

Painting Class Inspires Teens' Creativity

Students in UNC's Illumination Youth Arts Program stretched the limits of their imagination this school year in a highly inventive painting class. In fact, there was so much interest among the young teens that class size nearly doubled. "So many students registered for this class that they were spilling out of the painting studio and overflowing into other studios," said Kelly Langan, Director of Children and Teens.

Those studios are located at the Oppenheim Center for the Arts, where students met weekly until June to indulge in thought-provoking projects, such as designing a cover for an unnamed album. "The group listened to music with no words or titles, and then painted from their perspective," said John Washicosky, Illumination Youth Arts Coordinator. "It really encouraged them to dig deep and get creative."

The teens learned techniques in using shadows, lights, and tones and put them to use in painting subjects from magazines and imaginary creatures from brief written descriptions. Washicosky stressed, "Art, in whatever form it has manifested, has always been a near and dear part of the human experience, and it deserves the time and energy to be passed on to the next generations."

UNC is encouraging this generation to use their ideas, artistic talents, and new skills to express themselves and make a difference. Students are realizing that art can connect with relevant issues. They created a banner for Martin Luther King Jr. Day and painted pictures with encouraging themes in celebration of Mental Health Awareness, which they then donated to a



Pictured top row above are two album covers painted by the art students. Bottom row are two paintings based on magazine photos.

local fundraiser for a child with leukemia.

In a time when schools and even government cutbacks are starting to do away with art-related programming, UNC is making sure that these resources are available to our youth. "UNC is the only place in the area that offers this kind of high-quality youth arts education for free," said Langan. "Combined with the fact that we provide dinner and transportation from school to the program and then home afterwards, we lift the barriers in place to reach kids who might not have the means to access these kinds of classes otherwise."

Did You Know...

UNC is now accepting fall registrations at all three of our 4-STAR designated Child Care Centers in Scranton! Plus, we coordinate before- and after-school transportation with the Dunmore, Riverside, and Scranton School Districts.

What does a Pennsylvania 4-STAR child care rating mean? To start, it is the highest level possible. Keystone STARS (Standards, Training/Professional Development, Assistance, Resources, and Supports) is a program of Pennsylvania's Office of Child Development and Early Learning that promotes quality improvement in early learning and development programs and school-age child care. Programs are rated in four key areas: staff education, learning environment, leadership and management, and family and community partnerships.

Our pre-school program (ages 3-5) follows an instructional early childhood learning curriculum, while the before- and after-school program (ages 6-13) includes homework supervision, physical activity, field trips, and other fun educational activities. To learn more, call Kelly Langan, Director of Children and Teens, at (570) 346-0759, ext. 104.



LETTER FROM THE PRESIDENT & CEO



Lisa Durkin

Summer may finally have arrived! After a winter that began with that unforgettable November snow storm followed by a rain-soaked spring, I think we're all ready for blue skies and sunshine. We're keeping our fingers crossed! We can't control the weather, but that won't stop any of us at UNC from having a memorable summer. Our Camp Kelly will be hosting hundreds of children for Project Hope as well as resident and basketball camps for both girls and boys. They'll enjoy swimming, hiking, field sports, archery, yoga, music, visual art programs, camp fires, story-telling, and more while making new friends and creating memories.

The children at each of our 4-STAR Child Care Centers will surely know it's summer when, in addition to all of the time they'll spend outdoors, they'll also take part in field trips to such places as a butterfly farm, the Corning museum, a Railriders game, the Ithaca Science Center,

and state parks.

Our Active Older Adult Centers are prepared to take advantage of the warmer temperatures and longer days by offering evening fitness classes. Those who join us during the daytime hours will be encouraged to participate in outdoor walks and socialization on the picnic tables and benches. The daily meals will include plenty of summer staples such as watermelon, ice cream, and corn on the cob.

Finally, nothing says summer quite like fresh local produce. We hope everyone will stop by our South Side Farmer's Market on Saturdays from 10:00 a.m. until 2:00 p.m. Now with the addition of bistro-style seating, we hope to have created a local, weekend destination for visiting with friends, enjoying the outdoors, and sampling treats from local vendors. The weather may not always be on our side, but we, nevertheless, intend to make the most of this season. We hope you'll join us!

Farm to Fork to Raise Funds for Community Health Department

Now in its fifth year, Farm to Fork offers attendees a taste of Northeastern Pennsylvania in a gourmet dinner prepared with fresh food from local farmers. The money raised at Farm to Fork benefits UNC's Community Health Department, which was formed in 2014 to improve the health and wellness of individuals and families in need of care management. Take a look at what our Community Health Department has achieved since its inception:



Toyota of Scranton presented UNC with a \$1,000 sponsorship for our annual Farm to Fork fundraiser. Pictured from left to right, back row: Howard Sweeney, J.T. Arscott, Corey Boynton, and Bob Edwards, all of Toyota of Scranton. Front row: Amy Belcher, UNC Board Member and Development Committee Chair; Jill Eidenberg, UNC's Director of Development; Brianna Shields and Tom Rogari, Toyota of Scranton.

- Over 1,000 uninsured and underinsured individuals helped with appointments, referrals, medication management, screenings, and social support.
- 40% reduction in ER visits for those enrolled.
- Increased numbers for health insurance enrollment and access to affordable medication.
- 40% reduction in hospital admissions for those enrolled.
- Thousands of dollars saved by helping individuals before their health issues become more costly for them and the health care system.

Thank you to our Farm to Fork event sponsors, Toyota of Scranton, Mitsubishi Chemical Advanced Materials, and Northeastern Plastics, Inc., as well as the following 2019 corporate sponsors: Grimm Construction Inc., PNC Bank, Geisinger, Highmark, American Janitor & Paper Supply, Community Bank, FNCB Bank, Citizens Savings Bank, and Topp Business Solutions. Special thanks to our media sponsors, WNEP TV-16 and LAMAR Advertising.

Summer Fitness Classes to Keep Older Adults Active

UNC's Active Older Adult Program is amping up the fun and fitness opportunities at all of our centers during the summer months. Classes can be tailored to those just beginning or to those who are farther along in their health and wellness journey. Anyone age 55 or older is invited to try one or more of these classes at no cost. Please use the contact numbers listed below for more information.

Carbondale Active Older Adult Center,
66 N. Church Street – (570) 282-6167
Walking Fitness Program beginning in July

Mid Valley Active Older Adult Center,
310 Church Street, Jessup – (570) 489-4415
Chair Exercise – 1st and 3rd Wednesdays of the month, 11:15 a.m.

Chair Yoga – 2nd Wednesday of the month, 11 a.m.

Tai Chi – Mondays, 1 p.m.

Yoga – Tuesdays, 1 p.m.

Line Dancing – Tuesdays, Noon

South Side Active Older Adult Center,
425 Alder Street, Scranton – (570) 346-2487

Conductorcise – last Monday of the month, 9:30 a.m.

Chair Yoga – last Monday of the month, 10 a.m.

Fun & Fit Fitness Class – 1st and last Thursday of the month, 10 a.m.



Our Mid Valley Active Older Adult Community Center recently added \$30,000 of new fitness equipment, available for use Monday through Friday, 8:30 a.m. to 1:30 pm.

West Side Active Older Adult Center, First Floor, 1004 Jackson Street, Scranton – (570) 961-1592, ext. 102
Chair Yoga – 1st Wednesday of the month, 10:30 a.m.

Fun & Fit Fitness Class – 3rd Tuesday of the month, 10 a.m.

Conductorcise – 1st and last Monday of the month, 11:15 a.m.

Oppenheim Center for the Arts, Second Floor Fitness Studio, 1004 Jackson Street, Scranton – (570) 961-1592, ext. 104

Lunch Slump Stretch – Tuesdays, 12:45 p.m.

Strong, Fit and Flexible – Mondays and Wednesdays, 10:30 a.m. and Wednes-

days, 5:15 p.m.

Yoga – Mondays, 6:15 p.m.

Tai Chi – Tuesdays, 6 p.m.

Barre 360 – Thursdays, 5:30 pm.



A dinner to benefit UNC's Community Health Department

Date: Saturday, August 17, 2019

Time: 6:00 to 9:00 p.m.

Where: Stone Meadow Gardens, Clarks Summit

Tickets: \$100 per person

For tickets, visit www.uncnepa.org or call 570-346-0759, ext. 114.

LIT Students Sample University Offerings

Teens in the UNC Youth Program have the opportunity to develop leadership skills and self-confidence by joining our Leaders in Training (LIT) program at the Oppenheim Center for the Arts. LIT students meet after school for 38 weeks and take part in special enrichment experiences that can motivate them in becoming successful, critical thinkers who are aware of what is happening in their community.

This year's group of LIT students participated in four educational workshops hosted by the University of Scranton, exploring the fields of scientific research and visual arts. They also joined the Greater Scranton Martin Luther King Commission and Holy Cross High School students in a dialogue about race, social injustice, and community.



UNC NEWS



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South Side Farmers Market Celebrates 10 Years Outdoors



The South Side Farmers Market celebrated 10 years outdoors with a record-breaking opening day on May 18! More than 300 customers came out to shop from local vendors and enjoy live music from Jacob Cole and Mark Woodyatt.

Started in 2010 with just two vendors in Connors Park, the market has grown to include 13 regular vendors with additional pop-up vendors throughout the season, and an average attendance of 285 people each week.

After such a great response, the indoor market was added in 2014 at 509 Cedar Avenue so customers could continue to enjoy fresh produce, meat, eggs, bread, and more throughout the colder months. The market also began accepting SNAP dollars to make fresh, healthy produce accessible to everyone in the community, and now matches SNAP purchases up to \$20 a week with Double Dollar Produce Bucks.

The celebrations at the market continue this summer with the Third Annual South Side Neighborhood Block Party on Saturday, June 29, from 10 a.m. to 2 p.m. There will be fun for all ages with live music, vendors, crafts, free face painting, games, and more.

Come out and shop all summer long on Saturdays from 10 a.m. to 2 p.m. at the corner of Alder Street and Cedar Avenue. Our vendors include Beta Bread Bakery, Buck Oh! Sauce, Canned Classics, Fullers Overlook Farm, Good Fields of Honey, Leave Me A Scone, No Bull Ranch, Osborne Specialties, Purple Pepper Farms, Quails R Us, Ten Mile Mushrooms, Tortilleria El Buen Amigo, and Zummo's Cafe.

The South Side Farmers Market is funded by Wells Fargo Regional Foundation and through a Neighborhood Partnership Program with PNC Bank, Peoples Security Bank, and PPL Electric Utilities.



Shoppers can now enjoy a cool beverage or a bite to eat at one of the market's new and colorful café-style tables.