

DATES TO REMEMBER

In The Area

Dec 18 FREE Movie "Frozen" | Cambria County Library 530p
Dec 18 Blue Christmas Service | 309 Lincoln St. 7p
Dec 20 Cirque Dreams Holiday | Kovalchick 730p
Dec 21 **FIRST DAY OF WINTER!**
Dec 21 Bens Creek Canoe Xmas Light Paddle | Point Park, Jtown 530p
Dec 21 Little Penguins Learn to Play | S&T Bank Arena 530p
Dec 21 FREE Movie "The Grinch" | Hollidaysburg Library 6p
Dec 21 FREE Movie | Mary Biesecker Library, Somerset 6p
Dec 21 Festival Nine Lessons & Carols | Grand Halle, Jtown 7p
Dec 21 Open Ice Skating | 1st Summit Arena 8-930p
Dec 22 "It's a Wonderful Life" | Jimmy Stewart Museum 1p
Dec 22 Special Needs Christmas | Emmanuel Church, Jtown 6p
Dec 22 Poppy & Cinderella Night | Hogues Fun Factory 4-9p
Dec 25 **MERRY CHRISTMAS!** Sending you warmth & love.
Dec 28 Last Friday at Ethnic Social | Heritage Discovery 530p
Dec 27-29 Science of Snow | Punxy Discovery Center 1-4p
Dec 29 Open Ice Skating | 1st Summit Arena 7-830p
Dec 30 Tomahawks Charity Night | 1st Summit Arena 7p
Dec 31 FREE Celebration Johnstown | Central Park 6-9p
Dec 31 NYE Celebration, BYOB | Bulldog Arena, Jtown 10p
Jan 1 **HAPPY NEW YEAR!** Wishing you happiness & health.
Jan 9 Friendsday Wednesday Soup Sale | SVDK Kitchen 4-7p
Jan 10 AUCP Open Interviews | 119 Jari Drive 11a-5p
Jan 14 Alzheimer's Support Group | 1086 Franklin St. 7-9p
Jan 18-20 Fire & Ice Festival | Somerset
Jan 21 **HAPPY MARTIN LUTHER KING JR. DAY!**

Activity Program

Jan 2 **ACTIVITY: Resolutions Workshop**
11:30AM-2:30PM | Jari Drive
Jan 9 **ACTIVITY: Aging Workshop**
1:00PM-3:00PM | Somerset Towers
Jan 11 **ACTIVITY: Resolutions Workshop**
9:30AM-1:30PM | Hollidaysburg Library
Jan 16 **ACTIVITY: Breaking the Stigma**
11:30AM-2:30PM | Jari Drive
Jan 25 **ACTIVITY: Breaking the Stigma**
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

National Blood Donor Month

DONATE BLOOD, SAVE LIVES.

EMPLOYEE OF THE MONTH!

NOVEMBER 2018 • LISA LONG

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 January 4th!

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

January 2019

"What the New Year brings will depend a great deal on what you bring to the New Year." - Vern McLellan

THE BUBA BOX PROJECT



Teri Adams, Hospice

December 5th was a big day, here, at Unlimited Care! Our Ability Works activity program finally presented Teri Adams, Volunteer Coordinator at Conemaugh Regional Hospice, with the Buba Boxes! Since the group first met to talk about the idea, in October 2017, Ability Works participants have been working to complete the Buba Box project. Thanks to many donations and a generous grant from the Community Foundation for the Alleghenies, the group was able to purchase supplies, decorate and organize the 275 boxes which are now being distributed to the many patients of Hospice. Each box is filled with comfort items in hopes to bring a little love to all of the Hospice patients, families, volunteers, and caregivers they may reach. Thank you to our amazing Ability Works activity participants, to the many friends who have donated to this program, and to Conemaugh Regional Hospice who spends their days giving others love and care.

"Rosemary was so excited about getting her Buba Box. She saw it on the news. She just kept kissing that little teddy bear."

-Judy, Hospice Nurse



UGLY SWEATER GIVING TREE



This year, we invited Unlimited Care staff to submit their child(ren) names, ages, and gift suggestions for our Annual Giving Tree. Each child was placed on an ugly sweater ornament and then "adopted" by willing and able individuals and fellow staff members. We are so happy to report that 60 children from 22 families were adopted this year! Thank you to all who submitted children and all who were able to grant their adorable gift requests. What a beautiful way to spread cheer this season!

MEET OUR NEW TRAINER: TASHA!

Tasha Beck began with the agency in early December and is excited to bring her Nursing skills and experience to Unlimited Care's Training Program. She says she's excited to grow her current Nursing skills, as well. When she's not at the office, Tasha loves shopping, being outdoors, eating Italian food, and spending time with her family. Her favorite thing, so far, about the agency is the friendly atmosphere. In 2019, she wants to continue working hard at everything she does. Her resolution is "I want to work on not stressing over the little things in life and continue to count my blessings every day." Tasha, we are so excited to have you as part of our team and we are eager to learn and grow alongside you!



Cooking Corner **CHICKEN PARM CRESCENTS**

INGREDIENTS

- 8 Chicken Strips, fully cooked (Tyson Crispy Chicken Strips or comparable)
- 1 (8 ounce) can Refrigerated Crescent Rolls
- 8 slices Mozzarella Cheese
- 1 (24 ounce) jar Spaghetti Sauce
- 1 Tablespoon Butter, Melted
- 1/4 teaspoon Garlic Powder
- 1/2 teaspoon Italian Seasoning
- 1 Tablespoon Grated Parmesan Cheese



SixSistersStuff.com

DIRECTIONS

- 1) Cook chicken strips according to package directions. Preheat oven to 375 degrees.
- 2) Separate crescent rolls into 8 triangles. Place one slice of cheese on the wide end of each crescent roll.
- 3) In a saucepan over low heat, warm spaghetti sauce until heated through. Dip cooked chicken strips in spaghetti sauce so they are completely covered. Place dipped chicken strips on top of cheese and roll up crescent rolls. Place rolls on an ungreased baking sheet. Brush melted butter on top of each roll and sprinkle with garlic powder, Italian seasoning and Parmesan cheese.
- 4) Bake for 15 minutes, or until golden brown.

Door Decorating Contest

The holidays can be a lonely time for some people, but those receiving in-home care are not alone thanks to the many caregivers who work tirelessly on their behalf. This year, the *PA Homecare Association* (PHA) reached out to us to participate in their "Health Care is Coming Home Door Decorating Contest"! Our office staff did not hesitate to jump in and chose three (3) separate consumer doors to decorate. They all look great. Thank you to our chosen consumers for being outstanding sports and letting our staff makeover their homes! We hope your door brings you some extra cheer!



Decor by SP Dept.

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. All applications are due by May 3rd!

NEW SAFETY EQUIPMENT!

In April, Unlimited Care was awarded \$2,000, toward safety equipment, through a grant from Lee Initiatives' Health & Wellness Endowment! Since the award, the Safety Committee has been hard at work researching, purchasing, and implementing the new equipment. With the award, the committee was able to purchase four accessible van safety kits, 11 car safety kits, and one Automatic External Defibrillator (AED) for the office building. The agency trains employees on how to use an AED, but has not had the opportunity to place one in the building. With this generous grant, the office and all visitors will be much safer in the future.



PUTT FOR PURPOSE FUNDRAISER
FEB 22 | 5:00P | 119 Jari Dr

Register your team at
www.alucp.org/give

 **"Unlimited Hands"** 
Volunteer Committee

Interested in volunteering
for various community
organizations?
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

5 Ways to Fight Fatigue While Working

1. **Put down your phone at night** – Research has shown that endless scrolling through your phone before bed has negative effects on our sleeping patterns.
2. **Take Breaks - Get Moving!** – Individuals who take short breaks that involve movement, fight fatigue more effectively and are more productive than those who do not. If you work at a desk stand up when you can. It's good for your circulation and makes you feel more alert
3. **Eat smarter and better** – Make sure you're getting in healthy meals throughout the day and resist the temptation to overeat.
4. **Drink more water** and less caffeinated drinks!
5. **Adjust lighting, temperature and noise levels** to improve alertness. You would be surprised what added lighting, cooler temps and increased noise levels can do to get you kick-started!

Success.com

Contact the Safety Committee at safety@alucp.org

"Ability Works" Activity Program



December was Holiday Month! A few of our favorite activities were participating in a talent show at our holiday party, enjoying Joyce's home-cooked meal together, and presenting the Buba Boxes to Conemaugh Regional Hospice! **Please consider joining us as we celebrate MENTAL HEALTH month in January!**

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.

Caregivers Like You.

Congratulations to our NOVEMBER Employee of the Month, **Lisa Long!**

Lisa has been a Direct Care Worker with Unlimited Care for over six (6) years! She goes above and beyond for her consumers, knowing their routines, moods and whether or not they're feeling well. She takes on extra shifts, leaving herself no time for a break, to make sure her consumers get the help they deserve; simply because she cares so much about them. Lisa went as far as taking her consumer to the doctor because she had observed the consumer "wasn't herself." Her actions prove how much compassion and empathy she has for her consumers. On behalf of Unlimited Care, thank you, Lisa, for everything you do! You truly are amazing!

"It is obvious how much she cares for the consumer. I observed her offering them choices of meals and activities, rather than deciding for them."

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