

DATES TO REMEMBER

In The Area

May 26 1889 Flood Walking Tour | *Johnstown*
May 27 WORLD MS AWARENESS DAY
May 27 Path of the Flood Races | *Johnstown*
May 27 Chickentown Grove Gas & Steam Show
May 27 18th Century Military Weekend | *Ligonier*
May 29 MEMORIAL DAY
May 29 Sandyvale Memorial Day Celebration
June 2 Southmont Jubilee
June 2-4 PolkaFest | *Johnstown*
June 4 NATIONAL CANCER SURVIVORS DAY
June 10-11 Summerhill Borough Anniversary
June 14-17 64th Annual Sunnehanna Amateur
June 15-18 Windber Miner's Memorial Day Wknd
June 16-17 The Arc Garage Sale | *Indiana*
June 17 Twilight Cemetery Tour | *Blairsville*
June 22-25 Thunder in the Valley

Activity Program

June 2 ACTIVITY: To be Determined
 9:30AM-1:30PM | *Hollidaysburg Library*
June 6 OUTING: Fishing Picnic
 11:00AM-4:00PM | *Windber Sportsmen's Club*
June 13 RAIN DATE: Fishing Picnic
 11:00AM-4:00PM | *Windber Sportsmen's Club*
June 14 ACTIVITY: To Be Determined
 10:00AM-12:00PM | *Somerset Towers*
June 16 ACTIVITY: To Be Determined
 9:30AM-1:30PM | *Hollidaysburg Library*
June 21 ACTIVITY: Gardening
 11:30AM-3:30PM | *Jari Drive*
June 29 OUTING: "Church Basement Ladies"
 2:00PM | *Mountain Playhouse*

All staff, consumers, & public welcome!

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



EMPLOYEE OF THE MONTH!

APRIL 2017 • BEVERLY PATTERSON

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

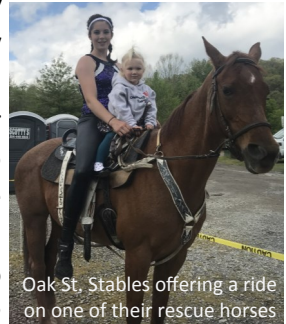
To nominate a caregiver you love and respect, call the office at 814-262-9600 Ext. 1555 or email Lori at LPavic@alucp.org

All nominations are due BY June 9th!

REC THE ALLEGHENIES EXPO

On Saturday, May 13th, AUCP partnered with the Center for Health Promotion and Disease Prevention (CHPDP) and You in Flood City to organize the first annual Rec the Alleghenies Expo at Greenhouse Park in Tire Hill of Johnstown.

The event was made possible through a generous grant from the Community Foundation for the Alleghenies Philanthropy Internship Program and was well-attended despite the chilly weather. 20 local recreational groups, throughout the region, participated by setting up booths with their activities ready for community members to try. Public demonstrations were also held throughout the day, which showcased a number of the groups and prompted the community to get involved. From mountain bikes to armored combat and therapy goats to bounce houses, there was something for everyone! AUCP wants to say "thank you" to everyone who helped by volunteering time and energy for this great event! For more pictures of the Rec Expo, please visit our Facebook page!



Oak St. Stables offering a ride on one of their rescue horses

FROM MINI-GOLF TO GARDENING



In January 2017, AUCP held it's first annual PUTT FOR PURPOSE mini-golf fundraiser and raised over \$8,000 toward the agency's Ability Works activity program. After much discussion and brainstorming, the organization decided on the

installation of an accessible garden that would begin at their Jari Drive location and hopefully grow to different locations throughout the community offering workshops, sessions, and hands-on activities to a wide-range of individuals with varying abilities. The activity program has been getting ready for the garden by planting small herbs in homemade incubators. We are happy to announce that the five different herbs are now sprouting and seem excited to be moved to their permanent home in the raised garden beds!



AUCP SCHOLARSHIP AWARD

AUCP's Board of Directors have announced their first scholarship award, which was available to all Cambria County School Districts and focused on awarding a sum of money to one or more high school students who are looking to further their education. The scholarship, which requested a visual poem submission, is now being awarded to three area seniors from three different school districts. The AUCP Board of Directors wants to offer an enormous "Congratulations" to Mary Mognet, Forest Hills, Todd Neisner, Conemaugh Valley, and Taylor Hoover, Cambria Heights, for their wonderful submissions and for being young adults within our community who strive for greatness.

Connect with us!



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

Helping people live independently — Every day with quality care



Cooking Corner

STUFFED HONEY-HAM BISCUITS

INGREDIENTS

1 can (16.3 oz) Pillsbury Grands Flaky Layers
8 slices Swiss Cheese
8 slices Deli Cooked Ham
1/4 cup Honey



Pillsbury.com

DIRECTIONS

1. Heat oven to 350°F. Spray cookie sheet with cooking spray.
2. Separate dough into 8 biscuits. Separate each biscuit into 2 layers, making total of 16 biscuit rounds. Fold each piece of cheese in half. Fold each piece of ham into fourths.
3. Place 1 folded slice of cheese and 1 folded slice of ham on 1 biscuit round. Top with another biscuit round; firmly pinch edges to seal. Repeat with remaining cheese, ham and biscuits to make 8 sandwiches. Place on cookie sheet.
4. Bake 15 to 20 minutes or until golden brown. Remove from cookie sheet to serving plate. Drizzle honey over biscuits. Serve immediately.

Hello, Sunshine!

The warm weather is finally upon us! This year, plan to try new things, get out of the house, and have some FUN! Here are a few things to help you get started on a great summer:

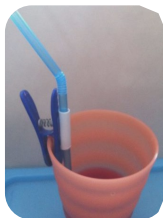
Water balloon fight	Go bowling
Blow bubbles	Practice hula-hooping
Make a grateful-for journal	Use sidewalk chalk
Pick wildflowers	Learn a magic trick
Have a BBQ	Stargaze
Visit the Drive-In Movie	Leave a nice note on a car
Do a Random Act of Kindness	Go to a local baseball game
Visit a Museum or Memorial	Paper airplane contest
Take flowers to a cemetery	Try a new recipe
Call an old friend to say "hello"	Go to a garage sale



LEARN SOMETHING NEW!

MATERIALS: Clothes pin, glue, large straw and smaller disposable straws

PREPARATION: Glue the larger straw piece onto the clothes pin. Simply slide the straw into the larger straw and clip the clothes pin onto any cup. Voila, accessible cup!



Quality of Life Summit

On May 10th, AUCP attended the first annual Quality of Life Summit to ensure they are a part of the movement toward healthier

CAREGIVER TIP:

KNOW WHEN TO SLOW DOWN! KNOW WHEN TO STOP!

Theimprovcaregiver.com



SAFETY CORNER

JUNE IS NATIONAL SAFETY MONTH!

Use this safety checklist to prevent slips & falls at home:

- ☐ Ask someone to move your furniture so you have a clear path through each room
- ☐ Remove rugs or use double-sided tape so throw rugs do not move
- ☐ Pickup papers, books, towels, boxes, blankets, and all other things off of the floor.
- ☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.
- ☐ Make sure the lightbulbs in your stairways are **all** working.
- ☐ Make sure the carpet is not torn or loose on stairs.
- ☐ Keep things you use often in the lower kitchen cabinets.

National
Safety
Month

**Safety
starts
with me!**

healthfinder.gov



"CINCO DE MEOW" Pet Supply Drive

AUCP once again partnered with Para-Coat Technologies (PCT) on their third year of the "Cinco De Meow" pet supply drive. The week-long drive, which runs the entire first week of May each year, invites community members to drop-off donations and lightly used pet items at both of the organization's main offices (Richland and downtown Johnstown). All monetary and tangible donations were then presented to the Cambria County Humane Society in an effort to assist the nonprofit with much-needed funds and support. Thank you to ALL who donated and to those who helped to spread the word!



Caregivers Like You.

Congratulations to our Employee of the Month, **BEVERLY PATTERSON!** We greatly appreciate all of your hard work and dedication within this organization. Beverly is proof that being a Direct Care Worker takes much devotion and a large heart. She puts her consumers before herself. Keep up the great work Beverly!

*"Her
consumer
always
speaks very
highly of
her"*

-Johnstown, Central Park
FRI 9a-2p

-Moxham, 501 Grove Ave.
THURS 3-6p,

-West End, 401 Broad St.
TUES 3-6p

-Westmont, 601 Luzerne St.
SAT 9a-12p

-Ligonier, Loyalhanna Watershed
SAT 8a-12p

-Indiana
SAT 9-12p, 8th & Church St.
WED 3-5:30p, Wayne Ave.

-Somerset, Georgian Place
SAT 9a-1p



Farmer's Market Season!

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