



January and
February 2026



Happy New Year!

The board and staff at The Arc Susquehanna Valley hope you had a wonderful holiday season! As I reflect on the past year, I'm so grateful to have spent it with all of you! This year has been especially meaningful as I stepped into the role of Executive Director, and I truly appreciate the support and encouragement I've received from everyone.

We want to share an important update: our event sign up policy has changed. These updates will help make the process smoother and more accurate for everyone. Moving forward, all event registrations must be submitted in writing with payment, either in the event drop box located at The Arc or by mail. Please note that we will no longer have a PO Box; all mail should be sent to The Arc at 326 Market Street, Sunbury, PA 17801.

I'm so excited for all the fun things ahead, we have some amazing plans in store for 2026, and I can't wait to experience them with you! Here's to another year of laughter, friendship, and shared success! I hope to see you soon!

- Ashley Gay, Executive Director



GLOW BOWL



THURS. JANUARY 22ND

11:30AM-1:30PM @STRIKE ZONE

**Must RSVP by
January 14th**

MUSIC

PIZZA



**ARC MEMBERS: \$8.00
NON-MEMBERS: \$10.00**



Glow Bowl

RSVP by January 14th, 2026

Self Advocate Paid Need Receipt

First Name: _____

Last Name: _____

Support staff Paid Need Receipt

First Name: _____

Last Name: _____

Provider Agency: _____

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

S.T.E.P

STUDENT TRANSITION EDUCATION PROGRAM

AGES 10-28

JANUARY 14TH	Hooplas Shamokin Dam 6pm	Copay \$3.00
JANUARY 19TH	Strike Zone Sunbury 6pm	Copay \$3.00
FEBRUARY 19TH	Hooplas Shamokin Dam 6pm	Copay \$3.00
FEBRUARY 23RD	Strike Zone Sunbury 6pm	Copay \$3.00



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!

SELF-ADVOCATE SPOTLIGHT

Interview by Justin Smyre

Meet Joe Carpenter! He is our January/February Self Advocate Spotlight winner!



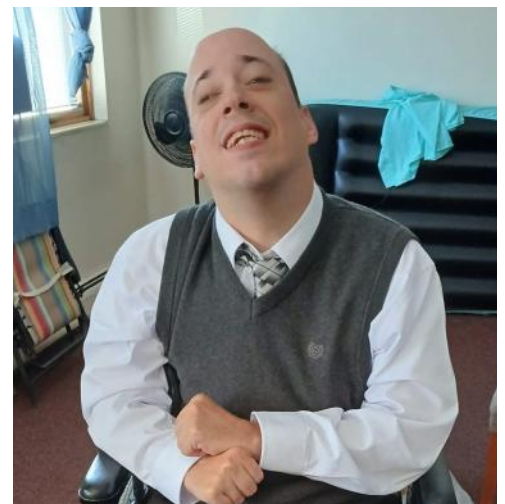
Joe is a loyal and caring person who is deeply dedicated to his family, friends, and church. He enjoys spending time with his friends at The Arc and unwinds after a long day by reading, writing, or gaming. Joe is passionate about advocating for himself and for those who need his support. He's never afraid to speak up and believes in asking questions that ensure everyone's values and opinions are respected, allowing others to stay true to who they are. His favorite holiday movie is *Home Alone*, and his favorite song is *"It's Beginning to Look a Lot Like Christmas."*

His goals for 2026 include finishing his book and getting it published. After its release, Joe hopes to host a book-signing event and to donate all proceeds to The Arc. He is especially excited for the new year, as he will be attending Night to Shine for the first time with his fiancée.

Joe's hobbies include fishing, hunting, video games, LARPing whenever possible, playing board games—especially *Risk*—and spending time in nature. *It was a pleasure getting to know him.*

Do you know someone who should be featured
in our spotlight?

You can submit a nomination by visiting
our website or by emailing Justin Smyre at
webmaster@thearcsusquehanna.org





IMPORTANT—PLEASE READ!

Beginning in the new year, there will be a change in the way we accept Arc event reservations. These changes are being made to make this process more time efficient and accurate. Staff will NO longer accept event reservations.



- Event Reservations must be dropped in the Event Box on the shelf by Katie's office or mailed to The Arc Susquehanna Valley, 326 Market Street, Sunbury, PA 17801 (NOTE: we will no longer have the PO Box)
- Place your reservation slip and the exact payment amount in an envelope. You may pay by check, made payable to The Arc Susquehanna Valley, or in cash. No change will be given.
- Reservation forms must include: First AND last name of Self-Advocate; First AND last name of Support Staff; contact email address and phone number and whether you need a receipt.
- Receipts will be provided no later than 1 week following the event.

Thank you for helping us work smarter and save some time. We appreciate your cooperation!



From all of us at The Arc Susquehanna Valley
We hope you had a wonderful holiday and
may all your troubles last as long as your New Year's resolutions!





UPCOMING FUNDRAISERS

**Both fundraisers will be held at:
The Selinsgrove VFW Post 6631
940 US-522, Selinsgrove**



Thursday, February 19th—5 p.m. to 7 p.m.
Benefits The Arc Susquehanna Valley Van Fundraising Efforts

Cheeseburger Night—\$ 7 Includes:
Cheeseburger, Choice of Mac & Cheese/Fries/Onion Rings, & Drink

We will have a bake sale—if you'd like to donate baked goods, please let the office know and drop them off on Thursday, February 19th!

Sunday, February 22nd—11 a.m. to 2 p.m.

Benefits Night to Shine (an event celebrating individuals with special needs)

Spaghetti Dinner—\$10 Adults; \$7 Children under 10; Includes:

Spaghetti & Meatballs, Salad, Garlic Bread, & Dessert

Tickets can be purchased in advance at The Arc Office beginning January 12th.



We need volunteers to provide desserts. If you're able to donate, please let Deb Brubaker know.
(humming@ptd.net)

thank  you
FOR YOUR SUPPORT

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.

Thanks for your generosity!



Special thank you to Agapeland Preschool for their kindness and support!

Accessible Van Fund



46.8% Funded!

Thank You for Your Support!

Since August 29, 2022, we've raised \$46,770.27 toward our Accessible Van Fund! That's almost 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!

Special thank you to Service 1st of Lewisburg for their generous donation of \$2,500 toward our Accessible Van Fund, and to Hilsher's General Store for their generous donation of \$500 in support of the same effort.



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



January 2026



Monday, January 5th: Self-Advocate New Year's Resolutions.

Monday, January 12th: Transitions in life and how to make the best of them.

Monday, January 19th: Dr. King and how the Civil Rights Movement led to the Disability Rights Movement.

Monday, January 26th: Health Care Quality Unit Presentation with Amy Weidner.

February 2026



Monday, February 2nd: Fun with Groundhog Day. Crafts and favorite folk tales.

Monday, February 9th: Friendship first. Becoming better friends.

February 16th: Creative Expression—write your own story.

February 23rd: Health Care Quality Unit Presentation with Amy Weidner.





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

NEW OR RENEWED MEMBERSHIPS

©DESIGNVALE Matt & Cheryl Darrah, Jazmyne Walters, Joseph Shurock, Dawn Clark, William & Joyce Paul, William Paul, Jessica & Brice Landis & family.

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.

Membership form

\$15 Individual; \$20 Family

Classification

Self-Advocate Family Member Professional Other

Name: _____

Date of Birth: _____

Phone: _____

Email: _____

Address:



JANUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
Office Hours Mon-Wed 10am-1pm				1 Arc Office Closed	2 Arc Office Closed	3
4	5 Dream Class 10am Milton AMPES 5:30pm	6 Tech Tuesday 10am Sunbury AMPES 5:30pm	7 Book Club 10am Selinsgrove AMPES 5:30pm-7:30pm	8	9	10
11	12 Dream Class 10am Milton AMPES 5:30pm	13 Tech Tuesday 10am Sunbury AMPES Bowling 5:30pm @Strike Zone	14 Money Management 10am Glow Bowl RSVPs Due STEP-Hooplas 6pm	15	16	17
18	19 Dream Class 10am Milton AMPES 5:30pm STEP Bowling @ Strike Zone 6pm	20 Tech Tuesday 10am Sunbury AMPES 5:30pm	21 Cooking Class 10am Selinsgrove AMPES 5:30pm-7:30pm	22 GLOW BOWL @Strike Zone 11:30am-1:30pm	23	24
25	26 Dream Class 10am Milton AMPES 5:30pm-7:30pm	27 Tech Tuesday 10am Sunbury AMPES 5:30pm	28 Mindfulness with Robert 10am	29	30	31



FEBRUARY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Dream Class 10am	3 Tech Tuesday 10am	4 Book Club 10am	5	6	7
	Milton AMPES 5:30pm	Sunbury AMPES 5:30pm	Selinsgrove AMPES 5:30pm			
8	9 Dream Class 10am	10 Tech Tuesday 10am	11 Money Management 10am	12	13	14
	Milton AMPES 5:30pm	Sunbury AMPES Bowling 5:30pm Strike Zone			Night to Shine 2026	
15	16 Dream Class 10am	17 Tech Tuesday 10am	18 Cooking Class 10am	19 Bacon Cheeseburger Fundraiser @ Selinsgrove VFW 5pm-7pm	20	21
	Milton AMPES 5:30pm	Sunbury AMPES 5:30pm	Selinsgrove AMPES 5:30pm STEP Hooplas 6pm			
22	23 Dream Class 10am	24 Tech Tuesday 10am	25	26	27	28
	Spaghetti Dinner Fundraiser @Selinsgrove VFW 11am-2pm	Milton AMPES 5:30pm STEP Bowling @Strike Zone 6pm				
						Office Hours Mon-Wed 10am-1pm



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

*JANUARY: 4th—Danielle Bozza; 7th—Donna Raker;
12th—Sabrina Hertz; 28th—Kaleb Noles;
30th—Chris Smith*

*FEBRUARY: 9th—Evie Moore; 19th—Heather Fishburn & Sierra Strouse;
20th—Vicky Moyle*



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



What did the teddy bear say when it was offered a birthday cake?
“No thanks! I’m stuffed.”



The Value of Communication

It is important that people are listened to and understood, and their input is respected. Individuals want their family, friends, providers, and community to listen and communicate in ways that work.

ODP's values about communication are:



Communication is fundamental. It is the key to leading a self-determined life, being part of communities, being healthy and safe, and having meaningful relationships.



Everyone can communicate; however, not everyone has the tools to communicate effectively and in a way that is easily understood by people who don't know them. Communication is complex, flexible, and individualized. All communication should be respected.

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

The Arc Susquehanna Valley
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E-mail: executive@thearcsusquehanna.org

ADDRESS SERVICE
REQUESTED



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