



DATES TO REMEMBER

In The Area

Oct 28 Fall-O-Ween | Indiana
Oct 28 Store-to-Store Trick-or-Treat | Irwin
Oct 28-29 Faranda Farm Festival | Hollsopple
Oct 28 Kids Halloween Party | Ace's Johnstown
Oct 28 Guinness World Record "Most People Dressed as Ghosts" | Join in at the Grand Midway Hotel in Windber at 1PM
Oct 29 Oldies Record Night | Windber Rec
Nov 4 Christmas in the Village | Laurel View Village
Nov 4 Fall Vendor & Craft Show | Somerset High School
Nov 5 6th Annual Veteran's Marathon | Ghost Town Trail
Nov 10 Veteran's Day 5k | Johnstown YMCA
Nov 11 **VETERAN'S DAY PARADE 4PM** | Johnstown
Nov 16 Light Up Night & Parade | Irwin
Nov 16-18 Little Shop of Horrors | UPJ
Nov 17 Johnstown Christmas Parade & Tree Light-Up 630PM
Nov 18 Meyersdale Cookie Tour
Nov 18-19 It's a Wonderful Life Festival | Indiana
Nov 23 **THANKSGIVING DAY!**
Nov 25 Small Business Saturday | #shoplocal
Nov 25-26 Family Fun | Flemings Christmas Tree Farm
Nov 28 **GIVING TUESDAY!**

Activity Program

Nov 1 **ACTIVITY: Healthy Snacks**
10:30AM-1:00PM | Jari Drive
Nov 3 **ACTIVITY: "My Plate"**
9:30-1:30PM | Hollidaysburg Library
Nov 8 **ACTIVITY: Healthy Snacks**
10:00AM-12:00PM | Somerset Towers
Nov 15 **ACTIVITY: Thanksgiving**
11:30AM-1:30PM | Jari Drive
Nov 17 **ACTIVITY: Thanksgiving**
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**

Alzheimer's & Epilepsy Awareness Month

EMPLOYEE OF THE MONTH!

SEPT 2017 • TIMOTHY SHILLING

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 Nov 3rd!

THE COMPASS

November 2017

"Don't let yesterday take up too much of today." -Will Rogers

"BOBBING FOR BASKETS" FUNDRAISER

On Sunday, October 1st, we held our first "Bobbing for Baskets" basket party fundraiser which was sponsored in-part by both *Wessel & Company* and *Laurel Medical Solutions*! The event welcomed 165 guests for chances to win over 100 amazing baskets. The baskets were put together and donated by employees, friends, Board members, supporters, and local organizations. The fundraiser ended up raising more than \$6,000 towards our *Ability Works* activity program which provides individuals of all abilities with opportunities for educational, recreational, and social experiences at no cost. Thank you to ALL who attended and/or spent time and money acquiring donations. And thank you to two of our amazing Board Members, Claudia Rager and Heather Richards, for organizing the entire, successful event. We have posted the event pictures on our Facebook!



Nancy Engbert, DCW, volunteering at the Lottery Tree Basket

THAT'S A WRAP ON ANNUAL TRAININGS

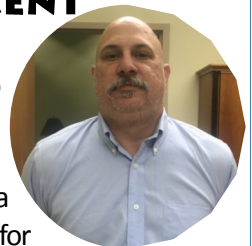
We have now finished up our Annual Employee Trainings! Thank you all so very much for spending your time with us, throughout those two weekends in October, as we re-visited what it means to truly care for someone else. Our staff is incredible and it really shined through during the trainings as we focused on quality management, mandatory reporting, abuse, neglect and exploitation, and what to report / how to report. The break-out sessions were amazing as everyone got a chance on the Hoyer lift. How scary it can be as the individual relying on someone else to keep them steady and safe! We can't wait to see how you all take these new, improved tools to help enhance the outstanding care you already exhibit.



A VERY SPECIAL ACKNOWLEDGEMENT

Dear Andrew Washic,

You're a familiar face here, at Unlimited Care. People know who you are and that you are someone who will take their issues seriously and immediately. **You are reliable.** You first began as an attendant and now, 12 years later, have a well-known office as a *Service Provision Supervisor*. Andy, you can be counted on for anything that is needed; from a helping hand to fundraising décor or a knowledgeable answer to a forgotten lyric. You recently acquired a sit-to-stand lift through an equipment donation program you selflessly implemented within the agency. You sought a needy consumer and delivered the sit-to-stand when it was inevitable this consumer, or an attendant, was going to be injured. Without this lift, something horrible could have happened to multiple people. This wasn't something the agency did, Andy, this is something **you** did. And we are all proud to call you our employee, our supervisor, and our friend. Thank you for ALL you do here and for this community that we call home.



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

CHERRY CHEESECAKE DIP

INGREDIENTS

- 8 oz. Softened Cream Cheese
- 3.75 oz. (1/2 Jar) Marshmallow Crème (Fluff)
- 8 oz. Thawed Cool Whip
- 2 cups Cherry Pie Filling



cincyshopper.com

DIRECTIONS

1. Whip together cream cheese and marshmallow crème until blended.
2. Add in Cool Whip and mix to combine.
3. Spread into a 8x6 dish and top with pie filling.



LEARN SOMETHING NEW!

Modern medicine is great! But don't be afraid to test out some non-prescription methods for pain and mental health.

Just remember, always consult with your doctor about new interests and lifestyle considerations.



- | | |
|--------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> Yoga | <input checked="" type="checkbox"/> Chiropractic Care |
| <input checked="" type="checkbox"/> Acupuncture | <input checked="" type="checkbox"/> Massage Therapy |
| <input checked="" type="checkbox"/> Art Therapy | <input checked="" type="checkbox"/> Meditation |
| <input checked="" type="checkbox"/> Aromatherapy | <input checked="" type="checkbox"/> Music Therapy |
| <input checked="" type="checkbox"/> Biofeedback | <input checked="" type="checkbox"/> Pet Therapy |

Meet Our New Board Chair!

We'd like to welcome our new Board of Directors Chairman, **John Haschak**! John is an Attorney at *Leventry, Haschak, and Rodkey, LLC* and an Adjunct Professor of Business Law for *Mount Aloysius College*. He has been a loyal member of our Board since our official separation and inception in 2014. He loves to travel and has a passion for outdoor sports and the Pittsburgh Steelers. John originally joined the Board because one of his clients had a very positive experience with the organization. He brings a vital level of legality, leadership, and business to the Board and believes in Unlimited Care's dedicated employees.



Join the Movement!

Giving Tuesday is the Tuesday after those huge days of spending (Black Friday and Cyber Monday) and is a global day of giving! Everyone, anywhere, can participate. We are so proud to be a part of this day, again, this year. Please save the date and join us by giving your time, voice, skills, dollars, and goods to charity!

#GIVINGTUESDAY™

November 28, 2017

Learn more at www.GivingTuesday.org



SAFETY CORNER

Let's talk about defensive driving!

Here are some tips to keep you safe while driving at night:

- + Keep the windshield clean to improve vision
- + Turn your lights on 1/2 hour before sunset
- + Increase following distance to more than 5 seconds
- + Be extra careful on curves and at intersections
- + Switch from high beams to low beams to keep from blinding drivers
- + If you have trouble, pull completely off the road and always use your flashers

safety@alucp.org

"ABILITY WORKS" ACTIVITIES

October was Mindfulness Month! Together, we learned all about essential oils and even made our own take-home diffusers. Essential Oils are great because they can provoke different feelings, emotions, and even healing qualities to help manage common aches and pains.



We also stretched our minds with a Murder Mystery party! Characters and scripts were handed out to possible "suspects" as we sat around the table trying to figure out "who done it".

November is all about **nutrition**. Join us for tips on making easy, healthy snacks and how to improve both your health and your mood through different foods! *If you, or someone you know, is interested in joining this free activity program, contact Joyce at Extension 1501 or email us at activities@alucp.org!*

Caregivers Like You.

Congratulations to our September Employee of the Month, **TIMOTHY SHILLING**! Timothy has been with the agency for almost two years. His favorite part about the position is helping people because it gives him an enlightening feeling when he makes others happy. A piece of advice he would like to pass on is *"Always be patient. If you get a consumer that cannot speak, then learn to read body language. It will make the consumer more comfortable and make your job much easier as well."*

"Both of his consumers are well cared for and have made health improvements since this he has started with them."

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