2020 Utah Legislative Session
January 27th - March 12th

Advocate, Educate,
Let your voice be heard!

The 2020 Legislative Session is fast approaching. Beginning January 27th state legislators will convene at the Capitol to discuss and debate budgets and state policies. This is a critical time to get involved and communicate with legislators about issues that we as a community have concerns about. Roads To Independence and other organizations are resolved to join efforts to make a presence and educate legislators about our needs and concerns. Everyone has busy lives but the work we do to communicate and build relationships with legislators makes a difference. We need to advocate to get a seat at the table. Nothing about us without us. We need to be proactive in voicing our needs and where we want changes. We have a responsibility to advocate for ourselves as well as those who are unable to voice their needs. Please do your part in making an effort. Stay informed. Write a letter. Make a phone call. This is how we make change.

Contact Roads To Independence to find out how you can be involved and make positive changes in the lives of people with disabilities.

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ROADS TO INDEPENDENCE STAFF
Andy Curry
Natalie Colvin
John Hess
Karen Bingham
Amanda Willard
Cindy Siddoway
Carmela Garcia
Samantha Einfeldt
Misty Hearnsberger
Katie Stoddard
Tracy O. Socwell
Rachel Litster
Shea McMurrin
Tylee Harmon
Brittany Cox
Jaci Moreno
Amy Palmer
Dan Kotter

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KEEP AN EYE OUT!
Roads To Independence is working on unveiling our new Web Site in the near future. It will be even more user friendly than before. It will contain more program content, more accessibility features, more information blogs, other available resources (links) and updated calendar for events and activities.

WWW.ROADSTOINDEPENDENCE.ORG
January 14, 2020 - 10:00 am to 3:00 pm - Pre Legislative Training
Please join us at the Capitol to receive training regarding the Legislative process and to learn how you can get involved to make sure that our voices are heard regarding the policies that effect people with disabilities. Rides will be available. RSVP by 1/8/2020

January 30, 2020 - Roads Legislative Meeting 11:00 am - 3:00 pm
Please join Roads To Independence in a discussion about the priorities and other legislative updates that effect changes to the services and support for people with disabilities. We will also discuss how we can strategize about specific talking points to educate our local and State Representative. Transportation and lunch will be provided. Please RSVP to Karen at 801-317-2857 for this event by Tuesday, January 24, 2020.

January 30, 2020 - Legislation Coalition Reception at the Capitol 4:30 - 6:30 pm
Join the Legislative Coalition for People With Disabilities (LCPD) and meet with our local representatives and share our stories and concerns. Rides and refreshments will be provided. Please RSVP for this event by Tuesday, January 24, 2020

The following are some of the items Roads will be watching and we encourage you to follow closely as well.

- Funding for The Division for Services for People with Disabilities (DSPD) waiting lists.
- Medicaid Expansion that was voted for in the general midterm election
- Changes in supports and services for people with disabilities

The Social Services Appropriations Committee is the committee to watch. This committee is the one that primarily deals with disability services. As the Session begins and progresses, the Social Services Appropriations will develop a list of priorities to be funded. It is very important that we communicate with legislators to let them know what services are important to us. By doing so, they will be able to make our needs a higher priority when deciding which programs to fund. There will be opportunities to speak before the committee during the first two weeks of the session. If interested, please contact us for specific dates and times.

Another way for citizens to be involved in the legislative process is to track bills and attend committee meetings. The following is a list of websites that can be used to find current information. They track bills and appropriations that involve healthcare and other disability related issues.

http://le.utah.gov/
http://disabilitylawcenter.org/
http://www.healthpolicyproject.org/
http://lcpdut.org

The state legislative website (http://le.utah.gov/) is a place to find the schedule of the committee meetings. It’s important to check often as the meetings are always subject to change.
Join us for a prom night you will never forget!
February 7, 2020 - 5:30 - 9:00 pm
Walk the Red Carpet
Have Dinner
Dance The Night Away
Transportation Provided
For people with disabilities ages 14 and up
Must be registered to attend Registration begins December 31, 2019
For more information and to register, visit www.genesisutah.com or call 801-698-3897

GET YOUR TAXES DONE FOR FREE
If you make under $56k a year you can get help with preparing your taxes from an IRS certified volunteer through the United Way and the Utah Community Action Partnership’s Volunteer Income Tax Assistance (VITA) Program.
If your household income is $56k or less, you can prepare your federal and state tax return for free!
Several local preparation sites are available. Some are by appointment only and some are first come first served.
CALL: 211 to find a site nearest to you or go online at https://utahtaxhelp.org
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<td>Rheumatoid Awareness Day February 2nd</td>
<td>Living Skills Class Starts Today 3-5pm. This is a 10-Class workshop</td>
<td>Crafting for Valentines Day 2-5pm @ the Center</td>
<td>Living Skills Class 3-5pm @ Center</td>
<td>Night To Shine Prom @ the Genesis Project must be registered to go.</td>
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<td>Living Skills Class 3-5pm @ Center</td>
<td>Snowshoeing Green Canyon with C.G. 9-11pm Bring $ for lunch RSVP BUS</td>
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<td>18 Seaquest Aquarium 10am Cost: $3.50 + Lunch $$$</td>
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<td>24 Cooking Class Starts today 3:00 pm @ center</td>
<td>25 Wheelchair Clinic 12-2pm</td>
<td>27 Crystal Hot Springs 11-4 Cost: $7 + bring food money BUS RSVP!!!</td>
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WHenever Possible: We encourage everyone to take advantage of PUBLIC TRANSPORTATION. This promotes independence. Please RSVP for events!
**Description of Activities - RSVP to Karen at 801-317-2857**

**Please pay in advance for activities**

**Capitol Pre-Legislation Training and Reception:** January 14, 2020 we will be going to the Salt Lake City Capitol for a pre-legislation training from 10-3pm. Then on January 30th we will be going to the Reception and talking to our legislation. This is from 10am to 7pm. Please RSVP to Karen as soon as possible. Transportation provided.

**Wheelin’ Wildcats:** The Wheelin’ Wildcats will be having their practices each Tuesday from 7:30 - 9:00 pm at Mound Fort Junior High School at 1396 Liberty Avenue except for holidays.

**Wheelchair Clinic:** Come in to RTI on the last Wednesday of each month from 12-2pm to get your equipment fixed!

**Canvas Painting:** Come and learn how to paint step by step on January 10th at the Center. Cost is $1.00, please RSVP.

**Grizzlies Game:** Come and enjoy the Grizzlies Game in SLC on January 20th. Limited tickets available. Please RSVP by January 13, 2020. Transportation provided.

**Snow Skiing at Beaver Mountain:** Join Common Ground and RTI for skiing at Common Grounds NEW facility at Beaver Mountain on January 17th from 10-3pm, Lunch served. Please RSVP by January 13th. Transportation provided.

**Hardware Ranch:** Enjoy a great Sleigh ride and see all the animals. January 24th from 12-4pm. We provide the hot cocoa! Bring a lunch! Cost is $2.50. Transportation provided. Please RSVP.

**Quilting:** Come and learn to quilt from beginning to end! This will be held on January 15th, February 12th and March 4th from 2-5pm at the center.

**Snow Shoeing at Green Canyon:** February 28th we will be with Common Ground at Green Canyon in Logan from 9-11am. After, we will stop in Logan for lunch so bring lunch money! Transportation provided, please RSVP by February 21st.

**Crafting:** Come and enjoy crafting for the holidays at the center on February 5th and March 6th from 1-4pm. Please RSVP at least 48 hours before the class.

**Seaquest Aquarium:** Join us for a fun day at the Aquarium then lunch in the food court afterwards on March 18th at 10am. Cost is $3.50 plus lunch money. Transportation Provided. Please RSVP.

**Cooking Class:** Come and learn how to cook on a budget with healthy recipes. This class is weekly starting on March 24th at 3:00 pm going until May 5th. Please RSVP.

**Crystal Hot Springs:** Enjoy the pools and fun! On March 27th at 11-4pm. Cost is $7.00 and please bring food money. Transportation provided. Please RSVP.

**Scrapbooking Class:** Learn how to scrap a page. Bring your pictures and book and join us for a great scrapbooking time!! Roads has all the supplies. This will be on January 28th, and March 13th from 1-4pm.

**Ceramics:** We meet from 2:00-4:00 pm at the Center on January 8th, February 19th and March 11th. The cost varies from free on up depending on how big your ceramic piece is. Please RSVP. Transportation provided.

**Bingo:** Second Tuesday of each month we have bingo night from 5-6 pm. Cost is $3.00. Everyone is welcome; bring family and friends here at the center!!

**Karaoke and Movie:** On Monday January 27th, February 24th and March 23rd from 5-8pm. We start with Karaoke from 5-6pm then a family friendly movie that everyone votes on. Come to the center and enjoy!

**Bowling:** Come up to Weber State Wildcat Lanes in the Shepherd Union Building for some pizza and two free games with us! For consumers and their families.

**I-Fly at the Solomon Center:** The I-Fly is adaptable; however, one has to have feeling in their legs. January 13th, February 10th and March 9th at 4:30pm. The cost is $7.50 per person for the first six consumers, then $15 for the next six.

**Community Living Skills Class:** This is a 10-week workshop starting on February 4th, every Tuesday and Thursday from 3-5pm with the last class on March 5th.
Please join us and the UTAH GRIZZLIES as we celebrate Ability Day
Come hang out with the UTAH GRIZZLIES as we take a day to promote inclusivity!
Special pricing and ADA seating is available to you on this special day

**Monday, January 20, 2020**

**Puck drops at 1:30 pm**

Transportation leaves at noon from RTI. **Must RSVP by January 13, 2020**
Call Karen at 801-317-2857

**Note:**
Must bring your own money for food and souvenirs
This event is on Martin Luther King Jr. Day. Office will be closed but activity will take place.
Join us for a new class at Roads

Community Living Skills is a ten session course for people who want to build their independent living skills

Workshop participants can:
Build support network with peers in the disability community
Explore options and possibilities for setting personal goals
Get information on skills and resources for living and participating in the community
Build confidence and comfort in decision making and problem solving

Workshop Sessions
Disability Identity - Peer Support - Self-Advocacy - Self-Care - Housing - Technical Skills
Budgeting & Finance - Healthy Relationships - Transportation - and Time Use

Classes will be held on Tuesdays and Thursdays from 3:00 - 5:00 pm Beginning February 4th through May 5th
Register at the Center or contact Karen at 801-317-2857

VOLUNTEER SPOTLIGHT
STEVE BROWN

Steven Brown is a wonderful volunteer. Steven comes in almost every day and helps Roads To Independence with anything we need done with a joyful smile and willingness to help. Steven speaks Spanish, has served in the Military in the Marines for three years. Steven likes Stevie Ray Vaughn music. He recently received his Bachelor’s Degree in Psychology in 2012. Steven and his wife Van just celebrated their 25th Anniversary. Congratulations! He says that volunteering with Roads To Independence has given him a sense of purpose. Steven has become part of the Roads family and we are so grateful to have him!

Consumer Spotlight
Debbie Parsons

Debbie Parsons is such a positive Lady! Since coming to RTI she has grown leaps and bounds! She is now in her apartment, self-advocated and now has a job. Debbie completed the self-esteem class and is an inspiration to so many! She enjoys writing and has written some amazing, beautiful poetry and short stories. She has one son and has had other children live with her and helped them as well. Children have always been close to her heart and she tries to help them out as much as possible. Debbie, we are all so proud of you!
WE ARE FINALLY PURCHASING OUR BUILDING!

But we need your help with the renovations to make it accessible

With the new space we will gain approximately another 5,000 square feet of space and will need to remodel the basement to include additional office, activity, loan bank, and classroom areas. We will also need to install an elevator for basement access.

Capital Building Campaign

We have started a Capital Building Campaign to help raise funds. We will be fundraising through foundations, as well as private donations. If you would like to contribute or would like to help us by volunteering your time and talents in helping us reach our mark, please call us and we can direct you to our Capitol Campaign committee. 801-612-3215 or go to our website to donate. Any donations of money, engineering, construction or other in-kind contributions are appreciated.

Watch for fundraising and volunteer activities throughout 2020

WHAT IS A VOLUNTEER?

What comes to mind when you hear the word “volunteer?” According to Merriam Webster, a volunteer is “a person who expresses a willingness to undertake a service.” Let’s take a moment to explore this explanation. What does it mean to be willing? Being a volunteer means that you are offering something – something that is not required nor an obligation.

You do not volunteer for the pursuit of a monetary prize or recognition. You volunteer because the optimist inside you, perhaps the idealist, spies a glimmer of hope. Social responsibility is often a driving force when it comes to volunteerism. Empathy and awareness simply come along with the territory.

Roads To Independence appreciates all our volunteers who helped us in 2019. People help us with our activities by serving food help set up at our activities, help with building upkeep, assist in our loan bank, help with phones and paperwork in our reception area, lead activities for our consumers, and many more. We also want to thank our staff’s family member that come to help out also.

THANKS TO OUR 2019 VOLUNTEERS

Programs to help you to be more Independent

VOLUNTEER DRIVER VOUCHER PROGRAM

This program provides individuals with a disability with getting rides from a person of their choosing to appointments and other approved destinations. Consumers will receive a voucher and then give it to their driver who can submit it for reimbursement at a rate $5.00 for trips less then 14 miles or .35 cents per mile for trips over 14 miles.

If you think you could benefit from this program or if you would like more information regarding eligibility and registration, call your Independent Living Specialist or come into our office.

TRAMATIC BRAIN INJURY PROGRAM

A TBI is caused by some kind of blow, jolt, or other injury to the head. Even a concussion is considered a TBI. TBI symptoms vary widely from “mild” to “severe” and may affect a person’s ability to work, go to school, or participate in social activities. A TBI can have a dramatic impact on a person’s ability to lead an active, fulfilling life.

A traumatic brain injury can have a negative impact on a person throughout their life. Families are also affected. Every day in Utah, 68 people are treated and released from the emergency department for a TBI, six are hospitalized, and one person will die from their injury.

We can help!

Roads To Independence is a TBI Fund provider. If you have or you know someone who has a TBI, contact us and we can set you up with a brain injury coach.

HAPPY RETIREMENT FOR OUR FRIEND JODI BOBBILOT

Jodi joined Roads To Independence, then Tri-County Independent Living Center on May 1, 2005 and became our first Independent Living Specialist. In February of 2006 she also became the Disabilities Coordinator for People with Disabilities until June of 2014 holding her role as an Outstanding Independent Living Specialist thereafter.

She completed many training and certifications including but not limited to SOAR (Social Security Training), HUD Fair housing training, Incident Report Training, Independent Living and Civil Rights training, Red Cross First Aid Training and Certification Instructor training for First Aid/CPR/AED and many others.

During the time that she has been with Roads, she has worked directly with over 3,800 people with Disabilities and provided over 35,000 services to her consumers. With her help, her consumers completed over 2300 goals and 1,500 consumer completed all their goals to maintain their independence or become independent in the community.

Jodi will be missed by her consumers and all the staff at Roads To independence that she has worked with. She was and is a truly remarkable person and advocate for people with disabilities. Jodi had the ability to connect with her consumers to help them become successful in their endeavor to become more independent through advocacy, peer support, and mentoring.

HAPPY RETIREMENT JODI!
Don’t forget to follow us on Facebook!!

Stay connected and stay informed on all the good things happening at Roads, including current information on activities, classes, and upcoming events. Check out pictures of past events and leave us comments!

To promote and enhance independence for all people with disabilities.

**Newsletter is available in alternative formats**

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