



The Arc Susquehanna Valley is busy in the community! In May, we were able to gather for a night of dancing and tacos, yum! In June, we celebrated the 2022 Self-Determination winners, a once in a lifetime award. These 9 individuals were recognized for exemplifying the principles of Self-Determination: Choice, Relationships, Contributions & Community, Roles & Responsibilities, Control, Dreaming, Dignity & Respect, Fiscal Conservatism, Attitudes & Behaviors, Least Intrusive Supports, and Cultural Sensitivity. We joined The Arc of PA for advocacy & policy days and met with our Senators and House members to advocate for an increase to special education funding, increased wages for DSPs, and solutions to bring an end to the waiver wait list. The opportunity to meet with legislators is an important step to make our voices heard. Last year's advocacy days led to this year's first in our community Career Fair focused on the hiring of individuals with intellectual and developmental disabilities. Together, with Lynda Schlegel Culver and PA Career Link, we were able to open more doors to customized and supported employment throughout the Valley. The participating employers were able to gain knowledge and ask questions about the many benefits of these programs prior to the event. Career-Link noted it was the best job fair turn out all year and it shows how eager our Self-Advocates are to work! We have some fun events planned for the summer and hope YOU will join us! Make sure to sign up early... see YOU there!

-Tessa Moore, Executive Director

## FUN AT THE SELF DETERMINATION BANQUET

### AWARD WINNERS

Neil Bartlett, Aadya Decapria, Autumn Fleck, Chase Hogarty, Carol Poboy, Alice Snyder, Amanda Swayze, Jessica Wert, Richard Wertz



### GUEST SPEAKER JOANNE CASHMAN, ED.D.



Check out this website:  
[imdetermined.org](http://imdetermined.org)

Do Everything you see in this newsletter  
AND MORE, including paying online for events...  
Visit [thearcsusquehanna.org](http://thearcsusquehanna.org) today!



### Health and Wellness Day

July 22; 10 a.m. to 1 p.m.

Join the Arc Staff at The Shikellamy State Park on the Island on July 22nd at 10 a.m.

Learn hands only CPR \* Eat Nutritious Snack Food \* Make a model lung \* Bike Rides

Don't Have A Bike, Don't worry!

The Arc has TWO adaptable bicycles!

Join us for a ride!!

Copay—\$2



July 22; 6:30 p.m.

Trenton Thunder

Vs

Williamsport Crosscutters

The Arc will NOT provide transportation. If you are interested in attending, please RSVP and you will receive directions on where to meet at the Muncy Bank Ballpark at Historic Bowman Field, 1700 West Fourth Street, Williamsport.

Copay— Arc Members \$10

Non-Members \$12

You will receive \$5 back in Cutter money to spend in the stadium.



### Health and Wellness Day

RSVP By: July 15 (NO EXCEPTIONS!)

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.

### Crosscutters and Fireworks

RSVP By: July 15 (NO EXCEPTIONS!)

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.

**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

NO COPAY



**HIAWATHA PICNIC & CRUISE**

October 20th

Picnic—4 p.m.; Cruise—5:30 p.m.



Start the fall off with a Picnic & Ice Cream Hiawatha Riverboat Cruise!

Picnic starts off at 4p.m. at the Hiawatha Pavilion. Picnic includes hot dogs, hamburgers, baked beans, macaroni salad, chips and a drink.

Riverboat Cruise starts at 5:30 p.m. and includes ice cream sundae for desert.

Copay: Arc Members \$10

Non-members \$12

**Knoebels Pot Luck Picnic**

**RSVP By: August 5 (NO EXCEPTIONS)**

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)

**Hiawatha Picnic & Ice Cream Cruise**

**RSVP By: October 13th (NO EXCEPTIONS!)**

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.

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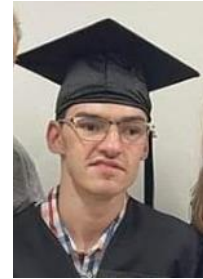
## CONGRATULATIONS GRADUATES!



Ford Yocum



Reggie Holliday



Dalton Hollister

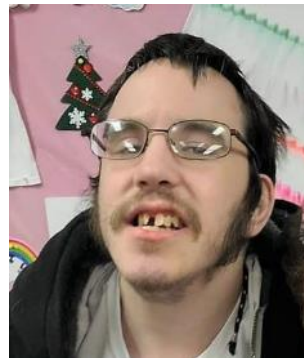


On April 20, The Arc lost another friend, Billy Bressi. Billy was 84 and lived in Marion Heights. He was a member of the Church of the Holy Angels and served as an usher on Sundays for Mass. He was a life member of the Marion Heights Fire Co., West End Fire Association, Kulpmont, Kulpmont American Legion, Kulpmont Sportsmen Association and the Fraternal Order of the Eagles, Mount Carmel.

Billy was an avid Dallas Cowboys fan. Along with his Sentry Services supporter, Victoria Chapman, he enjoyed going to the beach, Arc dances, cooking classes, and being outdoors. He was also a member of Joyful Noise. Billy's loving, friendly personality will be missed by all.



With our Arc events getting bigger and better, attendance is growing. It has become necessary for everyone to RSVP. While we hate to turn anyone away, if you are not registered **PRIOR** to the date of the event, you will not be able to attend. Be responsible—don't miss out on the fun—RSVP!



## 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 JULY 2022 OPPORTUNITIES

Monday, July 18, 10 a.m. to noon; 326 Market Street, ZOOM link will be provided.

William Stillman Presents “Valuing Passions”

Thursday, July 21, 6 p.m. to 7 p.m.; First Reform Church, 160 Chestnut St., Sunbury. Joyful Noise Music Class with Verlaine Shaw



Monday, July 25, 10 a.m. to noon; 325 Market Street, ZOOM link will be provided. ADA Celebration. The Americans with Disabilities Act of 1990 turns 32 years old.



### UPCOMING AUGUST 2022 OPPORTUNITIES

Monday, August 8, 10 a.m. to noon; 325 Market Street, ZOOM link will be provided. Begin Planning our Annual All Abilities Talent Show



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.

Want to help our gardens grow? Contact Mark Reeves.



## VEGGIE PIZZA

Recipe From: Judy Davis



- 2—8 ounce packages crescent rolls
- 1 cup sour cream
- 1—8 ounce package of cream cheese (softened)
- 1 package of ranch seasoning mix or Italian seasoning
- 1 Tsp. dill
- 1/2 Tsp. garlic powder
- 1 cup chopped fresh broccoli
- 1 cup chopped cauliflower
- 1 small chopped purple onion
- 1 chopped red bell pepper
- 1/2 cup shredded carrots
- 1/2 cup chopped celery

(You can switch up the vegetables: green peppers jalapenos, radishes, etc.)

- Press crescent rolls on cookie sheet to form a crust; let stand for 5 minutes; then poke with a fork several times around the crust
- Bake in pre-heated oven until dough is golden brown—about 10 minutes; let cool
- Combine and spread sour cream mixture on pizza crust (sour cream, cream cheese, ranch seasoning, dill, garlic powder)
- Arrange all veggies over pizza
- Let chill for about 2 hours; Serve and enjoy!



We were out in the community again at the Susquehanna Valley Career Fair.



Happy Birthday to you, Happy Birthday to you,  
Happy Birthday Arc friend, Happy Birthday to you!



JULY: Justin & John Sperka-6th; Ashley Gay-7th; Rebecca Carta-13th; Jenn Tilley  
- 16th; Justin Smyre-19th

AUGUST: Amy Michaels 4th; Brian Long- 20th; Kelly Wallick-27th

If you have a birthday in September or October 2022 and would like us to celebrate  
with you, please let Jerry Kotarski know. [jerrychevy4@gmail.com](mailto:jerrychevy4@gmail.com)



Special thanks to Zach Reed, owner of On A Roll Sub Shop, North-umberland, for telling us about his business, and giving advice about being a good employee. We had a “delicious” time.



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

NEW OR RENEWED MEMBERSHIPS

Welcome

Barbara Bickel, Keith Strouse, Cynthia Reid, Nancy Jo Geise, Pascha Frye, Matt & Melanie Shearer, and Amanda Cressman.

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” - “Hotel for Dogs”

(This video is one of over 900 videos which can be borrowed from Ashley’s Lending Library)

Arc Friends, Matt Williams and Ashley Brubaker, chose “Hotel for Dogs” to watch. The key characters are brother and sister, Max and Andi. They are foster kids who live where no pets are allowed. So, they decide to be foster parents for dogs and open a pooch paradise or Hotel for Dogs. They end up with more dogs than they can handle and recruit their friends to help. Ashley and Matt thought it was funny how Max creatively figured a way to feed all the dogs. The moral of the story was if you work hard enough you can solve your problems. Brian Habermehl walked in during the conversation after the movie and agreed with Ashley and Matt—”team work, makes the dream work.” Ashley and Matt gave this movie 2 “paws” up and would definitely check into a Hotel for Dogs!



## THE “TEST KITCHEN” REPORT By Leta Jo Maue

Although many state that ‘life is a bowl of cherries’, the May Arc chefs may disagree. After preparing 2 different recipes we believe that ‘life is a bowl of STRAWBERRIES’! Our kitchen team baked a batch of shortcake to eat with sliced strawberries. Most participants ate the cake with whipped cream although a few tried adding milk to the shortcake. While the shortcake was baking we followed Jenn and Vicky’s Strawberry Cheesecake Salad recipe to see if it turned out as good as Jenn had indicated. Well, the group agreed that it was DELICIOUS!! Both recipes were quite the hit with our Arc chefs.

All self-advocates are invited to send in one of their favorite recipes to the Arc-aide office to be considered for printing in this newsletter. Who knows, perhaps the Test Kitchen group will be preparing and sampling your recipe next?

Due to a morning conflict, the next meeting of our TEST KITCHEN chefs will be on Wednesday, June 22 at 1:30 p.m. We will be “flipping out” over Pineapple Upside Down Cake. Just call the office to reserve your spot and please mark it on your calendars! Remember, here at the Arc-Aide cooking is NOT a spectator sport!! See you then.

## “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:97273005467 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

<http://www.thearcsusquehanna.org> for more info! \*All AMPES Programs are currently held virtually via ZOOM and in-person.



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  
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