



May - June 2026

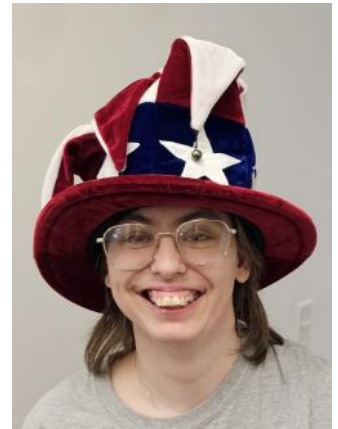
I can't believe it's already spring again—the year is flying by! It feels like we just rang in the new year, and now we're already looking ahead to sunshine, fresh air, and longer days.

I'm especially excited for the warmer weather and all the fun things we have planned for this summer. We've got some great events coming up that you won't want to miss! Our Spring Fling is right around the corner on May 20, followed by Bike Day on May 27. In June, we'll be heading to Williamsport for a Crosscutters game on June 18, along with another Bike Day on June 24.

I also want to take a moment to say a huge thank you to everyone who helped make our latest fundraisers a success. Thank you to everyone who sold whoopie pies, we truly appreciate your effort and support. A very special thank you to the Weaver girls for baking them; they were absolutely delicious! We also want to thank all of the amazing businesses in the Susquehanna Valley who donated to our basket raffle. Because of your generosity, it was our most successful one yet!

We still have spots available for our beach trip in September, so be sure to sign up if you're interested. We're looking forward to a great summer with all of you, and I hope to see you soon!

- Ashley Gay, Executive Director



Join the Arc in Rehoboth Beach September 14th-18th For more info contact progdir@thearcSusquehanna.org



Since August 29, 2022, we've raised \$53,688.72 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!



SPRING FLING



May 20th

5:30pm

COME ON OUT TO SHIKELLAMY MIDDLE SCHOOL AT 545 PERMASTONE DRIVE NORTHUMBERLAND FOR TACOS, MUSIC, AND DANCING WITH FRIENDS!

Members: \$13

Non-members: \$15



Must RSVP by May 12th



JUNE 18TH

Game starts @6:35pm

\$12.00 Copay

Will receive \$5.00 back in concession stand credit

RSVP by June 3rd



The Arc will NOT provide transportation

SPRING FLING

RSVP by May 12th

(NO EXCEPTIONS)

Self-Advocate: Payment Included Need Receipt

FIRST NAME: _____

LAST NAME: _____

Support Staff: Payment Included Need Receipt

FIRST NAME: _____

LAST NAME: _____

RSVP (Must include payment)

Mail to 326 Market Street, Sunbury, PA 17801

OR Drop in the "Events RSVP Box"

CROSSCUTTERS GAME

RSVP by June 3rd

(NO EXCEPTIONS)

Self-Advocate: Payment Included Need Receipt

FIRST NAME: _____

LAST NAME: _____

Support Staff: Payment Included Need Receipt

FIRST NAME: _____

LAST NAME: _____

RSVP (Must include payment)

Mail to 326 Market Street, Sunbury, PA 17801

OR Drop in the "Events RSVP Box"

Self Advocate Spotlight

Congratulations Justin Smyre! Our May/June Self Advocate Spotlight winner!



Justin Smyre is 38 years old and lives in Sunbury, PA. One of his favorite things about The Arc is that they offer many programs for people with disabilities so they can get out, stay active, and connect with others. He especially enjoys the Self-Determination Banquet and appreciates the opportunities The Arc provides, including giving him a job where he is proudly employed.

Justin enjoys spending time with family, sharing laughs, and looks forward to warmer weather so he can go for walks. He also enjoys playing on the computer.

Justin grew up in Dalmatia, PA, in the country. One interesting thing about his childhood is that he grew up with a twin. Justin describes himself as kind, genuine, and someone with a soft heart for others.

One of Justin's proudest moments was speaking up and telling his support staff what he expects so he can live his life the way he chooses. To Justin, self-advocacy means speaking for yourself so you can say what you want to do and achieve in life.

One of Justin's goals is to get out more and try new activities. In the future, he dreams of going on a beach trip with The Arc.



S.T.E.P

STUDENT TRANSITION EDUCATION PROGRAM

AGES 10-28

MONDAY, MAY 18TH 6PM
BOWLING @STRIKE ZONE
COPAY: \$3.00

MONDAY, JUNE 8TH 6PM
BOWLING @STRIKE ZONE
COPAY: \$3.00

MONDAY, JUNE 22ND 6PM
MINIATURE GOLF @HOOPLAS
COPAY: \$3.00

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

Our STEP group is
looking forward to a
summer full of fun,
exploration, and
new experiences

DOWNLOAD





Use Code to Join
HLSPZ



SELF DETERMINATION BANQUET



The Self Determination Council of Northumberland County
with
The Arc Susquehanna Valley

Will hold the annual Self-Determination Banquet
at Rt 61 Events, Sunbury.
Tuesday, June 2, 2026

Doors for guests open at 5:00PM. Event starts **promptly at 5:30PM**

To include a delicious family style meal including turkey, mashed potatoes, corn, mac and cheese, dinner rolls from Masser's Restaurant and cookies from Hollywood Pizza.

Our guest speaker this year will be **Melissa Ruschefski**, the Regional Executive Director of Special Olympics.

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Self Determination Banquet

Self-Advocate Attending _____

Care Giver or Provider Attending _____

Total Number of Attendees _____

Contact phone number _____

You can register by mailing or dropping off this form at The Arc office.

CALL OR SEND FORM IN TODAY TO MAKE YOUR RESERVATIONS!

Seating is limited to **300** guests

RESERVATION DEADLINE: May 19, 2026

Call or write The Arc, Susquehanna Valley
P.O. Box 892, Sunbury, PA 17801_570-286-1008 Ext. 2

A Special Thanks to Selinsgrove VFW Post 6631



And to everyone who came out to support The Arc during this fundraiser!! We raised \$1,900 in cheeseburger sales and an additional \$353 in baked good sales for a total of \$2,253! All proceeds go toward our accessible van funds.



The Arc STEP group attend Shikellamy High School's play, "Oliver."



Arc Program Director, Katie Shepherd and Director of Self Advocates, Brian Habermehl, recruiting new members at the Danville High School Transition Fair.



We are selling Burgers for a Cause tickets for \$10 each! Supporters who purchase a certificate can redeem it for one FREE burger and fries (dine-in only). Please note, certificates are not valid toward 2 for \$25 or 2 for \$28 burger specials.



BIKE DAYS

MAY 27TH
JUNE 24TH



Piano Man Meets Rocket Man -
 Tribute to Billy Joel & Elton John
 Luncheon & Show Package
 Wednesday, September 30th
 Luncheon—12 p.m.; Show—1 p.m.
 Penn's Peak, Jim Thorpe
 Cost: \$60 per person

An exciting and engaging live musical tour thru two piano legends' greatest hits and more. The show has been getting rave reviews for making the audience the 8th member of the band. A true tribute in sound and appearance. It will be hard to tell them apart from the real thing. The band does Billy and Elton as a full 7 piece and also solo appearances by both artists. The finale is Billy and Elton trading each other's hits in a very unique way.

We will leave The Arc at approximately 10 a.m. and return at approximately 4:30 p.m. If necessary, we will take the van. It is YOUR RESPONSIBILITY to get to and from The Arc. We have only 15 tickets. If interested, let Deb Brubaker know ASAP and put money or check (made out to "Deb Brubaker") in the Event RSVP box.



The 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 Office.

Thanks for your generosity!

SELF-ADVOCATES OF THE SUSQUEHANNA VALLEY

Contact: Brian Habermehl at bhab123@ptd.net or (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

May 2026

Monday, May 4th: Mental Health Awareness (Understanding, Recognizing, Speaking Up)

Monday, May 11th: HCQU Training with Amy Weidner (Health Care Quality, Communicating)

Monday, 18th: Garden Planting (Hands-On, Growth in Gardening to Personal Growth, Teamwork)

June 2026

Monday, June 1st: Self-Determination—Be Proud of Who You Are

Monday, June 8th: Building Support System (People Who Support You, Ask for Help, Relationships)

Monday, June 15th: Garden Check-In (Plant Progress, Reflect on Growth, Patience/Responsibility)

Monday, 22nd: Craft Day (Expression, Relaxation/Social, Sharing)

Monday, June 29th: HCQU Training with Amy Weidner (Quality, Rights, Advocating)



May 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|-------------------------------|--|-------|
| Office Hours Mon-Tues-Wed 10am-1pm Thurs-Fri CLOSED | | | | | 1 | 2 |
| 3 | 4 DREAM Class 10am Reach For the Stars 6pm Milton AMPES 6pm | 5 Tech Tuesday 10am Sunbury AMPES 5:30pm | 6 Book Club 10am | 7 Bloom/Danville AMPES 6pm | 8 Bowling League @Strike Zone 12:30pm | 9 |
| 10 Mother's Day | 11 DREAM Class 10am Milton AMPES 6pm | 12 Tech Tuesday 10am SPRING FLING RSVPs DUE Sunbury AMPES Bowling 5:30pm @Strike Zone | 13 Money Management 10am | 14 | 15 | 16 |
| 17 | 18 DREAM Class 10am STEP BOWLING 6pm @Strike Zone Milton AMPES 6pm | 19 Tech Tuesday 10am Sunbury AMPES 5:30pm | 20 Cooking Class 10am SPRING FLING 5:30pm Selinsgrove AMPES 5:30pm | 21 | 22 | 23 |
| 24 | 25 OFFICE CLOSED Memorial Day | 26 Tech Tuesday 10am Sunbury AMPES 5:30pm | 27 Accessible Bikes @Marina 10am-12pm | 28 | 29 | 30/31 |



JUNE 2026



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|---|-----|
| Office Hours Mon-Tues-Wed 10am-1pm Thurs-Fri CLOSED | 1 DREAM Class 10am Milton AMPES 6pm | 2 Tech Tuesday 10am Self Determination Banquet 5:30pm | 3 Book Club 10am CROSSCUTTERS RSVP DUE | 4 | 5 Bowling League @Strike Zone 12:30pm | 6 |
| 7 | 8 DREAM Class 10am STEP BOWLING 6pm @Strike Zone Milton AMPES 6pm | 9 Tech Tuesday 10am Sunbury AMPES Bowling 5:30pm @Strike Zone | 10 Money Management 10am Selinsgrove AMPES 5:30pm | 11 | 12 | 13 |
| 14 | 15 DREAM Class 10am Milton AMPES 6pm | 16 Tech Tuesday 10am Sunbury AMPES 5:30pm | 17 Cooking Class 10am | 18 CROSSCUTTERS GAME 6:35pm Bloom/Danville AMPES 3pm-7pm | 19 | 20 |
| 21 | 22 DREAM Class 10am STEP Mini Golf 6pm @Hooplas Milton AMPES 6pm | 23 Tech Tuesday 10am Sunbury AMPES 5:30pm | 24 Accessible Bikes @Marina 10am-12pm Selinsgrove AMPES 5:30pm | 25 | 26 Bowling League Banquet | 27 |
| 28 | 29 DREAM Class 10am Milton AMPES 6pm | 30 Tech Tuesday 10am Sunbury AMPES 5:30pm | | | | |



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

NEW OR RENEWED MEMBERSHIPS

Jeremy Mutchler, Kerry & Judy Davis, Alice & Robyn Snyder, Andrew Shultz, Sallie Springer, Tyra Young, Austin Balavage, Sandra Jones, Sharon Nester, Nancy Jo Geise, Scott Mensch



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

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!



*“The older you get, the better you get—
unless you are a banana.” —Betty White*

*MAY: 3rd—Lydia Moore; 16th—Betty Ferry; 19—Mark Reeves;
31st—Ashley Brubaker & Jennifer Daise*

*JUNE: 2nd—Jerry Kotarski; 5th—Nichole Kern; 6th—Karmeer Tilford; 9th—Sallie Springer;
11th—Kim Weikel; 23rd—Corey Ulp; 25th—Julie Hartley*

If you have a birthday in July and August 2026 and would like us to celebrate,
please let Jerry Kotarski know: jerrychevy4@gmail.com



Office of the Governor of Pennsylvania

BREAKING: Governor Josh Shapiro signed three Executive Orders to expand protections for Pennsylvanians with disabilities. Here’s what they do:

1. Creates a NEW commission to help coordinate my Administration’s work to support every Pennsylvanian with disabilities — with a direct line to me and my senior staff.
2. Directs state agencies to go above and beyond to ensure services are accessible — and protect people with disabilities’ personal information from federal overreach.
3. Strengthens the Developmental Disabilities Council and charges them with developing and implementing a meaningful statewide plan on developmental disability.



Arc of PA Executive Director, Sheri Landis, watches as Governor Josh Shapiro signs 3 Executive Orders creating a Governor’s Advisory Commission on People with Disabilities; protect the disability community’s rights, dignity, and privacy within state government; and modernize the Developmental Disabilities Council within the Department of Human Services.

AMPES (A Meeting Place for Expanding & 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

Non-Profit Org.
U.S. Postage
PAID
Sunbury, PA 17801
Permit No. 4

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ADDRESS SERVICE
REQUESTED

