

**“Marla is Amazing Young Woman”**

by Frank Shialabba

Spring 2005 Edition  
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**EMPLOYEES OF THE MONTH PROFILED**

By: Karen Buccelli, Mike Little, Bob Beaver, Trina Hall

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BCRC Program Specialist, Sheila Silbaugh, smiled proudly as she looked at the sheet of paper on her desk. The paper contained the weekly schedule of Marla Uhernik. Ms. Silbaugh met Ms. Uhernik approximately four years ago when she entered BCRC’s Habilitation Program. This program is designed to meet the specific needs and interests of each individual. Marla’s interests were many and her energy boundless. She embarked on a journey that would expose her to many new challenges. “This amazing young woman,” as Ms. Silbaugh describes her, embraced every new challenge with determination and enthusiasm.

Marla had been working successfully as a customer service representative at the Baden Giant Eagle. Although Marla was happy in her job, she “wanted more out of life.” Originally, Marla expressed interest in learning to “fix her hair” and do household chores. She soon graduated to a challenging schedule that would make Governor Swarzenegger gasp for breath.

Marla began her journey by volunteering to do manicures in the Beauty Shop at Villa St. Joseph. After becoming an expert manicurist, Marla furthered her resume in the beauty field by shampooing the hair of the residents at the Villa. Marla’s gentle nature was well suited to the task of interacting with the elderly residents, who had to be treated with the utmost care. Gently, she wrapped a towel around the resident’s neck as she carefully positioned them so they would stay dry during the shampoo.



Marla loves to be active and she loves to learn. With the help of Ms. Silbaugh, she can now independently schedule DART transportation, call a taxi and take a bus to Pittsburgh. BCRC Program Specialist, Kristine Deasey, often accompanies Marla as she prepares lunches at the Meals on Wheels Program. When

she’s not working or volunteering, Marla can be found attending BCRC’s Thursday night dances, seeing a movie or volunteering at Meals on Wheels.

Marla Uhernik has learned to depend on herself when she needs to write a check or use a charge card. Marla’s ideal afternoon consists of shopping, having lunch and seeing a movie. Marla can make that happen because she is “an amazing young woman” who is now an independent young woman.



**Safety Lights**



In conjunction with our ongoing commitment to providing a safe and healthy work environment, BCRC provides first aid and CPR training to all employees. Job Coach, Heather Frazzini, a certified instructor through the American Red Cross, conducts the training. The training is also open as a courtesy to those individuals hiring their own providers through the Person Family Directed Support Waiver. Our staff welcomes

these providers and enjoys sharing the day of training. Frank Shialabba, Project Director, coordinates all of BCRC’s professional training.

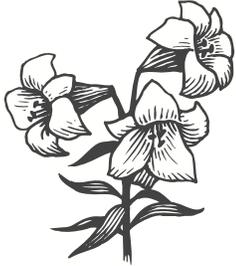


Kristina Stiteler, December’s Employee of the Month, is a genuine BCRC ambassador. According to Karen Buccelli, Program Specialist, “Kristina is very willing to go to all outside worksites. She has been to the Medical Center, The Beaver County Courthouse and Sensibility Soaps and is a very reliable worker.” After twelve years of coming to

## Record Number Attend Christmas Party

by Frank Shialabba

BCRC five days weekly, Kristina wants to continue working for BCRC. Being a great worker is what got her the award in the first place. She has some good advice for us all, "Try and stay positive."



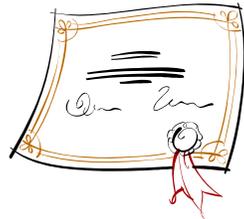
Starting off the year 2005, Jon Nace has been named Employee of the Month for January. Jon has worked for BCRC off and on for fifteen years. His Job Coach, Trina Hall remarks, "Jon is a very intelligent, hard working young man." Although Jon was surprised to be named Employee of the Month, he is proud of himself for obtaining a personal goal. More contract work at BCRC gave him an incentive to improve his attendance and also gave him something to look forward to. His future plans are to return to school and finish his final 2 semesters towards a Bachelor's Degree in Business Administration and Management. He is interested in nonprofit or hospital administration or possibly publishing. Jon also recognizes the importance of keeping a good work attitude. The philosophy Jon follows in order to stay focused on his goals is this: "I make coming to work an important part of my day and channel my efforts towards that."

Good work habits seem

The Beaver County Rehabilitation Center had the largest attendance ever at the annual Client Christmas party held December 10<sup>th</sup> at the Monaca Turners. Almost 300 people enjoyed an exciting day of delicious food and great entertainment. Director of Client Services, Kathy Davis, coordinated this year's party. She stated that we "were delighted to have more individuals attend from Aurora Rehabilitation and from the School to Work Program."



Contemporary Christian singer, David DeMarco, enthralled the audience with an array of traditional Christmas songs accompanied with humorous video clips from Christmas movies like Elf and the Muppets Christmas Carol. Clients and staff listened attentively, and at times sang along with this extremely gifted singer. Mr. Demarco and his talented keyboardist, Mason Embry, graciously donated this year's performance.



A number of BCRC clients were honored at this year's party. Niaja Griffin received the Samuel M. Lippincott Award. Niaja is a determined young woman, who has learned to do many difficult jobs at BCRC. She has good attendance and excellent personal hygiene.

Davis Huff was the recipient of the Betty J. Meador Award. Davis has improved greatly in his box making skills. He has increased his box making speed four fold. Davis has also improved his confidence and independence. He currently works at outside job sights two times a week.

Dennis Gibson was the winner of the Bill Lewis Merit Award. Dennis has begun working at a community work site. He has done extremely well. He is always on time, well groomed and ready for work. He has become independent in his ability to get to and from his work site.

The Competitive Employment Award was presented to Anita Montini. Anita has held competitive employment for six years. She has outstanding work abilities and a great work ethic. Anita is a congenial person, who receives great praise from her coworkers and her employer.

BCRC would like to congratulate this year's honorees. We would also like to thank those who so graciously contributed to the success of this year's party. As usual, our client Christmas Party would not have been possible without the wonderful sponsorship of the John A. Antoline Memorial Foundation who has faithfully sponsored the party since 1997.



## Adult Literacy-Life Skills Program Offered at BCRC

by Kathleen Ayers

BCRC and Adult Literacy of Beaver County join forces to assist BCRC clients improve life skills that require reading, such as telling time, finding a movie or simply reading the newspaper. Every Wednesday and Thursday, volunteer instructor, Mrs. Joan Wilson teaches groups of clients at BCRC's 601 workshop.

Mrs. Wilson is a retired teacher who truly enjoys coming to BCRC two days a week to teach literacy. She remarked, "I use newspapers a great deal as a

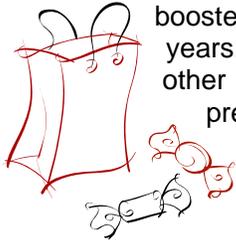
teaching tool, in addition to books. I tailor my classes to the ability of each student." Every client's progress is charted and Mrs. Wilson has a reward system to encourage them to persevere with reading.

Many clients benefit from Mrs. Wilson's classes and expertise. BCRC program specialist, Michael Little states, "Clients learn telling time, improving relationships, sight reading and reading the sports pages. BCRC clients realized that "knowledge is power."



## BCRC Clients Participate in RAK Tradition

February is traditionally Random Act of Kindness month at BCRC. The purpose of this tradition is to show kindness to one's coworkers without expecting thanks or recognition. This practice has been a great morale booster at BCRC over the years. Staff give each other small anonymous presents, bring in bake goods or do some act of kindness for one another.



For the first time this year, the BCRC clients took part in this great tradition. Members of the Power Team assembled gift bags for people like the Dart Drivers, public bus drivers, Therapist Bob Ruckert, Adult Literacy tutor Joan Wilson, Deaf Literacy tutor Bill Hallock and workers at the Courthouse, Modern Glass and The Medical Center. BCRC clients have long known that there is a great dignity derived from giving to others. As they gave these tokens of thanks, BCRC's clients showed a true sense of joy and generosity.

## March Brings Severe Weather Season

*March is time to prepare for the severe weather season in Pennsylvania. Severe weather may include floods, severe thunderstorms, tornadoes, river floods and flash floods. The National Weather Service Forecast Office at State College, PA issues the following guidelines for Tornado Safety:*

It is important to have a plan of action in the event a tornado threatens your family, and to rehearse that plan frequently. Such a plan should include what you and your family should do when at home, work, school or outdoors. The time spent planning now could determine whether or not you survive a tornado.

### Plan Ahead

First, know the county in which you live. Severe weather warnings are issued for counties, or for portions of counties. By keeping a highway roadmap nearby, you can follow storm movements, and better determine if you are threatened.

It helps to have a **NOAA Weather Radio** handy at all times. If you are planning to be outdoors for an extended period of time, keep up with the latest weather information from your local National Weather Service office.

If you see a tornado, or hear that the National Weather Service has issued a Tornado Warning for your location...

### Know Where to Go

**In a home or a building**, move to a pre-designated shelter, preferably the basement or the lowest floor of your home. Don't worry about opening your windows first - that would be a mistake, just get to the basement and get under a sturdy piece of furniture or workbench. Grab blankets to cover yourself with, which will protect you from flying debris.

If an underground shelter (basement) is not available, move to an interior room or hallway on the lowest floor and crouch down close to the floor. Again, grab extra blankets to protect yourself from flying debris. Stay away from windows - as they can shatter due to flying debris and the force of the wind.

**If caught outdoors**, lie flat in a nearby ditch or depression and cover your head with your hands and arms. However, keep an eye on the water levels in the ditch or depression, as those are the first things that fill up with the excess rainfall.

**Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned immediately** for a reinforced shelter or storm cellar. If no reinforced shelters are available, seek out a nearby ditch or depression.

Tornadoes can toss cars like leaves, and can move much faster than your car. Never try to outrun a tornado! If you are in your vehicle and see a tornado, leave it immediately. Get inside a sturdy shelter or storm cellar, or if none are available, seek a nearby ditch or depression.



## Employees (con't)

to be the common thread that runs between these three workers. Positive work attitudes keep them focused on doing a good job at all times. This is good advice for all to follow.

## Staff Attend Ordination



The ordination of Bishop Paul Bradley of the Diocese of Pittsburgh at St. Paul Cathedral in Pittsburgh on February 2<sup>nd</sup> was a very special day for BCRC. Bishop Bradley is the brother of Program Specialist, Sheila Silbaugh. There was much excitement at the agency leading up to the event as we enjoyed Sheila's enthusiasm in making the preparations. BCRC was well represented as Sheila provided tickets to all staff members wishing to attend the ordination.

Bishop Bradley has been appointed by Pope John Paul II as the Titular Bishop of Afufenia, Africa. The Church gives everyone who is ordained a bishop a canonical mission for a diocese, even if that diocese no longer exists. As Afufenia no longer exists, Bishop Bradley is the head of this particular church in title only and his service will be as an auxiliary bishop to the Diocese of Pittsburgh. The bishop's very proud sister asks all for their prayers for her brother as he moves into this new phase of service.





## SHOP TALK

by Paula Cordes

A number of new staff recently joined the ranks at BCRC. On January 10<sup>th</sup>, Rebecca Williams started part-time with the SE Department as a Program Specialist, along with Germaine Newstrom as a part-time Job Coach. February 21<sup>st</sup> saw a new part-time Job Coach in Kurt Miller, while the following day, Jill McAlister, former Job Coach, returned to that position part-time. On March 7<sup>th</sup>, Aurora Psych Rehab's staff swelled with the presence of their new part-time receptionist, Nancy D'Angelo. Welcome to all our new employees.



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Pam DePace, Jennifer Gengarella,  
Pat Healey, Gary Hewitt,  
Cindy Kirkpatrick, Kay Podbielski,  
Frank Shialabba,  
Pat Tengeres...layout

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BCRC held a shutdown day on February 21<sup>st</sup> for an extensive training period. The morning saw 15 staff recertify their First Aid/CPR training while the remainder of the day saw staff receive training on Autism and stress management.

Gifts Delivered Featuring Candy Bouquet will be having extended shopping hours on Monday and Tuesday, March 14<sup>th</sup> and 15<sup>th</sup>. Featured will be an assortment of Easter wreaths and candy gifts, Harry London Towers, Easter basket stuffers and floral arrangements. Specialty items can also be ordered. So, for a unique and colorful gift, stop by or call **724-847-4513**. And for all your shipping needs, bring your items to BCRC's Mailing Service @ 1517 Sixth Avenue.



**Daylight Savings Time begins April 3rd  
Set clocks ahead one hour**