



RECREATION AND HABILITATION SERVICES

815 North 800 West ~ Provo, Utah 84604
 Phone (801) 374-8074 (Urgent need cell phone 801-400-4497)
www.rahservices.org or <http://rahservices.tripod.com>
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JUNE 2008

NEWSLETTER AND PROGRAM SCHEDULE

★
**RAH BOARD OF
DIRECTORS:**

Richard Bartlett
 Cathy Flinton
 David Harward
 Shirlene Hoopes
 Burbank Jolley
 Carol Knibbs
 Mary O'Neill
 Joyce Parker
 Marlene Richardson
 Britton Roney
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★
RAH STAFF:

Kathy Edwards
 Executive Director
 Cheryl Adamson
 Assistant Director
 Nancy Tang
 Program Coordinator
 Elaine Blumer
 Kathryn Creswell
 Spencer Kingman
 David Ornegri



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Our Mission Statement:

RAH is committed to supporting people with disabilities in their pursuit of independence and self-enhancement through training, recreation and involvement in their community.



★ PROGRAM INFORMATION ★

GENERAL INFORMATION

Recreation and Habilitation Services (RAH) is a private, non-profit organization that provides services to individuals with developmental disabilities.

RAH membership is required for participation in all RAH programs and activities.

Becoming a RAH member requires the completion and submission of registration, information and release forms along with your membership fee. Information and instructions can be found in the RAH Membership Packet. If you would like to receive a packet, Call 374-8074.

RAH is funded solely through program fees and community support. Volunteers and donations are always welcome.

If you would like more information about RAH, becoming a donor or volunteering please call us at 374-8074.

OFFICE INFORMATION

The RAH Office and building are located at 815 North 800 West, Provo. We can be reached by phone at 374-8074. If you need to send us a fax, you can call 374-1012. Our offices are open Tuesdays-Fridays on the days of scheduled activities. The office is closed Saturdays, Sundays, and Mondays. Due to our varied program schedules, we are unable to keep regular office hours. It is best to call before stopping by.

If we are unable to answer your call, PLEASE leave a message. Our voice mail is checked at least one time on each scheduled activity day, including Saturdays. If you are calling to inform us of changes in your activity sign-up (e.g., cancellations, pick up and take home locations, etc.) PLEASE call in advance. Remember the vans leave RAH up to 2 hours before the activity begins. Also please be aware that there are times when we are at the office but are unable to answer your call. We will do our best to call you back as soon as possible.

HOW TO SIGN UP FOR PROGRAMS

~All programs require advance sign-up by telephone. (At least 1 week in advance -- monthly sign-ups are preferred).

~Call Early. All activities have limited space and often fill up. If no one answers your call, please leave your sign-up information on our voice mail. We will call you if there are any problems with the dates you are requesting.

PAYMENT INFORMATION

PLEASE:

~Pay for your programs, activities and van service by CHECK or MONEY ORDER only.

~Stay current on your Payments. Balances over \$100.00 may result in a temporary loss of privileges.

~Pay for activities monthly or at the time of the activity. Do not wait for us to bill you.

**Checks returned to us due to insufficient funds will be charged a \$25.00 returned check fee.

CANCELLATION POLICY

If you sign up for an activity and cancel without notifying us ahead of time, or after tickets and/or supplies have been purchased, you will be charged for the entire activity cost. When we receive advance notification we will try to fill your space with someone from the waiting list. Please call as soon as possible (5 day notice preferred) so that we can make the needed adjustments.

If you cancel at the door when we come to pick you up you may also be charged a cancellation fee of \$5-\$15 depending on your location. Repeat cancellations may result in a loss of VAN and/or ACTIVITY privileges.

NOTICE : We will be enforcing our cancellation policy. PLEASE Let us know ahead of time if you will not be able to attend a scheduled activity. Thank you for your cooperation and understanding.

TRANSPORTATION INFORMATION

RAH and Utah Valley Paratransit (UVP) are partnering together to offer transportation to & from RAH scheduled activities and programs. Because this service is funded through Utah Transit Authority (UTA), we are required to follow UTA guidelines pertaining to this specialized public transportation service. This "curb to curb" service is only available to individuals who have completed the UTA Paratransit certification process and have been certified as qualifying for Paratransit services. For more information about the UTA certification process please call the RAH office at 374-8074.

Transportation Instructions and Fees:

~ Please make your transportation requests when you call in to sign up for your monthly activities. Be sure to indicate your pick up and drop off locations for each activity.

~Van Pick up's begin up to 2 hours before the activity starts. **PLEASE** be ready on time. If you have a special time request please let us know, we will try to accommodate your schedule whenever we can.

~Please inform us of any changes to your transportation arrangements well in advance. We ask that you let us know at least 5 days ahead of time so that we can make needed changes. Whenever possible we will try to accommodate late requests, but the more time we have, the better the chances are.

~Van fees are charged on a daily basis. The rate will be the same for everyone, and will also be the same whether you ride the van one way or round trip. **CURRENT VAN FEES: \$4.50 per person per day**

~If you already purchase a **Monthly UTA Paratransit Bus Pass**, you may be able to use the RAH van service at no additional charge. Call RAH to see if you qualify and for instructions on how to receive the credit.

*If you will be providing your own transportation, **PLEASE** check the newsletter for activity times & locations.

If you have other questions please contact us at 374-8074. **Thank you.**

UTA PARATRANSIT



NEWS & INFORMATION

REMINDER: Cancel your regular rides

When you call RAH to sign up for activities and programs & you request transportation, PLEASE remember that you will also need to cancel any regularly scheduled work rides that you have set up for the same time.

RAH is able to schedule you to be picked up at your work site, but we are not able to cancel or make adjustments to any previously arranged rides that you may have set up. If UTA

Paratransit usually picks you up after work each day, you will need to call the UTA scheduling line and cancel your rides for the days that you will be coming to RAH.

If you do not cancel your regular rides, you may end up getting a no show when the regular UTA Paratransit van comes to get you.

Thanks for your cooperation. If you have questions call RAH.

VAN RATE INCREASE

As of January 1, 2008

the daily rate for the van transportation that is coordinated through RAH will be **\$4.50 per day.**

**Additional information: If you use the Paratransit service for other rides that you schedule directly through UTA, the new rate is \$2.25 per one way ride. If you purchase a monthly UTA Paratransit Bus Pass, the new rate is \$76.00.*

Have you checked the expiration date on your UTA Paratransit Pass?

Please check your UTA Paratransit pass to see when your certification expires. It has been over 3 years since RAH passengers were required to get certified with UTA. Since most of you were certified for an initial period of 3 years, you may find that your certification will expire soon.

If you receive a notification by mail regarding re-certifying, please follow the instructions provided.



This is important!

If your certification expires, you will not be able to use the van service that is coordinated by RAH.

Call us if you have any questions. 374-8074

Announcements, News & Notes:

Disneyland
RESORT



Year of a
Million
DREAMS



Disneyland / California Adventure Vacation

We are considering taking a trip to Disneyland and Disney's California Adventure Park. If we have enough response we will plan the trip.

The tentative information is as follows:

October 8-11, 2008 (4 days & 3 nights)

Estimated Cost: \$950.00/per person

(Vacation package cost will include: Airfare from SLC, Motel/Hotel, 3 Day Disney Park Hopper Pass, Transportation in California, Chaperones and all meals.

If you think you might be interested in joining us for a Magical Disney Vacation, please call RAH by June 6th.

You do not have to commit or put any money down by this date, we just need to know if there is enough interest to go ahead and schedule the trip

Call us today at 374-8074

YOUTH PROGRAMS



Although we are not currently able to offer programs designed specifically for children and youth under age 16, we are interested in keeping a list of those who would be interested in participating when we start again. If you are interested in being involved in any future youth oriented programs or if you have any suggestions, ideas or feedback, please call Kathy or Cheryl at 374-8074.

Thank you.

Attention Albertson's Shoppers

Did you know that you could support RAH and **save money** at the same time?



Here's how:

When you use your Preferred Savings card, Albertson's Community Partners Program will contribute a portion of your in store purchases to help RAH.

All you have to do is get a preferred savings card the next time you go shopping and submit RAH's Community Partners ID # (490001003317) on the application. They are free and it only takes a couple of minutes to get one.

If you already have a Preferred Shopping Card you only need to add RAH's Community Partners number to your account information.

Forms are available at RAH or can access the Community Partners program online at www.albertsons.com.

If you have any questions, please call 374-8074

Announcements, News & Notes continued...



**Buy one, Get one
FREE Doughnut cards
For sale at RAH**

Buy a *Krispy Kreme* 10 Punch card from us for only **\$10.00** and you'll get a **FREE** dozen glazed doughnuts each time you buy a dozen glazed or mixed doughnuts at any *Krispy Kreme* store.

(That's like getting 10 dozen extra doughnuts for only \$10.00 extra dollars)

**A great bargain and
delicious too!**

Call or Stop by RAH Today!

Important reminder about personal belongings at RAH and on the Vans



Van space is very limited as is the storage area for personal items at RAH. There is also the problem of items being lost or accidentally taken by someone else. We understand that you may have work related items, like a lunch box with you and that you may need to bring specific things for the scheduled activity. **However, most of the things we see could easily be left home.**

We are asking that you bring only one (1) bag, backpack, purse or other item with you to RAH.

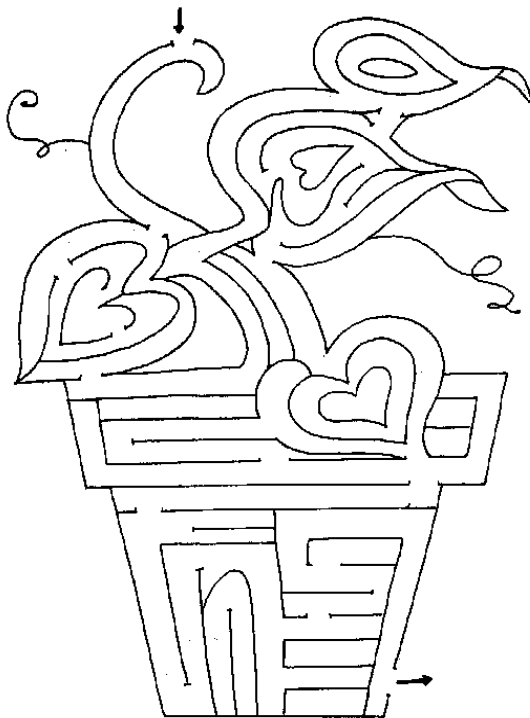
Please choose a bag that is small enough to sit with you on the van without taking up anyone else's space.

THANK YOU for not bringing unnecessary items to RAH!



We appreciate your cooperation!

FUN & GAMES:



T	S	H	I	R	T	I	B	A	R	E	F	O	O	T
N	A	T	S	J	U	E	C	K	B	F	R	P	R	S
R	B	D	E	R	O	B	G	E	O	O	I	A	E	K
U	E	K	I	B	G	G	P	F	D	C	S	R	T	A
B	A	V	V	C	N	I	O	E	N	T	B	K	A	T
N	C	J	O	B	I	O	D	I	C	O	E	S	W	E
U	H	K	M	G	G	A	C	L	A	H	E	A	T	S
S	E	K	I	H	N	O	H	O	M	E	W	O	R	K
S	W	I	M	O	A	I	N	O	P	V	U	Y	I	P
T	O	E	M	S	H	O	P	P	I	N	G	E	N	I
R	M	E	A	R	C	A	D	E	I	C	T	N	I	R
A	L	H	O	T	D	O	G	S	E	A	D	O	K	T
V	A	C	A	T	I	O	N	Y	A	L	P	M	I	R
E	T	K	R	O	W	L	L	A	B	E	S	A	B	A
L	I	S	T	R	O	H	S	T	U	O	K	O	O	C

- | | | |
|-------------|-------------|---------------|
| ARCADE | HEAT | SHOPPING |
| BAREFOOT | HIKE | SHORTS |
| BASEBALL | HOT DOGS | SKATES |
| BEACH | ICED TEA | SLEEPING OVER |
| BIKE | JOB | SUNBURN |
| BIKINI | LEMONADE | SWEAT |
| BORED | MONEY | SWIM |
| CAMP | MOVIES | TAN |
| CAR TRIP | MOW | TRAVEL |
| COKES | NO HOMEWORK | T SHIRT |
| COOKOUTS | PARKS | TV |
| FRISBEE | PICNIC | VACATION |
| GOOF OFF | PLAY | WATER |
| HANGING OUT | POOL | WORK |

JUNE 2008

Program Schedule & Information

(For individuals age 16 & older)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 3:30pm~Bowling 6:15pm~B-Day Club Dinner	4 3:30pm~RAH Gardening Club Part 1 of 2.....see pg 7	5 3:30pm~Outdoor Art and Picnic in the Park	6 5:30pm~Date Night: Canyon Picnic & Outdoor Fun <i>*Couples only</i>	7 10:00am~RAH Cleanup, Planting Project & Lunch with Rivergrove 2 nd Ward
8	9	10 <i>No Bowling Today</i> 3:30pm~Special Activity: Rock Canyon Hike & Picnic #1	11 <i>No Activity</i> Choose only one of these ← Special Activities →	12 3:30pm~ Special Activity: Rock Canyon Hike & Picnic #2	13 CLOSED	14 CLOSED
15	16	17 <i>No Bowling Today</i> Utah Summer Games Bowling Competition Overnight Trip	18	19 3:30pm~RAH Olympics: Sports Activity & Dinner with Sunset 3 rd Ward	20 3:30pm~Miniature Golf & Dinner Activity	21 9:00am~Hogle Zoo & Lunch
22	23	24 3:30pm~Bowling 6:30pm~Swimming & Water slides <i>*Subject to change....see page 7</i>	25 3:30pm~RAH Gardening Club Part 2 of 2.....see pg 7	26 3:30pm~Patriotic Party, Parade, Games Fun & Dinner	27 Overnight "Camp out" in the RAH Park Friday 3:30pm - Saturday 11:00am	28
29	30					

Date	Day	Time	Activity	Location	Cost
6/3	Tuesday	6:15-7:30pm★	Birthday Club Dinner <i>For those who have a June Birthday</i>	TBA	10.00
6/5	Thursday	3:30-6:30pm	Outdoor Art & Picnic in the Park	RAH	6.00
6/6	Friday	5:30-8:30pm★	Date Night: Canyon Dinner & Outdoor Fun <i>*Couples only</i>	Provo	9.00
6/7	Saturday	10:00am-1:00pm	RAH Outdoor Cleanup, Planting & Lunch <i>*Come prepared to work outside</i>	RAH	3.00
6/10	Tuesday	3:30-6:00pm★	Special Activity #1: Rock Canyon Hike & Picnic	Provo	4.00
6/12	Thursday	3:30-6:00pm★	Special Activity #2: Rock Canyon Hike & Picnic		
6/17~Tuesday 11:00am - 6/18~ Wednesday.....approx 5:00pm★ <i>Advance sign up was required...see May Newsletter</i>			Utah Summer Games Bowling Competition & Overnight Stay. <i>Information: Van p/u's will begin Tuesday @ 9:00am, Please bring a sack lunch to eat on the van. Cost includes 3 additional meals, lodging, fees, transportation to Cedar City and everything else except extra snacks & souvenir money.</i>	Cedar City	140.00
6/19	Thursday	3:30-6:30pm	RAH Olympics: Sports Activity & Dinner	RAH	6.00
6/20	Friday	3:30-6:00pm	Miniature Golf & Dinner Activity	Orem	12.00
6/21	Saturday	9:00am-2:30pm★	Hogle Zoo & Lunch	SLC	15.00
6/26	Thursday	3:30-6:30pm	Patriotic Party, Parade, Games, Fun & Dinner	RAH	6.00
6/27- 6/28	Friday 3:30pm - Saturday 11:00am		Overnight "Camp out" in the RAH Park.....!Includes Dinner & Sat Brunch <i>*Bring a sleeping bag, Pajamas, a change of clothes & grooming supplies</i>	RAH	12.00

★ *These activity ending times are approximate and may vary from the planned time.*

PROGRAM INFORMATION CONTINUED.....

<p>BOWLING</p>	<p>TUESDAYS 3:30-4:30 pm at Miracle Bowl in Orem (1585 So. State St.)</p>	<p>\$2.25 per week</p>
<p>TUESDAY DINNERS</p>	<p>On Tuesdays a meal is available <u>for those who are signed up for both bowling and the evening activity</u>. *Meals are not served on the night of the Birthday Club activity.</p>	<p>\$2.00 per meal</p>
<p>LEISURE SWIMMING 6/24 only</p>	<p>Tuesday 6:30-7:45pm (Provo Veterans Outdoor Pool 450 W. 500 N., Provo) *Modest swim wear only please. (1 piece suits are required for women and appropriately fitting swim trunks for men) *Personal Belongings: Please do not bring valuable or unnecessary items to the pool. We recommend that you plan on renting a locker each week to keep your belongings safe. The cost is 50 cents per week. You will need to have cash with you to pay at the check-in desk.</p>	<p>\$ 3.00 per week</p>



IMPORTANT SWIMMING NOTICES:

1. *In the summer of 2007 Utah experienced the largest recreational water crypto parasite outbreak in US history.* This parasite can cause serious illness and even death. It is found in human feces and was spread through contamination in swimming pools. If there is a significant risk of outbreak or contamination, the RAH swimming activity may be cancelled or changed.

Additional information:

-Please **DO NOT** go swimming if you have had any diarrhea or stomach illness within 2 weeks of the day you plan to get in the pool. Even if you are not feeling sick you can spread illness to others.

-Individuals who have any incontinence or personal hygiene problems **SHOULD NOT** participate in the swimming activity.

2. We are not able to provide one on one supervision while at the pool. Individuals who participate must have the ability get ready and be in the water safely without personal assistance from the RAH staff. If you have a seizure disorder or other condition which may make swimming unsafe for you, or other swimmers, you will need to provide us with a current doctors note indicating that it is safe for you to swim without individual supervision or you will need to provide your own assistant during the swimming activity.

<p>RAH GARDENING CLUB 2 week course 6/4 & 6/25 only</p>	<p> Wednesdays 3:30-5:00pm (6/4 & 6/25 only) Come and help RAH's Garden Grow! Learn how you can grow your own food, plant seedlings, sprout seeds, care for plants and have delicious tasting vegetables without going to the store. There will be lots of hands on activities for you to do.....plan to get your hands dirty.</p>	<p>\$3.00 per week</p>
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<p>DATE NIGHT ACTIVITIES (Friday's as scheduled)</p>	<p>Date Night Activities are designed for Adult Participants who are interested in dating but do not have needed resources and transportation available to them. Date Night's are usually limited to 3-6 couples per week. Due the demand for these spaces, we may have a waiting list. When you sign up please let us know who you plan to go out with. \$ - Costs are listed on page 6. Unless otherwise arranged, individuals generally pay their own expenses.</p>
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<p>RAH B-DAY CLUB</p>	<p>Celebrate your Birthday with your friends at RAH! Each month there will be an activity just for Adult RAH Members who are having a birthday! When you call to sign up be sure to tell us your birth date. This month's B-Day activity is on the 3rd.</p>
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<p>VAN TIMES & FEES</p>	<p>If you use the UTA Paratransit van service that is coordinated by RAH, please be aware that the van pick ups begin up to 2 hours before the activity is scheduled to start. Please be ready on time. Current van rates as of January 1, 2008: \$4.50 per person, per day</p>
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<p>SPECIAL NEEDS SCOUTS Sponsored by The Provo/Timpanogos Lions Club</p>	<p>The Special Needs Scout Troop usually meets at the RAH building on Tuesdays from 5:30-6:30pm in between the bowling and evening activities. (Not held on the night of B-Day Club) Please note: RAH offers building space but does not coordinate or run this program. If you have any questions about this program, please call Bryan Rust at 377-1574</p>
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GOOD LUCK TO ALL THE RAH BOWLERS WHO ARE COMPETING IN THE UTAH SUMMER GAMES ON JUNE 18th. Go for GOLD!





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Nonprofit
Organization
US Postage
PAID
Provo, UT
Permit # 168

ATTENTION POSTMASTER:
This mailer contains date sensitive material.
PLEASE DELIVER IMMEDIATELY

(Mailing date: May 15, 2008)



A United Way of Utah County Partner Agency

"Providing Quality Services and Supports to individuals with Disabilities"



Are you getting RAH's Newsletters by email ?

We would like to send you the Newsletter each month by email. This will allow you to get your schedule immediately on the day it is mailed out.

Having your email address also allows us to pass along important information, announcements and available resources in an efficient and timely manner.

We will not give out your address to any other agency or organization! It will only be used to send you information from RAH.

All you have to do is send us an email at mail@rahservices.org. Type Newsletter or Mailing List in the subject box and list your name and email address in the message. **When we get your email we will reply to make sure we have your correct address.**

You can still receive a paper copy of the newsletter by US mail. We will not remove your name from our regular mailing list unless you ask us to.

However, if we can reduce the amount of newsletters we mail, we will be able to **save on paper, printing and mailing costs and use fewer natural resources.**

From: mail@rahservices.org
To: YOU (yourname@???.com)
Re: Important Information

Message:

We would like to send you RAH's **Monthly Newsletters by email.** We also occasionally have other important information and ideas that we would like to share with you.

Please send us your email address.

Hope to hear from you soon!

