



Dates to Remember

In The Area

Apr 26 10th Annual Empty Bowls | *Bottleworks 5p*
Apr 27 Starbucks Global Service Day | *Sandyvale Gardens*
Apr 27 Pour Your Heart Out Wine Tasting | *Richland Firehall*
Apr 27 Sock Hop Oldies Dance | *229 Main St. Johnstown 7:30p*
Apr 28 Movie "Finding Nemo" | *State Theater Johnstown 3p, \$5*
May 4 Cambria County Winery Bus Tour | *Richland Firehall 11a*
May 5 Delgrosso Park Opening Day
May 5 Cinco De Mayo!
May 7 Cambria County Job Fair | *Pasquerilla Center 1p-5p*
May 11 Rec the Alleghenies Expo | *Greenhouse Park - Free*
May 11 Fishing Derby | *Jackson Twp. Rod & Gun 8a-3p*
May 11 Central PA Pets Expo | *Greenhouse Park 11a-3p*
May 11 Arts & Crafts Festival | *Johnstown Christian School*
May 12 Happy Mother's Day!
May 18 Farmer's Market Opening Day | *Ligonier 8a-12p*
May 18 Windber Wine in the Park | *Windber Rec 2p*
May 19 Operation Clean Sweep | *Central Park - all day*
May 25 Path of the Flood Historic Races | *PNG Park 8a*
May 25 Taste & Tour | *Downtown Johnstown 4p*
May 27 **Memorial Day!** *Thank you to all who have served*
May 27 Sandyvale Memorial Day Celebration 10a - Free
May 27 Memorial Day Parade | *Downtown Ebensburg*
May 27 Free Fishing Day
May 31 129th Anniversary of the Johnstown Flood
May 31 - June 2 St. Mary's Johnstown Polkafest 2019

Activity Program

May 1 ACTIVITY: Relaxation Yoga
 11:30AM-3:00PM | *Jari Drive*
May 3 ACTIVITY: Summer Activity
 9:30AM-1:30PM | *Hollidaysburg*
May 8 ACTIVITY: Mug Decorating
 1:00 PM-3:00PM | *Somerset Towers*
May 15 ACTIVITY: Painting with a Twist
 11:30AM-3:00PM | *Jari Drive*
May 24 ACTIVITY: Speaker: Altoona Curve
 9:30AM-1:30PM | *Hollidaysburg*

All staff, consumers, & public welcome.
BRING YOUR CONSUMER!

For more details about this FREE program,
 call Joyce Bowers at 814-262-9600 Ext. 1501

Highway Clean-up!

Please join our volunteer group - Unlimited Hands - Tuesday, May 21st at 3p for our first ever highway clean-up since adopting a 2-mile stretch of highway on Route 271. Cleaning up litter is simple, cost free and the results have an instant positive impact on our roadways. We are still looking for a few more volunteers! If you are interested in joining, send your contact info and t-shirt size to Newsletter@alucp.org. Together we can keep our community beautiful!



THE COMPASS

May 2019

May we never forget that freedom isn't free

Rec the Alleghenies Expo 2019

Since 2017, Unlimited Care has organized the annual Rec the Alleghenies Expo at Greenhouse Park. This event is special as it welcomes local hobby groups to come together to show the community what they are passionate about. Each group brings their equipment, members, and activities for the public to jump in and try something new! The Rec Expo is a FREE event and open to the community of all ages and abilities. From art to dancing and crochet to bicycling, the activities are endless! The event also features a DJ, food trucks, a popcorn stand, and a flower market. We strongly encourage you to attend, but please remember to dress to get messy as this event is all about trying new things. We are so proud to be the organizers of this event and would LOVE to see all of our Unlimited Care families and friends there having fun! The Rec Expo is from 11a-3p on Saturday, May 11th at Greenhouse Park in Johnstown. **Find more event details on our Facebook page!**

A few participating groups: Wings for Our Heroes, Concepts Dance Studio, Kayak Anglers of the Laurel Highlands, Conemaugh Township Fire Dept., Know It All Paintball, Sitting Bulls Sled Hockey, Hooked on Crochet, Camp Harmony, Trinity Farms, & so many more!

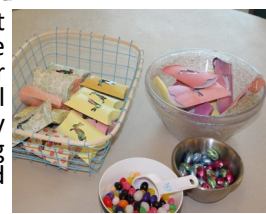


Cinco De Meow Pet Supply Drive

Here, at Unlimited Care, we believe in strong communities. We know the magic that happens when people reach out to help us and we love when we're able to give that strength to others in need. One of our favorite events of the year is our annual Cinco De Meow pet supply drive! For this drive, we partner with Para-Coat Technologies (John St.) as a drop-off location for all things pets. We invite the community to drop-off non-clumping cat litter, unopened dog/cat food, blankets, cleaning supplies, office supplies, and monetary donations which will then be donated to the Cambria County Humane Society to help with their efforts in maintaining, caring for, and finding homes for local fur-babies. Our lobby will be available for drop-offs from Monday, April 29th - Friday, May 3rd from 8a-4:30p. Please stop in and join in on this great drive!

"Ability Works" Activity Program

One of our favorite April activities was our guest speaker, Ron Fisher, a reporter with the Tribune Democrat. Ron talked about newspaper's role in our community and how to keep up to date with local happenings. Ron did a great job and everyone really enjoyed his presentation. Our craft was painting wooden signs for the community garden and assembling and filling 'bunny pouches' for Easter!



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.

Connect with us!



119 Jari Drive Johnstown, PA 15904 • 814-262-9600 • www.alucp.org

Helping people live independently - Every day with quality care



Cooking Corner

USA Flag Éclair Cake

INGREDIENTS

- 2 boxes of graham crackers
- 3 small boxes of Vanilla Instant pudding
- 6 cups of milk
- 2 cans of white icing
- 12 large strawberries

DIRECTIONS

- 1) Slice the strawberries in half.
- 2) In a large bowl, mix together the vanilla instant pudding mix and cold milk. Whisk until the pudding starts to thicken.
- 3) In a 9 X 13 dish, lay out a row of graham crackers. Cover the graham crackers in a layer of pudding. Place another layer of graham crackers on top of the pudding. Cover the graham crackers with the more pudding.
- 4) Continue to layer the graham crackers and pudding until you reach the top of the dish. Finish with a graham cracker layer.
- 5) Heat the white frosting so that it easy to pour but not completely liquid. (microwave for about 20 seconds.)
- 6) Spread the white frosting over the top layer of graham crackers.
- 7) On the top left corner, lay out 4 rows of six blueberries.
- 8) Use the sliced strawberries to make stripes on the cake.
- 9) Refrigerate for 6-8 hours (or overnight) *Long enough for the graham crackers to become soft*



Wineandglue.com

A Moment of Kindness

As most of you know, this is Tara from our Finance department. Recently, a very close friend of hers received life-altering news; She was diagnosed with breast cancer. Tara knew she had to do something for her friend who she says has been like a second mother to her for years! She made this beautiful quilt to keep her warm during her chemotherapy sessions. We know so many of our staff are inspirations to others - what an amazing reminder of the good-spirited people we are surrounded by! Please keep Tara's friend in your thoughts and prayers. We are rooting for her! We hope this story will inspire you to be a superstar advocate for someone who is going through a difficult time! Acts of kindness, no matter how big or small, can make all the difference for someone fighting a battle! Way to go, Tara!



Congratulations, Donna!

If you haven't already met her, this is Donna! She is sweet as pie and one of our consumers! Recently a group of our Unlimited Care staff set out on a mission to help Donna. She was living in a pricey, two-story apartment in a part of town that was not suitable or safe for her. She was living on her own with no one to help her or any access to social interaction. Thanks to the help of an entire team of staff members, aka the "Donna Squad," (including Kaitlynn Daughenbaugh, Elizabeth Adkins-Brown, Linda Roberts, Ashley Michaels, and Bridget Berry), Donna was approved and moved into a new apartment building where she is surrounded by other tenants and has the opportunity to get more involved through it's community room events. Donna is so appreciative of everyone who helped from the application process, to moving, and all those who donated furniture, cleaning supplies, and other household items to get her started! Congrats, Donna!



SAFETY CORNER

Follow these de-escalation tips to help respond to difficult behavior in the safest, most effective way possible!

- **Be empathetic & nonjudgmental** – If someone does something that you perceive as strange or irrational, try not to judge or discount their feelings.
- **Respect personal space** – If possible, stand 1.5 to three feet away from a person who is escalating. Allowing personal space tends to decrease a person's anxiety and can prevent erratic behavior
- **Avoid overreacting** – Remain calm, rational and professional. While you can't control another person's behavior, you can control how you respond to it. This could make all the difference in defusing a situation
- **Focus on feelings** – Supportive words will likely let the person know that you understand and you may get a positive response
- **Ignore challenging questions** – Ignore the challenge but not the person. Bring their focus back to how you can work together to resolve the problem

Crisisprevention.com

Contact the Safety Committee at safety@alucp.org

Caregivers Like You.

CONGRATULATIONS to our May Employee of the Month, Kaitlynn Daughenbaugh! Kaitlynn has been a Service Provision Specialist with Unlimited Care since July 2018. When asked what it is that she enjoys about her job, she said, "Being able to help others in different ways and that it's different everyday." One thing Kaitlynn says makes her job easier is that the people she works with are like one big family. In her spare time she likes to go horseback riding and loves going to concerts. Kaitlynn also works part-time at The Women's Help Center, which is something that she is very passionate about. When asked what advice she would give to fellow co-workers, she says, "It really helps the consumers, other caregivers and scheduling department when you return their texts and calls, even if its just to say that you won't be able to take an extra shift." Thank you so much, Kaitlynn, for all the amazing work you do. It is such a pleasure to work alongside you!

"She was extremely motivational in leading our consumer team in getting so many avenues of assistance for our consumer."

DCWS: NEED HELP? REACH OUT!

We are starting a new initiative suggested by, YOU, the caregiver population. If you are uncomfortable with any services that you provide and feel you need additional training, feel free to stop in the office between the hours of 8:30a-4:00p every other Thursday. Trainer, Tasha Beck, will be available to assist with one-on-one training. Supervisors will also be available to discuss an issue that you may have. Can't make it into the office and need help at a consumer's home? Give us a call, we can meet you there! REACH OUT and TELL US what YOU need. **We are here to make sure you are comfortable and have all the tools you need for success.** Call 814-262-9600 ext. 1555 for assistance.

SPEAK UP & BE HEARD!

Do you have an idea for staff training? Would you like to participate in this year's annual training as an agency leader? Give Lori Pavic, Director of Services, a call at 814-262-9600 ext. 1554 or send an email to Lpavic@alucp.org.

We are looking for experienced caregivers to present during annual training this September. Who better than YOU to talk about DCW struggles or what you need to do your job in the field. You are the experts, now it's time to show us what you know. We are excited to see what you all bring to the table.

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

Email us at Newsletter@alucp.org