

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 • Winter 2024



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Halloween

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*"Nothing is
impossible. The
word itself says
'I'm possible'."*

- Audrey Hepburn

BASIC EMERGENCY PREPAREDNESS

- Get informed about hazards and emergencies (flooding, earthquakes, fires etc.) that may affect you and your family. When community evacuations become necessary, local officials provide information to the public through the media. In some circumstances, other warning methods, such as sirens or telephone calls also are used. The amount of time you have to leave will depend on the hazard. If the event is a weather condition, such as a hurricane that can be monitored, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential.

- Develop an emergency plan. Discuss what you would do if family members are not home when a warning is issued. Additionally, your family plan should address the following: escape routes, family communications,



utility shut-off and safety, caring for animals, safety skills (CPR, first aid etc.)

- Collect and assemble an emergency supplies kit.

- Learn where to seek shelter from all types of hazards. Taking shelter is critical in times of disaster. Sheltering is appropriate when conditions require that you seek protection in your home, place of employment, or other location where you are when disaster strikes. Sheltering outside the hazard area would include staying with friends and relatives, seeking commercial lodging, or staying in a mass care facility operated by disaster relief

groups in conjunction with local authorities.

- Identify the community warning systems and evacuation routes.

- Learn what to do for specific hazards.

- Discuss and practice your plan with friends and family. Once you have developed your plan, you need to practice and maintain it. For example, ask questions to make sure your family remembers meeting places, phone numbers, and safety rules. Conduct drills such as drop, cover, and hold on for earthquakes. Test fire alarms. Replace and update disaster supplies as needed.



Consumer Spotlight

Neil Warren has been a consumer of Active Re-Entry since 2008. He is involved in the Low Vision program and the Low Vision Support Group. Neil states that the groups have provided him with a lot of useful information which has helped him to adjust to his vision loss. Neil says that he enjoys the companionship of the other group members and staff, attending the agency parties and going on the outings with the group.

Neil enjoyed 43 ½ years of working as a teacher and a college professor. During those years, Neil taught at the College of Eastern Utah, Carbon High school, the University of Utah and the University of Arizona.

During Neil's career he primarily taught speech and drama. He participated in 130 theater productions, serving either as the director, actor or technician. Neil was also a debate coach for thirty five years and he reports that his teams had great success. Neil stated that "Our little school won 23 national first place championships, took second place 5 times and third place 10 times. Neil loved teaching and he loved all of the students that he had the pleasure of teaching. Neil stated "the student's success made him look pretty good!"

Neil also has a passion for traveling. He has had the opportunity over the years to visit many international locations including Europe, Africa, Russia, Australia, New Zealand, China, Japan Canada and South America. He has also traveled all over the United States visiting all of the states with the exception of two.



Monticello Youth Group Celebrates Halloween

The Monticello youth group met in October for a Halloween themed activity; the consumers decorated Oreo cookies to look like bats, monsters, spiders and jack-o-lanterns using frosting, pretzel rods, sprinkles and candy eyeballs.

They also had a discussion about different emotions and how they manifest on people's faces and that understanding and recognizing emotions in others is an essential skill for social interactions and empathy.

Taco Salad Casserole

1 pound ground beef or meatless substitute such as Beyond Meat or Impossible

1/4 cup chopped onion

1/4 cup chopped green pepper

1 envelope taco seasoning (can use low sodium)

1/2 cup water

1 cup crushed tortilla chips

1 can (16 ounces) refried beans

1 cup shredded cheddar cheese

Toppings: Chopped lettuce and tomatoes, sliced ripe olives, avocado, sour cream and salsa or hot sauce

DIRECTIONS:

In a large skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in taco seasoning and water. Cook and stir until thickened, about 3 minutes; set aside.

Place chips in a greased 8-in. square baking dish. In a small bowl, stir refried beans; spread over chips. Top with beef mixture and cheese. Bake, uncovered, at 375° until heated through, 15-20 minutes. Serve with any desired toppings.



EMERGENCY PREPAREDNESS KIT

- ☐ Non-perishable food (3 day supply)
- ☐ Can opener
- ☐ Water (3 day supply)
- ☐ Flashlight and extra batteries
- ☐ Radio
- ☐ First aid kit
- ☐ Cash
- ☐ Special needs items
(for infants, pets or medical issues)
- ☐ Candles and lighters/matches
- ☐ Important documents
- ☐ Emergency plan
- ☐ Hand sanitizer
- ☐ Garbage bags/duct tape
- ☐ Toilet paper/feminine hygiene products
- ☐ Blanket
- ☐ Basic tools
(hammer, screw driver, wrench)
- ☐ Scissors
- ☐ Whistle
- ☐ Dust mask
- ☐ Pen/pencil and paper
- ☐ Coat/extra clothing



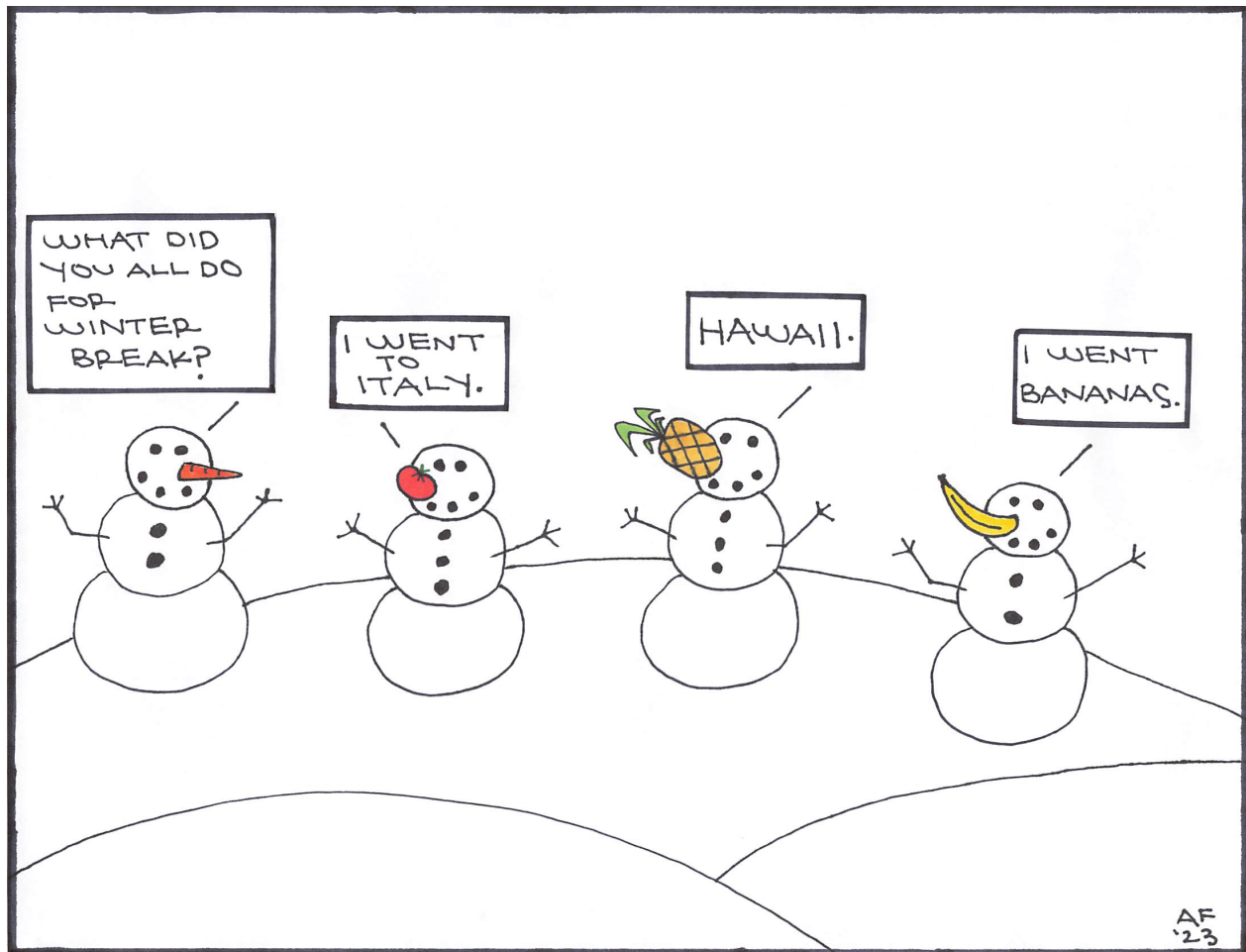
PET EMERGENCY PREPAREDNESS KIT

- | | |
|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Pet first aid kit | <input type="checkbox"/> Crate or sturdy container |
| <input type="checkbox"/> Food (3 day supply) | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Water (3 day supply) | <input type="checkbox"/> Recent photos of your pets
(in case you are separated and need to make "lost" posters) |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Toys and treats |
| <input type="checkbox"/> Extra collar or harness | <input type="checkbox"/> Disposable litter trays |
| <input type="checkbox"/> Extra leash | <input type="checkbox"/> Cat litter or paper towels |
| <input type="checkbox"/> Medical records | <input type="checkbox"/> Garbage bags for clean up |
| <input type="checkbox"/> Two week supply of medications | |

Activities & Events Carbon & Emery Counties

Please call 435-637-4950 for more details & to RSVP.

Support Groups		
Grief Support Group @ Active Re-Entry For more information contact Terri at 435-637-4950	January 10 February 14 March 13	1:30 PM
Caregivers Support Group @ Active Re-Entry For more information contact Terri at 435-637-4950	January 31 February 28 March 27	1:30 PM
Active Access Support Group @ Active Re-Entry For more information contact Louie at 435-637-4950	Contact Louie for the dates	Noon-2 PM
Low Vision Support Group @ Active Re-Entry For more information contact Tracy at 435-637-4950	Contact Tracy for the dates	1:30 PM
Traumatic Brain Injury Support Group @ Active Re-Entry For more information contact Terri at 435-637-4950	January 8 February 12 March 11	4:00 PM





Employee Spotlight

Hello, my name is Pamela Ricks.

I am excited to join the Active Re-Entry team and to provide services in Duchesne County. My office is located in Roosevelt, at the DWS/Vocational Rehabilitation building.

I recently moved to Vernal to enjoy the beauty here and the recreation areas.

I raised 18 children, who were living with a variety of disabilities.

I have a background in teaching and in the medical field. I enjoy gardening, home arts and reading.

I look forward to serving the community!



Youth Corner

What can we say about 2023, other than it was another amazing year of teaching youth life skills that will help them to live independently in the future, we also had a lot of fun along the way. The youth program here at Active Re-Entry has many moving parts and we have different groups that meet each week. Our group at Carbon High School explores the community on career exploration field trips, learning about different career paths. They also have been learning from the TN'T and Living Well in the Community curriculums.

Our Carbon and Emery groups participate in IL skills classes and recreational activities every other week in their communities. This year youth have learned about employment, community resources, budgeting, communication and social skills.

They were also able to have fun with arts, games, visits to local museums, and meetings with other youth groups.

Active Re-Entry is also partnered with the Aggies Elevated Eastern program at Utah State University Eastern. We provide the students opportunities bimonthly for shopping, as well as activities to teach skills and explore the community.

As we move into 2024, Active Re-Entry youth program staff have been planning new classes and activities with the help of consumers to not only participate in but to teach these skills. We are also excited to host our first Healthy Relationships Class Series starting in mid January. If you have questions about the youth program please contact Chris or Derek at 435-637-4950



Active Re-Entry would like to thank the following business for supporting our organization during the Enchanted Forest Event in Roosevelt. Your generous donations are greatly appreciated and will benefit so many individuals with disabilities in your communities.

Western Midstream

Moon Lake Electric

Paragon Oilfield Products

Stewarts

A special thank you goes to Miranda Winn, who designed and decorated the Christmas tree that was donated by Western Midstream to Active Re-Entry for the event.

MAIN OFFICE

Active Re-Entry

10 South Fairgrounds Road

Price, Utah 84501

435-637-4950 Voice/TTY

www.arecil.org



Find us on Facebook

Active Re-Entry Price

Active Re-Entry Vernal

Active Re-Entry Moab



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ACTIVE RE-ENTRY SATELLITE OFFICES

VERNAL OFFICE

330 S. Aggie Blvd.
Vernal, Utah 84078
435-789-4020

ROOSEVELT OFFICE

140 West 425 South #330
Roosevelt, Utah 84066
435-630-0500

MOAB OFFICE

125 West 200 South #103
Moab, UT 84532
435-355-0683

SAN JUAN OFFICE

544 North 100 East #166
Blanding, Utah 84511
435-820-0900

Terri Yelonek	Executive Director - Price Office
Rachelle Blanc	Fiscal Officer - Price Office
Louie Santillanes	AT/ADA/Loan Bank Specialist - Price Office
Richard Jewkes	Senior Advocate/Nursing Home Transition Coordinator - Price Office
Chris Haycock	CIP/Youth Program Manager - Price Office
Kathryn Kilbourne	Friendly Visitor Coordinator - Price Office
Larry Heaton, Dale Harbor, Alan Hughes, Dean Marchello	PERKIE Drivers - Price Office
Derek Jensen	Youth/ Transportation/ Loan Bank/ Maintenance - Price Office
Tracy Manchester	IL/Low Vision Coordinator - Price Office
Randi Mecham	Social Media - Price Office
Jodi Liin	Volunteer - Price Office
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Pamela Ricks	IL Coordinator - Vernal Office
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