	<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> <li>* Youth – Budgeting Class</li> </ul>		
17	18	19	20	21	22	23
		<ul style="list-style-type: none"> <li>● DSBVI Clinic -Logan</li> <li>◆ CIP – Nursery &amp; Brunch</li> </ul>		<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> <li>* Youth – Bowling at the Fun Park</li> </ul>		
24	25	26	27	28	29	30
31	 <p>Memorial Day CENTER CLOSED</p>	<ul style="list-style-type: none"> <li>● Low Vision Support Group</li> <li>❖ Peer Connection - Providence Place</li> <li>⌘ APG – Picnic &amp; Games</li> </ul>	<ul style="list-style-type: none"> <li>◆ CIP – Walker Movie</li> </ul>	<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> </ul>		

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
	1	2 ◆ CIP – Summer Picnic	3	4 ◆ Grocery Shop - Logan & Brigham	5 * Youth – Summer Kickoff	6
7	8	9 ● Low Vision Support Group ❖ Peer Connection - Providence Place ⌘ APG – Planting & Dinner	10 ◆ CIP –Preston Farmer's Market	11 ◆ Grocery Shop - Logan & Brigham * Youth – Sewing Class	12	13
14  Flag Day	15	16 ● DSBVI Clinic -Logan	17 ◆ CIP – Canyon Cookout	18 ◆ Grocery Shop - Logan & Brigham * Youth – Father's Day Activity	19  Juneteenth Center Closed	20
21 Father's Day  Summer Begins	22	23 ● Low Vision Support Group ❖ Peer Connection - Providence Place ⌘ APG – 4 <sup>th</sup> of July Craft & Snacks	24 ◆ CIP – Brigham City Pool	25 ◆ Grocery Shop - Logan & Brigham	26 * Youth-Game Night & Dinner <b>Center Closed</b> Center will be closed all Friday's Moving Forward	27
28	29	30 ◆ CIP – Blacksmith Fork Splash	<p><b>"A life without love is like a year without summer." — Swedish Proverb</b></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** – May 14, 21 & 28, and June 4, 11, 18 & 25.

★ **LOGAN GROCERY SHOPPING** – May 7, 14, 21 & 28, and June 4, 11, 18 & 25.

### MAY CIP ACTIVITIES

◆ **13 – Spiral Jetty, Golden Spike & Lunch at Maddox Drive In.** 11:30 am Lunch prices vary, & activity donation is \$2.

◆ **19- Nursery & Breakfast.** 10 a.m. We will eat breakfast at Angie's & go to local garden nurseries. Breakfast prices vary & activity donation is \$2.

◆ **25- Walker Movie.** 7 p.m. Ticket is \$6 & activity donation \$2.

### JUNE CIP ACTIVITIES

◆ **2 – Activity & Picnic in the Park.** Noon. Bring your own sandwich, OPTIONS will provide chips and drinks. Activity is \$3 & activity donation is \$2.

◆ **10 – Preston Farmer's Market & Polar Bear.** 5 pm. Lunch prices vary, & activity donation is \$2.

◆ **17 – Canyon Cookout.** 6 p.m. We will drive up Logan Canyon, have dinner & enjoy a night in the mountains. Dinner is \$5 & activity donation is \$2.

◆ **21 – Brigham City Pool.** Noon. Pool price is \$8 per person & \$4 for 60+. Bring your own sandwich; OPTIONS will provide chips, drinks, & treats. The cost will be \$3 & activity donation will be \$2.

◆ **30 – Splash & Picnic up Blacksmiths Fork.** 11:30 a.m. OPTIONS will provide lunch. Activity donation Lunch is \$3 & 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.

❖ **Peer Connection.** 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.

- May 12th – Coping Skills, what they are...
- May 26<sup>th</sup> – How to be a positive thinker.
- June 9<sup>th</sup> – What are Boundaries and how do we set them...
- June 23<sup>rd</sup> – How to be proactive in our lives...

### ● **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.

- May 19th
- June 16th

- **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.

- May 12 & 26
- June 9 & 23

### ★ **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.*

#### **MAY YOUTH ACTIVITIES**

- ★ **7 – Cooking Club.** 6 pm Meet at OPTIONS. We will be making Mother's Day Truffles. Cost is \$3.
- ★ **14 – Budgeting Class** 6 pm Meet at OPTIONS. We will play Price is Right Game. No cost.
- ★ **21- Bowling at the Fun Park.** 5:45 pm meet at OPTIONS. Cost TBD.

#### **JUNE YOUTH ACTIVITIES**

- ★ **5 – Summer Kickoff Picnic.** 6 pm Meet at park for picnic & games. Cost is \$4.
- ★ **10 – Sewing, Mending & Pillow Keepsake Class.** 6 pm Meet at OPTIONS. Cost is \$3. We will show how to mend clothes & bring a t-shirt to make a keepsake pillow from.
- ★ **18 – Father's Day Gift Activity.** 6 pm Meet at OPTIONS. Cost is \$3
- ★ **26 – Game Night & Dinner.** 6 pm Meet at OPTIONS. Cost is \$4. Bring your favorite game to play with as a group.

## ⌘ 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.

### MAY APG ACTIVITIES

⌘ **12 – RUSH Fun Plex.** Meet at Rush from 10 am to 5 pm. More information will be provided via email or activity at a later date. Certain requirements must be met for OPTIONS to pay part of the cost. If you have questions, please email Wendi at [wnelson@optionsind.org](mailto:wnelson@optionsind.org) or call OPTIONS

⌘ **26 – Picnic and Games.** Meet at Merlin Olsen Park (280 E. Center Street, Logan) for dinner and games from 6 -7:30 pm. No Cost.

### JUNE APG ACTIVITIES

⌘ **9 – Planting and Dinner.** Meet at OPTIONS from 6 to 7:30 pm. No Cost.

⌘ **23 – 4th of July Craft and Snacks.** Meet at OPTIONS from 6 to 7:30 pm. No Cost.

## Local Cache & Box Elder Activities

### MAY ACTIVITIES

- **1<sup>st</sup> – Neuroworx Adaptive Technology & Recreational Event.** 4-7 pm at Neuroworx – 90 Albion Village Way, Sandy, Utah. This free community event connects individuals with disabilities to adaptive sports programs, equipment vendors, assistive technology resources, and funding opportunities. It also serves as a fundraiser for the SOAR Fund (Supporting Opportunities for Adaptive Recreation), which provides grants to help individuals access adaptive recreation.
- **7<sup>th</sup> – 9<sup>th</sup> – Vintage Market Days.** 10 am – 5 pm Thur \$15, Fri & Sat \$10 Cache County Fairgrounds. Come shop over 185 vendors bringing you unique vintage, antiques, clothing, jewelry, home decor, food trucks, and live music.
- **9<sup>th</sup> – Cache Valley Gardeners Market** Every Saturday – 9 am – 1 pm starting Mother’s Day weekend and going through mid-October. Located behind the historic courthouse, 199 N Main Street, Logan
- **15<sup>th</sup> – 17<sup>th</sup> – Cache Rock & Gem Show.** 10 am – 6 pm. 450 S 500 W, Logan. Our Rock and Gem Show features Rocks, Minerals, Fossils, Jewelry, Displays, Educational Exhibits, Demos, Supplies, Vendors, Door Prizes, and Concessions. Activities for the kids: Wheel of Fortune, Mystery Bags, & Gem Dig. Adults \$3, Family \$10, 12 & under free.

### JUNE ACTIVITIES

- **13<sup>th</sup> – Cache Valley Summer Kickoff.** 10 am – 7 pm. 490 S 500 W, Logan. Third annual Cache Valley Summer Kickoff. over a hundred different booths and vendors, and tons of yummy food trucks to start our summer off right.
- **18 – Summerfest Arts Faire.** 11 am – 9 pm. Cache Valley Fairgrounds. Summerfest Arts Faire is an annual 3-day celebration of the arts. Featuring 160+ visual artists, 38 performances on our indoor and outdoor stages, and 30 food vendors offering international cuisine, our event encompasses a wide range of art genres.

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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. 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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### **OPTIONS BOARD MEMBERS**

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**Jaden Miller**

**Alysha Audd** - Vice President  
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**Sheri Stevens** - IL Coordinator for Youth Program  
**Deon Atwood** - Youth Program and Loan Bank Coordinator  
**Melanie Peckham** - Licensed Therapist  
**Michael Rostron** - Facility Maintenance, i.e., loan bank repair, snow removal, etc.  
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