

## DATE TO REMEMBER

### In The Area

July 20-22 Ferndale Firemen's Jubilee  
July 21 Beauty & the Beast Movie | Mary's Library 6p  
July 21 Flight 93 Speaker | Flight 93 at 1 & 3p  
July 22 Chalk the Block | Somerset  
July 23 Bingo | Winder Rec Park at 5p  
July 24 Pet Therapy Day | Winder Rec Park 12-5p  
July 25-29 Johnstown Garden Show | Art Works  
July 28 Jazz Along the River | St. Mary's Byzantine  
July 29 Veterans Appreciation | JS Mack Park  
July 31 Senior Expo | Somerset Tech Center 9-1p  
July 31 Children's Pajama Storytime | Jtown Library  
Aug 5 Cherry Tree Heritage Day | Cherry Tree Park  
Aug 6 "Field of Dreams" Outdoor Movie | Central Park  
Aug 11 AUCP Fashion Show | Jari Drive, Richland  
Aug 12 Lakefest | Somerset Lake 11-4p  
Aug 12 Knotweed Festival | Downtown Blairsville  
Aug 19-26 Somerset County Fair  
Aug 20 Garlic Festival | Faranda Farm  
Aug 26 Indiana County Fair

### Activity Program

#### AUGUST IS ARTS MONTH!

July 19 ACTIVITY: Horse Therapy  
10:30AM-1:00PM | Best of Friends Farm  
July 21 ACTIVITY: No-Sew Tote Craft  
9:30-1:30PM | Hollidaysburg Library  
August 2 ACTIVITY: Painting Party  
11:30AM-3:30PM | Jari Drive  
August 9 ACTIVITY: Art Project  
10:00AM-12:00PM | Somerset Towers  
August 16 ACTIVITY: Art Project  
11:30AM-1:30PM | Jari Drive  
August 18 ACTIVITY: Painting Party  
9:30AM-1:30PM | Hollidaysburg Library

**All staff, consumers, & public welcome.  
BRING YOUR CONSUMER!**

For more details about this FREE program,  
call Joyce Bowers at 814-262-9600 Ext. 1501

#### EMPLOYEE OF THE MONTH!

#### JUNE 2017 • MARLENE HARVEY

Did you know: Consumers, Caregivers, and Families  
are eligible to nominate someone they think deserves  
Employee of the Month!

To nominate a caregiver you love and respect,  
call the office at 814-262-9600 Ext. 1555 or  
email Lori at LPavic@alucp.org

**All nominations are due BY August 4th!**

Connect with us!



119 Jari Drive Johnstown, PA 15904 • 814-262-9600 • www.alucp.org

*Helping people live independently — Every day with quality care*

# THE COMPASS

## August 2017

*"Nothing can dim the light that shines from within." - Maya Angelou*

## HAPPY BIRTHDAY, AMERICA!

On July 3rd, the Unlimited Care office staff organized a special Independence Day picnic followed by a beautiful



display of fireworks set off at the Galleria Mall. The public was invited to enjoy the dunk tank, food, games of chance, and kids activities like the bounce house and face painting! Thank you to all who attended and all who put this amazing event together. We can't wait for next year!



Photo by Tabitha Studer

## PARKER AND JANINE FINALLY MEET

In September 2016, Parker and Janine Maust were matched to become forever buddies. They met through the organization "I Run 4 Michael" which matches runners, walkers, yogi, cross-fitters or any other kind of athlete who wants to dedicate their workout to a buddy with special needs. Every time Janine runs she posts to a Facebook group and when Parker does something he lets her know, too. They talk several times a week through this group. During the past 6 months they have learned about each other's families and pets. Every time Janine receives a medal she sends it off to Parker.

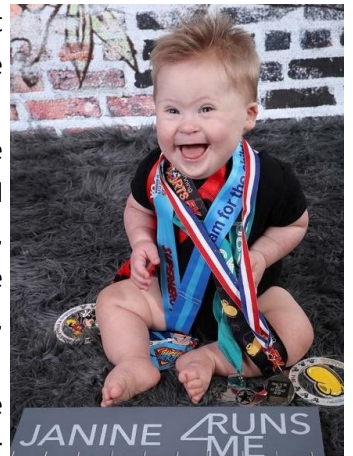
When Parker's 1st birthday invitation came in the mail, Janine immediately booked a flight and hotel. On June 24th, she and her husband, Scott, traveled from Pennsylvania to Minnesota where they were greeted with open arms from Parker, his family and friends.



AUCP Deputy Director, Scott Maust, Parker, and Janine pose at the party

During the party, Parker and Janine got to spend some quality time together reading, playing and even taking a nap. She says, "The best part was having birthday cake!"

To learn more about this organization, visit [www.WhoIRun4.com](http://www.WhoIRun4.com)



Photos submitted by Janine Maust



## **Cooking Corner**

### **CHICKEN PARMESAN PASTA SKILLET**

thecookierookie.com

#### **INGREDIENTS**

3 Boneless, Skinless Chicken Breasts	1/2 c Parmesan Cheese
16 oz. Rigatoni Pasta	2 tbsp. Italian Dressing
1 24 oz. Marinara Sauce	Basil
1/2 c Mozzarella Cheese	Salt & Pepper

#### **DIRECTIONS**

1. Heat chicken and Italian dressing in a large 12 inch skillet over medium high heat. Season chicken with salt and pepper to taste.
2. Cook chicken until browned and just cooked through, about 5 minutes depending on thickness of chicken.
3. Add the box of pasta and the entire jar of marinara. Fill the empty marinara jar with water and add to the skillet. Lightly stir the mixture to combine.
4. Bring mixture to a boil and then reduce to a simmer. Cover and cook for 15 minutes or until pasta is tender to your liking.
5. Cover with grated parmesan and then shredded mozzarella. No need to stir. Continue to cook for 2-3 more minutes or until cheese is fully melted.
6. Top with chopped basil (optional) and serve. Enjoy!

## **Say "Hello" to Megan!**

Megan Downey is our summer *Consumer Activity Specialist Intern*! She heads back to Gannon University in August, so we only have her for a short time— but we have loved getting to know her and her passions (like reading & cooking!). Megan has been helping to organize, schedule, and transform the Ability Works activity program to better represent our organization and its participants through education, field trips, independent skill building, and general life skills. Megan's attending college for early childhood education and special education and her goal is to become a certified behavior intervention specialist. Megan says *"I am grateful for the welcoming staff and all of the learning experiences I have had thus far!"* We are grateful to have YOU, Megan!



## **Volunteer Committee— SIGN UP!**

**NEW**

If **you** are interested in signing up to receive updates and upcoming volunteer dates, please email us with your name at [newsletter@alucp.org](mailto:newsletter@alucp.org).



Let us say  
**THANK YOU to YOU!**

**8AM** Park Opens  
**11AM** Rides Open  
**12-2PM** Free Lunch  
**RSVP BY SEPT. 1ST!**

[www.surveymonkey.com/AUCP-PICNIC2017](http://www.surveymonkey.com/AUCP-PICNIC2017)



## **SAFETY CORNER**

### **BUG SAFETY**

Everyone can protect themselves and their families from the threat of Zika and other mosquito-borne illnesses, such as Dengue Fever and West Nile. Follow simple preventative measures:

- To prevent mosquito bites, use Environmental Protection Agency-registered insect repellent with DEET and wear long-sleeve shirts and long pants
- Read product labels when using insect repellent and apply as directed
- Do not leave doors or windows propped open
- Once a week, scrub or empty planters, birdbaths, vases and flowerpot saucers; mosquitoes lay their eggs in standing water

[www.nsc.org](http://www.nsc.org)

## **"ABILITY WORKS" ACTIVITIES**

Our Ability Works participants have been pretty busy recently! On June 29th we took a trip to the Mountain Playhouse to enjoy a live show called *"The Church Basement Ladies"*.



On July 5th, we were visited by Greg Martin from **CamTran** to educate us about our area's transportation services, the many different routes, fees, and opportunities for individuals with limited abilities. Greg even took us for a little ride around the block!

## **Caregivers Like You.**

Congratulations to our Employee of the Month, **MARLENE HARVEY!** Marlene has been with Unlimited Care for 14 years because she loves taking care of people. She has a great connection with all of her consumers and she enjoys gardening and spending time with her dogs. Marlene's advice for other caregivers is *"Always listen to your consumers. Don't tell them how to do things... just help them with how to do things."*

*"I absolutely do not know what I, or the agency for that matter, would do without her. With my recent relocation, she is the only sense of regularity that I have."*

## **REFERRAL PROGRAM**

Know someone who would be a great caregiver? Tell our Recruiter & you will receive a \$25 Sheetz gift card after they've been on board for 60 days!

Have a story, picture, or question? **Write to the Editor!**  
Email us at [Newsletter@alucp.org](mailto:Newsletter@alucp.org)