



SourceAmerica



- meeting needs of special populations

658 Valley Street – Lewistown, PA 17044

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January – March 2017

the NuVisions Updater



On a Winter's Day

On a Winter's day there was a building in Burnham PA that held a room full of joy-filled folks, thankful for: the gift of a lovely meal to share with family and friends, top-notch entertainment and a great speaker. What could be more wonderful on such a day?

Our guest speakers were from Vonda Pharmaceuticals and they gave our group a lot of great information on the condition known as NON 24.



658 Valley St.

Lewistown, PA 17044

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

Blow, Blow, Thou Winter Wind
Act II, Scene 7 from *As You Like It* by William Shakespeare (1600)

For the last several years we have enjoyed the musical talent of the Unusual Suspects, but they were not able to join us as they had before. Instead we were blessed by the beautiful voice of Kenzie McCarter and the lovely piano sounds played by new client Kathy Tatreux; Kay Groff shared a traditional reading from her braille bible. As always the meal was absolutely delicious. Thank you to the Lions Club, to Kenzie McCarter, to Kathy Tatreux and to Kay Groff for making this another great celebration.

Check out the pictures of the party in this edition.



**Blow, blow, thou winter wind.
Thou art not so unkind
As man's ingratitude;
Thy tooth is not so keen,
Because thou art not seen,
Although thy breath be rude.
Heigh-ho! sing, heigh-ho! unto the
green holly:
Most friendship is feigning, most
loving mere folly:
Then, heigh-ho, the holly!
This life is most jolly.
Freeze, freeze, thou bitter sky,
That dost not bite so nigh
As benefits forgot:
Though thou the waters warp,
Thy sting is not so sharp
As friend remember'd not.
Heigh-ho! sing, &c.**



FROM KATYE'S DESK:

Wow 2017! Plan, plan, and plan to make 2017a year for happiness to surround you.

Happiness is a state of well-being and contentment; gratitude.

First, think of things that make you happy, such as,

- ♦ listening to music you enjoy, great books you like to hear, friends with whom you can laugh,
- ♦ having people around who care about you and are willing and able to help you,
- ♦ a cost of living increase in Social Security, albeit the smallest ever,
- ♦ still having Medicare (at least for now) to help with medical costs.

Second, think of ways you can make others happy, such as,

- ♦ talking over old times with friends (or making fun new times to talk about next year!)
- ♦ visiting folks in nursing homes or in the neighborhood; some you know, others who just need a cheery word or two.
- ♦ helping someone learn things you know about, such as knitting, baking, woodworking, mechanics, local history, etc.

Third, find ways to keep in contact with others, such as,

- ♦ church activities,
- ♦ a local book club or community organization,
- ♦ Skyping with friends and family,
- ♦ once-a-month meeting with old classmates or other groups at the coffee shop,
- ♦ advocate for a cause you believe worthwhile, etc.

Focus on things you still can do and offer to others; not on things you can't do because you are older or have less vision. Look to things ahead not on what lies in the past. It may take a bit of self-examination, but we all have something we can give to encourage others no matter what our current situation.

Welcome 2017 – may we all have a happy new year!

Meetings for Diabetic Support group
will begin on March 9,

Life skills on January 26.

Reminder cards will once again be sent out for Life skills meetings as well as information on the Diabetic Support group.

**DIABETIC SUPPORT MEETS
ON THE 2ND THURSDAY OF
EVERY MONTH!
CHECK US OUT!**

**LIFE SKILLS MEETS ON THE
LAST THURSDAY OF EVERY
MONTH!
CHECK US OUT!**

BIRTHDAYS!

JANUARY

Melvin Arnold	1
Martha Cowan	5
Alice Rothrock	17
Margaret Kenepf	19
Sharon Hesketh	20
Sheryl Krebs	22
A. Frank Leister	30

FEBRUARY

Jennifer Elder	3
Harley Defayette	5
Greg Miller	19
Danny Bell	28

MARCH

Emma Snyder	2
Jayne Sullyvan	8
Lucas Leitzel	12
Thelma Vaughn	26
Renna Hetrick	27
Terri Flowers	29



Life Skills:

- When you receive your reminder card in the mail, keep it handy. If you would like transportation to attend please call the office by the deadline. We meet the last Thursday of each month. We love to hear from you so please CALL US!

Diabetic Support Group:

- Because of the low attendance last year, we discontinued the group until March 2017. We hope that anyone struggling with diabetes will feel comfortable to attend this year. It is a support group, so we may not have a speaker as we would for Life Skills, but we do attempt to get some professional input throughout the year. We meet the second Thursday of each month at the Kish Apartment building

REMINDER OF SERVICES

Transportation:

- If you need transportation, please try to call and schedule at least a week ahead of the appointment.
- If doctor's office has cancelled please remember to call Nuvisions to cancel transportation.

Social Services:

- At the time of annual reviews please have income information for Colette to see (not keep)
- Need help with filling out paperwork, reading mail, labeling household items? Colette can help!

REGARDING MEETINGS- We appreciate it when you call us to say you are planning to attend.



Upcoming office closures:

**January 2 –New Year's Day observed
February 20 – President's Day**





Homemade Rolls

2 cups warm water (not hot)

2 packages of dry yeast

½ cup sugar

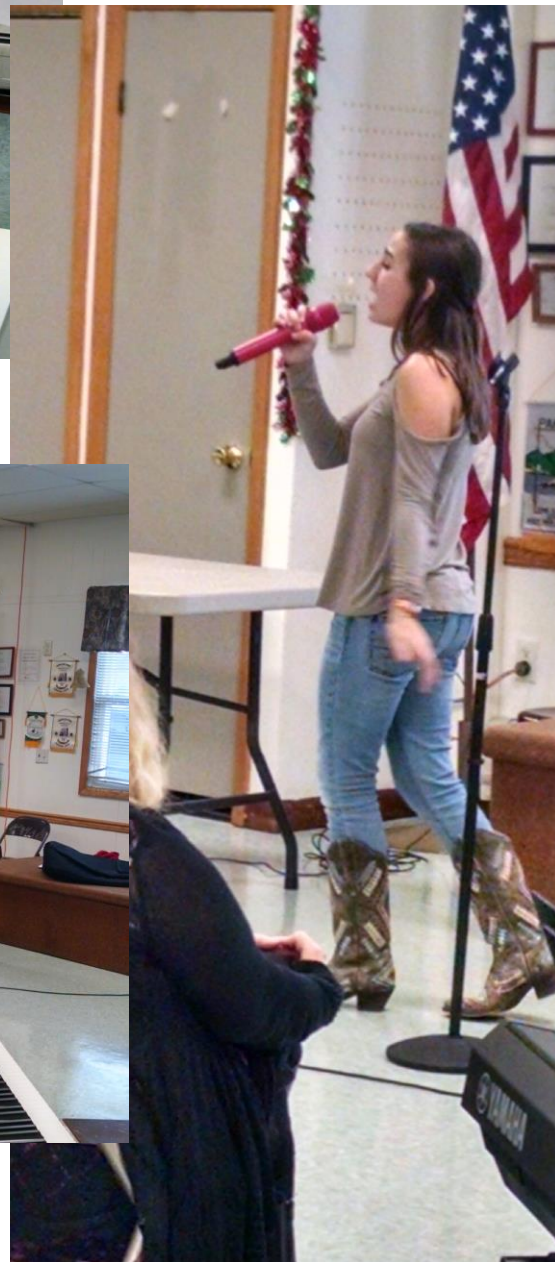
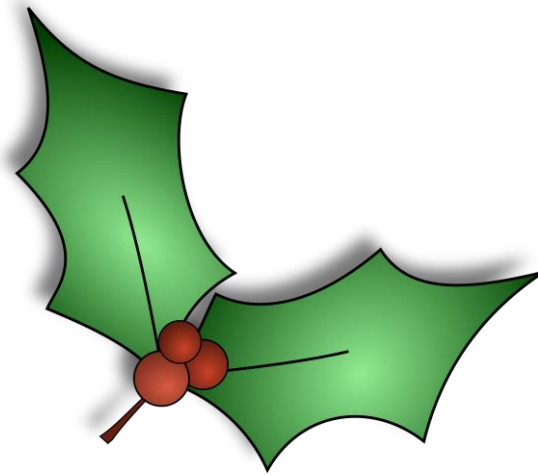
2 teaspoons salt

¼ c soft or liquid shortening

1 egg beaten

6 ½ -7 cups of flour

Put warm water in a large mixing bowl. Add yeast, sugar, salt, shortening and beaten egg, and mix well. Add about 4 cups of flour and mix in with a large spoon. Gradually add the rest of the flour and mix by hand till mixture is neither sticky nor dry. Cover and allow to rise till doubled in size.. Punch down and make into rolls approximately 1 ½ inches in diameter. Allow to rise again. Bake at 375 F for 15 to 20 minutes. Best served warm. Makes 18 rolls.



**Life skills for 2017 dates for
meetings:**

January 26-*Tricks & tips with vision loss*

February 23

March 30

April 27

May 25

JUNE 22—THURSDAY ANNUAL PICNIC

July 27

August 31

September 28

October 26

December 14-THURSDAY HOLIDAY
LUNCH

**Diabetic Support Group
starts March 9!**

April 13

May 11

July 13

August 10

September 14

October 12

November 9