



In The Area

Jan 30 Free Movie Night "Mary Poppins" | Somerset Library
Feb 2 GROUNDHOG DAY!
Feb 2 15TH ANNUAL NATIONAL WEAR RED DAY! ♥
Feb 2 Veteran Services Meeting | Richland Firehall 230pm
Feb 3 All Day Knit, Crochet, and Needlework | Altoona Library
Feb 3 Harriet Tubman Storytime | Barnes & Noble, Altoona
Feb 3 Paw Patrol Night with Chase | Hogue's Fun Factory
Feb 3 Chocolate Walk | Downtown Bedford
Feb 4 THANK A MAILMAN DAY!
Feb 6 Johnstown Area Mops Meeting | Emanuel Baptist 930a
Feb 6 The Crafting Club | Hollidaysburg Library 130pm
Feb 7 SEND A CARD TO A FRIEND DAY!
Feb 7 Essential Oils Club | Hollidaysburg Library 6pm
Feb 10 Quemahoning Chillin for Charity 9AM
Feb 10 Memory and Magic: Folk Artists | IUP Museum
Feb 10 Winter Fun Day | Prince Gallitzin Marina, 10-2pm
Feb 10 Wine & Spirits FestaPalooza | Kovalchick Center
Feb 12 Tales with Tails | Cambria County Library 4pm
Feb 12 Adult Book Club | Altoona Library 645pm
Feb 13 FAT TUESDAY! 🍷
Feb 13 LEGO Ninjago Movie | Cambria County Library 530pm
Feb 14 VALENTINE'S DAY! | ASH WEDNESDAY!
Feb 16 CHINESE NEW YEAR!
Feb 17 Silent Film Night | Grand Halle on Broad St.
Feb 19 PRESIDENTS' DAY!
Feb 24 Dr. Seuss Birthday Storytime | Barnes & Noble, Altoona

Activity Program **CELEBRATIONS MONTH!**

Feb 2 ACTIVITY: Groundhog Day Party
 9:30-1:30PM | Hollidaysburg Library
Feb 7 ACTIVITY: Mardi Gras Party
 10:30AM-1:00PM | Jari Drive
Feb 14 ACTIVITY: Valentine's Day Party
 10:00AM-12:00PM | Somerset Towers
Feb 16 ACTIVITY: Chinese New Year Party
 9:30AM-1:30PM | Hollidaysburg Library
Feb 21 ACTIVITY: Presidents' Day Party
 11:30AM-1:30PM | Jari Drive

**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!

DEC 2017 • DONNA BRANT

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 Feb 6th!

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

February 2018

"Everything has changed and yet,
 I am more me than I have ever been." -Iain Thomas

IN THE SPOTLIGHT!

There are two names that are heard very regularly around the office: **Donna Brant** and **Elizabeth Adkins-Brown**. These two outstanding ladies have recently been nominated for PA Homecare Association's 2018 Direct Care Worker of the Year Award (an award available to Direct Care Workers providing care to a consumer age 60 or older at home through the OPTIONS program, Aging Waiver or private pay) due to their dedication, incredible knowledge base, skillset, and ability to provide quality care, compassion, and assistance to consumers.

"Donna has been with Unlimited Care for more than eight (8) years! She listens to consumers and makes daily adjustments through trial and error. Above everything, Donna is empathetic which makes her a very special caregiver, friend, and person. Donna trains new hires, is a floater on the weekends, and even calls regularly just to make sure any consumers without coverage will have it. She is driven, intelligent, and takes opportunities upon herself to make people's lives better. We are so grateful to have her on our team."



- Andrew Washic, Supervisor

"Liz has been with the agency for over 10 years and is someone we truly rely on to communicate consumer needs, train new hires, and she even takes it upon herself to develop a plan for consumers who may need an extra level of assistance. Liz is fierce with passion and, no matter what the situation, can always be found with a smile on her face. She is an absolute pleasure to work alongside."



- Denise Philips, Supervisor

Donna & Liz- Thank you for everything you do for so many others! You are truly one-of-a-kind and we feel blessed to know you.

#SQUADGOALS

Cindy Bauer, Peggy Stahr, Arlyn Edelstein, and Diane Dennis our four (4) of our consumer's who genuinely rock! Since September 2017, these fabulous ladies have been assisting our training program, every other week, in teaching new hires all there is to know about being a caregiver. Peggy says what is great about this program is "helping the aides learn about different lifts and to not be afraid to ask questions." Arlyn mentioned the importance of knowing people "are all different; with different handicaps and needs." Diane added that because she was not born with a disability, the mental aspect of such a transition is something she has dealt with that others may not have encountered in their journey. "It's important for caregivers to be mindful of different circumstances." Their favorite thing about the program? They love getting to know the aides, having an opportunity to teach, educate, and help, and getting to meet all different kinds of people!



If you know a consumer who would like to join this great training squad, contact us!



Cooking Corner

MACARONI & CHEESE IN A MUG

INGREDIENTS

1/2 cup Cheddar Cheese, Shredded
1/2 cup Elbow Macaroni
1/2 cup Water
Salt & Pepper, to taste



DIRECTIONS

(1) Add water and macaroni into an extra large mug (at least 20 ounce mug). Place the mug on a large plate (to catch the overflow of water). Your macaroni should only rise to 1/3 or at the most 1/2 of the mug. Microwave at full power for 1 minute. Remove mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of the mug.
(2) Microwave for an additional 1 minute and stir again. Macaroni should be almost cooked after the 2nd minute mark and most of the liquid should be almost gone. Continue to cook the macaroni at 30 second intervals, stirring in between. If your macaroni gets very dry, add 1 tbsp of water. Cook until noodles are completely cooked and soft and no water remains.
(3) Working quickly, add in cheese and stir until cheese completely melts and evenly coats the macaroni. Add salt, ground black pepper or hot sauce, if desired. Enjoy!

KirbieCravings.com

Managed Care Update

On January 1, Unlimited Care (along with all PAS providers in Southwest PA) transitioned to the Managed Care model of service. We would like to remind our staff that this new model of service does not affect how we, as a provider, serve our consumers; keep providing the best care possible to ensure you consumer's independence, health and wellbeing. We have been preparing for a while now and you have all done a FANTASTIC job in preparing for this transition.

We appreciate your dedication to our consumers and the agency. **Thank you!** Please remind your consumers if they should have questions or any concerns regarding their services to please reach out to us. We are here to assist!

Community Living Arrangements

A new residence was purchased in Jackson Township! The group home is anticipated to open its doors in February. Three individuals, who currently reside at the Ashdale location, will be re-locating to this new home!

The CLA's are hiring Residential Program Workers for all shifts as well as a full-time Maintenance position. If interested, please visit our website to fill out an application!

SAVE THE DATE! **PUTT FOR PURPOSE**

Mini-Golf Tournament Fundraiser

March 2, 2018 | 119 Jari Dr.

Team Registration &
Sponsorship Forms available at

www.alucp.org/give

"Unlimited Hands" **Volunteer Committee**

Interested in volunteering with us? Email us to receive updates about what we have planned!



newsletter@alucp.org



SAFETY CORNER

Unfortunately, winter is not over just yet!

Here are a few tips to help keep you safe while finishing out this chilly season:

- + **Bring out those hands!** Think twice before heading outside with your hands in your pockets. This increases the risk of falling.
- + **Gloves vs. Mittens.** Mittens can actually save your life because having your fingers touch each other generates more body heat.
- + **Warm up before shoveling!** Do some jumping jacks or exercises to get your body ready. This will decrease your chance of getting injured or pulling a muscle.
- + **Warm up before driving off!** Allowing your car to warm up first helps reduce the moisture condensation on your windows. Beware warming up inside of a garage though!

Source: Safety Service Company

Contact the Safety Committee at safety@alucp.org

"ABILITY WORKS" ACTIVITIES

January was SPORTS MONTH! Together, we celebrated all things sports with our favorite team colors, tailgate parties, and Olympic-style games. We even have a very special visit from a few of the players of the Johnstown Tomahawks! Join us in February as we celebrate various upcoming holidays with parties, traditions, and food!



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 December Employee of the Month,

DONNA BRANT! Donna has been with the agency for over eight (8) years and is a huge asset to the care world. She is always so reliable and does her job with such passion. Her favorite part about the job is helping others who are in need. Advice that Donna would love to stress to other caregivers is to, "always listen to what your consumer has to say and always keep phones put away. Caring for someone is very hands on and the last thing people want to see is someone on their phone while working."

"She has been a key factor in maintaining my sanity. She has picked up an overabundant amount of backup shifts for me (since my move). She has been a very consoling ear for me when I've felt like a burden and unaccounted for. One of the most soothing statements someone could make is, 'I'm not going anywhere while you need me.'"

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? **Contact the Editor!**

Email us at Newsletter@alucp.org