

ACTIVE RE-ENTRY

Independent Living Programs

10 South Fairgrounds Rd. Price, Utah 84501 • (435) 637-4950 • www.arecil.org

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Active Re-Entry Newsletter • Spring 2025



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Utah Independent Living Center's Request for Appropriations and Federal Funding Update

During the 2025 legislative session, which ended in March, the Utah Centers for Independent Living (CILs) made two funding requests to the Utah State Legislature. The first request for one-time funding for \$400,000 was specifically aimed at completing critical infrastructure and equipment projects, which totaled \$547,700. These projects addressed the essential needs of all the centers. For Active Re-Entry, the requested funds would have been utilized to replace the failing HVACs systems in the Price office. The centers had collectively raised \$235,000 toward these projects, demonstrating a significant level of local commitment and reducing the amount requested.

The second funding request sought ongoing funding of \$450,000. This amount was intended to support maintaining and restoring staff and services at the centers and sustaining the existing Independent Living programs and services offered by the Centers for Independent Living (CILs). The funding from both requests was planned to be distributed equally among all the CILs in the state. Unfortunately, the Independent Living Centers' request for funding was not granted.

Federal Funding: Shortly after President Trump's Inauguration, he signed an executive order Ending Illegal Discrimination and Restoring Merit-Based Opportunity. On January 27th, the Office of Management and Budget (OMB) issued a memo that called for the pause of all federal funding beginning January 28th. A restraining order



was filed to stop the memo from going into effect. On January 28th, the OMB rescinded the memo. However, the executive order remains in place. During this time, Active Re-Entry could not draw down its federal funding; however, it was made available approximately a week later. Due to ongoing litigation, our monthly funding has been made available temporarily. However, it is still uncertain what will happen with the funding in the future. The federal funding that Active Re-Entry receives is approximately 25% of the overall budget. Permanent cuts to this funding would have significant impacts on the organization.

*"The most effective
way to do it,
is to do it."
- Amelia Earhart*



Consumer Spotlight

Anna has been an active participant at Active Re-Entry for the past two years in both the CIP and Young Adult groups. She enjoys coming to Active Re-Entry because it allows her to meet new people, expand her world, and participate in fun activities. Some of Anna's favorite activities include cooking classes, exciting trips and the Healthy Relationships classes.

Anna also has a love for movies, with *The Wild Robot* and *Forrest Gump* being her current favorites. As an advocate, Anna is passionate about standing up for herself and others. She believes that by advocating for herself, she also advocates for others, making a positive impact in the process.

Anna is incredibly appreciative of the staff at Active Re-Entry, expressing her love for them and how important the organization is to her. Anna, we are so grateful for you and all you bring to Active Re-Entry. Thank you for being such an amazing part of our community!



Duchesne County Happenings:

Nutrition Class

Independent Living Coordinator Ryan Crozier recently had the opportunity to partner with USU Extension to teach a nutrition class to consumers in Duchesne County. Nine consumers attended, and they thoroughly enjoyed learning new strategies for finding good deals at the grocery store. One key takeaway was that healthy eating is less about removing unhealthy foods and more about adding healthy options to our lives. They focused on portion sizes, how to read food labels, and finding ways to make healthy eating easier by starting with small, simple choices that lead to great results over time.

Youth Program

The Youth Program is going incredibly well. Ryan is currently teaching "Living Well in the Community" classes at Union High School and Altamont High School.

The students are highly engaged and frequently come up with great analogies to help apply the principles being taught. One recent example involved an analogy comparing communication to playing catch. If a ball or message is thrown well, the catcher or recipient can easily catch it, which highlights the importance of clear communication.

Miracle Rodeo

Jamie, Ryan and Chris attended the Miracle Rodeo, sponsored by Delsco Northwest Inc. This event brings together youth with disabilities from Duchesne and Uintah Counties to participate in games, activities, horse rides, finishing off with a lunch of hamburgers and hot dogs. The event was lively, and several youth returned to our booth to play the games many times. Active Re-Entry sponsored the duck pull and ring toss games.

Assistive Robotics Paves the Way for Independence

By Telefonica.com

Robotics and automation technologies are being used for an assistive purpose: they are making life easier for people with disabilities, making the world around them more accessible. These advances not only give them independence and autonomy, but also help to reduce social stigma.

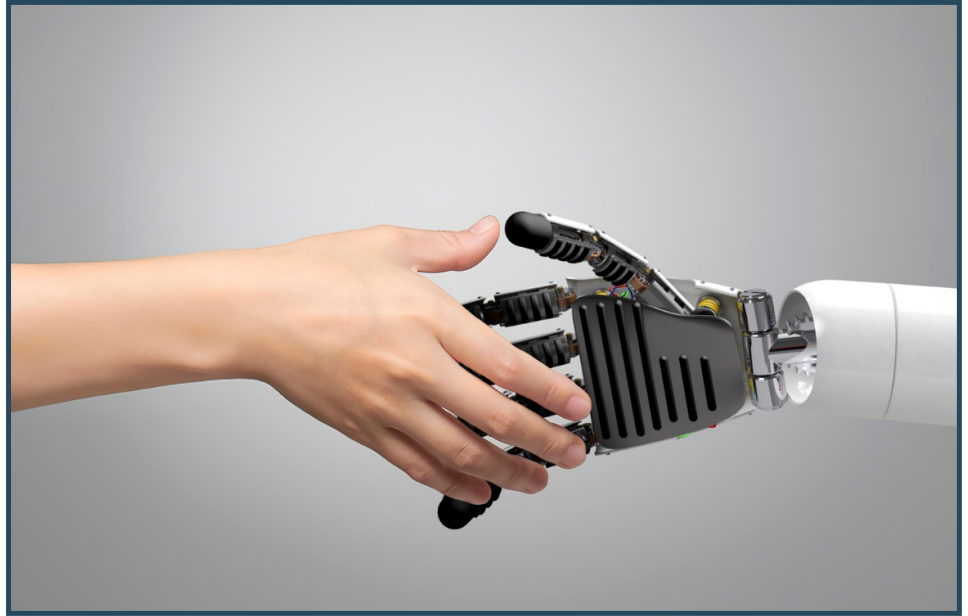
Assistive robotics ranges from exoskeletons and smart wheelchairs to rehabilitation machines and bionic limbs, among many other applications. Some are still in their infancy, and while it opens up opportunities, it also presents challenges. Here are some of the recent innovations in robots and technologies in the service of disability.

Exoskeletons to aid walking and rehabilitation processes

Also known as robot suits or motorized armors, they adapt to the body's movements through intelligent algorithms. They are available for the whole body or for the limbs. These exo-structures replace lost functionality, treat musculoskeletal problems, help physiotherapists with patients suffering from motor and cognitive disabilities, and exercise the movement of hospitalized patients.

Bionic limbs or prosthetics

3D printing is helping to make assistive devices that meet the needs of disabled people, such as prosthetic limbs. Robotics coupled with a Brain Computer Interface has led to bionic hands, arms and legs that connect to



nerves. The most innovative ones already transmit sensations, such as the cold and warmth of objects touched.

Devices for visual and hearing impairment

A robotic hand, designed to speak in sign language, is also helping people who are deaf and/or blind. These devices are able to translate English texts, from an email, a book or the internet, into this visual and gestural language. Thanks to robotics and other technologies, people who are deaf and/or blind can drastically improve their daily lives.

The first robotic guide dogs are in full development. They detect spaces and move autonomously, identifying people and avoiding obstacles using technologies such as artificial intelligence.

Autonomous vehicles

Autonomous cars are technologically a reality, and experts hope that they will also be a reality for people with visual

impairments, with the integration of audio, haptics (tactile feedback) and gestures that the vehicle recognizes, according to a study that proposes designing this type of car from the outset with inclusion and accessibility criteria.

To move around without the need for other people more easily and safely, smart wheelchairs add functions that electric wheelchairs do not. For example, obstacle and pedestrian detection, fall notification, automatic lighting, stair-climbing wheels or autonomous driving.

Intelligent walkers for people with reduced mobility, robotic repositioning cameras, machines capable of dressing people, hair washers, feeders, robots that transfer people, for example, from a wheelchair to a bed, and many more assistive robots improve the lives not only of people with disabilities, but also improve their careers.



Bingo Night In Roosevelt

Bingo Night at the Roosevelt Library was a success with a turnout of 80 people who brought their families for a fun night filled with prizes and light refreshments. Active Re-Entry would like to extend a heartfelt thank you to the sponsors who

helped make this event possible.

A special thanks to Duchesne County Library Systems for providing the space to host Bingo Night.

We would also like to thank Dorthy Carter, Roosevelt Vision Clinic, DCDC - Duchesne

County Development, UBTECH, and Custom Fit for generously donating the prize baskets that made the night even more exciting.

Thank you all for your support in making Bingo Night a memorable event!



Activities & Events Carbon & Emery Counties

Please call 435-637-4950 for more details.

Support Groups		
Grief Support Group @ Active Re-Entry For more information contact Terri at 435-637-4950	April 9 May 14 June 11	1:30 PM
Caregivers Support Group @ Active Re-Entry For more information contact Terri at 435-637-4950	April 30 May 28 June 25	1:30 PM
Active Access Support Group @ Active Re-Entry For more information contact Louie at 435-637-4950	April 25 May 30 June 27	Noon-2 PM
Low Vision Support Group @ Active Re-Entry For more information contact Tracy at 435-637-4950	April 17 May 15 June 11	1:30 PM



Building Connections at the Indigenous Resource Fair

Amy Farr, the Independent Living Coordinator from the Moab office, attended the Indigenous Resource Fair organized by Seekhaven Family Crisis and Resource Center. The event brought together

organizations from across southeastern Utah to help build a stronger, more supportive network for Indigenous communities.

Understanding Section 504 and Utah's Lawsuit

Section 504 is a part of the Rehabilitation Act of 1973, which ensures that people with disabilities have the same rights and access to programs, activities, and services as those without disabilities. It is a civil rights law that prohibits discrimination based on disability in any program or activity that receives federal funding, such as schools, hospitals, and government services.

The law helps protect students with disabilities by requiring schools to provide accommodations or modifications that allow them to fully participate in educational programs. For example, this could mean extra time on tests, a sign language interpreter, or a wheelchair-accessible classroom.

Recently, Utah has joined other states in filing a lawsuit challenging some aspects of how Section 504 is being applied. The lawsuit argues that the way certain rules and



regulations are being interpreted may be too restrictive or may impose unfair burdens on schools, which could impact how they provide services to students with disabilities. Utah's leaders believe that some of the changes could lead to more confusion or higher costs for schools, potentially making it harder to implement accommodations effectively.

This lawsuit is part of a larger

conversation about balancing the needs of students with disabilities and the resources available to support them. While Section 504 is designed to ensure equal opportunities for all students, some argue that its current application may need to be reevaluated to ensure it is fair and manageable for everyone involved.

If you have a personal experience with section 504 and how it has improved your life, impacted your friends and family, or even if you feel strongly these protections should stand, please call or write a letter or email to Attorney General Brown.

Phone: (801) 366-0260

Email: uag@agutah.gov

Website: <https://attorneygeneral.utah.gov>

Address: Utah State Capitol Complex, 350 N. State St., Suite 230, Salt Lake City, Utah 84114-2320

T.A.C

Teen's Advocating for Change

T.A.C is a social and advocacy group for young people with disabilities in Carbon County

- Meet other young people with disabilities.
- Discover a community and learn about disability culture.
- Advocate for change in our community.
- Serve others and improve yourself.

JOIN US!

Meetings held on the 1st & 3rd
Wednesday of the month at
10 South Fairgrounds Rd
5:15 – 6:15 pm

CONTACT US!

Katie 435-299-9029
Anna 435-650-4479

Sponsored By

ACTIVE RE-ENTRY
Independent Living Programs

Teen's Advocating for Change

Active Re-Entry has partnered with students at Carbon High School to form a new group for teen's with disabilities in Carbon County. This social and advocacy group will get involved to make changes in

the community. This group will be headed up by two Carbon High students that will host support group meetings and service projects. If you would like to get involved contact Katie or Anna.

Investing in Self-Care: Observing Stress Awareness Month

By Jadelyn Phillips, ATI's Wellness Coordinator

As April dawns upon us, so does Stress Awareness Month—a crucial reminder to prioritize our mental and emotional well-being despite life's challenges. Stress is the body's natural response to demands or pressures, whether they're from work, relationships, financial concerns, or other sources. While a certain level of stress can be motivating, long-term or overwhelming stress can lead to adverse effects on our physical, emotional, and mental health.

Stress has become a prominent companion in many of our lives. However, it doesn't have to become a permanent issue. Taking into consideration certain self-care strategies, we can push through stressful times with resilience and grace.

Self-Care Strategies:

1. **Mindfulness/Meditation:** Meditation, deep breathing exercises, or even a simple pause to observe your surroundings can help alleviate stress and promote mental clarity.

2. **Establish Boundaries:** Learn to say 'no' when you are feeling overwhelmed or if you are taking on too much. Setting boundaries in both personal and professional spheres is essential for maintaining balance in our lives and preventing burnout.

3. **Prioritize Physical Activity:** Engage in regular exercise to release endorphins, the body's natural stress-relievers.



Whether it's a brisk walk, yoga session, or dance class, find physical activities that you enjoy and integrate them into your daily routine.

4. **Seek Support from Those Close to You:** Lean on your support network—friends, family, or a therapist—during challenging times. Expressing your feelings and seeking guidance from individuals you trust can provide comfort and perspective when you need it most.

5. **Practice Self-Compassion:** Be kind to yourself, especially when facing setbacks or failures. Treat yourself with the same compassion and understanding that you would offer to a loved one.

6. **Maintain a Healthy**

Lifestyle: Prioritize nourishing your body with wholesome foods, staying hydrated, and getting lots of rest. That way, your body is better equipped to handle stress.

7. **Engage in Activities You Enjoy:** Set aside time for hobbies and activities that make you happy. Whether it's painting, gardening, or listening to music, indulging in activities you love can serve as a welcome reprieve from stress.

8. **Seek Professional Help if Needed:** If stress becomes overwhelming or begins to interfere significantly with your daily life, don't hesitate to seek professional help. Mental health professionals can provide valuable support and guidance tailored to your individual needs.

MAIN OFFICE

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