

“Note to Self” Exercise Increases Success

by Deanna McCracken

At the end of each year, Aurora participants write a “note to self” outlining hopes and goals they have set for themselves. Goal setting is the hallmark of Aurora’s recovery program and writing down one’s goals is scientifically associated with success.

These special notes are sealed for the entire year and are delivered to the participants late the following December for review. Throughout the year, the participants are engaged in activities that reconnect them with the goals they have set for themselves. They recommit to the thinking and actions needed to make daily strides on their goals. Participants’ goals include: working on wellness, continuing to attend Aurora services, seeking a volunteer position, practicing self advocacy skills, and focusing efforts towards becoming more independent.

The participants anxiously await reviewing progress on their goals at the end of each year, as it instills a sense of pride and progress in personal achievement. Reviewing the goals also provides inspiration and motivation for setting and tracking new goals for the coming year.

New TVs Will Brighten Clients’ Day

by Frank Shialabba

The clients of BCRC have an exciting new experience awaiting them in the coming months. BCRC has purchased four 98” HD Commercial LCD televisions that will greatly enhance programming in the Production Center at CenterPlace.

According to Program Director Sheila Bell, the TVs were purchased to “enhance our ability to provide effective communication in the production center space since it is so large, approximately 34,260 square feet”. The TVs will be used for video trainings and to provide entertainment during holiday celebrations, sporting events and special occasions. In addition, the large screens will be used for safety alerts and notifications. Ms. Bell states, “adding the screens will help us maintain a safe environment.”

BCRC is always looking for innovative ways to enhance Beaver County Behavioral Health programming and the televisions were purchased due to the efforts of BCRC staff who pursued grant funding.



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School to Work Will Tackle a Summer Mission

by Frank Shialabba

BCRC's School to Work Program will be tackling a special mission again this summer from July 11 through August 5. The Extended School Year Program (ESY) will be sponsoring, “Operation ESY 2022 - Mission Possible”.

This very successful summer program returns with an exciting exploration of community resources. According to Traci Hughes, Supervisor of Youth Services, “Students will engage in volunteering, community activities and life skills lessons.” According to Ms. Hughes, the School to Work’s move to Beaver has given this mission a greater array of activities. She states, “We love having the kitchen here at BeaverPlace to teach students how to cook. We also love being in Beaver where we can walk to the parks and the town to do scavenger hunts.”

Any school district is welcome to participate with expectations for 16 to 25 students from ten school districts. All full-time School to Work staff are involved in the summer program, as well as some part-time staff.



YOUR MISSION, should you choose to accept it, is to spend four weeks exploring who you are and what you want to do when you graduate from high school.

YOUR TEAM: You and your fellow students. You will be able to use your knowledge and personal interests to explore career opportunities, community resources, and educational programs.

ACTION REQUIRED: To register for this mission, contact your school district for authorization then, call Rodney Brown, Susan Smith or Bekah Zagorski at (724) 378-4750.

Even though this mission will be challenging, be prepared to have fun. We look forward to seeing you soon!



Flexible, Happy and Helpful - That's Jennifer

by Frank Shialabba

After overcoming a serious health issue, Jennifer Curtis was anxious about returning to work. She questioned whether she could handle the day-to-day stress of community employment. But, Jennifer's questions have been answered positively and she has found success and a new support system at a local employer in Chippewa.

BCRC's WIN Services placed Jennifer in the job, and according to Program Specialist Madeline McGee, "Jennifer's confidence and skill set have grown by leaps and bounds since she started her job."

She recently won an award for always 'being ready to step up and help.' Jennifer was recognized by her employer for her flexibility and positive attitude. She is always ready to accept a new assignment and she loves being helpful to customers and her coworkers.

According to Ms. McGee, "Jennifer is in charge of stocking and sanitation and her list of duties is long and impressive. She performs her duties with a cheerful attitude that is appreciated by everyone she comes in contact with. She is welcoming to customers and is always willing to answer questions and help customers find a particular product."

Jennifer is finding a better quality of life for herself as a result of her job. She has made new friends and found support among her coworkers and customers. She has also found a new life style as she saves for the future and makes healthy eating choices. The future looks bright for Jennifer as she has improved her life and the lives of those around her.



In the Spotlight

ADAM LOVERICH



by Ian Thomas

Staff member Adam Loverich has served BCRC clients for over a decade in a variety of roles with exceptional compassion and dedication. In January, he took on added duties as BCRC's new Mental Health Program Specialist.

In his new role, Adam will oversee clients in the mental health programs in the Production Center and Records Management in conjunction with the vocational preparation and community employment programs. He will continue his exemplary work providing employment services to persons with mental illness in Aurora Services' Mental Health Transformation Program. As the Mental Health Program Specialist, Adam hopes to find ways for BCRC to better serve MH clients.

While missing his coworkers at WIN Services, Adam likes seeing many new faces at the Production Center and Records Management. He is proud of them when they move on from BCRC to community employment. He enjoys this new challenge because it offers a variety of things to do. "There is never a such thing as a typical day. Each day brings something new to the table." he says.

Adam began working at BCRC eleven years ago as a temporary staff at WIN Services. He soon became a full-time staff member and eventually a Program Specialist for WIN. He has served on the safety committee throughout his time at BCRC.

Outside of work at BCRC, Adam is an avid bowler. He is active in his church and sings in his church choir. In the summer, he enjoys playing softball.

Thomas Improves Independence

by Kris Beal

Thomas Koehler is increasing his independence through opportunities provided in BCRC's Production Center.

In the structured environment, Thomas excels at assembling welding rod packages, glass products, many types of boxes, electrical switches, and mailings. He also enjoys opportunities to supply his co-workers with products, to check products for defects, to organize materials, and prepare packages for shipping. Thomas is increasing his confidence, social and safety skills, and can often be heard socializing with his co-workers. Rich Edder, job coach, remarked, "Thomas is reliable, follows directions, is personable, and is increasing in overall independence, especially in taking initiative to complete tasks without being asked."



BCRC Adds Quality Assurance Specialist

by Sheila Bell

In November 2021, BCRC welcomed Duncan Lundberg in the role of Quality Assurance Specialist. This position is located in CenterPlace and reports to Sheila Bell.

Duncan says that his goals at BCRC are to continue the advancement of our Quality Management processes and to “focus on continuous improvement to make BCRC more agile and efficient”.

Duncan is working on updating the quality management plan and implementing a new exclusion verification program at BCRC. He also spearheads a BCRC committee to update HIPAA-related policies and procedures. Duncan has recently completed the Compass-EZ report.

When asked about his first three months at BCRC, Duncan said, “I have thoroughly enjoyed my time at BCRC. It has been an excellent work environment and everyone I have worked with has been incredibly helpful in showing me the ropes. I have had a lot of great tasks to work on and a couple big goals for the year. I have already gotten a lot of experience in my first few months at BCRC and I hope to gain much more.”

Duncan holds a Master's degree in Health Services Administration from Robert Morris University and a Bachelors in Public Health from Saint Francis University. Before joining BCRC, his professional accomplishments included the development of a smoking cessation program and the development of software and hardware upgrades in preparation for advancements with electronic health records at the Johnstown Free Medical Clinic.

Duncan's warm personality is enjoyed by everyone at BCRC. Outside of BCRC, Duncan's hobbies include playing ice hockey, coaching youth hockey and figure skating skills, and competing in card game tournaments. His long-term goals include “making the world a better place in whatever ways I can.”



**It is the mission of the Beaver County Rehabilitation Center, Inc.
to provide the opportunity for growth and independence while respecting the dignity and uniqueness of each individual.**

Clients Create Gift Baskets

by Frank Shialabba

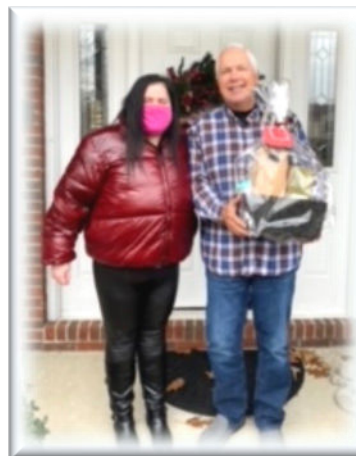
BCRC's clients once again put their talents to use to brighten the lives of others this Christmas season. Ever thankful for the contributions of others to BCRC, the clients created Christmas baskets containing items they were involved in producing or purchasing.

Three Board members were honored for their years of service. Receiving baskets were Board Members Donald Bolland (40 years), Thomas Helsing (10 years), and Madge Nichols (5 years). Also receiving baskets were William Lintz, for his families founding of the original Lintz Workshop and their dedication to BCRC over the years and myself (Frank Shialabba) for volunteering as writer and Copy Editor of the newsletter after my retirement.

A number of BCRC Departments were involved in creating the baskets. The School To Work Program made and packaged cookies. Cruets packaged and shipped by BCRC Production Center clients for a local company, and a beautiful butterfly magnet made by an Aurora Rehabilitation client were also included. A WIN Services client contributed greeting cards that are her own creation and sold at a local business.

Another client purchased candy for the basket at a business where a BCRC client has been employed productively for many years. WIN Services also delivered the baskets and created gift tags using a Cricut machine.

Christmas came early this year for some friends of BCRC who were graced by the generosity and good will of the talented clients of the Beaver County Rehabilitation Center.





MENTAL HEALTH AWARENESS MONTH

May 2022

Help Reduce Mental Health Stigma: GO GREEN in May!

GREEN represents the strength and courage of millions of people fighting to beat mental illness every day!

Did you know that the average adult will say "I'm fine" 14 times per week, yet only 19% actually mean it? Mental Health Awareness Month is a national movement that began in 1949 to fight stigma, provide support, and educate the community that mental health is an essential component of one's overall health and wellbeing, and that mental illness is common and treatable.

What does the green ribbon mean?

The green ribbon is the international symbol for mental health awareness. Display or wear a green ribbon to create safe spaces for people to talk about mental health.

Light the way for Mental Health!

Help BCRC raise awareness about mental health in your neighborhood by installing a green porchlight in the month of May.

Get Involved: Beaver County Bounces Back Event

Join Beaver County Behavioral Health's Zero Suicide Initiative on **Saturday, May 14, 2022 from 11 am – 2 pm at the Brady's Run Walking Trail** to promote acceptance of and recovery from mental health challenges after a couple stressful years! This interactive family-friendly event will feature Food Trucks, a Bounce House, Face Painting, a Petting Zoo, games, and information and resources for all who attend.

BCRC, Inc. and Aurora Recovery join the national movement to raise awareness about mental health.

Together, we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.



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BCRC Enacts New COVID Protocol

by Mary Jo Sanders

As the number of COVID cases in Beaver County climbed following the Christmas holidays, BCRC continued with already established protocols and enacted a new one to ensure the health of our clients and staff.

BCRC made the decision to require everyone in our buildings to wear a KN95 mask. These masks provide greater filtration and are furnished to all who work in or enter our establishment. These masks offer much more protection than cloth face masks or even surgical masks.

BCRC continues to follow the many practices which were put in place almost two years ago. These protocols include CDC recommendations like encouraging frequent hand washing, sanitizing, using quarantine when necessary, social distancing, and allowing only essential visitors into our building. Visitors and participants are screened at the door, and the janitorial crew and maintenance department spend time cleaning and sanitizing all high touch areas daily.

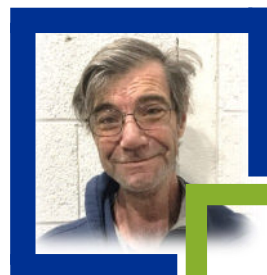
Many thanks to Laura Medarac, Facilities Manager, and her team for their tireless work and dedication to keeping everyone as safe and healthy as possible!



Employee of the Month



Tonya Wallace
January 2022



Ken Cortis
February 2022



Ken Gentsy
March 2022