



Touching Lives

IN CAMBRIA COUNTY

Fall 2011

CELEBRATE!

October is...

- Health Literacy Month
- Long-Term Care Planning Month
- National Book Month
- National Breast Cancer Awareness Month

October:

- 1: International Day of Older Persons
- 10: Columbus Day
- 22: Make a Difference Day
- 31: Halloween

November is...

- Family Stories Month
- National Family Caregivers Month
- National Home Care Month
- I Am So Thankful Month

November:

- 6: Daylight Savings Time Ends: Fall Back
- 11: Veterans Day
- 13: World Kindness Day
- 15: America Recycles Day
- 20-26: National Family Week
- 24: Thanksgiving

December is...

- National Tie Month
- Learn a Foreign Language Month

December:

- 6-12: National Handwashing Awareness Week
- 10: Human Rights Day
- 21: First Day of Winter
- 25: Christmas
- 31: New Year's Eve

Staff Team Recognition Event



ALSM held a dinner on September 29th to recognize the accomplishments of numerous staff team members from throughout the organization. This red carpet themed event, held at the UVA Club in Altoona, honored milestone anniversaries and winners of the newly introduced "Team Choice Awards".

Patricia Savage, President and CEO of ALSM, shared her feelings about the event and evening. "We hold our staff team recognition event each year so that we can express our formal thanks to each of our staff members who work diligently every day to serve those in our care. ALSM not only celebrates the milestone anniversaries of our staff but we celebrate each of the skills and talents that our staff shares with each of those persons entrusted to us. This year we introduced new staff awards that relate to each of our values of Christian calling, integrity, improvement, quality, caring, and dedication. We also introduced a leadership award for the person who exemplifies respect and outstanding leadership with their respective staff. A planning committee, made up of staff team members of each of our programs, works hard to create a theme of recognition and celebration. It is a great evening filled with warm fellowship, good food, and entertainment. ALSM is truly blessed to have such wonderful staff team members who are committed to our mission to serve."

Employees celebrating 5 years of service with ALSM:

From The Lutheran Home at Hollidaysburg, Richard Eger and Vickie Locke; from The Lutheran Home at Johnstown, Nichole Beppler, Anita Chuha, and Vanessa Gustkey; from The Oaks at Pleasant Gap, Nichole Kerschner; from Head Start, Amy Clark, Lori Foor, Trinette Guenther, Loriena Hengst, Bettie Lieb, and Shella Weaver; from Child Care, Brooke Burket, Jill Mock, Jordan Weeks, and Linda Young; and from the Senior Daily Living Center, Susan Smith.

Employees celebrating 10 years of service with ALSM:

From The Lutheran Home at Hollidaysburg, Claudia Hale and Karen Hoover; from The Lutheran Home at Johnstown, Kristin DeVico, Tammy Ressler, and Susan Walkowsky; from the Corporate Office, Russ Lykens; from Head Start, Tammy Crawford, Stacey Feaster, and Rebecca Lazor; from Child Care, Sherry Wentz and Linda Krajec; from ALSM at Home, Vikkie Walk; and from the Senior Daily Living Center, Lanette Richards.

Employees celebrating 15 years of service with ALSM;

From The Lutheran Home at Hollidaysburg, Leanne Jenkins; from The Lutheran Home at Johnstown, Rachael Budzina; from the Corporate Office, Pat Savage; from Child Care, Melissa Burnheimer, and from ALSM at Home, Philip Gardill and Darlene Skorupa.

Traci Feist of The Lutheran Home at Johnstown celebrated 20 years of service with ALSM and Robin Litzinger of The Lutheran Home at Hollidaysburg along with Wayne Conway of The Lutheran Home at Johnstown celebrated 25 years of service with ALSM.

Three employees celebrated an impressive 30 years of service with ALSM;

From the Lutheran Home at Johnstown, Patricia Zimmerman; from Child Care, Denise Steele; and from ALSM at Home, Salley Lenz.

The Team Choice Award winners were;

- Leadership Award - Dave Arnold, Environmental Services Manager for The Lutheran Home at Johnstown and Sally Lenz, Senior Services Advisor for ALSM at Home
- Christian Calling Award - Kathy Partsch, Certified Nursing Assistant of The Lutheran Home at Johnstown
- Caring Award - Sandy Varner, Personal Care Assistant for The Lutheran Home in Johnstown
- Quality Award - Jessica Petrunak, Home Care Aid for ALSM at Home in Cambria County
- Integrity Award - Lori Adams, Executive Assistant for the Corporate Office
- Improvement Award - Karen Walters, Home Care Aid for ALSM at Home in Cambria County
- Dedication Award - Mike Stock, Head Cook at The Lutheran Home at Hollidaysburg



From the Administrator's Desk

Picnic season rapidly disappeared. Frost arrived early at The Lutheran Home at Johnstown, but residents are still enjoying the outdoors in the afternoon sunshine. We remembered September 11th during the worship service held on the anniversary of the attacks on the World Trade Center buildings, the Pentagon and Shanksville. During the following week several residents were escorted to Shanksville to see the progress being made on the Memorial. The American Spirit is remembered well for those whose lives were lost on the fateful September 11, 2001.

We welcomed our new Director of Nursing, Charla Weaver, in early June. She recently taught students aspiring to become Licensed Practical Nurses. Prior to this experience, she was a team leader in a Dialysis Unit. We started her orientation with a week of training on the electronic health record system we are implementing. Cynthia Price, the former Daylight Supervisor, was promoted to the Staff Development/Infection Control Coordinator position. Cynthia is an accomplished nurse and is figuring out all of the details of her new position. Please stop in and introduce yourself to these new

managers.

Staff will begin using the new electronic kiosks located in resident rooms and the new computers located at the nurses' station. The assessment process was initiated successfully and is in full use. We are using both the new and old systems for accounting and once we are certain everything is absolutely correct, we will switch systems fully. Next comes converting the volumes of paperwork by nurse aides to documenting service at the time it is performed. That will be followed by moving the nurses from hand written notes and assessments to typed ones. Following more training we will begin using computers to record medication and treatment administration. Each step will minimize paper, saving another tree to beautify our forests.

As we look forward to fall, please mark your calendars for the Autumn Boutique being held on Saturday, October 15th. Items for this event are already starting to come in – bargains galore! The Auxiliary will hold its fall meeting on November 5th. Anyone interested in joining the Auxiliary should stop at the Reception Desk and inquire. We will be having our Christmas Open House on Sunday, December 11. Please join us for a wonderful afternoon and the joy of Christmas.

*Linda Bunning
Administrator*



Autumn Boutique

Saturday, October 15th

10 a.m. to 2 p.m.

The Lutheran Home at Johnstown

807 Goucher Street

Proceeds benefit The Lutheran Home at Johnstown. The Lutheran Home at Johnstown is owned and operated by Allegheny Lutheran Social Ministries. Supplemental funds are provided by Thrivent Financial for Lutherans.

- Freshly Made Soup and Sandwiches ●
- Homemade Pies ● Baked Goods ●
- Crafts ● Country Store Booth ●
- And Much More!





Worship Services

October 9
Pastor Greg Van Dyke,
St. David's Lutheran Church

October 16
Pastor Walter Startzel,
Grace Lutheran Church, Stoystown

October 23
Pastor Jeff Bassette,
St. David's Lutheran Church

October 30, Reformation Sunday
Pastor Bob Abarno, Chaplain

November 6 All Saints Sunday,
A Service of Commemoration
Pastor Bob Abarno, Chaplain

November 13
Pastor Ardelle Mason,
Faith Lutheran Church, Somerset

November 20 Christ the King Sunday

November 23, Thanksgiving Service(2 pm)
Pastor Bob Abarno, Chaplain

November 27, First Sunday of Advent

November 30, Advent Worship(10:15 am)
Pastor Bob Abarno, Chaplain

December 4, Second Sunday of Advent
Pastor Brian Armen, Trinity Lutheran Church

December 7, Advent Worship(10:15 am)
Pastor Bob Abarno, Chaplain

December 11, Third Sunday of Advent
Pastor Mike Van Dyke, Zion Lutheran Church

December 14, Advent Worship(10:15 am)
Pastor Bob Abarno, Chaplain

December 18, Fourth Sunday of Advent

December 21, Advent Worship(10:15 am)
Associate in Ministry, Nancy Wagner,
Moxham Lutheran Church

December 24, Christmas Eve Worship(2 pm)
Pastor Bob Abarno, Chaplain

December 25, Christmas Day
Pastor Bob Abarno, Chaplain

Regularly Scheduled Activities

Monday -

Sharing/Exercise Group 10:00am
(Day Room)

Tuesday -

Sensory 9:30am
(Helping Hands Room)

Wednesday -

Sharing/Exercise Group 10:00am
(Day Room)

Prayer Group 10:15am
(PC Living Room)

Thursday -

Sensory 9:30am
(Helping Hands Room)

Walking Club 9:00am
(Second Floor PC)

Rosery 10:15am
(Chapel)

Friday -

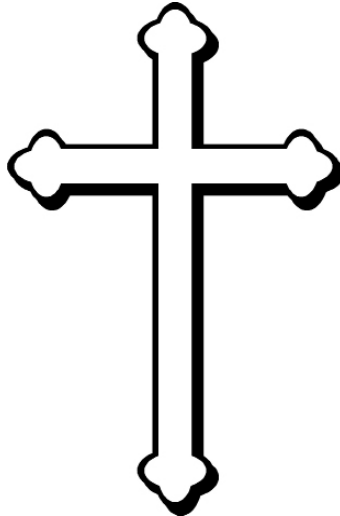
Sharing/Exercise Group 10:00am
(Day Room)

Saturday -

BINGO 2:00pm
(Helping Hand Room)

Sunday -

Worship Service 3:30pm
(Multi-Purpose Room)



We apologize for the delay in getting the fall issue of *Touching Lives* to you. We hope you will enjoy reading the information in this publication and will look forward to receiving the winter issue in January. We wish you a great autumn and upcoming holiday season.



Family Picnic Event

Our family picnic was held on August 28, 2011. We had over 130 family members attend, not including residents. There were many activities that day for all ages with our Hawaiian theme. We had a car show, a big bouncy bunch of fun, clowns, face painting, balloon animals and Frank Filia and John Pincola provided the music. Staff wore their best tropical apparel and we provided a pig roast. We had pulled pork, hot dogs, baked beans, corn on the cob, ice cream, drinks, chips and more. It was a great event and so much fun for all.



Above - The hoods are popped and ready to show off for the Car Show portion of our Family Picnic on August 28th.

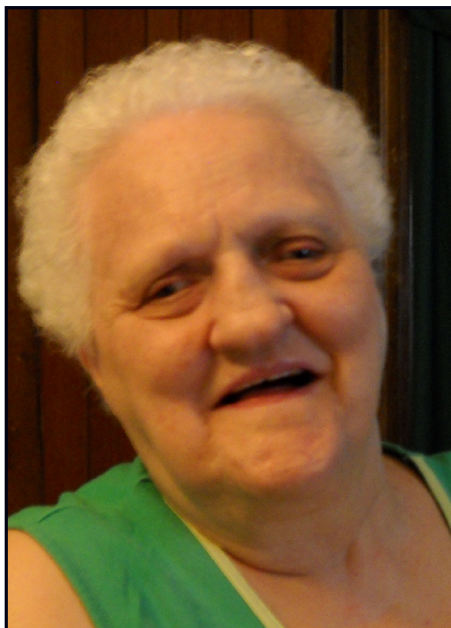
Left - Betty Mundwiler and Helen Kartes show off their Hawaiian leis while chatting on the swings.

Right - Some resident family members take a break from their activity-filled day to pose for a photo with an ALSM clown.



ALSM AT HOME

Meet Jean Reese, ALSM at Home



Name: Jean Reese, Johnstown

Former Occupation: The Shoe Factory in Martinsburg, PA

Hobbies: Children, grandchildren and great-grandchildren

Favorite Childhood Memory: Around the age of 13, I spent my summers on a farm near James Creek with my Aunt and Uncle.

Advice for younger generations: Behave yourself and listen to your elders.

Would like to be known for: Being a mother, grandmother, and great-grandmother.

How did you find out about ALSM at Home Services: Through Cambria County Area Agency on Aging.

Describe the program in one word: Excellent

"My workers do a good job. No complaints. Both workers are very friendly and we talk the whole time they are with me."



Update on Growing Years Early Learning Center

by Melissa Burnheimer, Center Supervisor

It was a busy summer at Growing Years! Our summer camps were a success and the children had fun participating in all of the activities. We explored places all over the world like Mexico, Hawaii and Egypt. We also took trips to Idlewild, Lakemont Park, the movie theater and the bowling lanes as well as venturing to The Mound for lunch. Every Friday the children enjoyed a picnic lunch out on the patio and the toddlers loved exercising with the residents.

Fall is now beginning and we have started our part-day preschool program. We are planning lots of fun, fall festivities for the preschool children like a trip to Faranda's pumpkin farm and our annual Halloween parade in October. We also have Victim Services coming in once a month to do programs with our children about anger, stranger danger and other helpful topics that will give the children some insight on how to act in certain situations.



Halloween Costume Safety

Halloween is coming, and your children are no doubt excited by the prospect of dressing up as their favorite animal, superhero, or celebrity. But as a parent it's your responsibility to be sure they are safe as they walk from house to house trick-or-treating in their costumes. Keep these tips and precautions in mind:

Flame retardant materials are a must. Check the label on any costume you buy from a store. If you're making your child's outfit, use only synthetic, flame-retardant fabrics.

Try costumes on before the big night. This gives you time to make any alterations necessary. You want the costume to be loose enough for your children to wear a sweater on a chilly night, but not so baggy that they'll trip, or snag on arm or leg. Be careful of capes that might drag or trip a child.

Don't blend into the dark. A bright, colorful costume is best, but if your child is determined to dress as Batman or the Grim Reaper, a few strips of reflective tape will help him or her show up more effectively in streetlights and car headlights.

Avoid bulky masks. Makeup is usually better than a mask, as long as it's nontoxic and doesn't contain anything likely to cause an allergic reaction. Masks that are difficult to remove quickly can be hazardous in an emergency. If your child insists on a mask, make sure the ear, nose, and mouth openings are wide enough for him or her to see and breathe easily.

Wear comfortable shoes. You don't want your little princess stumbling over high heels. Children walking door to door (accompanied by you or another adult, of course) should wear sneakers or some other reasonable footwear.

Article taken from *First Draft*.

Update on Johnstown Kid Stop

by Jill Mock, Center Supervisor

The children at the Johnstown Kid Stop have been enjoying the cooler weather and being back in school! We have been focusing on back to school activities and celebrating the fall season. The children



helped decorate the center with beautiful fall leaves and will continue to do other creative art projects to decorate the center in celebration of fall, Halloween, and Thanksgiving!

The children will help the team members transform the center into a creepy, spooky party site for their Halloween party, which will be celebrated with a Halloween parade and many games and activities. After Halloween, the children will begin to decorate in celebration of Thanksgiving. We are looking forward to the upcoming Holidays!





Do you have any ideas or suggestions for our programs? We are constantly striving to meet the needs of residents, clients, participants and families. Please fill out the form below, mail it to us, or drop it off. You can also email us at info@alsm.org. Thanks!

Contact Us

www.alsm.org • 800.400.2285

The Lutheran Home at Johnstown

807 Goucher Street
Johnstown, PA 15905
814.255.6844
lhj@alsm.org

Growing Years Early Learning Center

807 Goucher Street
Johnstown, PA 15905
814.248.3800
children@alsm.org

ALSM at Home

807 Goucher Street
Johnstown, PA 15905
814.255.7517
alsmathome@alsm.org

Johnstown Kid Stop

Westmont Hilltop Elementary School
675 Goucher Street
Johnstown, PA 15905
814.255.1275
children@alsm.org

Operated by:



**ALLEGHENY
LUTHERAN
SOCIAL
MINISTRIES**

We Touch Lives

OUR MISSION

*To serve people through a ministry
of love, compassion, and mercy
in the name of our Lord, Jesus Christ.*



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CAMBRIA COUNTY SERVICES
807 Goucher Street
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