



- meeting needs of special populations
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January-March 2020

the NuVisions Updater

2020- REVIEW YOUR FOCUS!

No doubt 2020 will *SEE* its fair-share of puns. It's better than MAY 4th ("MAY THE FOURTH BE WITH YOU.") 2020 will certainly be everyone's "Focus" year" and "Vision year" be ready its coming!

NuVisions is going to be doing plenty of our own envisioning and focusing in the coming year. Not only is it the year of PERFECT VISION, it is our 75th anniversary! For Seventy-Five years we have been here to serve people with visual impairment; it seems very significant that in this year we are going to be: **focusing** in on needs, **envisioning** our future, and **looking** at our past, all to **see 20/20 in 2020!**

If you were at the Holiday Party in December, you heard about the celebration we are planning for June to celebrate this milestone. Costs have not been worked up yet, and we won't be providing transportation that night, but with some planning you can make your plans to attend; more details will be coming in the next few months. This event is planned for June 11th.

What about you? How are you dreaming or thinking about for the year of **VISION**? Would you like to learn how to do something new? How about compiling a little family history? Colette says her mother-in-law, after her own father died this year, began compiling a three ring binder of old letters her parents kept (great family history.) A bit of their health concerns, and their general journey and life experiences; when Colette's-in-laws are gone, their family will have all this history together in a notebook. That is a great idea!

FOCUSING on your history and ***LOOKING FORWARD*** to you and your children's future is a great way to take stock in where you've been, it's also helpful for future generations to **SEE** the struggles and victories you have had as well and that could definitely be inspiring to them.

20/20 in 2020!



Officer Laurie Kozak
talks to the group about
not becoming a victim



Right: Passing out calendars and gifts at the Christmas Party

Below: Kay Groff reads the Christmas story from Luke 2 from her braille Bible

Bottom: Group enjoys the wonderful meal together





Kay Groff,
Lorraine Pryhuber,
Thelma Wallace
and Gary Mowery
enjoy the singing!



Above: Unusual Suspects
string band provided some
great entertainment.

Right: Cathy Brady and Joe
Arbogast and their family
enjoy the group singing too.



**Check us out as we
“Don our gay apparel”**

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

It is 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: Our employees were given the chance to show off their creativity by donating \$5.00 to the United Way.

We sure had some fun sweaters walking around that day!

**Colette won the \$50.00 prize that day.
That was a great Christmas gift!**





Year End Review



Top: Picnic at Kish Park

**Above: Life skills meeting
with Beacon Lodge**

**Left: Diabetic Support Group
with Pat Wolfe**

JOIN US!



PA
Representative
John Hershey
Visited NuVisions
in the Fall.
Willa and Dave
explain the work
we do here.

It was exciting to be able to show him what the good quality work we do.





From Katie's Desk...

Tonight's December thirty-first,
Something is about to burst.
The clock is crouching, dark and small,
Like a time bomb in the hall.
Hark, it's midnight, children dear.
Duck! Here comes another year!"

—Ogden Nash

1-1-2020 – a new year! Each January we take time to reflect on the year just ended and look forward to the one ahead. As you review the past year with its ups and downs, “Never underestimate the power you have to take your life in a new direction.” —G. Kent. You are the captain of your ship and have the ability to decide to make your life a happy one.

So...let's all make 2020 a truly

HAPPY NEW YEAR!

from Katie's desk continued...

2020 is an especially happy year for NuVisions Center. Chartered in February 1945 -- 2020 is our **75th anniversary!** We are celebrating our present and future as well as our history all year; however, our big event is 6:00 PM on June 11, 2020, at Birch Hill Event Center in Burnham. We will send you a special notice to let you know. If you are interested in attending, you might want to start squirreling away a few dollars each month until June.

2020 SEE Service
Educate
Employ

“You are never too old to set another goal or to dream a new dream.” — C.S. Lewis

Katie

Dates to Remember:

Jan. 1- New Year's Day -office is closed

Feb. 17- President's Day - office closed

Other fun dates:

Feb 2- Ground hog Day

Feb. 14- Valentine's Day

Feb 25- Donut Day!

March 8-Daylight savings time begins!

March- 17-St. Patrick's Day

March 20-The First day of Spring!

Life Skills/Diabetic Support Group meetings:

Happy New Year!

LIFE SKILLS:

JANUARY 30

APRIL 30

JUNE 18 –ANNUAL PICNIC (corrected date)

SEPTEMBER 24

DECEMBER 9 – HOLIDAY DINNER

DIABETIC SUPPORT GROUP:

FEBRUARY 13

MAY 14

AUGUST 13

NOVEMBER 12

THESE DATES ARE CORRECTED.

YOUR CALENDARS MAY BE DIFFERENT.

BIRHDAYS!

January

Melvin Arnold	1
Joe Arbrgast	8
Samuel Alexander	9
Mary Harshberger	10
Marian Ritter	13
Rodella Weaver	14
Lorraine Pryhuber	18
Sharon Hesketh	20
Sheryl Krebs	22
Shirley Berrier	23
Sarah Boreman	30
Billie Jo Machlvitz	30

February

Harley Cramer	5
Danny Bell	8
Charles Armstrong	10
Carol Brumbaugh	16
Dolores Haley	18
Greg Miller	19

March

Emma Snyder	2
Jayme Sullivan	8
Samuel Rocco	10
Patricia Friedlane	10
Lucas Leitzle	12
Christine Yetter	21
Anna Martinez	24
Terri Flowers	24
Renna Hetrick	27

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.”

– **Benjamin Franklin**

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.”

– **Edith Lovejoy Pierce**



Warm Sesame Chicken Salad – Serves 4

Prep time – 15 min Cook time- 20 min

Ingredients:

1 lb. skinless boneless chicken breasts (fillets)
2 ½ oz fresh white breadcrumbs
1 ¾ oz cornflakes, lightly crushed
4 tsp sesame seeds, plus extra to garnish
1 tsp hos chili powder, or to taste
2 eggs
Salt and pepper

¼ white cabbage
½ frisee (curly endive)
2 heads chicory

Herb dressing

1 Tbs each chopped parsley
 chopped fresh oregano
 chopped fresh tarragon
 white wine vinegar
4 Tbs olive oil
1 tsp clear honey

Method

1. Preheat oven to 400° F. Slice each chicken breast in half horizontally, then cut lengthwise in strips.
2. Put breadcrumbs, cornflakes, sesame seeds and chili powder in a polyethylene bag and shake to mix well. Break the eggs into a shallow dish and beat together lightly.
3. Dip the chicken strips, one at a time, in the egg, then drop into the polyethylene bag. When a few pieces of chicken are in the bag, shake to coat evenly with the sesame seed mixture. As the chicken strips are coated, transfer to 2 non-stick baking trays, spreading out the pieces.
4. Bake the chicken strips for 15-20 minutes, turning the pieces over halfway through the baking time.
5. Meanwhile, make the salad. Finely shred the cabbage and place in a large mixing bowl. Pull the frisee and chicory leaves apart and tear any large ones into smaller pieces. Add to the mixing bowl.
6. In a small jar with lid, shake together the dressing ingredients. Season to taste. Pour dressing over the salad and toss well. Add chicken strips on top.