

OUR COMMON GROUND IS OUR FIGHTING CAUSE

Fighting Causes
8/20/01 by Tom Bettis

There are those who will give up everything, to support a single cause;
Which most may find no value, or ignore it's common flaws.
I say to you "You're Champions", for taking up this fight
Which most have given no effort to correct it's wrong or right.
Perhaps we too will somehow find, the essence of it all;
And join with you to challenge same, should you cry out a call!
To aide you and assist you, whatever we can do;
As long as it supports your need, in helping others too!
"Remain as the example" Your influence may be strong;
We may end up surprising you, and want to tag along.
On your quest to conquer, the wrong that you perceive;
As we become as one with you, and share what you believe.
To be a worthwhile effort, demanding of your time;



Then someday someone may help me; with what I think is mine,
Just like the words of his poem we also share something else in common with Mr. Tom Bettis. The old brick building dating back to 1928 is home for Avenues as it was home for Tom, his brother and many other orphaned children over 60 years ago. Tom can be seen occasionally strolling on campus appreciating the genuine magnificence of this building, as it was, and still is a place that provides the comforts and safety of home for so many. On one of his visits, we walked through the halls, despite some minor construction and a fresh coat of paint Mr. Bettis said it all remained the same. He shared many fond memories and funny stories like his brother climbing through the laundry shoot and visits from a then young Dick Yuengling. He recalled a lot of kindness and generosity extended from surrounding communities. Tom Bettis was grateful for the shelter and the stability it provided to him and so many of his housemates who grew up here. He is proud of what the building represents to him and elated to see it is still being used to serve those in need. He expressed how impressed he is with Avenues and what it does for so many people in our area. He is especially happy to see his old home-
stead being used for a positive purpose and knows this fine, strong building will continue to be a haven of hope for a 'Fighting Cause' for years to come.

Maria Doyle, Assistant Executive Director

Choose your direction and grow - Founded as UCP in 1952

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AVENUES | & VIEWS

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A PART OF OUR COMMUNITY

Here at Avenues, our PossAbilities Community Support Option (CSO) groups participate in many activities throughout the day. Besides delivering Meals-on-Wheels, volunteering at the ASPCA, recycling, running errands for programs and numerous other things, sometimes they take some time out to relax and meet new people in the communities where they volunteer. Whether it's talking to people picnicking at Tuscarora State Park, a group of kids jogging through Stoyer's Dam, or shoppers hustling through the mall, the CSO program participants love to meet and interact with people from different areas. Recently, a group went to the home of Roseanne Birster, mother of CSO staff member Kristy Corrigan, in Ashland to enjoy a homemade lunch prepared for them by Roseanne. The group sat with her and ate and talked about different topics. They had a great day together while building relationships in the community!



CSO Program Participants Scott M., James M., and Pearl P., enjoying a homemade lunch with their new friend, Roseanne.

Cathy Smink, PossAbilities Program Manager

A WORD FROM OUR EXECUTIVE DIRECTOR

It is said that a lot of New Year's Resolutions don't last more than 24 hours and most are done by the time we know who was named the Super Bowl MVP. I believe there are many reasons why we don't keep our resolutions. One reason is that we don't put a lot of thought into the process of picking a New Year's Resolution and therefore lack the commitment to be successful. I would ask that as you reflect on 2011 and think about your resolutions for 2012, and that you consider becoming more involved within your community. Think about how an hour a week could make a significant difference for one of the many community based non-profits in our area. Consider spending some time getting to know the good work that is happening at these non-profits. Take a tour, attend an event, or set up an interview to learn more about the non-profit. Obviously, I would like for you to become more involved with Avenues and we have many opportunities for you. However, the important thing is that you make the commitment to become involved, whether it is with Avenues or another community based non-profit organization. When our community does well, we all benefit. Make the resolution in 2012 to become more involved in our community. Here's wishing you a Successful and Happy New Year. Please feel free to contact me regarding Avenues at any time. I may be reached at 570-622-7920 or by email at pkeitsock@avenuesofpa.org.

Peter Keitsock, Executive Director

25TH ANNIVERSARY AT THE GREENHOUSE



Lessie's Garden Greenhouse & Gift Shop was established in 1987 in memory of Lessie Weaver who was born in 1946 with cerebral palsy. Her mother and 5 other families of children with disabilities founded United Cerebral Palsy in Pottsville which is now known as Avenues. Lessie's Garden Greenhouse & Gift Shop is a vocational program for adults with acquired or developmental disabilities. This program provides personal growth and independence for each individual attending. Lessie's goal is to have each individual reach his or her most favorable level of functioning.

Lessie's employees have gained the skills in various horticultural areas producing high quality plants that would make a wonderful addition to your home or garden. Also, we have a Trash to Treasure section that enables outstanding creativity to turn other peoples trash into a desired treasure. Each piece is unique as the person who has created it.

Holly Keefe, Greenhouse Site Supervisor

MOVING FORWARD

This is a great opportunity for someone you may know or have in your family that needs some assistance during daytime hours. Eldergarden is a safe, supervised place for people who need assistance during the day. Caregivers often feel obligated 24/7 to provide care to their loved one, however, everyone needs a break to refresh and recharge. Eldergarden is an Older Adult Day Center that provides daytime care and services to mainly Senior Citizens age 60 and older. Eldergarden can accept individuals into the program under age 60 if certain eligibility criteria are met. Funding may be available for certain individuals age 60 and older through Schuylkill County Office of Senior Services if required eligibility is met. We offer many activities for people to do during the day from arts & crafts, to musical entertainment, baking, holiday & birthday celebrations, community trips, choir performances, trivia games, reminiscing discussions, monthly nursing assessments, onsite pet therapy, physical exercise, sensory stimulation and much, much more. We provide medication administration, help with meals, personal care and help support family members and caregivers. We are located in Mechanicsville in a beautiful, quiet wooded area. We are licensed through the Pennsylvania Department of Aging. Please consider stopping in for a tour or giving us a call to learn more about our Day Center. Please call 570-622-7920 x18 for more information or email lmcnally@avenuesofpa.org.

Lori McNally, Eldergarden Program Manager

AVENUES IS A GREAT PLACE TO GROW!

Did you know that the average length of time an employee stays with an employer is 2 years. This, however, is not the case at Avenues. We are proud to say that 66% of our employees have already surpassed that 2 year average. The agency currently employs 157 individuals and 103 of these have been with the agency for over 2 years. I think this is a statement of the dedication and loyalty found in Avenues employees. Avenues is truly a great place to "choose your direction and grow"!

WHAT'S HAPPENING AT EXPRESSIONS



It's the new year and there were a lot of exciting changes that occurred with Avenues. A proud accomplishment is our newly licensed Expressions Program. Expressions is a place that houses a wonderful gift shop as well as a thrift store enabling our consumers a new opportunity to earn retail experience. Expressions is located in Shenandoah at 112-114 N. Main Street. Expressions is exactly what it is titled. A new way to express individuality in an inexpensive fashion. Come and visit us and check out our new store. We are proud of the availability to grow our organization and bring more to the community.

Jill Morgan, Expressions Site Supervisor

GREETINGS WITH MEANINGS

You've blown out the birthday candles. You've torn through all those Christmas presents. You've found all those colorful eggs the Easter Bunny hid. What do you do with all those cards you received? Let them pile up year after year? Put them in a box and let them collect dust? No! Avenues will take them off your hands. Our programs are recycling old greeting cards and making them into something new! Our stores, Expressions, Serendipity, Lessie's Garden and Greenhouse and Valley Treasures are working together to repurpose old cards. The individuals in our programs reconstruct the used cards into pins and decorative cards. This project helps sustain the workload for every season! These items can be purchased at any of our stores. **Greeting Cards 2/\$1.00 and Pins \$2.00 each.** So, dust off that box of cards you have and relive those wonderful memories. Then donate them. Let your used cards put a smile on the face of someone else. Give the gift of happiness, a gift with meaning!



Let your used cards put a smile on the face of someone else. Give the gift of happiness, a gift with meaning!

Joy Cooney, Workshop Supervisor

WELCOME!!

On behalf of the management and staff of Avenues, I would like to welcome the newest members of our team:

Jamie Dermo...Expressions, Shenandoah

William Gustitus...Transportation

Joseph Petritsch...Transportation

Lester Malafarina...Transportation

Victoria Williams...Lessie's Garden and Greenhouse

WELCOME



Kim McSandy, Human Resources Manager

CHANGE IS GOOD!

New and exciting things are happening with this year's Duck Race.

The day will no longer just be a race! Not only will we have our annual festivities, but we will be adding the First Annual Full Throttle Waddle 5k & Fun Run. In addition to that, we'll be having Avenues' Got Talent as our entertainment for the day. Keep your eyes peeled for times for each event!

Mark Your Calendars Now!

Sunday, April 29, 2012

We're sure to have something for everyone! Contact crogers@avenuesofpa.org for more info or for sponsorship opportunities.

SHRED WITH US

West Side Shredding in Pottsville PA is a secure document destruction service that can supply your company with cost-effective and confidential services while helping individuals with developmental disabilities.

West Side Shredding
1755 West Market Street
Pottsville, PA 17901
Phone: 570-628-5316
Fax: 570-628-3703

Avenues Foundation's 3rd Annual Beer Dinner will be Thursday, March 22nd 2012 at the Greystone Restaurant.

It's a great night out for a great cause! Stay tuned for more info.

HOME & COMMUNITY HABILITATION & THE DYNAMIC DUO

Thanks to the efforts of two stellar employees, Michelle Stephenson and Patty Schultz. Avenues has made another goal a reality. This Dynamic Duo spent countless extra hours assuming additional responsibilities to develop a new high quality program to add to the list of services Avenues provides. It will operate under the Home and Community Habilitation Unlicensed Waiver Program. Habilitation's new program is designed to help our consumers live the best lives that they can live. Michelle and Patty are proud to be a part of this new program because in its infancy they were able to provide staffing for a consumer to get to the November dance and participate in an activity that made him smile! It is a great chance for our consumers to be able to work on their goals in a community setting. They learn so much in all the programs that Avenues already provides and we have now moved to the next level where they are implementing these skills and becoming a larger part of their community. If you think that your loved one could benefit from this service, please call Patty Schultz at 570-622-7368 or Michelle Stephenson at 570-628-5316 to



SAVE MONEY BY SNIPPING

Over the past year, coupons have become a very talked about topic. So popular that TLC has devoted a reality television show to extreme couponing. Couponing, though, has been around for over one hundred years. In 1887, John Pemberton who created the recipe for the syrup used to make Coca-Cola, distributed free drinks cards to people on the street to try his product. Eight years later, C.W. Post created the first cents off coupon valuing one penny off his new health cereal called Grape Nuts. Coupon are certificates with a stated value in which a certain product is specified.

Coupons can be found in Sunday newspapers, mail fliers, magazines, and even on-line. Some stores such as Rite Aid have coupons that are directly downloaded to your bonus card saving you money at checkout time. Most groceries are sold at their lowest price once a quarter. If you can look at your local stores circulars and plan menus ahead to match the sale prices with your coupons you are saving even more money. It is also worth while to find if the store allows double and triple coupons. If the local Weis market is running a 10 for 10 special on certain products and you have a coupon for fifty cents off one of those products, and the store doubles it, then the product is free. When you find multiple coupons in the newspaper of a frequently used item it is a great idea to buy more than one paper at a time saving more money in the long run. Now basic coupon cutting only takes about fifteen minutes a week, but if you go to the extreme it can be as long as 4 hours a day. Also, if you menu plan and shop the different circulars that can add to your time. Just think that even if you only saved 5 dollars a week that adds up to being \$260 a year, and everyone can use that extra pocket change. In the first six months of the year, consumers saved over 2 billion dollars.

Some things to remember about couponing are to know the rules of the store, check local ads for sales, and always use the preferred club discount card. Menu planning can help you use products you already have and also use items that are on sale. Two very great websites for couponing are www.couponmom.com and www.couponguid.com. First Friends Daycare has a coupon exchange in the fox room where everyone shares their coupons. Please feel free to bring your coupons over and add to our pile of ones that are already there. Happy Couponing!!!

Laura Mills-McDough, First Friends Day Care



IT'S THE LITTLE THINGS THAT COUNT

At Avenues we take pride in the little things. A smile from a consumer, a compliment that goes a long way. They are just some examples of things that can warm your heart and make your day. When a co-worker takes time to shop and one of our stores where our consumers work super hard on making things nice, it's a little thing that goes a long way. What our consumers do for us isn't little. They make our organizations huge. A co-worker took the time to shop at our Valley Treasures store. She took the time to purchase some little things, which turned into something that counts. She gave back to Avenues and made something big, from something little. Thanks for your support. All the little items were purchased from our store by Maria Doyle and made into something big.

Jill Morgan, Valley Treasures Site Supervisor

PUT YOUR DANCING SHOES BACK

Habilitation dances are at 1755 W. Market St, Pottsville. Mark your calendars and save the dates for an amazing good time. Dances are 7:00 p.m. to 9:00 p.m. Admission is \$2.00. You must be 18 or older to attend. Sugar Free punch, pretzels & chips are complementary. Hot Dogs are available for \$1.00 as well as a variety of snacks and drinks that may be purchased from our Kitchen. B.T.EXPRESS is our local disc jockey. Look for our flyers or call Kathy & Linda at 628-5316 for more information.

Dances for 2011 are: * **Valentine** - February 10th ***St. Patrick Dance** – March 16th ***Spring Dance** – April 20th ***Memorial Dance** – May 11th ***Everyone's Birthday Dance** – June 8th We will celebrate everyone's birthday with cupcakes at this last dance for the season. Be prepared to sing **Happy Birthday Everyone!!!** We take a summer break and resume dances on September 7th with our ***Hawaiian Luau** - October 26th - ***Halloween Dance** and then November 16th - ***Thanksgiving Dance**. Again we take a break for the months of December and January.

Please escort the person to the 2nd floor. All participants should have proper identification & emergency phone numbers. Dances are not chaperoned by Habilitation staff. Escorts must supervise the person they bring. Supervision will be provided for those transported by the Adult Recreation Program only.

Debbie Klotanowitch, Avenues Transporta-

LESSONS OF LOVE



Several years ago, I worked with a charming, bubbly woman named Susan. She had a heart of gold and a personality that lit up a room. Her smile could have melted your heart. I drove transportation and took her home. Sitting in the passenger seat, she chatted about getting to talk to her boyfriend that night regarding the upcoming dance.

"He makes me smile! We can talk for hours but I'm not allowed to do that."

It reminded me exactly of how we all get when we find someone new. Loving all the qualities about them; including minor details such as their hair color and crooked smile.

"Ya know," she said to me, with her serious look that told me she was speaking from her heart. "Some people make fun of us together but he loves me and I just want to be loved." In that moment, I realized how much we overlook our individuals. I recognized in spite of their disabilities; they are just like everyone else. They have wants and desires. They have hopes and dreams. Just like us, they long to be loved.

Susan passed away earlier this year. She is one woman with whom I will never forget. That look on her face and how she spoke from her heart. It made me recognize we should never take anything or anyone for granted. A simple hello or taking the time to let someone talk could mean the world to them. We can learn from each other. If only all of us could live with such compassion.

Joy Cooney, Workshop Supervisor

CELEBRATING OUR AMERICAN HERITAGE



Victor Stauffer, Hans Kocher, & Garth Hernley celebrating their heritage.

In order to look back to the first Thanksgiving in a more realistic way, Elder-care employee, Hans Kocher, was willing to bring his collection of Native American artifacts to our programs. As you can see on the picture, several of the consumers were good sports and enjoyed wearing some of the Indian headdresses. Included in the collection were animal skins, dream catchers, and arrows. Some of these items were purchased at Powwows held in different areas of Central Pennsylvania. The authentic headdress that Garth is wearing comes from Wyoming. Hans' father nurtured and encouraged his interest in the history of Native Americans. As far as he recalls, this began at about the age of five years old, and lasted for several years during his childhood.

It wasn't until 1863, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. However, many of us like to think of the year 1621, as the first Thanksgiving celebration, when the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast. This festival lasted for three days. From diaries written at that time, it is evident that the primary dietary elements were bread, meat and fish. Historians have suggested that foods were prepared using Native American spices and cooking methods. Many items that we include as traditional favorites, were most likely not on that original menu, such as pumpkin pie, yams, and cranberry sauce. Nevertheless, it is a good thing that a day has been set apart for us to remember all we have for which to be thankful, and to remind us to thank God each day of the year for all the blessings that have been given to us as Americans.

Marcia Kocher, Elder Care Program Manager

SERENDIPITY— GIFTS WITH MEANING

Snow represents coldness and hardness in human nature, but the fragile beauty of a snowflake symbolizes truth and wisdom. The snowflake is also a symbol of individuality, since no two are alike.

-Dorling Kindersley-

Serendipity has a lot to offer to our community as a product and a service. Serendipity is a gift shop with unique and personalized products for any occasion. The store employs 8 individuals with developmental or acquired disabilities that are trained in all of the skills of working in a retail setting. This retail program through Avenues has greatly expanded in 2011.

Serendipity not only carries gifts with meaning for all occasions, but employs a group of individuals who each have their own extraordinary gift to give to others. It is Avenues purpose to provide a plan for the educational, social and physical betterment for each person to reach their optimum level of vocational performance. Through this service, our consumers can give back to our surrounding community.

Serendipity
Gifts With Meaning

Next time you are celebrating a special occasion or just want a “gift with meaning”, please remember to stop in Serendipity and experience the beauty of individuality.

Holly Keff, Serendipity Site Supervisor

Just a Reminder: Avenues Trash to Treasure Program located at Lessie’s Garden Greenhouse & Gift Shop is ALWAYS accepting donations of used furniture and unique items to be used for our “NEW CREATIONS”. Call 570-622-7368 to donate.

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