



DATES TO REMEMBER

In The Area

Oct 23 Annual Halloween Parade | Johnstown 7p
Oct 25 Trunk or Treat | Duncansville Lutheran Church 6-8p
Oct 26 Haunted Tours | Railroaders Museum, Altoona 7p
Oct 27 & 28 MANDATORY AUCP STAFF TRAINING
Oct 27 FREE Harvest Festival | 2510 Warren Rd, Indiana 1-4p
Oct 27 Spirits of the Staple Bend Tunnel | Mineral Point 6p
Oct 27 Halloween Dance & Hayride | VFC Saltsburg 5p
Oct 27 Annual Downtown Zombie Crawl | Johnstown 6p
Oct 30 Trick or Treat Bash | Slinky Action Zone 430-730p
Oct 30 Trick or Treat at the Galleria Mall | Johnstown 6-8p
Oct 31 HAPPY HALLOWEEN! 🎃
Nov 2-4 Smicksburg Old Fashioned Christmas
Nov 3 Morley's Run | The Grove, Westmont 9a
Nov 3 13th Annual Rocky 99 Wing Tour
Nov 4 Veteran's Marathon | Saylor Park, Blacklick 9a
Nov 6 ELECTION DAY! *Your voice matters*
Nov 7 Caregiver Resource Fair | Rustic Lodge, Indiana 9-12p
Nov 8 AUCP Open Interviews | 119 Jari Drive 11a-5p
Nov 8 Free Bingo & Karaoke | Chestnut Ridge Resort 7p
Nov 9 Little Penguins Learn to Play | S&T Arena 530-630p
Nov 10 Holiday Wheels & Thrills: Model Trains | IUP 6-830p
Nov 10 Crafts, Gifts, & Goodies Show | United Methodist, Homer City 10a-2p
Nov 10-11 Smicksburg Old Fashioned Christmas
Nov 11 VETERAN'S DAY! 🇺🇸 *Don't forget to thank a Vet!*
Nov 11 Veteran's Day Parade | Altoona 10a
Nov 12 Veteran's Day Parade | Johnstown 4p
Nov 15 Funny Fundraiser Comedy Night | Ace's 6p
Nov 16 Little Penguins Learn to Play | S&T Arena 530-630p
Nov 16 Johnstown Christmas Parade & Light Up Night
Nov 16 Lucy Donnelly Festival & Parade | Indiana
Nov 16 Holiday Lights on the Lake | Lakemont Park, Altoona
Nov 17 International Survivors of Suicide Loss Day | First Universalist, Indiana 9a-1p
Nov 17-18 Christmas Open House | Dillweed B&B

Activity Program

Nov 2 ACTIVITY: Friendsgiving *Giving Month!*
9:30AM-1:30PM | Hollidaysburg Library
Nov 7 ACTIVITY: Friendsgiving
10:30AM-1:00PM | Jari Drive
Nov 14 ACTIVITY: Themed Bingo
1:00PM-3:00PM | Somerset Towers
Nov 16 ACTIVITY: To Be Determined
9:30AM-1:30PM | Hollidaysburg Library
Nov 27 ACTIVITY: Giving Tuesday, Buba Box!
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!

SEPTEMBER 2018 • TODD HALL

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 November 9th!

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

November 2018

"Life isn't about getting and having, it's about giving and being." —Kevin Kruse

GEARING UP FOR THE GENERAL ELECTION

On November 6th, your voice is needed! No matter what you are passionate about—healthcare, immigration, tax reform, gun policy, education, human rights, the environment, opioid crisis, or the economy—there is *always* a place for *you* in the conversation. It's important to read up on the issues and those running for office. If you are unable to make it to the polls on the 6th, be sure to apply for an **Absentee Ballot**. An Absentee Ballot ensures the many individuals who are unable to attend the day-of receive an equal opportunity to vote; from veterans serving overseas to people with disabilities, your vote is so important! **To apply for an Absentee Ballot, check on your registration status, or find out where your specific polling location is located for the 6th, visit VotesPA.com**



"Nobody will ever deprive the American people of the right to vote except the American people themselves. And the only way they could do this, is by not voting."

—Franklin D. Roosevelt

OUR SCHOLARSHIP IS NOW OPEN! ★

In 2016, our Board of Directors voted, unanimously, to organize and manage a scholarship fund for a **high school senior graduating from a Cambria County public school**. The scholarship, which is intended for a young adult having a physical and/or mental limitation, aims to assist, support, and encourage the student(s) to follow their dreams through continued schooling, workshops, or courses. The scholarship is available to view and print from our website at www.alucp.org/give. All applications are due by May 3, 2019. The Board is excited to award one or more local students with this one-time gift of money to ensure their future is as bright and empowered as possible.

UGLY SWEATER GIVING TREE 🧶

This year, we are so excited to bring back a GIVING tree in our main lobby! Unlimited Care staff are invited to submit the names, ages, and gift ideas of the children in their lives to hang on our Ugly Sweater Tree! Each of the "ugly sweaters" will then be available to be adopted by staff, Board Members, consumers, and the general public to fulfill the children's holiday wish lists.

If you have a child(ren) you'd like to submit for the Ugly Sweater Tree, please contact Samantha at 814-262-9600 Extension 1605 by November 30th.

**NO names will be listed on the sweaters. All submissions will remain completely anonymous.*

Save the Date | "PUTT FOR PURPOSE"

Annual Indoor Mini-Golf Fundraiser Tournament

Friday, February 22, 2019 | 119 Jari Dr. | 5PM Registration

Team & Sponsorship forms are now available on the "GIVE" tab of our website.
(100% of the proceeds support our Ability Works activity program!)



Cooking Corner **APPLE PIE BITES**

INGREDIENTS

- 1/4 c packed light brown sugar
- 1/3 c chopped pecans
- 1 tsp apple pie spice, & additional apple pie spice (about 1/4 tsp)
- 1 small apple, cored & cut into 8 slices (1/2 in)
- 3 tbsp butter (melted)
- 1 can (8-ounce) Pillsbury Original crescent rolls

DIRECTIONS

- 1) Preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2) In a small bowl, combine brown sugar and apple pie spice. Set aside.
- 3) Melt butter and toss apple slices in butter; set aside.
- 4) Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle.
- 5) Sprinkle each triangle evenly with the chopped pecans.
- 6) Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
- 7) Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
- 8) Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.

TheBlondCook.com



SAFETY CORNER

Fall means it's getting darker, earlier.

Stay safe while walking to your car at night...

- + If possible, walk with others to your car and make sure that everyone makes it safely!
- + Make sure your keys are out and ready – Remember, your keys can be used as a weapon, if necessary!
- + Be aware of your surroundings – be sure to look under and around your car while walking to it! Also, be sure you check your backseat before getting in!
- + Lock your doors and start your car as soon as you get in.
- + Do not drive home if you think you are being followed – drive to a well-lit, public area.
- + Do not help stranded motorists – call a professional to assist them.
- + Never let your tank run down to empty – This increases your chance of getting stranded in a compromising area.
- + If you have a flat tire, drive to a well-lit area and call for help – your car will be able to make it even with a flat.

Contact the Safety Committee at safety@alucp.org

"Ability Works" Activity Program

October was Drama Month! One of our favorite activities was our Murder Mystery dinner where we dressed up, read our lines, and tried to guess who killed the infamous Dusty Jones. **Please consider joining us as we celebrate GIVING month in November!**

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 814-262-9600 Extension 1501 or by emailing Activities@alucp.org.



LEARN SOMETHING NEW!

First aid is something that everyone should know and refresh regularly. The American Red Cross has come up with a great app to help... and it's FREE to download. It isn't a substitute for an in-person course, but it does have bite-size courses on basics accompanied by videos and instructions. Beyond first aid, the American Red Cross also has free apps for disaster preparedness, pet first aid, flooding, and so much more!



Riding in Style



Have you seen our newly labeled vans? We are so excited to, finally, get our new logo on our wheelchair accessible vans and buses. If you see our awesome drivers around town, be sure to give them a honk to say "hello"!

Our Service Provision Department showing our field staff the love with all of their homemade signs and beautiful smiles. Too great not to share!
#DSPRW2018



- A Caregiver's Daily Affirmation -
"It takes a strong person to do what I do, and I am proud of myself."

"Unlimited Hands" Volunteer Committee

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

Newsletter@alucp.org

Open Interviews!

Nov 8 | 11a-5p | 119 Jari Drive
We are looking for passionate and caring individuals to join our team!
www.alucp.org/apply

Sending a HUGE congratulations to **MARY WEIMER, Unlimited Care Direct Support Professional**, for receiving her High School Diploma! We are so very proud of you in so many ways, Mary. You're amazing!

Caregivers Like You.

Congratulations to our **SEPTEMBER Employee of the Month, Todd Hall!** Todd has been a DCW with Unlimited Care for almost six (6) years! When asked what he likes about his job he said that he enjoys working with his consumers, learning about them and hearing their stories. He also said that he has learned a lot about himself working as a DCW. When asked what he finds makes his job easier on himself and his consumers he replied, "to always learn what works for them." He noted that what works for one consumer doesn't always work for another. In his spare time, he enjoys being with his family; especially his adopted nephew who just turned one! He also loves photography, sports, weightlifting and is a huge fan of superhero movies! The advice that Todd would give other caregivers is "come in with an open mind and think outside the box. Things can change on the fly, so try not to expect the same thing daily!" Thank you, Todd, for all of your hard work and dedication! You are very loved around here.

"It's clear how much he cares about our participants."

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