



**September -
October
2022**

Happy Fall Y'all! This summer flew by, and was filled with opportunities to gather, grow, and celebrate with friends at The Arc Susquehanna Valley. Thanks to the generosity of The Community Giving Foundation Sunbury, we were able to purchase 2 adaptable bicycles (see pics of the bikes in action to the right) and work toward our goal of creating more inclusive and adaptable healthy opportunities in our community. We are grateful to own these AWESOME bikes and for the positive impact they will continue to make in the future. We hope YOU will join us for a ride! For 57 years our chapter has promoted awareness, opportunities, quality programs, and advocacy for people with intellectual and developmental disabilities and their families. We have listened to our Self-Advocates and worked together to break down barriers. Most recently, the addition of the adaptable bicycles made it possible for ALL people to have access to a bike ride. Next up - accessible transportation. We are officially beginning our DRIVE TO ACCESSIBILITY. This fundraising campaign will assist us in breaking down the accessible transportation barrier as we raise funds and awareness to purchase a multi-wheelchair accessible van for our programs and events. A vehicle this size, with the necessary accommodations, comes with a hefty price tag. However, it also comes with positive life changing results for our community. Please check out page 2 of this newsletter to see ways to get involved. We need YOUR help to make this possible. Looking forward to DRIVING TO ACCESSIBILITY with YOU! -Tessa Moore, Executive Director



It is with great sadness we announce the sudden passing of Adam Kortes, a proud member of Danville AMPES. Adam was 27 and lived in Danville.

According to Lisa Shosh (Danville AMPES), Adam always had a smile, a hug and words of concern for everyone he met. A few of his very favorite things were enjoying the firetrucks at the Bloomsburg Fair, bowling with AMPES, and celebrating Christmas. Adam will forever be a bright spot in our hearts and his memory will live on here at The Arc.



Some may have already heard this story, so you can skip to the 2nd paragraph. Many years ago, I worked in a local school district as a substitute aide. One day I worked with a girl who had Autism. The entire day she walked the halls alone, she ate alone—no one talked to her all day—it was like she was invisible. At the end of the day, she said “Boy, it really sucks being abnormal.” I went home that day wondering “Is this what the future holds for my daughter?” Absolutely NOT—I was not going to let that happen. That’s when I found The Arc and one of the many reasons I am so passionate about The Arc Susquehanna Valley.

We’ve come a long way since my 1st meeting on the 2nd floor in the Sunbury Municipal Building with Gail Leightley, Dan Sweeney, Bonnie and Eleanor Yentsch, Joyce McCarthy, etc. That committee gave me hope for a brighter future for Ashley.

Over 30 years later, The Arc Susquehanna Valley has opportunities for everyone to be the best they can be. We’ve got a GREAT staff working diligently to create programs and opportunities which help to build friendships, make our self-advocates feel included and happy. But (and you know there’s always a but), we have all these programs, yet self-advocates can’t attend due to the lack of transportation. Lack of transportation is another disability they must face.

And this brings me to the announcement of our newest campaign “**Driving to Accessibility.**” The Arc needs a totally handicapped-accessible van; we also need at least \$100,000. On July 28th, I presented Tessa with the first of many checks to be deposited into the “Van Fund.”



To help us raise money, please Shop and Support our fundraiser: www.RadaFundraising.com; Search for “**The Arc Susquehanna Valley.**”

If you’d like to Chair a fundraiser, let me know and we’ll do it together. You don’t have to raise thousands of dollars to help. We will be “Driving to Accessibility” one dollar at a time.

Deb Brubaker, President/Board of Directors

humming@ptd.net



Arc Bowling League

Starting—September 9th



The Arc will be starting our annual bowling league on September 9th, and will continue the 2nd Friday of every month. We will meet at the STRIKE ZONE in Sunbury at 12:30 p.m. Bowlers can bowl 2 games. Scores will be kept for the season and league banquet on June 23rd.

A one-time fee of \$90 can be paid in advance. This covers the 9 monthly lane fees, the banquet, and a personalized shirt.

Bowlers can also pay as they go:

Bowling each week—\$8 Banquet—\$20

Penn State Tailgate Party

September 17th; 3 p.m. at The Arc-Aide



Penn State vs Auburn



The Arc will host a live big-screen viewing of the PSU vs Auburn football game. We will serve Papa John's pizza, soda, and chips.

You bring your best Tailgate appetizer to enter in the "Best Tailgate Appetizer" contest. Winners will be rewarded.

Copay—\$5

Arc Bowling League

RSVP By: September 9 (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.

Penn State Tailgate Party

RSVP By: September 12 (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.

*Happy Birthday to You, Happy Birthday to You,
Happy Birthday Dear Arc Friend, Happy Birthday to You!*



SEPTEMBER: 8th-Lisa Shosh, 26th-Jesse Moore, 24th-Matt Williams

OCTOBER: 4th-Matt Yeager, 29th-Deb Brubaker

If you have a birthday in November or December 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

Things to think about (my answers in italic):

- Name 5 things you are thankful for. (*my parents, a place to live, good health, friends to talk to, food*)
- Name something you are good at. (*typing and writing; I write about everything; I like to journal—I have 4 filled journals*)
- Do you think about what you’d like to do in the future? (*I’m almost 36 years old and I want to learn to drive. I want to drive but am nervous*)
- What lesson do you feel kids of today are not being taught? (*Manners and being kind.*)
- If you could go anywhere in the world, where would you go? (*Germany because I was born there and would like to see what it looks like now*)
- What is something you enjoy doing outside? (*Sitting on our front porch or deck enjoying the fresh air and sun. I read, write, listen to music, or watch my son play sports.*)



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

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

Copay: Arc Members \$10

Non-members \$12

Arc Halloween Dance

October 27th; 5:30 p.m. to 8 p.m.

Rt. 61 Events

The dance will begin with a barbecue chicken dinner prepared by CSG Bakery and includes baked macaroni & cheese, green beans, dinner roll and dessert.



Music and costume contest will be held after dinner (approximately 6:30 p.m.)

Seating is limited.



Event held at: CoinTaker/Rt. 61 Events,

1437 PA-61, Sunbury

FREE

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: (570) 286- 1008;

Extension "1"

(leave message)

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Arc Halloween Dance

RSVP By: October 20th (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.



Prom Date: Friday, February 10, 2023

Times: 5 p.m. to 9 p.m. Doors Open at 3:30 p.m.

Location: The Sunbury Bible Church, Rt. 11, Northumberland

Registration Opens: Monday, October 17th at 10 a.m.

Pre-Prom Boutique: November 3-5, 2022, from noon to 7 p.m.

November 6, 2022, from 10 a.m. to 1 p.m.



Once again Sunbury Bible Church is partnering with the Tim Tebow Foundation to host “Night to Shine,” a prom night experience for people with special needs. This event will be held at the church on February 10. **YOU MUST REGISTER FOR THIS EVENT!**

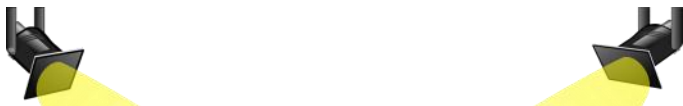
Now is the time of year things start really ramping up in preparation for this awesome event. There is a Pre-Prom Boutique where guests attending Night To Shine can come to our boutique in the Susquehanna Valley Mall Community Room for a private shopping experience ahead of the big night.

From dresses for the ladies as well as jewelry and accessories to attire for the men, the **guests** can pick out **free of charge** whatever they want to wear on their night to shine. We will have seamstresses available to pin the dresses for alterations.

Please note: Because our volunteer staff is limited we are requiring every individual coming to the Pre-Prom Boutique to have a one-on-one supporter assisting them from the time they enter the boutique until they leave. This includes going in the fitting room and helping them try on clothing and then neatly hanging up the clothing they will not be taking with them.

We are excitedly looking forward to serving you. To stay up-to-date on Night to Shine happenings, join the “Night to Shine at Sunbury Bible Church” Facebook Page.





**The Arc Susquehanna Valley's
All Abilities Talent Show
October 5th—5:30 p.m.**

Have a special talent you would like to show off? Or would you like to be entertained by some highly motivated people? Then stop by The Arc, 326 Market Street, Sunbury and join us for our annual talent show! Zoom link will be provided.

Refreshments will be served afterwards.

Seating is limited, so please RSVP ASAP

FREE



The Arc's Holiday Party

December 21st

5 p.m.—6:30 p.m.

The Arc's holiday party will be filled with food, fun, music, and dancing. And, if we are all good boys and girls, we just may get a visit from Santa and Mrs. Claus!

Dinner will be catered by CSG Bakery, and include ham, scalloped potatoes, green beans, dinner roll, and a dessert.

Event held at: Sunbury Social Club

352 East Dr, Sunbury

Arc Members \$12 Copay

Non Members \$15 Copay

Talent Show

RSVP By: September 30 (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)

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

Holiday Party

RSVP By: December 14th (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)

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

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

NEW OR RENEWED MEMBERSHIPS



Lisa Harrison, Paula Naylor, Star Herman, Nicole Crowley, Matthew Darrah, Bertha Ream, Tammy Shutt, Jolene Davis, Will Paul, Elwood Diehl, Jeremiah Duke, Elwood Maneval, Kristi Raker,

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!

SELF ADVOCATES OF THE SUSQUEHANNA VALLEY



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

DREAM 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 SEPTEMBER 2022 OPPORTUNITIES

Monday, September 12 - 10 a.m. to noon; 326 Market Street, ZOOM link will be provided.
William Stillman in person at the Arc-Aide Dream Class.

Thursday, September 15, 6 p.m. to 7 p.m.; First Reformed Church, 160 Chestnut St., Sunbury. Joyful Noise Music Class with Verlaine Shaw

UPCOMING OCTOBER 2022 OPPORTUNITIES

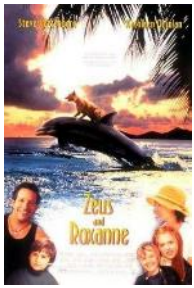
Wednesday, October 5; 5:30 p.m. to 7:30 p.m. 326 Market Street, Zoom link will be provided. All Abilities Talent Show. You can attend/participate either in person or virtually.

Thursday, October 20, 6 p.m. to 7 p.m. First Reform Church, 160 Chestnut St., Sunbury. Joyful Noise Music Class with Verlaine Shaw

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.





“Matt’s Movie Review” - “Zeus & Roxanne”

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

It was movie night at Sunbury AMPES. Matt, Ashley, and the whole group enjoyed watching “Zeus & Roxanne.” Matt believes if a dog and dolphin can become friends, anyone can. “This is a fun family movie,” he said. Everyone agreed the “sharks” were not their favorite characters; but, happy everyone got along in the end. The Sunbury AMPES group gave “Zeus & Roxanne” a thumbs up!

THE “TEST KITCHEN” REPORT By Leta Jo Maue

“NEW MEMBERS NEEDED”



After 4 successful cooking sessions we’re looking to expand our group. Recipes range from those involving stove top cooking, microwave cooking, or oven baking.

All participants assist with preparation and clean-up. The favorite part of each class is eating the finished product. We’ve prepared recipes using ground meat, fresh fruit in season, and vegetables. And we’ve compared the taste of the finished product when substituting different meats.

If this sounds like something you would like to do, please join us for our next class on August 24. We will be making a healthy version of snack mix and a refreshing, frozen orange drink. Future classes will be held September 21 and October 19. Classes begin at 10 a.m. Please call the Arc Office (570-286-1008) to check dates and to register for the class. Remember that 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: 97273005467

Passcode:TuesdayTea



THE ARC SUSQUEHANNA VALLEY AMPES: The Arc Meeting Place for Expanding and Sharing

Milton, 6:00 PM Mondays

Shamokin, 6:00PM Tuesdays,

Sunbury, 5:30 PM Tuesdays,

Selinsgrove, 5:30 PM Wednesdays,

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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