



DATES TO REMEMBER

In The Area

Sept 1 Indiana County Fair- Final Day!
Sept 1 Living History at Fort Ligonier | 930a-5p
Sept 1 Log House Festival | Community Arts Center 10a-5p
Sept 1-3 Arts & Crafts Festival | Westmoreland Fair
Sept 1-3 Forest Hills Festival | 11a-9p
Sept 1-2 Cambria City Ethnic Fest
Sept 2-8 Cambria County Fair | Ebensburg
Sept 5-9 Farmers & Threshers Jubilee | Rockwood
Sept 6 1889 Flood Walking Tour | Johnstown 11a
Sept 6 AUCP Open Interviews | Jari Dr. 11a-5p
Sept 7 Mountain Craft Days | Somerset Historical 10a-5p
Sept 8 Connellsville Mum Festival | 10-5p
Sept 8 Moxham Block Party | 12-3p
Sept 8 Johnstown Super Cruise Car Show | Elton Rd. 10a-3p
Sept 8 Sandyvale Wine Festival 2p
Sept 8 Jtown Film Festival | Heritage Discovery 730p
Sept 9 **GRANDPARENTS DAY!**
Sept 9 Hoodlebug Summerfest | Homer City 9a-7p
Sept 11 Flight 93 Memorial Observance | Stoytown 945a
Sept 14 PA Fiber ArtsFest | Huntingdon Fairgrounds
Sept 14 Sports Cards & Collectibles | Galleria 10a
Sept 14-15 Fall in BaconFest | Former Geistown Fire Hall
Sept 15 Arts & Heritage Festival | Duman Park
Sept 15 Stahlstown Festival | Monticue Grove 9a-5p
Sept 15-16 New Germany Festival | Picnic Grounds
Sept 15 Annual Bandshell Bark | Roxbury Park 10a-3p
Sept 15 Block Party | Westmont Baptist Church 12-3p
Sept 15 Free Movie "Back to the Future" | Central Park, 8p
Sept 16 Autism Speaks Walk | Idewild 10a
Sept 17 Free Movie "Captain America" | Highland Lib 6p
Sept 20 Free Live Concert | Hollidaysburg 6-9p
Sept 22 Walk to End Alzheimers | Windber Rec 8a
Sept 22 Slavic Festival | Heritage Discovery 12-8p
Sept 22 Brews & Blues in the Valley | PNG 2p
Sept 23 **FIRST DAY OF FALL!**

Activity Program

Sept 5 ACTIVITY: Movie & Crafts
 10:30AM-1:00PM | Jari Drive
Sept 7 ACTIVITY: Crafts
 9:30AM-1:30PM | Hollidaysburg Library
Sept 12 ACTIVITY: Themed Bingo
 10:00AM-12:00PM | Somerset Towers
Sept 19 ACTIVITY: Best of Friends Horse Farm
 11:30AM-1:30PM | Jari Drive
Sept 21 ACTIVITY: Blair Co. Genealogy
 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!

JULY 2018- NUTTHITWAL "BEE" SANGMIENWONG

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 September 7th!

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

September 2018

"If you see something beautiful in someone, speak it." -Ruthie Lindsey

A WEEK OF APPRECIATING YOU!

**Direct Support
Professional**
RECOGNITION WEEK



ANCOR September 9 – 15, 2018 RELIAS

Each year, a week-long celebration occurs in September to honor and appreciate the many caregivers we have the absolute pleasure of knowing and working alongside. *DSP Recognition Week* is **not** specific to Unlimited Care, it is a **NATIONAL** event, organized by *Ancor*, which many nonprofits and organizations excitedly indulge in. Unlimited Care looks forward to this week every year because employing hundreds of caregivers across 21 counties is tough and this is a perfect opportunity for all of the Departments to work together to go all-out for YOU, our outstanding DSP team.

This year, the office staff is gearing up to offer a week of giveaways, shout-outs, and events. We know we could never even begin to appreciate you at the level you deserve,

but you better believe we will try our very hardest! Please watch for mailers, Facebook posts, emails, and ClearCare alerts with all of the details and opportunities to win. Thank you for ALL you do!

"There are only four kinds of people in the world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who need caregivers." -Rosalynn Carter

LITTLE RED MAILBOX MAKEOVER



In 2016, we partnered with an amazing woman in North Carolina to bring the FIRST "sister" Little Red Mailbox to Johnstown, PA! Today, there are more than 10 mailboxes placed and more on the way. The mission of the Little Red Mailbox is to spread hope through handwritten notes and journal entries. Johnstown's mailbox is located at Point Park in downtown Johnstown, and after two years of our Western PA season's of wind, rain, and snow...the mailbox is overdue for a makeover. Through Facebook, we reached out searching for a local artist to take on the project and were honored to choose from the submissions. One submission, by Danielle Teplitz, spoke about a recent event where she experienced the true healing power of hope and love. Danielle's story was beautiful and exactly what the mailbox represents. She is currently working to makeover the mailbox and we are so excited for it to replace the original in early September! Thank you, Danielle, for sharing your story with us and being our new hero!

ANNUAL EMPLOYEE PICNIC

On July 28th, we held our annual Employee Picnic at Saints Peter & Paul Church Pavilion in Windber. We were blessed to be joined by many families connected to Unlimited Care. We enjoyed delicious food, catered by Wood-Fired Catering, a cornhole tournament, great music, face-painting, and a few water balloon fights! Thank you to all who took the time to come and to those who spent time planning and organizing the event. We are so honored to be a part of your families and love getting to see you outside of work and interacting with you beautiful families. Thank you for all you do! Visit our Facebook page for more picnic photos.



Cooking Corner

CHEESY PEPPERONI PIZZA STICKS

INGREDIENTS

- 1 Tube of Pizza Crust
- 2 Tbsp of Butter
- 40 Pepperoni Slices
- 1/2 Tsp Garlic Powder
- 10 Mozzarella Cheese Sticks
- 1/2 Tsp Dried Parsley



!WashYouDry.com

DIRECTIONS

- (1) Preheat oven to 450° F.
- (5) Spread pizza dough out on lightly greased baking sheet.
- (6) Cut dough into 10 equal size rectangles.
- (7) Arrange 4 pepperoni slices on each rectangle and top with mozzarella cheese stick.
- (8) Roll up dough, enclosing the cheese stick & pinching seams closed.
- (9) Melt butter and add garlic powder and parsley.
- (10) Brush pizza sticks with mixture.
- (11) Bake for 10 to 12 minutes or until golden brown.
- (12) Let cool and enjoy!

BUBA'S BOX PROJECT

In April, we were awarded a very special grant, from the *Community Foundation for the Alleghenies*, to partner with Conemaugh Regional Hospice. With the grant monies, our activity program participants will research, purchase, design, and organize 150 boxes (called **Buba's Boxes**) to be donated to Hospice and distributed to their many patients throughout the area. Each box will have a variety of comfort and essential items inside for the patients, their families, nurses, and caregivers to utilize and enjoy. If you or someone you know is interested in donating any items to be put in the Buba's Boxes, please reach out! We are hoping for donated knit/crochet blankets, wash cloths, & hats, travel size shampoo/soap/lotions, flushable wipes, bendable straws, and new pens.

Who Runs The World?



In July, we were finally joined by the two newest members of our Board of Directors*, *Brenda Shaffer* and *Kelly Warshel*. Brenda is a retired HR professional who owns the specialty boutique, *My Honeybee*, in Ligonier. Amongst her impressive educational and business background, she parents a goldendoodle, Petey, with her husband! Kelly is the Medical Director at Windber Hospice and the current President of Windber Medical Staff. She is passionate about patient dignity and focuses on holistic healing approaches. You can find her as a Yoga Instructor in her very little down-time.

**Unlimited Care's volunteer Board of Directors is currently made up of nine (9) individuals who each encompass a variety of skillsets from law to medicine and business management to patient relations. A nonprofit Board is a vital piece to the decision-making of an organization and we are proud of the Board we have established who are passionate, inspiring, and dedicated to making our community a better place for all. To view our full Board member list, please visit www.alucp.org/staff*

- A Caregiver's Daily Affirmation -

"I care for myself with dignity, love & respect."

"Unlimited Hands" Volunteer Committee

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

Newsletter@alucp.org

Open Interviews!

Sept 6 | 11am-5pm | 119 Jari Drive
We're looking for Direct Care Workers, Residential Workers, & Drivers!
www.alucp.org/apply



SAFETY CORNER

5 Secrets to Staying Healthy During Cold & Flu Season

- + **Drink Up!** Water helps keep you in tip-top shape and keeps the mucus in your nose from drying up and becoming vulnerable to sickness.
- + **Watch the Clock!** Germs can stick to surfaces for 24 hours. It's important to wash your hands any chance you get because that door knob, hand rail, and elevator button could be a home to a virus.
- + **Stop Touching Your Face!** Germs could be on your hands all day and cause you no issue, but the minute you touch your face you are open to transmission.
- + **Eat Right & Work Out!** Proper nutrition helps your immune system stay strong and sweating it out strengthens your immune systems, too.
- + **Always be Prepared!** Disinfecting hand gel can do a lot of good when you're on the go. Look for a hand gel that has at least 50% alcohol or ethanol to ensure it's an effective bug-killer.

Source: wellandgood.com

Contact the Safety Committee at safety@alucp.org

"Ability Works" Activity Program

August was Arts Month! We enjoyed a movie on the big screen (have YOU seen "Wonder" yet?) and we were joined by *Koch's Ceramics & Fired Up Ceramics* who taught us techniques and tricks to painting ceramics! We also threw a surprise retirement party for one of our beloved Drivers, Bill, who will be so very missed. Please consider joining us as we celebrate ANIMALS month in September!



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 July Employee of the Month **Nutthitwal "Bee" Sangvienwong!** Bee has been with Unlimited Care for over four (4) years now. As a DSP, she loves taking care of her consumers for whom she goes above and beyond to help. She especially enjoys the relationships she's made with her supervisors and the office staff who she says treat her like family! When asked what she finds makes her job easier, she replied "Understanding your consumer and making them happy." In her seldom spare time from working three jobs, Bee enjoys spending time with her best friends who make her feel at home despite not having family in America! Bee's advice for other caregivers would be to take your time, get to know your consumer and not to be afraid of the lifts and machines. Thank you, Bee, for being a phenomenal caregiver and individual!

"She was so worried about her consumer, she called to tell us that she was walking to the consumer's home!"

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 suggestion, story, photo, question, idea, or event to submit?

Email us at Newsletter@alucp.org