



Touching Lives

IN SOMERSET 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, Lorienta 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



News from the Center Manager

Through the efforts of Sally Lenz, Senior Services Advisor, both Senior Daily Living Centers have a new look with the addition of new couches, love seats, and winged-back chairs. This was possible through Department of Aging grants. With donations from the Helen Trout family, new retro-patio furniture, 2 gliders and 2 chairs in green and yellow colors were purchased and provide a colorful greeting on the patio at the front entrance to the Somerset SDLC. Jane Kolson's brother, Ed Kolson, purchased a 3-seat green canopy swing and a glass top table with chairs and an umbrella for Jane and her friends to enjoy at the Meyersdale SDLC.

The grant money was also used to purchase *It's Never 2 Late*, a system that empowers lives through technology for the SDLCs. This system has two touch screen computers, one on a portable stand that can be hooked up to our large screen TVs. The system is designed to be entertaining and fun, but in doing so is effective in problem solving, reading comprehension, language/word finding, deductive reasoning, cognitive processing, visual scanning tracking, motor skills, hand/eye coordination and memory. Some highlights of the system that participants can enjoy are My Page, Music and Film, Travel Guide, History Guide, Health & Wellness guide with simulator, Happy Neuron cognitive games as well as well known games such as "Wheel of Fortune" and "Family Feud". Participants have also been watching baby eagles in their nest in California via Skype.

As you can see, we could go on and on about our new technology. It has been well received and our participants are doing amazing work on it. Each day the staff and participants learn something new they can use on these systems. They have been wonderful new additions to our center.

In addition, the grant money provided us with the opportunity for the staff at both centers to complete 10 hours of CARES Online Dementia Care Training through Health Care Interactive Alzheimer's Association. The course covered information such as minimizing falls, rethinking wandering, recognizing pain, eating well and understanding resident behavior as communication. This training has helped equip staff with up-to-date information in caring for the person with alzheimer's.

Nancy Miller
SDLC Manager



Amanda Robinette, first row - center, poses for a photo with her new friends at the SDLC.

Thanks For the Inspiration...

Hello, my name is Amanda Robinette. I am a student in the Human Service Program at Allegany Community College in Maryland. The motto in the Human Service program is "People, partnerships, and possibilities". We, as students, develop great skills by participating in three internships that will prepare us for when we enter the human service field. The program also prepares students for a variety of possibilities upon graduation such as group work, case management, or addictions to name a few.

My first internship at the Somerset SDLC was wonderful because it allowed me to grow as a person. I spent 10 hours per week at the center during the spring semester. When I first came, I was shy and reserved, but now I am more confident not only with myself, but with the clients as well. At first I stayed in the background, but at the end of the semester I was leading the group activities in things like Wii bowling, trivia, crafts, bingo and helping individuals on the *Dakim* and the *Never 2 Late* cognitive fitness programs.

I want to thank Nancy Miller, Center Manager, for giving me the opportunity to get my feet wet in the field. Also I want to thank the staff for all their support as they were truly wonderful and I can never thank them enough. Lastly, I want to thank the participants who have a special place in my heart. The SDLC is a place that will stay with me for the rest of my life because everyone there has a heart of gold. When I go out in the field upon graduation I will truly take with me the experiences and the caring attitude of the staff.



Getting to Know Leon Yates, ALSM at Home

Name: *Leon Yates, Hooversville*

Former Occupation: *Worked in Oil Fields in Rock Springs, Wyoming. Also, worked on railroads.*

Hobbies: *Hunting and fishing*

Volunteer Work: *Somerset Hospital as a runner. Hooversville Church of the Brotheran as a janitor.*

Favorite childhood memory: *At age 16, signed up for the American Baseball Club of Philadelphia. (Philly Athletics.)*

Advice for younger generations: *Find a good church. Trust in the Lord and honor your mother and father.*

Would like to be known for: *Being a good Christian.*

How did you find out about ALSM at Home Services:

People at Stoney Creek Commons gave good recommendations about the services.

Describe the program in one word: *Wonderful*

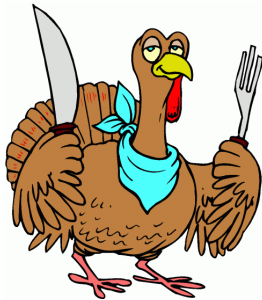


“The program helps a lot of people.”

Let’s Talk Turkey...

Turkey is the traditional choice for Thanksgiving dinner (and Christmas!). As you, your family, and friends sit down to your meal, feast on these facts about this popular poultry:

What’s in a name? Turkeys are native to North America. According to various sources, the word “turkey” comes from: its Native American name “firkee”; the word “tuka,” the Tamil word for “peacock,” coined by Christopher Columbus when he mistook the bird for a type of peacock (it’s actually a member of the pheasant family); the first birds being shipped to England through the country of Turkey (by the Spanish) and being mistaken for another bird with the same name from Africa. By any name, they’re delicious.



Yes, turkeys can fly. Wild turkeys, that is. Domestic turkeys are bred and raised to be so heavy they can’t take flight, but wild turkeys can fly at up to 55 mph for short distances. They can also run at a top speed of 20-25 mph.

Order your turkey early. About 45 million turkeys are consumed every Thanksgiving. The average Thanksgiving turkey weighs about 15 pounds. Approximately 20 million turkeys are the main course at Christmas dinner.



Article taken from *First Draft*.

Dates to Remember

(Please clip and save)

Thursday, November 24

Thanksgiving

SDLCs are CLOSED and will re-open o Nov. 25

Monday, December 26

SDLCs are CLOSED

in observance of Christmas Day

Monday, January 2

SDLCs are CLOSED

in observance of New Year’s Day

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.



Do you have any ideas or suggestions for our programs? We are constantly striving to meet the needs of residents, 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

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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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