

reSTART

Young Adults ages 18-24.

Do you need a second chance?

Requirements:

- Criminal justice involvement
- Desire to work hard
- Live in Bedford, Blair, or Cambria county.

What to expect:

- Structured training and education
- Support from a mentor and reintegration specialist
- Job placement assistance
- Ongoing career support
- Paid work experience
- Education opportunities

*Auxiliary aids and services available upon request for individuals with disabilities.
Equal Opportunity employer/programs*



Contact

Mindy Rickabaugh
Call 814-536-3536 ext. 291
Text 814-242-1375
mrickabaugh@gogoodwill.org
www.gogoodwill.org

Goodwill's reSTART is a FREE program that gives young adults, ages 18-24, who have been involved with the criminal justice system a second chance. Program participants will reside in Bedford, Blair and Cambria counties.

Funding for this initiative is made possible through a grant from the PA Department of Labor and Industry in partnership with the Southern Alleghenies Workforce Development Board.



Part-Time Job Coach

Cambria, Somerset, and Indiana Counties

Looking for happy, humble, hard working people to mentor students as they navigate the world of work

- Minimum of 6 months experience working with people with disabilities at school, home, work or in the community
- High school diploma or GED
- Valid driver's license and reliable transportation for local travel



THE WOMEN'S HELP CENTER PRESENTS

2nd Annual - Register @ <http://tiny.cc/JGT>

JOHNSTOWN'S GOT TALENT

AUDITIONS FEBRUARY 8, 2020

\$500
MINIMUM
top CASH PRIZE!!

- \$25 Audition donation (non-refundable)
- Submit with contact info and age (18+)
- Acts no longer than 10 minutes

- Please make checks payable to:
"Women's Help Center"
809 Napoleon St.
Johnstown, PA 15901

Additional Cash Prize
For Audience Favorite!



Or submit to: whcfundraising809@gmail.com
Questions? Call (814)619-6115

- You'll be notified once we receive your application.





BALM[®]

Be A Loving Mirror Family Recovery 7 Week Course

For Families Affected By Another's Substance Use Disorder/Addiction

Do you feel alone? Are you exhausted?

Are you full of fear? Is your life chaotic?

Do you feel the need to control and fix?

Are you obsessed with what your loved one is doing 24/7?

Do you find yourself blaming, shaming, yelling, begging and judging?

BALM[®] Will Show You How To:

- Regain your inner peace & calm
- Start enjoying your life regardless of loved ones choices
- Stop trying to fix someone else's life
- Contribute to their recovery rather than to their addiction
- Drop the anger & judgement you've been holding onto
- Set and stick to boundaries and use leverage effectively
- Stop obsessing about your loved ones use disorder
- Let go of results and outcomes
- Respond rather than react
- Find your voice and the right words to communicate lovingly, without blame, anger or judgement
- Learn the Be A Loving Mirror Secrets for a sane & joyful life

YOU CAN BE YOUR LOVED ONE'S BEST CHANCE

**To enroll in the next FREE upcoming evening
Course in Cambria County
Contact Reba Valle**

rvalle@bhocc.org or (814) 534-4436

"As long as there is life there is hope!"

MY LIFE CAMBRIA

February 11, 2020

4:00 – 7:00 p.m.

Join us to cook Dinner, finish making dog toys for the Humane Society, and putting finishing touches on our LEAVES OF HOPE Banner that we will take on tour to local businesses!

We will be at First Presbyterian Church– 309 Lincoln St, Johnstown Pa 15901

If you can't come at 4 to cook with us, just let us know you are planning to attend at 5 p.m. and we will count you in for dinner! Bring your friends!



MY LIFE empowers youth to use their experiences and voices to create positive change for themselves, other youth and their communities.

- ❖ MY LIFE is a FREE, fun and inspiring group for youth between the ages of 13 and 23 who have experience with mental health, substance use, foster care and/or other challenges.
- ❖ Through regular events, performances, special events, social media, and presentations, youth share their stories and support each other in achieving their goals and dreams.
- ❖ MY LIFE meetings feature inspirational speakers, uplifting entertainment, fun activities, free food and information on a variety of topics important to youth.
- ❖ MY LIFE and all related activities in *Cambria County* are presented in partnership between Magellan Healthcare and Behavioral Health of Cambria County; with the support of a variety of other youth serving organizations.
- ❖ There are no special requirements for participation.

Join us for a MY LIFE youth group meeting in Cambria County!



BHoCC



For more information, get on the mailing list, and to RSVP, contact:

Heidi Niebauer at 814-961-0687 / NiebauerH@MagellanHealth.com
www.Facebook.com/MYLIFEyouth

Magellan
HEALTHCARESM

Our Mission

The Maternal Addiction Resource Center (MARC) is a program within the Conemaugh Health System that assists pregnant and postpartum women with treatment and any additional service needs. MARC is currently staffed with a Program Coordinator, Certified Recovery Specialist (CRS), Administrative Assistant, and Patient Navigators. MARC develops a comprehensive woman-centered outpatient treatment program. Clients can receive assistance in obtaining psychological and medical services, support group services, recovery support from a Certified Recovery Specialist, case management including coordination of prenatal and pediatric care, parenting education, and other supportive services. Comprehensive care means that MARC treats the individual as a whole, not just one specific concern and provides multiple services to support expecting or parenting mothers and their recovery. MARC focuses on helping clients to navigate the many community resources available in a personal, safe environment.

Eligibility-

- **Pregnant or Parenting up to 6 months postpartum**
- **Needing or in active treatment for substance use.**

Make an Appointment –

Call the Maternal Addiction Resource Center at 1-814-534-6272 for more information or to make an appointment.

Log ArTHEATRE



Sex Please we're sixty

an American farce by Michael Parker and Susan Parker

at the **Community Arts Center of Cambria County**

1217 Menoher Blvd. Johnstown, PA 15905

Six Performances:

Friday, February 21 - 7:00 P.M.

Saturday, February 22 - 7:00 P.M.

Sunday, February 23 - 2:00 P.M. (matinee)

Thursday, February 27 - 7:00 P.M.

Friday, February 28 - 7:00 P.M.

Saturday, February 29 - 7:00 P.M.

Ticket Prices:

Arts Center Members: \$11

Non-Members: \$16

Opening Night Party: \$20 (includes admission to the show & the party after the show)

To purchase tickets, please call (814) 255-6515 or visit cacc.org. Tickets will also be available at the door each night.

INDEPENDENCE INSIDER

NEW FACES AT AUCP



Melanie Gavlick
Team UPMC



Kathi Sines
Team PA Health & Wellness

1.14.20 BLOOD DRIVE UPDATE

The Red Cross is dealing with a critical nationwide blood shortage. To help offset some of the need, AUCP held a blood drive at our Johnstown location on Tuesday, January 14th.

Throughout the day, we had 18 potential donors stop by to make their blood donation. Out of the 18, there were 9 successful donations made. That's an estimated 27 lives saved! We also had 13 staff volunteers that gave a few hours out of their day to ensure that the day was a success.



Thank you to each person that made a donation and/or volunteered your time. You play an important part in saving lives.

If you couldn't make it out to the blood drive, we encourage you to schedule a donation today at your local Red Cross. While you're at it, snap a selfie and tag us on all your social media platforms with #iBleedforAUCP!



Our Human Resources department is looking for qualified individuals to fill Service Coordinator positions in the following counties: York, Dauphin, Erie, Bedford/Blair, Greene, Washington, Allegheny, and Luzerne, as well as, Cumberland/Harrisburg and Selinsgrove areas. Visit our website for more information and to apply www.scalucp.org/careers/.

STAFF HIGHLIGHT - SCOTT WILLIAMS

This month we would like to introduce you to Scott Williams, our Human Resource Manager.

Scott is from Johnstown, PA but has lived in the Altoona and Pittsburgh areas. Scott is happily married to his wife and together they have a dog named Sophie. They moved back to Johnstown a little over a year ago when he began working for AUCP.

After receiving an associate in Business Management from Penn Highlands Community College, he went on to Geneva College to obtain a bachelor's degree in Human Resources Management. One of his biggest goals is to receive his certification in Human Resources and continue growing in his career.

Previous to AUCP, Scott worked in HR at one of the largest referral veterinary hospitals in Pittsburgh and for a private security company. Outside of his work, Scott enjoys going camping and fishing. He is also an avid fan of Penn State Football and Boston Bruins Hockey.

Scott says that the staff at AUCP are his favorite part of his job. Everyday brings a different challenge, but he loves what he does. Scott has played an integral part in our rapid growth over the last year. He has an easy-going demeanor and is always willing to help. We are all thrilled to have Scott on our team as he has added so much value to our workplace.



LOCAL HAPPENINGS

Johnstown, PA

Please note: Some of the events listed below are not free; we recommend reaching out to the locations to see if there is a cost to attend.

3,10,11 - Heart Health Info Event | *Conemaugh Memorial Hospital* | various times

4 & 8 - Medicare 101 - Free Workshops | *Community Arts Center of Cambria County* | 6-7:30 pm

5 - Banished From Johnstown: A Presentation of the Book | *Heritage Discovery Center* | various times

7 - Cupid's Crush Gift & Art Show | *Johnstown Galleria Mall* | 10 - 11:30 am

8 - Free Theatre Workshop: Transformation You | *Community Arts Center of Cambria County* | 10:30 am - 1 pm

8 - Self Care Fair | *Johnstown Galleria Mall* | 10 am - 2 pm

8 - JSO Pops: Movies from Johnstown | *Pasquerilla Performing Arts Center* | 6:30 - 8:30 pm

10 - Underground Railroad | *Cambria County Library (132 Gazebo Park)* | 6 pm

12 - 5 Minute Crafts | *Community Arts Center of Cambria County* | 6 - 8 pm

Be on the lookout next month for events in Blair County.

HIGHMARK WALK 2020

The 2020 Highmark Walk kicked-off on Friday, January 31st!

This year you will have two opportunities to walk and give: Saturday, May 9, 2020 at Stage AE in Pittsburgh or Saturday, June 6, 2020 at the Altoona Curve Stadium in Altoona (Laurel Highlands).

We are counting on your support as we conquer our first time participating in two walks! Register and/or donate today by following the links below:

- PGH: <http://hcf.convio.net/aucppgh>
- LH: <http://hcf.convio.net/aucplh>

Thank you for your continued support!



MANAGED CARE UPDATE

As you may know, Community Health Choices (CHC) went into effect throughout the rest of the state on January 1st, 2020. As care professionals we understand how change to your health care can be unnerving at times. We would like to assure you that you are under great care with this transition as we have been through it twice before with other regions of the state.



You should expect that the quality of your services will not change due to this transition. We look forward to the future and the continued success of your in-home care services. If you have any questions or concerns about your care services call our offices at (844) 819-4455.

MONTHLY AWARENESS



NATIONAL
HEART MONTH
February

The leading cause of death in the United States is heart disease. In fact, it is the cause of 1 in 4 deaths each year!

Help make a difference in your community by raising awareness.

Join AUCP as we wear red every Friday in February in honor of National Heart Month. We will also be sharing information on how to prevent heart disease. Follow along by searching #AUCPHeartHealthy on social media.

COMMUNITY PROGRAMS

Our **RE-USE IT** program redistributes and accepts donations of medical equipment and assistive technology.

The **UCP ELSIE S. BELLOWS FUND** is a national program that provides funds to individuals with disabilities for the purchase of assistive technology.

AUCP's **SCHOLARSHIP FUND** granted to two high school seniors who are pursuing a degree in the human services field each Spring.

FOR MORE INFORMATION ON THE ABOVE PROGRAMS, PLEASE CONTACT OUR OFFICES TODAY AT (844) 819-4455.

CONTACT US TODAY!

TOLL FREE: 844.819.4455
LOCAL: 814.619.3398
FAX: 814.262.7174

OFFICE LOCATIONS:
JOHNSTOWN, HANOVER, ALTOONA,
PITTSBURGH, & ST. MARY'S

