



Touching Lives

IN CAMBRIA COUNTY

Winter 2011

CELEBRATE!

Touching Lives in Cambria County Update

January is...

- National Soup Month
- National Glaucoma Awareness Month
- Celebration of Life Month

January:

- 1: New Year's Day
- 4: Trivia Day
- 17: Martin Luther King Jr.'s Birthday
- 21: National Hugging Day
- 29: National Puzzle Day

February is...

- American Heart Month
- National Black History Month
- National Senior Independence Month
- Bake for Family Fun Month

February:

- 2: Groundhog Day
- 4: National Wear Red Day
- 11: National Shut-In Visitation Day
- 14: Valentine's Day
- 21: President's Day

March is...

- National Craft Month
- National Nutrition Month
- National Women's History Month
- Spiritual Wellness Month

March:

- 2: Read Across America Day
- 4: World Day of Prayer
- 9: Ash Wednesday
- 13: Daylight Savings Time Begins
Spring Forward
- 17: St. Patrick's Day
- 20: First Day of Spring

At Allegheny Lutheran Social Ministries (ALSM), one of our organizational values is Integrity: "We hold as a sacred trust each life we touch, honoring our promises, acting ethically in our practices and being good stewards of our resources." We take this commitment seriously and look for opportunities to better use our resources, including time, talent and treasure. Because of this, you will notice that this newsletter includes information on a quarterly basis. In the past, we have printed *Touching Lives in Cambria County* every other month, but greater consideration has prompted us to reduce the frequency to conserve those valuable resources. We hope you continue to read this newsletter to learn about what is happening with ALSM programs and services in Cambria County and how "we touch lives!"

Trivia Challenge

All correct answers will be put in a drawing for a \$25 Sheetz card! Simply email your answer, name and address to info@alsm.org with "Trivia" in the subject line or fill in below and mail to:

ALSM
Trivia Challenge
915 Hickory Street
Hollidaysburg, PA 16648



In what state was the first McDonald's located?

Answer: _____

Name: _____

Address: _____



From the Administrator's Desk

Now that the season of sharing and giving is past, I want to take one last opportunity to say thank you to each and every volunteer who helped the staff at The Lutheran Home at Johnstown make a Merry Christmas and a Happy New Year. We had a wonderful holiday celebrating the birth of Christ, enjoying the special services and songs that remember his arrival on earth. Amidst all that we also remembered to share and give generously. Thanks to everyone who helped make the Holiday Season special.

We are looking forward to spring when the beautiful snow soaks into the ground to bring life back to the grass, bushes and trees. Cliff Kitner joins the Lutheran Home's staff as Activity/Volunteer Coordinator. He has new ideas for fun things to do and has already started preparing for 2011. We are looking for volunteers to help. Can you play the piano, garden, push a wheelchair, read stories, sew or mend, hold a hand, paint fingernails, help residents learn to use the Wii, sing, sit with a resident on their trips to an appointment, entertain, and help in any other way? Volunteers are an essential part of the residents' days. Residents enjoy the freshness of a new face with stories to tell about their lives. Please join us!

Change is coming to The Lutheran Home at Johnstown beginning in February. We will be expanding dining hours to accommodate those who might like to sleep later in the morning and for those who like to get up early. Right now we have one dining time so that we comply with the Department of Health regulation that requires that a span of no more than 14 hours occurs between dinner and breakfast unless we provide a substantial snack. By expanding dining hours, we will be able to allow residents more choices in rising times and in what they want to eat when they come to the dining room. We expect to eliminate the large carts and tray service and have the food plated right in the dining room. Every time we change a process, there will be some bumps in the road, so please feel free to discuss how the change is affecting your loved one as we embark on this journey.

*Linda Bunning
Administrator*



Getting to Know Warren W. Morgan, Personal Care Resident



Name: Warren W. Morgan

Resident of: Personal care

When moved in: March 2010

If married, how did you meet? My brother was married to my wife's sister.

Former occupation(s): 1st Sergeant US Army who served in WWII. Communication Technician GTE for 38 years

Hobbies: Reading and softball

Would like to be known for: A man without enemies.

How did you find out about the campus? My boys delivered papers here, and I helped them on occasion. I knew the people and the building. I was at two other places and they couldn't put a match to this place.

Describe the service: Highly satisfactory



Regularly Scheduled Activities

- Monday -** Sharing Group in Nursing Unit Day Room at 10:00 a.m.
- Tuesday -** Walking Club in 2nd Floor PC at 10:00 a.m.
- Wednesday -** Prayer Group in the PC Living Room at 10:15 a.m.
- Thursday -** Sensory in Garden Room at 9:00 a.m.
Rosary in the Chapel at 10:30 a.m.
- Friday -** Exercise Group in the Nursing Unit Day Room/PC Living Room at 10:00 a.m.
- Saturday -** BINGO in the Multi-Purpose Room at 2:00 p.m.
- Sunday -** Worship Service in the Multi-Purpose Room at 3:30 p.m.



Here We Go, Steelers!

The Lutheran Home at Johnstown residents are ready to cheer the Pittsburgh Steelers to an unprecedented 7th Super Bowl win! Maintenance worker Brian Schompert shared his Steelers memorabilia to display for residents to get in the spirit.

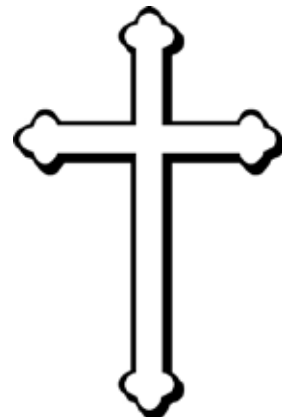
A bit of Steelers trivia: The much loved official Myron Cope Terrible Towel was created to appease department store owners upset because their yellow and black hand-towels were being sold at a rate disproportionate to the matching bath towels.

From <http://pittsburgh.about.com/od/steelers/a/trivia.htm>

Worship Services

All services at 3:30 pm unless otherwise noted

- Feb 6:** Pastor Bob Wagner, Moxham Lutheran Church
- Feb 13:** Pastor Bob Wagner, Moxham Lutheran Church
- Feb 20:** Pastor Krista Vingelis, Trinity Lutheran Church Hooversville, St. Thomas Lutheran Church Hooversville
- Feb 27:** Pastor John Palko, First Lutheran Portage, St. Luke Lutheran Lilly
- March 6:** Pastor Bob Abarno, Chaplain
- March 9:** Ash Wednesday (10:15 am) Pastor Bob Abarno, Chaplain
- March 13:** Pastor Mike Van Dyke, Zion Lutheran Church Locust Street
- March 16:** Lenten Worship (10:15 am) Pastor Bob Abarno, Chaplain
- March 20:** Pastor Jeff Bassette, St. David's Lutheran Church Davidsville
- March 23:** Lenten Worship (10:15 am) Pastor Bob Abarno, Chaplain
- March 27:** Pastor Nila Cogan, Dunmyer Lutheran Church Schoolhouse Road
- March 30:** Lenten Worship (10:15 am) Pastor Bob Abarno, Chaplain
- April 3:** Pastor Walter Startzel, Grace Lutheran Church Stoystown
- April 6:** Lenten Worship (10:15 am) Pastor Bob Abarno, Chaplain
- April 21:** Maundy Thursday Service (10:15 am) Bishop Pile





Holiday Open House



Mr. & Mrs. Santa Claus

along with Mrs. Claus to greet residents and guests. Thanks to all of the volunteers that helped out that day. Without them these events could not be a success. The atmosphere was festive and a great time was had by all.

The Holiday Open House at The Lutheran Home of Johnstown was a hit. The Home was transformed into a Christmas Wonderland with lots of decorations and treats for residents and visitors to enjoy. Rooms were decorated with different themes that included Santa's Sweet Shoppe, Santa's Snack-Shoppe, Choo Choo Delights, Snowman's Warm Treats, Gingerbread Alley, and an Elfwich Shoppe. There was even a visit from Santa himself



Gingerbread Village



ALSM AT HOME

Meet Florence Burkhart, ALSM at Home Client



Name:
Florence Burkhart
Resident of (city):
Johnstown
When began receiving services: December 2009
Former occupation(s):
Nurse at Comemaugh's Regional Intensive Care Nursery for 15 years. Prior to that, she worked at Nason.

As her first job, she worked as a rivetor in Lancaster during the war.

Hobbies: Used to crochet a lot and do crafts.

Florence is now an avid reader.

Volunteer work: Florence didn't have time between her family and working.

Favorite childhood memory: 75 years ago Florence's sister gave birth and gave the baby to Florence to hold. This was her favorite memory. She was 11-years-old.

Advice for younger generations: Live life and enjoy!

Would like to be known for: I love babies.

How did you find out about ALSM at Home:
Through Cambria Co. Area Agency on Aging and Diane Zahorchak

Why Did You Choose Our Service: Recommended by Area Agency on Aging and Diane Zahorchak

What assistance do you get: Personal care/home support

Describe the service in one word: Fantastic



Update on Johnstown Kid Stop

by Jill Mock, Center Supervisor

In the upcoming months, Johnstown Kid Stop will be celebrating Groundhog's Day, Valentine's Day, President's Day and St. Patrick's Day. The team members of Johnstown Kid Stop will be planning fun activities and events for the children to participate in, such as parties for each holiday, arts and craft activities, predicting if Phil will see his shadow or not, as well as having a special "green" day for St. Patrick's Day. We will be decorating our facility with the art work that the children make to display the children's hard work.



Update on Growing Years Early Learning Center

by Melissa Burnheimer, Center Supervisor

It is that time of the year for the snow to start flying, but that won't stop the activities we have planned for the children. In January, the Association for the Blind and Handicapped are coming in to do a program for our preschoolers on eye safety. Then they are coming back in to do eye exams for all our preschool children. We appreciate their services so much, and over the years it has helped several of our children by detecting and improving eye problems at such an early age. In February, we hope to get the children out sled riding and have a Valentine's Day Party. In March, we plan to take the children bowling or to the movies. In April, we will be taking the children to the Jaffa Shrine Circus in Altoona and having an Easter egg hunt and party. During all of these months, we always enjoy our time with the residents. We are exercising, playing the Wii, and singing Karaoke which brings so much fun and joy to the residents and the children. It is so nice to have an extended family here within our home. Have a safe winter season!

Winter Fall Prevention Tips

1. Choose footwear carefully. Because snow, ice, and rain-slicked pavement are slippery, traction is what you need. For traction, you need tread - a surface with bumps and hollows. Think about basketball shoes, with plenty of tread to grip polished gym floors, or hiking boots with lugged soles for mud. Many "comfort" shoes, popular with seniors, have rubber soles but they're smooth - you need something with grooves where the water and ice can go.
2. If you have snow, shovel it - carefully. Shoveling is hard work, but the alternative - tripping and falling in loose snow - is much worse. Don't overdo it with the shoveling, though - that's a perfect way to throw out your back. Pay a local teenager to do it instead. Or try a new device called the wovel - a safety-oriented shovel on wheels. Keep the shovel or wovel where it's handy but where there's no danger of tripping over it.
3. If you have ice, use salt. Salt dissolves ice and leaves a gritty surface that's much easier to walk on. Keep a bag of salt right by the front door.
4. Have plenty of railings and handholds available. Make sure railings are sturdy and free of snow and ice or that there's someone there to offer an arm to hold onto.
6. Allow extra time. When preparing to leave, give yourselves a few extra minutes so there's no rush. People who fall almost always remember afterwards that they were rushing and not paying attention to safety.



Article taken from *Caring.com* by Melanie Haiken, December 2009.



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:



OUR MISSION

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



CAMBRIA COUNTY SERVICES
807 Goucher Street
Johnstown, PA 15905