



United Way
Participant Agency
Equal Opportunity Employer

May—
June 2024



On Saturday, March 23rd, we traveled to the Mohegan Sun Arena, Wilkes-Barre, to watch the Penguins vs Utica Comets. It was “Star Wars” Night. We enjoyed a great game, good food, and a fantastic time. The only thing missing was YOU! Won't you join us on our next Arc Road Trip?

The flowers are blooming, birds are chirping, the school year is coming to an end, and we are excited for all our warm weather opportunities! Our first two biking days are listed in this newsletter, we hope YOU will join us for a ride! The Seeds of Freedom garden planting begins in May. We encourage you to get involved with this project. There are volunteer opportunities to assist with planting, watering, and harvesting. This program runs from May to October, and we need YOUR help to make it a successful growing season! Our fish have arrived...and they need names. Enter our fish naming contest, in this newsletter, and stop in the office to volunteer with our My Fish Friend program. There are daily volunteer opportunities to feed the fish, and clean the tank. You can sign up to volunteer for Seeds of Freedom and My Fish Friend at The Market Street Arc-aide M-W 10am-1pm. We hope to see YOU soon!

-Tessa K. Moore, Executive Director



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!



Arc at The Park

May 22nd and June 26th

Join us at The Shikellamy State Park Marina on May 22nd and June 26th for afternoons filled with fun, friendship, and accessible biking. Pack a lunch and enjoy some sun! Starts at Noon.



July 11th at 5:45pm

\$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. Trenton Thunder

1700 W 4th St, Williamsport, PA

Crosscutters Baseball Game

RSVP by June 24th

Name of Self-Advocate Attending:

Name of Care Staff Attending:

Phone Number or Email Address:

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.

SELF DETERMINATION BANQUET



The Self Determination Council of Northumberland County

with

The Arc Susquehanna Valley

will hold the annual Self Determination and Membership Banquet

at Route 61 Events on

Tuesday, June 4, 2024

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

The event includes a delicious family style meal including a choice of pulled chicken, green beans, coleslaw, macaroni and cheese, and cornbread catered by Big Dan's BBQ.

For dessert we will have cookies from CSG Bakery.

We will be having a special guest speaker this year, Denise Sloand, from

The Office of Developmental Programs (ODP).

Self Determination and Membership 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 The Arc in the event RSVP drop box.

SEND YOUR FORM IN TODAY TO MAKE YOUR RESERVATIONS!

Seating is limited to 200 guests

RESERVATION DEADLINE: May 24, 2024

WELCOME NEW AMPES COORDINATORS

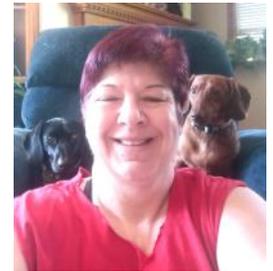
Jodi Schroth (Bloomsburg/Danville and Sunbury AMPES) and Danielle Chuklochak (Selinsgrove AMPES) are the newest members of the Arc Staff family.

Jodi, of Northumberland, is a graduate of Shikellamy High School. She is married to Steve, and has three 2-legged children (James, Brandy, and Christopher) and three 4-legged children (2 dachshunds named Onyx and Toby; and 1 cat named Elvira). She enjoys gardening, reading, and watching any tv show involving forensics. She looks forward to the AMPES fellowship and seeing everyone’s smiling faces.

Danielle, of Selinsgrove, is a graduate of Fortis Institute with an Associate’s Degree in Medical Assisting and Phlebotomy. She is married to Jeff and has three 2-legged children (Damion, Alex, and Mia) and two 4-legged children (a coonhound named Harper and a beagle named Ella). She enjoys music, art, traveling, going to baseball games and exploring life with her family. She looks forward to the friendships she will build at AMPES, having fun, time out in the community, and learning a thing or two.

Danielle

Jodi



Street Fair or Flea Market	<i>Flea</i>	<i>Fair</i>
Phillies or Pirates	<i>Pirates</i>	<i>Neither</i>
Lemonade or Iced Tea	<i>Both</i>	<i>Both</i>
Cards or Board Games	<i>Board</i>	<i>Board</i>
Flower or Vegetable Garden	<i>Vegetable</i>	<i>Flower</i>
Amazon or Mall/Store	<i>Mall/Store</i>	<i>Amazon</i>
Quesadillas or Nachos	<i>Nachos</i>	<i>Nachos</i>
“Lion King” or “Beauty & Beast”	<i>Lion King</i>	<i>Lion King</i>
Price is Right or Wheel of Fortune	<i>Both</i>	<i>Price is Right</i>
Knoebels—Rollercoaster or Train	<i>Train</i>	<i>Train</i>



MATT'S MOVIE REVIEW

“BAMBI”

(Along with over 500 other videos, this video can be borrowed from Ashley’s Lending Library)



According to “Film Fanatics” Matt Williams and Ashley Brubaker, “Bambi” is a movie you can watch over and over again. This Disney film is about growing up and dealing with life’s ups and downs from the eyes of forest animals. Both agreed, while the movie is named “Bambi” it was actually Thumper who stole the show—his funny lines , thumping of the foot, and sweetness, make him an enjoyable character. Matt and Ashley gave this movie 10 out of 10 “thumps of the foot.”

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.

Technology Tuesday—Use technology to achieve your mission. 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 MAY 2024 OPPORTUNITIES

Monday, May 13th, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Bill Stillman Anti-Bullying Presentation.



Monday, May 20th, 10 a.m. to 11:30 a.m.; Seeds of Freedom Raised Bed Gardens, South 5th Street, Sunbury (by Degenstein Library). No Zoom.

UPCOMING JUNE 2024 OPPORTUNITIES

Monday, June 3rd, 10 a.m. to 11:30 a.m.; 326 Market Street, Sunbury; ZOOM link will be provided. Beginning of Self-Determination Week. Theme: Freedom For All. Keep sowing the seeds of freedom.



Monday, June 17th, 10 a.m. to 11:30 a.m.; Garden check-in day. South 5th Street, Sunbury (by Degenstein Library). No Zoom.



Community Learning Institute:

Wednesdays, 10 a.m.—11 a.m. at 326 Market Street, Sunbury.

May 1st and June 5th: Book Club

May 8th and June 12th: Money Management

May 15th and June 19th: Arc Test Kitchen

May 22nd and June 26th: Accessible Biking @ Shikellamy Marina

*AMPES: A Meeting Place for Expanding & Sharing

*STEP: Student Transition Education Program

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Mon-Wed: 10am to 1pm Thurs-Fri: Office Closed			1 Book Club 10am @ Arc	2 Bloom/Danville AMPES 5:30pm	3	4
5	6 DREAM Class 10am @ Arc STEP 6pm @ Marina	7 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	8 Money MGMT 10am, Selinsgrove AMPES, Spring Filing	9	10 Bowling League 12:30pm @ Strike Zone	11
12	13 DREAM Class 10am @ Arc	14 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	15 Cooking Class 10am @ Arc	16 Bloom/Danville AMPES 5:30pm	17	18
19	20 DREAM 10am @ Arc STEP 6pm @ Strike Zone	21 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	22 Bikes @ The Marina @ Noon Selinsgrove AMPES 5:30pm	23	24 Self Determination & Membership Banquet RSVP Deadline	25
26	27 OFFICE CLOSED FOR MEMORIAL DAY!	28 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	29	30	31	



June 2024



SUN	MON	TUE	WED	THU	FRI	SAT
Mon-Wed: 10am-1pm						1
Thurs-Fri: Office Closed						
2	3 DREAM Class 10am @ Arc	4 Tech Tues. 10am @ Arc Arc Banquet	5 Book Club 10am @ Arc Selinsgrove AMPES 5:30pm	6 Bloom/Danville AMPES 5:30pm	7 Bowling League 12pm @ Strike Zone	8
9	10 DREAM Class 10am @ Arc Rehoboth Beach Trip - Leaving	11 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	12 Money Management 10am @ Arc	13	14 Sub Orders Due Beach Trip - Coming Home	15
16	17 DREAM Class 10am @ Arc	18 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	19 Cooking Class 10am @ Arc Selinsgrove AMPES 5:30pm	20 Bloom/Danville AMPES 5:30pm	21	22
23/30	24 DREAM Class 10am @ Arc Crosscutters RSVP Deadline	25 Tech Tues. 10am @ Arc Sunbury AMPES 5:30pm	26 Bikes @ The Marina @ Noon Sub Fundraiser Pick-Up	27	28 Bowling League Banquet	29 Crosscutters Game July 11th

*AMPES: A Meeting Place for Expanding & Sharing

*STEP: Student Transition Education Program



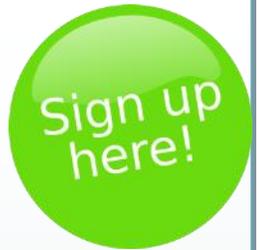
Become an Arc Susquehanna Valley member
and receive discounted prices on Arc activities!

NEW OR RENEWED MEMBERSHIPS

Melanie Garrison, Francis Bach, Hannah Hoffman, Thomas Delany, William Reager, Billy Shaffer,
Patrick Errickson, Amanda Swazey, Roy Swazey & Arden Miller

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!*



May: Susan Reger—2nd; Lydia Moore—3rd; Rusty Jones—13th; Mark Reeves—19th;
Ashley Brubaker & Jenn Daise—31st

June: Jerry Kotarski—2nd; Kimberly Weikel—11th; Julie Hartley—25th

iCANBIKE CAMP

Monday, June 24th—Friday, June 28th

Central Columbia Elementary School, 4777 Old Berwick Road,
Bloomsburg



WHAT IS IT: A day camp program for individuals with disabilities to learn how to ride a bike in just 75 minutes a day over 5 days



COST: \$175 (limited registration fee reductions based on need)

REQUIREMENTS: Minimum age - 8 years old; Able to sidestep to both sides; Have a disability; Able to attend camp all 5 days; Able to walk without assistive device; Maximum weight 220 lbs.; Willing and able to wear a properly fitted bike helmet; Minimum inseam of 20" (measure from floor while rider is wearing sneakers); accompanied by parent/guardian willing and able to intervene or assist staff as requested in addressing any prolonged disruptive or aggressive behavior. (NOTE: Dropping off riders at the program is not permitted. A parent/guardian or other adult authorized to take responsibility for the rider must remain on site for duration of each day's 75 minute program.

TO REGISTER: <https://icanshine.org/ican-bike-bloomsburg-pa/>

FOR MORE INFORMATION: contact Greta Rosler at iCanBikeBloomsburg@gmail.com; 610-657-9021

iCANBIKE—Bloomsburg: "We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down Syndrome never experience this thrill. Defying these odds is why we exist!"



Members of the Selinsgrove VFW Post 6631 Auxiliary presented a check for \$1,400 to The Arc's Accessible Van Fund. This money was raised during the auxiliary's bacon cheeseburger fundraiser in February.

THANK YOU!

Fish Naming Contest

We need YOUR help! As we welcome the newest members of our Arc Family, we want to include everyone in the joy that is getting to know the fishes, and we hope that you will be part of our naming contest. There will be a submission bowl at The Arc-aide office to enter your name suggestions. We will then pick 3 names per fish that will be voted on. Name suggestions must be submitted by May 22nd.

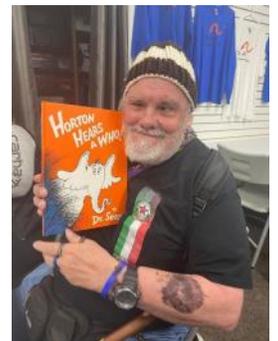
FISH # 1



FISH # 2



FISH # 3



The Sunbury Kiwanis Club presented The Arc Susquehanna Valley with a \$500 check to our Driving for Accessibility Van Fund.

THANK YOU!

AMPES Groups

Bloomsburg/Danville: Search “Bloomsburg/Danville AMPES” OR www.facebook.com/groups/bloomdanvilleampes

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

Selinsgrove: Search “Selinsgrove AMPES” OR www.facebook.com/groups/selinsgroveampes

Sunbury: Search “AMPES of Sunbury, Pa” OR www.facebook.com/groups/sunburyampes



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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