

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

November/December 2023

10 Tips for Including People with Disabilities in Your Holiday Celebrations

With the holiday season upon us, it is easy to hold a gathering where all guests — with and without disabilities — feel welcomed, respected, and have fun. All it takes is some planning. Here are some tips to ensure your gatherings are inclusive, thoughtful, and welcoming to all.

1. Don't be afraid to include guests with disabilities.

All too often, people with disabilities are not invited to events or don't go because they feel embarrassed to "put someone out" by asking for a simple thing that will help them attend. You can build a new level of trust and affection by telling them their presence is valued and asking what they need.

2. Include a line about disability accommodations in the RSVP.

Remember that not all disabilities are visible, so you may not know someone you want to include in your event has a disability. Including a line about accommodations and food allergies in the invitation's RSVP lets guests know that everyone is welcome.

3. Special Diets.

Anyone can have allergies, celiac disease, or lactose intolerance, but you won't know unless you ask. It is thoughtful to have food everyone can enjoy, and it can be as simple as picking up a gluten-free cupcake to serve with the cake.

4. Physical Access.

Most public places are accessible. However, because religious institutions are exempted from the Americans with Disabilities Act (ADA), some are not. Entrances and bathrooms need to be accessible for guests with mobility disabilities.

5. Addressing Attitude.

Kids and adults can be daunted when encountering someone different from them. If children are at the event, you can talk to them about kindness and respect for each other and their differences at the start. It can be an excellent opportunity for kids to learn about one another.

6. Involving Parents.

Holiday gatherings can be exhausting for the hosts. Asking a parent or two to volunteer to help can lighten the load. Parents may feel more comfortable, especially if their child has social anxiety issues, if they are invited to stay or help.

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7. Sensory overload awareness.

Holiday gatherings can cause sensory overload for any child or adult. But for a person with autism or a sensory processing disorder, a large group can be overwhelming. Avoid using flashing lights, keep music low, and provide a quiet room where guests can take a break when needed.

8. Communication.

If a guest attending the gathering is non-verbal or communicates in other ways, such as American Sign Language or a communication board, talk about it with your guests. Installing free Dragon software onto an iPad in advance can enable you to speak with someone deaf, as it instantly transcribes what you are saying. Remember to speak directly to a child or adult, whether they are verbal or not.

9. Reading, Cognitive Access, and Vision Issues.

Children and adults with cognitive, learning disabilities, or vision impairments might be unable to read the menu or instructions for a game. Pictures and verbal instructions are helpful, as well as pairing individuals with those who can help. It's always great to have an extra pair of reading glasses around if you are inviting seniors.

10. Enjoy the gathering!

Don't let inclusion stress you out. If you are reading this list and considering these tips, you are already doing more than most! Stay positive, smile, and have a great time! ◀

Warming Center

The William A. Burnard (WAB) Warming Center will operate again from the first part of December through March 31, from 7 p.m. to 8 a.m. *Hours and months of operation may be adjusted depending on available resources.* It will be in the exact location as last year at the St. John's Episcopal Church, 85 E 100 N in Logan. The entrance is on the East side. The Center includes a check-in area, kitchen, bathrooms, nursery, outdoor patio, area for pets, and resting area with cots.

The Warming Center is for those needing temporary overnight shelter during the coldest months of the year. It is not a homeless shelter but an emergency crisis response center where people's basic needs can be met and safety ensured. Access to water, snacks, warm-weather clothing, and information about community programs and resources is provided. Both individuals and families are welcome at the Center.

For more information on the WAB Warming Center, visit <https://www.wabwarmingcenter.org/home>. You may also contact them directly with questions or if you would like to be a volunteer by emailing info@wabwarmingcenter.org or calling (435) 757-3336. ◀

The ADA National Network's Employment Resource Hub

The Americans with Disabilities Act (ADA) National Network announces its new Employment Resource Hub! This new resource provides information about rights and responsibilities in the workplace and every stage of employment. It is divided into nine sections addressing specific employment-related issues and the ADA.

- 1) Employment and ADA Basics
- 2) Pre-Employment: Interviews, Hiring and Examinations
- 3) Reasonable Accommodation FAQs
- 4) A Guide to Requesting Reasonable Accommodations
- 5) Addiction, Recovery, and Employment
- 6) Service and Support Animals in the Workplace
- 7) Employment and Mental Health
- 8) Veterans and the ADA
- 9) Work Leave

Start exploring the brand-new Employment Resource Hub today! Go to <https://adata.org/employment-resource-hub>. ◀

HEAT Program

The Home Energy Assistance Target (HEAT) Program helps residents of Cache, Rich, and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State and offers assistance from November 1 to March 31 unless funds run out early.



To qualify for HEAT, you must meet the following requirements:

- Be the person responsible for the utilities.
- Have at least one household member who is a US citizen or qualified alien.
- Have an income at or below 150 percent of the federal poverty level.

To apply, you can schedule an appointment at one of the following numbers:

- **Box Elder County** (435) 723-1116
- **Cache County** (435) 713-1444
- **Rich County** (877) 772-7242

Or apply online at <https://brag.utah.gov/heat-utility-assistance-program/>.

If you are in danger of shut-off, contact the year-round energy crisis assistance at (435) 752-7242. ◀

Thank you

OPTIONS for Independence would like to thank everyone who has generously donated during the past year. Your gifts of

financial support and gently used assistive technology are greatly appreciated. Through your donations, many people with disabilities have achieved and maintained independence. You have truly made a difference, and OPTIONS is extremely grateful! ◀

Healthy Relationships University (HRU)



Healthy Relationships University (HRU) will hold an 8-week class for people with disabilities 24 years and older. Come learn how to develop strong relationships with family, friends, community members, and romantic partners.

- October 26 to December 21, 2023 (every Thursday, except Thanksgiving)
- 1:30 to 3 p.m.
- At OPTIONS for Independence, 106 E 1120 N, Logan

OPTIONS will provide **NO** transportation. Participants will be responsible for getting themselves to and from each class.

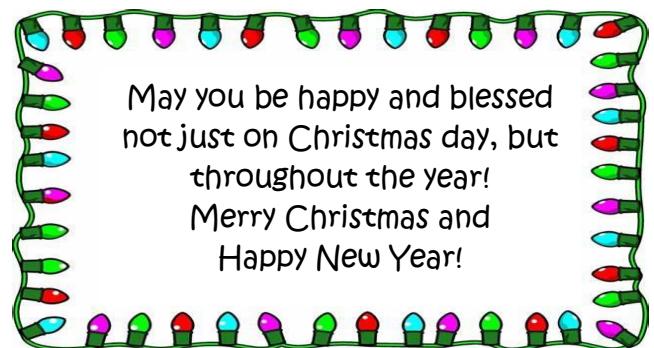
Please RSVP to Wendi Nelson at (435) 753-5353 or wnelson@optionsind.org. Since space is limited, please sign up as soon as possible. OPTIONS looks forward to working with you. ◀




Bring the joy of Christmas to less fortunate children in Box Elder, Cache, Rich, and Franklin Counties. To make a request, donate, or get more information, contact:

- ★ Melanie Sweet, (435) 760-2811
- ★ Michael Soholt, (435) 339-3340

You may also email logan.ut@toysfortots.org or go to the website at <https://www.toysfortots.org/>. ◀



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>To succeed in life, you need three things: a wishbone, a backbone, and a funny bone ~ Reba McEntire</p>			<p>1 ★Youth - Budgeting Class</p>	<p>2 ♦ Grocery Shop - Logan & Brigham</p> <p>❖ HRU Class</p>	<p>3</p>	<p>4</p>
<p>5 Daylight Savings Time ends</p> 	<p>6</p>	<p>7 ● DSBVI Clinic - Logan</p>	<p>8 ❖ Women's Anxiety Group</p> <p>♦ CIP - Bargain Movie Night</p>	<p>9 ♦ Grocery Shop - Logan & Brigham</p> <p>★Youth - Bowling</p> <p>❖ HRU Class</p>	<p>10</p>	<p>11 Veteran's Day</p> 
<p>12</p>	<p>13</p>	<p>14 ● Low Vision Support Group</p> <p>❖ WRAP - Providence Place</p>	<p>15 ♦ CIP - Brunch and Christmas Shopping</p>	<p>16 ♦ Grocery Shop - Logan & Brigham</p> <p>★Youth - Cooking Club</p> <p>❖ HRU Class</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 ♦ CIP - Thanksgiving Lunch</p>	<p>21 ♦ Grocery Shop - Logan & Brigham</p>	<p>22 ❖ Women's Anxiety Group</p>	<p>23 Thanksgiving</p>  <p>Center Closed</p>	<p>24 Thanksgiving Holiday</p>  <p>Center Closed</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30 ♦ Grocery Shop - Logan & Brigham</p> <p>❖ HRU Class</p>	<p>There is always something to be thankful for!</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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"It is not how much we give but how much Love we put in the giving." ~ St. Teresa</p>					<p>1 ♦ CIP - Simple Treasures Boutique</p>	<p>2 ★ Youth - Christmas Shopping Trip</p>
3	4	<p>5 ★ Youth - Movie Night</p>	<p>6 ♦ CIP - Christmas Pajama Party</p>	<p>7 Pearl Harbor ♦ Grocery Shop - Logan & Brigham ❖ HRU Class</p>	8	9
10	11	<p>12 ● Low Vision Support Group ❖ WRAP - Providence Place ♦ CIP - Christmas Light Show</p>	<p>13 ❖ Women's Anxiety Group</p>	<p>14 ♦ Grocery Shop - Logan & Brigham ❖ HRU Class</p>	<p>15 ★ Youth - Christmas Party & Dinner</p>	16
17	18	<p>19 ● DSBVI Clinic - Logan ❖ WRAP - Providence Place</p>	20	<p>21 Winter Begins ♦ Grocery Shop - Logan & Brigham ★ Youth - Christmas Lights and Dinner ❖ HRU Class</p>	<p>22 Christmas Holiday  Center Closed</p>	23
<p>24 Christmas Eve  New Year's Eve 31</p>	<p>25 Christmas  Center Closed</p>	<p>26 Christmas Holiday  Center Closed</p>	27	28	<p>29 Christmas Holiday  Center Closed</p>	30

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 Brigham & Logan - 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** - November 2, 9, 16, 21, & 30 and December 7, 14, & 21.
- ★ **LOGAN GROCERY SHOPPING** - November 2, 9, 16, 21, & 30 and December 7, 14, & 21.

NOVEMBER CIP ACTIVITIES

- ◆ **8 - Movie Bargain Night at the Walker Theater.** 7 p.m. Movie cost \$6, and activity donation \$2.
- ◆ **15 - Brunch at Angie's and Christmas Shopping at Outlets (TJ Maxx, Five Below, HomeGoods, and Big Deal Logan Outlet).** 10 a.m. Activity donation is \$2.
- ◆ **20 - Thanksgiving Lunch at Chuck-a-Rama.** 11:30 a.m. Lunch costs are around \$13 for seniors and \$15 for adults, without tax and tip. Activity donation is \$2.

DECEMBER CIP ACTIVITIES

- ◆ **1 - Simple Treasures Boutique at Weber County Fairgrounds and Lunch at the Union Grill.** 11:30 a.m. Boutique admission is \$1. Meal prices vary, and activity donation is \$5.
- ◆ **6 - Christmas Pajama Party at the Center.** Join OPTIONS for dinner and a fun holiday movie. 5 p.m. Dinner cost is \$3, and activity donation is \$2.
- ◆ **12 - Christmas Light Show and Dinner.** Visit a light show set to music at Willard Bay State Park and Dinner at the Grille in Tremonton. 4:30 p.m. Dinner prices vary, light display is free, 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.
 - *Please see the HRU article on page 3 for upcoming dates and times of a new class for people with disabilities 24 years and older.*
- ❖ **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.
 - November 8 & 22 and December 13

- ❖ **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.
 - November 14, *Peer Support – Surviving the Holidays*
 - December 12, *Peer Support – New Year, New You*
 -

● **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, between 9 a.m. to 4 p.m.
 - November 7 and December 19
- **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.
 - November 14 and December 12

★ **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.

NOVEMBER YOUTH ACTIVITIES

- ★ **1 - Budgeting Class.** Make and take low-cost gift ideas. 6 p.m. at OPTIONS. No cost.
- ★ **9 - Bowling at the Fun Park.** 5 p.m. meet at OPTIONS. Cost to be determined.
- ★ **16 - Cooking Club.** Come learn a fun recipe that you can make for your Thanksgiving dinner. 6 p.m. at OPTIONS. Cost is \$1.
- ★ **20 - 24, No Youth Activities during the Thanksgiving Holiday.**

DECEMBER YOUTH ACTIVITIES

- ★ **2 - Christmas Shopping Trip to Layton.** 9 a.m. meet at OPTIONS. Youth can earn up to \$25 for the shopping trip by attending November's budgeting class and cooking club. Bring money for lunch at the mall food court.
- ★ **5 - Movie Night.** Details to be announced.
- ★ **15 - Christmas Party and Dinner.** 6 p.m. at OPTIONS. No cost.
- ★ **21 - Christmas Lights and Dinner at Big J's.** 5 p.m. meet at OPTIONS. Bring money for dinner at Big J's. OPTIONS will pay for hot chocolate at the Hot Chocolate Hut at the lights display.

★ 25 - 29, No Youth Activities during the Christmas/New Year Holidays.

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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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