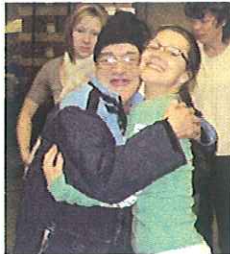
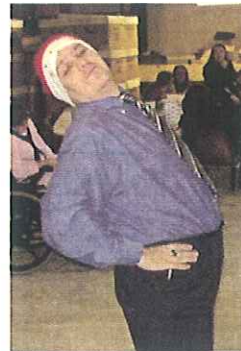
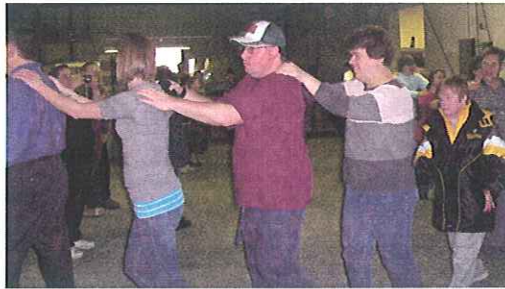


VTDC Bulletin

Our Capabilities...Expanding Your Opportunities...

HAPPY NEW YEAR!

Venango
Training
&
Development
Center



Inside this issue:

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Seneca Workshop Christmas Party

****story and more photos on following pages****

January Staff Birthdays

Jan 04 Steven Summerville	Jan 15 Bobbi Moore
Jan 05 Angelia Wallaston	Jan 17 John Kurtch
Jan 06 Tina Heichel	Jan 17 Melissa Ruediger
Jan 09 Deanna Milford	Jan 18 Brandy Lovell
Jan 11 Rebecca Harris	Jan 25 Janeil Todhunter
Jan 14 Rose Sanner	Jan 30 Angela Banner
Jan 14 Kathy Welch	

January Staff Anniversaries

3 Year

January 21st—Malcolm Sullivan
 January 28th—Brian Greenawalt

New to the VTDC Family

November:

Brenda Caltagarone—DuBois Home & Com. Hab.
 Herbert Karg—Janitorial Supervisor/Assistant

December:

Melody Claypoole—Venango Life Skills

December Calendar Winners

12/01/10	338	Not Sold	
12/02/10	162	Not Sold	
12/03/10	470	Megan Campbell	\$10
12/04/10	642	Jeff Price	\$10
12/05/10	362	Richard T. Fox	\$10
12/06/10	529	Frank Johnston	\$10
12/07/10	842	Butch Hartzfeld	\$10
12/08/10	396	Ralph Kerr	\$10
12/09/10	085	Carol Hagerty	\$10
12/10/10	879	Not Sold	
12/11/10	095	Ann Gavin	\$10
12/12/10	340	Traci Hovis	\$10
12/13/10	371	Not Sold	
12/14/10	877	Lisa Newberry	\$10
12/15/10	246	Julie Rybak	\$10
12/16/10	686	Coya Lam	\$10
12/17/10	564	Mary Jane Secules	\$10
12/18/10	727	Stephen Schwabenbauer	\$10
12/19/10	094	Dr. Edward D. Osborne DMD	\$10
12/20/10	812	Herman Gomez	\$10
12/21/10	930	John Moore	\$10
12/22/10	459	Geary Smith	\$10
12/23/10	634	Not Sold	
12/24/10	342	Ed Hynes	\$10
12/25/10	114	Not Sold	
12/26/10	935	Not Sold	
12/27/10	673	Miriam Frain	\$10
12/28/10	652	Peg Seigworth	\$10
12/29/10	267	Not Sold	
12/30/10	057	LeAnn Knight	\$10
12/31/10	200	Not Sold	



*Year's end is
 neither an end
 nor a beginning
 but a going on,
 with all wisdom
 that experience
 can instill in us.*

~Hal Borland

Seneca Workshop News

Caroling, Caroling....



On December 21st, the Trainees were visited by the Hasson Heights Elementary 5th graders. The children sang to the trainees and also presented them with Christmas cards. Everyone really enjoyed the visit from the children and they sang beautifully.



Seneca Workshop held their Christmas Party December 23rd. The Trainees were treated to a ham dinner with many enjoying seconds. The real party commenced with a rockin' DJ that kept everyone dancing, and a special visit by the big man himself... **SANTA!** And he did not disappoint. There were special presents for everyone. The party continued with even more dancing that even included... yes, **SANTA** joining in. Fun was had by all and they are looking forward to next year's big bash!

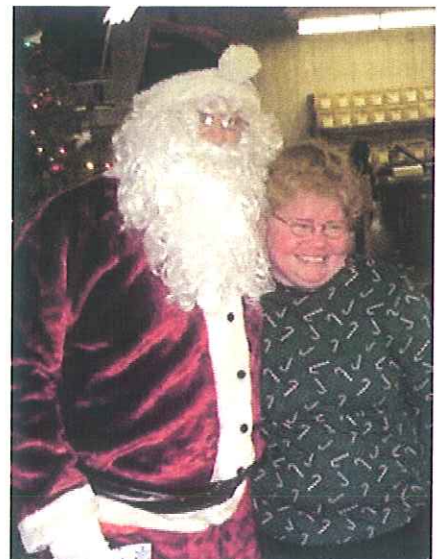


Morning Haus News...

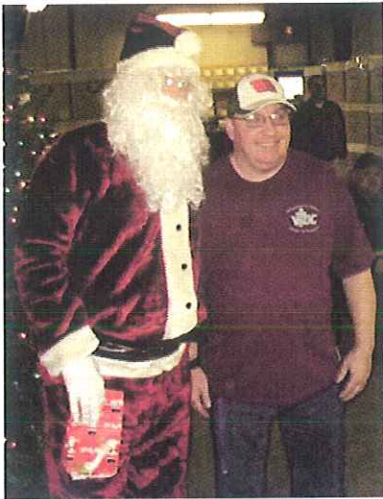
In **December**, members of **Morning Haus** were active with continuing transitional plans for **The POINTE** as board members were elected and plan to begin meeting in January. Several members also delivered Christmas cards and candy canes to all residents at Moran, Towne and Siverly Towers in Oil City and at Franklin Towers and Colonial Commons in Franklin

as an outreach for the Christmas season.

In **January**, we are planning a two-hour informational meeting with Life Long Learning Center to discuss future classes to be held at the **Drop In Center**. Some of these classes will include GED prep and budgeting. We are looking forward to this partnership to help Mental Health Consumers continue in recovery and independence.



MORE CHRISTMAS PARTY PICTURES TO ENJOY!



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, the staff Christmas parties at all sites and the Golf Outing.
- Friday Luncheons at Seneca Workshop:

01/14—Hot dogs, chips, drink
01/21—Meatball subs, chips, drink
01/28—Spaghetti w/meatballs, fruit, drink



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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.

Don't give in to the winter blues...



Volume 1, Issue 1

Expert advice from Jane Livingston, registered dietitian and program developer, Highmark Inc.

With the winter season quickly approaching, now is the perfect time to prepare your family, your home and your mind-set for the temperature change, the darker days and the temptation to eat more and move less as a way to console the winter blues. If you find yourself in the doldrums during winter, remember that good foods, good habits, good moods and good health go hand in hand.

Good foods for good moods and high energy

- Focus on nutrient-rich foods: Eating "comfort foods" may help you relax and give you a mood boost, but it's only temporary. Nutrient-rich foods—like fruits, vegetables, whole grains and lean protein foods—provide a consistent and long-lasting impact on your health, mood, energy and alertness.
- Cut back on your fat intake: A high-fat diet can be a real brain and energy drainer. Just say "no" to deep-fried foods and look for foods that contain no more than 3 grams of fat per serving.
- Eat moderate portion sizes and avoid large meals: Have you ever wondered why you feel tired after eating a large meal? During periods of digestion, your blood supply is directed to the digestive tract and away from the brain. This may lead to fatigue and lethargy.
- Eat regular meals: Skipping meals can slow your metabolic rate, and the lower your metabolism, the lower your energy level. Plan regular meals and snacks to keep your metabolic rate and blood sugar levels normal to provide your brain the appropriate means to function and handle stress.
- Remember balance, variety and moderation: The best strategy for maintaining a good mood, high-energy level and optimal concentration is to consistently eat a wide variety of foods high in nutritional value.

Five reasons to keep moving—even if it's cold!

1. If you're low on energy, don't hibernate...move! Daily exercise—at least 30 minutes of physical activity, like walking, running, cross-country skiing or indoor biking—will increase your energy level.
2. Staying active keeps your mind alert and helps to ease that winter blues feeling. Exercise is a powerful mood elevator, so try taking a brisk walk the next time you need to cheer up.
3. You can build balance and flexibility and help prevent injury by stretching regularly—at home and at work.
4. Finding group exercise classes will lift your mood by adding a little variety and socialization to your schedule.
5. Feel good by spending time with your family—go for a walk around your neighborhood, shovel the snow together, go sledding or build a snowman.

Improvise lighting to boost your mood

- Experience some light when you first wake up, whether it's the natural sunlight or artificial light. About a half-hour a day will give a positive start to your mind and body.
- Try to spend at least 30 minutes outside every day if possible.
- Set a timer on a light to go on early in the morning in the bedroom.
- Use light therapy products, such as full-spectrum light bulbs or dawn simulators, which act as an artificial substitute for natural light and a natural sunrise.
- Make your home or office sunny and bright. Open blinds, sit by a window, increase indoor lighting with lamps and fixtures and add a sunny color (yellow/orange) or a plant to your space.

