



- meeting needs of special populations
658 Valley Street – Lewistown, PA 17044
717-248-1111 877-741-7411

October-December 2018

the NuVisions Updater



It's not Quaker's meeting!

Why should you take time out of your day to come into Lewistown to attend a group meeting? You tell yourself: “there is the laundry to attend to, caregivers coming in and out of the home, doctor appointments to attend, and just fatigue. After all, it is not always earth shattering information being presented. Why should I put the energy into going?”

I understand these mind sets, but I would like to encourage you to put it on your calendar, schedule the meeting; once a month decide that you will come into Lewistown and see what's going on. You may find that the little excursion is just what the doctor ordered.

As I write this, it is the end of September and this year we have had many good meetings for our customers. We have learned about community service agencies such as: the Area Agency on Aging's adult daycare services, In-home health services, the Meadows-everyone needs help sometimes, Beason Lodge Camp, Mid Penn Legal services shared about how they can help with many legal issues, Kari Young a client of Nuvisions and board member, shared about a doorbell device that many people are finding extremely helpful, PRN medical solutions also came to explain their services; can I just say a lot happens here!

If you are diabetic or just need more support in finding a healthy diet you are welcome to attend our diabetic support group which also meets once a month.

For all of these meetings we provide transportation, we simply need to know the week before the meeting that you would like to come.

I want to encourage you to write it on your calendar, schedule it in and count on it. Who knows, you might find a friend who can be a support as you walk through your vision loss.

There is only one life skills meeting left in 2018 and one Diabetic Support group meeting; I hope you will consider

joining us. We always have the coffee on and rousing conversation around the table. Hope to see you soon.

-Colette Hartzler

AUTUMN TIME

The Wind is Playing Autumn games

Through the gardens and the lanes.

Picking up and swirling round

Leaves of orange, red and brown.

Gusting through each swaying tree,

Tossing apples till they're free.

Shaking Conkers till they drop

And open wide with prickly pop.

The wind is dancing full of fun,

Laughing in the autumn sun.

It tumbles acorns, fir cones, leaves

To make a carpet under trees.





SIMPLE FALL SALAD

Ingredients

SLAW

- 1/2 cup broccoli (finely chopped)
- 1 medium beet (cut in matchsticks // I used [this mandolin](#))
- 1 1/2 cup carrots (cut into matchsticks)
- 1/2 cup radish (cut into matchsticks)
- 1 large sweet apple (cut into matchsticks)
- 1/3 red onion (thinly sliced)
- 1/3 cup roasted unsalted sunflower seeds (raw and/or salted also works)

FYI: Tahini, is a condiment made from toasted ground hulled sesame. Tahini is served as a dip on its own or as a major component of hummus,

- 2 1/2 Tbsp [tahini](#)
- 1 Tbsp apple cider vinegar
- 1 large lemon (juiced)
- 1 - 2 Tbsp maple syrup (or other sweetener of choice)
- 1 pinch each sea salt + black pepper
- 1 Tbsp extra virgin olive or avocado oil
- Water (to thin)

Instructions

1. Prepare all veggies and add to a bowl. With a sharp knife and some patience, or a food processor with a grating attachment would work brilliantly.
2. Whisk dressing ingredients in a small mixing bowl and taste and adjust seasonings as needed.
3. Add dressing to veggies, along with sunflower seeds, and toss to coat. Chill for at least 1 hour before serving, preferably 2-3 hours or up to overnight.
4. Store in the fridge covered for a few days, though best within the first 24-48 hours.

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



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

**“GOOD-NIGHT! SLEPT TIGHT! DON’T LET
THE BED BUGS BITE!”**



As most of you are aware, we have not met for several group meetings this Summer due to the infestation of bed bugs at Kish Apartments, the location where we hold our life skills and diabetic support group meetings. We are thankful for their gracious hospitality to our people and are fortunate to be able to meet there. Like many places that are open to the public however, they have had to deal with an infestation of bed bugs as of late. However, they have had the building treated and we are able to get back in to meet for our group meetings.

This gives us an excellent opportunity to talk about these annoying critters: What are bed bugs? Aren’t they an old problem that has gone the way of polio and the mumps? Isn’t this the kind of problem that you may occasionally you may hear about, but in our modern times, is very rare? Unfortunately, we find that we are “bugged” more and more in recent years, many public areas have had a resurgence in bed bugs. Hotels, airports, malls, stores and businesses are now dealing with this in epidemic proportions.

Hopefully, you are not becoming itchy as you read this and just decide to close it up, putting it out of your mind. As tempting as that may be I am hoping to give you a few tips to keep in mind and develop a game plan should the need ever arise in your home:

GO FACT FINDING: Read information on bed bugs and contact your local extension office to show you what live bed bugs (in all stages of their life look like.) Other questions to ask about are: Where do bed bugs hide? What are containment and isolation procedures for infested items?

Heat is an excellent bed bug killer and nothing is more effective for killing all bed bug life stages than a hot clothes dryer. If you find that you have been somewhere where there has been bed bugs or are now contaminated, get your clothes into a dryer as soon as you get home.

OTHER TIPS:

- Keep your vehicle clear of clutter, vacuum weekly**
- Don't accept or borrow clothing or furniture**
- Always hire a pest management professional who is experienced with bed bugs-don't try to use bug bombs -they won't work and you will just be wasting your money.**

These are just a few points for you to be aware of. As we find more and more local areas being infested or having issues with these pests, we need to know how to protect ourselves and our home-it will help our whole community. No more scratching!

Life Skills meetings:

October 4 - PRN Medical staffing

(September's meeting)

October 25-TDDP- rescheduled
from July 26

December 12 - Wednesday -
HOLIDAY LUNCH

No Life skills
Group
Meeting in
November.

Merry Christmas



Annual Holiday Dinner

Hosted by the Burnham Lions Club

Wednesday, December 12, 2018 at 10:30 a.m.

Cost is \$3.00 per person.

Program to be announced

If you need transportation, please call the office by

December 8th at 717-248-1111.

*Guests are welcome to attend, but they will need to provide
your transportation.*

We hope to see you there!

BIRTHDAYS!

OCTOBER

Judith Knepp	4
Jody Strunk	10
Eliud Gonzalez	13
Deborah Cramer	18
Thelma Wallace	29



NOVEMBER

Evelyn Gonzalez	3
Joe Aborgast	8
Cathy Jo Brady	10
Pat Shawver	21

DECEMBER

Nancy Higgins	3
Kari Young	7
Dorothy Wells	12
Betty Bishop	12

Ellen Starr	26
Betty Utley	28

Diabetic Support Group

**No Group Meeting in
October
&
December**

**November 8- Pat Wolfe –rescheduled
from Aug. 9 (The link between
cardiovascular disease and diabetes)**

FROM KATYE'S DESK:



It is officially Fall and with it comes the annual PAB conference. This year it is in State College, so Willa, Colette and I will be traveling back and forth. The three of us will be out of the office October 10, 11 and 12 (Wednesday through Friday). We are looking forward to a very informative time. John McInerney, the interim CEO of the PAB, will open the conference with its theme “You Make a Difference”. Mr. McInerney is very familiar with vision loss issues since he has RP himself. We will also hear from the CEO of VisionServe Alliance, an organization engaged in building a better world through services for people with vision loss.

In addition, we will learn about the services available through the Helen Keller National Center and PA DeafBlind Living Well Program.

One very interesting session will be presented by Michael Hingson. He was led from the World Trade Center on 9-11-2001 by his guide dog. They descended 78 flights of stairs to safety.

There will be other sessions including ones on transportation, sensitivity to the vision impaired community, and of course, information on all the changes that have occurred recently within the Pennsylvania Association for the Blind (PAB) structure.

We'll keep you up to date on what we learn and what will be beneficial to you, our clients.

Enjoy the Fall!

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



COME JOIN A GROUP!



The First National Bank worked at our location on DAY OF CARING on September 19th. They painted our sewing room. It looks wonderful!

