

- 1-Afton's Cent\$ible Nutrition Class and Certificates
- 2-Evanston's creative craft projects including Lava lamps & dying roses
- 3-Evanston visits the George S. Eccles Dinosaur Park in Ogden, UT
- 4-Skeeter the clown visits Afton
- 5-Kemmerer/Diamondville enjoying outdoor activities
- 6-Lincoln Self Reliance Locations & General Information

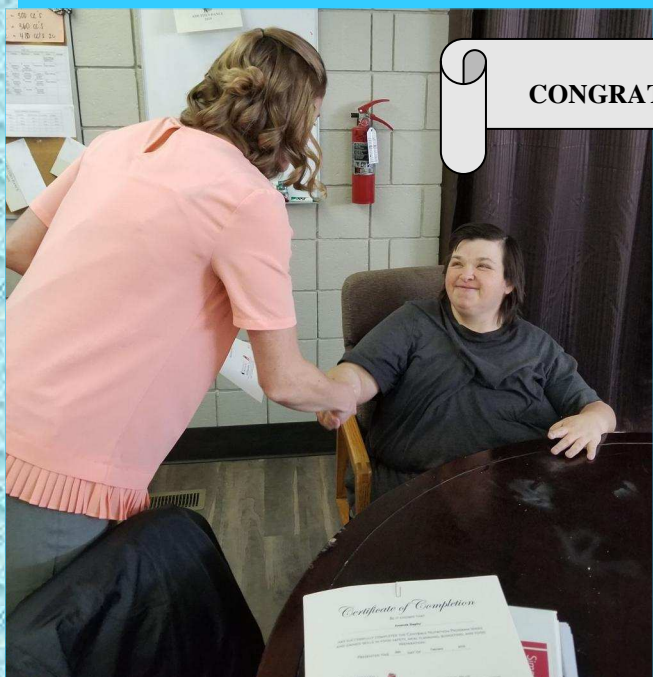
WYABLE accounts allow individuals to save and /or invest money without losing eligibility for certain public benefits programs such as Medicaid, SSI, or SSDI. Earnings in a participant's account are not subject to federal income tax, so long as they are spent on "Qualified Disability Expenses." These accounts are not checking or savings accounts, they are investment. Participants who use WYABLE will be investing their money into the different options provided by Vanguard Mutual Funds. While funds can still be withdrawn and spent as needed, WYABLE accounts also allow participants to grow their money and to save long-term for disability expenses.

Lincoln Self Reliance Review July 2019



Cent\$ible Nutrition Class!!

We really enjoyed the Cent\$ible Nutrition class. This class was taught to us by Shelly who made it very fun and informative! Our group had an amazing time this year learning how to shop for good deals and how to prepare healthy meals. Part of cooking healthy is learning the correct way to wash our hands, we did all this while also playing fun games! We even had several clients receive certificates passing them off this year. A big thank you to Shelly !!



CONGRATULATIONS!!!



Mission Statement

It is our mission to provide training and support to individuals with disabilities so they may achieve maximum potential for self reliance and achieve participation in the community.

Lincoln Self Reliance Review July 2019

This Spring has been very busy but also filled with lots of fun and adventure! We visited the local stores and did some shopping at the Wal-Mart and Dollar Tree. Volunteering is one of our favorite things to do so every Wednesday we do Meals on Wheels. We took a drive up to the Uinta's but it was still closed due to snow! To celebrate Easter we dyed eggs and had an Easter egg hunt. Some of the other activities we enjoyed was having a BBQ and a nice drive to Bear Lake for ice cream. We also went to the George S. Eccles dinosaur park in Ogden, Utah.



Another fun project we enjoyed being involved in was making lava lamps using a water bottle, glue, glitter and an Alka Seltzer tab!



We colored our roses by changing the color of water the stem is put in and they turned out absolutely beautiful!

We would also like to welcome our new program managers: Jordan A., Dani B., and Mechelle S. They are getting settled into their new positions !



Lincoln Self Reliance, Inc. Review

Lincoln Self Reliance Review July 2019

What a great time visiting the George S. Eccles Dinosaur Park in Ogden, UT!!



We keep pretty busy and love getting out to visit sights. Some of the participants went to Rock Springs, WY to see the Natural History Museum that is located at the Western Wyoming Community College. We also visited the Children's Museum in Salt Lake City, UT. It was pretty exciting to be invited to attend the Proclamation signing with the Mayor of Evanston, Kent Williams! To add to all our adventures we have also been practicing twice a week for Special Olympics, whew!

Lincoln Self Reliance, Inc. Review

Lincoln Self Reliance Review July 2019

These last three months have been filled with so much fun and excitement!! We've been bowling, horseback riding, a trip to lava, bbqs, but our visit from Skeeter The Clown was definitely the top of our list. We learned to do magic and balance a peacock feather on our finger! We laughed, sang, and just had an over all amazing time with Skeeter and we hope to have another visit from her in the future.

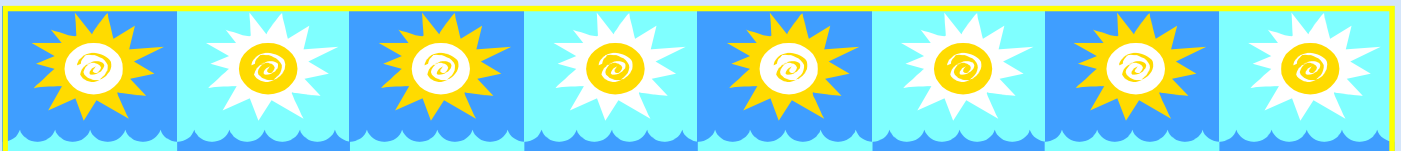


Lincoln Self Reliance, Inc. is a private not-for-profit community based provider for individuals with disabilities. LSR provides Medicaid home and community based services to adults and children with intellectual disabilities and individuals with acquired brain injury.

Lincoln Self Reliance Review July 2019



Here in the Kemmerer/Diamondville area we have been enjoying the nice weather by getting out more. Scotty pictured here loves the walks and just sitting and soaking up the sunshine. We've had a lot of fun doing everything from dying Easter eggs for the Easter bunny to getting more exercise by going to the walking trail for a good workout. Another of our favorites close to home is just enjoying our park. Going to Lava Hot Springs is always a treat. We are looking forward to the trip to Lyman to the splash pad, fun times ahead for sure!! A little sneak peek on what we are planning on doing this summer is going to the fairs in Evanston, Rock Springs and Afton. It's sure to be a pretty busy summer.. We hope everyone had a great Spring and looking forward to a fun Summer!



LSR

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Community Partner

LSR Thrift Store
Mon-Fri
10:00am-5:00pm
Sat
10:00am-2:00pm

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