

OPTIONS *for* Independence

Making independence a reality

Newsletter
www.optionsind.org
July/August 2026



Why is OPTIONS changing to a digital newsletter?

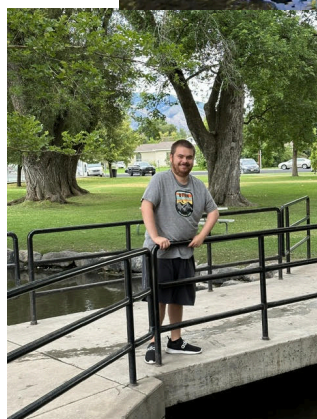
OPTIONS is moving to a digital newsletter to reduce costs and make the best use of resources. By moving to a digital format, the resources previously used to print and mail the newsletter can be redirected to support services and activities while still providing important information on disability-related topics.

If you would like to be added to the newsletter mailing list, please share your email address with OPTIONS by calling 435-753-5353 or by emailing info@optionsind.org.

Thank you for helping us make this change and for continuing to support the mission of OPTIONS for Independence.

ADA Picnic

Come celebrate the 26th Anniversary of the passage of the Americans with Disabilities Act (ADA) at the annual summer picnic. The ADA promotes accessibility, inclusion, and fair treatment in schools, jobs, transportation, business, and community activities.



Wednesday, July 22, 2026
Merlin Olsen Park - North Pavilion
280 E Center St., Logan,
5:30 pm
Consumers and their immediate family or
a friend are invited

RSVP by July 15th to 435-753-5353
or let your program coordinator know

Community Integration Program (CIP) Activities

OPTIONS' Consumers of all ages with disabilities are provided the opportunity to participate in community recreation activities while promoting accessibility. For more information, please contact Taylor at taylor@optionsind.org.

Individuals must meet with an Independent Living Coordinator before attending their first activity or class. All reservations must be made at least 48 hours before the event/activity. Reservations made after that time will not be considered.

A reservation does not mean you will be able to participate. All reservations will be treated as a waiting list.

JULY CIP ACTIVITIES

Wednesday, July 8 – 4:30 pm: Main Street Market and Concert. Shop and eat on Main and Center in Logan. Attend David Young and the Interstate Kings Concert at 7 p.m. at the Laub Plaza on Main Street. Dinner prices vary. Activity donation \$2.

Wednesday, July 15 – Noon: Tony's Grove Canoeing and Lunch. Lunch will be provided by OPTIONS. Lunch \$4.00. Activity donation \$2.00.

Wednesday, July 22- 5:30 pm: ADA Picnic at Merlin Olsen Park. No Cost. (see page 2 for more information.)

Wednesday, July 29 – Noon. Pocatello Pool. OPTIONS will provide lunch. Lunch \$4. Activity donation \$5. Bring money for dinner after we leave the pool at Butter Burr's.

AUGUST CIP ACTIVITIES

Saturday, August 8 – 6:30 pm. Wheat and Beet Days Fireworks. We will listen to the concert and watch fireworks. Dinner prices will vary. Activity donation \$2.

Wednesday, August 12 – 11 am: Bear Lake Day at Rendezvous 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 okay. Dinner and/or shake prices vary. Lunch \$4. Activity donation \$2.

Tuesday, August 18 – Noon: Pebble Creek. Spending the day by the creek and in the campsite. Lunch \$6. Activity donation is \$5. Dinner details to come.

Thursday, August 27* –5 pm: Box Elder County Fair and Rodeo. The group will go to the fair for a few hours before heading to the rodeo. Bring money for dinner. Ticket price is TBD. Activity donation \$2. *Date subject to change.

Adult Peer Group (APG)

OPTIONS would like to invite consumers ages 25-40 with disabilities to the OPTIONS Adult Peer Group. Two activities will be held monthly on the 2nd and 4th Tuesdays (with some exceptions). Please come participate and make lasting friendships and memories. If you want more information, please contact

Wendi at wnelson@optionsind.org.

NO transportation is provided to or from activities.

Individuals must meet with an Independent Living Coordinator before attending their first activity or class.

All reservations must be made at least 48 hours before the event/activity.

Some classes or activities may have a waiting list.

July APG Activity

Tuesday, July 14 - 6 to 7:30 pm: Karaoke and Snack Night at OPTIONS. No Cost. Come prepared to sing alone, with a group, or to cheer on your friends and peers.

Tuesday, July 22 - 5:30 pm. ADA Picnic. Meet at Merlin Olsen Park, North Pavilion (280 E. Center, Logan). No Cost. (see page 2 for more information.)

August APG Activity

Tuesday, August 11 - 6 to 8 pm: Bowling at The Fun Park. Meet at the Fun Park (255 E 1770 N, North Logan). No Cost. Don't forget your socks, or you will either have to buy a pair there or not bowl.

Tuesday, August 25 - 6 to 8 pm: End-of-Summer Party at OPTIONS. Dinner included. No Cost.

Youth Group

The youth program is for OPTIONS' consumers with disabilities, ages 14 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. For more information, contact **Sheri at (435) 753-5353 or sstevens@optionsind.org.**

Individuals must meet with an Independent Living Coordinator before attending their first activity or class.

All reservations must be made at least 48 hours before the event/activity.

Some classes or activities may have a waiting list.

July Youth Activities

- Wednesday, July 1st - 6 pm:** Junk Journaling at OPTIONS. No cost.
- Wednesday, July 8th - 6:45 pm:** Charlie and the Chocolate Factory Musical at USU. Meet at OPTIONS. Cost \$10.
- Thursday, July 9th - 6 pm:** Budgeting Class and treats at OPTIONS. No cost.
- Tuesday, July 14th - 8:45 pm:** Loveland Aquarium with Active Re-Entry and Ability 1st. Meet at OPTIONS. Cost TBD for tickets, bring money for lunch at the Aquarium.
- Wednesday, July 15th - 6 pm:** Cooking Club at OPTIONS. Cost \$1.
- Wednesday, July 22nd - ADA Picnic** at Merlin Olsen Park. (See page 2)
- Wednesday, July 29th - 6 pm:** IL Class: Money and Money Counting at OPTIONS. No cost.
- Thursday, July 30th - 10 am:** The RUSH FunPlex. Meet at OPTIONS. Cost TBD. Bring money for lunch.

August Youth Activities

- Wednesday, August 5th - 11:30 am:** Swimming at the Logan Aquatics Center and lunch. Meet at OPTIONS. Cost \$7.
- Thursday, August 6th - 6 pm:** Cooking Club at OPTIONS. Cost \$1.
- Wednesday, August 12th - 10 am:** Summer Shopping Trip to Layton. Meet at OPTIONS. Youth can earn up to \$25 by attending the IL Classes in July and August for the shopping trip. OPTIONS will buy lunch at Pizza Pie Cafe.
- No activities August 17th - 20th.**
- Friday, August 28th - 4:30 pm:** End-of-Summer BBQ. Meet at OPTIONS. Cost \$5.

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 Marty at 435-363-4414
to schedule an appointment.

DSBVI Clinics in Logan. Appointments are held at OPTIONS,
106 E 1120 N, Logan

July 21st and August 18th

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, peer support, and recreational opportunities.

Held at OPTIONS, 106 E 1120 N, Logan,
10 am to 12 pm.

**July 14th and 28th
August 11th and 25th**

Independent Living Classes and Activities

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.

Individuals must meet with an Independent Living Coordinator before attending their first activity or class. Some classes or activities may have a waiting list.

The Peer Connection

2nd and 4th Tuesdays of the month from 2 pm to 4 pm
234 N. 300 W.
Providence, Utah

Learn about selected Topics in a supportive, fun, and safe environment.

July 14th Coping Skills
July 28th Visual Journaling

August 11th Grief
August 25th Anxiety

If you have any questions, please call **Kari R. at 435-363-3155.**

Grocery Shopping

Logan and Brigham City

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.

You must RSVP at least 24 hours in advance.

To sign up, please contact:

LOGAN GROCERY SHOPPING

Contact Deon at (435) 753-5353

July 9th, 16th, & 30th, and August 6th, 13th, 20th, & 27th.

BRIGHAM GROCERY SHOPPING

Natalie at (435) 723-2171

July 9th, 16th, & 30th, and August 6th, 13th, 20th, & 27th.

Logan Hours:
Starting July 6, 2026
Monday through Thursday: 7 am to 5 pm
Friday: CLOSED
435-753-5353

Brigham City Hours:
By Appointment
435-723-2171

OPTIONS BOARD MEMBERS

Alma Burgess – President
Alysha Audd – Vice President
Jaden Miller
Brittany Cox

OPTIONS STAFF

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Tami Porter – Fiscal Officer & CIP Coordinator
Wendi Nelson – Outreach and Education Coordinator
Kari Godfrey – Education Coordinator
Veronica Cabrera – Loan Bank Coordinator
Marty Higham – IL Coordinator for Older People with Visual Disabilities
Diana Ortiz – IL Coordinator
Kari Rostron – Assistive Technology Coordinator
Mandie Kaneko – CIP & Transportation Coordinator
Taylor Moore – Fiscal & CIP Coordinator
Sheri Stevens – Youth Coordinator
Deon Atwood – Youth & Loan Bank Coordinator

Penny Bunderson – IL Coordinator (Box Elder Office)
Natalie Doutre – Program Coordinator (Box Elder Office)