

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

September/October 2023

Prepare For Disasters

Every state is at risk of disasters that disrupt thousands of lives yearly, leaving lasting effects on people and property. For people with disabilities and their families, it is important to consider individual circumstances and needs to prepare for emergencies and disasters effectively. Simple steps can be taken now to prepare.

1) KNOW YOUR RISKS - GET INFORMED

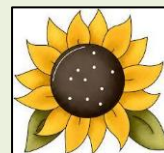
- What disasters could affect your area?
- Which disasters might call for an evacuation?
- When to shelter in place.
- Be aware of severe weather alerts in your area and stay updated; monitor TV and radio for local emergency information.

2) PLAN AHEAD - There are many benefits to planning in advance. The most important is staying safe.

- Put together an emergency kit specifically for your needs, which may include:
 - Prescriptions, keep a supply of several days of prescriptions (talk to your doctor about how to gather a supply).
 - A list of all medications, dosages, and allergies.
 - A list of medical devices and instructions for operating the equipment if needed.
 - How to evacuate with Assistive Technology (AT) and other medical devices and to replace it if lost or destroyed.
 - Extra eyeglasses, contacts, hearing aids, and batteries.
 - A backup supply of oxygen.
 - Emergency supplies - food, water, and a first-aid kit to last several days.
- Create a support network of people who can assist in a disaster.
 - Keep them aware of where you keep your emergency supplies.
 - Consider giving a copy of your apartment/house key to a trusted individual.
- In case of a power outage, talk to your doctor or healthcare provider about what you can do.

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- If on dialysis or other life-sustaining medical treatments, know the location and availability of multiple facilities that can help.
- If possible, procure a generator, or know where to access one.
- Talk to your power provider to put you on a list for priority power restoration.
- **Benefits** - a disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switch to electronic payments to protect yourself financially. Two safe ways to get federal benefits are through
 1. Direct Deposit (800) 333-1795
 2. Direct Express (877) 212-9991
- **Important Documents** – keep important information needed to start the recovery process in a safe place.
 - Copies of insurance (home, health, vehicle, etc.) and Medicare/Medicaid Cards.
 - Use a watertight container or an electronic device for storage.
- **Transportation** – identify accessible transportation options.
 - Keep a list of the nearest medical facilities, local hospitals, and nearest transportation.
- **Other Items to Consider**
 - If you have a communication disability, have printed cards to inform first responders how to communicate with you. A paper, pencil, or electronic device ready to write instructions can also assist.
 - Consider your service or support animal needs, i.e., food, water, and supplies. If you must evacuate, ensure the animal is allowed at the shelter.

For more information on preparing for a disaster, go to <https://www.ready.gov/disability>.

If this seems overwhelming and you would like assistance setting up an emergency preparedness

plan, please get in touch with one of OPTIONS' Independent Living (IL) Coordinators to assist you at (435) 723-2171 for Box Elder County or (435) 753-5353 for Cache and Rich Counties.

*"When disaster strikes,
the time to prepare has passed!" ◀*

New Box Elder County IL Coordinator

OPTIONS is excited to introduce Penny Bunderson as Box Elder County's new Independent Living (IL) Coordinator.



Penny Bunderson

Penny is a 'people' person who is friendly, smart, and eager to learn. She formerly worked as a Service Coordinator for senior communities in Brigham and Logan for many years, getting to know and love older individuals and their families.

On a personal note, Penny was born and raised in Brigham City and currently lives in Tremonton with her amazing husband. She has been married for 32 wonderful years and has three grown sons, a daughter-in-law, and two beautiful granddaughters. They enjoy traveling, riding ATVs, camping, getting out, exploring, and just spending time together.

As an IL Coordinator for OPTIONS, Penny will be providing services to people of all ages with disabilities. She is looking forward to assisting wherever possible and making new friends. If you live in Box Elder County, have a disability, and could benefit from services to become more independent, please don't hesitate to contact Penny at bundersonp@gmail.com or (435) 723-2171. ◀

World Alzheimer's Day

World Alzheimer's Day is September 21 each year, when the world concentrates on creating awareness of this deadly disease. Appropriate communication with those who have Alzheimer's is just one small way you can show your support.

- 1) Never **Argue**, instead **Agree**
- 2) Never **Reason**, instead **Divert**
- 3) Never **Shame**, instead **Distract**
- 4) Never **Lecture**, instead **Reassure**
- 5) Never say "Remember," instead **Reminisce**
- 6) Never say "I Told You," instead **Repeat**
- 7) Never say "You Can't," instead say what they **Can Do**
- 8) Never **Demand**, instead **Ask**
- 9) Never **Condescend**, instead **Encourage**
- 10) Never **Force**, instead **Reinforce**. ◀

To love a person is to learn the song in their heart, and sing it to them when they have forgotten.

Consumer Satisfaction Survey

It is time once again to let your opinions and suggestions be known by completing OPTIONS' Consumer Satisfaction Survey. If you have participated in any of OPTIONS' services during 2022/23, set goals, and worked with staff, your input is needed. Be assured; all personal information will be kept confidential.

If you are willing to participate, please call (435) 753-5353 or email jbiggs@optionsind.org to have a survey sent to you directly. A Certificate of Completion will be enclosed with the survey, which, when returned, will place you in a drawing to receive one of five \$25 gift cards.

Please submit the survey and certificate by November 1, 2023—only one survey and entry per individual. If you need help completing the survey, please contact OPTIONS at (435) 753-5353 for

Cache and Rich Counties and (435) 723-2171 for Box Elder County. Thank you so much for your willingness to assist OPTIONS. ◀

AT Demo Days

Assistive Technology (AT) **Demo Days** are offered on the first Tuesday of each month for anyone in the community, 10 a.m. to 2 p.m. at the AT Lab, 950 E 700 N, Logan. Tour the AT lab and library to see how people with disabilities can gain independence through creative solutions.

To learn more about the AT Lab and what AT is available to borrow, contact Dan O'Crowley, at dan.ocrowley@usu.edu or (435) 797-0699. ◀

New Program Coordinator







Taylor Moore

OPTIONS warmly welcomes Taylor Moore as a new Program Coordinator in Cache County. Taylor has grown up with OPTIONS and has been coming on CIP activities and volunteering for the past 17 years. Taylor is very excited to be a permanent part of OPTIONS, continuing to grow the relationships she has developed with consumers over the years, and is looking forward to creating new ones.

Taylor was raised in Tremonton and recently moved to Preston with her husband, Colton, and their two little girls, Remi and Greer. She enjoys almost anything outdoors - camping, riding the RZR, riding horses, and snowmobiling. She also loves DIYing rooms in her house, binging podcasts, and crocheting in her free time.

As a Program Coordinator, Taylor will assist with CIP activities, support groups, and more. Contact Taylor at taylor@optionsind.org or 435-753-5353 for assistance in becoming more independent. ◀



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!"</p> 					1	2
3	<p>4 Labor Day</p>  <p>Center Closed</p>	5	6	<p>7 ♦ Grocery Shop - Logan & Brigham</p> <p>★ Youth - Cooking Club</p>	8	9
10	<p>11 Patriot Day</p>	12	13	14	15	16
		<p>● Low Vision Support Group</p>	<p>❖ Women's Anxiety Group</p>	<p>♦ Grocery Shop - Logan & Brigham</p> <p>★ Youth - End of Summer BBQ</p>		<p>♦ CIP - Harvest Moon Festival</p>
17	18	19	20	21	22	22
		<p>● DSBVI Clinic - Logan</p> <p>♦ CIP - Fall Leaves Trip</p> <p>❖ WRAP - Providence Place</p>		<p>World Alzheimer's Day</p> <p>♦ Grocery Shop - Logan & Brigham</p>		<p>22 First Day of Fall</p>  <p>★ Youth - FanX</p>
24	25	26	27	28	29	30
		<p>● Low Vision Support Group</p>	<p>❖ Women's Anxiety Group</p> <p>♦ CIP - Bargain Move at Walker Theater</p>	<p>♦ Grocery Shop - Logan & Brigham</p> <p>★ Youth - Budgeting Class & Treats</p>		

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.

October

OPTIONS Event Calendar

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 ❖ WRAP - Providence Place	4	5 ◆ Grocery Shop - Logan & Brigham ★ Youth - Halloween Movie & Dinner	6	7 ◆ CIP - Heber Creeper, Lunch & Park City Outlets
8	9 Columbus Day	10	11 ❖ Women's Anxiety Group ◆ CIP - Spooky Movie & Dinner	12 ◆ Grocery Shop - Logan & Brigham	13	14
15	16	17 ● DSBVI Clinic - Logan ❖ WRAP - Providence Place	18 ◆ CIP - Fall Craft and Treats at the Park	19 ◆ Grocery Shop - Logan & Brigham	20 ★ Youth - Corn Maze & Haunted Hallow	21
22	23 ◆ CIP - Pumpkin Walk and Lunch at Super Chix	24 ● Low Vision Support Group	25 ❖ Women's Anxiety Group ● DSBVI Clinic - Brigham	26 ◆ Grocery Shop - Logan & Brigham	27 ★ Youth - Halloween Party & Dinner	28
29	30 ◆ CIP - Halloween Party	31 Halloween 	<p>Advice from a PUMPKIN...</p> <p>Be well rounded, Get plenty of sunshine, Give thanks for life's bounty, Have a thick skin, Keep growing, Be outstanding in your field, Think big!!!</p> 			

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** - September 7, 14, 21, & 28 and October 5, 12, 19, & 26.
- ★ **LOGAN GROCERY SHOPPING** - September 7, 14, 21, & 28, and October 5, 12, 19, & 26.

SEPTEMBER CIP ACTIVITIES

- ◆ **4 - 8, No CIP Activities.**
- ◆ **16 - Harvest Moon Festival (in Ogden).** Noon. Food prices vary, and activity donation \$5.
- ◆ **19 - Fall Leaves Trip and Lunch in Bear Lake.** 11:30 a.m. Lunch prices vary, and activity donation \$2.
- ◆ **27 - Bargain Movie at Walker Theater.** 7 p.m. Ticket cost \$6, and activity donation \$2.

OCTOBER CIP ACTIVITIES

- ◆ **7 - Heber Creeper, Lunch at Dairy Keen, and Park City Outlets.** (The train is not accessible since it is a historical attraction, so you must be able to transfer and use stairs). Noon. Train ticket \$15, lunch prices vary, and activity donation \$5.
- ◆ **11 - Spooky Movie and Dinner at the Center.** 7 p.m. Food cost \$3 and activity donation \$2.
- ◆ **18 - Fall Craft and Treats in the Park.** 11 a.m. Craft cost \$3, and activity donation \$2.
- ◆ **23 - Pumpkin Walk and Super Chix for Lunch.** Noon. Lunch prices vary, and activity donation \$2.
- ◆ **30 - Halloween Party.** Costumes optional. 6:30 p.m. Food cost \$3 and 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.
- ❖ **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.
 - September 13 and 27
 - October 11 and 25

- ❖ **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.
 - September 5, *When Things are Breaking Down*; and 19, *Crisis and Post Crisis*
 - October 3, *Luncheon and Graduation*; and 17, *Introduction and Wellness Tools*

● 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.
 - September 19 and October 17
 - **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.
 - October 25
- **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 provides 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.
 - September 12 and 26
 - October 24

★ 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.

SEPTEMBER YOUTH ACTIVITIES

- ★ **7 - Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **14 - End of Summer BBQ in the Park.** 5 p.m. meet at OPTIONS. Cost is \$5.
- ★ **22 - FanX.** Meet at OPTIONS. Time TBA. OPTIONS will cover the cost of the FanX ticket and lunch. Youth will need to bring money for dinner.
- ★ **28 - Budgeting Class and Treats.** 6 p.m. at OPTIONS. No cost.

OCTOBER YOUTH ACTIVITIES

- ★ **5 - Halloween Movie and Dinner.** 6 p.m. at OPTIONS. Cost is \$4.
- ★ **9 - 13, No Youth Activities or Classes due to Fall Break.**
- ★ **20 - Corn Maze and Haunted Hallow.** 5 p.m. meet at OPTIONS to travel to the American West Heritage. Cost TBA.
- ★ **27 - Halloween Party and Dinner.** Costumes welcome! 6 p.m. at OPTIONS. Cost is \$4.

OPTIONS FOR INDEPENDENCE
NORTHERN UTAH CENTER FOR INDEPENDENT LIVING
106 EAST 1120 NORTH
LOGAN UT 84341-7502
PHONE: (435) 753-5353, RELAY UTAH: 7-1-1
SPANISH RELAY: (888) 346-3162
FAX: (435) 753-5390

EMAIL: jbiggs@optionsind.org

WEBSITE: www.optionsind.org

FACEBOOK: <https://www.facebook.com/optionsindependence/>

LIVE UNITED



UNITED WAY OF CACHE VALLEY

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.

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Diana Ortiz - IL Coordinator and Benefits Specialist

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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.

Lovisa Ricks - Cleaning Service Provider

* **Penny Bunderson** - IL Coordinator for Box Elder County

* **Natalie Doutre** - Program Coordinator 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: bundersonp@gmail.com or ndoutreoptions@gmail.com