OPTIONS’ Staff Changes

Brigham Office Change
A truly great employee is hard to find, difficult to part with, and impossible to forget. With a heavy heart, OPTIONS bids Deanna Crocket farewell as she retires as Independent Living Coordinator in the Brigham City Satellite office. Deanna has worked diligently at OPTIONS for 16 years, impacting the lives of many people with disabilities throughout Box Elder County. She can be proud of the difference she has made! Deanna has worked hard for so many years, giving her all. Now is the time to put herself first, relax and enjoy life with family and friends. Enjoy your retirement, Deanna. You will be missed!!!

Since Deanna and Natalie are the only staff in the Brigham office, OPTIONS asks that you be patient while a new employee is hired and trained. That position has many responsibilities, so that may take some time. Fortunately, Natalie will remain the Brigham Program Assistant and Van Driver for Box Elder County, where she will continue providing loan bank and other services in the Brigham office. Natalie can be contacted at (435) 723-2171 or ndoutreoptions@gmail.com.

Logan Office Change
OPTIONS has been privileged to have Art Smith as the Center Maintenance Person and Van Drive for the past five years. He has beautified the Center inside and out, overseeing landscaping, fencing, and other projects. Art also took on repairing loan bank assistive technology when it was returned broken, driving for weekly grocery shopping excursions, and being a jack of all trades as needed. He has made the lives of staff so much easier.

Art has decided it is time to make some life changes, and moving to Toquerville, Utah is one of them. Saying goodbye to such an amiable, hardworking guy is truly hard. However, OPTIONS wishes him good luck with his move and new beginnings. Thank you, Art, for all you have done. You will always be remembered for your kindness to others!

New Employees
OPTIONS is looking forward to hiring new employees for the above positions. The goal is that introductions will be made for some awesome new staff members in the next newsletter. Meanwhile, OPTIONS will continue providing the best services possible with its great, caring staff! ☝️
Disability Rights Activist Judy Heumann Passes

Judith "Judy" Heumann, the "mother" of the disability rights movement, passed away on March 4, 2023, in Washington, DC. She was one of the most influential lifelong activists for disability rights in U.S. history. Her resistance to exclusion set a precedent that improved the rights of people with disabilities worldwide.

Born in 1947 in Philadelphia and raised in Brooklyn, New York, Judy contracted polio at eighteen months, causing her struggle for equality to begin early in life, from fighting to attend grade school after being described as a "fire hazard" to winning a lawsuit against the New York City school system for denying her a teacher's license because of her paralysis. Judy stated, "I simply refused to accept what I was told about who I could be. And I was willing to make a fuss about it." She went on to become the first teacher in the state of New York who used a wheelchair.

Judy was at the forefront of major disability rights demonstrations, helped spearhead the passage of disability rights legislation, founded national and international disability advocacy organizations, held senior federal government positions, co-authored her memoir Being Heumann and its Young Adult version, Rolling Warrior, and was featured in the Oscar-nominated documentary film, Crip Camp: A Disability Revolution.

Judy Heumann made a lasting impression worldwide through her advocacy for the inclusion of people with disabilities and fighting to end discrimination against all those who are disabled. She will be dearly missed!

To learn more about Judy's accomplishments, i.e., podcast, memoirs, documentary film, view her full obituary, and more, go to https://judithheumann.com/

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Third Annual Healthy Relationships University Summer Camp

OPTIONS is excited to announce that the Third Annual Healthy Relationships University (HRU) Summer Camp will begin in June for youth with disabilities ages 18 to 30 (lower age exceptions possible on a case-by-case basis). Enjoy interesting classes, fun activities, and of course, yummy food!!! Learn about being a better friend, family member, and even safe ways to date.

Space is limited; only 12 to 15 students will be accepted, so sign up quickly. First-time students will be given priority over returning ones. A second summer camp for returning students may be scheduled for later in the summer if there is enough interest.

Summer Camp hours are 10 a.m. to 2 p.m. on Tuesdays and Thursdays at OPTIONS.

→ June 6, 8, 13, 15, 27 & 29

The cost is $25, including lunch, payable on or before the first day of camp.

A parent email is available upon request, which provides information on the curriculum and what the summer camp will offer. To reserve your spot, enquire about a second summer camp, or for more information, contact Wendi at (435) 753-5353 ext. 104 or wnelson@optionsind.org.

Adaptive Aquatics is offered every Saturday to people with disabilities at the Logan Aquatic Center. Immediate family members are encouraged to come and swim with their loved ones. Lifeguards are on duty at all times.

- Day: Saturdays, June 3 through August 19 (except July 15)
- Time: 9:00 a.m. to 11:30 a.m.
- Fee: No Charge for participant or family
Air Travel Rights and Obligations

With the approach of warmer weather and summer, many people are planning their vacations which may include taking a flight to an exciting destination. Flying typically doesn't present a problem; however, if you have a disability, you may need to know your rights. The Americans with Disabilities Act (ADA) does not cover discrimination by air carriers in areas other than employment. Instead, the Air Carrier Access Act through the Department of Transportation prohibits discrimination based on disability in air travel, defining passengers' rights and airlines' obligations. It applies to all flights by U.S. airlines and flights to or from the U.S. by foreign airlines. Following are some of the main points:

Prohibition of Discriminatory Practice

- Airlines may not refuse transportation to people based on disability. However, airlines may exclude anyone from a flight if carrying the person may jeopardize the safety of the flight.
- Airlines may not require advance notice that a person with a disability is traveling. They may require up to 48 hours advance notice for certain accommodations that require preparation time (i.e., respirator hook-up and transportation of an electric wheelchair).
- Airlines may not limit the number of persons with disabilities on a flight.
- Airlines may not require a person with a disability to travel with another person, except if a safety assistant is needed.
- Airlines may not require specific seating based on disability except to comply with safety requirements. Exit row seating states airlines may place in exit rows only persons who can perform a series of functions necessary in an emergency evacuation.

Accessibility of Facilities

- New aircraft with 30 or more seats must have movable aisle armrests on half the aisle seats.
- New twin-aisle aircraft must have accessible lavatories.
- Aircraft with more than 60 seats and an accessible lavatory must have an onboard wheelchair.
- New aircraft with 100 or more seats must have priority space for storing a passenger's folding wheelchair in the cabin.
- Airlines must ensure that airport facilities and services they own, lease, or control are accessible.

Other Services and Accommodations

- Airlines are required to assist with boarding, deplaning, and making connections. Assistance within the cabin is also required, but not extensive personal services.
- Assistive devices do not count against any limit on the number of pieces of carry-on baggage.
- Wheelchairs and other assistive devices have priority over other items for storage in the baggage compartment.
- Airlines must accept battery-powered wheelchairs, including the batteries, and package the batteries in hazardous materials packages when necessary.
- Airlines must permit passengers to use their Portable Oxygen Concentrator during the flight if it is labeled as FAA-approved.
- Airlines may not charge for providing accommodations, such as hazardous materials packaging for batteries. However, they may charge for optional services such as providing oxygen.
- Other provisions concerning services and accommodations address the treatment of mobility aids and assistive devices, passenger information, accommodations for persons with vision and hearing impairments, security screening, infectious diseases and medical certificates, and service animals.

For more in-depth information and answers to your questions, go to [https://www.transportation.gov/airconsumer/passengers-disabilities](https://www.transportation.gov/airconsumer/passengers-disabilities).
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<td>❄️ Memorial Day</td>
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<td>❄️ Center Closed</td>
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<td>Be Bold Enough to use your voice Brave Enough to listen to your heart, and Strong Enough to live the life you’ve always imagined.</td>
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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.
June OPTIONS Event Calendar 2023

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<th>SUNDAY</th>
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<td>Life is like a bicycle</td>
<td>You have to move forward</td>
<td>So as not to lose your balance.</td>
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<td>❖ WRAP - Providence Place</td>
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<td>♦ DSBVI Clinic</td>
<td>❖ WRAP - Providence Place</td>
<td>★ Youth - Leadership Conference</td>
<td>18 Father’s Day</td>
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<td>★ Youth - Leadership Conference</td>
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<td>Juneteenth</td>
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<td>♦ Grocery Shop - Logan &amp; Brigham</td>
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<td>♦ CIP - Cookout in the Canyon</td>
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<td>• Low Vision Support Group</td>
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<td>★ Youth - Budget Class</td>
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OPTIONS’ transportation is limited for OPTIONS’ activities exclusively, for those with no other means of transportation on a first call first served basis until maximum capacity is reached. Transportation requests must be made at least 48 hours in advance. See the activity information for the suggested transportation donation. Please use the CVTD busing system whenever possible.
Community Integration Program (CIP) Activities

People with disabilities of all ages are provided the opportunity to participate in community recreation activities while promoting accessibility.

Grocery Shop in Logan & Brigham - Participants must be disabled, unable to access grocery stores any other way, and need only minor assistance. 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. Please RSVP at least 24 hours in advance.

- BRIGHAM GROCERY SHOPPING - May 4, 11, 18 & 25, and June 1, 8, 15, 22 & 29
- LOGAN GROCERY SHOPPING - May 4, 11, 18 & 25, and June 1, 8, 15, 22 & 29

MAY CIP ACTIVITIES

- 2 - Summer Craft & Picnic in the Park. 1 p.m. Cost $5, and activity donation $2.
- 12 - Vintage Market Days with Food Trucks. 1 p.m. Cost $10, food prices vary, and activity donation $2.
- 17 - Garden Nursery and Breakfast at Angie’s. 10 a.m. Breakfast prices vary, and activity donation $2.
- 24 - Movie at Walker Theater. 7 p.m. $6 movie cost and $2 activity donation.

JUNE CIP ACTIVITIES

- 7 - Logan Pool Day. Noon. Bring a sandwich. Cost is Adults $7, or 60+ $3.50, and activity donation $2.
- 16 - Poppy Pictures and Sydney’s for Lunch. 11:30 a.m. Lunch prices vary, and activity donation $2.
- 23 - Cook Out in the Canyon. Bring a jacket. 6 p.m. Food cost $5, and activity donation $2.
- 29 - Splash and Picnic in Blacksmith Fork Canyon. Bring a sandwich. 1 p.m. Activity donation $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. Teaches young adults ages 18-30 with disabilities to develop healthy and safe relationships through class time and activities. Contact Wendi (435) 753-5353 ext. 104 or wnelson@optionsind.org for more information.
  → HRU Summer Camp - June 6, 8, 13, 15, 27 & 29 (See page 2 for details)

- Individualized Support for People with Disabilities. Assistance is available for Individualized Education Programs (IEPs), advocacy, skills training, problem-solving, and more in Box Elder, Cache, and Rich Counties. 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 to schedule an appointment.

- Women’s Anxiety Group. An interactive group for women with disabilities experiencing anxiety, depression, and other mental health issues. Therapy, education, and support are provided to assist. Contact Sheri at (435) 753-5353 or Melanie at (435) 753-2500. Held at OPTIONS, 12 to 1:30 p.m.
  → May 10 & 24
  → June 14 & 28
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.

Providence Place Classes, 234 N 300 W, Providence, 1 to 3 p.m.  
→ May 2 - When Things Break, May 16 - Crisis/Post Crisis, and May 30 - Graduation  
→ June 6 - Wellness Tools, and June 20 - Daily Maintenance

● 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 DSBVI at (800) 284-1823 for an appointment at OPTIONS, 106 E 1120 N, Logan, between 9:30 a.m. and 4 p.m.  
→ May 16  
→ June 20

● Low Vision Support Group. For adults age 55 and older who have visual disabilities. Topics include education, resources, and new vision loss and blindness technology. The group also includes community access, independent living skills, discussion on concerns, and recreational opportunities. Held at OPTIONS, 106 E 1120 N, Logan, 10 a.m. to 12 p.m.  
→ May 9 & 23  
→ June 13 & 27

● Youth Program Activities ●

OPTIONS' Youth Program is for youth with all kinds of disabilities, ages 12 to 30. 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 email. Please make sure OPTIONS has your email address. Contact Sheri at (435) 753-5353 or sstevens@optionsind.org for more information.

MAY YOUTH ACTIVITIES
★ 4 - Cooking Club. 6 p.m. at OPTIONS. Cost is $1.  
★ 10 - Crystal Hot Springs. 5 p.m., meet at OPTIONS. Cost is $6 swim only, $7 swim and slide.  
★ 17 - Budgeting Class. The Price is Right Night. 6 p.m. at OPTIONS. No cost.  
★ 22 to 26, No Activities. High School Graduations.  
★ May 30 to June 2, No Activities. NINJA Conference.

JUNE YOUTH ACTIVITIES
★ 7 - Cooking Club. 6 p.m. at OPTIONS. Cost is $1.  
★ 15 - Summer Kickoff BBQ and Potluck. OPTIONS will provide the main course, and youth are asked to bring sides and dessert for the potluck. 5 p.m. at OPTIONS.  
★ 20 to 22. Mini Leadership Conference. By invitation only!  
★ 23 - Game Night with Dinner and Snacks. 6 p.m. at OPTIONS. Cost is $4.  
★ 29 - Budgeting Class and Treats. 6 p.m. at OPTIONS. No cost.
OPTIONS BOARD MEMBERS
Alma Burgess - President
Jaden Miller
Alysha Audd - Vice President
Brittany Cox
Annette Wright

OPTIONS STAFF
Cheryl Atwood - Executive Director
Judy Biggs - Center Manager
Tami Porter - Fiscal Officer and Community Integration Program (CIP) Assistant
Wendi Nelson - Outreach and Education Coordinator
Kari Godfrey - Education Facilitator
Veronica Cabrera - Receptionist and Loan Bank Coordinator
Marty Higham - Independent Living (IL) Coordinator for Older People with Visual Disabilities
Diana Ortiz - IL/AT Coordinator for North Cache County and Benefits Specialist
Kari Rostron - IL/AT Coordinator for South Cache and Rich Counties
Mandie Kaneko - CIP and Transportation Coordinator
Sheri Stevens - IL Coordinator for Youth Program
Deon Atwood - Youth Program Assistant and Loan Bank Coordinator
To Be Announced - Facility Maintenance Person and Van Driver
Melanie Peckham - Therapist
* To Be Announced - IL/AT Coordinator for Box Elder County
* Natalie Doutre - Program Assistant and Van Driver for Box Elder County

* Box Elder County Office, 118 East 100 North, Brigham City, UT 84302
Phone: (435) 723-2171, Relay Utah: 7-1-1, Spanish Relay: (888) 346-3162, Fax: (435) 723-9618
Email: ndoutreoptions@gmail.com