



– meeting needs of special populations
658 Valley Street – Lewistown, PA 17044
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the NuVisions Updater

October-December 2013 VOLUME 8



SPEAKER FOR DECEMBER **LIFESKILLS**

Cindy Keith, RN, BS, CDP

Real-Life Experience

Cindy is more than a keynote speaker and author. With more than two decades of experience in dementia-care settings, she brings valuable insight as a [consultant](#) to family caregivers, health care providers and assisted living facilities.

As an LPN, she served as nurse and office manager in a geriatric medical practice and assisted in setting up a comprehensive geriatric assessment center.

While pursuing her RN, BS degree at Penn State University, she was inducted into Sigma Theta Tau, the International Honor Society of Nursing. After earning her degree, Cindy worked in various healthcare settings, including as a dialysis nurse, a nursing supervisor in a skilled nursing facility and for four years as a Health Care Coordinator in the Alterra Healthcare system. In this dementia-dedicated assisted living facility, she served as an Alterra nurse educator, managed the healthcare

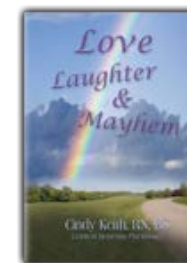
for all residents, and was responsible for staff dementia training. In addition, she presented dementia and Alzheimer's training to staff in other facilities, and was honored by Alterra with their prestigious Nurse Quality Award.

Cindy is active in her community, and volunteers her time and expertise to help educate non-profit groups interested in Alzheimer's and dementia issues.

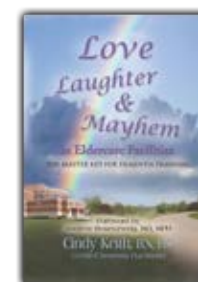
In 2006 Cindy received approval from the Pennsylvania Department of Public Welfare as an approved trainer to conduct dementia seminars for continuing education credits for personal care home administrators and assisted living directors. Also in 2006 Cindy's first facility staff training video entitled "Bringing Nurturing To Memory Care" was created to assist facilities of all types in providing high quality dementia training to existing and future staff members.

As a nationally known speaker through Cross Country Educators, Cindy has presented her day-long seminars on the growing dementia and Alzheimer's patient population and the importance of facility staff training in all aspects of dementia care throughout the United States..

Books and Published Articles



Her first book, "LOVE, LAUGHTER, & MAYHEM – Caregiver Survival Manual for Living with a Person With Dementia" helps readers learn ways to decrease frustration as well as offering many tips on how to navigate around obstinate behaviors.



Her second book, "LOVE, LAUGHTER, & MAYHEM IN ELDERCARE FACILITIES: THE MASTER KEY FOR DEMENTIA TRAINING," provides a proactive guide to dementia care for professional care providers.



Beacon Lodge – Summertime fun!

Another wonderful year is done at Beacon Lodge. As I talked with several of our customers about their experiences, I thought it would be fun to share some of them here. Some policies had changed from previous years, and some folks had a hard time adjusting, but overall, it was a great experience.

Sarah Dittsworth had a fabulous time. She made some wonderful friendships with staff and campers. She loved the crafts and the activities they provided. She took part in several of the optional activities like the trip to Belleville Livestock Auction and Hoss's restaurant. She said some of the staff wanted her to stay for another week! She laughs and says, "Don't worry I'll be back next year!"

Gerri Zeigler always enjoys the time to get away. She loves relaxing at the camp. She said she also enjoys catching up with old friends she usually only sees at camp. She missed swimming but it was still a fantastic year.

Kay Groff thought it was a nice time this year as well. She also enjoys catching up with old friends from the camp. She looks forward to and enjoys the craft time, and swimming, but unfortunately was not able to get to swim this year either; which is often one of her highlights.

Mike Woodring was a bit disappointed with some of the new rules and regulations, but overall, it was a nice time away and a time to see many of his old camp friends.

If you have not taken the opportunity to attend sessions of camp at Beacon Lodge, think about attending next year. Call the office; we will be happy to get you more information and help you apply.

Senator Corman hosts his annual Senior Expo



August 15th NuVisions Center was again invited to set up in Senator Corman's annual Senior Expo. This is always a great time to meet so many wonderful seniors in our community. We did eye screenings and gave out a lot of important information on the various eye diseases and information on our services.

This is always a great time to meet the great folks in our community. Thank you to Senator Corman for hosting this important event once again!!



WHITE CANE DAY!



DO YOU NEED A CANE?

The NFB will provide a free cane to anyone in the fifty states, the District of Columbia, or Puerto Rico who is blind or has low vision and who uses or desires to use a white cane in order to travel independently. This historic initiative is the largest effort ever of its kind to provide white canes to individuals who are blind or have low vision.

The long white cane provides an effective means for blind students to get to school, blind adults to get to work, and blind seniors to remain active.

It is estimated that 109,000 of the 1.3 million legally blind people in the United States use a white cane. By supplying canes free of charge, this program provides the opportunity for all blind Americans to have a white cane and to participate fully in society.

The National Federation of the Blind will provide a straight, light fiberglass cane to any blind individual in the United States or Puerto Rico who requires the cane for personal use. Canes are available in the following lengths: 53, 55, 57, 59, 61, or 63 inches. Individuals may only request one free cane in any six-month period.

On October 6 1964, a joint resolution of the Congress, HR 753, was signed into law authorizing the President of the United States to proclaim October 15 of each year as “**White Cane Safety Day.**” This proclamation was the beginning not the end to gaining recognition for the growing independence and self-sufficiency of blind people in America, and also to gaining recognition of the white cane as the symbol of that independence and that self-reliance.

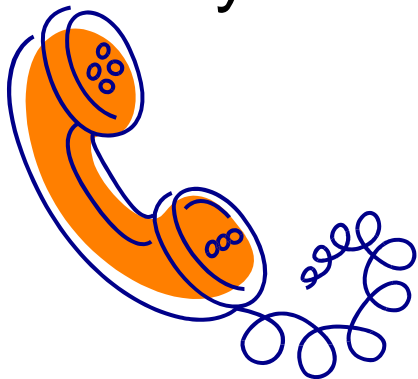
With this in mind on Tuesday October 15th NuVisions will be holding our first White Cane awareness campaign.

On the 15th of October we will be in the square in Lewistown passing out to the first 100 people pretzel rods dipped in white candy coating and of course the tips will be red. We have asked the County Commissioners to make a proclamation from the courthouse steps to commemorate this event. This will be a very important day for us to mark the independence and self-reliance that the white cane can bring to those with vision impairment and blindness.

STAFF CHANGES

We say a sad goodbye to our receptionist Kathy Druckemiller who left her post in August. I'm sure we will all miss her friendly hello's.

NuVisions has hired Amy Marker as the new secretary; she started in September. So when you call in and you hear a new friendly voice answering your calls, please say a hardy "hello" to welcome her on board!



Did you notice our new logo? We have changed the from the eye logo to this

graphic  to represent the multifaceted work here at NuVisions.

HAPPY BIRTHDAY!!!!

October:

Jody S	10
Ruth H	11
Bonnie E	12
Eliud G	13



November

Joe A	8
Cathy Jo B	10
Glen C	20
Sadie W	29

December

Doris W	6
Merle S	10
John W	10
Winona R	24
Pauline K	26
Roger W	28

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While we still have nice weather you can still fire up your grill and give this recipe a try!



GRILLED ASPARAGUS

Per Serving: Cal. 60, Total fat 3.5g, Cholesterol 0mg, Sodium 0mg, Total Carbs 5g, Dietary fiber 3g, Protein 2g

Ingredients

1 pound fresh asparagus

1 tablespoon olive oil

½ teaspoon freshly ground black pepper

1 teaspoon balsamic vinegar

Trim about 2 inches off the bottoms of the asparagus.

Lightly coat the spears with the oil. Grill over high heat for 2 to 3 minutes, or to desired tenderness.

Sprinkle with black pepper and balsamic vinegar.

Serve hot

Last diabetic group meeting for 2013:

October 10 Jackie Wardle-sharing info about another phone program



Life Skills 2013:

★ January 31: A healthy look at food-Pat Wolf
★ February 28: White Cane – Rae Ellen Teats

★ March 28: Heart disease – Lewistown Hospital -Julie Maiden

★ April 25: Personal records management – Budgeting Colette Hartzler

★ May 30: Navigating the kitchen w/visual impairment – Celia Fagnati

★ June 12: **Annual NuVision's Picnic: GET MOVING! Bob Marsh YMCA**



★ July 25: Cancer Screening/Treatment procedures –Lewistown Hospital

★ August 29: Veterans services –Christine DeArment

★ September 26: Cardiopulmonary disease-Lewistown Hosp.

October 31: Square One Clubhouse – Cristy Rachau

December 11: At 10:30 a.m. **M.I.N.D. Cindy Keith-Certified Dementia. Practitioner** – Note the day and time change

★ = Already met



The Autumn
Elizabeth Barrett Browning (1833)

Go, sit upon the lofty hill,
 And turn your eyes around,
 Where waving woods and waters wild
 Do hymn an autumn sound.
 The summer sun is faint on them —
 The summer flowers depart —
 Sit still — as all transform'd to stone,
 Except your musing heart.

How there you sat in summer-time,
 May yet be in your mind;
 And how you heard the green woods sing
 Beneath the freshening wind.
 Though the same wind now blows around,
 You would its blast recall;
 For every breath that stirs the trees,
 Doth cause a leaf to fall.

Oh! like that wind, is all the mirth
 That flesh and dust impart:
 We cannot bear its visitings,
 When change is on the heart.
 Gay words and jests may make us smile,
 When Sorrow is asleep;
 But other things must make us smile,
 When Sorrow bids us weep!

The dearest hands that clasp our hands, —
 Their presence may be o'er;
 The dearest voice that meets our ear,
 That tone may come no more!
 Youth fades; and then, the joys of youth,
 Which once refresh'd our mind,
 Shall come — as, on those sighing woods,
 The chilling autumn wind.

Hear not the wind — view not the woods;
 Look out o'er vale and hill —
 In spring, the sky encircled them —
 The sky is round them still.
 Come autumn's scathe — come winter's cold —
 Come change — and human fate!
 Whatever prospect Heaven doth bound,
 Can ne'er be desolate.



Autumn



**United Way
 of Mifflin-Juniata**



**658 Valley St.
 Lewistown, PA 17044**

Free matter for
 the blind
 P.L.R. SEC. 138