



Bulletin

Our Capabilities...Expanding Your Opportunities...

Venango
Training
&
Development
Center

American Heart Month: February Means Heart Disease Awareness!

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health!

Look inside for more information.....

Heart Healthy Valentine's Day Date Ideas



Valentine's Day is coming up. Instead of dining out in a fancy restaurant and eating a creamy Alfredo pasta and buttery breadsticks packed with more than 1,500 calories and 50 grams of fat, consider planning something with your Valentine that's great for your heart; both emotionally and physically. Here are a few ideas:

Plan a Running Date. You can make the run even more fun by making it a scavenger hunt. Hide cute notes, dark chocolates, flowers or gifts at certain miles or special places. Is it too cold to run outside? Hide your clues around the gym and have the final surprise waiting at home.

Gear up for Ice Skating. I've never been ice skating before, so I can't speak for this idea personally; however, it seems like a lot of fun. Even if you fall, you will have your best friend there to pick you right back up.

Boogie Down at a Dance Class. Dancing is a great cardio workout, especially hip-hop or salsa dancing.

Not to mention, the next time you go out with your friends or to a wedding, you can show off your new moves together. Who knows, you might like it so much that you make it a weekly tradition and sign-up for a long-term class.

Climb a Mountain. Sure, it would be great to travel somewhere fascinating to climb mountains and hang from cliffs, but not everyone has the equipment and skill to do so. Therefore, indoor climbing gyms do the trick. Never been climbing before? Don't worry- the instructors will work with you to gear up and teach you everything you need to know in order to climb safely. On the way over, get pumped up and blare the song, "Ain't No Mountain High Enough" - I assure you the singing will boost your spirits and give you the confidence to climb mountains together.

Read more: <http://www.chicagonow.com/blogs/run-with-heart/2011/02/heart-healthy-valentines-day-date-ideas.html#ixzz1Cv8LZc4o>

Inside this issue:

VTDC Family News	2
Fairweather Lodge	3
Morning Haus News	3
The Cove News	4
Fundraiser Info	4
Hearth Health Month	5



February Staff Birthdays

Feb. 2 Kaylee Kulbacki
 Feb. 2 Jack Perry
 Feb. 3 Edward Benevich
 Feb. 11 Jaclyn Fike
 Feb. 13 Lisa Barnhart
 Feb. 18 Mindy Roxberry
 Feb. 23 Janet Hutchinson
 Feb. 24 Denny Peden

Feb. 25 John Moore
 Feb. 27 Mary Hunsberger



February Staff Anniversaries

21 Years:
 Colleen A. Stuart

11 Years:
 Lisa Newberry

7 Years:
 Lesa Howard

2 Years:
 Nikki Scott-Smilowitz

1 Year:
 Dorothy Staub
 Janeil Todhunter
 Janet Dodd
 Jaclyn Keefer

January Calendar Winners

01/01/11	324	Jim Zimmerman	\$250
01/02/11	152	Ed Nason	\$10
01/03/11	755	John Kozakovsky	\$10
01/04/11	763	Dale Shaffer	\$10
01/05/11	664	Not Sold	
01/06/11	243	Sam Brown	\$10
01/07/11	538	Laura Freeman	\$10
01/08/11	656	Barb Reinard	\$10
01/09/11	109	Dan Hicks	\$10
01/10/11	748	Not Sold	
01/11/11	787	Sherry D. Reid	\$10
01/12/11	176	Jack Gold	\$10
01/13/11	959	Karen Best	\$10
01/14/11	863	LaVonta Heeter	\$10
01/15/11	521	Lee Shoffstall	\$10
01/16/11	557	Not Sold	
01/17/11	896	Kimberly D. Sleigher	\$10
01/18/11	259	Chris Seybert	\$10
01/19/11	656	Barb Reinard	\$10
01/20/11	762	Not Sold	
01/21/11	460	Carol Brown	\$10
01/22/11	169	Not Sold	
01/23/11	077	Edward D. Osborne DMD	\$10
01/24/11	075	Not Sold	
01/25/11	014	Brian Bortzer	\$10
01/26/11	893	Not Sold	
01/27/11	587	Darlene Sanner	\$10
01/28/11	484	Irwin C Fike Jr.	\$10
01/29/11	236	Victoria Book	\$10
01/30/11	925	Chris Schwabenbauer	\$10
01/31/11	501	Not Sold	

New to the VTDC Family

Mindy Roxberry – Venango WAC
 Stacy Maxwell – Venango Life Skills
 Kara Crowley – WIA Youth Coordinator
 Patricia Winger – Venango Program Specialist
 Liza Manross – Employment Training Specialist
 Eric Saxman – Dubois WAC
 Kaylee Kublacki – Dubois Secretary/Fiscal Tech.
 Theodore Whipple – Dubois WAC

DID YOU KNOW?.....

Angela Lutcher (from The Cove) and her husband celebrated their **20th Wedding Anniversary** on January 26th. **HAPPY ANNIVERSARY AND MANY, MANY MORE!**

*Oh, if it be to
 choose and call
 thee, mine, love,
 thou art every
 day my
 Valentine.*

~Thomas Hood

Fairweather Lodge News...

As coordinator of the Dubois area Fairweather Lodge program, I am proud to announce that Fairweather Lodge is now a reality in Punxsutawney! This will be the first Fairweather lodge to be established in Jefferson County and the fifth Fairweather lodge under VTDC management. VTDC currently has 2 lodges in Venango County and 2 in Dubois. After searching the Punxsutawney area for several months, we **finally** found a suitable house within the town district on North Main Street. The utilities are switched on and

the furniture has been delivered. The first lodge member will be moving in the first week in **January**. When full, there will be four individuals living in the Punxsutawney lodge. We are also actively searching in Clearfield to establish a Fairweather lodge there. We have looked at a number of houses and are quite confident that we will soon have a lodge in Clearfield.

Last month, **Community Care Behavioral Health**, which is headquartered in Pittsburgh and has 7 regional offices across the state, sent this lodge coordinator a

transcript of a proposed article about one of our lodge members that will be in their upcoming newsletter! Community Care will be printing over 300,000 copies of the newsletter which will go out to providers and members throughout the Commonwealth. We are eagerly waiting for its publication as this will be very good for the Fairweather program while also giving mention of our own **Venango Training & Development Center!**

Submitted by John Moore, Dubois
FWL Coordinator

Morning Haus News...



Morning Haus partners with the **Lifelong Learning Program**. On **January 12th**, Deanna and Jim from **Lifelong Learning** came to share what courses they offer. The following week, many began the courses. We have 5 members working towards obtaining their GED, several who are developing computer and/or typing skills, and there are also a few that are learning how to budget their finances better. Classes take place every Wednesday from 1-3 PM. We are planning special recognition for “students” complete course work, including a large graduation party for the GED graduates upon passing their GED later in the year!!!

Submitted by: Julie Sutton,
Morning Haus Director

CHOCOLATE COVERED STRAWBERRIES**Ingredients**

- 6 ounces semisweet chocolate, chopped
- 3 ounces white chocolate, chopped



1 pound strawberries with stems (about 20), washed and dried very well

Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.

Set the strawberries aside until the chocolate sets, about 30 minutes.

Copyright 2003 Television Food Network, G.P. All rights reserved

The Cove News....



The Cove Drop-In Center to Celebrate Their One Year Anniversary!

January, 2011 marked the one year anniversary for the new location of the Cove Drop-In Center in Dubois. At the same time a new director was welcomed at the center. Angel Lutcher, who has been an employee with VTDC for three years in another capacity, has been appointed Cove Director and is very excited to be in her new position. As director, one of Angel's plans is for an open house to commemorate the Cove anniversary.

Cove Happenings...



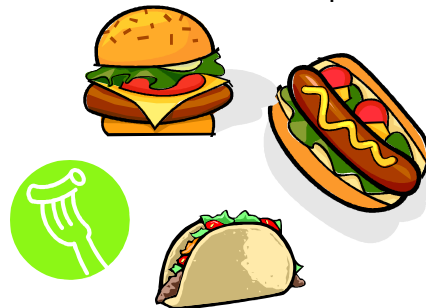
On **Wednesday January 19th**, we had our **Monthly Birthday Party** celebration, something that happens every month here at **THE COVE**. This celebration started out like any other celebration, everyone bringing in their dish to share, in which I had made **7 lbs. of Sloppy Joes**, thinking that I made way too much, especially knowing that usually only about 10 – 15 people show up. The dishes started to pour in. Randall set up the food table and then about 11:00, the storm came. Not your typical weather storm, but a storm of consumers. Within a half hour, we had counted **over 55 people!** **Wow!** Talk about a long line for the food table. It just kept going. When the last person had gone through, the first person was ready for seconds! According to Randall, and several other regulars, this was the most consumers that we had in for one of our events. It was a very hectic celebration, but fun with lots of laughter and lots of good food. When it was all said and done, and the storm of people grew thin, we all agreed that it was a wonderful event with great success. And every last bit of the 7lbs of Sloppy Joes was **LONG GONE** and knowing that if this continues, **I will have to increase my 7lbs to maybe 14lbs!**

Angel Lutcher, Cove Director

VTDC FUNDRAISERS

Upcoming Fundraisers:

- VTDC Calendars—There are still calendars available for sale. REMEMBER: This fundraiser helps pay for staff turkeys at Thanksgiving, hams at Christmas and the staff Christmas parties at all sites.
- Friday Luncheons at Seneca Workshop:
 - 02/04—Cheese Burgers, Chips, & Drink
 - 02/11—Hot Dog/Kraut, Applesauce & Drink
 - 02/18—Mac & Cheese, Wiener, Fruit & Drink
 - 02/25—Walking Taco, Applesauce & Drink



*

VTDC, Inc.
239 Quaker Drive
Seneca, PA 16346

Phone: 814.676.5755
Fax: 814.676.9563
Website: www.vtdc.org

The Mission of Venango Training and Development Center, Inc., is to assist disabled and/or disadvantaged individuals to achieve their highest potential by providing quality programs, services, and opportunities.

Heart Attack Symptoms and Warning Signs



- A blockage in the heart's arteries may reduce or completely cut off the blood supply to a portion of the heart. This can cause a **blood clot** to form and totally stop blood flow in a coronary artery, resulting in a heart attack (also called an acute myocardial infarction or MI).
- Irreversible injury to the heart muscle usually occurs if medical help is not received promptly.
 - Unfortunately, it is common for people to dismiss heart attack symptoms.
 - What are the warning signs of a **heart attack**?
 - The American Heart Association and other medical experts say the body likely will send one or more of these warning signals of a **heart attack**:
 - Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
 - Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
 - Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
 - Anxiety, nervousness and/or cold, sweaty skin.
 - Paleness or pallor.
 - Increased or irregular heart rate.
 - Feeling of impending doom.
 - Not all of these signs occur in every attack.
 - Sometimes they go away and return. If some occur, get help fast. IF YOU NOTICE ONE OR MORE OF THESE SIGNS IN YOURSELF OR OTHERS, DON'T WAIT. CALL EMERGENCY MEDICAL SERVICES (9-1-1) RIGHT AWAY! In the event of cardio pulmonary arrest (no breathing or pulse), call 9-1-1 and begin cardiopulmonary resuscitation (CPR) immediately.

Volume 2, Issue 1



Risk Factors

An estimated 25% of all Americans have one or more risk factors for heart disease, increasing their risk for heart attack. Most risk factors for heart disease are related to lifestyle. Some risk factors, (such as age, gender, and ethnicity) cannot be changed. Nevertheless, overall risks can be reduced with healthy



Guidelines for Preventing Heart Disease and Stroke

The American Heart Association's guidelines for preventing heart disease recommend:

- Improve Cholesterol.** People with at least two risk factors and a 10-year risk for heart disease or stroke of more than 20% should aim for LDL levels of less than 100 mg/dl. Statins are now used in more cases.
- Keep Blood Pressure Low.** People in normal health should have a blood pressure reading of 120/80 mm Hg or less. According to new guidelines, blood pressure readings of 120/80 are considered normal, readings of 140/90 or higher indicate hypertension, and readings in between the two are called pre-hypertension. Patients with diabetes or chronic kidney disease should maintain blood pressure readings of 130/80 mm Hg or less, while others should be no higher than 140/90 mm Hg.
- Exercise.** Everyone in normal health should engage in at least moderate physical activity for a minimum of 30 minutes on most -- if not all -- days of the week.
- Healthy Diet.** Everyone should aim for a diet that contains a healthy balance of fruits, vegetables, grains, fish, nuts, legumes, poultry, lean meat, and low-fat dairy items. Avoid saturated fats and trans-fatty acids.
- Quit Smoking.** Also avoid exposure to second-hand smoke.
- Maintain Weight.** People should aim for a BMI index of 18.5 to 24.9.
- Take Aspirin.** People at high risk for heart disease should take a low-dose aspirin every day, unless they have medical reasons to avoid aspirin.
- Control Diabetes.** People with diabetes should aim for fast blood glucose levels of less than 110 mg/dl and hemoglobin A1C of less than 7%.
- Control Atrial Fibrillation.** People with atrial fibrillation should use anticoagulants to reduce the risk for blood clots.

Literature on American Heart Month was accessed at:
www.healthcentral.com