



March--April

2024



Happy almost spring! As we prepare for the change of seasons, we have also been experiencing changes here at The Arc Susquehanna Valley. Please note our new office hours listed below. We appreciate your understanding of this change as we work to find the balance between providing quality programming and the administrative time needed to develop, create and focus on the many facets of this wonderful or-

ganization. We are so excited to introduce Nikki Anderson as our newest member of the Arc staff! Make sure to read through the newsletter to learn more about Nikki. There has been a change of scenery at The Market St. Arc-aide with the addition of a new fish tank! This tank was generously funded by a Seiple foundation grant for our My Fish Friend program. A program that educates Self-Advocates about aquariums, fish care, and hydroponics. Friends participating in the program can now gain a hands-on educational experience. Through all the changes, the Arc staff and board remain committed to providing quality programs, breaking down societal barriers, and elevating the voices of people with lived experience of disability. There are many ways to join us in this mission. We hope to see YOU this spring! Tessa Moore, Executive Director

Monday- DREAM 10-11:30am, Drop-in hours 11:30-1pm

Tuesday-Tech Tues 10-11:30am, Drop-in hours 11:30-1pm

Wednesday- Community Learning Institute 10-11:30am, Drop-in hours 11:30-1pm

Thursday-Office Closed

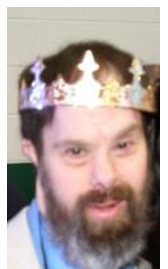
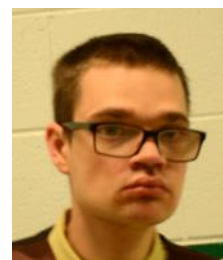
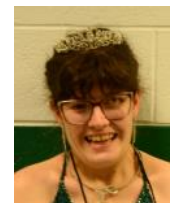
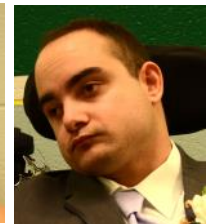
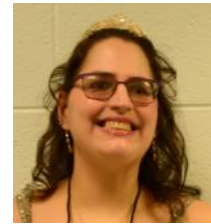
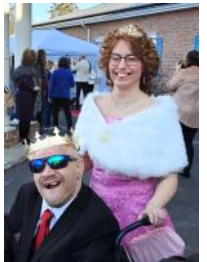
Friday-Office Closed

\*Please note the doors open 15 minutes prior to classes and programs

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

Visit [thearcsusquehanna.org](http://thearcsusquehanna.org) today!

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





**May 8th at 5:30 p.m.**

Come on out to Shikellamy High School's Cafeteria at 600 Walnut Street, Sunbury, for an evening of food, music, and dancing!

Tacos & fajitas catered by:

**Big Mambo's Latin Bistro**



**Copay: \$13 Arc Members  
\$15 Non-Members**

**Spring Fling**

**RSVP (including payment) By: April 25th**  
**(NO EXCEPTIONS)**

Self-Advocate: \_\_\_\_\_

Care 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.



**Erica Shultz**

**Women's Empowerment Event**

**March 28th 11 a.m. to 1 p.m.**

**326 Market Street, Sunbury**

Please join us at The Arc to celebrate Women's History

Month for a day filled with positivity, inspiration, fun, and friendship!

**Copay: \$5 Arc Members**

**\$7 Non-Members**

**Women's Empowerment**

**RSVP (including payment) By: March 21st**  
**(NO EXCEPTIONS)**

Self-Advocate: \_\_\_\_\_

Care 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. <sup>2</sup>

# Rehoboth Beach Trip 2024



**Monday, June 10th – Friday June 14th, 2024**

Do you want to go on vacation with The Arc? We will be making our annual trip to Rehoboth Beach, Delaware, on **June 10<sup>th</sup>-14<sup>th</sup>, 2024**.

We will be staying at The Admiral on Baltimore with a coastal or beach view. It is about ½ a block from the beach and boardwalk. A 2-minute walk from the Rehoboth Avenue and Boardwalk bus stop, a 6 minutes walk to Funland amusement park. There is no need to cross any streets to get there! The Admiral is a beautiful hotel with an indoor pool (not handicap accessible) and sundeck. All rooms have two queen size beds and free Wi-Fi, flat-screen TVs, as well as minifridges, microwaves, and coffeemakers.

Once we arrive in Rehoboth Beach you will be on your own to do what you would like.

**Each self-advocate must have a caregiver with them for the duration of the trip.**

The caregiver is responsible for the self-advocate from the beginning of the trip and for getting them home after we come back from the trip. The Arc will not be responsible for bringing any self-advocates home after the trip.

Pick up is **Monday June 10<sup>th</sup>, 8 a.m. from Beiter's parking lot, Sunbury, North 4th Street.** Return trip= **Leaving Rehoboth at 11 a.m. Friday morning.** Actual return time is approximated depending on traffic (Usually between 5-5:30 p.m.).

Contact The Arc, Susquehanna Valley at 570-286-1008 EXT 2.



Due to an unpredictable fuel market, the cost of transportation may change the overall cost of the trip. Hotel prices will remain the same.





## Rehoboth Beach Trip 2024



### 1 Person Occupancy

**\$1,189.33** For one person. Price includes round trip transportation **(Due to an unpredictable fuel market the cost of transportation may change)** and hotel fees. You can make one payment of \$1,189.33 or 4 payments of \$297.33

	March	April	May	June	
Person 1	\$297.33	\$297.33	\$297.33	\$297.33	
					<b>Total \$1,189.33</b>

### 2 Person Occupancy

**\$1,489.32** For one person. Price includes round trip transportation **(Due to an unpredictable fuel market the cost of transportation may change)** and hotel fees.

	March	April	May	June	
Person 1	\$186.16	\$186.16	\$186.16	\$186.16	
Person 2	\$186.16	\$186.16	\$186.16	\$186.16	
					<b>Total \$1,489.32</b>

### 3 Person Occupancy

**\$1,789.32** For one person. Price includes round trip transportation **(Due to an unpredictable fuel market the cost of transportation may change)** and hotel fees.

	March	April	May	June	
Person 1	\$149.11	\$149.11	\$149.11	\$149.11	
Person 2	\$149.11	\$149.11	\$149.11	\$149.11	
Person 3	\$149.11	\$149.11	\$149.11	\$149.11	
					<b>Total \$1,789.32</b>

### 4 Person occupancy

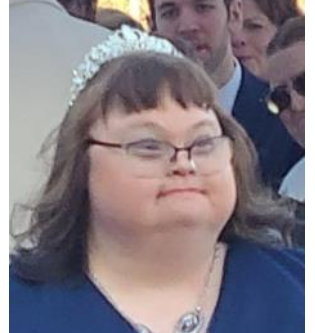
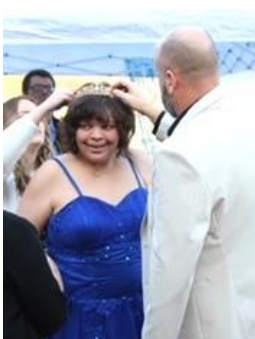
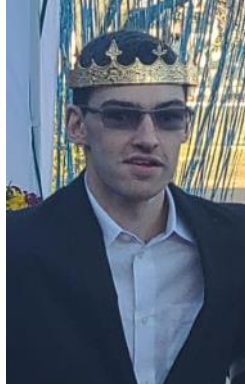
**\$2,223.49** For one person. Price includes round trip transportation **(Due to an unpredictable fuel market the cost of transportation may change)** and hotel fees.

	March	April	May	June	
Person 1	\$138.96	\$138.96	\$138.96	\$138.96	
Person 2	\$138.96	\$138.96	\$138.96	\$138.96	
Person 3	\$138.96	\$138.96	\$138.96	\$138.96	
Person 4	\$138.96	\$138.96	\$138.96	\$138.96	
					<b>Total \$2,223.49</b>

**Should you miss a payment or not be able to make a payment for that month then you can add it to the following month. *ALL PAYMENTS ARE DUE BEFORE THE TRIP!***



NIGHT TO SHINE , February 9th  
Sponsored by the Tim Tebow Foundation and Hosted by the Sunbury Bible Church







## SELF-ADVOCATES OF THE SUSQUEHANNA VALLEY

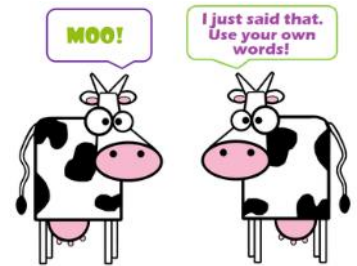
Brian Habermehl: bhab123@ptd.net or (570) 286-1008; Extension “5”

**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 MARCH 2024 OPPORTUNITIES

Monday, March 11th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Finish making “In My Own Words” videos. If you are interested in making a video, see Brian Habermehl as soon as possible.



Thursday, March 21st, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Come watch and support the “In My Own Words” videos made by our self-advocates.



Monday, March 25th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Easter egg craft activity.



### UPCOMING APRIL 2024 OPPORTUNITIES

Monday, April 15th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Work on planning spring and summer activities.



Monday, April 22nd, 10 a.m. to 11:30 a.m. 326 Market Street, Sunbury; Zoom link will be provided. Planting seeds for community gardening.



**Learning 1 on 1 - Let’s Learn Together: Reading, Math, Communication.** Schedule with Mark or Brian- (570) 286-1008 Extension “5”. Virtual learning is available upon request.

**Community Learning Institute**—Wednesdays, 10 a.m. to 11 a.m.; 326 Market Street, Sunbury. Book Club, Money Management, Cooking Class, and more.

# March 2024



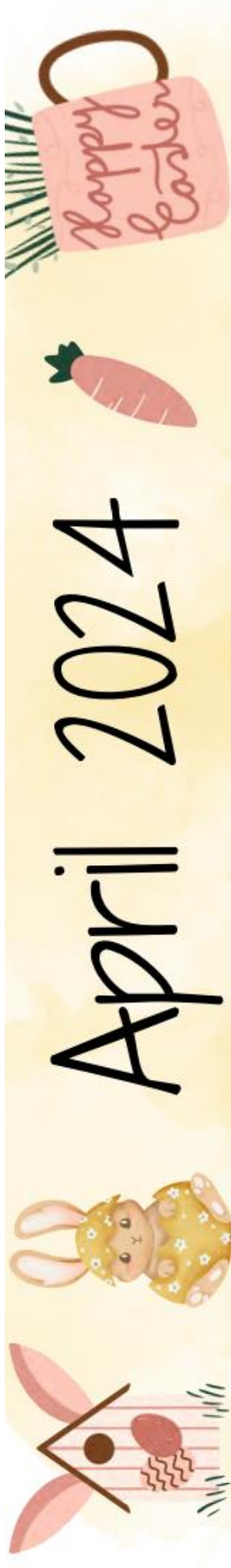
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Drop-in Hours:  
11:30am-1pm

2	1 OFFICE CLOSED					
9	8 OFFICE CLOSED, Bowling League 12:30pm @ Strike Zone	7 OFFICE CLOSED	6 Book Club 10am @ Arc Glow Bowl Deadline	5 Tech Tuesday 10am @ Arc	4 DREAM Class 10am @ Arc	3 DREAM Class 10am @ Arc
16	15 OFFICE CLOSED	14 OFFICE CLOSED	13 Money Management 10am @ Arc	12 Tech Tuesday 10am @ Arc	11 DREAM Class 10am @ Arc	10 DREAM Class 10am @ Arc
23 Wilkes-Barre Hockey Game @ 6:05pm	22 OFFICE CLOSED	21 OFFICE CLOSED	20 Cooking Class 10am @ Arc	19 Tech Tues 10am @ Arc, Women's Empowerment Deadline	18 DREAM Class 10am @ Arc	17 DREAM Class 10am @ Arc
30	29 OFFICE CLOSED	28 Women's Empowerment Event 11am @ Arc	27 Glow Bowl 12pm @ Strike Zone	26 Tech Tuesday 10am @ Arc	25 DREAM Class 10am @ Arc	24/31 DREAM Class 10am @ Arc



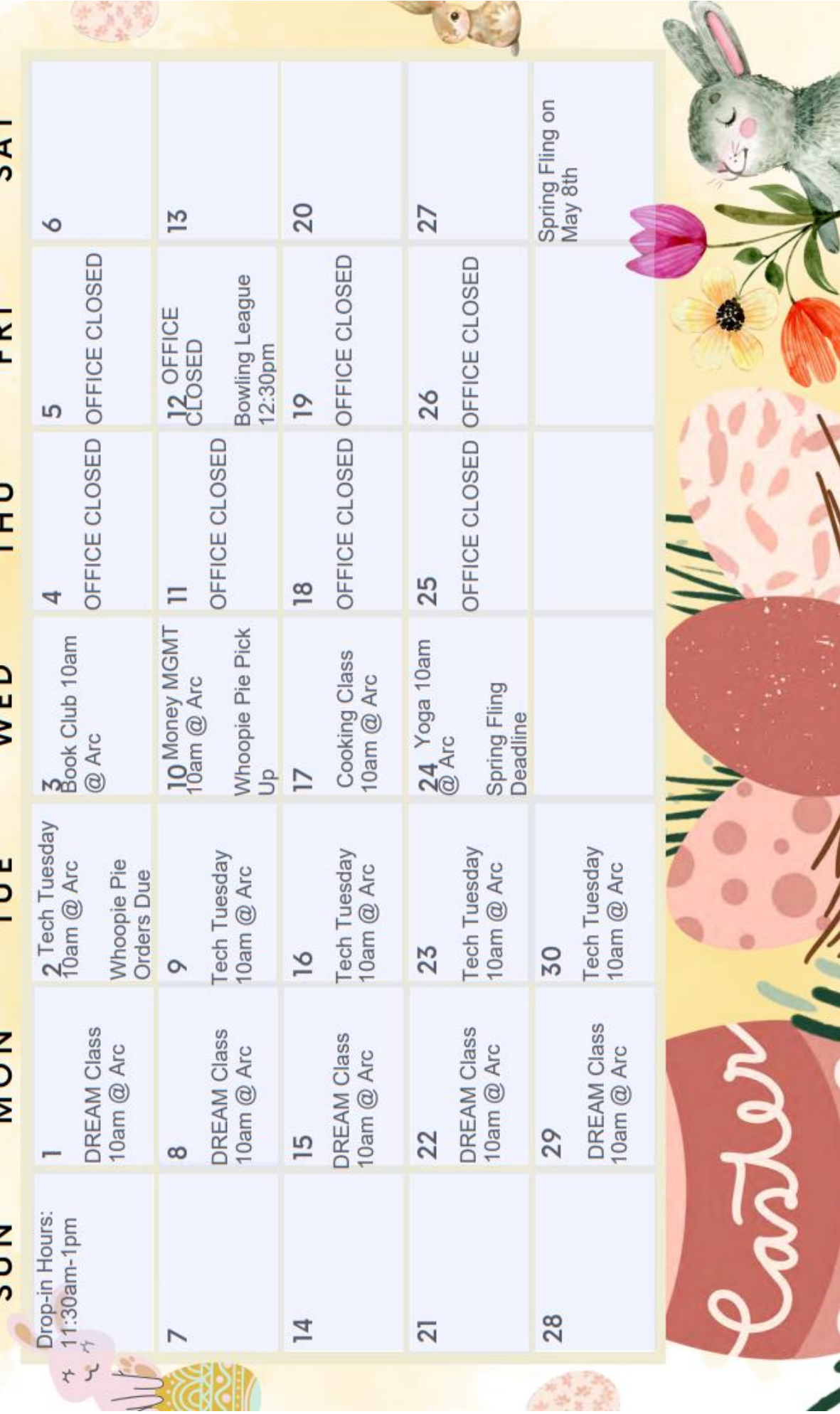




# April 2024

SUN MON TUE WED THU FRI SAT

Drop-in Hours: 11:30am-1pm	1 DREAM Class 10am @ Arc	2 Tech Tuesday 10am @ Arc Whoopie Pie Orders Due	3 Book Club 10am @ Arc	4 OFFICE CLOSED	5 OFFICE CLOSED	6
7	8 DREAM Class 10am @ Arc	9 Tech Tuesday 10am @ Arc	10 Money MGMT 10am @ Arc Whoopie Pie Pick Up	11 OFFICE CLOSED	12 OFFICE CLOSED Bowling League 12:30pm	13
14	15 DREAM Class 10am @ Arc	16 Tech Tuesday 10am @ Arc	17 Cooking Class 10am @ Arc	18 OFFICE CLOSED	19 OFFICE CLOSED	20
21	22 DREAM Class 10am @ Arc	23 Tech Tuesday 10am @ Arc	24 Yoga 10am @ Arc Spring Fling Deadline	25 OFFICE CLOSED	26 OFFICE CLOSED	27
28	29 DREAM Class 10am @ Arc	30 Tech Tuesday 10am @ Arc				Spring Fling on May 8th







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

NEW OR RENEWED MEMBERSHIPS

Alyssa Sessions, Jeremy Mutchler, Kerry & Judy Davis (\$30), Brian Long, Leslie Rittoper, Kimberly Weikel, Sandra Jones, Will Orme, Michael Huffstutler, Steven Brodie, Vicki Wertman, Karen Radice.

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!



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

They say life is short...so smile while you still have teeth!



March: Sandy Jones-1st; Brian Habermehl-2nd; Bonnie Yentsch-12th; Amy Kerstetter-13th;  
Sawyer Yocum-19th; Seth Jarrett-29th

April: Jim Hastie-3rd; Christina Stickel & Mia Chuklochak-5th; Lisa Zellmann-7th; Jamie Spickler-19th; Ford Yocum-20th;  
Brad Kerstetter-30th;

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



Let's give a big Arc welcome to Nikki Anderson!

Our new Bookkeeper began learning the ropes in December and since then has become an integral part of The Arc family. Along with Arc employees Brian Habermehl, Jenn Daise, and Matt Williams, Nikki is a 2002 Shikellamy graduate (Go Braves!) She has an Associate's Degree in Business Management from Susquehanna University and an Associate's Degree in Office Technology Information from Luzerne County Community College.

Nikki is married to Jesse Anderson, whom you may have seen around the Arc office. Together this "Brady Bunch family" has six children—Isaac, Bryce, Aaliyah, Mason, Teagan, and Asher. They live in Shamokin Dam.

She enjoys attending her kid's sporting functions, putting puzzles together, and watching tv, including the "Chicago" series (PD, Fire, & Med), "Grey's Anatomy," "CSI," and "Law and Order."

#### "GET TO KNOW NIKKI"

Movie Theater or Movie at Home

*Move at Home*

Marshmallow Peeps or Jelly Beans

*Jelly Beans*

Flower Garden or Vegetable Garden

*Flower Garden*

Swimming Pool or Beach

*Beach*

Drama or Comedy

*Comedy*

Country or Rock-n-Roll

*Rock-n-Roll*

"Lion King" or "Frozen"

*"Lion King"*

Drive-Through or Sit-Down Restaurant

*Drive-Through*

Pizza or Wings

*Pizza*

Phillies or Pirates

*Pirates*



Thank You Selinsgrove VFW Post 6631 for hosting a Bacon Cheeseburger Night benefitting The Arc Susquehanna Valley. The fundraiser made \$1,400 which will go to our accessible van drive. The Arc also held a bake sale which raised an additional \$304, totaling \$1,704. June Brosious and the VFW Auxiliary, we can't thank you enough! We appreciate all your hard work!





\*Triple Treat is a chocolate chip cookie with peanut butter filling

Name of Sales Person:

[illegible]

## Orders Ready For Pick Up April 11th

## AMPES Groups

For more information on AMPES please join our Facebook groups by searching for them in the search bar on Facebook or using the direct link.

**Bloomsburg/Danville:** Search “Bloomsburg/Danville AMPES” OR [www.facebook.com/groups/bloomdanvilleampes](http://www.facebook.com/groups/bloomdanvilleampes)

**Milton:** No Facebook Group. Location is Crossroads Church of the Nazarene, Montandon; Every Monday, 6 p.m. to 8 p.m.

**Selinsgrove:** Search “Selinsgrove AMPES” OR [www.facebook.com/groups/selinsgroveampes](http://www.facebook.com/groups/selinsgroveampes)

**Sunbury:** Search “AMPES of Sunbury, Pa.” OR [www.facebook.com/groups/sunburyampes](http://www.facebook.com/groups/sunburyampes)



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.

