



May 2025
— June 2025

On April 4th, we saw the passing of the torch from one friend to another. It was time for Tessa to spread her wings and share her gift. While The Arc will surely miss her, we are grateful to have Ashley step up—we are excited to watch as Ashley leads The Arc into the future. We wish Tessa the best of luck in her new position—working with you has been a privilege! And, Ashley, with your vision and creative spirit, I know there are many good things to come!

- Deb Brubaker, The Arc Susquehanna Valley Board of Directors President

Where do I even begin? It has been the honor of a lifetime to serve as the Executive Director of The Arc Susquehanna Valley. I am forever grateful for the many memories we created together and for how each of you contributed to my professional and personal growth. I will carry everything I have learned into my new journey with The Arc of Pennsylvania.

I am proud of the important work we accomplished together over the last several years, especially the ways we adapted, connected, and stayed creative during the challenges of the COVID years. We expanded our programs, introduced accessible bicycles, initiated the Community Learning Institute Book Club, and developed money management and test kitchen programs. We also participated in state initiatives related to health disparities and collaborated on a large-scale employment fair, and so much more! The many positive updates to the Market Street Arc-aid were also a part of our collective success. My favorite part was learning, growing, and making memories with all of YOU!

The Arc Susquehanna Valley has the most dedicated board of directors, staff, and membership, and I know the future is bright with Ashley Gay as the new Executive Director. My family and I look forward to being active members as we move into the future together. Thank you for everything! See YOU soon!

- Tessa K. Moore

As the season changes, so do many things here at The Arc Susquehanna Valley. Change brings growth, reflection, and sometimes bittersweet goodbyes.

I am deeply honored and humbled by the belief that has been placed in me to lead The Arc Susquehanna Valley. It is a privilege I do not take lightly, and I remain fully committed to continuing the incredible work we do! I'm excited to continue making memories with all of you!

With that said, it is with a heavy heart that we say goodbye to Tessa Moore as she begins an exciting new chapter with The Arc of Pennsylvania. While we are sad to see her go, we are so proud of her and the amazing opportunity ahead of her. We have no doubt she will do extraordinary things in her new role and continue to touch every heart she comes into contact with, just as she did here. Tessa, thank you for everything — your legacy will always be part of The Arc Susquehanna Valley.

- Ashley Gay, Executive Director



Find out everything you've ever wanted to know but were afraid to ask:

"Answers with Ashley"

Join Zoom Meeting by scanning QR Code OR entering

Meeting ID: 972 7300 5467





Arc at The Park

May 28th & June 25th

@ Noon

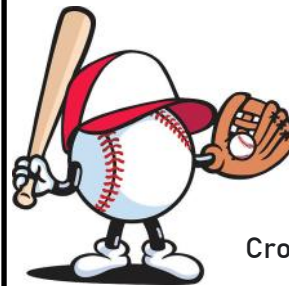


July 25th

Game starts at 6:35pm

\$10.00 copay. You will receive \$5.00 back to spend in the stadium.

The Arc will not provide transportation. You will receive directions on where to meet at the Muncy Bank Ballpark at Historic Bowman Field.



Crosscutters vs. West Virginia

1700 W 4th Street

Williamsport, PA

Crosscutters Baseball Game

RSVP by July 7th

Name of Self-Advocate Attending:

Name of Care Staff Attending:

Phone Number or Email Address:

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.

SELF DETERMINATION BANQUET



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

Will hold the annual Self-Determination Banquet
at Silver Moon in Lewisburg.
Tuesday, June 3, 2025

Doors for guests open at 4:30PM. Event starts **promptly at 5:30PM**

To include a delicious family style meal including stuffed chicken breast, mashed potatoes with gravy, corn, and applesauce. For dessert we will have cookies from CSG Bakery.

We will be having a special guest speaker this year, Kristin Ahrens, from the Office of Developmental Programs.

Self Determination Banquet

Self-Advocate Attending _____

Care Giver or Provider Attending _____

Total Number of Attendees _____

Contact phone or cell number _____

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

CALL OR SEND FORM IN TODAY TO MAKE YOUR RESERVATIONS!

Seating is limited to **300** guests

RESERVATION DEADLINE: May 23, 2025

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

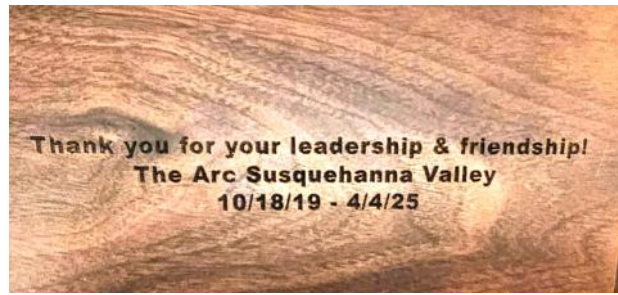
Dating back to the silent films of early Hollywood, the act of throwing a pie in someone's face has become a comedy classic. The gang at the Milton AMPES recently got "pied!"



On April 4th, at the Sunbury Rotary Club's 1st annual "Run for Your Money" fundraiser, The Arc Susquehanna Valley took 3rd place and raised \$488 for the Accessible Van. The event was designed to bring awareness to the great work non profits in the Sunbury-Northumberland area are doing. The derby-type event included a best-in-show mint julp competition, best hat competition (won by Board President, Deb Brubaker), and random drawings.



On March 28th, Arc friend, Kathy Burd, passed away. Kathy was 65 and lived in Sunbury. In addition to being active in Arc activities, she was involved with SUNCOM. Kathy was a very friendly, stylish woman with a contagious smile, showed empathy and tenderness toward others, and loved a good ice coffee from Dunkin Donuts. Kathy enjoyed shopping and creating colorful art, that she would proudly display. She was the life of the party with a wonderful sense of humor that would easily cause those around her to laugh. She was truly a joy at social gatherings and a wonderful friend. She will be deeply missed.



Matt's Movie Review



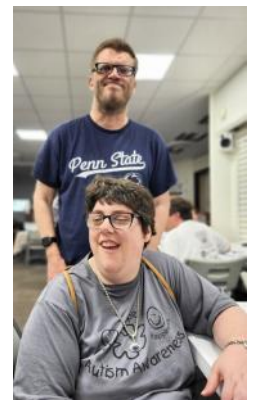
Have you ever felt like this? *Not given the same chances as other people just because you're in a wheelchair, use a walker, can't talk like other people? Maybe it takes you a little longer to do things so people think you can't do them at all. People may think you aren't smart because you can't talk—they may think because you can't talk you don't have anything to say?* Then you need to watch this Disney movie – "Out Of My Mind" about Melody Brooks, a 6th grade student with Cerebral Palsy who is finally given the chance to show that what she has to say is more important than how she says it.

Ashley's favorite part was when Melody got her communication device – mostly because when Ashley got her communication device, she was finally able to tell people what she had to say. Matt's favorite part was

when Melody used her communication device to help her classmates correctly answer questions on the school's quiz team.

Sounds like Melody is a great role model – someone we could all learn from. Both Matt and Ashley strongly encourage everyone to watch this movie.

Borrow "Out of My Mind" from Ashley's Lending Library Today! "Out of My Mind" is one of over 500 DVDs available to be borrowed from Ashley's Lending Library.





SELF ADVOCATES OF THE SUSQUEHANNA VALLEY

Contact: Brian Habermehl at
bhab123@ptd.net or (570) 286-1008; Ext. 5

Weekly Classes

All classes take place at **326 Market Street, Sunbury**



Scan QR Code to
join Tech Tuesday

DREAM Class: Mondays, 10am — 11:30am

Technology Tuesday: Tuesdays, 10am — 11:30am

Community Learning: Wednesdays, 10am — 11am



Scan QR Code to
join DREAM Class

Upcoming Opportunities

May 2025

Monday, May 12, 10AM —11:30AM: Transportation Presentation

Monday, May 19, 10AM —11:30AM: Health Tips with HCQU Nurse Amy Weidner



June 2025

Monday, June 16, 10AM —11:30AM: Summer Activity Vision Board

Monday, June 23, 10AM —11:30AM: Health Tips with HCQU Nurse Amy Weidner



Become an Arc Susquehanna Valley member today!



NEW OR RENEWED MEMBERSHIPS

Francis Bach, Alice & Robyn Snyder, Eric Katalinas, Dolores Supsic, Lindsay Thomas, Yvonne Jones, Seth Jarrett, Ben Mowrey, Lindsay Whary, and Lucas Hoffman

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

*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!

Join our Facebook Page: "Self Advocates of the Susquehanna Valley"

May 2025

Office Hours:
 Mon-Wed: 10am - 1pm
 Thurs & Fri: Office Closed

Thursday Friday Saturday

1
2
3

8
Bloom/Danville
AMPES
5:30pm @
Trinity
Apartments

15
16
Hoss's
Fundraiser

22
Bloom/Danville
AMPES
5:30pm @
Trinity
Apartments

29
30
31

Sunday Monday Tuesday Wednesday

4
11
Mother's Day

7
Book Club
10am

14
Money
Management
10am
Spring Fling
5:30pm @ Shik
Middle School

21
Cooking
Class 10am

5
DREAM
Class 10am
Milton AMPES
6pm @ Nazarene
Church

12
DREAM
Class 10am
Milton AMPES
6pm @ Nazarene
Church

19
DREAM
Class 10am
Milton AMPES
6pm @ Nazarene
Church

26
OFFICE
CLOSED
Memorial Day

6
Tech Tues
10am
Sunbury AMPES
5:30pm @ Arc

13
Tech Tues
10am
Sunbury AMPES
5:30pm Strike Zone

20
Tech Tues
10am
Sunbury AMPES
5:30pm @ Arc

27
Tech Tues
10am
Sunbury AMPES
5:30pm @ Arc

9
Bowling
League -
Strike Zone
@ 12:30pm

17
24

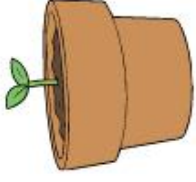
23
Self
Determination
Banquet RSVP
Deadline

28
Bikes @
Marina @ Noon





June 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

DREAM Class 10am

Tech Tues 10am
Self Determination Banquet

Book Club 10am
@ Lewisburg Library

5

Bowling League - Strike Zone @ 12:30pm

7

8

DREAM Class 10am
Rehoboth Beach Trip - Leaving

Tech Tues 10am

Money Management 10am

12

Rehoboth Beach Trip - Return Home

14

15
Father's Day

DREAM Class 10am

Tech Tues 10am
Red Robin Fundraiser 4pm - 8pm

Cooking Class 10am

19

20

21

22

DREAM Class 10am

Tech Tues 10am

Bikes @ Marina @ Noon

26

Bowling Banquet

28

29
Pirates vs Mets Game

DREAM Class 10am

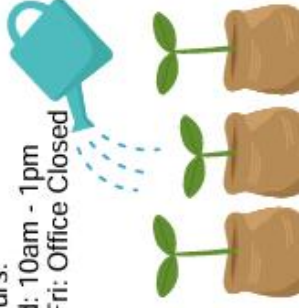
Tech Tues 10am

Bikes @ Marina @ Noon

27

Bowling Banquet

Office Hours:
Mon-Wed: 10am - 1pm
Thurs & Fri: Office Closed





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



MAY: 3rd —Lydia Moore; 13th—Rusty Jones; 15th—Emily Wertz; 16th—Betty Ferry; 19th—Mark Reeves; 23rd—Carina Losell; 28th—Judy Davis;

31st—Ashley Brubaker & Jennifer Daise

JUNE: 2nd—Jerry Kotarski; 4th—Alyssa Sessions; 11th—Kimberly Weikel; 22nd—Sidney Spickler;

25th—Julie Hartley

If you have a birthday in July or August 2025 and would like us to celebrate, please let Jerry Kotarski know by emailing him at jerrychevy4@gmail.com

FISH~N~FUN
— at Kocher Park —
1519 St. Rt. 487, Orangeville, PA 17859

An event for individuals with special needs

- Participants will be paired with an experienced angler for fishing instructions.
- A PA fishing license is not required and all fishing gear is provided! No experience necessary.
- Crafts and other activities that focus on nature will also be available!
- Lunch provided for registered guests and their families.

COLUMBIA COUNTY CONSERVATION DISTRICT

**SATURDAY JUNE 7, 2025
9 AM - 12 NOON**

Registration is required, but the event is free of charge!
Please register by May 30, 2025
at www.columbiaccd.org/fish-n-fun-at-kocher-park

★ Learn about the PA ABLE Savings Program!

A PA ABLE Savings Program account gives individuals with qualified disabilities (Eligible Individuals) and their families and friends a tax-free way to save for a wide range of disability-related expenses, while maintaining important benefits.

MAY 8 • 12-1 PM

Some of the topics that we will discuss include:

- eligibility requirements for opening a PA ABLE account,
- the federal and state tax benefits of PA ABLE
- and how a PA ABLE account interacts with current benefits.

**Empower your future.
Plan with confidence.
Save with PA ABLE.**

JOIN US FOR A TASTY SPIRIT NIGHT.

HELP US EARN 20% BACK

Red Robin

Join us for a fundraiser at Red Robin on June 17th from 4–8 PM!

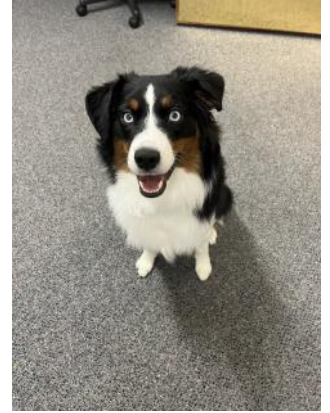
AMPES Meeting Locations & Times

Milton: Crossroads Church of the Nazarene, Montandon; Every Monday, 6 p.m. to 8 p.m.

Selinsgrove: Rudy Gelnett Library; Twice a month on Wednesday, 5:30 p.m. to 7:30 p.m.

Bloomsburg/Danville: Trinity Apartments; Twice a month on Thursday, 5:30 p.m. to 7:30 p.m.

Sunbury: Market Street Arc-Aide, Every Tuesday, 5:30 p.m. to 7:30 p.m.



Visit <http://www.thearcSusquehanna.org/> and click on this button!

Donate to The Arc!

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

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

ADDRESS SERVICE
REQUESTED

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

