

UPCOMING EVENTS

July Potluck

July's Potluck will be provided by Somerset Hospital on July 22nd. It will begin at noon with activities following for TLC's **STAFF APPRECIATION DAY**

Pirates vs Reds Game

Somerset Hospital Day at PNC Park is Friday, August 5th at 7:05 pm.

Tickets will be \$60 which include the ride there and seating ticket! Employees, family and friends are all invited!!

Tobacco Cessation

Need help quitting? Classes will be held from 5:30-7:30 pm at the Somerset Hospital on June 30, July, 7,11,14,21,28 and August 4. Register by calling 443-5735

Next Staff Meeting

July 20th at 12:00 pm

DO YOU KNOW..How much more dopamine is released from drug use compared to natural rewards?

*Submit your answer to Jess by phone ext. 259 email or in person. First one with the answer receives a prize!

CHANGE
THE WAY YOU
LOOK AT THINGS
AND THE THINGS
YOU LOOK AT
CHANGE

Stepping It Up

VOLUME 4, ISSUE 12

BY: JESSICA PUGH

Veteran's Lap

THANK YOU everyone who participated in the Daily American Race on June 11th. A big recognition to **Paul Moreau** for getting SADD chapters involved in the Veteran's Lap this year. The Veterans lap is an opportunity for the community to recognize the service of the local Vet's and more importantly, it serves to attach faces with the freedoms we all enjoy in the nation. Below is a picture of Somerset's SADD Chapter with the banner they created for the event and a picture of Paul with the Veteran's who participated!



ADVENTURE CAMP 2016

This year's Adventure Camp was a huge success! In partnership with the Boys and Girls Club, Twin Lakes holds a week long camp for any Somerset County teens 7th-12th grade. This year the teens went to Ohiopyle State Park, Johnstown and Somerset Armory Bases, Laurel Arts Center for volunteer work, Somerset High School to make use of their fields and swimming pool, Laurel Hill State Park and Teen Quest. The teens painted bikes at Laurel Arts that will be displayed during Somerfest, so be sure to check them out! The teens had a great week where they learned to work together, encourage others and conquer fears! The purpose of this camp is to show teens there are many healthy alternatives to do nearby that do not involve drugs and alcohol. The teens also learned about drugs and alcohol throughout the week!



Employee of the Month!

Kelly M. has been chosen for employee of the month for May due to her continued positive attitude towards patients and staff. Kelly is the lead counselor in the Johnstown office and runs the partial program. Kelly has recently worked to involve outside yoga and family strengthening instructors into the Johnstown office as well. Kelly was present during a live WJACTV broadcast representing TLC to answer phone calls and questions in regards to the heroin epidemic in our area.

Jessica P. has been chosen for employee of the month for May due to her organizational skills and always being prepared for anything. Jessica has been a key player when getting CRN's done in time crunches. Jessica is the lead person organizing the Somerfest Parade and 5k walk for TLC. Jessica continues to have a positive attitude around the office and community no matter what the day brings!