OPTIONS for Independence
Making independence a reality

Newsletter
www.optionsind.org
November/December 2026

Staying Safe Online This Holiday Season

The holidays are a busy time for online shopping, connecting with loved ones, and catching up on community events. Unfortunately, it is also a busy time for online scammers. Protecting your digital information is a powerful way to stay independent and secure. Here are four simple, practical ways to protect yourself online this winter:

1. Watch Out for Fake Delivery Texts

Scammers love to send text messages or emails that look like they are from USPS, UPS, or FedEx. They might claim a package is "delayed" or requires a "redelivery fee."

- What to do: Never click the links in these texts. If you are expecting a delivery, go directly to the official post office or shipping website to track your item.

2. Protect Your Benefits and Banking Information

No legitimate government agency (like Social Security) or bank will ever text or email you out of the blue asking for your PIN, password, or full Social Security number.

- What to do: If an alert claims there is an urgent issue with your accounts or benefits, hang up or close the message. Call your bank or local office directly using the phone number listed on your official statements or plastic cards.

3. Spot "Too Good to Be True" Holiday Deals

When shopping online for gifts, groceries, or medical supplies, stick to trusted, well-known websites. Scammers often create fake websites or social media ads offering massive discounts on high-demand items just to steal your credit card details.

- What to do: Look for the small padlock icon or tune next to the website address in your browser. When possible, use a credit card or a secure payment service like PayPal instead of a debit card, as they offer much stronger fraud protection.

4. Create Strong, Memorable Passwords

A strong password keeps unauthorized people out of your email, healthcare portals, and shopping accounts.

- What to do: Avoid using easy-to-guess words like your name or birth year. Instead, string together three or four random, memorable words (for example: Blue*Chair*Winter*99). If you use assistive technology or password managers, make sure your master password is secure and kept in a private place.

As the holidays arrive, let's all practice asking for consent, or permission, before hugging or touching others. This simple step keeps the holidays safe and happy for all.

Your body belongs to you alone. At every stage of life, everyone deserves to be treated with safety, respect, and dignity.

1. You Choose Who Touches You

Safe Touches: High-fives, fist bumps, or hugs from people you like.

Unsafe Touches: Any touch that hurts, scares you, or makes you feel uncomfortable.

Say No: You can always say "NO" or "STOP!" to any touch you do not want.

2. Your Wheels and Tools are Private

Your wheelchair, walker, cane, or communication talker are part of your body's personal space.

People need to ask you for permission before touching your equipment.

3. No Unsafe Secrets

If someone touches you in a way you do not like and tells you to keep it a secret, do not keep it.

Telling the truth will never get you in trouble.

It is never your fault.

4. Tell a Safe Adult

If someone makes you feel unsafe, tell a trusted adult right away.

Tell a family member, a favorite caregiver, a teacher, or a doctor.

Keep telling people until someone helps you!

Annual Holiday TurkeyTrot

Date: Nov. 21, 2026
Time: 10:00 am *(Staggered start)*
Location: Smithfield Rec. Center
Registration:

NEW!!
Ad aptive Roll race
the onl mile for th ose w ith disabilities

Sept. 14-Nov. 1:

	W/shirt	W/O shirt
5K/10K	$25	$1 5
1Mile	$20	$1 0
*Family	$85 *(Includes 4 shirts)*	

** Immediate family living at the same adddress. Family registrations will only be taken at the Rec. Center before Nov. 1.*

Nov.2-20: (limited shirts available)

	W/Shirt	W/O Shirt
5K/10K	$30	$2 0
1 Mile	$25	$1 5

Nov.21: (Day of reg.)

	W/Shirt	W/O Shirt
5K/10K	$35	$2 5
1 Mile	$30	$2 0

Packet Pickup: Nov. 19-20 @ the Smith eld Rec. Center

All routes are chip timed
5K actual distance is 3.25 miles
Register at the Smithfield Recreation Center or smithfieldrecreation.com

Sponsored by:

Smithfield Recreation · Cache Valley Bank · Lee's Marketplace · Thom's Lawn Care · Schreiber · Intermountain Health · Alpine Cleaning & Restoration Specialists · MountainStar Cache Valley Hospital · i'm lovin' it Smithfield

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.

NOVEMBER CIP Activities

Wednesday, November 4th - 10 am to 5 pm: Brunch at Angie's and Christmas Shopping (TJ Maxx, Five Below, HomeGoods, and Target). Brunch cost varies. Activity donation is $2.

Wednesday, November 11th – 10 am to 1 pm: World Kindness Day activity. Craft/treat $3.00. Activity donation $2.00.

Monday, November 16th – 6 to 10 pm: Jim Henson's Fraggle Rock at the Ellen Eccles Theater. Handles Ice cream following the show; ice cream prices vary. Activity donation $2.00.

Tuesday, November 24th – 11:30 am to 3 pm: Thanksgiving Lunch at Chuck-a-Rama. Lunch costs are around $13.50 for seniors and $15.50 for adults, without tax and tip. Activity donation is $2.

DECEMBER CIP Activities

Wednesday, December 2nd – 6 to 10 pm: Christmas Pajama Party at the Center. Dinner and a fun holiday movie. Dinner costs $4. Activity donation is $2.

Wednesday, December 9th – 4 to 10 pm: Christmas Lights & Dinner at the Grille. Dinner prices will vary. Activity donation $2.

Wednesday, December 16th – 2 to 9 pm: Christmas sing-along at the Delta Center and a trip to City Creek. Dinner prices will vary. Activity donation $5.00.

Monday, December 21st – 6 to 9 pm: Christmas Party. Join us for a fun night of dinner and a year-end slideshow. Bring a wrapped gift between $1 and $2 to exchange. 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.

November APG Activities

Tuesday, November 10th - 6 to 7:30 pm: World Kindness Day. We will make a craft and then give it to random people around OPTIONS. No Cost.

***Monday, November 16th – 6 to 8:30 pm:** Jim Henson's Fraggle Rock at the Ellen Eccles Theater. Meet at the Theater. No Cost.

December APG Activities

(These dates are the first and third Tuesdays of the month instead of the second and fourth)

Tuesday, December 1st – 6 to 7:30 pm: Christmas Karaoke and Snacks. No Cost.

Tuesday, December 15th – 6 to 8 pm: Christmas Party with Bingo and Dinner. 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.

November Youth Activities

Thursday, November 5th- 6 to 8 pm: Cooking club. Cost $1.

Thursday, November 12th – 6 to 8 pm: Random Act of Kindness. Come make a craft, then do a random act of kindness for World Kindness Day. No cost.

Monday, November 16th- 6 to 9 pm: Jim Henson's Fraggle Rock at the Ellen Eccles Theatre. No Cost.

December Youth Activities

Saturday, December 5th - 9:30 am to 5 pm: Layton Christmas Shopping Trip.

Thursday, December 10th - 5:30 to 8 pm: Christmas Lights and Dinner. Cost TBD.

Friday, December 18th – 6 to 9 pm: Christmas Party and Dinner. No Cost.

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

Wednesday, November 18th
Tuesday, December 15th

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, November 10th - 10 am to 2 pm

December: TBD- Christmas Party

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.

November 10th: Friendship, Loneliness, and Belonging
November 24th: Being Thankful and Grateful

December 8th: Staying Safe in Cold Weather
December 22nd: Things Merry and Bright

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
November 5th, 12th, 19th and December 3rd, 10th, 17th

BRIGHAM GROCERY SHOPPING
Natalie at (435) 723-2171
November 5th, 12th, 19th and December 3rd, 10th, 17th

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)

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