

MONTHLY E NEWSLETTER DECEMBER



Holiday Reinvented - Including Virtual Activities

This holiday season may look different than the traditional ones we have grown accustomed to. Virtual alternatives help maintain social distancing guidelines and technology has made it possible to enjoy events and activities this holiday season.

We hope some of these suggestions are just what you need to keep your family safe, yet full of holiday cheer.

- [Kidsoutandabout.com](https://www.kidsoutandabout.com)
- [Tipsforfamilytrips.com](https://www.tipsforfamilytrips.com)
- [UtahsAdventurefamily.com](https://www.utahsAdventurefamily.com)
- [Virtual Festival of Trees](https://www.virtualFestivalofTrees.com)
- [Utah Valley Event Calendar](https://www.UtahValleyEventCalendar.com)
- [Cedar City Event Calendar](https://www.CedarCityEventCalendar.com)



LOVE & LIGHT
**HAPPY
HOLIDAYS**





Creative Alternatives to Family Gatherings During COVID-19

Of the many sacrifices we're all having to make during the new normal of social distancing, one of the most difficult is missing family gatherings. Having to skip birthday parties, grandparent visits, and even funerals definitely adds to the...

[Read more](#)

www.verywellfamily.com



Playing at a distance

We've known for months that work can happen online. But what about play? Here's a list of games you can enjoy with your friends and family, in the same room or a different state. Play them on your phone, your desktop or your gaming...

[Read more](#)
www.usu.edu

Winter Recreation

Don't hibernate this winter, keep active instead. Utah offers a wide variety of ways to stay active during the cold winter months. If cold weather is not your thing there are many indoor activities available through programs like the National Ability Center. The National Ability Center offers a wide range of indoor and outdoor adaptive activities for people of all ages and abilities all year long. The following links can help you get started on your winter adventure.

Adaptive equipment rental:
<https://discovernac.org/adaptive-equipement-rental/>
Scholarships:
<https://discovernac.org/scholarship-application/>
Winter adaptive rec:
<https://discovernac.org/programs/adaptive-recreation/>



The Special Olympics of Utah has been serving children and adults with Intellectual disabilities since 1971. The Special Olympics of Utah provide year round sports training and competition. Individuals must be at least 8 years old to participate and have certain conditions to be eligible. The Winter session will start in January and go through March. During this session, activities and competitions will be held at-home or virtually. If you would like more information on programs for your loved ones or ways to volunteer click [here](#).

Meet Melissa! Our Newest Administrative Assistant

Melissa is thrilled to join the Utah Parent Center staff as the new Administrative Assistant! Melissa grew up in Kearns, Utah and graduated from Westminster in 2020



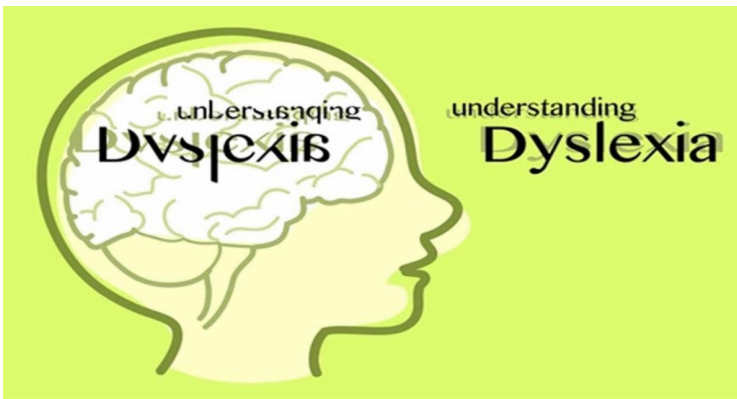
with her BFA in Theatre Performance. She spent her undergrad performing across the country, teaching and coaching children in Shakespeare, Musical Theatre, and using Slam poetry to improve reading scores in ESL classrooms!

As a disabled young woman, she is passionate about disability advocacy, justice, and intersectionality. Being fluent in both Spanish and English

languages, we are excited for Melissa to connect with a broad range of families as she combines her love of education and her passion for disability education!

Melissa works Monday-Friday during regular office hours supporting our staff, and encourages you to call and get to know our center and upcoming projects!

Webinar - Understanding Dyslexia



This upcoming webinar on Understanding Dyslexia is hosted by the Utah State Board of Education in a live youtube event. The content focus on children and adolescents who experience symptoms of dyslexia and address the substantial impact it may have on their education. Considerations for determining supports and types of accommodations will also be addressed.

Don't miss out!

When: December 9th 2020

Time: 9-11 am

Presenters: Holly Bell, USBE Equity Specialist, Section 504 & Donell Pons, Med, MAT, Special Educator, Dylexia Tutor & Consultant

Live Feed Link:

[USBE Youtube Channel](#)

Universal Design Supports for Virtual Learning- UATP Podcast

Universal design is the process of creating products or environments that are usable and benefit everyone, not just

people with
disabilities.

[Full Podcast Here](#)

Contact your school
for more
information or
review the UATT pdf
contact list [here](#) .

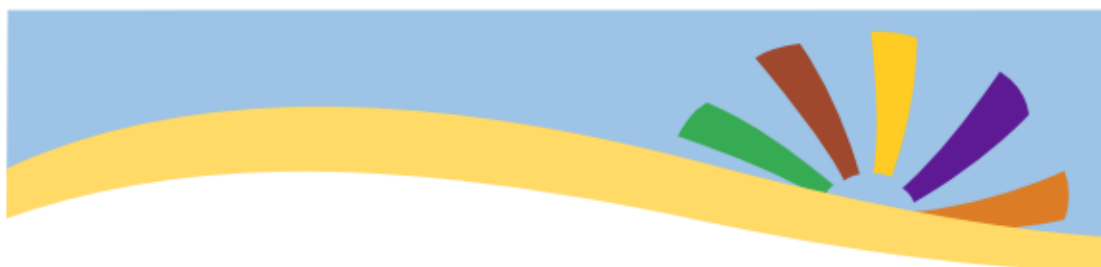
If your student is
not in a district
school, is an adult in
higher ed or if you
are a professional
looking for supports,
you can contact the
Utah Center for
Assistive Technology
(UCAT) [here](#).



In this Utah Assistive Technology Program (UATP) podcast episode, there is a discussion regarding effective universal design technology supports that can help the virtual learning process for all ages of students. Both Kent Remund, director for the Utah Center for Assistive Technologies and Austin Oseguera, a team trainer for Utah Assistive Technology serving students within Utah's district schools, share insight on supports such as speech to text and text to speech.

Ultimately, the podcast addresses the need to communicate with your child's teacher about some of the struggles that are being observed in the home with their learning. If your child is on an IEP or Section 504 Plan and is struggling with on-line learning then there may need to be a conversation with your school as to how to close that gap. Also remember that each district school (including most charters) across Utah have access to these highly trained assistive technology teams.

Deaf-Blind Training Series



Deaf-Blind Institute

Training provided by the Utah Deaf-Blind Project to individuals who serve children and youth with deaf-blindness (parents, teachers, related service providers, nurses, etc.)

All trainings will be from 3:30-6:30 pm via Zoom

<https://usdb.zoom.us/j/5187132289>



Training Session 1 - December 16 & 17, 2020

Introduction to Deaf-Blind Services
Levels of Pre-Symbolic Communication
Conversational Approaches to Deaf-Blindness

Training Session 2 - January 20 & 21, 2021

Concept Development
Calendar System and Routines
Positive Behavior Strategies
Orientation and Mobility

Training Session 3 - Feb. 17 & 18, 2021

Sensory Integration
Positioning
Vision and Hearing



Two hours of University of Utah credit available

Register Now at:

[Click here to register](#)

Questions? Contact Gretel at gretels@usdb.org



Youth Who Struggle with Both Mental Health Issues and Other Disabilities



We know the teen and young adult years are a time when mental health issues become more prevalent in the general population, and the same is true in our disability population. If an individual has a predisposition to a mental health issue, like anxiety or depression, it may become more noticeable during these transition years. However it may be even more difficult to diagnosis and treat. Communication challenges and difficulty processing thoughts and emotions can complicate mental health issues, they might go unnoticed or simply be deemed “part of the disability.” In this challenging time of Covid, the holidays, and social unrest, many of our young adults might be struggling and having difficulty expressing themselves. Simply recognizing changes in behavior and attitudes can be a first step in getting the necessary help.

Here are some tips for addressing mental health concerns in teens and adults with mental health needs and disabilities.

1. Talk about it.
 - <https://extension.sdstate.edu/talking-teens-and-youth-during-challenging-times>
2. Seek professional help from your doctor or another professional to discuss concerns.
 - <https://healthcare.utah.edu/uni/conditions-treatments/therapy/>
3. Take care of yourself. Rest. Eat. Do a relaxing activity. Stay connected with family, friends and clergy.
4. Use one of the following help lines or apps to get support for yourself or your loved one.
 - UTAH WARMLINE 1-833-SPEAK-UT available 8 am – 11 pm 7 day/wk
 - UTAH CRISIS LINE 1-800-273-TALK available 24/7
 - SAFE UT app (download on phone)

If your teen or young adult is in danger of harming self or others, you can also call a Mobile Crisis Outreach Team @ 1-801-587-3000. These teams are available in Weber, Davis, Salt Lake, Utah and Washington Counties. All others call 911 and ask for a Crisis Intervention Team.

The Transition University project is funded by the Utah Development Disabilities Council and is supported, in part by grant number 1901UTSCDD-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Utah will soon start the 64th General Session of the Utah State Legislature. The 2021 session starts January 19th and goes through March 5th. The Covid-19 pandemic has changed the way the public can participate this year. To limit the spread of Covid-19 the Capitol complex will be closed to the public during the session. However, the public can still participate in the legislative process by participating remotely. You may observe and give comments virtually during the session through a web based tool called Webex. If you would like information on procedures and guidelines for these meetings click [here](#) and for directions on how to access these meetings click [here](#).



ADVOCACY
CORNER

Upcoming Events

For more UPC events that are updated regularly, please visit our event page listed here at utahparentcenter.org/events

