



United Way
of Mifflin-Juniata

SourceAmerica



658 Valley St.
Lewistown, PA 17044

Free Matter for the Blind
P.L.R. SEC. 138



- meeting needs of special populations

658 Valley Street – Lewistown, PA 17044

717-248-1111

877-741-7411

April - June 2020

the NuVisions Updater

COVID-19 Quarentine

Who would have thought a few months ago that we would be in a worldwide shut down? That people would suddenly go crazy for items such as toilet paper and Clorox wipes. I don't think any of us could have fathomed how quickly things could change from normal to very restricted and in some cases total shut down.

NuVisions Center is finding our way in all of this just like all of you. We have slimmed down employees for various contracts and our drivers are only taking people to their most important medical appointments. That decision is not just our doing, many offices have called their patients and cancelled or rescheduled their appointments.

The school district has closed all schools so the Kindergarten registration vision screenings Katye and Colette were doing have now been postponed.



As of this writing, we have closed, we can take your calls and try to point you in the right direction. Drivers are doing very limited transportation. If things clear up by June we will have our annual picnic, flyer is included in newsletter, if we are not in the position to continue with these plans we will let you all know of the change in plenty of time. We also would tell you the best thing you can do is stay safe by staying home, wiping surfaces with hot soapy water or wipes, **WASHING YOUR HANDS**. Have someone get your groceries at the grocery store or if you have to go, make sure you take cleaning wipes with you and clean those surfaces you touch. Hang in there all!



Summer will come again! ☺

*Thelma Wallace and Lorraine Pryhuber at our
2019 picnic.*

NUVISIONS CENTER-DATES TO REMEMBR:

Sunday, April 12	Easter
Monday, April 13	Jefferson's birthday
Wednesday, April 15	TAX DAY
Tuesday, May 5	Cinco de Mayo
Thursday, May 7	National day of Prayer
Sunday, May 10	Mother's Day
Saturday, May 16	Armed Forces Day
<u>Office closed on:</u>	
Friday, April 10	Good Friday
Monday, May 25	Memorial Day



NuVisions Center Annual Picnic June 18 , 2020

Come one! Come all
to the NuVisions Center's Annual picnic!
This year's picnic will be held at
Greenwood Furnace!

Location is: Beachside Pavilion

Time: 10:30 a.m.

Cost: \$4.00 each

Jackie Wardle will be our speaker on the Free Phone
program!

Feel free to bring a guest, but remember, they will need to provide
your transportation to the event.

Please RSVP by June 12th if you are planning to
attend and if you will need transportation to
the event.

OFFICE NUMBER IS: 717-248-1111

See you There!



Life skills group meetings :

April 30: Geisinger – LIFE Program

June 18: Annual picnic-Tech Owl

Sept. 24: TBA

Dec. 9 Holiday dinner-TBA

Diabetic Support groups:

May 14: Geisinger's FRESH FARM FARMACY

Aug. 13: TBA

Nov. 12 Pat Wolfe, Geisinger Diabetic Educator



Things to do while Quarantined

1. Keep to a strict sleep schedule that works for you. It's really easy to lose track of time when you're in one place all the time. "If that means setting an alarm, do it. If it means going to bed early, do it. But don't fall into the trap of waking up and going to sleep whenever. That's how you accidentally stay awake for three days."
2. Exercise! You can do yoga via YouTube. exercise bands, and small hand weights for arm strengthening or holding cans of soup can also work for strengthening muscles..
3. Prepare yourself for alone time by stocking up on entertainment and comfort. That means lots of blankets!
4. Use a grocery delivery service or online shopping with Walmart to make sure you still have access to all the food you need. Someone can pick up your groceries for you and bring them to you.
5. Start your morning routine like normal. That means showering, getting dressed, putting on makeup (if you do that sort of thing), and attending to any other personal needs. The writer of this article says: "I'm here in China (in Beijing) and have been mostly indoors since late January due to coronavirus. Some people who felt they were falling into depression being alone all day found it worked for them to dress up, put makeup on like usual, etc., just like they were going to the office." —
6. Grab a really good book that catches your attention immediately. Nothing passes the time quite like a really engrossing story; it's a great way to catch up on your audio books too!

7. If you really hate cooking, lean on your microwave to do all the heavy lifting. There are a surprising amount of things you can make with that thing!
 8. Don't forget you're not a vampire: Try to get as much sunshine as possible. Open curtains, take a short walk, or head up to your roof if you have access to one. If you can't go into nature, bring it home with you! Having a houseplant will freshen the air and brighten your day.
- Most importantly: Stay positive! Sometimes just having a good outlook on the situation is all you need.**





STRAWBERRY RHUBARB CRISP

Total: 1 hr 25 min

Yield: 6 servings

Cook: 1 hr

Prep: 25 min

Ingredients

4 cups fresh rhubarb, 1-inch diced (4 to 5 stalks)
4 cups fresh strawberries, hulled and halved, if large
1 1/4 cups granulated sugar
1 1/2 teaspoons grated orange zest
1 tablespoon cornstarch
1/2 cup freshly squeezed orange juice
1 cup all-purpose flour
1/2 cup light brown sugar, lightly packed
1/2 teaspoon kosher salt
1 cup quick-cooking (not instant) oatmeal, such as McCann's
12 tablespoons (1 1/2 sticks) cold unsalted butter, diced

Vanilla ice cream, for serving

Directions

Preheat the oven to 350 degrees F.

For the fruit, toss the rhubarb, strawberries, 3/4 cup of the granulated sugar and the orange zest together in a large bowl. In a measuring cup, dissolve the cornstarch in the orange juice and then mix it into the fruit. Pour the mixture into an 8-by-11-inch baking dish and place it on a sheet pan lined with parchment paper.

For the topping, in the bowl of an electric mixer fitted with the paddle attachment, combine the flour, the remaining 1/2 cup granulated sugar, the brown sugar, salt and oatmeal. With the mixer on low speed, add the butter and mix until the dry ingredients are moist and the mixture is in crumbles. Sprinkle the topping over the fruit, covering it completely, and bake for 1 hour, until the fruit is bubbling and the topping is golden brown. Serve warm with ice cream.