

IN THE AREA

July 28 - Aug 3 Clearfield County Fair
Aug 2-3 Ameriserv Flood City Music Fest
Aug 3 Peachy Saturday | Smicksburg, PA
Aug 3 Rib & Wing Festival | Seven Springs Resort
Aug 4 Live Butterfly Release | Mack Park, Indiana
Aug 4 Movie in the Park | Central Park, FREE
Aug 4 Feed the Need Rubber Duck Race
Aug 9 Portage Area Summerfest
Aug 10 Antique & Vintage Fair | Downtown Somerset
Aug 10 Woodstock Anniversary Fest. | PNG Park
Aug 16-17 Richland Community Days
Aug 17 Garlic Festival | Faranda Farm
Aug 17 Ice Show | North Rec Center, Ebensburg \$5
Aug 18 Heritage Hike | Staple Bend Tunnel
Aug 24 Stackhouse Park Jamboree | Luzerne Street
Aug 24 Wheels for Meals | PNG Park
Aug 24 Wine Festival | Seven Springs Resort
Aug 31 Cruisin' the Flood City | Central Park
Aug 30 - Sep 1 Arts Festival | Community Arts Center
Aug 30 - Sep 1 Cambria City Ethnic Festival

ACTIVITY PROGRAM

Aug 2 ACTIVITY: Essential Oils
 11:30AM-3:00PM | Hollidaysburg
Aug 7 ACTIVITY: Census Q&A
 9:30AM-1:30PM | Jari Drive
Aug 14 ACTIVITY: Smash Balloon Paint
 1:00PM-3:00PM | Somerset Towers
Aug 16 ACTIVITY: Outdoor Picnic
 11:30AM-3:00PM | Hollidaysburg
Aug 21 ACTIVITY: K-9 Officer
 9:30AM-1:30PM | Jari Drive

All staff, consumers, & public welcome. For more information about this FREE program, please call Joyce Bowers at 814-262-9600 Ext. 1501.

"Life is too important to be taken seriously." -Oscar Wilde

Employee of the Month Program

Here, at Unlimited Care, we absolutely love our Employee of the Month Program. It is an opportunity to acknowledge the work of our amazing staff members. Every month, we receive nominations detailing incredible stories of how our caregivers, office staff, residential program workers and drivers have gone above and beyond for the well-being of our consumers and agency.

Recently we have updated the program to better tailor to the preferences of our Employee of the Month winners, by adding more prizes and avenues of appreciation.

If you know someone that you think is worthy of Employee of the Month, do not hesitate to nominate them! Nominations can be submitted by calling our office at 814-262-9600 Extension 1555 or by emailing LPavic@alucp.org. Or, a form can be picked up at the office and turned in during your next visit or by mail!

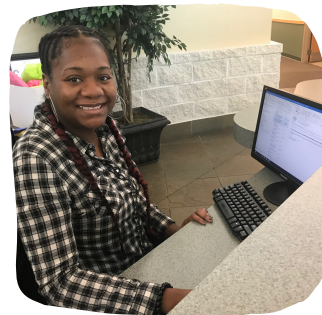
2018-2019 EMPLOYEES OF THE MONTH!

JUL - NUTTHITIWAL SANGVIENWONG	JAN - ANDREA FRILEY
AUG - KERI JO FORTSON	FEB - SALLY YUTZY
SEPT - TODD HALL	MAR - KAITLYNN DAUGHENBAUGH
OCT - CARRIE ROBERTS	APR - CALEB MANN
NOV - LISA LONG	MAY - JAMES MACK
DEC - TRACEY GILLILAND	JUN - AMANDA DUTKO

Meet Mercedes!

If you've visited our main office recently, you've probably seen or spoken to our wonderful summer intern, Mercedes Brown. Mercedes joined Unlimited Care in July, through the *Goodwill CareerLink Youth Employment Summer Program*, as our Office Intern. One thing that she loves about the Youth Employment Program is all the knowledge they've given her. She says that she's learned so much that will benefit her in her future endeavors.

Mercedes says that one day she would love to be a therapist and help people solve problems. She prides herself on her ability to be an attentive listener without judging others. Mercedes says what she likes best about Unlimited Care is how friendly and welcoming everyone has been.



On behalf of Unlimited Care, we would like to thank you, Mercedes, for your amazing work this summer! We are excited to see what great things the future, inevitably, has in store for you!

EMPLOYEE OF THE MONTH

JULY 2019 - AMANDA DUTKO

Did you know: Consumers, caregivers, and family members can nominate someone for Employee of the Month?

To nominate a caregiver you love & respect, call the office at 814-262-9600 Ext. 1555 or email Lori at LPavic@alucp.org

All nominations due by August 5th!

Cooking Corner

Smoky Chicken Quesadillas

Ingredients

- 2 cups Perdue Simply Smart Original Grilled Chicken Strips, frozen
- 1 1/2 tablespoons olive oil, plus more for brushing
- 10 ounces cremini mushrooms, quartered
- 2 cloves garlic, minced
- 1/8 teaspoon pepper
- 4 (10-inch) tortillas
- 8 ounces smoked cheddar cheese, grated
- Sour cream & Chipotle salsa, optional



familycircle.com

Directions

1. Coat a nonstick saute pan with nonstick cooking spray over medium heat. Add frozen chicken and cook 5-7 min. to heat through and slightly brown. Remove chicken from pan and set aside.
2. Add olive oil to same pan. Stir in mushrooms and cook 5-7 min. or until lightly browned; pan will be fairly dry. Stir in garlic and cook 1-2 more min. Season with pepper.
3. Heat oven to 450 degrees F. Line 2 baking sheets with nonstick foil. Place a tortilla on each prepared sheet. Add 1/4 of the cheese to each tortilla, then layer each with half the chicken and mushrooms. Divide remaining cheese between tortillas. Cover with the last 2 tortillas and brush lightly with olive oil. Bake at 450 degrees F for 7 minutes or until slightly golden-brown and cheese has melted.
4. Cut each quesadilla into 6 wedges. Serve with sour cream and chipotle salsa, if desired.



WE WANT TO HEAR FROM YOU! PLEASE HEAD TO OUR FACEBOOK PAGE (OR GOOGLE US) TO COMMENT A REVIEW OF OUR AGENCY! NOTHING SPEAKS LOUDER THAN A RECOMMENDATION FROM THOSE WE KNOW AND LOVE.

"Ability Works" Activity Program

July was Recreation Month and one of our favorite activities was fishing at Windber Sportsman! A total of 23 consumers, aids and staff attended, and each consumer caught at least one fish. The weather turned out perfect for the outing and the mix of sun and some clouds kept it safe and comfortable for everyone. Lunch was served and snacks were available at the picnic table. Everyone in attendance had a laid-back, relaxing day. Scott Maust showed his casting prowess when he landed several large fish. This was the perfect activity to ease into the 4th of July holiday! We couldn't have asked for a more beautiful, fun-filled day!



Safety Corner

Don't get mad... get FUNNY!

There's no question that caring for others can be a stressful job. That's why it is so important to find ways to relax and recharge. Studies show that laughter has been proven to improve both physical and emotional health.

- **Have funny friends** - Having friends that make you laugh can change your whole perspective on your stressful day.
- **Have your favorite comedies on standby** - Funny movies can be considered your emergency first aid kit for humor. Don't hesitate to take full advantage of them when you feel burnt out.
- **Look for the funny** - Rather than focusing on the negative things that happened in your day, look for humor in it.
- **Fake it** - Studies have shown that even if you don't feel like laughing, you still reap the benefits of having a good chuckle. Consider it exercise! Even if you don't feel like working out, you'll get fit by continuously doing it!

caregiver.com

➡ **Contact the Safety Committee at safety@alucp.org**

Save the Date!

This year's **annual mandatory training** will be held on **Sunday, September 8 and Sunday, September 29** in our Community Room at our main office on Jari Drive. Training will be held from **9:30 am to 4:00 pm**. All Caregivers *must attend* one of the two events being offered. We will be providing a catered lunch, prizes, awards and, of course, training and education. If this creates a scheduling conflict for you, please contact your supervisor as soon as possible.

Please RSVP at: www.surevymonkey.com/r/AUCP19-20

Altoona Curve Game

On Tuesday, July 23rd, AUCP employees along with their family, friends and consumers, attended a double-header at the Altoona Curve to root for their favorite minor league baseball team! Despite a short rain delay, our agency had over forty (40) people in attendance and everyone had a great time. We look forward to planning another trip next summer!



Caregivers Like You

CONGRATULATIONS- to our June Employee of the Month, **Amanda Dutko**! Amanda has been a Direct Care Worker since April 2018. In her spare time, she enjoys going bowling, and spending time with her husband and little boy. They love having family time and often go fishing together.

When asked what she likes about the job she responded, "The people you get to meet and that you're the person they depend on when they don't have anyone". She says that being a good listener makes her job easier because it aids in finding solutions to what needs done.

"AMANDA WENT IN WITH AN APPROACH OF EMPATHY, SOFTNESS TO VOICE AND KINDNESS."

Finally, when asked the advice she would give other caregivers she said, "Think of how you would like to be treated and treat them that way". Thank you, Amanda, for being an awesome worker and congratulations on receiving Employee of the Month, again! We are thankful to have you as part of our team!

☑ **This month: More Smiling, less doubting.**

➡ **HAVE A SUGGESTION, STORY, PHOTO, EVENT, OR IDEA FOR A NEWSLETTER FEATURE? EMAIL US AT NEWSLETTER@ALUCP.ORG**

CONNECT WITH US!



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Helping people live independently every day with quality care