



March—
April 2023

As the seasons change, our focus at The Arc Susquehanna Valley will continue to be on leading change in our communities. For 57 years our chapter has been a keystone of change throughout the Susquehanna Valley for individuals with intellectual and developmental disabilities and their families. Together, we have come so far, but there is work still to be done. It is important that we listen to and elevate the voices of Self-Advocates, that we continue to evaluate our community and make sure ALL people have equitable opportunities to live a full life in the community. Our current work is focused on the Health Disparities facing people with disabilities and solutions to close the gaps. Equal access to recreational opportunities through our accessible bike program and community partnerships to expand health and wellness options for all abilities. Access to transportation through our Drive to Accessibility fund, as we raise money to purchase an accessible vehicle for our programs and activities. Also, providing new and innovative ways to continue learning and growing with our Community Learning Institute. We hope YOU will join us in these efforts to make positive changes in the Valley, and we hope to see YOU at our many classes, programs, fundraisers and parties. -Tessa Moore, Executive Director

Union-Snyder Hunger Coalition 5K & All-Abilities Walk

Date/Time: April 22nd; 5K at 8am, All-abilities 1 mile walk at 9am

Location: The Miller Center for Recreation & Wellness, 120 Hardwood Drive, Lewisburg

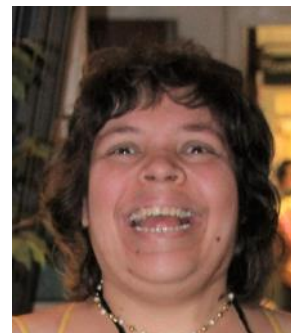
Cost: \$20/runner; \$10/walker (registration includes free +1 on course)

Registration: online at RunSignUp.com OR in-person

Direct link to registration site:

<https://runsignup.com/Race/PA/Lewisburg/CAAHungerCoalition5k>

***100% of proceeds benefit the newly established Union-Snyder Hunger Coalition. The Hunger Coalition is a community-wide network working to address local food insecurity.**



Do Everything you see in this newsletter AND MORE, including paying online for events...
Visit thearcsusquehanna.org today!

Arc Bowling League

March 10th;

April 14th;

12:30 p.m.



The Arc will be continuing our annual bowling league. We will meet at Strike Zone in Sunbury at 12:30 on the 2nd Friday of every month. Bowlers can bowl 2 games and scores will be kept for the League banquet on June 23rd.

\$8 pay as you bowl (if you did not pay in advance) banquet \$20 and a personalized shirt \$15.



ARCADE NIGHT

AT RT. 61 EVENTS

March 17th, 5 to 8 p.m.

Do you have cabin fever?

Tired of the winter?

Then come join The Arc staff at Rt. 61 Events for a night of “Pinball” and “Arcade” games.

Snacks and refreshments will be available.

COPAY: \$5 Arc Members

\$7 Non Members

Arc Bowling League

Open Enrollment

Self-Advocate: _____

Care Staff: _____

Email _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801
Arc Office: (570) 286– 1008;
Extension “1”
(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

Arcade Night

RSVP By: March 10th (NO EXCEPTIONS)

Self-Advocate: _____

Care Staff: _____

Email _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801
Arc Office: (570) 286– 1008;
Extension “1”
(leave message)

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SELF-DETERMINATION BANQUET

The 2023 Self-Determination Banquet will be held at Rt. 61 Events, located at 1437 PA Rt. 61, Sunbury. More information will be in the next newsletter.

In its nearly 20 years of existence, over 125 self-advocates have received the Self-Determination Award. This award celebrates self-advocates who have achieved their personal goals over the past year.

If you know a self-advocate you would like to nominate for a Self-Determination Award, please send their name and a brief explanation of why you believe they are deserving to Brian Habermehl: bhab123@ptd.net or 570-286-1008; Extension "4". Or, you can complete a form online at The Arc website (www.thearcsusquehanna.org). Nominations open March 1st and close May 1st.



Introducing The Arc's First Speed Friending Party!

WHO: Anyone who would like to make new friends.

WHAT: A Speed Friending Party's goal is to meet and make friends!

WHEN: Wednesday, April 13th, 6 to 7:30 p.m.

WHERE: The Arc, 326 Market Street, Sunbury

HOW: We will gather at The Arc for activities and a meal that we hope will encourage new friendships. Each person will leave with contact information for a friend they have been matched with by a Speed Friending match-making committee. We are encouraging each person to contact their new buddy at least once before the follow-up Speed Friending get-together. We hope to have prizes for anyone with proof of making a contact!

Each friend will be interviewing the other friends and should be prepared to ask these questions in whatever manner that works for them and also be ready with their responses since they will be answering these questions as well!

Questions:

What is your favorite pet?

Where would you most like to go on vacation?

What is your favorite thing to do?

What is your favorite food?



SPEED FRIENDING

April 13th, 6—7:30 p.m.

At The Arc-Aide

Want to make new friends (but keep the old—one is silver and the other gold), then join Board Member Margaret Harvey on April 13th for food, fun, and friendship at The Arc-Aide.

Food will be provided. This is a FREE event.

Hope to see you at this NEW event!



The Arc Membership Banquet

At Rt. 61 Events

1437 PA Rt. 61, Sunbury

April 19th, 5:00 p.m.

Join us for our annual Membership Dinner to swear in new board members and learn about the history and involvement of the Arc in our community.

Dinner will be, Tossed Salad, Barbecue chicken tender loin, baked macaroni and cheese, baked bean and cake for dessert. Catered by CSG Bakery

COPAY: \$15 Arc Members

\$18 Non Members

RSVP will be strictly adhered to

Speed Friending

RSVP By: April 6th (NO EXCEPTIONS)

Self-Advocate: _____

Care Staff: _____

Email _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801

Arc Office: (570) 286– 1008;

Extension “1”

(leave message)

Membership Banquet

RSVP By: April 10th (NO EXCEPTIONS!)

Self-Advocate: _____

Care Staff: _____

Email: _____

Phone #: _____

RSVP: The Arc Susquehanna Valley
PO Box 892, Sunbury, PA 17801

Arc Office at: (570) 286– 1008;

Extension “1”

(leave message)

By attending this event, you give permission for your picture to be taken & used for public viewing.

By attending this event, you give permission for your⁴ picture to be taken & used for public viewing.



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. Zoom link will also be provided.

UPCOMING MARCH 2023 OPPORTUNITIES

Monday, March 13: Presentation by William Stillman.

Monday, March 20: Presentation by Amy with HCQU.

Monday, March 27: Karaoke at DREAM



UPCOMING APRIL 2023 OPPORTUNITIES

Monday, April 3: Tell your best joke!

Monday, April 17: Celebrate the Outdoors!



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.

COMMUNITY LEARNING INSTITUTE

Located @ The Market Street Arc-aide @ 10a.m.

March 1st, April 5th– Book Club

March 8th, April 12th– Money Management

March 15th, April 19th– Arc Test Kitchen

Check our FB page for upcoming My Fish Friend Dates



Special Needs Easter Egg Hunt

April 1st, 11 a.m.

(Rain Date—April 8th)

Point Township Recreation Park,
759 Ridge Road, Northumberland



Come see RHappy Place Farm Petting Zoo and the Easter Bunny

Sponsored By: Dashing with Kindness, a 501C nonprofit organization devoted to providing outreach programs and community events in our area. For more information or to make a donation, contact Founder Angel Rager, 570-847-3945;

Angelrager37@gmail.com.



MAY 5TH, 5:30 P.M.

Come on out to the Sunbury Social Club,
352 East Drive, Sunbury, and enjoy Cinco
Mayo, the 5th of May, with the Arc staff.

Tacos & fajitas catered by:

Moe's Southwest Grill

Music and celebration provided by

The Arc-Aide Sound & Light!

COPAY: \$10 Arc Members

\$ 12 Non Members

Cinco de Mayo

RSVP By: April 25 (no exceptions)

Self-Advocate: _____

Care Staff: _____

Email: _____

Phone #: _____

RSVP: The Arc Susquehanna Valley de
PO Box 892, Sunbury, PA 17801

OR

Arc Office: 570-286-1008

Extension "1"

By attending this event, you give
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taken and used for public viewing.



“MATT’S MOVIE REVIEW”

“THE UGLY DACHSHUND”

(This video can be borrowed from Ashley’s Lending Library)

According to Matt Williams and Ashley Brubaker, this movie is about dogs that make “really” bad choices, kind of like Ashley’s own Dachshund, Freddy. A man and his Great Dane, Brutus, and a lady with her litter of Dachshund puppies all in one house can cause lots of trouble. “Especially when the Great Dane thinks he is a dachshund,” said Matt. Both Ashley and Matt thought this was a very funny movie and give it 4 “paws” up.



Apple Snickerdoodle Dump Cake

The Arc Susquehanna Valley Test Kitchen - 2/15/23

Thank you to all of our Test Kitchen friends who helped us measure, stir, “dump,” bake, and (most importantly) eat this delicious cake. I hope you enjoy it as well!

Ingredients:

6 cups sliced tart apples (about 8 medium)

1/3 cup packed brown sugar

1/4 cup white sugar

1/4 cup orange juice

1 Tbsp. lemon juice

1 pkg. (17.9 oz.) snickerdoodle cookie mix

1/2 cup butter melted

1 cup coarsely chopped pecans or walnuts

Whipped cream (or Cool Whip), optional

Preheat oven to 350 degrees. Toss apples with sugars and fruit juices. Spread into a greased “11 x 7” baking dish.

Place cookie mix in a bowl. Stir in contents of cinnamon-sugar packet. Sprinkle over apples. Drizzle with butter. Top with nuts.

Bake until golden brown and the apples are tender, 35 – 40 min. Serve warm and top with whipped cream.





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



March: Bonnie Yentsch, Amy Kerstetter, Sawyer Yocum, Brian Habermehl

April: Jim Hastie, Jaime Spickler, Mia Chuklochak, Tina, Ford Yocum, Tara Amerman

If you have a birthday in May or June 2023 and would like us to celebrate with you, please let Jerry Kotarski know: jerrychevy4@gmail.com



LITTLE CAESARS FUNDRAISER
BENEFITING THE “DRIVING TO ACCESSIBILITY”
FUNDRAISING CAMPAIGN

The Arc is selling Little Caesars Pizza Kits and cookie dough to help raise money for an Accessible Van.

There are two ways for people to order: take orders on order form included in the January/February newsletter (begin immediately) or online orders (begin March 1). For online orders you will have to use a credit card to pay. If you need another order form, they are available on The Arc website or at The Arc-Aide.

You have a choice between cheese or pepperoni pizza, regular or thin crust; each kit makes 2 pizzas. There is a personal combo kit that makes 6 mini pizzas. Don't forget about the Crazy Bread (36 sticks) which comes with Crazy Sauce; an Italian Cheese Bread Kit that comes 2 in a kit; and even dessert is offered, choice of Chocolate Chunk cookie dough or Oatmeal Raisin cookie dough that makes 30 cookies.

Online information for ordering:

Name of the Organization: The Arc of Susquehanna Valley

Group ID: 139254

Fundraiser ID: 417508

Online ordering deadline is April 9th @12 Noon.

Order forms and money must be turned in to The Arc no later than **Wednesday April 5th @ 3 p.m.** Delivery will be the week of April 24th—exact date will be announced.



Rehoboth Beach Trip 2023



Monday, June 12th – Friday June 16th, 2023

Do you want to go on vacation with The Arc? We will be making our annual trip to Rehoboth Beach, Delaware, on **June 12th-16th**.

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 minute walk to Funland amusement park. 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 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 12th, 8:15 AM**, from a new location: **Beiter's parking lot, Sunbury, North 4 Street**. And **9:00 AM** from Weis parking lot, Coal Township (formerly Scot's)

Return trip= Leaving Rehoboth at 11:00 am Friday morning. Actual return time is approximated depending on traffic. (Usually between 5-5:30)

Contact The Arc, Susquehanna Valley at 570-286-1008 EXT 1. Monthly payments can be arranged.

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



1 Person Occupancy

\$1,107.87 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 \$1,107.87 or 6 payments of \$184.65

| | January | February | March | April | May | June |
|----------|----------|----------|--------|----------|----------|--------------|
| Person 1 | \$184.65 | \$184.65 | 184.65 | \$184.65 | \$184.65 | \$184.65 |
| | | | | | | Total |

\$1,107.87

2 Person Occupancy

\$1,379.62 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 \$114.98 EACH PERSON

| | January | February | March | April | May | June |
|----------|----------|----------|----------|----------|----------|--------------|
| Person 1 | \$114.98 | \$114.98 | \$114.98 | \$114.98 | \$114.98 | \$114.98 |
| Person 2 | \$114.98 | \$114.98 | \$114.98 | \$114.98 | \$114.98 | \$114.98 |
| | | | | | | Total |

\$1,379.74

3 Person Occupancy

\$1,651.62 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 \$91.78 EACH PERSON.

| | January | February | March | April | May | June |
|----------|---------|----------|---------|---------|---------|--------------|
| Person 1 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 |
| Person 2 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 |
| Person 3 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 | \$91.76 |
| | | | | | | Total |

\$1,651.62

4 Person occupancy

\$1,923.49 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 \$80.15 EACH PERSON.

| | January | February | March | April | May | June |
|----------|---------|----------|---------|---------|---------|---------|
| Person 1 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 |
| Person 2 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 |
| Person 3 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 |
| Person 4 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 | \$80.15 |

Total \$1,923.49

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.

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



NEW OR RENEWED MEMBERSHIPS

Brittany Farnsworth, Bonnie Yentsch, Habermehl Family, Jan Lingle, Frank Schrade, Aaron Kalinowski, Beverly Bower, Randy Kramer, Jeremy Mutchler, Matthew Sessions, Keith Strouse, The Noll Family, Rose Seesholtz, Linda Boyer, Susan Carl, Frances Culp, SUNCOM, David Bartlett (\$10), Scott Mensch, Kerry & Judy Davis, Sheyna Stankiewicz, Alice & Robyn Snyder, Emily Callahan, Cynthia Evitts, John Boes, Arden Miller & Roy & Amanda Swazey

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!

THE ARC SUSQUEHANNA VALLEY AMPES PROGRAMS

****AMPES: The Arc Meeting Place for Expanding & Sharing****

Monday, Crossroads Church, Montandon, 6:00 to 8:00pm

Tuesday, Brady Fire Hall, Shamokin, 6:00 to 8:00pm

Tuesday, Arc-Aide Building, Sunbury, 5:30 to 7:30pm

E/O Wednesday, Selinsgrove Library, 5:30 to 7:30pm.

E/O Wednesday, Shiloh UCC, Danville, 5:30 to 7:30pm.

E/O Thursday, Trinity House, Bloomsburg, 5:30 to 7:30pm.

STEP: Monday, Arc-Aide Building, Sunbury, 6:00 to 8p.m.

<http://www.thearcsusquehanna.org> for more info!

*E/O = Every other



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

this button!

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

Donate to The Arc!

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

ADDRESS SERVICE
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