

Since
1960

SKILLS

News & Views

Opportunity...Choice...Support...Recovery

SPRING 2010

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The Willowbank Café

A fantastic idea put into action

With the support of the Centre County Commissioners and the wellness committee for the county employees, Skills was able to open a café in the Willowbank Building in Bellefonte. With the opening of the Café, Skills was able to hire two members from Opportunity Centre Clubhouse as permanent team members. A third position is for Transitional Employment Placement (TEP). This TEP program gives individuals the opportunity to tryout this type of work and receive training in a safe and nonthreatening environment before becoming employed competitively. The

individuals learn about sanitation, hand washing, food prep, food presentation, and customer service.



"Here is your order and have a nice lunch."

The café offers healthy menu selections including a variety of salads and soups as well as fruit cups and yogurt.

This endeavor would not have been possible without the equipment donation from Sheetz Incorporated and the help of U.S. Foods. Sheetz donated equipment such as industrial freezers, refrigerators, a three compartment sink, soup warmers, and cabinets with counter top. U.S. Foods provided free training for staff on portioning and food preparation and presentation. Thanks to everyone who helped Skills with this endeavor.



May is Mental Health Awareness

Cambria County's 8th Annual Candlelight Vigil

May 19, 2010
6:00 p.m.

Cambria County Courthouse, Ebensburg

Please join the Northern Cambria Drop-In Center on the steps of the Cambria County courthouse to recognize May as Mental Health Awareness Month. Bruce Forr will provide the entertainment.

Some of this year's speakers will be Cambria County Commissioner P.J. Stevens, Edna McHutchins, CEO of Torrence State Hospital and Cindy McLaughin, CEO of Behavioral Health of Cambria County and

Wendy Stewart from NAMI.

Centre County's 5th Annual Candlelight Vigil

May 26, 2010
5:30 p.m.

Talleyrand Park, Bellefonte

Please join the Opportunity Centre Clubhouse at Talleyrand Park to recognize May as Mental Health Awareness Month!

Butterflies will be released as a symbol of "recovery." Sylvia Feldman will provide the entertainment.

Some of this year's speakers will be Carol Waltz, Centre County MH/MR Administrator; Centre

County Commissioner Rich Rogers; Pam Klinger, certified peer specialist and volunteer for the Community Support Program.

Light refreshments will be available after both vigils.

Please come out and show your support for these Skills programs!



It is Time for Spring Planting



A hand-crafted birdhouse made by John Wolfe

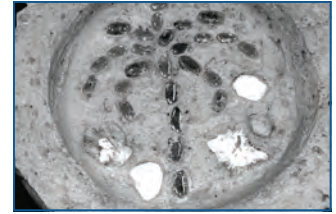
It has been a very long winter and those of us who love to garden are eager for Spring!

This year's Discovery Garden Plant Sale will be held rain or shine on Saturday, May 16, 2010 from 9 a.m. until 2 p.m. at Legion Memorial Park in Hollidaysburg, PA. Items for sale include hanging baskets, annuals, perennials, vegetables, herbs, and craft items. All proceeds benefit Skills'

Horticultural Therapy Program and Discovery Garden.

Sponsors for this event include: The Home Depot, Skills Horticultural Therapy Program, Blair County Garden Club, Thompson's Day Lilies, Fox Hill Gardens, Patchwork Farms, A & M Greenhouse, and many others.

Some specialty items such as hypertufa stepping stones, bird baths, and planters



made by the individuals served by Skills will be for sale.

Discovery Garden has a new web site: www.discoverygardenpa.com

"Become a sponsor and receive a 'Golden Ticket' from The Elks Country Club"

Skills Annual E.F. "Pat" Houser Memorial Golf Tournament

**Monday, July 12, 2010
The Elks Country Club
Boalsburg, PA
Shotgun Start 12 Noon
Scramble Format**

Join Skills on Monday, July 12, 2010, at the Elks Country Club in Boalsburg. There are many sponsorship opportunities and prizes to be won. Every golfer receives a gift. Lunch, refreshments, and dinner are included. This year the Elks Country Club is offering "A

Golden Ticket" to all sponsorships of \$750 or greater. The Golden Ticket entitles each sponsor to a free round of golf that can be used at any time during the 2010 golf season.

Plus there's a chance to win a 2010 Subaru with a 'Hole-in-one' sponsored by Stuckey Subaru in Altoona.



Thanks to sponsors who have already committed for this year's event. We appreciate your support especially in these tough economic times: Reliance Bank, Sheetz, Inc., Wessel & Company, Thompson's Pharmacy and Andrews & Beard Law Offices are to name a few.

Last year's tournament raised \$21,923 for The Skills Foundation. These funds helped purchase much needed medica-

tion that was not covered by insurance for an individual Skills serves and supplies for our greenhouse which supports Skills horticultural therapy program. Tournament proceeds have and will continue to support a weekly art therapy program held at Centre County adult training services by Artistic Horizons.

This program helps the people we serve explore their creative abilities in drama, painting, and music.

This year's goal is to exceed last year's mark, in order for The Skills Foundation to continue to provide needed services and programs to the people served by Skills.

For more information on this years tournament check out our web site at www.skillscentralpa.org or e-mail Lori at llange@skillsgroup.org.



Skills is Named One of the Top 100 Organizations in 2009



Pennsylvania Business Central has named Skills of Central Pennsylvania, Inc. one of the Top 100 Organizations of 2009

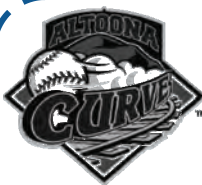
in the February 26, 2010 edition.

The publication looked for organizations that were making major contributions to the quality of life for the people

in the 16 counties they cover. They asked local Chambers of Commerce, economic development professionals and many others to nominate organiza-

tions that they believed were playing a major role in the community. They also looked for organizations that helped people find jobs and supplied workforce training. Skills was nominated anonymously. Pennsylvania Business Central had their staff research Skills and they selected Skills due to its longstanding service to the region.

“Not only is recycling good for our environment it helps provide meaningful work to the people served by Skills”



Go Green & Recycle



Skills has partnered with the Altoona Curve and the State College Spikes this year, to help keep our environment clean and promote recycling night at the ballpark. Skills will recycle your unwanted electronics for FREE!

We accept: personal computers, monitors (including Apple & iMac), keyboards, mice, cables, speakers, scanners, printers, servers, modems, DVD & VHS players, video

game systems, cell phones, fax machines, and telephones. **We do not accept:** TVs, typewriters, broken or scratched monitors, projectors, radios, and cords that have been cut.

Skills celebrated Earth Day with the **Altoona Curve** on April 22nd and collected recyclable electronics before the game.

Skills will have a collection night with the **State College**

Spikes on Going Green Night—Tuesday, July 20, 2010. Bring your old recyclable electronics/computers, receive free VIP parking and watch the State College Spikes vs. Mahoning Valley Scrappers. The Spikes will be giving away an eco-friendly cooler bag to the first 1000 people to come to the game. Look for more details on Skills web site.

www.skillsofcentralpa.org

A Message From Skills’ President

The Pennsylvania Budget for 2010-2011, has been passed by the House of Representatives and must still be debated and passed by the Senate. Eventually, the budget will be decided by both parties. There is still a 1% decrease targeted for Mental Retardation Services. Tolling of I-80, which the current administration gambled on to pro-

vide \$450 million dollars of toll revenue for PA transportation needs, is a dead issue. The State Court just ruled that Pennsylvania must pay back MCARE, a fund created to help physicians meet their malpractice insurance premiums. While this court decision will be appealed, this equates to millions of additional dollars.

You can help Skills and the people who rely on Mental Retardation funding by writing a letter to your Senator. Let him/her know how important Mental Retardation Services are to you, and the importance of *increasing* funding for individuals who need services now and in the near future.

Write to Harrisburg today!



David M. (Mike) Rice
President/CEO



Creating opportunities . . . providing support

Skills of Central Pennsylvania, Inc.

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cate copies of this newsletter, have a correction, would like someone added to our mailing list or to have your name removed from our mailing list, please call Skills Public Relation/ Development Department at (814) 238-3245 ext. 314.



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- Cresson: (814) 886-2423
- Johnstown: (814) 262-0440
- Clearfield: (814) 768-1009
- Lewistown: (717) 242-0313
- Huntingdon: (814) 643-2310
- Mifflintown: (717) 436-2101
- Hanover: (717) 630-2455
- AT: (717) 259-7120
- State College: (814) 272-0341
- AT: (814) 237-2774
- VT: (814) 234-2330
- Clinton/Lycoming: (570) 398-8738

Skills Expands Mission & Values

Skills staff and management held strategic planning meetings to plan for the next five years. Together we looked at our mission and values and expanded them to include mental health programs and person-centered thinking and planning.

Skills New Mission Statement:

Skills of Central PA, Inc. is committed to creating opportunities, providing choice and support, and promoting recovery to enhance all aspects of people's lives.

Skills Values:

1. **Empowerment:** We are committed to promoting a life of choice and independence for the people we support. We are further committed to training and to entrusting our employees to perform their jobs for the well-being of the individuals and for our organization.
2. **Quality:** We are committed to improving current processes and services and to meeting and exceeding

the expectations of the individuals we support, their families, our employees, and our customers.

3. **Integrity:** We will always conduct ourselves with the highest level of integrity.
4. **Learning:** We value learning that enhances the delivery of services, creates awareness of new possibilities, and reinforces that learning is ongoing.
5. **Partnership:** We believe in building relationships with individuals, employees, families and friends, business and industry, funding sources, public officials, and other community resources to strengthen our capacity to provide quality resources.

Skills of Central PA, Inc. is a United Way member agency:

- ◆ United Way of Laurel Highlands
- ◆ Blair County United Way
- ◆ Centre County United Way
- ◆ United Way of Huntingdon, Mifflin, and Juniata coun-

