



- meeting needs of special populations

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January-March 2019

the NuVisions Updater

Full of memories, Full of hope



The beginning of a new year; every year I marvel at how we got here and every year I am surprised that the end of it has come so quickly. Nevertheless, here we are and it is time to review the past and look toward the future.

2018 was a great year. Together we enjoyed many great Life skills meetings and Diabetic support group meetings. I was happy to meet with everyone at some point during the year and to assist many of you with regularly scheduled

tasks. The drivers put A LOT of miles on our new cars, as did I. We enjoyed our annual picnic and recently our holiday party.

In all of this, I hope that we have helped give you inspiration, that we were able to assist you as you accomplished day to day tasks in a new way, and you learned a little bit more about your vision impairment and overall, what you CAN DO not what you CAN'T do.

This year's Christmas Dinner was quite inspirational to our customers. The folks from Body & Soul in Strodes Mills came and shared with us some great information on being healthy throughout the holiday season. We also did some chair yoga. We really got in some great stretching that day! We had a great time with musical guests "The Sinceres" from Juniata County, who sang many seasonal favorites! I think many of you had a great time listening and singing along with them.

What does 2019 hold? Although there will be some changes be assured we will continue our great service to each of you. We can assist

THE BODY & SOUL OWNER EXTENDED AN INVITATION TO NUVISIONS CUSTOMERS WHO WANT TO JOIN THE GYM. THEY WILL RECEIVE A 20% DISCOUNT.

SIMPLY INDICATE YOU BELONG TO NUVISIONS CENTER, THEY WILL CONFIRM THIS AFFILIATION AND THAT IS IT!

FOR MORE INFORMATION:
BODY & SOUL COMMUNITY CENTER
205 CHESTNUT RIDGE ROAD
MCVEYTOWN, PA 17051

TELEPHONE: 717-899-2111

EMAIL: bodyandsoulcc@gmail.com

you getting to your medical appointments and help you with information on other agencies that can help you, and help you obtain items to accomplish daily tasks in the new year.





ABOVE:
Devin Sharp one of
the representatives
from Body and
Soul. &
Owner of Body &
Soul leading group
in Chair Yoga





ABOVE: Enjoying conversation at the table

BELOW: Willa Adams CEO chats with some of the customers.

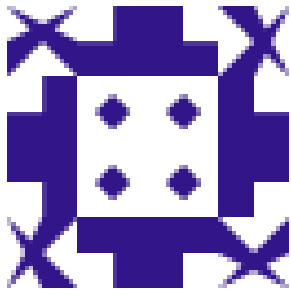


**MUSICAL
GUESTS THIS
YEAR WERE
THE SINCERES .**

**THEY WERE
GREAT!**



GROUP ENJOYING THE SINGING



Life Skills meetings:

New this year!

Due to some changes at the State level we are going to be changing up how we do Life Skills and Diabetic Support Groups and in all honesty it's time.

We will now be holding **life skills group meetings** once a quarter; the dates for those meetings are:

March 28, May 30, Sept 26 & Nov. 21

Ideas for topics are being planned, but nothing is set as of this time.

Diabetic Support groups will also meet once a quarter and those dates are:

Feb. 14 (unless weather is bad then it will be moved to March 14), May 9, Aug. 8 & Oct. 10.

Life skills will mostly consist of instruction on how to accomplish various tasks at

home and independently as well as product information.

Both groups have dwindled in numbers despite NuVisions taking polls and asking what kinds of topics our customers are interested in hearing or learning about. The change at the State level just pushed us a bit harder to think outside the box and do our educational and support groups differently. Your new calendars have these dates indicated so you will have that reminder in front of you.

As always we will provide transport to meetings if needed. We just ask that you please call the office the FRIDAY BEFORE the meeting so transportation can be planned.

As of the writing of this newsletter, locations are not set yet. Most likely we will continue to meet at Kish Apartments in Lewistown, but that could change. Thanks to all of you who help us make this change easily.

BIRTHDAYS!

January

Melvin Arnold	1
Joe Arbogast	8
Lorraine Pryhuber	18
Sharon Hesketh	20
Sheryl Krebs	22
Sarah Boreman	30



February

Harley Defayette	5
Danny Bell	8
Greg Miller	19

March

Emma Snyder	2
Edward Miller	8
Bessie Harklerode	9
Lucas Leitzle	12
Christine Yetter	21
Anna Martinez	24
Terri Flowers	24
Renna Hetrick	27

**NUVISIONS CENTER
PARTICIPATED
IN THE UNITED WAY OF JUNIATA MIFFLIN COUNTIES
UGLY SWEATER DAY**

It's all the rage and we jumped in on it! The United way of Mifflin and Juniata County sponsored an Ugly Sweater Day. Many area agencies participated: employees were given the chance to show off their creativity by donating \$5.00 to the United Way .

To accommodate the greatest number of employees we dressed on Monday rather than Friday. We sure had some funny sweaters walking around that day! Check us out as we “Donned our gay apparel” 😊



This New Year

© Aleena

Published: February 2011

Even during the worst of times
When I feel the years go slipping by
Life seems rife with possibilities
When the New Year arrives.

Buoyed by hope at the New Year coming
I feel renewed and want to start living.
This year I'll travel and see the sights,
I'll be bold, I'll be courageous.

I'll reach out and go beyond.
I might even try being flirtatious!
I'll be a new fish in a brand new pond.
This new year I'll be brave and I'll be strong.

Even though time does fly,
I won't let this year be wasted.
I'll look forward to new adventures
And be open to opportunities I am graced with.

I'll learn and laugh and have good times.
I won't dwell on years gone by.
I'll start each new morning a brand new way.
I'll pretend it is New Year's Day!