

# OPTIONS *for* Independence

Making independence a reality

Newsletter of the  
Northern Utah  
Center for Independent Living

July/ August 2024

## Summer Safety

Warm weather and long days are perfect for outdoor sports and activities, exploring nature, swimming, traveling with family and friends, and making happy memories. Here are some safety tips to help you and those you love stay safer and healthier all summer long.

### Water Safety:

Whether your family is spending time in the pool, at the beach, or on a boat this summer, you should be aware of the proper safety precautions to follow. Parents of young children should:

- Never leave your child unsupervised near water at home or around any body of water, including a swimming pool.
- Remember that very young children can tumble headfirst into buckets, ice chests, tubs, outdoor water features, toilets, and other containers of water.
- Ensure that any boating activities include proper flotation devices, such as U.S. Coast Guard-approved life jackets, in case of an emergency.
- Consider learning CPR, especially if your child regularly participates in water activities.

### Summer Skin Safety:

One of the last things you're thinking about when you're relaxing on the beach is the possibility of developing skin cancer later in life. But how you care for your skin now — and your children's — may make a big difference down the road. Skin cancer is the most common type of cancer in the world, accounting for almost half of cancer cases.

According to the American Cancer Society, about 3.5 million cases of skin cancer are diagnosed in the United States each year. Wearing sunscreen properly and consistently — applying broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more — can lower your risk.

Other good ways to protect your skin during the summer include:

- Staying out of the sun during the peak hours of 10 a.m. to 2 p.m.
- Avoiding tanning beds.

### Heat Stroke, Heat Exhaustion, and Other Heat-Related Illness:

Heat-related illnesses are a real risk in the summer, especially when working or exercising.

See **Summer** – Page 2

## INSIDE THIS ISSUE



1. **Summer Safety**

2. **Accessible Chef**

**ADA Picnic**

3. & 4. **Event Calendars**

5. **Grocery Shop**

**Community Integration Program (CIP)**

6. **Low Vision Program**

**IL Classes & Support Groups**

**Youth Program**

7. **MID Program**

**Patriotic Coloring**



## Accessible Chef

Accessible Chef is a collection of free visual recipes and other resources to help teach cooking skills to individuals with disabilities at home or in a special education classroom.

These are some of the elements the site offers:

- It's all free!
- They have a Recipe Creator program - making visual recipes that are much simpler to understand and easier to follow for individuals with developmental disabilities.
- Video guides (by a certified occupational therapist) about how to teach cooking to individuals with disabilities.
- Creative suggestions for learning pre-cooking skills.

Knife safety:

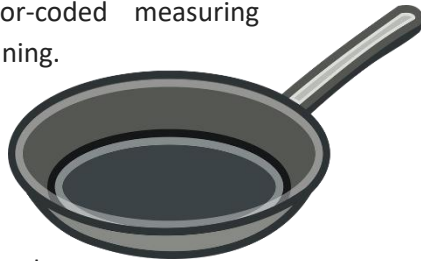
- Starting with plastic replica knives.
- Cutting with play-doh.

Heat safety:

- Taking trays in and out of a cold oven.
- Straining a pot of marbles and cold water instead of boiling water.
- Putting objects on a cookie sheet; balance while walking around the room.

Measuring:

- Create flashcards with measurements to match the term with the fraction.
- Measure with dry ingredients like macaroni or dried beans.
- Buying color-coded measuring cups for training.



Finding items in the kitchen:

- Scavenger hunt.

There is also a resource gallery and AT cooking utensil suggestions. It can be easily adapted for a class, individual, or parent/guardian.

**Summer** – From Page 1

Learn the symptoms of heat cramps, heat exhaustion, and heat stroke, and be sure to stay hydrated with plenty of water when you are enjoying the outdoors on a hot day.

### Summertime Sports Injuries:

If your bike, running shoes, skateboard, basketball, tennis racket, or other sports equipment have been gathering dust all winter and you are ready to move again, remember to go slow first and take other precautions to prevent sports injuries.

For instance, overuse injuries commonly affect both professional and amateur athletes and may be prevented by warming up before exercise, using proper technique, and avoiding overexertion.

### Insect Stings, Ticks and Lyme Disease Prevention:

Protect yourself and your family from insect bites and stings and ticks, which can spread Lyme disease. If you spend time outdoors, check yourself frequently for ticks, particularly your underarms, navel, behind your knees, and anywhere clothing presses on the skin.

If any of your loved ones are allergic to stings from bees or other insects, make sure you have emergency treatment with you before you leave the house and set out into the great outdoors.

### **ADA Picnic**

In recognition of the 34<sup>th</sup> anniversary of the passage of the Americans with Disabilities Act (ADA), you are invited to join OPTIONS at the annual:

**ADA/ Summer Picnic Party**  
**Wednesday, July 31, 5:30 p.m.**  
**Merlin Olsen Park**  
**300 East Center Street, Logan**



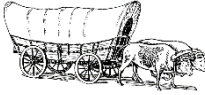

Join OPTIONS for dinner, outdoor activities, bingo, and fun at the park. Dinner will be served at 6 p.m. at the North Pavillion, reserved exclusively for OPTIONS' consumers, family members, and Friends.

There is no cost to participate in this celebration; however, you need to RSVP by Friday, July 26! Limited transportation will be available.


# July

# OPTIONS Event Calendar

# 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 ◆ CIP – Tubing the Onieda Narrows	3	4  INDEPENDENCE DAY CENTER CLOSED	5	6
7	8 ◆ CIP – Brigham City Pool	9 ● Low Vision Support Group ⌘ APG – Picnic and Planning ❖ WRAP - Providence Place	10 * Youth – Laundry Do's & Don'ts IL	11 ◆ Grocery Shop - Logan & Brigham	12 * Youth – Hill Air Force Museum	13
14	15	16 ● DSBVI Clinic -Logan ◆ CIP – Tony Grove * Youth – Matinee Movie	17 ⌘ APG – Game Night	18 ◆ Grocery Shop - Logan & Brigham * Youth – Cleaning IL	19	20
21	22	23 ● Low Vision Support Group ◆ CIP – Bargain Movie Night	24  PIONEER DAY CENTER CLOSED	25 ◆ Grocery Shop - Logan & Brigham * Youth – Personal Hygiene IL	26 * Youth – Clark Planetarium	27
28	29	30	31 ★ OPTIONS' Annual ADA/ Summer Party (See Page 2)	 America, Sweet Land of Liberty.		

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>Live in the sunshine. Swim in the water. Drink in the wild air.</p> 				<p>1 ♦ Grocery Shop - Logan &amp; Brigham</p> <p>* Youth – Boondocks</p>	2	3
4	5	<p>6 ♦ CIP – Bee’s Baseball Game</p>	<p>7 * Youth – Cooking Club</p>	<p>8 ♦ Grocery Shop - Logan &amp; Brigham</p>	<p>9 * Youth – End of Summer Shopping</p>	10
11	12	<p>13 ● Low Vision Support Group</p> <p>⌘ APG – Bowling at the Fun Park</p> <p>❖ WRAP - Providence Place</p>	<p>14 ♦ CIP/ Youth – Bear Lake</p>	<p>15 ♦ Grocery Shop - Logan &amp; Brigham</p>	16	17
18	19	<p>20 ● DSBVI Clinic -Logan</p>	21	<p>22 ♦ Grocery Shop -Logan &amp; Brigham</p> <p>♦ CIP – Box Elder County Fair &amp; Rodeo</p>	23	24
25	26	<p>27 ● Low Vision Support Group</p> <p>♦ CIP – Outdoor Movie at the Center</p>	<p>28 ⌘ APG – Online Safety</p>	<p>29 ♦ Grocery Shop -Logan &amp; Brigham</p>	<p>30 * Youth – Budgeting Class</p>	31

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/activity donation. Please use the CVTD bus system whenever possible.

## ◆ Community Integration Program (CIP) Activities ◆

*People of all ages with disabilities 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** – July 11, 18 & 25 and August 1, 8, 15, 22 & 29.

★ **LOGAN GROCERY SHOPPING** – July 11, 18 & 25 and August 1, 8, 15, 22 & 29.

### JULY CIP ACTIVITIES

- ◆ **2 – Tubing the Oneida Narrows.** Noon. Tubing will be optional and we will have lunch at a group site. Lunch is \$3 and activity donation is \$5.
- ◆ **8 – Brigham City Pool.** Noon. Bring a sandwich and OPTIONS will provide drinks and sides. Cost for the pool is \$7, over 60 is \$3.50. Activity donation is \$2.
- ◆ **16 – Tony Grove Canoe and Lunch.** 11:30 a.m. Canoeing is \$7, Lunch is \$3 and activity donation is \$2.
- ◆ **23 – Bargain Movie Night – Twister at the Logan Megaplex.** 7 p.m. Ticket price is \$6 and activity donation is \$2.
- ◆ **31 – ADA Picnic** 5:30 p.m. at Merlin Olsen Park. No Cost.

### AUGUST CIP ACTIVITIES

- ◆ **6 – Bee’s Baseball Game.** Time TBD. Bring money for dinner; hotdogs and drinks are half-priced. Ticket price is \$7.50 and activity donation is \$5.
- ◆ **14- Bear Lake Day.** 11:30 a.m. We will be at the beach for 3 to 4 hours; you can bring your own small cooler. Cost for lunch is \$3 and activity donation is \$2; bring money for dinner or shakes afterward. This is a combined activity with OPTIONS Youth.
- ◆ **22 – Box Elder County Fair & Rodeo.** 5 p.m. We will go to the fair for a couple of hours before heading to the rodeo. Bring money for dinner; ticket price is TBD, and the activity donation is \$2. \*Date subject to change.
- ◆ **27 – Outdoor Movie at the Center.** 8:00 p.m. We will have treats and watch a movie outside; this will be a late-night plan accordingly. 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](mailto: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](mailto:melanie@capsa.org) to schedule an appointment.
- ❖ **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](mailto:krostron@optionsind.org).  
**Providence Place Classes**, 234 N 300 W, Providence, 1 to 3 p.m.
  - July 9 Peer Support
  - August 13 Peer Support
  - WRAP will resume regular classes on September 10, 2024

### ● 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](mailto: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.
  - July 16
  - August 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 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.
  - July 9 & 23
  - August 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 emailed. Please make sure OPTIONS has your email address. Contact Sheri at (435) 753-5353 or [sstevens@optionsind.org](mailto:sstevens@optionsind.org) for more information.*

#### JULY YOUTH ACTIVITIES

- ★ **10 – Laundry Do's & Don'ts Class.** 5 p.m. at OPTIONS. No Cost.
- ★ **12 – Hill Airforce Museum.** 9 a.m. at OPTIONS. Bring money for lunch.
- ★ **16 – Matinee Movie – Despicable Me 4.** Time at OPTIONS TBD. Cost is \$6.
- ★ **18 – Cleaning Class.** 6 p.m. at OPTIONS. No Cost.
- ★ **25 – Personal Hygiene Class.** 6 p.m. at OPTIONS. No Cost.
- ★ **26 – Ride Front Runner to Clark Planetarium.** Cost and time TBD.
- ★ **31 – ADA Picnic** 5:30 p.m. at Merlin Olsen Park. No Cost.

#### AUGUST YOUTH ACTIVITIES

- ★ **1 – Boondocks.** 9:30 a.m. Meet at OPTIONS. Cost is \$20 and bring money for lunch at Wendy's.

- ★ **7 – Cooking Club.** 6 p.m. at OPTIONS. No Cost.
- ★ **9 – End of Summer Shopping Trip.** 9:30 a.m. Meet at OPTIONS. Bring money for lunch. Youth can earn up to \$25 for the shopping trip by attending the IL classes in July.
- ★ **14 – Bear Lake Day.** 10 a.m. Meet at OPTIONS. We will be at the beach for 3 to 4 hours, you can bring your own small cooler. Cost for lunch is \$3; bring money for dinner or shakes afterward. This is a combined activity with OPTIONS CIP.
- ★ **30 – Budgeting Class.** 6 p.m. at OPTIONS. No cost.

### ⌘ Adult Peer Group Activities ⌘

OPTIONS' wants to invite everyone ages 25-40 with disabilities to OPTIONS Adult Peer Group. Two activities will be held monthly, on the 2nd Tuesday and the 4th Wednesday of each month, starting in August (there may be some exceptions). Please come and participate and make lasting friendships and memories. If you want to be added to the email list, please email [wnelson@optionsind.org](mailto:wnelson@optionsind.org) Just a reminder: NO transportation is provided to or from activities.

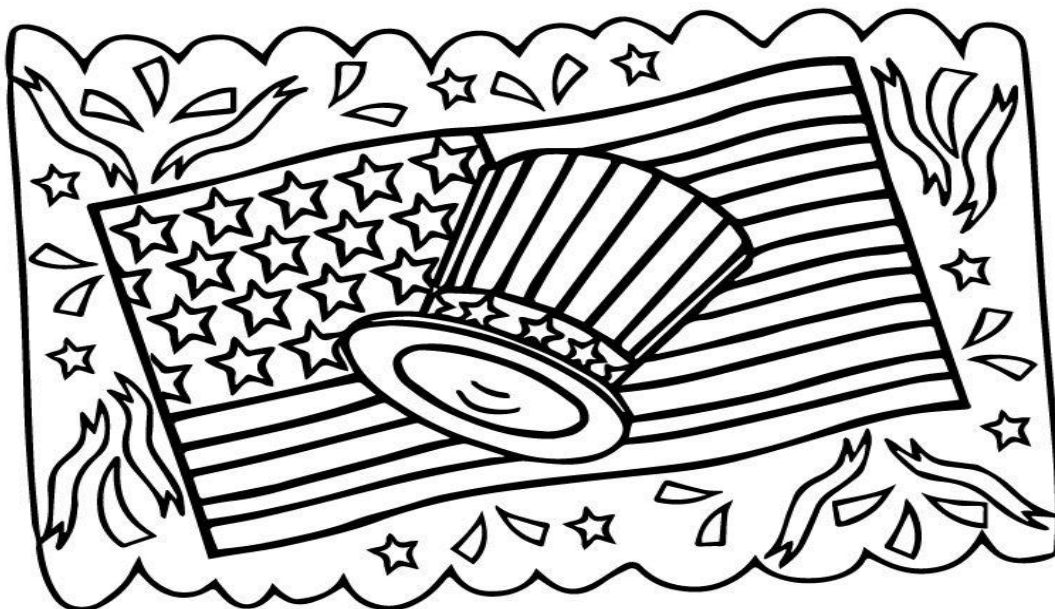
\*You are still invited to attend CIP for those ages 30 and above or the Youth Group for those ages 25 to 30. The new group does not replace these other groups; instead, it is an additional peer group for those 25-40.

#### JULY YOUTH ACTIVITIES

- ⌘ **9 – Picnic and Planning.** Meet at Merlin Olsen Park from 6-7:30 pm. Please come with your ideas to help plan our year. The Cost for the Picnic is \$3.
- ⌘ **17 – Game Night & Snacks.** 6-8 p.m. at OPTIONS. No Cost.

#### AUGUST YOUTH ACTIVITIES

- ⌘ **13 – Bowling at The Fun Park.** Meet at the Fun Park from 6-7 pm. The Cost is \$6 for game and shoe rental. Make sure you bring your socks!!!
- ⌘ **28 – Online Safety & Snacks.** 6 – 7:30 p.m. at OPTIONS. Come with your questions. No Cost.



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: [cheryl@optionsind.org](mailto:cheryl@optionsind.org)

WEBSITE: [www.optionsind.org](http://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.

---

### **OPTIONS BOARD MEMBERS**

**Alma Burgess** - President  
**Jaden Miller**

**Alysha Audd** - Vice President  
**Brittany Cox**

### **OPTIONS STAFF**

**Cheryl Atwood** - Executive Director  
**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  
**Taylor Moore** - Program Coordinator  
**Sheri Stevens** - IL Coordinator for Youth Program  
**Deon Atwood** - Youth Program and Loan Bank Coordinator  
**Jessica Baxter** - IL 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: [penny@optionsind.org](mailto:penny@optionsind.org) or [natalie@optionsind.org](mailto:natalie@optionsind.org)