

## DATES TO REMEMBER

### In The Area

**Apr 29** YMCA "Healthy Kids Day" | *Indiana YMCA*  
**Apr 29-30** Art in Bloom | *Ebensburg*  
**Apr 29** Community Yard Sale | *Somerset Alliance Church*  
**May 1-5** Cinco De Meow | *Jari Drive Drop-off*  
*(See back for more details about Cinco De Meow!)*  
**May 6** Somerset Library 70th Birthday | *Somerset*  
**May 7** Free Museum Day! *(Fort Ligonier, Antiochian Heritage Museum, Compass Inn Museum, Lincoln Highway Experience, Lincoln Valley Rail Road Museum and Southern Alleghenies Museum of Art.)*  
**May 13** Rec the Alleghenies Expo | *Greenhouse Park*  
*(See back for more details about the Rec Expo!)*  
**May 14** HAPPY MOTHER'S DAY!  
**May 21** GLOBAL ACCESSIBILITY AWARENESS DAY!  
**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** Sandyvale Memorial Day Celebration

### Activity Program

**May 3 PRESENTATION: Lyme Disease**  
 11:30AM-3:30PM | *Jari Drive*  
**May 5 ACTIVITY: To Be Determined**  
 9:30AM-1:30PM | *Hollidaysburg Library*  
**May 10 ACTIVITY: To Be Determined**  
 10:00AM-12:00PM | *Somerset Towers*  
**May 17 ACTIVITY: To Be Determined**  
 11:30AM-12:00PM | *Jari Drive*  
**May 19 ACTIVITY: To Be Determined**  
 9:30AM-1:40PM | *Hollidaysburg Library*  
**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!

#### MARCH 2017 • CONNIE BUCHANAN

*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](mailto:LPavic@alucp.org)

**All nominations are due BY May 8th!**

## PHA RECOGNIZES CAREGIVERS



This year, the *Pennsylvania Homecare Association (PHA)* invited agencies throughout the State to nominate standout Direct Support Professionals based on work ethic, skill set, and the difference they make in consumers' lives. AUCP nominated three (3) of their very own who traveled to Harrisburg to be recognized at the **PHA Direct Care Worker Forum** event on April 4th. With all expenses paid, our outstanding staff enjoyed lunch, training, and received a Certificate of Excellence from the *PA Department of Aging* for enhancing the quality of life for others by empowering diverse communities, families, and individuals through quality homecare services. **Congratulations to Daryl Reed, Sonja Miller, and Noreen Myers for their dedication, hard work, and passion for a job they each perform so beautifully.** We could not be more proud!

## LITTLE RED MAILBOX ANNIVERSARY

On Thursday, April 13th, a celebration was held at Point Park in honor of the one year anniversary of Johnstown's Little Red Mailbox. AUCP staff, consumers, friends, and community members met at the mailbox for lunch and to help begin the transformation of the mulch garden into an inspirational rock garden. Individuals painted rocks with pictures and words of hope to place beneath the mailbox in hopes to beautify the area and bring a smile to visitors faces. Visit our Facebook page for more pictures!



## AUCP SCHOLARSHIP DEADLINE

AUCP's Board of Directors have announced their first scholarship opportunity, available to all Cambria County School Districts, which focuses on awarding a sum of money (up to \$1,000) to one or more high school seniors who have a physical and/or mental limitation and are looking to further their education through school, workshops, or classes after graduation. The scholarship application, which requests a visual poem, is available until May 8, 2017. **View and print the application by visiting our website: [www.alucp.org/give](http://www.alucp.org/give)**

Connect with us!



119 Jari Drive Johnstown, PA 15904 • 814-262-9600 • [www.alucp.org](http://www.alucp.org)

Helping people live independently — Every day with quality care



## **Cooking Corner**

### **CHEESY PEPPERONI PIZZA STICKS**

#### INGREDIENT

1 pack Pepperonis	2 tbsp. Butter
1 tube Pillsbury Pizza Crust	1/ tsp. Garlic Powder
	1/2 tsp. Parsley
10 Mozzarella sticks	



*iwashyoudry.com*

#### DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal size rectangles.
3. Arrange 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick.
4. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed.
5. Melt the butter and add in the garlic powder and dried parsley. Brush the pizza sticks with the butter mixture.
6. Bake for 10 to 12 minutes or until golden brown.
7. Enjoy warm with a side of marinara sauce for dipping!

## **LEARN SOMETHING NEW!**

### **SAVE THE DATE: Rec the Alleghenies Expo**

Thanks to a grant through the Community Foundation, *Alleghenies Unlimited Care Providers* has teamed up with the *Center for Health Promotion and Disease Prevention* and *You in Flood City* to organize an active expo featuring local indoor/outdoor recreational groups throughout the region!

**WHAT:** Rec the Alleghenies Expo

**WHEN:** Saturday, May 13, 2017

**TIME:** 12:00PM - 6:00PM

**WHERE:** Greenhouse Park (100 Greenhouse Rd, Johnstown)

**WHO:** FREE & open to the public of all ages and abilities

Participating groups are bringing their crew, equipment, and activities to show-off. We want the community to really dive in and get their hands dirty trying out new things that you can easily be a part of and that are already happening right here in our backyard! There will be food trucks, music, and live demonstrations throughout the day that you can join in on. **DON'T MISS IT!**



### *Share the Love.*

We raised over \$500 with a small office basket party! All proceeds are being donated to a dear friend who was recently released from the hospital after being treated for Acute Myelogenous Leukemia. Thank you to ALL who helped!

### CAREGIVER TIP:

BE OPEN TO NEW TECHNOLOGIES THAT CAN EFFICIENTLY AND EASILY HELP YOU PROVIDE CARE.

*caregiveraction.org*



## **SAFETY CORNER**

### TOP 4 DRIVING SAFETY TIPS

#### **1. Focus on Driving**

Slow down, don't multi-task, and do not use your phone while in drive.

#### **2. Drive "Defensively"**

Be aware of others around you, always be prepared, keep a 4-second cushion between you and the car ahead of you, increase the cushion in inclement weather.

#### **3. Plan Ahead**

Build time into your trip for stops, adjust your seat and mirrors before putting the car in drive, and pull over to eat.

#### **4. Practice Safety**

Secure cargo the may move around, don't attempt to retrieve items that fall onto the floor, have all items within easy reach (toll fees, cards, garage passes, etc.), always wear your seatbelt and drive sober.



### **"CINCO DE MEOW" Pet Supply Drive**

Our annual Cinco De Meow pet supply drive is scheduled for the first week of May (**Monday, May 1st—Friday, May 5th**)! Unopened pet food, lightly used/new items, toys, cleaning supplies, and office supplies can be dropped off all week long at **our office in Richland (119 Jari Dr.) from 8AM-4PM**, or **downtown at Para-Coat Technologies (116 Johns St.) from 7:30AM-4PM**. All proceeds and donations benefit the Humane Society of Cambria County! Please make checks payable to "Humane Society of Cambria County" **View the humane society's wish list on their website: [www.CambriaCountyHumaneSociety.com](http://www.CambriaCountyHumaneSociety.com)**

### *Caregivers Like You.*

Employee of the Month, **CONNIE BUCHANAN**, has been with Unlimited Care for over 18 years due to the love she has for making her consumers happy. In her spare time, she enjoys collecting both elephants and milk glasses. This allows for great conversations with her consumers and keeps them interested in learning more about new hobbies. Some advice Connie would like to give other caregivers is **"always go into the home and make the consumer your first priority. Give a little extra to show that you enjoy your job; it makes the work environment much more pleasant."**

*"She always makes sure that her consumer gets to church on Sundays and holidays. She sometimes even takes him to church on her own time."*

Connie, we are so grateful for your passion, dedication, and many years of service. Thank you for ALL you do!

### **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)**