



- meeting needs of special populations

658 Valley Street – Lewistown, PA 17044

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July-September 2018

the NuVisions Updater

On a Sunny Summer's Day!

It was a beautiful and windy day at Bender Park in Reedsville, the site of our Life Skills meeting and Picnic. Despite a few cups and plates flying around helter-skelter, the day was just perfect. The breeze and the shade of the pavilion protected us all from the scorching sun. It was a great day to be outdoors.



June 14th was Flag Day and we decided to weave that into our meeting and make it the theme for our event. Everyone came dressed in Red, White or Blue, or all three, to show off our flag's colors. Katye discussed the making of the American flag-what it stands for etc. She also discussed flags in general and why we have flags. Thank you, Katye. We also created a flag themed wreaths. It was

great to see all of the creative juices get rolling. Thanks to everyone who helped our customers make their wreath.

No picnic is complete without good picnic fare and this year Wanda Bowmaster and her husband Paul were at the grill. They did a great job grilling up some great food.

Before we ate, Kay Groff said the blessing as she likes to do and we like her doing it.

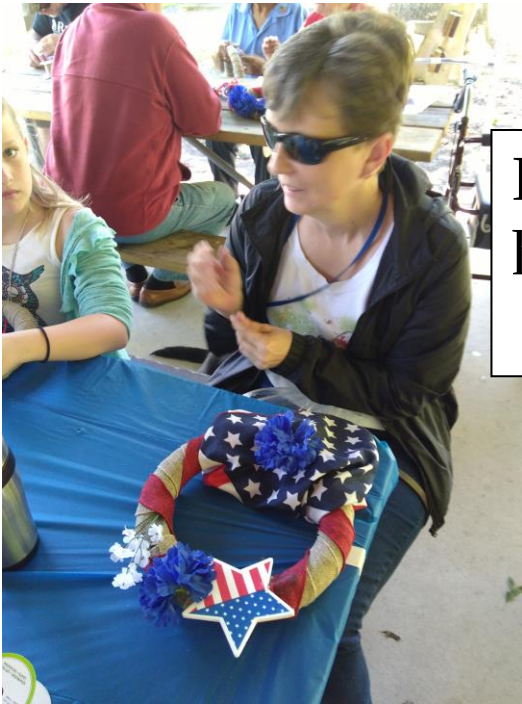
It was a very nice day, and we are so happy for all who came out to celebrate our group and the special day we call FLAG DAY.

I hope you can enjoy the pictures of the day scattered throughout the newsletter.





Kari Young shows off her lovely wreath.



Insanely easy Primavera Carbonara

Total prep time 25 mins.

Ingredients

6 slices bacon, cut into 1" pieces

1 zucchini, cut into half moons

1/2 red onion, thinly sliced

4 oz. baby bella mushrooms, sliced

3/4 lb. spaghetti, cooked according to package directions

5 egg yolks

1 c. heavy cream

1/2 c. freshly grated Parmesan, plus more for serving

Kosher salt

Freshly ground black pepper

Directions

1. In a large skillet, over medium heat, cook bacon until crispy, 10 minutes. Remove bacon from skillet, reserving the bacon grease.
2. Over medium heat, cook zucchini, onions, and mushrooms until soft, 7 minutes. Turn off heat and add cooked spaghetti and cooked bacon.
3. In a medium bowl, whisk together egg yolks, heavy cream, and Parmesan. Pour over spaghetti while it is still hot and toss to combine. Season with salt and pepper. Serve with more Parmesan.

**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!**



Life Skills meetings:

July 26- TDDP-Kristen Jarmer (*phone program-rescheduled to this date*)

August 30- TBA

September 27-PRN-Kelly Sheetz

No Group
Meeting in
November..

October 25-Simple balanced meal ideas -Colette

December 12 – THURSDAY - HOLIDAY LUNCH



Kari Young's granddaughter shows off her wreath

Kay Groff prays for the meal.



Jayme Sullivan and Thelma Wallace working on and showing their creations.

BIRTHDAYS!

JULY

Kay Groff	2
Evelyn Yanky	18
David Delancy	20



AUGUST

Joan Lyter	7
Laural Murphey	25
Miriam Peachey	26

SEPT

Wayne Peachey	1
MaryAnn VanGordon	12
Jean Stoltzfus	17
Peter Roth	21
Peggy Thomas	22
Rita Hoover	25

Diabetic Support Group

July 12-Support Discussion

August 9-Pat Wolfe, Diabetic Ed.

September 13-Dental Care

October 11-Video

November 8- Support Discussion

**No Group
Meeting
in
December**



FROM KATYE'S DESK:

As mentioned earlier, we had a presentation on flags at our Flag Day Life Skills meeting. In case you missed it, here are some highlights.

Where did the idea of flags originate? They were military standards used as field signs directing soldiers to the location of their fighting battalion or group during the smoke and heat of war. In the 17th century flags started designating countries on ships at sea – the maritime flag.

What are the oldest country flags?

1-Scotland Saltire 832 AD. Also called the St Andrew flag.

2-Austria Red-White-Red bars adopted in 1230 AD, based on the Babenberg dynasty coat of arms

3-Latvia adopted in 1280 AD, also Red-White-Red bars but deeper red than Austria

4-Denmark, adopted 1307, white cross on red background, holds Guinness World Record for the oldest continuously used national flag

5-Albania, raised on 11-28-1443 and uses the double headed eagle of the Byzantine Empire.



US FLAG – adopted by Second Continental Congress, June 14, 1777.

1-) Who made the 1st US flag? *Betsy Ross*.

2-) Who created the 1st flag? *Francis Hopkinson*.

3-) When was it used? *1777*.

4-) What do the colors mean? *White is for purity & innocence, Red is for hardiness & valor, Blue is for vigilance, perseverance and justice.*

5-) Who was the only president to serve under the 13 star flag? *Washington.*

6-) Who designed the 50 star flag? *17 year old Robert G. Heft as a school project – he got a B- grade*

7-) What is the purpose of a national flag? *They show ownership of a particular piece of land by the people flying it.*

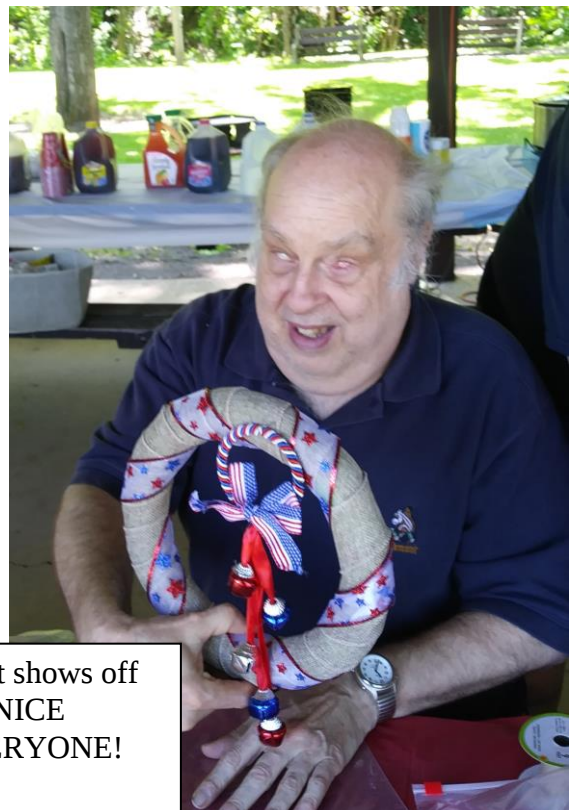
8-) How are flags arranged on the flagpole? *The US flag at the top, then state, community, society or Scout unit in descending order. A church pennant may be flown above the US flag during a service for Navy personnel conducted by a Naval chaplain on a ship at sea.*





ABOVE: Wanda Bowmaster, Eluid and Evelyn Gonzalez show off their work

BELOW: Joe Arborgast helps Kay Groff with her project



Mike Rupert shows off his wreath. NICE WORK EVERYONE!

NUVISIONS WILL BE
CLOSED

JULY 4

SEPT 3



ROCKIN' THE STARY HEAD GARB!

Jeff & Katye, Paul & Wanda, Lucas, Joe





**Everyone hard at work
on the Wreaths.**

**Joe Arborgast's mom
shows hers.**

BELOW:

**Foster chats with the
Gonzales. John Wert
works on his wreath**





DON'T FORGET WE HAVE **FACEBOOK!**

We post news, pictures, information about our services, fun or inspirational stories and general information about our center. We would love you to stop by and like us. Just one more way to keep you up to date



FLAG DAY Word Search

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

Words List

FLAGDAY
AMERICAN
INDEPENDENCE
STARS
STRIPES
RED
WHITE
BLUE

UNITED STATES
BETSY ROSS
THIRTEEN
COLONIES
HOISTING
NATION
CELEBRATION
PATRIOTIC

PLEDGE
ALLEGIANCE

Congratulations to Victor (Manny) Hernandez Jr. from our Janitorial department who was chosen as an award recipient in the 2018 Unique Source dinner in Hershey! Good Work Manny!



Victor is responsible for 1200 square feet of office space. As a janitor, he daily dusts, vacuums and mops the space. He also removes trash and cleans the windows and the glass entrance way.

Victor is always willing to lend a helping hand and helps his neighbors by shoveling snow, raking leaves, mowing the grass and watering their flowers.

At his church, he volunteers with chair setup and helps with potluck luncheons, among other things.

Victor is a bocce ball player and a Special Olympics athlete.

I have had a few questions lately about how to get an audio bible. I have included a few options here. Let me know if you are interested in either of these options



Bible on Digital Cartridge

FREE UPON REQUEST

The Library of Congress National Library Service provides the digital Talking Book Player for the Blind. You can learn more about these players at www.loc.gov/nls. They can provide a cartridge with a Bible on it that plays in these players. These cartridges are provided free of charge and may be requested using the application for an accessible Bible. You must already have one of these players and provide proof of visual impairment. The Bible is available in the following versions:

- . Authorized King James Version**
- . English Standard Version**
- . New Living Translation ®**

Call Colette today to apply.



The Pocket Bible

\$40 DONATION

The Pocket Bible is a self-contained Digital device that contains the entire Bible. It is about the size of the old cassette tapes and has navigation buttons

that allow forward and backward movement by both book and chapter. It has no moving parts and is rugged and water resistant. The Pocket Bible Player has both an internal speaker and an earphone jack. They ask for a \$40 donation and proof of visual impairment to get one of these Pocket Bibles, and they have them in the following Versions:

- English Standard Version
- King James Version
- New King James Version
- New American Standard Bible
- New International Version (NIV)
- New Living Translation ®
- **Audio Bibles in Spanish Also Available**

Call Colette to apply