



RECREATION AND HABILITATION SERVICES

815 North 800 West ~ Provo, Utah 84604
 Phone (801) 374-8074 (Urgent need cell phone 801-400-4497)
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MAY 2008

NEWSLETTER AND PROGRAM SCHEDULE

★
RAH BOARD OF DIRECTORS:

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★
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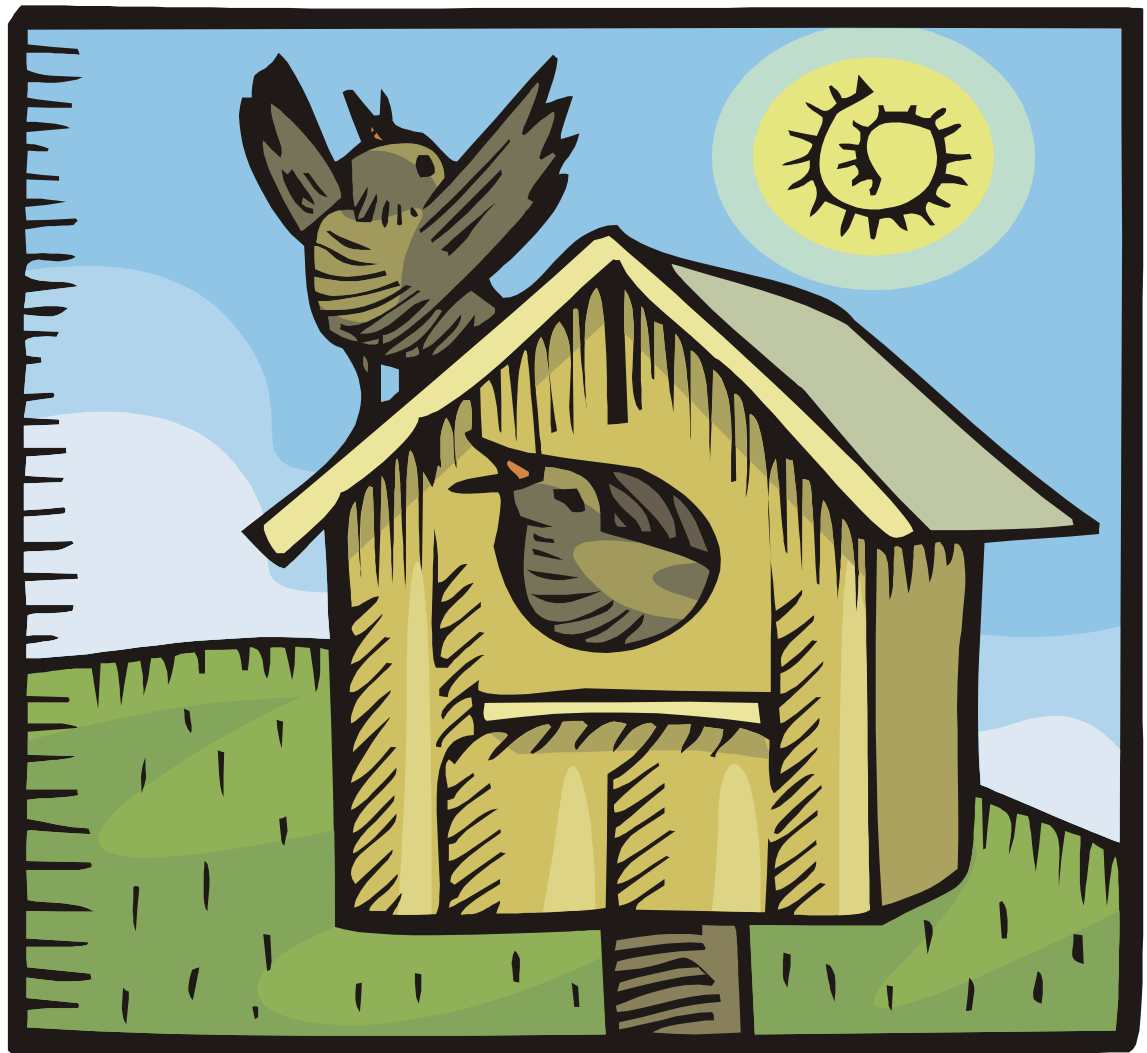


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Our Mission Statement:

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:



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 (youname@???.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.

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!



FOSSIL HUNTING OVERNIGHT ADVENTURE TRIP May 9-10



We will leave Provo Friday at 1:00pm. (Van pick up's will begin at 11:30am).

We will be spending the night in Delta and will spend Saturday morning at the U-Dig Fossils Quarry hunting for Trilobite fossils. You will get to keep all the fossils that you find! You may even be lucky enough to find something rare. **After lunch we will head back to Utah Valley.** (Estimated arrival time 3-6pm.)

****Physical activity is required** which includes walking on rocky terrain and using hand held rock hammers.

Cost: \$125 (includes 3 meals, lodging & quarry fees)

Hurry... you need to sign up by May 1st!

Bring sturdy shoes, light jacket, hat, change of clothes, pajamas & grooming supplies. Safety glasses & work gloves will also be needed. If you do not have them, RAH will have a few to share.

RAH's Annual Lagoon Day is Saturday May 31st

Friends and Families are welcome to join us. Buy tickets from RAH and save money. The more people that buy tickets, the better our group price is.

Reservations required. Call RAH by Tuesday May 20th or earlier.



All day, all ride pass \$29 /person
(If we reserve 50 + the price will drop to \$26.00)

All day, all ride pass w/ all you can eat BBQ Lunch \$38 /person
(If we reserve 50 + the price will drop to \$35.00)

We will have a **limited number of spaces for RAH members to go with us as a group and ride together on the van.** All others will need to provide their own transportation and supervision.



Utah Summer Games Bowling Competition & Overnight Stay in Cedar City

June 17 & 18 ~ Cost: \$140
(Cost includes lodging 3 meals., registration, T-shirt & game fees.)

HURRY! You will need to sign up by Wednesday, May 21st.

When you call to sign up, we will need to the following info to get you registered:

T- Shirt size (Small, Medium, Large, X-Large or XX-Large)

Bowling Average (3 games without bumpers) If you go bowling weekly with RAH, we will get this.

**Don't miss out!
Remember you need to sign up by May 21st**



MAY 2008

Program Schedule & Information

(For individuals age 16 & older)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:30pm~Cinco de Mayo Celebration & Dinner	2 5:30pm~Date Night: Movie & Make your own dinner at RAH	3 CLOSED
4	5	6 3:30pm~Bowling 6:30pm~B-Day Club Dinner	7	8 3:30pm~ Flower Pot Planting Fun & Picnic Dinner	9	10
					U-Dig Fossils...Overnight Fossil Hunting Adventure Trip Friday 1:00pm - Saturday afternoon	
11	12	13 3:30pm~Bowling 6:30pm~First Aid Class <i>(Week 1 of 3)</i>	14	15 3:30pm~ RAH's "IRON CHEF" Activity , Cook-off & Apron Craft. Help make your own dinner.	16 3:30pm~ National Pizza Day Activity... Make Your Own Pizza Dinner	17 RAH's Giant Yard Sale *see the back page of the Newsletter for more info
18	19	20 3:30pm~Bowling 6:30pm~First Aid Class <i>(Week 2 of 3)</i>	21	22	23	24
				CLOSED for Memorial Day Holiday Weekend		
25	26	27 3:30pm~Bowling 6:30pm~First Aid Class <i>(Week 3 of 3)</i>	28	29 3:30pm~RAH Bowling Tournament & Awards Dinner	30 3:30pm~Creative Outdoor Cooking in the RAH park	31 9:00am~LAGOON: All Day Ride Pass & BBQ Lunch


ACTIVITY INFORMATION & DETAILS

Date	Day	Time	Activity	Location	Cost
5/1	Thursday	3:30-6:30pm	Cinco de Mayo Celebration & Dinner	RAH	6.00
5/2	Friday	5:30-8:00pm★	Date Night: Movie & Make Your Own Dinner *Couples only	RAH	8.00
5/6	Tuesday	3:30- 5:30pm★	Birthday Club Dinner <i>For those who have a May Birthday</i>	TBA	10.00
5/8	Thursday	3:30-6:30pm	Flower Pot Planting Fun & Picnic Dinner	RAH	8.00
5/9 (Friday) 1:00pm - 5/10 (Saturday) 3:00pm★			U-Dig Fossils...Overnight Activity & Fossil Hunting Adventure. *see information on page 5 <i>Hurry! You need to sign up by May 1st</i>	Delta, UT area	125.00
5/15	Thursday	3:30-6:30pm	RAH's IRON CHEF Activity, Cook-off & Apron Craft	RAH	9.00
5/16	Friday	3:30-5:30pm	National Pizza Day Activity...Make your own Pizza Dinner	RAH	5.00
5/29	Thursday	3:30-6:30pm	RAH Bowling Tournament & Awards Dinner	Orem/RAH	8.00
5/30	Friday	3:30-5:30pm	Creative Outdoor Cooking in the RAH Park	RAH	7.00
5/31	Saturday	9:00am-5:300pm★	RAH's Annual LAGOON Day....All day pass & BBQ Lunch	Lagoon	38.00

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


➡ PROGRAM INFORMATION CONTINUES ON PAGE 7..... ➡

PROGRAM INFORMATION CONTINUED.....

BOWLING	TUESDAYS 3:30-4:30 pm at Miracle Bowl in Orem (1585 So. State St.)	\$2.25 per week
TUESDAY DINNERS	On Tuesdays a meal is available <u>for those who are signed up for both bowling and the evening class</u> . *Meals are not served on the night of the Birthday Club activity.	
TUESDAY EVENING CLASS: FIRST AID (3 week course)	Tuesdays from 6:30pm-7:45pm at RAH *Classes require <u>ACTIVE</u> participation and involvement. Please do not sign up if you are not prepared to fully participate.	
	 <p>Do you want to learn basic First Aid? Would you like to have a complete First Aid kit and know how to use it? Do you want to be prepared to handle basic household emergencies? If so, this class is for you. The class will be held for 3 consecutive weeks. Please plan to attend all 3 weeks so you will have all the information you need. At the completion of the course you will each receive a complete First Aid kit for your home.</p>	\$15.00 (Includes complete first aid kit)
DATE NIGHT ACTIVITIES (Friday's as scheduled)	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.	
RAH B-DAY CLUB	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 6 th .	

VAN TIMES & FEES	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 RAH Van Rates as of January 1, 2008: \$4.50 per person, per day
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SPECIAL NEEDS SCOUTS <small>Sponsored by The Provo/Timpanogos Lions Club</small>	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
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Are you interested in a Fossil Hunting Adventure?

See the information on page 5 about our upcoming trip to search for Fossils on May 9th & 10th.

HURRY....You need to sign up by May 1st.






It is time to sign up to participate in the Utah Summer Games!

See the information on page 5 about our overnight trip to Cedar City on June 17th & 18th to participate in the bowling competition.

Hurry.....You need to sign up by May 21st





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

(Mailing date: April 18, 2008)



A United Way of Utah County Partner Agency

"Providing Quality Services and Supports to individuals with Disabilities"

RAH's Giant "Yard" Sale



(We are only calling it a yard sale because it will be held in our yard)



Saturday, May 17th 8:00am-Noon

We are clearing out our closets & storage spaces.

- ★ Many **NEW** items!
- ★ **FREE GIFT** with any purchase over \$10.00.
- ★ **DOLLAR SECTION**. You won't believe what you can get for a dollar!
- ★ Furniture, new clothing, bathroom vanity sets, hats, tables, chairs, gift items, craft supplies and much more!



DON'T MISS OUT ON THE BARGAINS!