



SourceAmerica



 **NuVisions
Center**
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

January-March 2021

the NuVisions Updater



**INTRODUCING OUR NEW CEO
JONATHAN CUNNINGHAM!**

Jonathan began with NuVisions in October 2020 working with Willa until November 1. He comes to us from Juniata County after having left the area for 11 years. In those years he lived in State College, Brooklyn, NY, Levittown, PA and Exton, PA, where he managed a YMCA which served 13,000 people.

Deciding it was time to move back home with his young family, he and his wife Laura and son

Theo moved back to Juniata County in March of 2020.

As he thinks about the work here at NuVisions he says our potential is unlimited! Jonathan is excited to begin making many community connections.

When asked a few important details about himself he had this to say:

His Favorite Ice cream is Black Raspberry.

Favorite holiday is Halloween.

(upon first joining NuVisions' team he enlisted us in the Lewistown Halloween parade!)

Favorite Food is ANYTHING grilled.

When we asked if he had any pets he said he grew up on a farm and there were always animals around, currently there are two outside cats that call his place home.

When next we come together, hopefully, that will be the picnic in June, we will be happy to introduce him to you all.

WELCOME TO NUVISIONS JONATHAN!

The Old Year

John Clare - 1793-1864

The Old Year's gone away
To nothingness and night:
We cannot find him all the day
Nor hear him in the night:
He left no footstep, mark or place
In either shade or sun:
The last year he'd a neighbour's face,
In this he's known by none.

All nothing everywhere:
Mists we on mornings see
Have more of substance when they're here
And more of form than he.
He was a friend by every fire,
In every cot and hall--
A guest to every heart's desire,
And now he's nought at all.

Old papers thrown away,
Old garments cast aside,
The talk of yesterday,
Are things identified;
But time once torn away
No voices can recall:
The eve of New Year's Day
Left the Old Year lost to all.



January

Melvin Arnold	1
Joe Arbrgast	8
Samuel Alexander	9
Marian Ritter	13
Rodella Weaver	14
Sharon Hesketh	20
Sheryl Krebs	22
Shirley Berrier	23
Sarah Boreman	30

February

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

March

Emma Snyder	2
Jayne Sullivan	8
Samuel Rocco	10
Patricia Friedline	10
Lucas Leitzle	12
Anna Martinez	24
Terri Flowers	24

Diabetic Support Group:

FEBRUARY 11 2021

MAY 13, 2021

AUGUST 12, 2021

NOVEMBER 11, 2021

Life Skills Group:

MARCH 25, 2021

JUNE 10, 2021 - ANNUAL PICNIC

SEPTEMBER 30, 2021

DECEMBER 15, 2021-HOLIDAY DINNER

***Meetings will continue to be on
Conference Calls until further
notice.***

***It is still a great time to talk to
each other and learn something
new!***



Details will go out before each meeting.

Go ahead! Call in!



Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
V U S B J T M P W O L P T D W
P T N P B O O T S F Y S A L T
S N O W M A N Y C C S T O R M
E F W T Z L S E I R R U L F S
S F M L E E L Y E O Y Y D N E
E O O M E M I A U M A V O I R
K G B S W O P S B L F W G H U
A N I H V B P A P W B M N S T
L I L O B B E N N L O L I K P
F D E V D U R D O Q U N H I L
X I N E D B Y W W X J P S I U
Z L K L N I E L D T L D I N C
F S V V L R K T F I R D F G S
T S C R A P E R J W W H I T E

BOOTS	SKATING
DRIFT	SKIING
FISHING	SLIDING
FLAKES	SLIPPERY
FLURRIES	SNOWBALL
FUN	SNOWBLOWER
HOCKEY	SNOWMAN
ICY	SNOWMOBILE
PLAY	STORM
PLOW	WHITE
SALT	
SAND	
SCRAPER	
SCULPTURE	
SHOVEL	



After 26 years our fearless leader has retired. Willa joined the ranks of what we often believe are the relaxing retired. We were able to send her off with a lovely farewell. Employees and some board members joined in for the surprise event. Our thoughts are with Willa and her husband Ross (already part of the relaxing retired) as they set sail into these new waters.

HAPPY RETIREMENT WILLA!

How about a Good Hot Breakfast?

CARY'S MAPLE OATMEAL

Per Serving: 223 cal., 7g protein, 42g carbs, 3g total fat, -1 g saturated fat, 148 mg sodium, 4g total dietary fiber.

Ingredients:

$\frac{3}{4}$ cup water

$\frac{1}{2}$ cup oatmeal, dry

5 tbsp. **CARY'S SUGAR-FREE SYRUP**

Pinch of salt (optional)



Combine all ingredients in microwave safe bowl. Microwave on high 2 $\frac{1}{2}$ to 3 minutes. Stir. Top with fruit (optional).



***Syrup can be purchased on
AMAZON***

GOOD READS!

Winter is upon us! It's time to cozy up with a good book, whether that's an audio book or a large print selection, there is nothing quite so sweet as a great book, a thick blanket and a warm place to read during the Wintery months; add a hot cup of cocoa and its nearly heaven!

What have you been reading?

Here are a few recommendations for you to try:

Erma Bombeck's collection of columns – there are various volumes out there. New client -Doris Gerhart said that she received this cartridge as her first book through the Carnegie Library and has listened to it several times since.

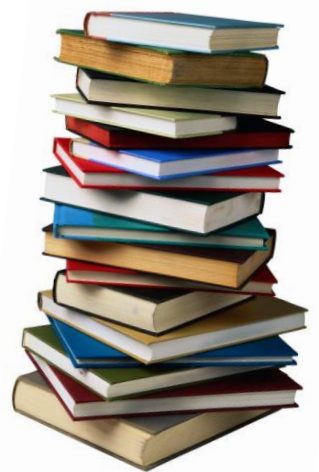
If you like suspense, Ted Dekker, Brad Thor, or Dean Koontz will always keep you on the edge of your seat!

How about the classics? Bronte Sisters, Jane Austin, Elizabeth Gaskell have so many wonderful volumes AND they are available through the Carnegie Library.

Do you enjoy some fiction? C.S. Lewis, Beverly Lewis, Wanda Brunstetter, just to name a few.

Maybe you just like true stories. The Michael Hingson story of **Thunder dog** is excellent. Michael was stuck in one of the twin towers during 9/11 and was led to safety by his guide dog! Yes, Michael is blind!

Just prefer to read the bible? This is also available on cartage through the Braille Bible company-in that case you get to keep it. If you prefer reading it in Braille, that's available too-just make sure you have some open shelves to hold the many, many books! Let us know what you are reading!



The National Federation of the Blind has distributed more than 64,000 free white canes since 2008.

The white cane gives blind people the ability to achieve a full and independent life, allowing us to travel freely and safely. We started our free white cane program because we believe that no blind person should be without a white cane, regardless of his or her ability to pay for it.



How to Choose Your Cane Size

The canes distributed through our free white cane program are straight fiberglass canes (i.e., not folding or telescoping). All canes are white with a loop on top of the handle and come with a cane tip.

For adult first-time cane users, we recommend measuring from your shoulders to the floor. The cane needs to reach about two steps in front of where you are stepping. The speed of your pace and length of your stride will make a difference.

More experienced cane travelers may wish to have a longer cane, measuring at least chin height.

For children, teens, and young adults who are first-time cane users, we recommend measuring from your chin to the floor. More experienced cane travelers may wish to have a longer cane, measuring at least nose height.

Request a Free White Cane

To request a white cane, you can fill out our online application or mail a completed application to NFB's office.

Please mail the completed PDF application to

Free *White Cane Program*, National Federation of the Blind, 200 East Wells Street *at Jernigan Place*, Baltimore, Maryland 21230

Any blind individual in the fifty states, the District of Columbia, and Puerto Rico can request a cane for their personal use. Requests can be made as often as every six months.

Dates to Remember:

January 1-New Year's Day –
office is closed.

February 2-Groundhog day

February 14-Valentine 's Day

February 15-Presidents day –
office is closed.

March 14-Daylight Saving's Time

March 17-St. Patrick's Day

March 20-First day of Spring

March 28-Palm Sunday

*May the coming year be the most
fruitful year of our lives.*

Happy New Year to all!

You Just Gotta LAUGH!

