



January—

February 2024



Happy New Year! The board and staff at The Arc Susquehanna Valley, hope you had a wonderful holiday season. As we closed out 2023 we had many opportunities to gather together, to learn and grow, and make memories with our friends. We hope YOU will join us in 2024! There are many ways to get involved in YOUR Arc Chapter in this newsletter...see you soon!

~Tessa Moore, Executive Director



REMINDER: The Market Street Arc-aide follows the Shikellamy School District for weather delays and cancellations.

Market Street Arc-aide Office Hours:

*Doors open 15 minutes prior to classes

Monday- DREAM 10am-11:30am, Drop-in hours 11:30am-3pm

Tuesday- Tech Tuesday 10am-11:30am, Drop-in hours 11:30am-3pm

Wednesday- Community Learning Institute 10am-11:30am, Drop-in hours 11:30am-3pm

Thursday- Drop-in hours 11:30am-3pm

Friday- Drop-in hours 11:30am-1pm, Bridges to Friendships 1-2:30pm



Don't forget to tune in to "Tea With Tessa" on Tuesdays at 2 p.m.

Do Everything you see in this newsletter AND MORE...

Visit thearcsusquehanna.org today!



When RSVPing for an Arc event, you must either:

- ♦ bring your form AND PAYMENT to the Arc office; OR
- ♦ mail the form AND PAYMENT to the Arc office.

We can no longer accept RSVP phone messages. As our events get bigger and better, attendance is growing and we believe this will be an easier way for staff to keep accurate records. Remember— your Copay is due when you RSVP.

The Arc Susquehanna Valley — Bringing Our Community Together



Toured Highland Chocolates in Wellsboro.



The Money Management Group visited the Northumberland National Bank.



We participated in the Susquehanna Valley Mall's "12 Days of Gifting" event. We received a \$200 donation for our Accessible Van Fund.



April Stahl, General Manager of Hoss's Family Steak & Sea House, presents us with a check for \$191.51 for our Accessible Van fund.

LOOK WHAT WE'VE BEEN UP TO



Sight and Sound Theater, Lancaster, "The Miracle of Christmas."



Bloomsburg AMPES visits Knoebel's "Joy Through the Grove!"



Come sing your favorite songs center stage at

The Market Street Arc-aide!

Join us on February 26th 5pm-7pm

for an evening of Karaoke and Pizza



\$5 Member

\$7 Non Member



*There is limited seating for this event so sign up early to reserve your spot!

Karaoke Night

RSVP By: January 31st (NO EXCEPTIONS)

Self-Advocate: _____

Support Staff: _____

Email: _____

Phone #: _____

**RSVP: 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.



GLOW BOWL

With The Arc Susquehanna Valley

March 27th Noon-2pm

@ Strike Zone, Sunbury

The Alley will be open just for us!

Featuring glow in the dark lights, DJ, and pizza

Member \$8

Non Member \$10

GLOW BOWL

RSVP By: March 6th (NO EXCEPTIONS)

Self-Advocate: _____

Support Staff: _____

Email: _____

Phone #: _____

**RSVP: 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.

AUTISM INSURANCE BENEFITS

Governor Josh Shapiro and Pennsylvania Insurance Department Commissioner Michael Humphreys have announced that beginning January 1, 2024, all commercial insurance companies will be required to include coverage for autism benefits under new guidelines. Insurers must recognize that autism services are mental health benefits and thus subject to parity requirements. Some insurers still categorize autism services as a physical health benefit which could result in unfair coverage limitations or denials for service. This shift to a mental health benefit should lead to greater access to care and provide more safeguards for people with autism. For support with insurers, Pennsylvanians can contact PA Insurance Department Consumer Services Bureau online or at 1-877-881-6388.



On Thursday, January 11th, at 1 p.m. at the Pennsylvania Farm Show, one of the scheduled events is a rodeo experience for people with disabilities.



The First Frontier Circuit Finals Rodeo invites families from the special needs community to attend an Exceptional Rodeo. This unique program allows exceptional kids of all ages to participate in rodeo-themed events with the help from professional cowboys and cowgirls, rodeo royalty, and youth rodeo athletes. Each rodeo participant will receive a rodeo souvenir. There is no cost. For more information and to register: firstfrontiercircuit.com; or contact: Kevin—nodntry@live.com or Jenna—jahalstead@hotmail.com.



An Initiative of The Arc of Pennsylvania

The Arc of PA's Include Me Connection Club (IMCC) aims to create meaningful and authentic connections among diverse student populations across Pennsylvania. Designed for 3rd—5th graders of diverse abilities and interests, these virtual club meetings offer creative opportunities for students to connect through games, activities, and student-driven discussions. Each club meeting is facilitated by engaging and energetic Arc of PA staff.

Club meetings are scheduled for the last two Tuesdays of each month from 5:30 p.m. to 6:30 p.m. Themes and topics change monthly and are curated to meet kids where they are.

Each month features a new theme for us to adventure together—from space to underwater to your own backyard—it's a virtual magic school bus!



SELF ADVOCATES OF THE SUSQUEHANNA VALLEY

Brian Habermehl: bhab123@ptd.net or (570) 286-1008; Extension “5”

D.R.E.A.M Class—These classes take place **every Monday** from 10 a.m. to 11:30 a.m. at the Arc-Aide. Use technology to achieve your mission. Zoom link will also be provided.

Technology Tuesday—These classes take place **every Tuesday** from 10 a.m. to 11:30 a.m. at the Arc-Aide. Zoom link will also be provided.

UPCOMING JANUARY 2024 OPPORTUNITIES

Monday, January 8th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury;
ZOOM link will be provided. Dreaming Big! Celebrating the first Dream Class of the New Year!



Monday, January 15th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. “Momma Sue Habermehl’s” winter craft!



UPCOMING FEBRUARY 2024 OPPORTUNITIES

Monday, February 5th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury;
ZOOM link will be provided. Celebrating the history of diversity, equity, and inclusion.



Monday, February 12th, 10 a.m. to 11:30 a.m. 326 Market Street, Sunbury; Zoom link will be provided. Friendship card exchange—Each person in class will make a card for another person in class.



January/February Community Learning Institute @ 10am

Wednesday Jan 3rd , Feb 7th - Book Club

Wednesday Jan 10th , Feb 14th - Money Management

Wednesday Jan 17th , Feb 21st - Test Kitchen





Matt's Movie Review

"Beethoven's Big Break"



(this movie is one of the over 500 movies available to borrow at Ashley's Lending Library)

Another "howl-arious" movie in the Beethoven series. After dog-nappers steal a movie's "star dog," Beethoven unexpectedly fills in for the missing dog. But, not without some mischievous adventure. You could say, "this 185-pound St. Bernard had a "big" impact on Hollywood. Matt's favorite part was when a muddy Beethoven jumped on the bed. Ashley's favorite part was the playful puppies. Both Matt and Ashley recommend this movie—especially if you like dogs and are looking for a fun movie to watch.



With over 120 items, the December 2nd Basket Raffle was a HUGE success! Thanks to all the donators and supporters. Without YOU, we could not have raised \$2,100 for our Accessible Van Fund!

The Arc has a

"Wish List."

If you would like

to make a

donation,

we would

appreciate it.



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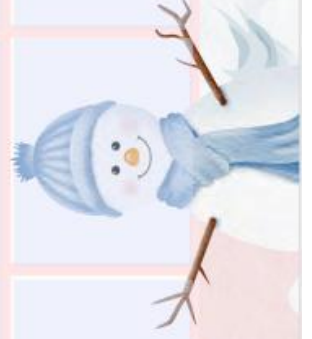


January 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Drop-in Hours: 11:30am - 3pm	1 OFFICE CLOSED	2 Tech Tuesday 10am @ Arc Sunbury AMPES 5:30pm @ Arc	3 Book Club 10am @ Arc	4	5 Bridges to Friendships 1pm @ Arc	6
7	8 DREAM Class 10am @ Arc	9 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	10 Money Management 10am @ Arc	11 Bloomsburg AMPES 5:30pm @ Trinity House	12 Bowling League 12pm @ Strike Zone Bridges @ 1pm	13
14	15 DREAM Class 10am @ Arc	16 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	17 Cooking Class 10am @ Arc	18	19 Bridges to Friendships 1pm @ Arc	20
21	22 DREAM Class 10am @ Arc	23 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	24	25 Bloomsburg AMPES 5:30pm @ Trinity House	26 Bridges to Friendships 1pm @ Arc	27
28	29 DREAM Class 10am @ Arc	30 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	31 Last Day to RSVP for Karaoke Night			





February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Drop-in Hours: 11:30am - 3pm				1	2 Bridges to Friendships 1pm @ Arc	3
4	5 DREAM Class 10am @ Arc	6 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	7 Book Club 10am @ Arc	8 Bloomsburg AMPES 5:30pm @ Trinity House	9 NO Bridges to Friendships	10
11	12 DREAM Class 10am @ Arc	13 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	14 Money Management 10am @ Arc	15	16 Bowling League 12pm @ Strike Zone	17
18	19 OFFICE CLOSED	20 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	21 Cooking Class 10am @ Arc	22 Selinsgrove VFW Fundraiser 5pm-7pm	23 Bridges to Friendships 1pm @ Arc	24
25	26 DREAM 10am @ Arc Karaoke Night 5pm @ Arc	27 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm @ Arc	28	29 Bloomsburg AMPES 5:30pm @ Trinity House	GLOW BOWL on March 27th RSVP By March 6th	Wilkes Barre Hockey Game: Sat. March 23rd \$25 each



Another "YUMMY" way to raise money!

Thursday, February 22nd

5 p.m. to 7 p.m.

Hope to
see you
there!



\$ 7.00

Bacon Cheeseburger

Choice of French fries, onion rings, or
macaroni and cheese

Soda

Proceeds benefit the Arc's Accessible
Van Fund

Selinsgrove VFW Post 6631

Rt. 522

Come join Arc members when we attend the Wilkes-Barre Penguins Hockey Star Wars Game Night. Watch as the Penguins battle the Utica Comets on Saturday, March 23. Game time is 6:05 p.m.

Tickets are \$ 25 each. Proceeds will benefit The Arc's Accessible Van Fund.

Star Wars costumed characters will be available for photo opportunities. Hockey players will be wearing special Star Wars jerseys.

Our seats are located in Section 102. We have 16 ADA seats and 50 regular seats.

If interested, let Deb Brubaker know ASAP (humming@ptd.net). Payment is due with RSVP. To reserve your seat(s), submit names and phone numbers of attendees with payment in an envelope with Deb's name on it to the Arc office.



What did the
kitten say on
Valentine's Day?

You're purr-fect.



RD

What flower gives
the most kisses on
Valentine's Day?

T U L I P S



RD

Knock, knock!
Who's there?
Olive.
Olive who?



Olive you!

Skip Lou

What did the
dustpan say
to the broom?

You sweep
me off
my feet!



RD



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

January: Danielle Hughes-4th; Donna Raker-7th; Will Paul-17th

February: Evie Moore-9th; Megan Evans-21st

If you have a birthday in March or April 2024 and would like us to celebrate with you,
please let Jerry Kotarski know: jerrychevy4@gmail.com



SLOW COOKER SUPER BOWL PIZZA DIP

16 oz. cream cheese softened

1 tsp. oregano

1 tsp. garlic powder

1/4 cup grated parmesan cheese

1 cup pizza sauce

Fresh basil for garnish (optional)

1/2 cup sour cream

1 tsp. basil

1/4 tsp. salt

3 cups mozzarella cheese (divided)

1/4 cup mini pepperonis



In a medium-sized bowl, add the cream cheese, sour cream, oregano, basil, garlic, salt, parmesan, and 2 cups of the mozzarella cheese. Whip together using a handheld electric mixer.

Add the cream cheese mix to a 4 quart or larger slow cooker and spread evenly.

Top the cream cheese mixture with the pizza sauce and spread evenly.

Sprinkle on the remaining 1 cup of mozzarella cheese and evenly place the 1/4 cup of mini pepperonis.

Cook on LOW for 3 hours or on HIGH for 2 hours.

Garnish with fresh basil and serve with dippers (bread sticks, garlic knots, or Italian bread are great dippers).





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

NEW OR RENEWED MEMBERSHIPS



John & Nicole Lewis, Joseph Bailey, Ryan Huber, Douglas Linville, Tyler Yetter, Chris Banda & family, Linda Whary, Isaac Keefer, Ashley Wetzel, Wilma Cripps, Audrey Berry, James Shields, Paul Strine, Emily Callahan, Mr & Mrs David Heintlelman, Justin Smyre, Kerry Crosson, Melissa Goodrich, Bonnie Leshner, Amy Ladd, Cheryl Rozinski, Jeremiah Duke, Rodger Starr.

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 ☐ Other

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!

AMPES Meeting Locations & Times

Shamokin: Calvary Bible Fellowship; Every Tuesday, 6 p.m. to 8 p.m.

Danville: Shiloh UCC; Every other Wednesday, 5:30 p.m. to 7:30 p.m.

Milton: Christ Lutheran Church; Every Monday, 6 p.m. to 8 p.m.

Selinsgrove: Rudy Gelnett Library; Every other Wednesday, 5:30 p.m. to 7:30 p.m.

Bloomsburg: Trinity Apartments; Every other Thursday, 5:30 p.m. to 7:30 p.m.



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

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.

ADDRESS SERVICE
REQUESTED

The Arc Susquehanna Valley

P.O. Box 894
Snyder, PA 17801
Phone: 717-266-1000
E-mail: execdir@thearcsusquehanna.org



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