



# TC News

## Luzerne County, Pa Treatment Court Newsletter

### Treatment Court stimulus opportunity... **EARN YOUR "SKY BUCKS" TODAY.**

What's a "SKY BUCK"?

Sky Bucks are unique to our Treatment Court and are a form of "fun currency" that will act as an incentive program to clients. Sky Bucks are earned through stellar compliance and participation in the Treatment Court program. Case managers and probation officers will award Sky Bucks at their discretion throughout the program. Clients can save them up and "buy" gift cards from the Treatment Court virtual store.



How many can your earn? Well,  
**SKY'S THE LIMIT!**

**1**  
EARN IT

**2**  
SAVE IT

**3**  
SPEND IT



#### BUDGET

Plan for every dollar you have



#### FREEZE IT

Don't buy nonessential items for a week and see the savings



#### SKIP THE COFFEE (shop)

\$4 coffee x 30 days is \$120 x 12 months is \$1440 per year

## ***Walk it off. Spring has sprung!***

The easiest exercise with the most benefits...yes, walking.

1. It doesn't add "training" stress.
2. It is restorative and assists with other exercise recovery.
3. It burns a lot of fat and almost no muscle.
4. It can help build aerobic fitness and work capacity.
5. It's low impact and hard to screw up.
6. It's relaxing, fun and worth every minute.

*It's only disadvantage, it's time consuming.  
Hey, not everything is perfect!*



👉 Welcome new **CASE MANAGERS, Matt Coleman and Kristen Mizikowski** 🧑🧑

👉 **Drug testing** begins at the **PROBATION OFFICE** Thursday, April 1, 2021 🏠

👉 "Purchase" gift cards with **SKY BUCKS**: Amazon, Dunkin', Domino's, Wal-Mart, Uber, Price Chopper, Schiel's, Sheetz, Sunoco, Wegmans, Movie Tickets 🎟️

👉 The **RIVERFRONT CLEANUP** is scheduled for Wednesday, April 14, 2021 from 2:30p - 4:30p 🚗

👉 Tentative **Veterans Track GRADUATION** will be held Friday, April 30, 2021 graduation 🎓

👉 **Alumni Group**: more info coming soon 🧑🎓

👉 For updates and information "like" our **FACEBOOK PAGE, "Luzerne County TC"** 📱

👉 Please continue to inform team members of any changes 📞

👉 **Stay "off the hook", read your book!** Review your participant handbook regularly 📖

***Life doesn't get easier, you just get stronger.*** 💪