



## Dates to Remember



### In The Area

**May 31** Allegheny Street Cruise | *Hollidaysburg 2p*  
**June 1** Spring Marketplace Fair | *Pratt Drive 7a-2p*  
**June 2** Thirty-One Basket Bingo | *AUCP Comm. Room 1p*  
**June 2** Vale Wood Farms Jubilee | *517 Vale Wood Road*  
**June 8** Otter Trot 5k Run | *James Mayer Trail 8a*  
**June 9** Pick-A-Dilly Herb Faire | *Dillweed B&B 9a-4p*  
**June 12** Teen Art Cart | *Cambria County Library 4p*  
**June 13** 20th Annual Miner's Day Celebration | *Windber*  
**June 14** Coffee House Series | *Community Arts Center 7p*  
**June 15** Outdoors 4 Everyone Day | *Prince Gallitzin 10a*  
**June 15** Dairy Day | *Delgrosso's Amusement Park 11a*  
**June 15** Ghost Town Trail Challenge | *Saylor Park 7a*  
**June 15** Mountain City Book Festival | *Heritage Plaza 9a*  
**June 16** Feed the Need Food Truck Rodeo | *PNG Park 12p*  
**June 16** Happy Father's Day!  
**June 20** Wheels & Wings | *Downtown Ebensburg 5p*  
**June 20-22** Strawberry Fest | *St. Mark's Episcopal Church*  
**June 20-23** Johnstown's Annual Thunder in the Valley  
**June 21** Summer Solstice | *Longest day of the year!*  
**June 23** PA Beer Festival | *Seven Springs Resort 11a-5p*  
**June 23** Market at the Green | *701 Chestnut Street 8a-3p*  
**June 28** Jazz Along the River | *St. Mary's Byzantine 5p*  
**June 28-30** Nanty Glo Community Days  
**June 29** Johnstown Funk Fest | *PNG Park, Free 5p*

### Activity Program

Summer Fun!

**June 5 ACTIVITY:** Best of Friends Horse Farm  
 11:30AM-3:00PM | *Jari Drive*  
**June 12 ACTIVITY:** To be determined  
 9:30AM-1:30PM | *Somerset Towers*  
**June 14 ACTIVITY:** To be determined  
 1:00 PM-3:00PM | *Hollidaysburg*  
**June 19 ACTIVITY:** Summer Safety  
 11:30AM-3:00PM | *Jari Drive*  
**June 28 ACTIVITY:** To be determined  
 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

### EMPLOYEE OF THE MONTH!

**April 2019 • Caleb Mann**

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 June 7th!**

# THE COMPASS

## June 2019

"Life isn't about finding yourself. Life is about creating yourself."

— George Bernard Shaw

## Third Annual Rec the Alleghenies Expo

On Saturday, May 12, 2019, Unlimited Care partnered with You In Flood City to host the 3rd Annual Rec the Alleghenies Expo (an event that welcomes local recreation groups to showcase their hobby to community)! There were open demonstrations held throughout the day encouraging public participation. From kettlebell to kayaking to medieval fencing, there was something for everyone! Music was provided by Shades of June Entertainment and we had six amazing food and market vendors including: Dos Amigos Market Taqueria, First Scoop To Go Ice Cream Truck, Fort Fries, and Rayne's Backyard BBQ, Johnstown Pops Popcorn and Walkers Plants and Produce. We just want to take a moment to thank all those who came out on this beautiful day to join us! This event would truly be nothing without the support and attendance of the community. Thank you to Seward

Cambria County Library



MorGainz Fitness

Generating Station (NRG Energy), Earl & Jeanne Berkey Fund of the Community Foundation for the Alleghenies, Jordan Tree Service, Greater Johnstown Career & Technology Center, USSCO, and the many volunteers who helped make it a great day! Also, HUGE thank you to Brian, Chad, Meghan, Cindy and Courtney for representing Unlimited Care and organizing Bingo! **Check out our Facebook page for more pics from the event!**

Barony of St. Swithin's Bog



Concepts Dance Studio

## Cinco De Meow Pet Supply Drive



We would like to thank everyone who donated to our Annual Cinco De Meow Pet Supply Drive supporting the Cambria County Humane Society. It is always amazing to see a community come together for a worthy cause! Your donations, no matter how big or small, go a long way in helping the organization! We even had a little visitor stop in to say, "THANK YOU!" Lilly is just one of the MANY sweet, fur babies of the shelter who benefitted from your donations.

## Best of Friends Horse Farm

On June 5, our "Ability Works" Activity Program participants will be going to Best of Friends Horse Farm for some therapeutic horseback riding. This is an activity that we really look forward to! All are welcome to join in on this fun and free activity! We just ask that we receive prior notification that you will be attending so that we can adequately provide and prepare for everyone. To reserve your spot call Activities Director, Joyce Bowers at 814-262-9600 Ext. 1502 or Activities Assistant, Brian Woy at Ext. 1501.



Connect with us!



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

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## **Cooking Corner**

### Copy-Cat Disney Dole Whip

#### INGREDIENTS

- 2 large cups frozen pineapple chunks
- 1 cup vanilla ice cream
- 1/2 cup pineapple juice

#### DIRECTIONS

1. Blend all ingredients in a blender or food processor, starting on low and slowly increasing the speed. (Start with just half of the pineapple juice and add more as you need it).
2. Enjoy immediately!

\*You can also store it in the freezer for later, but let it thaw on the counter for 20 minutes before eating.



Instrupix.com

## **SUMMERTIME ACTIVITIES!**

Looking for some fun activities to do with your friends and family this summer? Below are a list of recurring summer-long events and a few other ideas to inspire you to get out and enjoy the weather!

Johnstown Farmer's Market | **Every Friday 9a-2p**

Ligonier Farmer's Market | **Every Saturday 8a-12p**

Ebensburg Farmer's Market | **Every Saturday 9a-12p**

Ameriserv Concert at Roxbury Bandshell | **Every Sunday 5p**

B&L Wine Cellars Live Music | **Every Sunday 3p-6p**

Ligonier movie under the stars | **3rd Friday** of every month

Windber Recreation Pool | **Everyday 12p - 8p**

Ebensburg Pool | **Mon - Thurs 12p-8p Fri-Sun 12p-6p**

Coal Tubing | **Monday - Friday 12p-2p Weekends 11a-3p**

Geocaching Trail | Visit Jtown Convention & Visitors Bureau

Johnstown Escape Rooms | Book your escape online

The Ultimate Jtown Bucket List | Visitjohnstown.com

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

May was "Express Yourself" month and, boy, what a fun month we had! One of our favorite activities was Relaxation Yoga with Rachel Allen. She taught us how to manage stress through breathing techniques and yoga exercises. We also learned how to relieve tension and lift our spirits through dancing with scarves! We really loved Rachel's fun and upbeat personality! Our craft for the day was tie-dyeing t-shirts! Each participant designed their own shirt to take home with them. We had a blast!



**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).**

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

Email us at [Newsletter@alucp.org](mailto:Newsletter@alucp.org)

## **WELLNESS CORNER**

### **Positive Effects of Quitting**

- **20 minutes:** Your blood pressure and pulse rate return to normal. Circulation improves.
- **8 hours:** Your blood oxygen levels return to normal and your chance of having a heart attack falls.
- **24 hours:** Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.
- **48 hours:** Congratulations! Your body is now nicotine free and you'll notice your sense of smell and taste have improved.
- **72 hours:** Breathing is now easier and you have more energy.
- **2-12 Weeks:** Circulation is improved throughout your body. It's easier for you to walk and exercise now.
- **3-9 months:** Your lung efficiency is up by 5-10 percent. Breathing problems are fading away. Say goodbye to coughing, shortness of breath and wheezing.
- **10 years:** The chance of getting lung cancer is now half that of a smoker. Your chances of having a heart attack are now the same as someone who has never smoked.



Mercola.com

## **The Wellness Committee**

We are excited to introduce a new committee, started by Unlimited Care, whose main focus is YOU! The Wellness Committee strives to create a healthy culture that promotes, educates and empowers our Unlimited Care community to establish and maintain a financial, social, physical and emotional well-being. We want to assist in creating overall wellness in your life and the lives of others by increasing awareness of a healthy lifestyle and focusing on **making positive improvements**. Be on the look out for future initiatives from the Wellness Committee in which we encourage your participation!



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

## **Caregivers Like You.**

CONGRATULATIONS to our April Employee of the Month, Caleb Mann! Caleb has been a DCW/Floater with Unlimited Care for seven (7) years. What he enjoys about his job is helping people and making a positive difference in their lives. When asked what makes his job easier, he said "Connection. Finding a common interest with the client. Also, good communication makes things go smoother." In his spare time he enjoys writing and hanging out with family and friends. The advice he would give to other caregivers is to, "Take time to get to know your clients and try to put yourself in their shoes." On behalf of Unlimited Care we just want to thank you, Caleb, for always putting your consumers first and providing them with the absolute best care! You're simply amazing!

*"This consumer stated that Caleb talked him out of the funk that he's been in and made him feel better."*