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435-789-4020 Voice/TTY

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182 North 500 West
Moab, Utah 84532
435-259-0245 Voice/TTY

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Mexican Hat, Uah 84531
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Chris Haycock . . . . . .CIP/Youth/Transportation Coordinator - Price Office
Kathryn Kilbourne . . . . . .Friendly Visitor and PAWS Coordinator - Price Office
Staci Moss . . . . . .Youth IL Staff and PERKIE Driver - Price Office
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ACTIVE RE-ENTRY
Independent Living Programs

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

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"If I cannot do great things, I can do small things in a great way"
- Martin Luther King Jr.

New technology hits Utah

The Utah Assistive Technology Program announces the UATP Classifieds: our newest comprehensive means of helping Utahns access the equipment they need, regardless of where they live in the state.

The new online service connects device sellers and donors directly to people who need technology to be more independent.

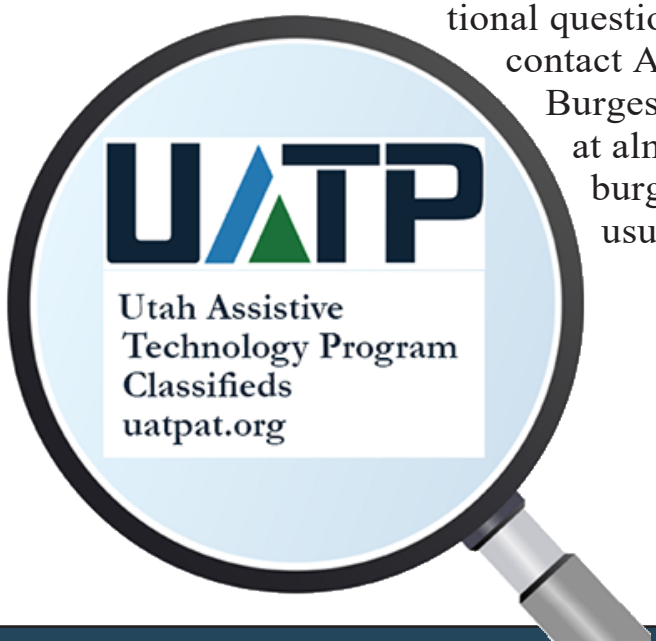
Examples of equipment that can be advertised include mobility equipment, adapted vans, environmental adaptions, technology to aid with communication or learning, daily living, adapted computer technology and much more.

Sellers and donors can use the service to ensure their equipment can help someone else, once it is no longer needed. You can browse the items available without registering. To use the service, register online for UATP Classifieds. Devices are searchable by device type (mobility or daily living, for example) and by list type (free, priced, priced or best offer).

Items posted will be subject to review before they can be viewed publicly. UATP provides a place for buyers, sellers, donors and recipients to meet, but UATP is a third party that is not involved in the exchange, liability or monetary transaction of devices on the site.

To find out more and access the system, visit our website:http://www.uatpat.org/classifieds/

If you have additional questions, contact Alma Burgess at alma.burgess@usu.edu.

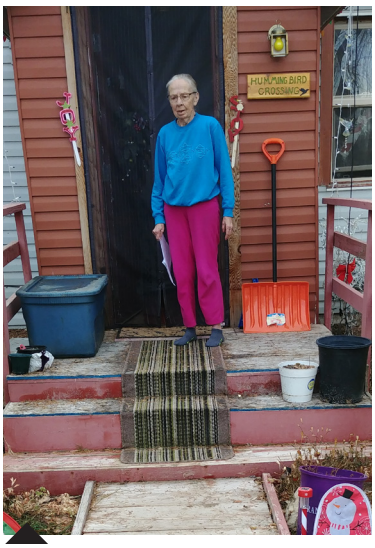


P.A.W.S. Visits Care Centers

P.A.W.S. teams will be visiting Care Centers in Carbon in Emery Counties for Valentine's, St. Patrick's Day, and Easter. Their first visit was to Heirloom Inn in Price where residents enjoyed spending time with Logan, Baxter, Jax, and Lucinda.

Once again Active Re-Entry would like to extend a big thank you to Newfield Oil and Gas Exploration Foundation- not just for their $20,000 donation to assist with Assistive Technology and such projects for individuals living in the Uintah Basin, but also for their extraordinary employees- lead by Cheyenne Bateman.

Here are some of the projects the employees took on this November.



Deteriorating porch

Because the trex was slippery, they re-did the porch with cement and added side entrance and new handrails

An autistic young man's basketball stand fell over. The Newfield employees designed and built the pole and backboard, installed the hoop, and dug the hole and filled it with enough cement that it will not fall over again. He loves to play basketball everyday so the young man was ecstatic when it was finished.

We would like say how much we greatly appreciate Justin Krieger's and his crew for all of their work.

Fire Safety for Your Special Needs Child

While every family should have a home fire safety plan, it's even more critical if you have a family member with cognitive or physical disabilities. These individuals are 2.5 to 6.5 times more likely to die in a house fire. However, there are a number of safety precautions you can take to reduce the risk of injury for your loved ones.

Identify exits

Assess each room in your home and identify at least two exits, particularly in your child's bedroom. Make sure the windows and doors open easily. You may also wish to obtain child-finder fire rescue decals to place on your child's windows. This may save precious time as it helps emergency responders locate the most likely whereabouts of your child.

Smoke alarms

Make sure your house has smoke alarms on every level and in every sleeping room. Smoke alarms can be interconnected, so that if one sounds, all will sound simultaneously. This may provide extra time to escape if the fire starts in a more distant part of the house.

Test your smoke alarms every month and replace batteries often. Some devices have non-replaceable batteries that will last 10 years and may be easier to maintain.

If your child will not respond well to loud noises, consider a smoke alarm that uses a recorded message of your voice, saying something like, "leave the house now." If your child has a hearing impairment, install a smoke alarm with high intensity strobe lights, as well as vibrating bed and pillow shakers that are activated by the smoke alarm.

Fire extinguishers and home fire sprinklers

Install home fire sprinklers and place fire extinguishers in high risk areas, such as the kitchen or a room with a fireplace. These items may help to keep fires small and allow more time for escape.

According to the National Fire Protection Association (NFPA), home fire sprinklers only cost $1.35 per square foot, may reduce homeowners' insurance premiums, and reduce the risk of dying in a fire by about 80 percent.

Special equipment

Depending on your child's needs, you may need special equipment to help safely and quickly evacuate your child in the case of a fire.

For example, if your child is non-ambulatory (or ambulates slowly) keep a plastic sled or blanket in an accessible location, particularly near the top of the stairs. It will be easier to drag your child to safety than to carry them, especially under conditions of heavy smoke.

If your child has difficulty with verbal communication, set up a signaling system — like a bell or whistle — so your child can call for help.

Evacuation plan

Map out and regularly practice an evacuation plan with your family; all family members should participate. Take photos of every room to create a visual step-by-step plan. Review and practice leaving valuable items behind, staying low, touching doors to check for heat, and "stop, drop, and roll."

Choose a meeting place in front of the house; make sure that everyone can identify the meeting place and knows they should stay at the meeting place.

To see these ideas in practice, watch this video from SafeKids Worldwide: Fire Safety for Families with Children with Cognitive Impairments. Or, use this interactive fire safety plan e-book from the NFPA. The NFPA also has a website with videos, games and activities designed for kids: sparky.org.

Ask a fire expert

Review your fire safety plan with a member of your local fire department. Bring your child with you to the fire station so they can see the fire trucks and learn not to fear the firefighters. Ask the firefighters if your community has a special needs disaster registry, so you can provide as much advance information as possible about your family and your special needs child.

Caution: Supplemental oxygen

If you have supplemental oxygen in your home, please remember that oxygen causes fire to burn hotter and faster — even if it's not in use. Personal and household items can ignite at lower temperatures if they have previously been saturated with oxygen. Keep oxygen tanks at least 5 feet away from any heat source, open flame, or electrical device.

Absolutely DO NOT allow smoking in your home and consider posting NO SMOKING signs at the front door. Do not use open flames, including candles, matches, wood stoves, and sparking toys when supplemental oxygen is in use.

Short-Term Money Follows the Person Extension Signed Into Law

Last Friday H.R. 259, the Medicaid Extenders Act, was signed into law. The bill includes three months of funding for the Money Follows the Person (MFP) Program. As we know, three months is not enough to sustain the work of MFP, but it does provide a much needed extension while we continue our advocacy for a longer renewal. This is certainly something to be celebrated! Thank you to all of you for your work to get this done.

Also included in the bill is an extension of the Home and Community Based Services (HCBS) Medicaid spousal impoverishment protections. Spousal impoverishment protections protect a portion of a married couple's income and assets when one individual needs Medicaid long term services and supports. Historically, spousal impoverishment protections only applied if one spouse was institutionalized, but a provision of the Affordable Care Act changed that so they also apply to Medicaid HCBS. That provision expired, so this bill provides a needed short-term extension (through March 31, 2019) while advocacy for a long-term extension continues.

Thank you for all of your work to get this bill passed!

2019 Youth Activities

Carbon & Emery Counties

February

26 - T-Shirt bag project- *5:30 PM.*
at Price Active Re-Entry.

Transportation will be provided if needed by Active Re-Entry. Please call no later than 3 days before the activity if you would like to attend: Chris at 637-4950 or Staci at 749-0228.

March

12 - Planning Meeting - *5:30 PM.*
at Castle Dale.

27 - IL Skills - *5:30 PM.*
in Price Active Re-Entry.

April & May activities to come soon

Activities & Events
Grand County
Please call 435-259-0245 for more details & to RSVP.

Support Groups		
Caregiver Support Group Held in the Grand Center Conference Room. Please contact Yordy with any questions: 435-259-0245	03/07, 04/04, and 05/02	4:00PM-5:00PM
Bereavement Support Group Held the 1st and 3rd Wednesdays of each month at the Grand County Library.	1st and 3rd Wednesday of each month	6:00PM
Weekly Excercise Classes		
Walking Aerobics	Mon, Wed, & Fri	8:20AM
Strong Women Stay Young	Mon, Wed, & Fri	9:00AM
Tai Chi	Mon, Wed, & Fri	10:00AM
Weekly Group Activities		
Hand and Foot Canasta	Mon, Tue, Wed, & Fri	12:30PM
Panguinie Cards	Wed & Fri	12:30PM

Low Vision Clinic	March 6	8:00AM - 4:00PM

Activities & Events
Uintah & Duchesne Counties
Please call 435-789-4020 for more details & to RSVP.

Low Vision Clinic By appointment (Vernal and surround areas). To schedule, call Laurey at 435-637-4950.	March 20, 21 and 22 June 12, 13 and 14	By Appointment

ATTENTION

We have a new way for you to learn about upcoming activities, events, and notifications at Active Re-Entry. Simply visit our website www.arecil.org and click on the calendar tab, then on any of the activities to get more information.

Activities & Events

Carbon & Emery Counties

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

Yoga for Veterans @ The Studio	every Tuesdays	8:00PM
IL Skills Class - Being a Better You Part II @ Active Re-Entry	2/15	1:30PM-3:00PM
USU Extension Cooking Class @ Extension Office	2/22	10:30AM-11:30AM
Planning Meeting	2/25	1:30-3:00PM
Tai Chi for Arthritis @ Wado Ryu Karate School For more information and to sign up please call Lisa at 637-4950	Tuesdays & Thursdays Starting March 5, Ending on April 24	12:00 - 1:00PM
IL Skills Class - Being a Better You Part III @ Active Re-Entry With Positive Pathways, Sabrina Carter and Zena Robinson	3/8	1:30PM-3:00PM
USU Extension Cooking Class @ Extension Office	3/22	10:30AM-11:30AM
Grief Support Group	Feb 13, March 13, April 10, May 8	1:30 PM
Caregivers Support Group	Feb 27, March 27, April 24 & May 29	1:30 PM
Veteran Benefits Assistance By appointment. To schedule, call Laurey at 435-637-4950	February 7 & 8 March 19 & 20 April 25 & 26 May 23 & 24	By Appointment
Low Vision Clinic By appointment. To schedule, call Laurey at 435-637-4950	March 4 & 5 May 6 & 7	By Appointment
For Youth		
See page 3 for Youth Activities.		
Support Groups		
Active Access Support Group Location: Price Active Re-Entry, Topic: Proper maintenance and care of motorized equipment. Please call ahead if ride is needed.	02/28	1:30 PM-3:00 PM
Active Access Support Group Location: Price Active Re-Entry, Topic: Using ADL's in your everyday life. Please call ahead if ride is needed.	03/29	1:30 PM-3:00 PM
Active Access Support Group Location: Price Active Re-Entry, Topic: Using motorized equipment in your community safely. Please call ahead if ride is needed.	04/26	1:30 PM-3:00 PM
Carbon & Emery County Low Vision Support Group Call Laurey for location 435-637-4950	4/26/18, 5/17/18 & 6/21/18	2:00PM-3:00 PM
Carbon County Low Vision Support Group Call Laurey for location 435-637-4950	4/26/18, 5/17/18	2:00PM-3:00 PM