

# Stepping it Up

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Week of  
September 22, 2014

## Upcoming Events

### Fetal Alcohol Spectrum Disorder Month

September 2014

Help raise awareness of the dangers of drinking while pregnant.

### Red Ribbon Week

October 23-31, 2014

"Respect Yourself, Respect Your Health, Be Drug Free"

TLC Spirit Week will be held from October 27th through the 31st. Details to be released in next issue.

### Employee Potluck Lunch

October 2014

Thanks to the Residential unit for providing a fabulous breakfast feast. Prevention, Nursing, Maintenance and Somerset Outpatient are up next. Details to come!

*If you cannot do great things, do small things in a great way.*

- Napoleon Hill

## United Way Day of Caring

Paula Wagner, Nikki Leydig, Renee Gardner, Jennifer Barron and Misty Gorman participated in this year's United Way Day of Caring on September 17, 2014.

This year the TLC Ladies traveled to the Women's Help Center in Johnstown in order to volunteer their time in projects that the center has been unable to tackle on their own. The two projects that they ladies participated in were painting and cleaning.

Renee used her amazing painting skills to paint the children's playroom and then followed up cleaning toys for the children to play with. Great Job Renee!

Paula, Nikki, Jen, and Misty spent the day in the Help Center's attic sorting through numerous bags, baskets and totes of children's and adult clothing in order to provide easy access to the Help Center's staff for when their clients have little to no clothes.

A big "Thank You" goes out to these participants for taking time out of their busy schedule to help the Prevention Department take part in this wonderful event.

## 2014 Somerset County Red Ribbon Campaign

### Upcoming Events for Red Ribbon

### "Respect Yourself, Respect Your Health, Be Drug Free"

Radio Talk Shows—October 2nd and 7th

Contest Judging—October 3rd

Proclamation Signing—October 7th

Red Ribbon Rally—October 10th

Painting the Town Red—October 21st

Red Ribbon Spirit Week @ TLC—October 27-31

Red  
Ribbon  
Week