



FROM THE DESK OF THE EXECUTIVE DIRECTOR

Robert Roush

Partly because of the memorial tribute on this page, and, partly because there have been so many new and wonderful things that continue to evolve at The Arc, I'd like to suspend time for a moment and take a breather to look at where we've been and where we're going.

In 2017 when I started, The Arc had a presence in 3 counties with its AMPES social program which is well-known for a safe fun place. We were just starting our BRIDGE to Work program while enjoying the growth of the Susquehanna Valley Self-Advocates' programs. The Arc had burst the seams of its home County of Northumberland.

Today, as I write this, we've expanded AMPES to 4 counties, added Office of Vocational Rehab job programs, become a provider of Office of Developmental Programs waiver services, are now serving clients in 6 Counties (and it's only a matter of time before we will serve 7!), grown all our established programs, and, this month will embark on two new ventures:

- 1) Opportunity Imprints, a new t-shirt and apparel printing business that will train and employ people, and
- 2) Right Relations, a program that will open the possibility of romantic and platonic relationships that will bring love to people's lives and give them the opportunity to rely on one another for greater self-sufficiency.

Please look at all we do, and feel free to contact me with your ideas!

Self Advocates in Arc News... by Deb Brubaker



Joy Martz could turn the world on with her smile. The 32-year-old fashionista from Dalmatia, passed away unexpectedly on August 11, 2019. She brightened the world not only with her love of glitz, but her huge heart and sparkling eyes.

"Just from looking in her eyes you could see she was pure goodness all the way through," said close family friend, State Representative Lynda Schlegel Culver. "From swinging on the swings for as long as you would let her, to coming to the parades to watch and cheer us on with contagious enthusiasm,

she would remind me that life is made up of moments and we should really enjoy each and every one."

As evidenced from the hundreds of Facebook condolence posts, Joy touched the lives of everyone she met.

The Arc Susquehanna Valley Facility Advocate Jennifer Tilley had the pleasure of working with Joy during the first Arc-sponsored fashion shows. "Joy was effervescent, sweet and LOVED getting pampered," Jennifer remembers. "Joy will forever be 'one of us' and will be greatly missed."

Jennifer hopes her parents can find comfort in their loss through memories of interactions with The Arc.

Another of Joy's loves was horseback riding. For approximately 20 years, Joy rode at the Eos Therapeutic Riding Center, Bloomsburg. "She loved to ride in the direction of the mirrors so she could see herself dancing," said Eos Instructor Debby Reifendifer. "She also loved riding while holding the American Flag and pretending to be in a parade and throwing balls at a target held by her dad."

Sheena Herb, UCP Central PA Caseworker, worked with Joy and her family. "The Martz family is one of a kind. They always had Joy's best interest at heart and wanted to see her happy." Sheena's memories include Joy running around showing off her manicure/pedicure that mom took her to, her beautiful sequined shirts, her books, purses, and love for French fries.

Joy was the daughter of Cindy and Don Martz and sister to Michael and Jill.

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

Why we need YOUR membership!

There are many benefits to being a member of The Arc Susquehanna Valley! 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

Classification

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

Type of membership

- ☐ Individual \$15
☐ Family \$20
☐ Additional Donation of \$ _____

Return to:

The Arc Susquehanna Valley
PO Box 892
Sunbury PA 17801
570-286-1008

Name _____

Address _____

Date of Birth _____

Phone _____

Email _____



The 2019-2020 Social Recreation Schedule is Announced!

The Arc Susquehanna Valley 570-286-1008

2019-2020 Social Recreation TENTATIVE Events

2019

Saturday, Sept. 14th	Secret Pal Reveal intro to pen pals and Right Relations program
Tues, Sept 17th	All Abilities Talent Show 6-8pm Silvermoon Banquet Hall
Sat, Sept 28th	Bowling, Midway, Danville 12:30pm
Wed, Oct 9th	Arc Angels Event Packer House 7-8:30pm
Friday, October 18th	Tour of the Capitol Building, Harrisburg PA, 10am-2pm
Tues, October 22nd	Monster Mash Halloween Dance Shikellamy HS 5-8pm
Sat, October 26th	Bowling, Midway, Danville 12:30pm
Tues, November 5th	Popcorn & Cinema Movie Night Susquehanna Cinema Time TBD
Saturday, November 30th	Bowling, Midway, Danville 12:30pm
Sunday, December 8th	Jingle and Mingle Holiday Party 12:30 to 4:30pm Silvermoon
Friday, December 13th	Victorian Tea Party 6pm-8pm
Saturday, December 14th	Xmas Shopping with Stevie for the Holidays 12-4pm downtown Lewisburg
Sunday, December 15th	Xmas Shopping with Stevie for the Holidays 12-4pm Lycoming Mall
Saturday, December 21st	Bowling, Midway, Danville 12:30pm
Tuesday December 31st	New Year's Eve Party 8pm Arc Office

2020

Saturday, January 18th	Winter Beach Party– Kalahari's Resort
Saturday, January 25th	Bowling, Midway, Danville 12:30
Sunday, February 9th Valentine's Dance	Romantic Revelations 12:30-4:30 pm Front Street Station
Saturday, February 22nd	Bowling, Midway, Danville 12:30
Tuesday, March 24th	Easter Dance, Shikellamy HS 5-8pm
Saturday March 28th	Bowling, Midway, Danville 12:30
Saturday, April 25th	Bowling, Midway, Danville 12:30
Sunday, May 3rd	Cinco De Mayo Spring Fling 12:30-4:30pm location TBD
Tuesday, May 19th	Arc Membership Dinner Wayside Inn, 5:30
Saturday, May 30th	Bowling Banquet, Massers 5-7pm
Mon-Tues, June 1-2nd Conference.	Arc Advocacy and Policy Harrisburg, PA
Tuesday, June 9th Banquet 5:00pm	Self Determination
June 15th-19th	Rehoboth Beach Trip

SAVE THE DATE!!!!



JANUARY 18, 2020...

Have a **Blast** at the region's most accessible
INDOOR Water Park—No Winter Blues because
NO WINTER!



FASHION SHOW!

NOVEMBER 23, 2019

1-3 pm

Orientation, meet & greet the models, filling out paperwork, creating a style profile, refreshments: September 18 from 1:00 pm to 3:00 pm

PLEASE NOTE: The Orientation and rehearsals will be held at the Market Street Arc-aide at 326 Market Street in Sunbury

Our fashion show is open to both women and men!

If you have any questions in the meantime, please call Cheryl or Tessa at (570) 286-1008 x. 105



Save the Date

Victorian Christmas Tea

Friday, December 13 from
6:00 pm to 8:00 pm

@The Market Street Arc-aide®



- Wear your ugliest, prettiest, craziest, funniest, or most festive Christmas sweater and win a prize
- Enjoy tea and finger sandwiches, pastries, and cookies
- Play fun games

Get into the holiday spirit!

All of this for the low, low price of
\$5 per person!

Sign-up sheets will be in the
Nov/Dec Newsletter



Tour of Capitol Building



Friday, October, 18th 2019

Harrisburg, PA

10am to 2pm

RSVP By October 9th 2019

*We will be leaving Sunbury at 9am to arrive in Harrisburg for 10am



Halloween Dance

Tuesday October 22nd , 2019

Shikellamy High School Cafeteria

5pm-8pm

RSVP BY October 17th, 2019

Bring a Dish to Share!

A-H Dessert

I -Q Fresh fruits & vegetables

R-Z Covered Dish

Also catered by CSG Bakery

Tour of Capitol Building

October 18th, 2019

RSVP by October 9th

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Provider _____

Emergency Contact Number: _____

Need a ride? Yes _____ No _____

Meet @ Sunbury Beiter's 8:45am

First come first serve only seats 8 persons

RSVP will be strictly adhered to, NO EXCEPTIONS!

RSVP to:

The Arc Susquehanna Valley PO Box 892
Sunbury, PA 17801

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

Monster Mash

October 22nd, 2019

RSVP by Oct 17th, 2019

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Provider _____

Emergency Contact Number: _____

RSVP will be strictly adhered to, NO EXCEPTIONS!

The Arc Susquehanna Valley PO Box 892
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\$5 movie

Does not include popcorn
or snack/drink purchase

November 5th 2019

AMC Classic Selinsgrove 12

Susquehanna Valley Mall

At 7pm

RSVP October 28th, 2019

Movie Night

November 5th 2019

RSVP by October 28 2019

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Provider _____

Emergency Contact Number: _____

Need a ride? Yes _____ No _____

Meet @ Sunbury Beaters 6:20pm

First come first serve only seats 8 persons

RSVP will be strictly adhered to. NO EXCEPTIONS!

RSVP with payment to:

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Sunbury, PA 17801

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Thanksgiving @ The Arc

You must Register!

We will be hosting an Arc Thanksgiving
Turkey Dinner w/ all the trimmings

November 21st, 2019

1st Seating at 5pm

2nd Seating at 6:30pm

Market Street Arc-aide®

326 Market Street Sunbury

Suggested Donation \$5-10 per person

Registration Deadline

November 11th, 2019

Arc Thanksgiving

RSVP by November 11th 2019

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Agency _____

Emergency Contact Number: _____

(Choose one only)

5 pm 1st Seating: _____

6:30 2nd Seating: _____

RSVP will be strictly adhered to. NO EXCEPTIONS!

RSVP to:

The Arc Susquehanna Valley PO Box 892
Sunbury, PA 17801

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Opportunity Imprints

The Arc's new Business Opportunity!

Job Training!

Accounting

Purchasing

Shipping

Customer Service

Computer Skills

Fine and gross motor skills

Jobs starting @ \$12/hour (after training)

Sign-up and attend our first session, Thursday

September 19, 2019

1-3 pm

Market Street Arc-Aide

326 Market St Sunbury

Call 570-286-1008 ext. 104 or 105



RENEWED AND NEW MEMBERS ADDITIONAL DONATIONS IN PARENTHESES—THANKS!

Penne Noll & Family, Scott Mensch, Lisa Zellmann (\$5.00), Jeff Catlin, Ann Ballantine & Family, Lisa & Ashley Thompson, Frances Culp (\$10.00),

Joshua Hess, Robert Roush, Erik Wetzel, Lucas Hoffman (\$30.00), Julie Michaels (\$5.00), Luke Bashus (\$5.00), Cathy Smith, Mr. & Mrs. Ernest Lahr & Brian Lahr

On behalf of The Arc Susquehanna Valley, we want to thank you for being a member of our Chapter

All Inclusive Dance

Shiloh United Church of Christ
512 Bloom St Danville, Pa. 17821

Sunday September 15, 2019

2pm—4pm

Free admission



Light refreshments served. If under 18, parent or guardian required.
For more information please contact Shiloh UCC office at 570-275-1943.

SPECIAL NEEDS FAMILY FUN DAY

Special Needs Family Day at The Miller Center will be a day of playing activities, including art and sports, adaptive for all levels.

We welcome siblings and all family members to participate in the fun, to share a great experience together.



WHEN:

October 12

from 10:00 AM-12:00 PM

SPONSORED BY:

The SPARK study at Geisinger's Autism & Developmental Medicine Institute



Pre-registration is strongly encouraged!

Sign up at The Miller Center or on our website at

www.millercenterlewisburg.com

For more information, contact Kyle Snyder at kyle.snyder@millerrec.org or call

The Miller Center at (570)556-4191

The Miller Center for Recreation and Wellness

120 Hardwood Drive • Lewisburg, PA 17837

(570) 556-4191 • www.millercenterlewisburg.com

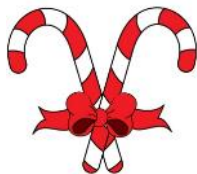




Jingle Mingle

**December 8th,
2019**

**12:30pm to
4:30pm**



**Arc Members - \$16 or
\$18 for van ride.**

**Non-Members - \$19 or
\$21 with van ride**

Meatloaf & Scalloped Potatoes

(Want turkey? See page 5)

137 Silvermoon Ln, Lewisburg, PA 17837

RSVP By November 27th, 2019

Shopping with Stevie



**Limited to the 1st
8 Registrants**

December 14th Downtown Lewisburg

December 15th Lycoming Mall

10am 2pm

One day in Lewisburg and one day at the
Lycoming Valley Mall

Lets get ready for Christmas!!!

**NO COST—But please bring lunch &
shopping money**

Jingle & Mingle

December 8th 2019

RSVP November 27th, 2019

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Provider _____

Emergency Contact Number: _____

Need a ride? Yes _____ No _____

Meet @ Sunbury Beiter's 4:30 pm

First come first serve only seats 8 persons

RSVP will be strictly adhered to, NO EXCEPTIONS!

RSVP with payment to:

**The Arc Susquehanna Valley PO Box 892
Sunbury, PA 17801**

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

Please Choose One: _____ December 14th

Or _____ December 15th

10am to 2pm

RSVP by December 7th 2019

Self-Advocate attending: _____

County _____

Support Staff Attending: _____

Provider _____

Emergency Contact Number: _____

ALL must ride the van!

Meet @ Sunbury Beiter's 9:30am

First come first serve only seats 8 persons

RSVP will be strictly adhered to, NO EXCEPTIONS!

**The Arc Susquehanna Valley PO Box 892
Sunbury, PA 17801**

By attending this event you give permission for your pic7

SELF ADVOCATES OF THE SUSQUEHANNA VALLEY

SEPTEMBER OPPORTUNITIES



Thursday, September 12, 2019

Joyful Noise Music Class

5:30 Meal, 6 PM to 7 PM Singing

First Reformed Church, United Church of
Christ, 2nd and Chestnut Street Sunbury

Thursday, September 26, 2019

Cooking Class

Homemade Apple Dumplings

6-7:30 PM

326 Market Street Sunbury

D.R.E.A.M. Classes- These classes take place every Monday morning from 10 AM to 11:30 AM. Use technology to achieve your mission. Classes are at 326 Market Street Sunbury.

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

**Schedule with Mark or Brian- 570-286-
1008 Ext 104**

SELF ADVOCATES OF THE SUSQUEHANNA VALLEY

OCTOBER OPPORTUNITIES

Brownies and Art!

Wednesday, October 2, 2019

326 Market Street

6:30-8:00 PM

Joyful Noise Music Class

Thursday October 10, 2019

5:30 Meal, 6 PM to 7 PM Singing

First Reformed Church, United Church of
Christ, 2nd and Chestnut Street Sunbury

Cooking Class-

Homemade Cider and Round Sandwiches

Thursday, October 24, 2019

326 Market Street

6:00-7:30 PM

By signing up to attend The Arc, Susquehanna Valley events, I grant its *representatives and employees the right to take photographs of me and my property. I authorize this organization, its assignees and transferees to copyright, use and publish the same in print and/or electronically. I agree that The Arc, Susquehanna Valley may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertisement and web content*



Join *Aaron Kalinowski* on his journey through life from full-length interviews with local and national celebrities to inspirational sound bytes with his friends...



“Aaron and his friends will inspire you to consider whether this whole “disability” thing is really just a Super Power in disguise...”

<https://anchor.fm/aaronsjourney/>

Wellness Wednesdays!

This special class is geared toward those with limited mobility.



The YMCA @ The Arc Returns!

NO NEED TO REGISTER!

Melanie Anselmo Garrison leads you to fitness!

3rd Wednesdays starting September 18th 2019

1:30—2:30 pm

And Introducing... **The Tasty Gourmet!** Simple healthful solutions for meals and snacks 3:00-4:00 pm



Location: The Market Street Arc-aide

326 Market Street Sunbury

FREE !



Philanthropists Wanted!

**A Premier Champagne Toast Social Event for
Support of Our Arc...**

Wednesday, October 9, 2019

7-8:30 pm

**Pumpkin Dip served with crisp apples and
gingersnap cookies**

Cinnamon Apple Cake

Dark Chocolate Truffles

\$15 per person

The Packer House & Market Street Arc-aide®

**For those interested in financial support of
The Arc—By Invitation Only—Email
ljmaue@verizon.net to request an invitation**

326 Market Street P.O. Box 892 Sunbury PA17801 ©

thearcsusquehanna.org

570-286-1008 phone © 570-286-1008 fax ©

executive@thearcsusquehanna.org



Everyone's Playground!

**COME PLAY, EXPLORE,
MAKE NEW FRIENDS!**



**East Snyder Park 875 University Avenue
Selinsgrove, Pennsylvania 17870**

RIGHT RELATIONS

**A program for our self-advocates to explore the
possibility of romance and friendships that will lead to
fulfilling life relationships... How do you know if you're ready to
have such a relationship? That's what this program is for!**

Attend a special introduction

Saturday September 14th, 2019

China House Buffet—Buffet cost \$15 on own

2686 N Susquehanna Trail, Shamokin Dam

YOU MUST RESERVE BY CALLING

570-286-1008 x. 101—leave a message with names of attendees

DEADLINE TO REGISTER SEPTEMBER 6, 2019



COMING SOON!

THE ARC SUSQUEHANNA VALLEY AMPES PROGRAMS

****AMPES: The Arc Meeting Place for Expanding and Sharing****

Mondays, Christ Lutheran Church, Mahoning Street, Milton, 6:00 to 8:00pm

Tuesdays, Shamokin Christian Missionary Alliance Church, Shamokin, 6:00 to 8:00pm

Tuesdays, Salem Elementary School in Berwick, 6:00 to 8:00pm.

Tuesdays, 326 Market Street (Arc-aide Building), Sunbury, 6:00 to 8:00pm .

Wednesdays, Trinity Apartments, Bloomsburg, 10:00 to 12 pm 50+ age

Wednesdays, Selinsgrove Senior Center, 5:30 to 7:30pm.

Wednesdays, Shiloh UCC, Danville, 6:00 to 8:00pm.

Thursdays, Trinity Apartments, Bloomsburg, 6:00 to 8:00pm.

<http://www.thearcsusquehanna.org> for more info!

WOMEN'S DAY OF EMPOWERMENT

SHOW YOURSELF SOME LOVE!

SAVE THE DATE !!!

WHEN: May 20, 2020

9:00 AM to 2:00 PM

**Light breakfast and lunch included
in the low, low cost of \$10.00**

**Pampering, makeovers,
manicures, reiki**

Make a fairy garden

**Spend the day with us and feel
your stress melt away!**



**September 17,
2019 6-8 p.m.**
Silvermoon
Banquet Hall

Join your friends as
we present their

unique abilities in a special program!

Register to attend or be in the show online at:

<http://www.thearcsusquehanna.org/all-abilities-talent-show.html>

DEADLINE TO ATTEND or PARTICIPATE SEPTEMBER 3rd!



Donate

this button!

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

Donate to The Arc!

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

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

**ADDRESS SERVICE
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