



DATES TO REMEMBER

In The Area

May 26 Kids Mud on the Mountain | *Seven Springs 11a*
May 26 Path of the Flood Historic Races
May 26-27 25th Chickentown Gas & Steam Show | *Somerset*
May 27 PA Fish for Free Day! No Fishing License Required.
May 28 **MEMORIAL DAY!** Today, we honor & remember. 🇺🇸
May 28 Sandyvale Memorial Day Celebration 10a
May 28 Memorial Day Parade & Ceremony | *Ebensburg 10a*
May 31 1889 Flood Luminarias | *Flood Memorial, South Park 7-10p*
Jun 1 28th Annual Showcase for Commerce | *Johnstown*
Jun 1 Remembering the Flood | *PNG Park 6p*
Jun 1-3 PolkaFest | *Cambria City*
Jun 2 Walk of Hope | *Johnstown 9a-6p*
Jun 3 Valewood Farms Summertime Jubilee | *11a-6p*
Jun 3 Mountaintop Family Fun Day | *Cresson Veteran's Park 12-5p*
Jun 8 FREE Kids-A-Fair | *GJHS Trojan Stadium 4-7p*
Jun 9 St. Michaels of the Valley Country Fair | *Ligonier 9a-2p*
Jun 9 Pick-A-Dilly Herb Faire | *Dillweed B&B 9a-4p*
Jun 9 Neighborhood Block Party | *Solomon Homes 12-3p*
Jun 9 Strawberry Saturday | *Smicksburg 10a-5p*
Jun 11 Stuffed Animal Storytime | *Cambria County Library 6p*
Jun 12 FREE MOVIE "Jailhouse Rock" | *Cambria County Library 5p*
Jun 13 FREE MOVIE "Wonder" | *Bridge to Life Church 8p*
Jun 13-16 Sunnehanna Amateur Tournament of Champions
Jun 15 FREE MOVIE "Jumanji" | *St. Michaels, Ligonier 830p*
Jun 16 Living History at Portage Railroad | *Gallitzin 10a-4p*
Jun 17 **HAPPY FATHER'S DAY!** ❤️
Jun 18 FREE Summer Lunch | *Cambria County Library 12-1p*
Jun 18 Tales with Tails | *Cambria County Library 1-2p*
Jun 18 FREE MOVIE "Incredible Hulk" | *Highland Library 6-8p*
Jun 21-24 THUNDER IN THE VALLEY!
Jun 21 Wheels & Wings | *Ebensburg*

Activity Program RECREATION MONTH!

June 1 ACTIVITY: To Be Determined
 9:30AM-1:30PM | *Holidaysburg Library*
June 6 ACTIVITY: Workshops/ Presenters
 10:30AM-1:00PM | *Jari Drive*
June 13 ACTIVITY: Flag Day Celebration
 10:00AM-12:00PM | *Somerset Towers*
June 15 ACTIVITY: Flag Day Celebration
 9:30AM-1:30PM | *Holidaysburg Library*
June 21 ACTIVITY: Annual Fishing Picnic
 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!

APR 2018 • SELENA MORALES

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 8th!

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

June 2018

"Worry is a misuse of the imagination." -Dan Zadra

REC THE ALLEGHENIES EXPO

On Saturday, May 12th, we partnered with The Center for Health Promotion and Disease Prevention and You in Flood City to host the 2nd Annual *Rec the Alleghenies Expo* at Greenhouse Park! We were joined by more than 20 local hobby and recreational groups who brought their equipment, staff, and activities for the community to enjoy. Live demonstrations were held throughout the day from kickboxing to horseback trick-riding and story-time yoga to river surfing in a kayak! Music was provided by SOJ Entertainment and the event also featured three local, mouth-watering food vendors (*Rayne's Backyard BBQ*, *Wood-Fired Catering*, and *First Scoop To Go Ice Cream*) and a beautiful farmer's market from Harris Greenhouse & Floral in New Paris. This event is meant to showcase all of the amazing groups, organizations, clubs, and individuals throughout the area in hopes to get the community involved in all of the fun and interesting activities there are to do in our own backyard! Thank you to our incredible volunteers for helping to plan and carry-out this event and thank you to our friends who came to enjoy all there was to offer. We hope to see you next year! To view even more event pictures, please visit "*Rec the Alleghenies*" on Facebook!

Oak St. Stables



Mesaros Arts & Entertainment



Benscreek Canoe Club



Cambria County Library



Trinity Farms
Center for
Healing

"EXPLORING THE POSSIBILITIES" CONFERENCE



On May 9th, we were invited to setup a table at an amazing event organized by and held at Emmanuel Baptist Church in Geistown. Throughout the day, we sat in on workshops which pointed out various available resources and opportunities for individuals and families with special needs. Including us, there were about 20 groups and organizations in attendance. The event was beautiful with so many ways to network and learn. Emmanuel Baptist has their very own special need

ministry and activity program; which many of our consumers enjoy! We are so excited to work alongside them, even more, providing resources and opportunities for friends and family in this community. To learn more about their great group, visit their website at www.emmanuelbaptist.net





Farmer's Market Season

It's finally time to indulge in Fresh Fruits & Vegetables, Baked Goods, Flowers, Cheeses, Meats, Eggs, Whole Grain Breads, and Herbs & Spices from our amazing local farmers and growers!

Gallitzin, Main Street | **Sunday's 11a-5p**
 Carrolltown, Michelle's Herbs | **Sunday's 12-3p**
 Johnstown, Broad St. | **Tuesday's 3-6p**
 Scalp Ave., Mt. Calvary Lutheran | **Tuesday's 3-6p**
 Bedford, Downtown | **Wednesday's 9a-1p**
 Indiana, Wayne Avenue | **Wednesday's 3-5:30p**
 Hollsopple, 107 Stevens Lane | **Thursday's 2-6p**
 Moxham, Grove Avenue | **Thursday's 3-6p**
 Johnstown, Central Park | **Friday's 9-2p**
 Blairsville, Downtown | **Friday's 3-6p**
 Ligonier, Loyalhanna Watershed | **Saturday's 8-12p**
 Ligonier, Pettit Park | **Saturday's 8a-2p**
 Westmont Presbyterian, Luzerne St. | **Saturday's 9a-12:30p**
 Ebensburg, Penn Eben Park | **Saturday's 9a-12p**
 Indiana, 8th & Church St. | **Saturday's 9a-12p**
 Somerset, Georgian Place | **Saturday's 9a-1p**

****Market start dates & schedules may vary!****

"CINCO DE MEOW" Success! 🐾

From April 30th–May 4th, Unlimited Care collected pet supplies, food, and monetary donations for their annual Cinco De Meow community pet drive! Thank you SO much to all who donated essentials. Mike Tomasko, Systems Administrator, dropped off all of the items to the Cambria County Humane Society on Friday, May 4th and they were very grateful. We look forward to next year!

New Project Funding!



In April, we were graciously awarded two separate grants! The first grant we were awarded was for \$2,000 from Lee Initiatives Health and Wellness Endowments to purchase safety equipment for our accessible vans and an AED for our main office. The second was a \$3,000 grant from the Community Foundation for the Alleghenies toward a new project within our Ability Works activity program called "Buba Box". This project

will begin in the fall and partner with Conemaugh Regional Hospice to provide necessity-filled boxes to incoming hospice patients and their families. The Buba Boxes will be filled with hygiene products, comfort items, and other essentials by Activity Program participants. We are so excited to receive these two amazing grants to assist our current and future programs!

SAVE THE DATE!

-Employee & Family Picnic-

Saturday, July 28, 2018

Plan to join us at Saints Peter & Paul Orthodox Church Pavilion in Windber for an afternoon of fun!

Official invite to follow.



"Unlimited Hands"
Volunteer Committee

Interested in volunteering for various community organizations? Email us to get updates on quarterly opportunities!

newsletter@alucp.org



SAFETY CORNER

DID YOU KNOW your body is constantly in a struggle to disperse the heat it produces? Most of the time, you're hardly aware of it – unless your body is exposed to more heat than it can handle.

There are **several** heat-related illnesses, including **heatstroke** (the most severe), **heat exhaustion** and **heat cramps**.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

Contact the Safety Committee at safety@alucp.org

"ABILITY WORKS" ACTIVITY PROGRAM

May was GARDENING MONTH! We finally had the chance to get our raised garden ready for summer and were welcomed by Eileen Stuver from Stuver's Riverside Nursery! She spoke to us all about planting and helped us get our garden ready by showing us how to plant VERY tiny seeds. Join us next month for more summer fun!

Ability Works is open to consumers and the public. We encourage staff to stop in with their consumers while on shifts! If you, or someone you know, is interested in joining this free activity program, contact

Joyce at Extension 1501.



Caregivers Like You.

Congratulations to our April Employee of the Month, **SELENA MORALES**! Selena joined Unlimited Care in November of 2017. She was nominated for voluntarily speaking up while our Recruiter was presenting to her school's CNA class. She spoke with enthusiasm regarding how grateful consumers are for Direct Support Professionals and she spoke with such passion and respect for each consumer, without any hesitation. After the presentation, there were six interested students thanks to her willingness to share her position and experiences with others.

"She wasn't even asked to speak... she simply stepped up!"

REFERRAL PROGRAM

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

Have a story, picture, question, or event you'd like to submit?

Email us at Newsletter@alucp.org