33 years ago on July 26, 1990, the Americans with Disabilities Act (ADA) was signed into law. This historic civil rights law protects the rights of people with disabilities by prohibiting discrimination in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA is divided into five titles (or sections) that relate to different areas of public life.

- Title I – Employment
- Title II - Public Services: State and Local Government (includes Transportation)
- Title III - Public Accommodations and Services Operated by Private Entities
- Title IV – Telecommunications
- Title V - Miscellaneous Provisions

For more information regarding the rights of people with disabilities and the ADA, go to [https://adata.org/factsheet/ADA-overview](https://adata.org/factsheet/ADA-overview).

OPTIONS for Independence, fully supports the ADA and would like to recognize the anniversary of this important legislation at

**OPTIONS’ ADA/Summer Celebration**

*Wednesday, August 2, 6:30 p.m.*

**Merlin Olsen Park**

**300 East Center Street, Logan**

Join OPTIONS for dinner, outdoor activities, bingo, and fun in the park. Bring your water shoes and play in the river. Dinner will be served at 6:30 p.m. at the North pavilion reserved just for OPTIONS’ consumers, family members, and friends.

There is no cost to participate in this celebration; however, you do need to RSVP at (435) 753-5353 by Friday, July 28. Limited transportation will be available.
Bystander to Upstander

One in five children in the United States experiences bullying where a peer harasses, humiliates, or threatens repeatedly. Bullying can have negative psychological, physical, and academic effects. It can contribute to depression, anxiety, low self-esteem, and isolation.

Most kids are not directly involved in bullying. They are a witness or bystander to bullying. Sometimes bystanders get roped into reinforcing the bullying, making the situation worse and more traumatic. An upstander is someone who sees what happens and intervenes, interrupts, or speaks up to stop the bullying.

If a bystander becomes an upstander, something really cool happens. When bystanders to bullying intervene, bullying stops within 10 seconds 57% of the time. Think about it, if bystanders became upstanders every time there was a bullying incident, more than half of all kids would be spared a prolonged harmful experience and feel a peer’s support.

Kids with strong leadership qualities who are self-assured are more likely to be in the defender role. So you are really like a peer superhero when you become an upstander.

There are a number of ways you can shift the negative focus of bullying:
- Change the subject, interrupt
- Question behavior, use humor to lighten up a serious situation
- Embrace your differences
- Report bullying and block cyberbullying
- Protect others
- Show kindness and empathy
- Include others in what you are doing

Every time you stand up and stick up for others, you are positively influencing and helping a peer who may need a friend. To learn more about bullying prevention, visit stopbullying.gov.

UATP Demo Days

The Utah Assistive Technology Program (UATP) has scheduled monthly “Demo Days” open to anyone in the community to tour the lab and library. Learn how Assistive Technology (AT) is created and modified in the fabrication lab. Also, see how volunteers can become involved to help those with disabilities gain independence by creating solutions for a problem and learning basic shop skills.

Upcoming dates for the Demo Days are July 21 & August 18, 10 a.m. to 2 p.m., Open House style. Refreshments will be served. The AT Lab is located at 950 E 700 N, Logan (a Red Building on the South side of the road). To learn more about the Utah Assistive Technology Lab, go to https://tinyurl.com/UATP-lab.

HRU Summer Camp

OPTIONS will hold the second session of the 3rd Annual Healthy Relationships University (HRU) Summer Camp. Youth and young adults with disabilities who want to learn more about healthy relationships are invited to attend. Learn ways to keep yourselves and others safe around you.

Join OPTIONS if you are ready to learn, eat good food, and have fun with new and old friends!
- Tuesdays and Thursdays: July 11, 13, 18, 20, 25, and 27
- 10 a.m. to 2 p.m.
- OPTIONS, 106 E 1120 N, Logan
- Cost: $25 due the first day of class

Please RSVP by July 5 to Wendi Nelson at wnelson@optionsind.org or (435) 753-5353 to ensure there is enough food and "swag" for everyone. First-timers and previous years’ students are all welcome. Can't wait to see you!
Papa Pals

Papa Pals offers a hand to help, a shoulder to lean on, an ear to listen to, and more! They support older adults and families with whatever help they need at home.

Connect with a thorough clearance checked individual to be your friend and help with everyday tasks, such as:

- **Friendship**: chat, play board games, watch a movie, take a walk, or exercise
- **Transportation**: doctors' appointments, errands, grocery, and pharmacy shopping
- **Technology**: help with computers, smartphones, and tablets, as well as help accessing telehealth
- **Home tasks**: light cleaning, meal prep, organizing, and pet help

If you have a Medicare Advantage Plan, your cost for services may be covered. Call or text 801-609-8699 to see if access to Papa Pals is covered under your plan. Go to [https://www.utahavenue.com/single-post/what-is-papa-pals](https://www.utahavenue.com/single-post/what-is-papa-pals) for details.

Extreme Heat

There is hot, and then there is hot! Extreme heat is a period of temperatures above 90 degrees for at least two to three days. Anyone can be at risk for heat illness in hot weather, but some are at greater risk:

- Older adults
- Infants, children, and pregnant women
- People with medical conditions - sick or overweight
- Outdoor workers
- People living in places that lack green spaces
- People with limited personal resources

During extreme heat days, check in with family, friends, and neighbors to ensure they are safe.

Watch for signs of heat stroke, cramps, or exhaustion:

- Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot, and dry skin
- Heavy or no sweating
- Fast or weak pulse
- Dizziness, confusion, or unconsciousness
- Muscle pains or spasms in the stomach, arms, or legs
- Headache, nausea, vomiting
- Extreme tiredness

If you suspect heat stroke, call 9-1-1 or get the person to a hospital immediately.

To prevent overheating:

- Drink plenty of fluids to stay hydrated, i.e., water and sports drinks.
- Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.
- If you’re outside, find shade. Wear a hat wide enough to protect your face.
- Wear lightweight, loose clothing.
- Take cool showers or baths.
- If air conditioning is not available in your home, go to a library, shopping mall, or other place where it is available.
- Do not rely on a fan as your primary cooling device. Fans create airflow but do not reduce body temperature.
- Modify your environment - cover your windows with drapes or shades, use reflectors designed to reflect heat outside, weatherstrip doors and windows, add insulation, etc.
- Use your oven less.

If you cannot afford cooling costs, weatherization, or energy-related home repairs, Crisis Services are offered to eligible individuals through BRAG at (435) 752-7242, 170 N Main, Logan, or go to [https://brag.utah.gov/depts/weatherization-crisis/](https://brag.utah.gov/depts/weatherization-crisis/) for more information.
July OPTIONS Event Calendar 2023

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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.
**August OPTIONS Event Calendar 2023**

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A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawnmower is broken.

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. 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. Please RSVP at least 24 hours in advance.

- **BRIGHAM GROCERY SHOPPING** - July 6, 13, & 27, and August 3, 10, 17, 24 & 31
- **LOGAN GROCERY SHOPPING** - July 6, 13, 20 & 27, and August 3, 10, 17, 24 & 31

**JULY CIP ACTIVITIES**

- 11 - Brigham Peaches vs. Smithfield Blue Sox Baseball. 7 p.m. Ticket price TBA, and activity donation $2.
- 17 - 20, Summer Camp. Cost and location TBA. Early signup is required; space is limited.
- 26 - Tony Grove, Canoe and Lunch. 1:30 p.m. Cost to canoe TBA. OPTIONS will provide lunch. Lunch cost is $3, and activity donation is $2.

**AUGUST CIP ACTIVITIES**

- 2 - ADA/Summer Celebration. See page 1 of this newsletter for details.
- 10 - Brigham City Pool Day. Noon. Bring a sandwich; OPTIONS will provide drinks and sides. The pool fee is $7; for those over 60 the pool cost is $3.50. Activity donation is $2.
- 15 - Logan Canyon Cookout. Enjoy dinner and an evening relaxing by the campfire in the beautiful Logan mountains. 5:30 p.m. Food cost is $5, and activity donation $2.
- 24 - Box Elder Fair and Rodeo. Visit the fair, followed by the rodeo. 5 p.m. Rodeo ticket prices are TBA, dinner prices will vary, and activity donation is $2 (date may be subject to change).
- 29 - Bear Lake Day at Rendezvous Beach. Spend the day on the beach (3 to 4 hours) and stop for dinner or a shake on the way home. Small coolers can be brought along. 11 a.m. Lunch at the beach will be provided. Food cost is $3, and 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.** 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 (see HRU Summer camp on page 2 for upcoming events).

- **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.
  → July 12 and August 9
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.
→ July 11, Wellness Tools & 25, Daily Maintenance
→ August 1, Stressors/Triggers, 15, Wellness Activity & 29, Early Warning Signs

● 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 to schedule an appointment.
  DSBVI Clinics in Logan, Appointments are held at OPTIONS, 106 E 1120 N, Logan, from 9:30 a.m. to 4 p.m.
  → July 18 and August 15
  DSBVI Clinics in Brigham, Appointments are held at Dr. Turner’s office, 990 Medical Drive #G13, Brigham. You must be a patient of Dr. Turner’s to participate.
  → July 26 and August 30

• 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.
  → July 11 & 25 and August 8 & 22

★ 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.

JULY YOUTH ACTIVITIES
★ 6 - Boondocks. Meet at OPTIONS at 10 a.m. Cost is $20 for a four-hour activity pass, including bowling, go-carts, bumper boats, mini-golf, and XD theatre. The arcade for 125 tokens costs $25. Lunch at Wendy’s before Boondocks; OPTIONS will pay for food.
★ 12 - Budgeting Class and Treats. 6 p.m. at OPTIONS. No cost
★ 14 - Swim Day at Logan Aquatic Center. Meet at OPTIONS at 11:45 a.m. Cost is $11 for the swim pass and lunch of PB&J, chips, drinks, and snacks.
★ 19 - Cooking Club. 6 p.m. at OPTIONS. Cost is $1.
★ 21 - Movie Night and Treats. 6 p.m. at OPTIONS. No cost.
♦ 26 - Tony Grove, Canoe and Lunch. 1:30 p.m. Cost to canoe TBA. OPTIONS will provide lunch. Lunch cost is $3, and activity donation is $2.

AUGUST YOUTH ACTIVITIES
♦ 2 - ADA/Summer Celebration. See page 1 of this newsletter for details.
♦ 9 - Budgeting Class and Treats. 6 p.m. at OPTIONS. No Cost.
♦ 11 - Loveland Aquarium. Time TBA. Ticket cost $10. Bring money for lunch; prices will vary.
♦ 16 - Back to School Shopping at Layton Hills Mall and Lunch at Pizza Pie Café. Meet at OPTIONS at 10:30 a.m. No cost. Earn money for shopping by attending cooking and budgeting classes in July and August.
♦ 21 - 25 no activities due to school starting.
♦ 30 - CAPSA Upstanding presentation and dessert bar. Open to youth and their families. 6 p.m. at OPTIONS. No cost.
This Newsletter is Available in Alternate Formats upon Request

The contents of this newsletter were developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

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) Coordinator
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 Coordinator and Benefits Specialist
Kari Rostron - IL/Assistive Technology (AT) Coordinator
Mandie Kaneko - CIP and Transportation Coordinator
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.

* Penny Bunderson - IL Coordinator for Box Elder County
* Natalie Doutre - Program Assistant and Van Driver for Box Elder County

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