

PERSPECTIVES

Yesterday, Today, and Tomorrow

December 2017

To the Community and Beyond

2017 was a very active and engaging year for NHS Allegheny Valley School (NHS/AVS). Collaborations and opportunities to learn skills, make friends, and explore interests have expanded and enhanced the lives of those we are honored to serve. Examples of increased community involvement include:

Best Buddies – 53 individuals have developed friendships with students from Robert Morris University and Slippery Rock University. Activities the buddies have done together include a prom (pictured below), walk-a-thon, craft and game days, and more.



Team Friends – dozens of individuals participate in monthly activities that include a meal, a fun activity, and a project to give back to the community.

Yes, You Can Dance! – 11 individuals are learning to ballroom dance, and are having a blast in the process.

Additionally individuals have expanded their engagement in their communities through collecting and delivering donations for food banks, participating in charity walks, continuing to succeed in athletics through Special Olympics, and more.



Individuals and staff members participate in Alzheimer's and Brain Awareness Month activities

Nicoden Fund

NHS/AVS is fortunate to receive grants for recreational activities and other projects from the Walter F. and Ellen H. Nicoden Fund of The Pittsburgh Foundation. In 2017, more than 50 projects, trips, and activities were funded including:

In Western PA, the ladies from Ewings Mill I Community Group Home enjoyed a camping trip complete with a sing-a-long around the campfire. Their excursion also included a visit to an animal park where they were able to feed a giraffe.

In Central PA, individuals frequently visited Hershey Gardens which expanded their knowledge about the beautiful botanical gardens.

In Eastern PA, 250 individuals and staff members enjoyed a lunch cruise on the Spirit of Philadelphia.

The Communication Technology groups have been researching topics of interest to them, and then applying their online information during visits to museums, zoos, and other community locations.

We're Hiring!

Are you, or someone you know, interested in making a difference in the lives of individuals with intellectual & developmental disabilities (IDD)? We have opportunities available for nurses, direct support professionals and more! Full-time, part-time and casual shifts are available. We offer competitive wages and great benefits. Proud to be an equal opportunity employer M/F/D/V.

For more information visit: avs.nhsonline.org/careers.

We are Thankful For Our Donors

For a full list of NHS Allegheny Valley School and NHS Human Services Foundation donors from July 1, 2016 – June 30, 2017, visit avs.nhsonline.org.

NHS Foundation's 3rd Annual Bowling Tournament

More than 700 individuals, staff members, and friends of NHS joined together across Pennsylvania on May 2 to bowl for a great cause and to have fun! Tournaments were held simultaneously in East Norristown, Harrisburg, and Pittsburgh. Proceeds from this organization-wide event support the NHS Foundation which raises awareness of and financial support for NHS's programs in eight states.

Save the date for the 4th Annual NHS Bowling Tournament: January 26, 2018.



The Bowling Stones from NHS/AVS' Slippery Rock Program Center were named "Most Enthusiastic Team" at the Pittsburgh location



Bowlers and spectators enjoyed a great day

About NHS

NHS, through its affiliates, is a leading provider of community-based, non-profit education, and human services. More than 10,000 employees provide services and supports to over 50,000 adults, children, and their families throughout Pennsylvania, Delaware, Louisiana, Maryland, Michigan, New Jersey, New York, and Virginia. NHS has developed a unique continuum of care, providing services in the areas of mental health, addictive diseases, education, foster care and permanency, autism, intellectual and developmental disabilities, and many more specialized programs.

Mission

Enriching lives by providing exceptional services through an individualized approach.

Vision

Creating communities where everyone is empowered to take meaningful steps toward reaching their fullest potential.



Visit Us Online

During 2017, We launched a new website. Please visit often for new stories and announcements.

Connect With Us!

avs.nhsonline.org & nhsonline.org

412-299-7777



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NHS/AVS Opens its Second Technology Home

After much planning, design, and redesign, NHS/AVS is pleased to be opening its second technology home, which is expected to be occupied early in the New Year. The custom built residence, located in Kennedy Township, Allegheny County, will be called "home" by four gentlemen. The location is fully accessible, accommodating the mobility needs of the men who all utilize wheelchairs. The home includes many of the features that have been successful in our first technology home including kitchen cabinets, sinks, and a cook top that move up and down, remote controlled window blinds and lighting, and more. New features in the second home will include Smart Tint window technology, accommodations to enhance independence in the bathrooms, and a virtual reality system.



The technologies that have been chosen for the home are aimed at enhancing independence which teaches new skills and helps individuals to reach goals and live everyday lives. We look forward to sharing stories about life in the new home through our website and social media.

The technology home has been underwritten by grants and other contributions to the Capital Development Fund from Polk Foundation, the Pittsburgh Vintage Grand Prix Association, and more.

Purchase The Terrible Towel® Products and Support NHS/AVS

Since 1996, royalties from the sale of all officially licensed "Terrible Stuff" have supported the Capital Development Fund. Fans that wave The Towel (and sport other Terrible merchandise) help NHS/AVS to purchase equipment, develop new programs, and renovate our facilities.

Visit shop.steelers.com to purchase your Terrible Towel items today!



Friends of NHS/AVS Golf Open

The annual golf open was held on September 18 at Chartiers Country Club. With support from event chairperson Rick Mongiovi, 129 golfers, and dozens of sponsors, underwriters, and donors, more than \$136,000 was raised for the Capital Development Fund! This year's event honored Blackburn's/Har-kel as our 2017 AVS CHAMPion. We are so grateful to all who made the open a huge success.



AVS CHAMPion Blackburn's/Har-kel with organizational leadership



Event Chairperson Rick Mongiovi, Mongiovi & Son

SAVE THE DATE FOR GOLF 2018: Monday, September 17, Chartiers Country Club

35th Annual Pittsburgh Vintage Grand Prix

The 35th annual Pittsburgh Vintage Grand Prix (PVGP), presented by the Greater Pittsburgh Automobile Dealers Foundation, was packed with 10 days of fun-filled events. NHS/AVS individuals attended many of the PVGP festivities as charity ambassadors.

We are grateful to the family members, friends, and employees, who came out to Schenley Park to volunteer in the PVGP merchandise booths. Since its start in 1983, the PVGP has raised more than \$4.75 million for its two charities – NHS/AVS and the Autism Society of Pittsburgh. To learn more about the PVGP visit pvgp.org.

2018 PVGP: July 6 – 15, with Race Weekend on July 14 - 15.



PVGP Ambassadors Brandon and Joe

Save the Date



Results from the 2017 PVGP will be announced at Dancing with the Cars event on February 15, 2018. For more information or to buy tickets visit pvgp.org

A Day at the Races Hosted by UBS

Kart racing and fundraising were the focus for the first ever NHS/AVS Day at the Races on June 24. More than 75 people gathered at Pittsburgh International Race Complex to compete, enjoy great food and company, participate in auctions, and raise nearly \$20,000 to support NHS/AVS. Thanks to all the participants for making it a day great, and to the UBS Walnut Wealth Management team for partnering with us for this unique event.



Start your engines!

Direct Support Professional (DSP) Recognition Fund

Parent and friend to NHS/AVS Betsy Friedman recently established **Steven's Fund to Recognize NHS Allegheny Valley School Direct Support Professionals**. The fund was created in memory of Betsy's son and long-time resident Steven Garlick, who received services and supports through NHS/AVS for more than 40 years. It was important to Betsy to honor the hard-working DSPs who provide care 24-hours a day, 7-days a week, 365-days a year. Because of her long time connection to Central PA under Roland Champ's leadership, the quarterly award will be piloted there for two years, after which it will become an award open to all NHS/AVS DSPs. We are grateful to Betsy for initiating this fund to honor the DSPs. To contribute to the effort, indicate "Steven's Fund" when making your gift.



Steven enjoying his birthday celebration in June