



**Winter
2018**

Volume 22 Issue 1

Community Health Department Expanding Programming

As one of UNC's newest programmatic departments, the Community Health Department (CHD) is always looking to expand programming.

One of the programs the CHD offers is Freedom from Smoking™, a group quit program that meets weekly for six weeks. Anyone interested in this free program with refreshments and childcare provided can contact Sarah Bodnar at (570) 880-7130 x112 or sbodnar@uncnepa.org to enroll.

Another innovative program that UNC offers is the evidence-based Chronic Disease Self-Management Program (CDSMP), which uses trained peer health educators to educate individuals with chronic diseases on how to better manage their illness. UNC has several peer health educators trained through Stanford University to offer the program in both English and Spanish, as well as to focus on specific topics, such as diabetes and pain management.

Visit UNC's website at uncnepa.org or "like" us on Facebook to stay up to date on our ever-changing programming.



Freedom from Smoking™ meets Tuesdays at 4:00 p.m.



Participants in Tomando Control de su Salud, the Spanish-language CDSMP, pose for a group photo



CDSMP participants practice stretches for maintaining and improving strength and flexibility

Thanks for Your Generosity!



Every year, UNC gives away gifts for needy families hoping to make the holidays special for their children. On Dec. 20, UNC employees set up a free "toy store" at the Progressive Child Care Center in downtown Scranton. Families that we serve throughout the year through our various programs were invited to choose a gift and a stocking stuffer for their children.

The following day, UNC opened its doors to any needy families in Lackawanna County to choose a brand new gift for their children. Thanks to the generosity of so many people in our community, UNC was able to distribute more than 1,700 toys during this year's giveaway. Many thanks to all who contributed or participated!

LETTER FROM THE CHIEF EXECUTIVE OFFICER

Heavy on our minds are the children, families and staff of Stoneman Douglass High School who are living with the tremendous burden of seeing their friends and loved ones gunned down in what should be the safest of places: a school. With the news of Stoneman Douglass fresh on their minds, a number of youth we serve have shared their own experiences with gun violence, in their families and in their neighborhoods.



While they may not have experienced the horror of a mass shooting like the students at Stoneman Douglass, nevertheless they will bear the scars for a lifetime, changing their hopes and dreams and coloring their view of life in general. While we hear of PTSD suffered by our soldiers returning home from a war zone we seldom hear about the scars of PTSD that many at Stoneman Douglass will bear as well as children in neighborhoods across this country.

Michael Hanley

The call for change is ringing across our country from the mouths of our youth, desperate for change and quickly losing hope that we grown-ups are listening. As someone who has been working in social services for many years, I am well aware of the need for our community to invest additional resources in our mental health system, a need that is quickly forgotten soon after one of these tragic shootings. However, even if these resources are to be made available, it is not the entire answer and will never be a foolproof method of deterring violence. We need common sense gun laws and we need to keep military assault rifles off the streets of our country.

It is our youth who are leading the charge this time, just as they did during the Vietnam War and the Civil Rights movement. Hopefully we will listen to their clarion call for change before more lives are wasted.

A handwritten signature in black ink, which appears to read "Michael Hanley".

Police vs. Bellevue Youth Basketball Game



On January 9, officers from the Scranton Police Department came to the Bellevue Center to play basketball with some of the youth who play there on a regular basis. After four 10-minute periods of competitive play, the Bellevue team pulled ahead with only a few seconds left on the clock. The final score was 22-21. The competition was fierce, and there will hopefully be a rematch later in the year!

5-Week Wellness Reboot at Camp Kelly



In a continued effort to expand off-season programming, Camp Kelly will host a 5-Week Wellness Reboot on Saturdays from April 28 to June 2. Participants will practice wellness techniques and skills such as yoga, meditation, healthy cooking, stress management, and self-awareness while enjoying the beautiful scenery at Camp Kelly. Registration is available at uncnepa.org/wellness.

AROUND THE AGENCY

UNC Youth Perform Romeo & Juliet

Over five long weeks of practices, UNC's youth department and the REV Theater Company worked together to present Romeo & Juliet at a one-night-only performance on February 1. As always, the performance had a full house, and we are already looking forward to REV's summer collaboration with our older adults!



Save the Date!



Seniors Got Talent!

April 8 at 2pm

The Theater at North
1539 N. Main Ave, Scranton
Buy tickets at (570) 346-0759
x114 or uncnepa.org/events

Kicks For Kids

April 28 at 9:30am

Memorial Stadium

63 Mike Munchak Way, Scranton

Register your team at (570) 346-0759 x114 or uncnepa.org/events



UNC held the 18th annual Party Gras on February 9. Guests enjoyed dining, dancing, and gaming tables well into the evening.

NEPA Match Day!



We are so grateful that the Scranton Area Community Foundation chose to include us in #NEPAMatchDay 2018. We are honored to be listed among such an incredible group of 25 local non-profits.

Every dollar raised by each of the participating non-profits will be matched by the Scranton Area Community Foundation, dollar for dollar, up to \$1,000 for each participating nonprofit. Online donations to UNC can now be designated as a #NEPAMatchDay donation on our website at uncnepa.org/donate.

DID YOU KNOW?

SNAP recipients can now double their dollars at the South Side Farmers Market! Shoppers using their SNAP benefits can get matching Double Dollar Produce Bucks up to \$15 each week.



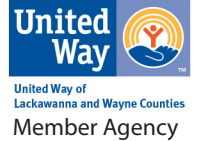
Congratulations to Oscar Portorreal, one of UNC's Leaders in Training, who was awarded the Youth Leader of the Year Award at the Martin Luther King celebration and awards dinner in January.



UNC NEWS

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Camp Kelly Registration Now Open



Registration for UNC's Camp Kelly opened on February 1 at 7:00 a.m., and programs immediately began filling up. One week of Girls Resident camp is sold out, and all other camps are 50% filled or more. Women's Weekend, a relaxing weekend for women 21 and older, and Father Son weekend, quality time between fathers and sons of all ages, are also available. Visit uncnepa.org/campkelly today to register or to learn more.

UNC Hosts Continuum of Care Training



UNC hosted a training in January to educate the employees in Lackawanna County agencies who work with the homeless population. The workshop was led by Suzanne Wagner, the founder of Housing Innovations and a training and consultation provider to hundreds of nonprofit and public agencies throughout the country. Staff were educated about how to quickly and successfully connect homeless individuals and families to permanent housing.