



DATES TO REMEMBER



In The Area

Jun 21 Wheels & Wings | *Downtown Ebensburg 5p*
Jun 21-24 Thunder in the Valley
Jun 21 Free Movie "Easy Rider" | *Central Park, Jtown 8p*
Jun 21 Free Thursday Summer Concerts | *Hollidaysburg 6p*
Jun 22 Family Fun at Community Garden | *Mack Park, Indiana*
Jun 22 Free Hearing Check-Up | *Altoona Public Library*
Jun 22 Free Youth Fair | *Carrolltown American Legion 11-1p*
Jun 22 Free Rock Painting | *Hollidaysburg Library 230p*
Jun 22 Rockin in the Park | *Windber Rec 630p*
Jun 23 Motor Mountain Mania | *Jennerstown Speedway*
Jun 24 Car Show | *Saltsburg Legion Parking Lot*
Jun 24 Free Sunday Summer Concerts | *Roxbury Bandshell 5p*
Jun 24 Free Sunday Summer Concerts | *Ligonier 7p*
Jun 27 FLIGHT NIGHT FUNDRAISER | *Tulunes, Geistown*
Jun 28 Free Brain Injury Support Group | *E. Hills Outpatient 3p*
Jun 28 Wings-N-Waves | *Windber Rec 6-10p*
Jul 1-7 Punxsutawney Groundhog Festival | *Downtown Punxsy*
Jul 3 "Beauty Slap" Free Concert | *PNG Park, Jtown 6p*
Jul 4 INDEPENDENCE DAY! *God Bless the U.S.A.*
Jul 4 Free Concert & Fireworks | *Point Stadium, Jtown 8p*
Jul 6 Free Movie in the Park | *Ebensburg 9p*
Jul 6-8 Third Avenue Arts Fest | *Bottle Works, Jtown*
Jul 14 Homerstown Block Party | *Jtown Middle School 12-3p*
Jul 14 Free Saturday Summer Concerts | *Central Park, Jtown 6p*
Jul 14 Free Movie in the Park | *Central Park, Jtown 8p*
Jul 16-21 Ferndale Jubilee | *Ferndale Fire Station*
Jul 16 Tales with Tails | *Cambria County Library 1-2p*
Jul 20 Free Summer Movie Series | *Ligonier 830p*
Jul 22 Community Pet Therapy Event | *Windber Rec 12-5p*
Jul 28 COMPANY PICNIC | *Sts Peter & Paul, Windber 11-4p*
Jul 28 Family Fun Day | *Greenhouse Park 11a*

Activity Program

HISTORY MONTH!

July 5 ACTIVITY: Workshops/ Presenters
 10:30AM-1:00PM | *Jari Drive*
July 6 ACTIVITY: Workshops/ Presenters
 9:30AM-1:30PM | *Hollidaysburg Library*
July 11 ACTIVITY: Themed Bingo
 10:00AM-12:00PM | *Somerset Towers*
July 18 ACTIVITY: Underground Railroad
 11:30AM-1:30PM | *Jari Drive*
July 20 ACTIVITY: To Be Determined
 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

EMPLOYEE OF THE MONTH!

MAY 2018 • LINDSEY ALLEN

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 July 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

July 2018

"Owning your story is the bravest thing you'll ever do." -Brene Brown

ANNUAL COMPANY PICNIC!



2017 Picnic

On Saturday, July 28th, Unlimited Care is hosting its annual company picnic at Saints Peter & Paul Orthodox Church in Windber from 11am-4pm! The event, which has been held at DelGrosso's Amusement Park the last few years, is hoping to attract more employees with its laid-back, picnic theme consisting of music, games, face painting, and delicious food. The organizing committee

hopes staff members will get a chance to stop out that Saturday with their families for some family fun. The food will be served from 12-3pm and catered by *Wood-Fired Catering* food truck. A formal invitation, with RSVP instructions will be mailed to all Unlimited Care employees. Please save the date and plan to attend!

FOURTH OF JULY INTERESTING FACTS



→ Not everyone was on board with celebrating on July 4, the day Congress approved the Declaration. John Adams wanted to celebrate on July 2, the day Congress **voted** for independence.

→ Three US presidents have died on July 4 — John Adams, Thomas Jefferson, and James Monroe. In a bizarre twist of fate, Adams and Jefferson both died on July 4, 1826, the fiftieth anniversary of the country they helped found.

Businessinsider.com

EXPANDING OUR TEAM!

We are growing! As you know, we are always on the search for great, passionate Direct Support Professionals and Residential Program Workers. Currently, we are seeking a few other positions as well (both in the field and in our main office)! From van drivers to recruiters and an office assistant to an activity program assistant, we are in need of some fantastic people to help us continue to enhance our quality services.

If you, or someone you know, is interested in a position with us, we encourage you to apply on our website at www.alucp.org/apply! Your application will be sent directly to our Recruiters who are always on the lookout for great potential team members.

Don't forget... if you are an Unlimited Care employee and you refer someone to apply with us, you will be awarded with a gift card once they've been on board with us for 60 days.

Have a question about a position? Call Chasity at 814-262-9600 Extension 1567.



Cooking Corner

BAKED HAM & CHEESE SLIDERS

INGREDIENTS

- Pack of Buns
- 1 Lb. Deli Ham, Thin
- 10 Slices Provolone Cheese
- 2 Tablespoons Barbeque Sauce
- Mayo



MeatLoafandMelodrama.com

DIRECTIONS

- (1) Heat oven to 350 degrees
- (2) Slice sandwich buns, and lay flat on a large baking dish
- (3) Spread a thin layer of mayonnaise on the top part of each bun
- (4) Pile the ham on the bottom part of each bun, and top ham with barbecue sauce
- (5) Heat in the oven until cheese begins to melt
- (6) Close the buns, and cook until fully melted and heated through
- (7) Top with barbecue sauce and enjoy!

The Strain of Caring for Parents

Are you a member of the "Sandwich Generation?"

This is a term used to describe the millions of people who act as caregivers to their elderly parents, while still raising children and holding down a job. And they need help.

Set Reasonable Goals | Be sure your goals are within reason and don't be afraid if you don't get something done right away (bills, scheduling, laundry, etc.) A simple task list will help you stay on track and clear your mind.

Know Your Own Limits | It's okay to say "slow down" or "stop" when you're feeling overwhelmed. Learn and accept what YOU can manage.

Understand Your Duties | Learn about what your loved one's needs are and research their situation. Understanding what you're dealing with will be very helpful to you both mentally and physically.

Learn to Accept Your Feelings | Feeling guilty, angry, upset, and stressed is totally normal! It's important to recognize this in yourself and your position to ensure you are, too, taking care of your needs and finding appropriate, healthy coping mechanisms.

Reach Out and Trust Someone | Although tough, it's so important to get others involved in your caregiving routine. Finding other relationships that can help you get rest and also get you out of isolation are so vital to your wellbeing.

Find a Support Group | Humans thrive on relating to others. Finding people in situations like yours will help you be stronger and learn how to be better in your role as a caregiver and your own life. Check your local paper and even Facebook Groups!

Stay Healthy and Positive | Aim to take a walk after dinner or even get involved in a local group (like crochet, yoga, or book club). Don't ever forget about your mental and physical health!

Be Realistic | Remember that caregiving is tough, both mentally and physically. Try not to set high expectations for yourself or your loved ones and instead work together at reaching goals.

THE LITTLE RED MAILBOX

In 2016, we helped implement Johnstown's Little Red Mailbox of Hope! Today, it still stands at Point Park, overlooking the Old Stone Bridge, on Washington Street. Make a plan to stop and visit the mailbox this summer!

Facebook.com/LRMBJohnstown

"Unlimited Hands" Volunteer Committee

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

newsletter@alucp.org



SAFETY CORNER

Ransomware is an online form of the bully's game of keep-away. This is the fastest growing crime on the internet. Here, the bully gets on your computer and takes your personal files, dangling them in front of you, until you pay money.

Here's a few things you can do to protect yourself:

- + Always keep your security software up to date to protect yourself against them.
- + Keep your operating system and other software updated.
- + Email is one of the main infection methods. Be wary of unexpected emails, especially if they contain links and/or attachments.
- + Be especially wary of any Microsoft Office email attachment that advises you to enable macros to view its content. Unless you are absolutely sure that it's from a trusted source, do not enable macros and instead immediately delete the email.
- + Backing up important data is the single most effective way of combating ransomware infection. Attackers have leverage over their victims by encrypting valuable files and leaving them inaccessible. If the victim has backup copies, they can restore their files once the infection has been cleaned up.

Source: us.norton.com

Contact the Safety Committee at safety@alucp.org

"ABILITY WORKS" ACTIVITY PROGRAM

June was Recreation Month! On one of the days, we were invited to tour Martin-Baker America's new facility in Richland. We learned all about the great ejection seats they design and manufacture to send all over the world. We look forward to our upcoming annual fishing trip on June 21st at Windber Sportsmen's Club. Join us next month for more summer fun activities!



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 May Employee of the Month **LYNDSLEY ALLEN**! Lyndsey joined the Unlimited Care team in 2012 as a DCW. Lyndsey now works as an SPS in the office and loves that she gets to help people. She says it's the relationships she has built with others she works with in the office as well as the consumers that she's had the pleasure to work with that make her happy. In her spare time, she loves to clear her mind by reading and spending time with her three children. When asked if she's found anything that makes her job easier, she says "I find that if I am just myself, and honest and caring – and try to be as understanding as I can about their situation, that it makes it easier on everyone really. Treating someone like they matter and are no different than anyone else who has full mobility or anything else goes a long way. Acknowledging that they have a disability is one thing, but to treat them any differently than I would anyone else is something I always try to do." Lyndsey's advice for other caregivers and providers is to treat people with respect and understanding. Thank you, Lyndsey, for ALL you do and bring to this organization!

"With no asking and with no expectation for her to do so, she went above and beyond as consumer's need was important."

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