



**Vision: A collectively empowered Community**

**Mission: A collaborative community network mobilizing resources to strengthen**

**Agenda: January 8, 2020**

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**8:30: Welcome /council announcements-Jeff Vaughn, President**

**8:40: Meet the new Executive Board**

**-Jeff Vaughn-President**

**-Heidi Niebauer-1<sup>st</sup> Vice President**

**-Chelsey Novak-2<sup>nd</sup> Vice President**

**-Jocelyn Hartman-Treasurer (cchwtreasurer@gmail.com)**

**-Tim Grose-Secretary (healthandwelfarecouncil@gmail.com)**

**8:45: Agency introductions and announcements**

**9:00 Treasurer's report-Jocelyn Hartman**

**9:10 Presentation: 1889 Jefferson Center for Population Health-Jeannine McMillan**

**Reminder:**

**-Don't forget to submit 2020 membership dues**

**-Our next meeting will be on February 5, 2020**

***Cambria County Health & Welfare Council***

***PO Box 1056***

***Johnstown, PA 15907***

# INDEPENDENCE INSIDER

## DECEMBER ALL-STAFF MEETING

On Friday, December 6th, all of our staff from across the state came to our Johnstown office for a quarterly Service Coordination meeting. The day was full of agency updates, socializing with fellow coworkers, and a special presentation from motivational speaker Jeff Corle from Windber, PA (pictured top right). We also recognized 6 staff members for their one-year anniversary (pictured bottom right) and celebrated the holidays with an Ugly Christmas sweater contest and games.



A special thank you to our staff for their hard work and dedication to their participants! We appreciate all you do for the agency!

## BLOOD DRIVE 1.14.20



**Help save a life.**  
**Schedule your blood donation appointment today.**



Sign-up to donate blood with us January 14th 2020! Contact Jocelyn Hartman (jhartman@scalucp.org) to secure your donor time or go to: <https://www.redcrossblood.org> and search "15904" and search Tuesday, January 14th at AUCP.

## STAFF HIGHLIGHT - DONNA STRAUSE



Our staff highlight for January is Donnas Strause, one of the Service Coordinators who transitioned over to our agency from UCP Connections to Independence about 8 months ago. She lives and works in Selinsgrove, PA area, but is originally from Middleburg, PA. At the age of 52 she proudly graduated from Albright College with a degree in Applied Psychology with a 3.80 GPA (way to go Donna!)

Donna often finds herself surrounded by family and pets! She is a mother, a grandmother of three (ages 15, 12, and 9; pictured bottom right), and a foster mom to many animals through SOAR Rescue. She says her family is her heartbeat and frequents her grandchildren's sporting events cheering them on! Outside of her family, Donna loves to workout, scrapbooking, and she makes it a goal to read each night before going to sleep. She is a vegan

and prides herself on never eating another sentient being again.

Her biggest goal in life is to retire which she is looking forward to doing in a little over 3 years. Although we'll be sad to see her go, we're excited for whatever comes next. Donna says that if she weren't a Service Coordinator she would teach daycare or pre-school, perhaps even get her Graduate degree in Counseling for at risk children and children with mental health issues.

Donna has been a Service Coordinator now for over six years. Currently, she serves Northumberland, Snyder, and Union Counties. Visiting her consumers is what she likes most about working at AUCP and the most challenging part is the paperwork that accompanies the job. We are so glad that Donna joined us in 2019 with her skill and expertise. Anyone that meets Donna will find out very quickly that she is compassionate and kind.



## IMPORTANT DATES

**4** - Walk-in Wedding Expo | *Walk-in Art Center* | 1-5 pm

**5** - All You Can Eat Breakfast | *Mahantouge Fire House* | 6-11 am

**8** - Emily Genery Art Exhibit | *Tamaqua Community Arts Center* | 6-8 pm

**11** - High School Shakespeare Festival | *Majestic Theatre* | 12-7:30 pm

**12** - Mackerel Breakfast | *Community Fire Company New Ring...* | 7-12 am

**17** - Paint and Sip Cocoa | *Gillingham Chater School...* | 5-7 pm

**17** - Temple Dinner | *Pine Grove Moose Lodge* | 4-7 pm

**18** - 7th Annual Chili Cook-off to Benefit First Responders | *Galen Glen Winery* | 12-3 pm

**22-23** - Paint and Sip | *Diakom Community Services for Seniors* | 11 pm - 1 am

**25** - Corks and Chocolate | *The Walk-in Art Center* | 2-5 pm

**25** - Fallen Pride Invades the Goose | *Lame Goose Tavern* | 9 pm - 1:30 am

## HOLIDAY BLESSINGS 2019

Alleghenies United Cerebral Palsy (AUCP) celebrates the holidays by sponsoring a Holiday Blessings initiative to help individuals in our local communities and our participants. Each year our service coordinators and members of our community are invited to submit applications for families that may be in need of extra assistance during the holiday season.

It was our pleasure to be able to sponsor each of the four families that were nominated this year. AUCP provide financial assistance paying towards utility bills and purchasing gift cards for each of the four families of up to \$1,000 per family. Additionally, gifts were presented to the families that were purchased by our staff members through a Giving Tree system.

One of the recipients, a single dad to two young daughters, could not believe that he was nominated and chosen. He wasn't able to buy many Christmas gifts for his girls this year and he felt like a "weight was lifted" and was so relieved that his daughters won't be disappointed in "Santa" this year.

Another family was nominated by their Service Coordinator because she could see that they were going through a hard time this year, both physically and financially. When presented with their blessing neither mom nor dad could believe it and their three year-old was so excited about all his gifts!

Having the opportunity to spread a little holiday cheer to our community brings us so much joy and seeing the response of families when they receive their gifts is truly a blessing to us. We would like to thank each individual and agency that has provided any type of support to our Community Fund and our staff that purchased gifts for the families. It is because of you that we are able to bless our community in these ways.



## DECEMBER ALL-STAFF MEETING

Alleghenies United Cerebral Palsy is excited to be participating in the Highmark Walk for a Healthy Community 2020 on two different dates and locations:

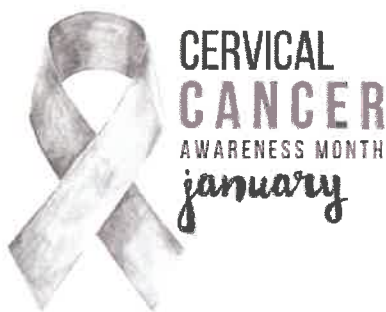
- Saturday, May 9th, 2020 at **Stage AE in Pittsburgh**
- Saturday, June 6, 2020 at the **Altoona Curve Stadium in Altoona**

Starting on February 1st we will be kicking off the 2020 Highmark Walk by recruiting walkers, creating teams, and raising funds.

**Can we count on your support in 2020?**



## MONTHLY AWARENESS



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

The **UCP ELSIE S. BELLOW'S 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

@ALLEGHENIESUCP  
 @ALLEGHENIESUNITEDCEREBRALPALSY  
 @ALLEGHENIESUCP

Hours: Monday - Thursday 8am to 4pm and Friday 9am to 4pm  
248 Main Street, Suite 100, Johnstown, PA 15901 • Website: [www.gocareerlink.org](http://www.gocareerlink.org)  
Phone: 814.534.2500 • Fax: 814.534.2512 • TTY: 814.534.2511

Monday	Tuesday	Wednesday	Thursday	Friday
If you are interested in Adult Education Classes call Kevin Fleck at 814.536.3536 today to get started!		<b>1</b> Closed for New Year's Day	<b>2</b> <i>Library</i> 10am Northstar Digital Assessment <i>Ebensburg</i> 1pm Northstar Digital Assessment	<b>3</b> 
<b>6</b> 	<b>7</b> <i>Library</i> 8:30am – 2:30pm Ask the UC Rep 1pm Interviewing <i>Ebensburg</i> 1pm Employer Expectations	<b>8</b> <i>Moxham</i> 1pm Northstar Digital Assessment	<b>9</b> <i>Library</i> 9am Enhancing Your Digital Literacy 10am Northstar Digital Assessment <i>Northern Cambria</i> <i>Library</i> 1pm Information Session	<b>10</b> <i>Library</i> 1pm Resume 2pm Applications
<b>13</b>	<b>14</b> <i>Library</i> 9am Civil Service 8:30am – 2:30pm Ask the UC Rep <i>Ebensburg</i> 1pm Civil Service	<b>15</b>	<b>16</b> <i>Library</i> 9am Basic Computer 10am Northstar Digital Assessment	<b>17</b> <i>Library</i> 1pm Employer Expectations
<b>20</b> Closed for Martin Luther King, Jr. Day	<b>21</b> <i>Library</i> 8:30am – 2:30pm Ask the UC Rep <i>Ebensburg</i> 1:00pm Interviewing	<b>22</b>	<b>23</b> <i>Library</i> 9am Enhancing Your Digital Literacy 10am Northstar Digital Assessment <i>Northern Cambria</i> <i>Library</i> 1pm Information Session	<b>24</b>
<b>27</b>	<b>28</b> <i>Library</i> 9am Mature Worker 8:30am – 2:30pm Ask the UC Rep	<b>29</b> 	<b>30</b> <i>Library</i> 9am Basic Computer 10am Northstar Digital Assessment	<b>31</b> <i>Library</i> 11am Social Media Awareness

Auxiliary aids and services are available upon request to individuals with disabilities.

Equal opportunity Employer/Program.

**Pre-registration is required for workshops. Please sign up by 4:00 pm the day prior to the event.**

**AFFILIATE SITES**

MOXHAM • 540 Central Avenue (Goodwill of the Southern Alleghenies) • Johnstown, PA 15902

•Monday to Thursday 9:00am – 3:00pm 814.536.3536 ext. 323

EBENSBURG • 300 Prave Street • (Young People's Community Center-YPCC) Ebensburg, PA 15931

•Monday to Thursday 9:00am – 3:00pm 814.419.8646



**Follow us on Twitter**  
**@CareerLinkCam**



**Find us on**  
**Facebook**

<https://www.facebook.com/pacareerlinkcambriacounty>

If you would like to have your résumé critiqued, please drop it off at our office and we will return it to you, with our suggestions, within a week. Need to write a resume? Stop in and pick up a Résumé Writing Packet or attend our monthly Résumé workshop, once you have a resume completed, submit it for review.

## Workshop Descriptions

### **Social Media Awareness**

- Enhance the professionalism of your social media outlets
- Gain insight on what employers are looking for
- Discover how social media can enhance your job search

### **Interviewing**

Learn tips for having a successful interview such as:

- How to prepare
- Proper attire for the interview
- What to do during the interview
- What to do following the interview

### **Basic Computer**

#### **Word**

Open a new or existing document  
 Save document, being intentional about name and location  
 Format text: size, color and font type  
 Cut, copy and paste  
 Undo previous action  
 Close a document

#### **Excel**

Open and close a workbook  
 Identify parts of Excel screen, ribbon, formula bar, active cell, name box, column letter, row number, Quick Access Toolbar  
 Locate a specific cell  
 Adjust row and column size  
 Select a range

### **Northstar Digital Assessment**

You can receive a Northstar Digital Literacy Certificate for each one of the exams that you pass. Schedule today! Some of the Certifications you may receive include Basic Computer Skills, Microsoft Word, Using Email and many others.

### **Résumés**

Receive a brief overview of the two most commonly used résumé styles, chronological and functional with samples of each. A career planner will walk you through the parts of a résumé. Cover letters, references and thank you notes will also be discussed briefly and examples of each will be available for review. This is an excellent introductory workshop for first time job seekers, those looking to update their résumé after several years in the same field or those hoping to gain insight on the latest trends regarding résumé formatting and writing.

### **Employer Expectations**

- What employers are looking for
- How to retain your employment
- How to get ahead and move up in the Job

### **PA Civil Service**

If you are interested in a career with state or county government and don't know where to start, this workshop is for you! Join us as we learn about the Civil Service Commission. We will review the website ([employment.pa.gov](http://employment.pa.gov)) and the registration process step-by-step. You'll be given information about how the process works, how to apply, scheduling exams and test-taking advice.

### **Applications**

- Tips on Filling Out Paper and Online Applications
- Do's and Don't's
- Job Search Tips

### **Enhancing Your Digital Literacy**

An individualized workshop that offers assistance with any of the questions you may have regarding the preparation of the Northstar Digital Assessment.

### **Mature Worker Workshop**

Addressing/discussing common concerns facing today's mature worker and how to work through those concerns to your benefit.

# PUTT FOR PURPOSE



## MINI GOLF TOURNAMENT

Proudly organized by:



5pm Registration  
6pm Shotgun Start

## Friday, March 27, 2020

### ALLEGHENIES UNLIMITED CARE PROVIDERS

Indoor Community Room | 119 Jari Drive, Johnstown, PA 15904

### TICKETS

- \$25 Party Crasher
- \$45 Individual Golfer
- \$175 Foursome

*Putters & golf balls will be supplied!*

*100% of proceeds benefit the ABILITY WORKS PROGRAM which provides accessible educational, recreational, & social activities for individuals with varying abilities!*

### SPONSORSHIPS

- \$1,000 Tournament Sponsor *w/ one Foursome*
- \$500 Club Sponsor *w/ one Foursome*
- \$150 Hole Sponsor

**THANK YOU TO OUR EVENT SPONSOR FOR THEIR INCREDIBLE SUPPORT FOUR YEARS IN A ROW!**



**1ST SUMMIT BANK**

**TONS OF FOOD | DRINKS | MUSIC | PRIZES | GAMES | 18 MINI-GOLF HOLES | 21+ ONLY**

**For registration, please see back of form | Registration due by MAR 6, 2020**



# REGISTRATION FORM

Ticket Type or Sponsorship: \_\_\_\_\_ Amount: \_\_\_\_\_

Organization: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please make check payable to ALLEGHENIES UNLIMITED CARE PROVIDERS  
Please fax the completed form to 814-262-9650 or mail with payment to:  
ALLEGHENIES UNLIMITED CARE PROVIDERS, 119 JARI DRIVE, JOHNSTOWN, PA 15904  
Unlimited Care is a 501(c)3 charitable organization and contributions are tax deductible  
to the fullest extent allowed by law (Federal ID # 25-1100699).

**EVENT LIMITED TO 36 TEAMS | RSVP BY MARCH 6, 2020 | LIST GOLFERS BELOW**

Team Name (Be Creative!): \_\_\_\_\_

Member Names: 1.) \_\_\_\_\_ 2.) \_\_\_\_\_

3.) \_\_\_\_\_ 4.) \_\_\_\_\_

Questions can be directed to Tasha at 814-262-9600 x1552 or to [Give@alucp.org](mailto:Give@alucp.org)

## THANK YOU FOR PUTTING FOR A PURPOSE!



Helping people live independently every day with quality care



# VETERANS LEADERSHIP PROGRAM

SERVING VETERANS SINCE 1982

## HAVE YOU SERVED IN THE MILITARY?

*Veterans Leadership Program is one of the largest providers of housing, employment, and supportive services for Veterans and their families and serves over 20 counties in Western and Central Pennsylvania.*



### WHAT SERVICES ARE AVAILABLE?

- Housing and rental assistance
- Employment, education, and training services
- Federal, state, and VA benefits assistance
- Emergency financial assistance and financial literacy
- Women Veterans support groups
- Wellness events and programs

**CALL OR VISIT US TODAY!**

**727 GOUCHER STREET JOHNSTOWN, PA 15090**  
**VETERANSLEADERSHIPPROGRAM.ORG (814) 255-7209**





# VETERANS LEADERSHIP PROGRAM

SERVING VETERANS SINCE 1982

## VETERANS LEADERSHIP PROGRAM EMPOWERS VETERANS TO NAVIGATE THE TRANSITIONS OF LIFE.

Over the past 37 years, VLP has grown to be one of the largest service providers for Veterans and their families. We are proud to annually serve almost 3,500 Veterans and their families throughout our 16 Programs.

*Our service delivery area covers 20 counties including: Allegheny, Armstrong, Beaver, Bedford, Blair, Butler, Cambria, Centre, Clarion, Clearfield, Fayette, Fulton, Greene, Huntington, Indiana, Lawrence, Mercer, Somerset, Washington and Westmoreland*

### HOUSING ASSISTANCE

Our comprehensive housing programs provide vital assistance to Veterans experiencing homelessness or risk of homelessness with finding, securing and keeping a safe and affordable residence through personalized placement plans, rentals assistance, and intensive case management.

### EMPLOYMENT SERVICES

VLP works with over 250 of the area's best employers to provide employment assistance to Veterans experiencing unemployment with a broad skills assessment, job search plans, career objectives and a full translation of military skills to best convey applicable experiences.

### SUPPORTIVE SERVICES

Supportive Services include free federal tax preparation, financial education, utility assistance, public benefits, transportation, Veterans Court representation, wellness programs, support groups, and connections to networks which work to ensure a speedy return to sustainability and self-sufficiency.

We serve ALL Veterans regardless of branch, rank, years of service, Veterans Administration (VA) eligibility, or discharge status.

VETERANSLEADERSHIPPROGRAM.ORG (814) 255-7209  
2727 GOUCHER STREET JOHNSTOWN, PA 15090

## SIGNATURE EVENTS

### A TRIBUTE TO VETERANS

*May 29, 2020 - Rivers Casino*

For the past 29 years, our Tribute to Veterans has brought together honorable Veterans, well-known business leaders and dedicated supporters of the Veteran community.

Annually, over 600 people gather to celebrate the great achievements of local Veterans and to remember the brave men and women we have lost during their time of service.

### 335 MILES FOR VETERANS

*June 30- July 4, 2020 - Pittsburgh to DC*

Over the extended Fourth of July weekend Veterans and supporters annually bicycle 335 miles from Pittsburgh to Washington, DC to honor and support local Veterans.

### THE CRUCIBLE HIKE

*September 2020 - Laurel Highlands*

Every September, VLP holds a 3 day 70.5 mile hike along the Pennsylvania Laurel Highlands Trail. This extreme journey through some of Pennsylvania's most spectacular scenery is a journey of determination and personal triumph while honoring and supporting local Veterans.

### STAND DOWN PITTSBURGH

*Fall 2020 - Veterans Leadership Program*

Stand Down is a day-long service fair for homeless Veterans. Each year, we provide breakfast, lunch, over 60 service providers, entertainment, barbers, showers, medical assistance, clothing, and supplies.

### VETERANS DAY BREAKFAST

*November 11, 2020 - Duquesne University*

Considered to be the largest Veterans Day breakfast in the state of Pennsylvania, we annually bring together nearly 700 guests and Veterans to honor those who have served.

## LOCATIONS

### PITTSBURGH

2934 Smallman Street  
Pittsburgh, PA 15201  
(412) 481-8200

### JOHNSTOWN

727 Goucher Street  
Johnstown, PA 15090  
(814) 255-7209

MONDAY - FRIDAY 8:30AM-4:30PM

### FIND US ON SOCIAL MEDIA!

Facebook: @VeteransLeadershipProgram

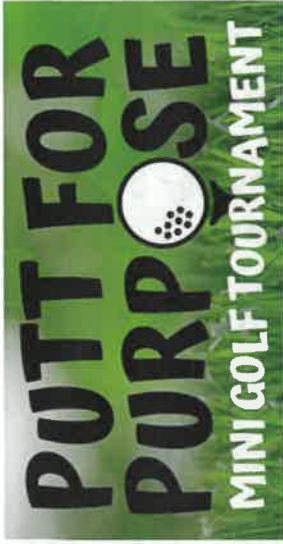
Twitter: @VLPWPA

Instagram: @VeteransLeadershipProgram

LinkedIn: Veterans Leadership Program



VETERANSLEADERSHIPPROGRAM.ORG (814) 255-7209  
727 GOUCHER STREET JOHNSTOWN, PA 15090



## SPONSORSHIP PACKAGES

### Tournament Sponsor | \$1,000

- Listing in program
- Logo on event sites
- Announcement at event
- 1 team of 4 (register on back of form)
- 1 hole sign (with sponsor logo)
- Displayed banner provided by sponsor

### Club Sponsor | \$500

- Listing in program
- Announcement at event
- 1 team of 4 (register on back of form)
- Displayed banner provided by sponsor

### Hole Sponsor | \$150

- Listing in program
- 1 hole sign (with sponsor logo)



[www.alucp.org/give](http://www.alucp.org/give)

Helping people live independently  
Every day with quality care

## SPONSORSHIP FORM

Sponsor Co.: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Daytime Phone No.: \_\_\_\_\_

I will support the Alleghenies Unlimited Care Providers PUTT FOR PURPOSE Mini-Golf Fundraiser in the following categories:  
 \_\_\_\_\_ Tournament \_\_\_\_\_ Club \_\_\_\_\_ Hole

Please register golfers on reverse side.

\_\_\_\_ Sorry, I am unable to sponsor/attend the event. Enclosed is my donation!

To secure your sponsorship and reservation, please send your check by **JANUARY 31, 2020**.

Donations/sponsorships are tax deductible.

Please make check payable to:  
**Alleghenies Unlimited Care Providers**  
 119 Jari Drive  
 Johnstown, PA 15904  
 ATTN: Putt for Purpose

A check for \$\_\_\_\_\_ is enclosed.

## DATE

FRIDAY, MARCH 27, 2020

## PLACE



Indoor Community Room  
 119 Jari Drive, Johnstown PA 15904

## TIME

5PM REGISTRATION  
 6PM SHOTGUN START

100% of proceeds benefit the ABILITY WORKS activity program which provides transportation & activities for individuals with varying abilities!

## TEAM REGISTRATION

Company Name: \_\_\_\_\_  
 Contact Person: \_\_\_\_\_

Team Member # 1: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_

Team Member # 2: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_

Team Member # 3: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_

Team Member # 4: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Putters & golf balls will be supplied.**

If you have any questions,  
 please contact us at  
 814-262-9600 Ext. 1552  
 or [give@alucp.org](mailto:give@alucp.org)

Team registrations are due by March 6th.  
**Must be 21 years of age or older to attend!**  
 SGOCC No. 19300

## "Ability Works" Activity Program

Funded solely by grants and individual donations, the activities program provides educational and social opportunities to community members of varying abilities!



Helping people live independently  
 Every day with quality care  
[www.alucp.org/give](http://www.alucp.org/give)

ALLEGHENIES UNLIMITED CARE PROVIDERS



**FRIDAY, MARCH 27, 2020**



Indoor Community Room  
 119 Jari Drive  
 Johnstown, PA 15904

**4 PLAYER TEAMS**  
**\$45 PER GOLFER**  
**\$175 PER FOURSOME**

18 Holes | Music | Food  
 Drinks | Games | 21+ Only | Prizes

**Special Thanks to our  
 Main Event Sponsor:**



**1ST SUMMIT BANK**

**January 14, 2020**

**5:00 – 7:00 p.m.**

Join us for Pizza and celebrating the life of Martin Luther King, Jr. through a Service Project with PMSC, AmeriCorps.

We will be at Behavioral Health of Cambria County – 110 Franklin St #300, Johnstown Pa 15901

**MY LIFE  
CAMBRIA**



**Let us know you are planning to attend and we will count you in for pizza! 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!**



For more information and to RSVP, contact:  
Heidi Niebauer at 814-961-0687 / [NiebauerH@MagellanHealth.com](mailto:NiebauerH@MagellanHealth.com)  
Kate Porter at 814-619-4505 / [kate.porter@drugcoalition.org](mailto:kate.porter@drugcoalition.org)  
[www.Facebook.com/MYLIFEyouth](http://www.Facebook.com/MYLIFEyouth)

**Magellan**  
HEALTHCARE SM

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
5	6 <b>LGBTQQIA</b> Adolescent Support Group (12-19) @Victim Services (Contact Stephanie)	7	8 Art Cart @ Library 4-5p 1st Floor (Contact Joyce)	9	10 Midnight Basketball Must have permission slip Free for GJSD— All else \$2 9-12th grade 9-11:30pm @ YMCA Call Sylvia for more info	11 Twilight Basketball Must have permission slip Free for GJSD— All else \$2 6-8th grade 7-9:30pm @ YMCA Call Sylvia for more info
12	13	14 MY LIFE Johnstown 110 Franklin St, Suite 3 5-7pm (Contact Heidi)	15	16	17 Midnight Basketball Must have permission slip Free for GJSD— All else \$2 9-12th grade 9-11:30pm @ YMCA Call Sylvia for more info	18 Make, Mend, and More—Teen Sewing Workshop @ Library 11- 1p (Contact Joyce)  Also Twilight Basketball Call Sylvia for more info
19	20 <b>LGBTQQIA</b> Adolescent Support Group (12-19) @Victim Services (Contact Stephanie)	21 Open Mic Night @ Library 6-7:45p (Contact Joyce)	22 Because I'm Worth It—Pampering Day for Girls! Ages 8-23 @YWCA at 5pm (Contact Sylvia)	23	24 Midnight Basketball Must have permission slip Free for GJSD— All else \$2 9-12th grade 9-11:30pm @ YMCA Call Sylvia for more info	25 Twilight Basketball Must have permission slip Free for GJSD— All else \$2 6-8th grade 7-9:30pm @ YMCA Call Sylvia for more info

**We have the best youth partners! Please contact us for more info!**

**Magellan Health**  
Heidi Niebauer  
(814) 961-0687  
niebauerh@magellanhealth.com

**Hope 4 Johnstown (H4J)**  
Sylvia Carr  
(814) 525-5632  
elect5228@hotmail.com

**Cambria County Library System**  
Joyce Homan  
(814) 536-5131 x212  
homanj@cclsys.org

**Victim Services**  
Stephanie Rex  
(814) 288-4961  
srex@cambriasomersetsvs.org