



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*

Summer Fun! **Activity Program**

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! 2019 • Caleb Mann

Did vou 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!

Aunlimited #COMPASS

"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 Generating Station (NRG Energy). Earl &



Cambria County Library

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







Cinco De Meow Pet Supply Drive 👺

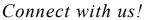


We would like to thank everyone who donated to our Annual Cinco De Meow Pet Supply Drive supporting the Cambria County Humane Society. It is always amazing to see a community come together for a worthy cause! Your donations, no matter how big or small, go a long way in helping the organization! We even 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.



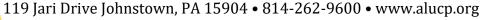












Cooking Corner

Copy-Cat Disney Dole Whip

INGREDIENTS

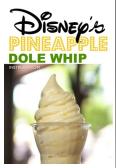
- 2 large cups frozen pineapple chunks
- 1 cup vanilla ice cream
- 1/2 cup pineapple juice

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!





Instrupix.com

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

SUMMERTIME ACTIVI

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 Ligionier Farmer's Market | **Every Saturday** 8a-12p Ebensburg Farmer's Market | **Every Saturday** 9a-12p Amerisery 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 breathing through techniques and yoga exercises. We also learned how to relieve tension and our spirits through dancing with scarves! We really loved Rachel's fun upbeat personality! and



Our craft for the day was tie-dying 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.

Have a suggestion, story, photo, question, idea, or event to submit? Email us at 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.
- hours: Carbon monoxide leaves your body. Your lungs start to clear out mucus and debris.
- 48 hours: Congratulations! Your Mercola.com 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.

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 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

Caregivers Like You.

the client. Also, good communication makes

things go smoother." In his spare time he enjoys

CONGRATULATIONS to our April Employee of the Month, Caleb Mann! Caleb has been a DCW/Floater with Unlimited Care for seven (7) years. What "This consumer he enjoys about his job is helping people and stated that Caleb making a positive difference in their lives. When talked him out of asked what makes his job easier, he said the funk that he's "Connection. Finding a common interest with

been in and made him feel better."

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 was to thank you, Caleb, for always putting your consumers first and providing them with the absolute best care! You're simply amazing!



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