



March 2026 to
April 2026

Spring is on the way!!

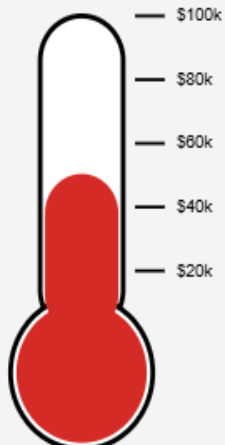


We had an absolute blast at Night to Shine! From the nonstop dancing to the big laughs (and maybe a few sore feet the next day!) It was such a joyful evening spent together. As we start to shake off those winter blues and look ahead to spring, we're excited for all that's coming up! Join us for a Movie Day on March 30th and our annual Talent Show on April 22nd — we can't wait to see the amazing performances. We hope you'll join us for our annual beach trip-scheduled for later this summer. We're also gearing up for our Whoopie Pie sale and Basket Raffle fundraisers! Stay tuned for more details about Advocacy Day at the Capitol. So much fun ahead!

Ashley Gay, Executive Director

Accessible Van Fund

Goal: \$100,000



\$50,349.27 Raised
Over Halfway There! 🎉

Since August 29, 2022, we've raised \$50,349.27 toward our Accessible Van Fund! We are more than halfway to our goal of \$100,000! Every dollar helps us get closer to being able to provide safe and reliable transportation! Thank you to everyone who has donated so far!



SELF-ADVOCATE SPOTLIGHT

CONGRATULATIONS BRIAN LONG! OUR MARCH/APRIL
SELF ADVOCATE SPOTLIGHT WINNER!



Brian has been a valued member of the Arc for many years, and we truly enjoy having him in our classes each week. He brings a positive attitude and a strong desire to keep learning and growing.

Raised in Sunbury and now living in Selinsgrove, Brian is especially proud of his summer job at Knoebels Amusement Resort and is inspired by his job coach, Jesse Moore.

Brian has made incredible progress in his health, committing to regular biking and healthier habits that have truly transformed his lifestyle.

Recently, he spoke at Pennsylvania Training and Technical Assistance Network (PATTAN) in Harrisburg about employment for individuals with diverse needs and has been invited to participate in a state video — a wonderful example of him using his voice.



Written by:
Justin Smyre,
Program Assistant




The Arc
Susquehanna Valley


CommunityAid
NEIGHBORS HELPING NEIGHBORS

Partner Number: 30214

The Arc Susquehanna Valley is a proud partner of Community Aid! When donating items to the Community Aid store in Selinsgrove, please mention that you're donating on our behalf and provide our partner number - 30214. For every pound donated, The Arc receives \$0.13. Thank you for your support!

In Memory of Joyce Paul

For decades, Joyce devoted herself to The Arc and the individuals and families it serves. She served continuously on the Board of Directors, holding leadership roles including President, Vice President, and Recording Secretary. Through hands-on service and steadfast advocacy, she helped build programs during times of limited resources, including early day programs and inclusive educational supports that continue



As an advocate for her son, Will, Joyce believed that everyone deserved the opportunity to live a meaningful, fulfilling life. Her work advanced the vision of “Everyday Life” for all and left a lasting impact on The Arc and the community it serves.

In honor of Joyce’s life and passion for advocacy, her family requested memorial contributions be made to The Arc. We are deeply grateful for the many generous donations received in her memory, which continue to support the programs and services she cared about so deeply.

With heartfelt thanks to Joyce McCarthy and Ann Reeves for sharing their memories of Joyce Paul.

S.T.E.P

STUDENT TRANSITION EDUCATION PROGRAM

AGES 10-28

- MONDAY, MARCH 16TH 6PM
BOWLING @STRIKE ZONE
- MONDAY, APRIL 6TH 6PM
BOWLING @STRIKE ZONE
- SUNDAY, APRIL 19TH 2PM
"OLIVER" @SHIKELAMY HS

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO SIGN UP FOR AN EVENT, PLEASE EMAIL US
PROGDIR@THEARCSUSQUEHANNA.ORG

ADVOCACY DAY

May 5, 2026

8:30 a.m.

Pennsylvania State Capitol



The Arc of Pennsylvania will be holding an Advocacy Day on May 5, 2026 at the State Capitol to advocate for state legislative and budget priorities. The day will begin with a press conference with speakers from the House and Senate, parents, and self-advocates. Following the press conference, participants will visit House and Senate members to advocate for issues impacting the IDD community.

The Arc Susquehanna will be traveling as a group.
Save the date!!! For more information, stay tuned to the Arc Susquehanna Valley's Facebook page or reach out to us directly
admin@thearcsusquehanna.org

MARCH MOVIE MATINEE

Join us for an afternoon at AMC Theatres in Selinsgrove to see the new Disney Pixar movie...

Hoppers!

Member Copay: \$12

Non Member Copay: \$14



MARCH 30TH
12PM

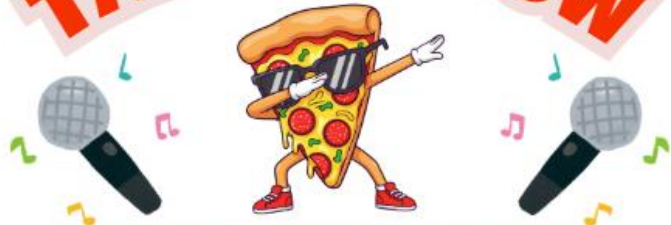
COPAY INCLUDES COST OF ADMISSION, A DRINK, POPCORN, & GUMMIES

EVERYONE IN ATTENDANCE MUST PAY-NO EXCEPTIONS!

MUST RSVP BY MARCH 23RD



TALENT SHOW



APRIL 22ND 12PM-2PM

JOIN US FOR A DAY OF TALENT, FOOD, AND FUN AT THE ARC!!

MUST RSVP BY APRIL 15TH

NOTE: OFFICE WILL OPEN AT 12PM

Member Copay: \$5.00
Non Member Copay: \$7.00

MARCH MOVIE MATINEE

RSVP by March 23rd

Self Advocate Payment included

First Name: _____

Last Name: _____

Support staff Payment included

First Name: _____

Last Name: _____

RSVP by mail:

326 Market Street Sunbury, PA 17801

Or by using the event drop off box located inside the Arc during office hours (Mon-Wed 10am-1pm)

MUST INCLUDE PAYMENT

Exact change only if paying with cash

TALENT SHOW

RSVP by April 15th

Self Advocate Payment included

First Name: _____

Last Name: _____

Support staff Payment included

First Name: _____

Last Name: _____

RSVP by mail:

326 Market Street Sunbury, PA 17801

Or by using the event drop off box located inside the Arc during office hours (Mon-Wed 10am-1pm)

MUST INCLUDE PAYMENT

Exact change only if paying with cash



We are in need of donations for our Basket Raffle going on March 28th, 2026! Donations can be in the form of gift cards or certificates, merchandise, services, monetary contributions, or any other items that could be included in our raffle baskets. If you'd like to make a donation, please reach out

(570) 286-1008

Arc Susquehanna Valley
BASKET RAFFLE

326 MARKET STREET SUNBURY



GENERAL TICKETS

\$5 FOR 25 TICKETS



LARGE PRIZE TICKETS

\$1 EACH OR 6 TICKETS FOR \$5

50/50 TICKETS

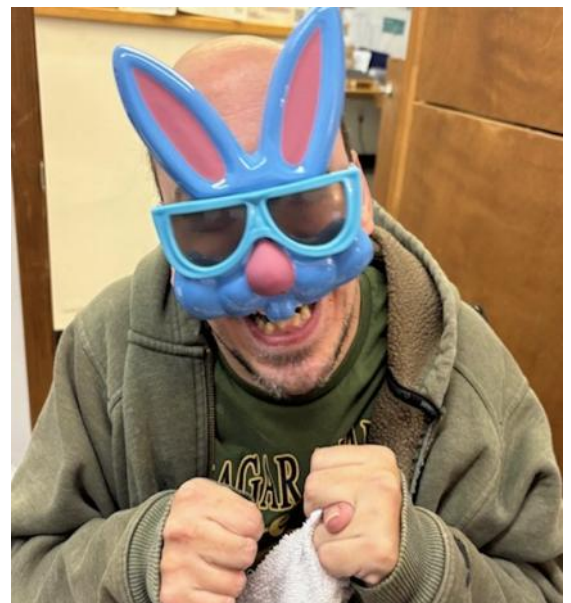
\$1 EACH OR 6 TICKETS FOR \$5

DO NOT NEED TO BE PRESENT TO WIN!

CASH ONLY!!

MARCH 28TH, 2026

9AM-2PM



SELF-ADVOCATES OF THE SUSQUEHANNA VALLEY



Brian Habermehl

bhab123@ptd.net

(570) 286-1008, extension 5

Weekly Classes

All classes take place at: 326 Market Street, Sunbury

Dream Class: Mondays—10 a.m. to 11:30 a.m.

Technology Tuesday—10 a.m. to 11:30 a.m.

Community Learning: Wednesdays—10 a.m. to 11 a.m.



Upcoming Opportunities

March 2026

-March 2- Dr. Suess, Oh the Dreams we will Dream.

-March 9- Self Advocates' song progress update- IDD Awareness planning

-March 16- Individuals With Intellectual and Developmental Awareness Month

Posters/craft

- March 23- All Abilities Choir Planning Session

-March 30- HCQU Nurse Amy Weidner training

April 2026

-April 6- Autism Awareness Month Activity/craft

-April 13- Garden Service project preparation

-April 20- All Abilities Choir planning session

-April 27- - HCQU Nurse Amy Weidner training



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

NEW OR RENEWED MEMBERSHIPS

Dalysa Lewis, Jason and Jaden McGuigan, Lisa Krex, Mel Shearer, Roy & Amanda Swazey, Jen Daise, Susan & Robert Reger



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 Other

Name: _____

Date of Birth: _____ Phone: _____

Address: _____

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!

Do everything you see in this newsletter AND MORE! Visit thearcsusquehanna.org today!



MARCH 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 OFFICE HOURS Mon-Wed 10am-1pm CLOSED Thurs-Fri	2 Dream Class 10am Milton AMPES 5:30pm	3 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	4 Book Club 10am Selinsgrove AMPES 5:30pm	5 Bloom/Danville AMPES 6pm	6	7
8	9 Dream Class 10am	10 Tech Tuesday 10am AMPES Bowling @Strike Zone 5:30pm	11 Money Management 10am	12	13 Bowling League @Strike Zone 12:30pm	14
15	16 Dream Class 10am STEP Bowling @Strike Zone 6pm	17 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	18 Cooking Class 10am Selinsgrove AMPES 5:30pm	19 Bloom/Danville AMPES 6pm	20	21
22	23 Dream Class 10am March Movie Matinee RSVP's Due	24 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	25	26	27	28 Basket Raffle 9am-2pm @The Arc
29	30 Dream Class 10am March Movie Matinee @AMC Theatres 12pm	31 Tech Tuesday 10am Sunbury AMPES 5:30-7:30				



APRIL 2026



SUN	MON	TUE	WED	THU	FRI	SAT
OFFICE HOURS Mon-Wed 10am-1pm CLOSED Thurs-Fri			1 Book Club 10am	2	3	4
5	6 Dream Class 10am STEP Bowling @Strike Zone 6pm Milton AMPES 5:30pm	7 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	8 Money Management 10am Selinsgrove AMPES 5:30pm	9 Bloom/Danville AMPES 6pm	10 Bowling League @Strike Zone 12:30pm	11
12	13 Dream Class 10am Milton AMPES 5:30pm	14 Tech Tuesday 10am AMPES Bowling @Strike Zone 5:30pm	15 Cooking Class 10am TALENT SHOW RSVP due	16 Bloom/Danville AMPES 6pm	17	18
19 STEP "Oliver" @Shikellamy HS 2pm	20 Dream Class 10am Milton AMPES 5:30pm	21 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	22 TALENT SHOW @Arc 12pm Selinsgrove AMPES 5:30pm	23	24	25
26	27 Dream Class 10am Milton AMPES 5:30pm	28 Tech Tuesday 10am Sunbury AMPES 5:30-7:30	29 Mindfulness with Robert 10am	30		

A banner image showing a beach scene with waves and a sandy shore. The text "Rehoboth Beach Trip" is overlaid in a large, blue, bubbly font with a white outline.

Rehoboth Beach Trip

Monday, September 14th, 2026-Friday, September 18th, 2026

Extend your summer with friends from the Arc! Join us for a post-Labor Day beach trip—sun, sand, waves, and a chance to relax, explore, and have fun together.

We'll be staying at **The Admiral on Baltimore**, just ½ block from the beach and boardwalk and a 2-minute walk to Rehoboth Avenue, the heart of downtown shops and restaurants. Rooms include 2 queen beds, mini fridge, microwave, coffee maker, flat-screen TV, and free Wi-Fi, and the hotel offers an indoor pool and sundeck. Centrally located, The Admiral is the perfect home base for a fun and relaxing beach getaway.

Once we arrive, you're free to enjoy the trip as you please.

Important: Each self-advocate must be accompanied by a caregiver for the entire trip. Caregivers are responsible for transportation after we return to Sunbury. **Pickup:** Monday, September 14, 2026, at 8am at Beiter's parking lot on North 4th Street in Sunbury. **Return:** Friday, September 18, departing Rehoboth at 11:00 AM, with an arrival time in Sunbury for around 5:00–5:30 PM (traffic permitting).

Contact the Arc Susquehanna Valley @ (570) 286-1008 ext 1 or email progdir@thearcsusquehanna.org for more information.



Rehoboth Beach Trip 2026

Prices include **round trip transportation and hotel fees.**

One Person Occupancy

	March	April	May	June	July
Person 1:	\$165	\$165	\$165	\$165	\$165

Total per room: \$825

Two Person Occupancy

	March	April	May	June	July
Person 1:	\$102	\$102	\$102	\$102	\$102
Person 2:	\$102	\$102	\$102	\$102	\$102

Total per room: \$1,014

Total Per Person: \$507

Three Person Occupancy

	March	April	May	June	July
Person 1:	\$87	\$87	\$87	\$87	\$87
Person 2:	\$87	\$87	\$87	\$87	\$87
Person 3:	\$87	\$87	\$87	\$87	\$87

Total per room: \$1,302

Total Per Person: \$434

Due to unpredictable fuel market cost of transportation may change



Happy Birthday To You!



MARCH: 2nd-Brian Habermehl, 13th-Amy Kerstetter, 18th-Sawyer Yocum, 20th-Payton Ulp, 28th- Seth Jarrett

APRIL: 5th-Tina Stickel, 7th-Lisa Zellmann, 19th-Jaime Spickler, 20th-Ford Yocum, 30th-Bradley Kerstetter



SELF DETERMINATION BANQUET



Save the Date

21st Annual Self-Determination Banquet
June 2, 2026

Mark your calendar! More details coming soon.

Arc's Wishlist

- ⇒ Picnic table
- ⇒ Paper goods
- ⇒ Cases of water
- ⇒ Individually-wrapped snacks



If you have any of the above and would like to donate, please drop off at The Arc-Aide.
We would really appreciate it.

AMPES (A Meeting Place for Expanding and Sharing)

AMPES is a weekly drop-in evening program. It focuses on socialization, recreation, crafts, and life-skills lessons. It provides participants with opportunities to connect, grow, and share in an inclusive environment.

AMPES Locations:

Milton: Crossroads Church of the Nazarene

Bloomsburg: Trinity Apartments

Selinsgrove: Rudy Gelnett Library

Sunbury: Market Street Arc-Aide



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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