

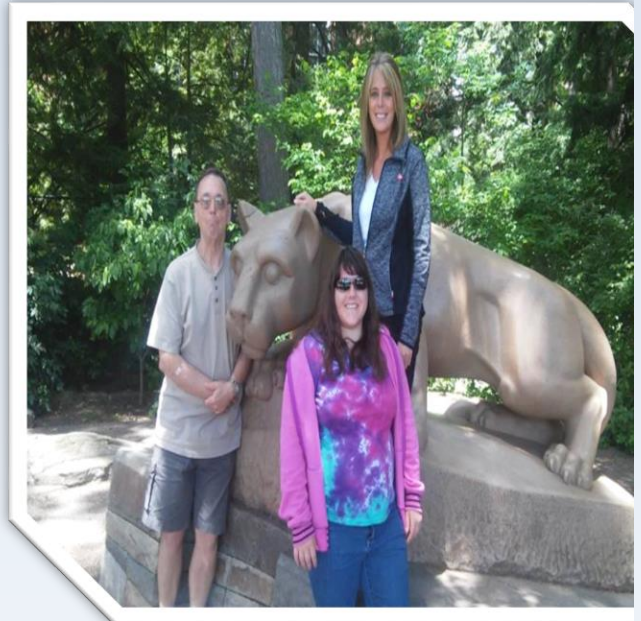


July 2016 Newsletter

In June, our Bellefonte Campus opened its doors and started providing day services to adult individuals with intellectual disabilities! Our day program is community based and focuses on developing life skills and pre-vocational skills through volunteering in the community and participating in recreational activities. In the month of June our Bellefonte campus VIPs have visited Millbrook Marsh Nature Center, Tallyrand Park, the Centre County Library, the Arboretum, Orchard Park, the State College farmers market, the State Theatre, Tussey View Park, Black Moshannon State Park, Holmes-Foster Park, Sunset Park, Circleville Park, exercised at the YMCA, had a guided tour of Wegmans with employees explaining their job duties, did a CATA bus tour with stops at Nittany Mall, Schlow Library, the Creamery, and the Nittany Lion Shrine, and went bowling. Our VIPs have given back to their local communities by volunteering at the Faith Center, Restore, Hands on Therapeutic Riding, Mill Brook Marsh Nature Center, the YMCA, and delivering Meals on Wheels.

The day program is all-inclusive, meaning that all activities offered are included at no additional cost to participants! Additionally, C.A.R.E.S. of Central Pa offers transportation to and from our day program, provided by our day program staff!

We are currently accepting referrals! **Please contact Monica Miller, Regional Director at 570-225-5514 to schedule a tour.**



Our day program recently went on a CATA bus tour with stops at the Nittany Mall, Schlow Library, the Creamery, and Nittany Lion Shrine. Our VIPs learned how to use the CATA bus system to go to desired locations around town and were able to get library cards at Schlow library.



Expressions of our Gratitude

C.A.R.E.S. of Central Pa would like to thank Wegman's located in State College for giving us a guided tour of the store. We are a prevocational program and this tour truly helped our VIPs to understand the work duties required for each department. We would also like to thank the Faith Center for having us for a pot luck Hawaiian Luau party and the YMCA for being so welcoming and letting our VIPs exercise!

Our VIPs Develop Cooking and Baking Skills

Meal planning, cooking and baking are important life skills and we assist our VIPs in becoming more independent with these skills. Each week, our VIPs plan a meal, shop for the ingredients and then prepare and enjoy the meal together on Friday afternoons. Since we focused on the Italian culture this month our VIPs made whole wheat pizza topped with spinach and mushrooms, whole wheat spaghetti with meat sauce, an Italian tortellini salad and antipasti salad. All made from scratch by our VIPs!

Culture Diversity Training

C.A.R.E.S. of Central Pa recognizes the importance of learning about other cultures and dedicates each month to a chosen culture VIPs want to learn about. This month we focused on the Italian culture by learning our numbers and colors in Italian, the history of the Palazzo Vecchio located in Florence which serving as town hall there, and the tradition of throwing a stone into the Trevi Fountain because it is said that whoever will throw a stone in Fontana De Trevi will come to Rome one more time.



Bowling is a favorite recreational activity for several of our VIPs. Since we provide services in small ratios, we can make bowling a weekly activity for those that love it and a monthly activity for those that would rather try something new! Each day VIPs take part in choosing activities they are interested in.

