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**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 WY-ABLE 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 While funds can still be withdrawn and spent as needed, WYABLE accounts also allow participants to grow their money and to save long-term for disability expenses.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 2018

***Our Adventure story to help you forget about winter and snow if even for a minute :)***

That Thursday October morning started out a bit chilly. Rain and cold have put a damper on the day in the past, but with no clouds in the sky, we anticipated warmth and sunshine. Three staff and six clients from Thayne and one client and staff from Afton geared up for the ride of a lifetime. Alpine Adventure Rentals suited us up with helmets and goggles. Some even with snow pants and gloves. We loaded the lunch and hot chocolate on the Razor and heaved our layer-clad selves into the seats. We were lead by one of the AAR team members on a four-wheeler and the rest of us were split up in four Razors. Two other AAR team members joined us in the Razors.

We rode up Grey’s River road for quite sometime, it was easy going. We turned and headed up to Murphy Lake. It was beautiful!! We stopped and ate a great sandwich lunch that was donated by the First Bank of Alpine. We sat in the sun and talked with each other and threw rocks into the lake and sang a couple “campfire” songs.

Everyone was having a great time and laughing together. We decided to keep going up the trail since the weather was so great. This is when the ride turned into an adventure!! The “splash challenge” unofficially began! The drivers, while keeping clients safe, hit every puddle we could find, trying to make the biggest splash. We even got to cross a part of the river that was a lot deeper than anyone expected. As we sped through, a huge wave cascaded down on us. Water rushed in at the sides and soaked our feet. Giggles, squeals and cheers could be heard across the entire mountain range. We rode to the top of the mountain, turned around and hit every puddle and bump again! A few of the drivers decided to try and hit the river fast the second time through. The waves were even bigger!

All adventures have to come to an end. It was time to ride back into Alpine. Excitement was still buzzing as everyone talked over each other about their account of the ride and the “puddle showers” we received. It was quite funny to see everyone muddy and soaking wet from head to toe. We helped unload the gear and coolers from the Razors and took off what wet layers we could. More hot chocolate was needed to add a warm, sweet ending to the day.

We thanked our friends at Alpine Adventure Rentals and loaded into the vans to head home. Exhaustion started setting in, but it didn’t stop anyone from sharing their story with the other clients and staff when we got home.

# 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

On Oct 9th-12th, nineteen athletes from LSR attended State Special Olympics Fall Bowling Tournament in Casper, WY. The athletes not only competed in bowling events but participated in Opening Ceremonies, enjoyed a nice dinner out in Casper, went swimming at the hotel and explored Casper while getting a chance to do some big city shopping! The final night in Casper the athletes got to celebrate their victories with the other athletes around the state by eating a delicious meal and dancing the night away! LSR athletes took home many gold, silver, and bronze medals and showed great sportsmanship and support for their fellow team members.

*Bowling fun in Afton*



*Enjoying a little chat time between turns.*



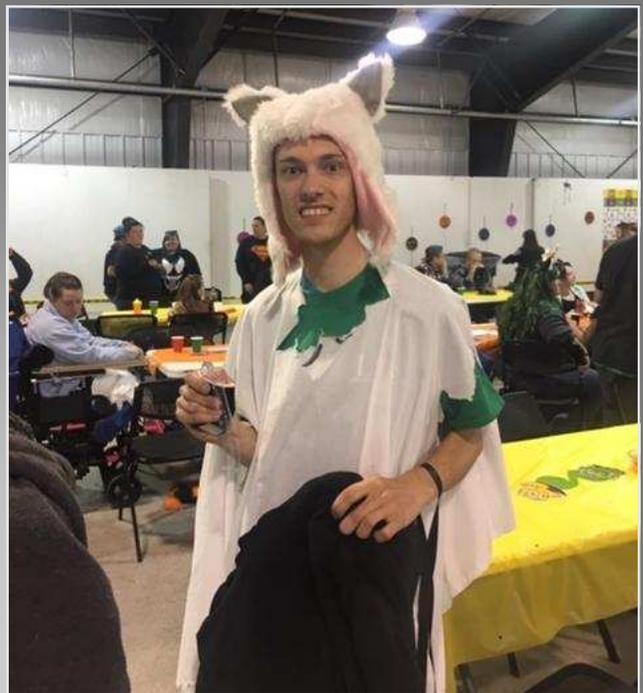
*Just a lil goofing off!!*



# Lincoln Self Reliance, Inc. Review

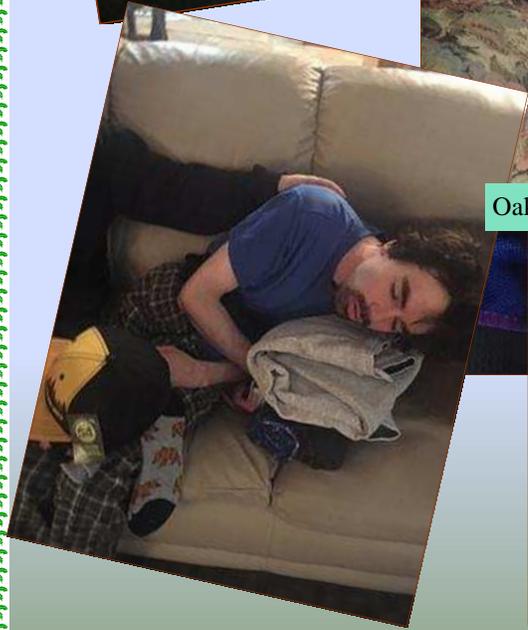
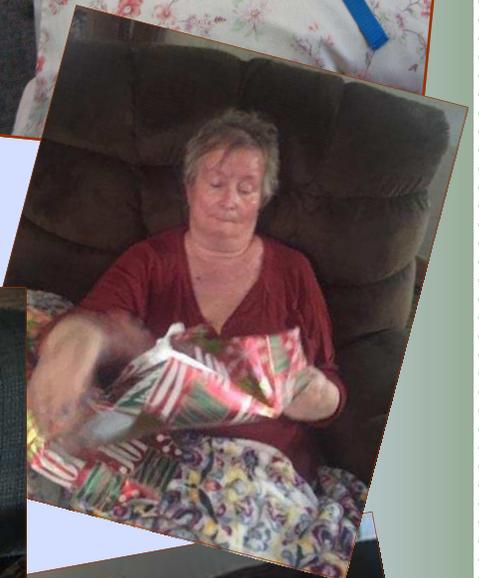
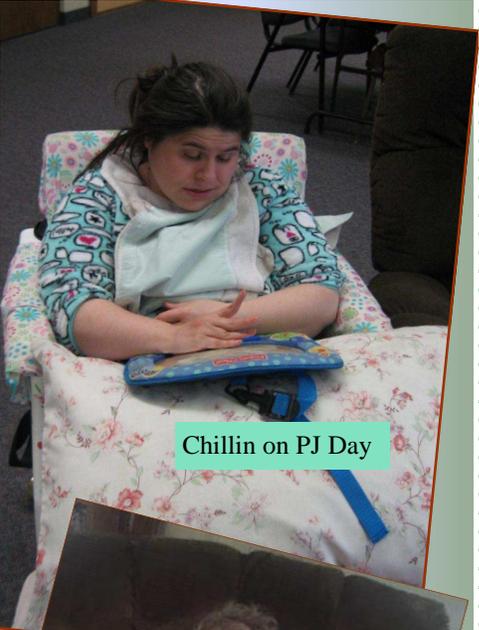
## Lincoln Self Reliance Review

Afton Program has enjoyed many exciting activities this Oct-Dec. In October we had the chance to see Bar J Wranglers in Jackson. We held our first LSR client bowling tournament which was followed by lunch and a fun dance, everyone had a great time! For Halloween we were able to host a party that everyone from all locations had opportunity to attend, the costumes were creative and the food yummy! November was our Annual Awards banquet, we really changed it up with a totally new theme which was fun and so different from past years. We also took a trip to Salt Lake City and attended Disney on Ice. To celebrate Thanksgiving we hosted a family feast. The clients enjoyed a shopping day for Christmas in Jackson and on Christmas day the clients had a great time at home opening gifts and just enjoying the day.



# Lincoln Self Reliance, Inc. Review

## Lincoln Self Reliance Review



**L**incoln 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

Hello from Evanston! To begin with--we had a lot of fun in October visiting the Hill Aerospace Museum in Logan, UT; looking at and learning about the different planes. We facilitated our first Halloween dance on Oct. 26th, we invited the community of Evanston and had a blast dancing with community members. On some of our outings we went to Heritage Park in SLC, Burger King, and Wheeler Farm. Also we began new activities this month! We have implemented more cooking projects, art projects, and educational lessons. So far we have had the opportunity to learn about internet and social media safety, infection control issues and how to prevent them, and what to do if you're being harassed. We filled Nov and Dec with lots of activities such as a ride out to the Uinta Mountains, so beautiful! We went to the movie theater and enjoyed the new "Grinch" movie. We also had a good time cooking and learning to make banana bread. Some of our science projects taught us how to make calming play dough, slime, and how to make a volcano using vinegar, baking soda, paint, and plastic cups! Fun-Cool stuff!! We went to Fat Cats to play Mini Golf and enjoyed the cool colors and lights. Just for relaxing we have pajama days, movie days, Bingo and game days, and craft days. For crafts we made turkeys and snowflakes. During the Christmas season we prepared by shopping for our Christmas party/gift exchange, decorated sugar cookies, trimmed our Christmas tree with the snowflakes we made and created foam gingerbread houses. We even engaged in more science projects for the season by making Candy Cane Crystals, making our own Lava Lamps and Rainbow Skittle experiments. All had a blast making Grinch Chex mix, also building snowmen then warming up with a nice cup of hot chocolate! Our Christmas was fabulous and everyone had a wonderful holiday season!!



### HILL AEROSPACE MUSEUM



### DECORATING COOKIES! YUM!



# LSR

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1038 S. Washington  
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## Lincoln Self Reliance, Inc.

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### DIAMONDVILLE

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### EVANSTON

100 Bear River Drive  
Evanston, WY 82930

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### THAYNE

250 Van Noy Parkway  
Thayne, WY 83127

Phone: 307-883-2577  
Fax: 307-883-5578



Community Partner

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

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