

OPTIONS *for* Independence

Making independence a reality

Newsletter
www.optionsind.org
September/October 2026



September is Suicide Prevention Month

Mental health challenges can affect anyone. This September, we want everyone in our community to know that you are never alone and help is always available.

If you or someone you know is going through a tough time, please reach out. You can call or text the 988 Suicide & Crisis Lifeline at 988 anytime. It is free, confidential, and available 24/7.

How you can help:

- Learn the signs: Notice if someone seems hopeless, withdraws from friends, or talks about feeling like a burden.
- Start a conversation: A simple, caring text or phone call can save a life.
- Share resources: Pass this information along to friends, family, and coworkers.

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September is National Suicide Prevention Month

Prevention

It is a time to speak openly about mental health, break down barriers to care, and look out for one another. Everyone faces life challenges, but navigating a world that is not always fully accessible can add unique layers of stress, isolation, and burnout. Your mental well-being matters, and you are never alone.

Navigating Unique Challenges

Living with a disability—whether physical, intellectual, neurodivergent, visible, or invisible—can sometimes feel isolating. Managing chronic pain, navigating complex healthcare systems, or facing societal barriers can take a heavy emotional toll. Mental health struggles are not a personal failure, and recognizing when the weight is becoming too heavy is a vital step toward finding relief.

Warning Signs to Watch For:

Changes in mood or behavior can indicate that someone needs extra support. Keep an eye out for these signs in yourself or your peers:

Increased isolation:

Withdrawing from friends, family, or online community spaces.

Feelings of burdensomeness:

Expressing thoughts like "everyone would be better off without me."

Drastic mood shifts: Sudden, overwhelming sadness, anxiety, or a strange sense of calm after a deep depression.

Loss of interest: Dropping hobbies, passions, or daily routines that used to bring joy.

How to Support Each Other

Reach out: Check in on friends, especially if they have been quiet lately. A simple text can break through isolation.

Listen deeply: Let people share their frustrations and pain without rushing to "fix" their situation.

Ask directly: If you are worried someone is in danger, ask clearly: "Are you thinking about suicide?" It shows you care and are ready to listen.



Accessible & Confidential Resources

Free, confidential help is available 24/7 with multiple ways to communicate:

988 Suicide & Crisis Lifeline: Call or text 988 (US and Canada). Texting or using the online chat at 988lifeline.org is fully available for individuals who are Deaf, hard of hearing, or prefer non-verbal communication. TTY users can use their preferred relay service or dial 711 then 988. The Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor via text.

OCTOBER Disability Related Awareness and Acceptance Month

OCTOBER

disability-related awareness dates

10/5-11 Mental Health Awareness Week
10/6 World Cerebral Palsy Awareness Day
10/9 World Sight Day/World Blind Day
10/10 World Mental Health Day
10/12 World Arthritis Day
10/13 Metastatic Breast Cancer Awareness Day
10/15 Blind Americans Safety Day | White Cane Awareness Day
10/15 Disability Mentoring Day
10/19-25 Invisible Disabilities Week
10/22 Stuttering Awareness Day
10/24 World Polio Day
10/25 World Spina Bifida and Hydrocephalus Day

October is...

Down Syndrome
~~Awareness~~ Month

Acceptance



promoting acceptance
and inclusion of all
individuals with
Down Syndrome



October is Breast Cancer Awareness Month

Don't forget to get your mammogram!

If you do not have insurance or cannot afford a mammogram, check whether you qualify for a free or low-cost one at Department of Health and Human Services:
<https://cancer.utah.gov/do-i-qualify/>

Community Integration Program (CIP) Activities

OPTIONS' Adult Consumers 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.

SEPTEMBER CIP Activities

Wednesday, September 2nd – noon: End-of-Summer Celebration.
Dinner cost \$6.00. Activity donation \$5.00.

Wednesday, September 9th – 10 am: Craft at the park.
Craft cost \$3.00. Activity donation \$2.00.

Wednesday, September 16th – 7 pm: Bargain movie at Walker Cinema. Movie cost \$6.00. Activity donation \$2.00.

Monday, September 28th – 11:30 am: Fall leaves trip to Bear Lake. Lunch prices will vary. Activity donation \$2.00.

OCTOBER CIP Activities

Tuesday, October 6th – 4:30 pm: Halloween dinner and games.
Dinner cost \$4.00. Activity donation \$2.00.

Wednesday, October 14th – 7:00 pm: Spooky movie and treats at the center. Cost is \$3.00. Activity donation \$2.00.

Tuesday, October 20th – 11:30 am: Pumpkin Walk and Lunch.
Lunch prices will vary. Activity donation \$2.00.

Wednesday, October 28th – 6:00 pm: Halloween Party at the center. Dinner and games, prizes for best costumes. Cost is \$5.00.
Activity donation \$2.00.

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.

September APG Activities

Tuesday, September 8th – 6 to 7:30 pm: Donuts and Dice (prizes!!!). No Cost.

Tuesday, September 22nd – 6 to 7:30 pm. Fall Craft and Dessert Night. No Cost.

October APG Activities

Friday, October 16th – Time TBD: Corn Maze and Haunted Hollow at the American West Heritage Center. Cost TBD.

Tuesday, October 27th – 6 to 9 pm: Halloween Party includes dinner, games, and a movie. Activity donation \$3.

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.

September Youth Activities

Thursday, September 3rd – 6 to 7:30 pm: Voting with Sheri Newton from the Disability Law Center at OPTIONS. Learn the voting process with a Mock Election. No cost.

Wednesday, September 9th – 6 to 8 pm: Paint night with Quentin at OPTIONS. Cost \$3.

Thursday, September 17th – 6 to 8 pm: Make a T-Shirt reusable bag at OPTIONS. Cost \$3.

October Youth Activities

Thursday, October 1st – 6 pm: Cooking club at OPTIONS. Cost \$1.

Friday, October 16th - 4:30 pm: Corn Maze and Haunted Hollow. Cost TBD.

Wednesday, October 21st - 6 to 8 pm: Spooky movie and treats at OPTIONS. Cost \$2.

Thursday, October 29th - 5:30 to 8 pm: Halloween Party and dinner 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

Tuesday, September 22nd
Tuesday, October 20th

Low Vision Support Group

The Low Vision support group will discuss topics such as 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.

Tuesday, September 8th - 10 am to 2 pm: Bear Lake Fall Leaves.
Lunch prices will vary.

Tuesday, September 15th - 10 am to noon: Medicare discussion at
OPTIONS.

Tuesday, October 13th - 10 am to noon: Discussion at OPTIONS.

Tuesday, October 27th - 10 am to noon: Discussion at OPTIONS.

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

For more information, **contact Kari R. at 435-363-3155.**

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

Tuesday, September 8th - Chronic Pain

Tuesday, September 22nd - Setting boundaries with finances

Tuesday, October 13th - Building tolerance

Tuesday, October 27th - Game day, building relationships

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

September 3rd, 10th, 17th, and October 1st, 8th, 15th, 22nd, 29th.

BRIGHAM GROCERY SHOPPING

Natalie at (435) 723-2171

September 3rd, 10th, 17th, and October 1st, 8th, 15th, 22nd, 29th.

Logan Hours:
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

Cheryl Atwood – Executive Director
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)