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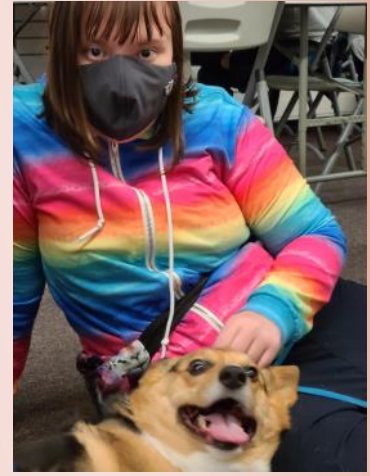
May—June
2022



After serving as our Berwick AMPES coordinator since 2015, Linda Krause is stepping down—she will be retiring from full-time teaching at the end of the year. Linda was a special education teacher at Salem Elementary School in Berwick for over 30 years. For the last few years, AMPES held meetings in

Linda's classroom and the school library. Linda is a busy and energetic lady! In addition to teaching full-time at Salem Elementary, she teaches aerobics, is active in her church, serves as a big sister in the Big Brother/Big Sister program, and helps her daughter Molly with her nonprofit, From Cradles to Crayons. Last summer she and some of her AMPES friends distributed flowers to local nursing homes and subsidized housing. She is a big fan of thrift stores and the beach. She and her husband, Jim, have been married for over 30 years. Linda and Jim raised their four children to be kind & caring humans. She did an excellent job as Berwick coordinator. Linda always treated the Berwick self-advocates like treasured friends. She loved taking her group out in the community and hosted picnics for them at her house. She encouraged them to get up and get moving. When the weather was nice, the group could be found taking a walk through the school's neighborhood or playing baseball. Luckily for us, Linda offered to stay on as a substitute coordinator. We hope she enjoys retirement to the fullest! We have no doubts that she'll wind up even busier than when she was teaching full-time!

Fun Times With The Arc



Do Everything you see in this newsletter AND MORE, including paying online for events...
Visit thearcsusquehanna.org today!



2022 Self Determination Banquet

June 7th, 5:30

Route 61 Events,

1437 PA Route 61, Sunbury



Self Determination is another way of saying freedom. It means that people have authority over how their lives will be lived, where, and with whom. It means that people have control of the resources needed for their support, as well as responsibilities for their decisions and actions.

“Northumberland County Self Determination Council”

A sit down, family style meal will be served and a guest speaker featured.

A zoom link will be made available for those who do not wish to attend the event in person, and gift cards will be provided so you may also enjoy a meal.

Seating is limited. So, be sure to RSVP by May 13th.

RSVP to:

www.thearcsusquehanna.org/self-determination-banquet.html

Or

Complete and mail in the form on Page 3.

For more information, email Brian Habermehl, bhab123@ptd.net



Special Thanks to all who donated to The Arc Susquehanna Valley during the March 9-10 “Raise the Region” fundraiser. Because of people like YOU, The Arc received \$2,205.

Arc Anglers Picnic



May 26th 11 a.m. to 4:30 p.m.
Long Environmental Center
182 Houser Road, Sunbury

The Arc would like to invite you to a picnic and outdoor adventure.

Come out to the Long Environmental Center and catch some fun, a meal, and, hopefully, some fish!

Don't worry about bringing a meal, The Arc will provide barbecue chicken, potato and macaroni salad, potato chips, water, and ice tea.

Arc Members \$7 Copay

Non-Members \$9 Copay

RSVP By: May 20th



Self-Determination Banquet



June 7th, 5:30 p.m.

Route 61 Events,
1437 PA Route 61, Sunbury

A sit down, family style meal will be served and a guest speaker featured.

A zoom link will be made available for those who do not wish to attend the event in person. Gift cards will be provided so you may also enjoy a meal.

RSVP either by turning in the form below or www.thearcsusquehanna.org/self-determination-banquet.html

For more information,

email Brian Habermehl, bhab123@ptd.net

Seating is limited. So, be sure to RSVP by

May 13th

NO COPAY

Arc Angler's Picnic

RSVP By: May 20th

Self-Advocate: _____

Care Staff: _____

Phone #: _____

Email: _____

RSVP: The Arc Susquehanna Valley

PO Box 892, Sunbury, PA 17801

Arc Office at: 570-286-1008; Extension 1
(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

Self-Determination Banquet

RSVP By: May 13th

Self-Advocate: _____

Care Staff: _____

Phone #: _____

Email: _____

RSVP: The Arc Susquehanna Valley

PO Box 892, Sunbury, PA 17801

Arc Office at: 570-286-1008; Extension 5
(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

SELF ADVOCATES OF THE SUSQUEHANNA VALLEY



Brian Habermehl: bhab123@ptd.net or (570) 286-1008; Extension “5”

D.R.E.A.M Class—These classes take place **every Monday** from 10 a.m. to 11:30 a.m. at the Arc-Aide. Use technology to achieve your mission. Zoom link will also be provided.

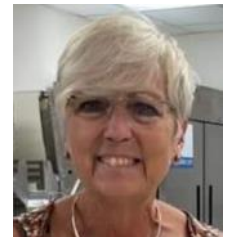
Technology Tuesday—These classes take place **every Tuesday** from 10 a.m. to 11:30 a.m. at the Arc-Aide. Zoom link will also be provided.

UPCOMING MAY 2022 OPPORTUNITIES

Monday, May 9th, 10 a.m. to noon; 326 Market Street; ZOOM link will be provided. Garden Update & planning warm-weather plants.



Tuesday, May 10th, 10 a.m. to 11:30 a.m.; 326 Market Street; ZOOM link will be provided. Special guest for Technology Tuesday! Come to the Arc-Aide to listen and talk with one of our staff's mother. This woman was a contestant on the \$20,000 Pyramid. You will see a video of her appearance and learn who her celebrity partner was.



Monday, May 23rd, 10 a.m. to noon; 326 Market Street; ZOOM link will be provided. Making community connections; begin preparation for “Freedom Week”

UPCOMING JUNE 2022 OPPORTUNITIES

Monday, June 6th, 10 a.m. to noon; 326 Market Street; ZOOM link will be provided.

“Freedom Week” begins. Prepare with us for the Self Determination Banquet, Advocacy and Policy Day, and upcoming job fair.

Monday, June 20th, 10 a.m. to noon; 326 Market Street; ZOOM link will be provided.

Planning Summer Self-Advocacy: local awareness campaign and advocacy.

Learning 1 on 1 - Let's Learn Together: Reading, Math, Communication

Schedule with Mark or Brian- (570) 286-1008 Extension “5”. Virtual learning is available upon request.



Arc at The Park

July 1st, 6 p.m.

Shikellamy Overlook

Shikellamy State Park Rd,
Selinsgrove

In partnership with the Shikellamy State Park Overlook, The Arc staff invites you to a picnic and outdoor adventure.

Arc staff will provide a picnic style dinner including hot dogs, hamburgers, macaroni and potato salad, potato chips, water, unsweet tea and lemon aid.

Arc Members \$7 Copay

Non-Members \$9 Copay



Arc Knoebels Pot Luck Picnic

August 13th, 11 a.m.

Pavilion D (closest to the Ferris Wheel)

Join the Arc staff for a picnic at Knoebels.

Arrival time is at 11:30 a.m.

Lunch will be served at 12:30 p.m.

Bingo will begin at 2 p.m.

Please provide a covered dish using the first letter of your last name



A-K— Salad or Veggie

L-P— Hot Dish

Q-Z—Dessert

Arc at the Park

RSVP By: June 24th

Self-Advocate: _____

Care Staff: _____

Email _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801

Arc Office: (570) 286– 1008;

Extension “1”

(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

Knoebels Pot Luck Picnic

RSVP By: August 1st

Self-Advocate: _____

Care Staff: _____

Email: _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801

Arc Office at: (570) 286– 1008;

Extension “1”

(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

Hello, All! As you can see we opened The Arc gardens on April 12. We planted onions and potatoes. Come out and help us weed and water throughout the season—we need your help. Take a few minutes to sit down on the “Seeds of Freedom” bench. The Arc garden is located in Sunbury next to the Degenstein Library. Please, if you want to help, contact me on my Facebook Messenger or contact Matt Yeager at (570) 809-2547. Hope to hear from you soon.

Mark Reeves, Arc Assistive Communications Specialist



Arc Beach Trip

WHEN: June 13th to 17th

WHERE: Rehoboth Beach, Delaware

FOR MORE INFORMATION: Contact John Shosh, Social Recreation Coordinator, 570-286-1008 (Ext. 1); or stop by The Arc, 326 Market Street, Sunbury.



Ashley's Lunch/Craft Day

Friday, May 20th; 11:30 to 1:30

At the Arc-Aide



You bring your lunch, Ashley will bring the craft. Make a craft to keep and some to be donated to a local nursing home. Come enjoy some friendship and a fun craft.



THE ARC SUSQUEHANNA VALLEY presents.....

SUMMER spectacular 2022!!

For Ages 12-21

Kick-off is June 22 at 10:30 am at The Arc-aide with a breakfast buffet

Summer Spectacular will be held every Wednesday and Friday from June 22 through August 12

There are two sessions from which to choose:

Morning - 10:00 am to 12:00 pm

Afternoon - 1:00 pm to 3:00 pm

Topics and Themes include:

Disney and Imagination Movers

Ocean Life Day

Christmas in July

Career Awareness Day

Health & Wellness Day

Social Media Safety Day

Super Hero Day

Kindness Counts Day

Disability Awareness

Outer Space Day

Ice Cream Day

Carnival Day



Activities include: canvas painting, gardening, community outings, crafts, picnics, fishing, water games, digital photography, bingo, scavenger hunts and more!

There will be a small co-pay of \$2 to \$3 for each session. Community outings will have a co-pay ranging from \$5 to \$10.

MORE DETAILS TO FOLLOW!!!!

Summer Spectacular is made possible by the generosity of: the PPL Foundation, the Guyer Foundation, and supporters like you!





BREAST CANCER SCREENING and TREATMENT SUPPORT

Living with metastatic breast cancer has made encouraging women to get mammograms my passion. I resisted getting a mammogram for five or six years. Quite by accident, I found a rather large lump in my left breast. If I had mammograms starting at age 40, like my doctor wanted me to, this tumor would have been found sooner.

In January, The Arc announced that we would be offering transportation and support to women who want to get a mammogram but don't have transportation and/or moral support. Public transportation isn't always the answer. Who wants to ride a public bus to their appointment? You may have to spend an hour or more on the bus just getting there. You may have to wait an hour or more to be picked up. Imagine being upset after your appointment because an irregularity was found and then having to spend an hour or so on a public bus with no moral support. I'm pretty sure I would have hated it.

To make things as convenient as possible for our ladies, I emailed the patient advocate at the PA Breast Cancer Coalition to see if we could collaborate. In March the PBCC sent me an email announcing a free mammogram event at Fox Chase Hospital in Philly. I asked about scheduling a free mammogram event in the Susquehanna Valley. Of course, The Arc would take ladies to and from the event. Depending on the facility, a doctor's order may not be required. Patients will, however, need to have the results sent to their doctor. I hope this event can be done!

Even if you can't make it to a mammogram event, you can still get screened for free if you have no insurance or you're underinsured. Here's where we come in. Once your doctor writes the order for a mammogram and an appointment is set, call me and let me know. You will be picked up at your doorstep. You will have support with you during the mammogram. You will be delivered back home after stopping for a celebratory lunch. It's that simple!

Amanda Swayze has graciously offered to volunteer with this venture. Amanda and I will be visiting local providers and other organizations in the near future to spread the word about this program.

If you have any questions, please don't hesitate to contact Cheryl at (570) 286-1008 or progdir@thearcsusquehanna.org.



Jenn & Vicky's Strawberry Cheesecake Salad



Ingredients:

Softened cream cheese - 1 pack

Heavy cream - 1 cup

Vanilla - 1 teaspoon

Powered sugar - 1/2 cup

Fresh strawberries- 2 lbs chopped wash

Directions:

1. In a large bowl beat together cream cheese, sugar, vanilla until smooth and creamy .
2. In another bowl whip the heavy cream until it has soft peaks
3. Fold whip cream into the cream cheese and beat on low - speed
4. Add strawberries into the cheesecake mixture and serve immediately



Happy Birthday to you, Happy Birthday to you,
Happy Birthday Arc member, Happy Birthday to you!



MAY: Lydia Moore-3rd; Rusty Jones-13th; Mark Reeves, 19th;
Ashley Brubaker & Jennifer Daise-31st

JUNE: Jerry Kotarski-2nd; Kimberly Weikel-11th;
Carson Martin-21st; Julie Hartley-25th

If you have a birthday in July or August 2022 and would like us to celebrate with you, please let Jerry Kotarski know. jerrychevy4@gmail.com



“Life With Lisa”

Observations from The Arc’s Office Clerk

Lisa Zellmann

Hi, this is Lisa coming to you with another cool article. May is for Mother’s Day, for spring sports, for sunny (warm) weather. I know I am looking forward to nice sunny weather to enjoy sitting outside and do some walks as well. It is nice to get outside and let the sun shine on your face. My son plays baseball. I can’t wait to watch him play and see how he does with that. Also people like to have picnics. I sometimes like to swim or go to the Shikellamy marina. The school year is about over—wow, that went quick. Then to do summer activities, or plan to do things. Is anybody looking forward to anything? So far, the only thing I’m looking forward to this summer is the June Arc Beach trip, which I never went on. In May it will be one year that we had our family dog. We have a cocker spaniel. He is a sweet dog. So, some fun things are happening. (spring time, sports, finishing school, taking Nick fishing, doing fun things, walks) Enjoy the months of May and June. Take Care!

Become an Arc Susquehanna Valley member and receive discounted prices on Arc activities!

NEW OR RENEWED MEMBERSHIPS



Josh Hess (\$25), John Yocum, Elizabeth Straub, Ken Ramsey, Matt Edwards, Julie Hartley, Tyra Young, Kelly Wallick, Carina Losell, Megan Evans, Carol Wing, Alice Snyder, Michael Huffstutler, Stephen Hollenbach, Tammy Ferguson, Brad Kerstetter, Jim Hepler (\$25)

Why we need YOUR membership!

There are many benefits to being a member of The Arc Susquehanna Valley including discounts on Arc activities. You will automatically become a member of The Arc of Pennsylvania and The Arc of the United States. You will receive their newsletter to keep you informed about issues that affect YOUR rights as an individual within PA and the US. Your dues help pay for advocacy and services locally, statewide, and across the nation! Our members are our backbone. Renew or become a member TODAY!!!



Membership form

\$15 Individual; \$20 Family

Classification

_____ Self-Advocate _____ Family Member _____ Professional
_____ Interested Citizen _____ Other

Name: _____

Date of Birth: _____

Address: _____

Phone: _____ Email: _____

Return To: The Arc Susquehanna Valley, PO Box 892, Sunbury, PA 17801; (570) 286-1008

*Please take this opportunity to update your information with us! We want to make sure we have your correct address, email and phone number on file to make sure we have a way to keep you connected!



“Matt’s Movie Review” - “Shark Tale”

(This video is one of over 550 videos which can be borrowed from Ashley’s Lending Library)

Arc Friends, Matt Williams and Ashley Brubaker, laughed and enjoyed watching this Kid’s Choice Award for Favorite Animated movie. This movie shows how lying can get you in trouble and how Oscar the fish and Lenny the vegetarian shark team up. Matt and Ashley both loved the music and when Oscar finally told the truth. They give Shark Tale “2 fins” up!



TEST KITCHEN MEMBERS GATHERED FOR OUR TRIAL RUN

On March 30th a group of adventuresome self-advocates gathered with “Chef” Leta Jo Maue to make bar-b-que (turkey and beef). They measured, fried, and cooked the mixture until the entire Arc-Aide smelled like a restaurant! All took turns making the bar-b-que and, better yet, sampling the sandwich. After eating 1 beef and 1 turkey bar-b-que, the cooks decided “beef” was the favorite. After removing their blue chef aprons, we talked about the experience and the next class will be on April 27th at 10 a.m. All are welcome to join us for a few hours of fun in our Test Kitchen and try another recipe. Please call The Arc to reserve your spot. Cooking is NOT a spectator sport!

“T” Time

Tea with Tessa—Tuesdays at Two

~A time to catch up and spend with friends

~An opportunity to ask questions and share ideas for our Arc Chapter

EVERYONE is invited! I look forward to seeing you on Zoom—

Meeting ID: 972 7300 5467 Passcode: TuesdayTea



THE ARC SUSQUEHANNA VALLEY

AMPES PROGRAMS

AMPES: The Arc Meeting Place for Expanding and Sharing Mondays, Milton, 6:00 PM Tuesdays, Shamokin, 6:00PM Tuesdays, Selinsgrove, 6:00 PM Tuesdays, Sunbury, 5:30 PM Wednesdays, Selinsgrove, 5:30 PM Meeting Sites to be announced AMPES ZOOM Meeting ID: 840 0952 7899 Passcode AMPES for more info visit our website at <http://www.thearcsusquehanna.org> Or Contact Program Director, Cheryl Donlan at 570-286-1008 ext. 2



The Arc Susquehanna Valley is affiliated with The Arc of the United States, The Arc of Pennsylvania, and other local chapters of The Arc across the country. We serve Columbia, Montour, Northumberland, Snyder and Union Counties in PA

this button!

Visit <http://www.thearcsusquehanna.org/> and click on

Donate to The Arc!

The Arc Susquehanna Valley
P.O. Box 892
Sunbury PA 17801
Phone: 570-286-1008
E-mail: executive@thearcsusquehanna.org

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