

## DATES TO REMEMBER

### In The Area

**Nov 22 HAPPY THANKSGIVING!** 🍂  
**Nov 23 BLACK FRIDAY!**  
**Nov 23** Blood Drive | *Indiana Mall 10a-3p*  
**Nov 23** Winterfest | *Downtown Hollidaysburg 5p*  
**Nov 23** Light up Night | *Ligonier*  
**Nov 23** Light Up Night | *Clymer*  
**Nov 24 SMALL BUSINESS SATURDAY** | *Shop local!*  
**Nov 24** Vendor Show | *YMCA of Indiana 10a*  
**Nov 24** Gateway Marketplace | *Jtown Train Station*  
**Nov 26 CYBER MONDAY!**  
**Nov 27 GIVING TUESDAY!** ❤️  
**Nov 30** Underground Pottery Sale | *Univ. Sqr, Indiana 9a-5p*  
**Nov 30** 13th Annual Dickens of a Christmas | *Ebensburg*  
**Nov 30** Family Tradition Fun | *Flemings Tree Farms*  
**Nov 30** Oldies Dance | *Richland Fire Hall 630p*  
**Nov 30-Dec 9** Annual Gingerbread House Contest | *Ligonier Ramada*  
**Dec 1** Santa Train Rides with the Everett Railroad  
**Dec 1** Smicksburg Annual Cookie Tour  
**Dec 1** FREE Computer Classes | *Hollidaysburg Library 1p*  
**Dec 1** Light Up Night | *Downtown Blairsville*  
**Dec 2** Christmas Tree Lighting | *Roxbury Bandshell 5p*  
**Dec 2** Ethnic Traditions | *Somerset Historical Center 530p*  
**Dec 3** Sleepy Bears Storytime | *Cambria County Library 630p*  
**Dec 6 ST. NICHOLAS DAY!**  
**Dec 6** Whoville Holiday Market | *Shanksville-Stonycreek 3-7p*  
**Dec 8** FREE Christmas Fun | *Somerset Historical Center 9-5p*  
**Dec 8** Old Westmont Holiday House Tour | *Young Heart Books 1-4p*  
**Dec 10** Alzheimer's Support | *1086 Franklin St. Room B8017-9p*  
**Dec 12** Infertility/Miscarriage Support | *Hollidaysburg 530p*  
**Dec 15** Breakfast with Santa | *East Taylor Twp Fire Co. 9a*  
**Dec 15** St. Nick's Annual Toy Resale | *Our Sons Main Event 11a*  
**Dec 16** Christmas Extravaganza | *Pinecroft Fire 10-4p*  
**Dec 16** Public Skate & Ice Show | *Jtown War Memorial 1-5p*  
**Dec 17** Stories with Santa | *Cambria County Library 6-7p*  
**Dec 18** FREE Movie "Frozen" | *Cambria County Library 530p*

### Activity Program

**Dec 5 ACTIVITY: Holiday Party + Talent Show**  
 11:30AM-2:30PM | *Jari Drive*  
**Dec 7 ACTIVITY: Holiday Party + Talent Show**  
 9:30AM-1:30PM | *Hollidaysburg Library*  
**Dec 12 ACTIVITY: Themed Bingo + Cookies**  
 1:00PM-3:00PM | *Somerset Towers*  
**Dec 19 ACTIVITY: Holiday Cookies + Movie**  
 11:30AM-2:30PM | *Jari Drive*  
**Dec 21 ACTIVITY: Holiday Cookies + Movie**  
 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!

**OCTOBER 2018 • CARRIE ROBERTS**

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](mailto:LPavic@alucp.org)

**All nominations are due BY December 7th!**

Connect with us!



119 Jari Drive Johnstown, PA 15904 • 814-262-9600 • [www.alucp.org](http://www.alucp.org)

Helping people live independently — Every day with quality care

# THE COMPASS

## December 2018

"The snow is sparkling like a million little suns." —Lama Willa

## THE BUBA BOX PROJECT

In April, we were awarded a very special grant, from the *Community Foundation for the Alleghenies*, to organize the Buba Box Project. With the grant monies, our activity program participants have been busy researching, purchasing supplies, designing, and filling 275 boxes (called **Buba's Boxes**) to be donated to Hospice and distributed to their many patients throughout the area. On November 7, after months of preparing, the activity program worked hard to fill the boxes. Each box has a variety of comfort and essential items inside for the patients,



their families, nurses, and caregivers to utilize and enjoy; including: wash cloths, hygiene items, teddy bears, bendable straws, notepads, and more! We were joined by local media and were so happy to see Brandi in the newspaper and watch Mary T. and Chad on the evening news. Thank you so much to our entire Ability Works activity program

for making this project a success, to the many staff who jumped in to help throughout the process, to Friendly City Box Co. for donating even more boxes, to Hooked on Crochet for the beautiful wash cloths, and to the many friends who donated such incredible items for the boxes. On **Giving Tuesday** (November 27) we have invited Hospice to our activity program to present them with the boxes. We can't wait to finally get the boxes into the patient's homes!



**Black Friday. Cyber Monday.** "Giving Tuesday" is a GLOBAL giving

## #GIVINGTUESDAY

**November 27, 2018**

movement. Each year, directly after the biggest days of spending, people everywhere join in on an international day of GIVING! Whether you give to a charity, a friend, or a stranger; whether you give big or small... it matters! This year, we are encouraging folks to "give" to our activity program to support us as we offer educational, recreational, and social opportunities to our neighbors with varying limitations. **Learn more at [www.alucp.org/give](http://www.alucp.org/give) or visit us on Facebook!**

## PARTYING LIKE THE "CLAS"



Did you know we have **FIVE** Community Living Arrangements (CLAs)? These five homes are regular homes, in regular neighborhoods, located throughout Cambria County with 24/7 staff available as-needed. In these homes live some of our best friends. And our friends... they like to party. In October, they held their annual Halloween party at our main office where everyone was dressed head to toe in their Halloween best. From witches to fairies and cowboys to characters, they looked amazing! Our CLA staff put on a great party with food, drinks, decorations, and even a showing of the spooky (& funny) animated film "Hotel Transylvania 2"!



## **Cooking Corner**

### **SNOWY NUTELLA PINE CONE TREES**

#### **INGREDIENTS**

- 3 Cups Chex Chocolate Cereal
- 6 Pretzel Sticks
- 1/2 Cup Peanut Butter
- 1/4 Cup Nutella
- 3 Tablespoons Butter, Softened
- 1 Cup Powdered Sugar



Gardenandtable.net

#### **DIRECTIONS**

- 1) Mix the peanut butter, Nutella, butter and powdered sugar in a bowl.
- 2) Take a pretzel stick and mold some of the mixture around it, forming a slight cone shape.
- 3) Holding it steady by using the tip of the pretzel as a handle, start inserting pieces of cereal into the peanut butter mixture in a symmetrical pattern around the stick. Add more cereal pieces, staggering them as you move upward.
- 4) Cut several cereal pieces into triangles and add those to the top (most pinecone scales get smaller toward the end.)
- 5) If the pinecone is getting too tall, cut off the top of the pretzel and add a dollop of peanut butter mixture to cover it. Insert a few more triangle pieces of cereal into the top of the pinecone.
- 6) For a "snowy" effect, dust the pinecone with powdered sugar.

## **Putt for Purpose is BACK!**

On February 22, 2019, we are excited to host our 3rd Annual Putt for Purpose indoor mini-golf fundraiser! This fundraiser means a lot to us as 100% of the proceeds go directly to our Ability Works activity program which is a program that is run SOLELY on grants and individual donations. We are currently accepting team registrations and varying levels of event sponsors.. If you, or anyone you know, may be interested in supporting or attending this great event, please spread the word! **More information (including registration and sponsor forms) can be found on our website at [www.alucp.org/give](http://www.alucp.org/give)**

## **Seeking Students!**

Our Scholarship application is intended for a high school senior, with Cambria County, who has some level of physical and/or mental limitation. If chosen, this one-time gift 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](http://www.alucp.org/give). All applications are due by May 3rd!

## **UGLY SWEATER GIVING TREE**

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.**

#### **- A Caregiver's Daily Affirmation -**

*"Be kind to yourself & don't take on guilt.  
Just do your best... but remember, you  
can't do it all."*



Interested in volunteering  
for various community  
organizations?

[Newsletter@alucp.org](mailto:Newsletter@alucp.org)

#### **CALLING ALL ARTISTS!**

We are looking to submit  
a design for the **River  
Wall Mural Project** in  
Cambria City. **We need  
your help!** Please call  
Kim if you're interested  
in being a part of the  
design team at  
**814-262-9600 Ext. 2586**



## **SAFETY CORNER**

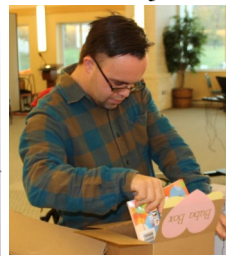
### **Winter Walking Tips... WALK LIKE A PENGUIN!**

- \* In cold temperatures, assume **all** wet areas are icy.
- \* Wear footwear that provides traction. Pack your work shoes, but **always wear boots to and from.**
- \* Walk in **designated walkways**; ice and snow may be more prevalent on unused shortcuts.
- \* Keep your hands and arms **free** to help with balance.
- \* Concentrate on walking; **don't multi-task.**
- \* Move slowly, tilt forward, walk flat footed (**with feet pointing outward**) and extend arms slightly away from body to maintain balance.



Contact the Safety Committee at [safety@alucp.org](mailto:safety@alucp.org)

## **"Ability Works" Activity Program**



November was Giving Month! One of our favorite activities was packaging 275 "Buba Boxes" with hygiene and comfort items to be donated to Conemaugh Regional Hospice and distributed to their many current and new Hospice patients! **Please consider joining us as we celebrate HOLIDAY month in December!**

*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](mailto:Activities@alucp.org).*

## **Caregivers Like You.**

Congratulations to our OCTOBER Employee of the Month, **Carrie Roberts!** Carrie has been a DCW with Unlimited Care for nearly 18 years! When asked what she likes about her job she says she enjoys getting to meet new consumers and learning about them. The relationships she has made with them are truly special to her. Carrie says the training that is provided through Unlimited Care helps make her job easier and is a big help. When not at work, she enjoys spending time her husband and daughter. Her advice to other caregivers is, "Do your best to help your consumer and be there for them." Thank you, Carrie, for all the years of love and care you have provided to your consumers and Unlimited Care!

**"After just one visit, the consumer requested Carrie as their permanent caregiver."**

**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](mailto:Newsletter@alucp.org)