



SourceAmerica



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

JULY – SEPTEMBER 2016



SUMMERTIME FUN WITH NUVISIONS!

The day was beautiful and the company was fantastic!

June 30th Nuvisions headed out to Greenwood Furnace State Park; our speaker for that life skills meeting was Mr. Paul Fagley-Park Ranger and local historian. He spoke to our group about days when the furnace was up and running; he showed several



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Free Matter for the Blind
P.L.R. SEC. 138

artifacts, such as the charcoal, which was made by the workers of the furnace in those days. He described how much wood would have been used and eventually the end of village life in that small mountain community.

Kay Groff shared a portion of a story she is currently reading about a loyal Border collie named Less. We also had a short trivia game about the agency, Mike Rupert was the victor in that activity. We had a Theme this year asking everyone to wear a hat to describe whether they were a “country mouse or a city mouse.” It became just a fun time to wear great hats. We also had a visit from Juniata Valley Chamber of Commerce representative Jenny Landis, who is instrumental in making the plans for Goose day each

A Boy and His Dad

Edgar A. Guest (from *When Day Is Done*, 1921)

A boy and his dad on a fishing-trip—
There is a glorious fellowship!
Father and son and the open sky
And the white clouds lazily drifting by
And the laughing stream as it runs along
With the clicking reel like a martial song,
And the father teaching the youngster gay
How to land a fish in the sportsman’s way.



I fancy I hear them talking there
In an open boat, and the speech is fair;
And the boy is learning the ways of men
From the finest man in his youthful ken.
Kings, to the youngster, cannot compare
With the gentle father who’s with him there.
And the greatest mind of the human race
Not for one minute could take his place.

Which is happier, man or boy?
The soul of the father is steeped in joy,
For he’s finding out, to his heart’s delight,
That his son is fit for the future fight.
He is learning the glorious depths of him,
And the thoughts he thinks and his every whim,
And he shall discover, when night comes on,
How close he has grown to his little son.

A boy and his dad on a fishing-trip—
Oh, I envy them, as I see them there
Under the sky in the open air,
For out of the old, old long-ago
Come the summer days that I used to know,
When I learned life’s truths from my father’s lips
As I shared the joy of his fishing-trips—
Builders of life’s companionship!

FROM KATYE'S DESK:

The Lazy Days of Summer are upon us!

Treasure the perfect days we have this summer... go for a walk, no matter how short, no matter how slowly you go... and enjoy the outdoors. Find a buddy and go early in the morning before the sun is too hot, or in the evening when the day starts to cool a bit. Listen to the birds and bugs. Stroll into the Visitors Center of the Juniata Valley Chamber of Commerce and ask about the “bomb” project. Get some yarn to knit for the big Goose Day “bombing” of the Mifflin County Library. Don’t know how to knit? They will teach you!!!! See the picnic article for more on this or call the office and we will fill you in.

Do you ever say, “Boy, if only there was a *“what-cha-ma-call-it”* or a *“thing-a-ma-jig”* to use this job would be much easier to do!” Well, here is your chance to be heard. The American Printing House for the Blind (APH) is seeking ideas for products to develop that will make your life easier in the areas of daily living skills, adult needs and orientation and mobility. To share your ideas, call Colette or Kate and we will put you in contact with the right person to help you submit your ideas.



year in Mifflin County. She came to share about this years’ promotional activity in which they are asking residents to knit a block of cloth; these will be used to “bomb” the library. “It may look silly” Landis admits, but it will be fun and draw lots of attention to our fun day.

It was a wonderful day; the weather couldn’t have been better.

We missed all of you who were not able to attend, we hope to catch you next time. I’ve included pictures from our day for you to enjoy.



LORMA MOIST TURNS 100 YEARS YOUNG!

On June 22 Katye and I went to see one of our dear customers Lorma Moist; as she was turning a 100 years old! We definitely wanted to honor her on her special day! We surprised her with flowers and a balloon. You are never too old for a balloon! Lorma was happily surprised and was so appreciative.



Happy birthday Lorma!!!

DIABETIC SUPPORT GROUP MEETINGS FOR 2016



August 11 –STRESS-
Chris Matthews

September 8-

CHECKING
INSULIN W/LOW-
VISION- Colette

October 13 -Heart
disease –Kimbra Fisher

**NOV-DECEMBER – NO
MEETING**

**WE MEET ON THE 2ND THURSDAY OF
EVERY MONTH! CHECK US OUT!**

BIRTHDAYS!

JULY:

Kay Groff	7/2
Evelyn Yanky	7/18
David Delancy	7/20
Irene Reagan	7/31

AUGUST:

Betty Marker	8/7
Archie Stimely	8/12
Miriam Peachey	8/26



SEPTEMBER:

John Zeigler	9/4
Ruth Sunderland	9/12
MaryAnn Van Gordon	9/12
Peter Roth	9/21
David Scott	9/24
Rita Hoover	9/25
Elsie Laub	9/30



Most of the gang in our hats-what a crew!

We had the pleasure of having Judy help us out with driving! It was nice to see her again.



AN AMAZING LITTLE GIRL

In April our life skills speaker was Dr. Beamer from Greater Eye Associates. As we confirmed our date he asked if he could bring one of his young customers who does a really good job of explaining her low vision and how she copes. I thought that was a wonderful idea and were we right! Little Savannah Bartell came to talk about her vision impairment. She talked about how she has read braille since she was 4 years old, how she gets around with her white cane and functions over all in her regular public school. She was a wonderful encouragement to all who attended; she was just adorable and not afraid to speak to a room full of adults. Three cheers for Savannah! There is no doubt in our minds she will grow up to be an amazing lady.

LIFE SKILLS MEETINGS FOR 2016

July 28 Vanda Pharmaceuticals
treatment of Non-24 in
totally blind adults

August 25 CPR information

September 29 Mid-Penn Legal

October 20 **DATE**
CHANGE!!!!TDDP
Phone Program

November NO MEETING

December 15 Customer Dinner

**Vanda Pharmaceuticals will once
again be our speakers for dinner**

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Speaker - Ranger Paul Fagely



Kay Groff shows Savannah her talking watch



Group listens as Ranger Fagely describes life at the furnace.



Mike Rupert, Laural Murphey and Kay Groff with Savannah

Dr. Beamer questions Savannah about how she copes with various day-to-day tasks with her vision impairment



Summer Grilled Chicken Salad

30 minutes serves 4

French bread is nice with this dish

4 chicken thighs, skinless

1 ½ tsp seasoned salt for grilling (optional)

2 ears corn on the cob, fresh with husk (frozen or canned may be used)

1 10 oz package frozen lima beans, cooked

1 small red bell pepper, diced

1 16 oz can black beans, rinsed

1 Tbsp cilantro, chopped

¼ cup Italian low fat salad dressing



Jeff the GRILL-MAN Yetter!

He whipped us up some good vitals!

**REMEMBER - NUVISIONS WILL BE CLOSED
ON SEPTEMBER 5TH FOR THE LABOR DAY
HOLIDAY.**

John Wert



Harley Defayette



Listening as Mr. Paul Fagley tells the story of Greenwood furnace.

Kay Groff



- 1. Start grill. Sprinkle the seasoned salt (optional) over the chicken thighs and grill them until done over med. High heat, about 10-15 minutes or until juices run clear.**
- 2. Remove the chicken from the grill and allow to cool, then remove the meat from the bone and dice into large pieces.**
- 3. While the chicken is cooling, place the fresh corn on the cob still in the husk on the grill for 15 to 20 minute. REMOVE THE CORN KERNELS FROM THE COB.**
- 4. Combine diced chicken, corn kernels and remaining ingredients. Toss with dressing and coat well.**



Gonzalezs' looking smart!

Jenny Landis explains to the group about this year's Goose Day activity



Some of the ladies and gent looking fantastic in their hats. Rita Hoover, Kay Groff, Sarah Dittsworth, Terri Flowers, Harley Defayette and Thelma Vaughn.



**Katye looks like she may be breaking out in song!
Also pictured: Evelyn Yanky, John Zeigler, John Wert, Jeff Yetter.**

Joe Arborgast Looking great!

