



United Way
of Mifflin-Juniata



SourceAmerica



658 Valley St.
Lewistown, PA 17044

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





- meeting needs of special populations
658 Valley Street – Lewistown, PA 17044
717-248-1111 877-741-7411

July - September 2020

the NuVisions Updater

The New Normal

We have heard the phrase: the new normal repeatedly and perhaps, you like we have wondered exactly what that means. For instance: Will it mean no more shaking hands with the people we meet? Will it mean no more hugs with good friends at reunions and church? Will your friends and family's jobs change? Will there be a move toward more working from home or more doctors' **appointments** on the telephone or on line? Will you like that? Will we have to wear these awful masks forever? Will we ever breathe normally in public? Will the grocery stores continue to keep those confusing arrows on the floor and cashiers behind a Plexiglas protector?

Unfortunately, we can ask the questions, but cannot give you the answers. The truth is we just do not know. Just like the rest of the world, we are figuring it out as we go.

We, here at NuVisions Center are following the CDC guidelines for a safe work environment, we are working to keep our consumer's and employees safe: We are wiping down surfaces for our safety, home visits are almost nil and driving people to medical appointments is at a minimum, Many of our group meetings are cancelled.

Overall, there have been some disappointments and setbacks; on the positive side: no one in the office is sick; we have not been informed that any of our clients are sick or our employees! THAT is good news!

How long will this life interruption go on? We cannot tell you, but we are here, we will adapt, we will assist you and like everyone else will find our **new normal**. You're doing great!

Normal or not

—Colette Hartzler, caseworker

There Is Another Sky

by Emily Dickinson

There is another sky,
Ever serene and fair,
And there is another sunshine,
Though it be darkness there;
Never mind faded forests, Austin,
Never mind silent fields -
Here is a little forest,
Whose leaf is ever green;
Here is a brighter garden,
Where not a frost has been;
In its unfading flowers
I hear the bright bee hum:
Prithee, my brother,
Into my garden come!



NUVISIONS CENTER-DATES TO REMEMBER:

Office closed on:

Friday, July 3

Independence Day

Monday, September 7

Labor Day



DON'T FORGET TO LOOK FOR US
ON FACEBOOK!



NUVISIONS CENTER
@2020EYESWIDEOPEN



NuVisions Center
Annual Picnic

June 18, 2020

IS

CANCELLED.

We are disappointed to inform you, in light of the PA State restrictions, we have decided to cancel the annual picnic for this year.

Stay well, Stay safe!

Hopefully we will be able to see you all for our holiday dinner in December.

WE ARE GOING TO TRY A CONFERENCE CALL!!!

**ON JUNE 18TH THE DAY THE PICNIC WAS SUPPOSED TO HAPPEN,
WE WILL TRY TO MEET UP VIA TELEPHONE. 😊**

CALL IN AT 1:00 P.M. ON JUNE 18TH

CALL 515-604-9572

ACCESS CODE # 458507

**IT WILL BE A TIME WE CAN TOUCH BASE AND SEE WHAT IS
HAPPENING WITH EVERYONE.**

***MEETING SUBJECT TO CHANGE DUE TO COVID-19
REGULATIONS.***

Life skills meetings :

Sept. 24: TBA

**Dec. 9 Holiday dinner-LIFE
Program**

Diabetic Support groups:

Aug. 13

Fresh Food
Farmacy

Nov. 12

Pat Wolfe,
Geisinger Diabetic Educator



How Have YOU been Coping?

Reprinted from PAB –parts of an ABC news article

Clark Rachfal, director of advocacy and governmental affairs for the American Council for the Blind, said one of the biggest risks for the blind community during the outbreak is COVID-19 itself. The biggest causes of blindness are complications from ailments such as diabetes and cancer, and those people are at high risk for contracting the disease, according to Rachfal, who is visually impaired. "Blindness also affects more elderly people as well, and they too are more susceptible," he told ABC News.

Rachfal added that the outbreak would have detrimental mental health consequences for blind persons who are elderly and live alone. Some of them do not have access to new technologies, like delivery apps, and have limited in-person contact with their friends and family, according to Rachfal.

He said the best thing that people can do to help those vulnerable blind persons is to reach out and ask if they need any assistance. "People can help with a phone call or even help deliver goods to their homes," he said. "You can leave it at their doorstep. You don't need to be in close contact with them."

BIRTHDAYS!

JULY:

Kay Groff	2
Tracy Miller	8
Evelyn Yanky	18
David Delancy	20
Steven Kemp	25



AUGUST:

Jean Eckley	6
Joan Lyter	7
Laural Murphy	25
Miriam Peachey	26



September:

Wayne Peachey	1
Edwin Blair	5
MaryAnn Van Gordon	12
Peter Roth	21
Peggy Thomas	22
Donald Scott	24
Rita Hoover	25





APPLE PIE!

CRUST

- **3 cups all-purpose flour**
- **1 tsp salt**
- **3/4 cup vegetable oil**
- **1/3 cup milk (any kind, dairy or non-dairy works)**

FILLING

- **8 cups sliced apples (about 6 large apples)**
- **1/2 cup packed brown sugar**
- **1/4 cup all-purpose flour**
- **1 tsp ground cinnamon**

INSTRUCTIONS

1. **Preheat oven to 425F and start by preparing the crust.**
2. **Sift the flour twice, then whisk in the salt and create a little well.**
3. **Pour in the oil, then milk and stir everything together.**
4. **Once the dough starts to form, finish working it by gently kneading it on a sheet of wax paper. Dampen the work area with a wet cloth or paper towel to prevent the wax paper from slipping.**
5. **Divide into two parts. Roll each part out in between 2 sheets of wax paper to about 11" in diameter.**

6. Place one piece into a 9" pie plate by placing your hand underneath the wax paper and quickly flip the crust over and onto your pie plate. Fit it in with the wax paper, then carefully remove the wax paper and fix any cracks or tears by pinching and sealing the dough.
7. Toss the apples, brown sugar, cinnamon, and flour together. Spoon the apple mixture into the pie plate, packing in the apples the best you can.
8. Place the second pie crust on top. Remove the wax paper. Seal and crimp the edges. Cut a few slits for ventilation.
9. Bake at 425F for 15 minutes, then reduce oven temperature to 375F and bake for another 30 minutes or until crust is golden brown and filling starts to bubble. Cover the edges with foil if it starts to brown too quickly.
10. Let cool for 2 hours before serving.
11. Serve with a scoop of vanilla ice cream or a dollop of whipped cream if desired.

NOTES

Best apples for apple pie – Make sure you choose a firm variety so that it will hold its shape when cooked. Then choose a mix of sweet and tart for the best flavor profile. Here are some choices:

Sweet – Royal Gala, Ambrosia, Honey Crisp, and Golden Delicious

Tart – Ida red, Red Prince, Jon gold, and Mutsu (aka Crispin)

Working with this pie crust – The texture of this pastry dough is different from most other pie crusts in that it's a bit fragile and crumbly. However, that delicate texture is what makes this pie crust so tender and flaky, so it's well worth it. When handling this pie crust, it might crack or break, but not to worry just pinch and seal and patch it up as if you're playing with Playdoh. This pie crust is very forgiving and easy to work with in that sense.

2020 OUR 75TH ANNIVERSARY!



PA Senator Corman sent
A communitive proclamation!

The Mifflin County Commissioners
made a proclamation for NuVisions

Center
and

The Daily News in Huntingdon
wrote a great article to
commemorate our milestone!





Breathing A Little Easier

As soon as the shut downs began, we started to look at producing face masks. Andy Goodling our sewing department supervisor, started to look at how to make and produce these masks.

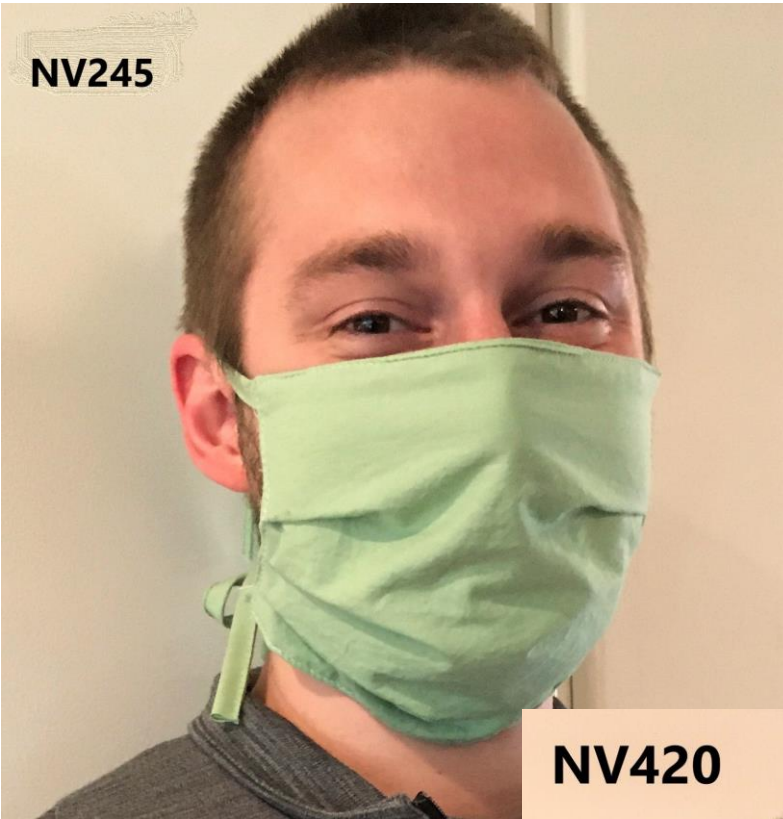


Very quickly we were able to get this product implemented into something that we could make. Thankfully, we have had many orders come in for our masks.

They are made of 100% cotton, the material is American made. We sell them in units of 12 for \$60.00 which is just \$5.00 each. We have three types of masks to sell; 2 types have elastic behind the ears and one is a tie back.

One thing we've heard some people do because they are not able to use a whole unit of 12 is split them with someone else to share cost and masks. I am sure by this time you have your masks, but if you need to purchase more, let us know. We don't know how long this requirement will be in place, but if anyone needs masks, we've got you covered!

NV245



NV420



NV250





ALMOST EVERYONE ONE GOT IN ON THE FUN!

**DAVE RITTER THE INSTALLATION SUPERVISOR,
TRACY GREY FROM INSTALLATION, OF COURSE
ANDY GOODLING OUR SEWING SUPERVISOR AND
KELLY OUR REGULAR SEAMSTRESS, EVEN
LORI STUMPF OUR RECEPTIONIST!**