

OPTIONS *for* Independence

Making independence a reality

Newsletter of the
Northern Utah
Center for Independent Living

March / April 2025

What is Self-Care, and Why is it Important for you?

Self-care is anything you do to keep yourself mentally, emotionally, physically, socially, and spiritually healthy. If you don't practice self-care regularly, you risk your well-being and are at risk of burnout.

What does self-care mean?

Self-care means taking care of yourself in a way that keeps you healthy physically, mentally, and spiritually. Even though it seems obvious, self-care often gets neglected during tough times or big life changes. It's important to remember to prioritize it and not overlook its importance.

Why is self-care important?

Neglecting self-care can lead to missed opportunities for relaxation and rejuvenation. Taking time for yourself helps relieve daily pressures and allows you to recharge, making you more productive. Overworking yourself can lead to burnout, depression, anxiety, resentment, and other negative effects.

What are the benefits of self-care?

Self-care offers many benefits for your overall well-being. Here are some key benefits:

*Improved physical health: this can be done through regular exercise, eating nutritious meals, and getting enough sleep.



*Better mental and emotional well-being: Self-care can help reduce stress, anxiety, and symptoms of depression. It promotes better mental health by providing an opportunity to relax, recharge, and engage in activities that bring joy and fulfillment.

*Increased productivity and focus, better relationships, increased self-esteem and self-worth, and decreased burnout.

How to practice self-care.

The main reason people skip self-care is a lack of time. Even though we're all busy, it's crucial to make time for ourselves each day, even if it's just a few minutes. Self-care doesn't have to cost anything, and you can do it at home. Even if you only have 5-minute breaks throughout the day, it's still better than skipping it altogether.

S-leep **E**-xercise **L**-ight **F**-ood **C**-lean **A**-void your Kryptonite **R**-outine & Rest **E**-ngage

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World Autism Week 2025

World Autism Acceptance Week is an annual event held worldwide to educate people about autism. Autism is a lifelong developmental condition that can affect how people communicate and interact with other people. Individuals with autism can also have sensory issues and may find some situations overwhelming and stressful.

World Autism Acceptance Week aims to teach people about Autism and how it affects people, hoping that more people will be accepting of Autism and better educated on the topic.



This year, World Autism Acceptance Week will be March 31 through April 6, 2025. It is always planned around World Autism Acceptance Day, which this year is April 2nd. The theme for World Autism Acceptance Week 2025 is color, so make sure that you wear as much color as you can!

There are many fantastic ways to participate in World Autism Acceptance Week 2025! One of the easiest and most important ways to involve yourself is to educate yourself and others on autism. Every person in this world is unique, with their own unique mind and their own unique ways of being. To challenge some of the prejudices about autism in society, consider reflecting on the following ideas to get started:

- ◆ No two Autistic people are the same.
- ◆ Autistic masking is exhausting.
- ◆ Just because I hide my emotions doesn't mean I don't feel them; I feel very deeply.
- ◆ Autism is my strength, not my weakness.


This week is important for various reasons, but one sticks out. People with Autism face plenty of barriers in life, which can lead to other issues. Those issues are related to mindfulness. Having

World Autism Acceptance Week in 2025 means individuals with autism are seen, heard, and can feel a part of a classroom, workspace, and society.






Self-Care -Continued

What are examples of self-care?





Consider these suggestions across the eight areas. Feel free to modify, replace, or include your ideas as you progress. Remember, this is about you.

1. **Emotional:** Talk to someone, reflect, journal, read, do something artistic, listen to music, work out, take a walk, watch something, cry it out, hug someone, cuddle, laugh, take a nap.
2. **Environmental:** Take a walk somewhere nice, breathe in fresh air, enjoy the sun and the night sky, avoid littering, pick up litter, reduce waste, use reusable products, recycle, clean your house, or redesign a room.
3. **Financial:** Develop a financial plan, open a savings account, start saving (even a \$1 per day), try saving even more if you are already saving, invest, cut back on unneeded purchases, consider what you can cut out, and avoid credit cards.
4. **Intellectual:** Read, listen to audiobooks, watch documentaries, complete puzzles, be mindful of the world, become curious, and try something new.
5. **Occupational:** Learn something new, take a class on a topic you enjoy, or take up a new hobby. 
6. **Physical:** Work out daily, walk, eat healthily, get your annual checkup, see the dentist, take medications as prescribed, avoid drugs and alcohol, and get 7-9 hours of sleep.
7. **Social:** Meet up with friends and family, keep in contact with old friends, volunteer, go out, have fun, engage in healthy social media use, stay positive
8. **Spiritual:** Meditate, pray, reflect, visit a meaningful site, do right by others, practice mindfulness, consider your higher purpose and meaning, and look to your higher power for support.

Self-care is key to maintaining balance and improving overall health. Making it a daily habit leads to a healthier, happier life. Life is precious, and we should take the time to enjoy it!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>I am a great believer in luck, and I find the harder I work, the more I have of it.</p> 						1
2	3 ❖ WRAP - OPTIONS	4	5 ♦ CIP – Game Night & Treats	6 ♦ Grocery Shop - Logan & Brigham * Youth – Cooking Club	7	8
9  DAYLIGHT SAVINGS	10 ❖ WRAP - OPTIONS	11 ● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – Bowling at the Fun Park	12 ♦ CIP – Clark Planetarium	13 ♦ Grocery Shop - Logan & Brigham	14 * Youth – St. Patrick's Day Party	15
16	17 ❖ WRAP - OPTIONS  St. Patrick's Day	18 ● DSBVI Clinic -Logan ♦ CIP – Smith & Edwards & Lunch	19 * Youth – CAPSA UPSTANDING Presentation	20 ♦ Grocery Shop - Logan & Brigham  Spring Begins	21	22
23	24 ❖ WRAP - OPTIONS ❖ WRAP - OPTIONS 31	25 ● Low Vision Support Group ❖ WRAP - Providence Place ⌘ APG – Bingo & Breakfast Night	26 ♦ CIP – Walker Movie	27 ♦ Grocery Shop - Logan & Brigham	28 * Youth – Emergency Preparedness	29
30						

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>Spring adds new life and new joy to all that is.</p> 		<p>1 ◆ CIP – Spring DIY</p> <p>APRIL FOOL'S</p>	2	<p>3 ◆ Grocery Shop - Logan & Brigham</p>	4	5
<p>6 WORLD AUTISM DAY</p> 	<p>7 ◆ CIP – Lewiston Theater</p> <p>❖ WRAP - OPTIONS</p>	<p>8 ● Low Vision Support Group ❖ WRAP - Providence Place</p> <p>⌘ APG – Movie at the Megaplex</p>	9	<p>10 ◆ Grocery Shop - Logan & Brigham</p> <p>* Youth – Cooking Club</p>	11	12
13	<p>14 ❖ WRAP - OPTIONS</p>	<p>15 ● DSBVI Clinic -Logan</p> <p>TAX DAY</p>	<p>16 ◆ CIP – Logan Outlet Trip & Cook's Underground</p>	<p>17 ◆ Grocery Shop - Logan & Brigham</p>	<p>18 * Youth – Shrek the Musical</p>	19
<p>20 HAPPY EASTER</p> 	<p>21 ❖ WRAP - OPTIONS</p>	<p>22 ● Low Vision Support Group ❖ WRAP - Providence Place</p> <p>⌘ APG – Dinner & Karaoke Night</p>	<p>23 ◆ CIP – Emergency Preparedness</p>	<p>24 ◆ Grocery Shop - Logan & Brigham</p> <p>* Youth – Budgeting Class</p>	25	26
27	<p>28 ❖ WRAP - OPTIONS</p>	<p>29 ◆ CIP – Lava Hot Springs</p>	<p>30 * Youth – Crystal Hot Springs</p>			

OPTIONS' transportation is limited for OPTIONS' activities exclusively, for those with no other means of transportation. **Some activities may have a waiting list.** 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 have a disability, be 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. You **must** RSVP at least 24 hours in advance.

- ★ **BRIGHAM GROCERY SHOPPING** – March 7, 14, 21 & 28, and April 4, 11, 18 & 25.
- ★ **LOGAN GROCERY SHOPPING** – March 7, 14, 21 & 28, and April 4, 11, 18 & 25.

MARCH CIP ACTIVITIES

- ◆ **5 – Game Night & Treats.** 6:30 p.m. Treats & Game \$3 & the activity donation is \$2.
- ◆ **12 – Clark Planetarium.** 11 a.m. Ticket is \$12, & activity donation \$5.
- ◆ **18 – Smith & Edwards & Ramblin Roads.** 11:30 a.m. Lunch prices vary, & activity donation is \$2.
- ◆ **26 – Walker Movie.** 7 p.m. Ticket is \$6, & activity donation \$2.

APRIL CIP ACTIVITIES

- ◆ **1 – Spring DIY & Treats.** Noon. DIY & Treats is \$3, & the activity donation is \$2.
- ◆ **7 – Lewiston Theater.** 7 p.m. Movie cost \$2 & activity donation \$2. (Theater subject to change.)
- ◆ **16 – Cache Valley Outlet Trip.** 11 a.m. We will be visiting Pepperidge Farm, Gossner's, Pajama & Sock outlet. Lunch at Cook's Underground, lunch prices will vary & activity donation \$2.
- ◆ **23 – Emergency Preparedness Night.** 6 p.m. Movie & dinner at OPTIONS. Dinner \$3 & activity donation \$2.
- ◆ **29 – Lava Hot Springs & Lunch.** 11:30 a.m. Pools are accessible the cost to soak is \$8, lunch prices will vary, & activity donation is \$5.

❖ **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.** This program teaches adults with disabilities to develop healthy and safe relationships through class time and activities. For more information, contact Wendi (435) 753-5353 ext. 104 or wnelson@optionsind.org. Classes will be offered at OPTIONS when there is enough interest to have a full class (10+ Students).
- ❖ **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.
- ❖ **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.
 - March 11 – Peer Support
 - March 25 – Peer Support
 - April 8 – Peer Support

→ April 22 – Peer Support

OPTIONS Classes, 2 to 4 p.m.

- March 3– Wellness Activity
- March 10 – Early Warning Signs
- March 17 – When Things Are Breaking Down
- March 24 – Crisis/ Post
- March 31 – WRAP Up
- April 7 – Peer Support
- April 14 – Peer Support
- April 21 – Peer Support
- April 28 – Peer Support

● **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.

- March 18
- April 15

- **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.

- March 11 & 25
- April 8 & 22

★ **Youth Program Activities** ★

OPTIONS' Youth Program is for youth with all types of disabilities, ages 12 to 25. 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 for more information.

MARCH YOUTH ACTIVITIES

- ★ **6 – Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **14 – St. Patrick's Day Party.** 6 p.m. at OPTIONS. Cost is \$5.
- ★ **19 – CAPSA UPSTANDING Presentation and Treats.** 6 p.m. at OPTIONS. Your whole family is invited to attend with you. No cost.
- ★ **28 – Emergency Preparedness & Movie.** 6 p.m. at OPTIONS. Cost is \$3.

APRIL YOUTH ACTIVITIES

- ★ **10 – Cooking Club.** 6 p.m. at OPTIONS. Cost is \$1.
- ★ **18 – Shrek the Musical.** 6:45 p.m. Meet at OPTIONS. Cost is TBD.
- ★ **24 – Budgeting Class & Treats.** 6 p.m. at OPTIONS. No cost.
- ★ **30- Crystal Hot Springs.** 4:30 p.m. Meet at OPTIONS. Cost is \$7.

⌘ Adult Peer Group Activities ⌘

OPTIONS would like to invite everyone ages 25-40 with disabilities to the OPTIONS Adult Peer Group. Two activities will be held monthly on the 2nd and 4th Tuesdays (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. Just a reminder: NO transportation is provided to or from activities.

MARCH APG ACTIVITIES

- ⌘ **11 – Bowling at the Fun Park.** Meet at the Fun Park at 6 pick-up at 7:30 p.m. Cost is \$5. Don't forget socks!
- ⌘ **25 – Bingo & Breakfast Night.** Meet at OPTIONS from 6-7:30 p.m. No cost.

APRIL APG ACTIVITIES

- ⌘ **8– Movie at the University Megaplex.** Meet at the Megaplex. The time to be announced closer to the date. Cost is \$5. OPTIONS will buy popcorn for everyone. If you want other snacks, please bring extra money.
- ⌘ **22– Karaoke & Dinner Night.** Meet at OPTIONS from 6-8 p.m. No cost.

30-Day Spring Cleaning Checklist

- | | | |
|---|---|--|
| 1. Clean & organize
pantry shelves. <input type="checkbox"/> | 11. Dust furniture, shelves
& decor <input type="checkbox"/> | 21. Dust ceiling fans &
light fixtures <input type="checkbox"/> |
| 2. Deep clean oven
& stovetop <input type="checkbox"/> | 12. Vacuum upholstered
furniture & cushions <input type="checkbox"/> | 22. Clean baseboards &
trim <input type="checkbox"/> |
| 3. Scrub sink &
Disinfect disposal <input type="checkbox"/> | 13. Clean TV screen &
other electronics <input type="checkbox"/> | 23. Vacuum & mop all
hard floors <input type="checkbox"/> |
| 4. Clean & organize
Fridge & freezer <input type="checkbox"/> | 14. Wash windows & window
sills <input type="checkbox"/> | 24. Wipe down light <input type="checkbox"/>
switches & doorknobs |
| 5. Wipe down kitchen
Cabinets & counters <input type="checkbox"/> | 15. Organize the media area
or entertainment center <input type="checkbox"/> | 25. Clean & organize
office area <input type="checkbox"/> |
| 6. Clean & disinfect toilets <input type="checkbox"/> | 16. Vacuum mattress &
flip it <input type="checkbox"/> | 26. Clean & organize junk
drawer <input type="checkbox"/> |
| 7. Scrub bathtub, walls &
Showerhead <input type="checkbox"/> | 17. Wash bedding <input type="checkbox"/> | 27. Organize linen closet |
| 8. Clean bathroom sink &
Vanity <input type="checkbox"/> | 18. Dust & polish furniture <input type="checkbox"/> | 28. Clean & organize <input type="checkbox"/>
utility area |
| 9. Wash shower curtain or
Clean shower door <input type="checkbox"/> | 19. Declutter & organize
Clothings drawers/ shelves <input type="checkbox"/> | 29. Deep clean carpets
& rugs <input type="checkbox"/> |
| 10. Organize bathroom
Cabinets & drawers <input type="checkbox"/> | 20. Declutter & organize
closet <input type="checkbox"/> | 30. Celebrate! Buy some
flowers or a new item
for your home <input type="checkbox"/> |

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LIVE UNITED



UNITED WAY OF CACHE VALLEY

This Newsletter is Available in Alternate Formats upon Request & on Our Website

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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