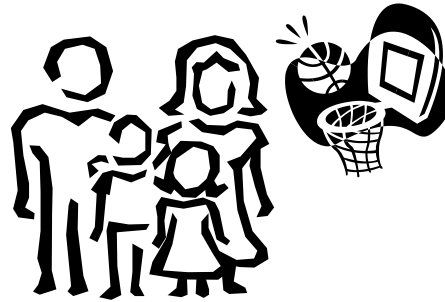


BI-COUNTY OBSERVER: Lehigh County Edition



March/April
2013

telephone
610-849-8076

website
www.arcofl-n.org

e-mail
info@arcofl-n.org

Published six times a year to inform persons with intellectual and developmental disabilities, their families and the community about intellectual disability services in Lehigh and Northampton Counties.

INTELLECTUAL DISABILITY COMMITTEE MEETINGS:

Noon—1:30 PM

**First Presbyterian Church
Room 218
3231 West Tilghman Street
Allentown, PA 18104**

**2nd Wednesday of each month
(except August)**

**March 13
April 10
May 8
June 12
July 10**

For updates on any budget information in the county or the state, please join us on the 2nd Wednesday of every month except August. Consumers, parents, and anyone interested in the care and welfare of persons with intellectual and developmental disabilities are welcome to attend.

Dear Families, Friends and Colleagues:

The month of March is dedicated to developmental disabilities awareness. Take the opportunity to attend an event, celebrate accomplishments and avoid focusing on problems. People with developmental disabilities accomplish so much every day.

As we acknowledge developmental disabilities awareness, don't forget the Celebration 2013 luncheon on March 21st! This gives us the chance to recognize and honor local individuals with intellectual and developmental disabilities who made notable achievements in areas like transition, education, work and citizenship. **Join us for the 7th Annual Celebration Lunch. RSVP forms inside!**

This issue of the newsletter has information about summer camps and activities. Though it is still cold outside, it isn't too early to think about summer activities. One resource comes from www.veryspecialcamps.com, an online camp directory for individuals with special needs. The site allows you to locate a summer camp or program based on your family's needs interests, and location. Visit the site and navigate according to your area of need or camp location.

Happy Spring!

Inside this issue:

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March is Intellectual Disabilities Awareness Month!

You are cordially invited to join us for the seventh annual *Celebration Awards*
Thursday, March 21, 2013

11:30 am - 1:30 pm

The Best Western Lehigh Valley Hotel & Conference Center
300 Gateway Drive (Routes 512 & 22) Bethlehem, PA 18017

Master of Ceremonies - Ed Hanna, Chief Meteorologist for
WFMZ-TV News and the AccuWeather Channel

*Special
Guest!*

CHOOSE FROM 2 LUNCHEON ENTREES

(Please indicate each attendee's choice!)

Chicken Breast: (boneless breast of chicken with apricot glaze)

Pasta Primavera: (medley of fresh vegetable tossed with pasta in a creamy alfredo sauce)

ALL MEALS INCLUDE: SALAD, BREAD, DESSERT, TEA, COFFEE

Cost: \$16 per person

RSVP by March 15

Hotel is wheelchair accessible

Hosted by the Intellectual Disability Awareness Steering Committee
of Lehigh & Northampton Counties.

The Intellectual Disabilities Awareness Steering Committee is please to welcome John and Joe Angelo as our Keynote Speakers for this year's Celebration Awards Luncheon.

My Wonderful Life

This presentation is given by John Angelo and his father, Joe Angelo. John is a man with Down Syndrome who has had a remarkable degree of success in employment and in community living. John will discuss his own thoughts about factors that led to his success as well as the obstacles that he experienced. He will describe his school and his work experiences, his faith, his avocations and his future aspirations.

Joe will share the thoughts and feelings he and his wife had as they worked to help John to work toward reaching his potential. He will share anecdotal information about effective strategies used to adjust the attitudes of professionals and community members regarding people with disabilities.

Stereotyped beliefs about capabilities of persons with Down Syndrome and other developmental challenges will be diminished, and expectations for people with disabilities to live happy, productive lives will be expanded.

Celebration 2013

PLEASE CLIP & MAIL THIS FORM. USE ONE FORM FOR EACH PERSON ATTENDING.

Name _____

Address _____ City _____ Zip _____

Telephone _____ Menu Choice: Chicken Breast _____ Pasta Primavera _____

Please seat me with: _____

Enclosed is check made payable to "The Arc" for \$ _____ (\$16.00 per person)

Please return this form by March 15 to: Bob Madden, The Arc of Lehigh & Northampton Counties
2289 Avenue A, Bethlehem PA 18017

Note: Each table seats 8. Seating is assigned. It may not be possible to honor all seating requests.
Call Bob Madden with questions or special accommodations: Phone: 610-849-8076, Ext. 17

PLEASE CLIP & MAIL THIS FORM. USE ONE FORM FOR EACH PERSON ATTENDING.

Name _____

Address _____ City _____ Zip _____

Telephone _____ Menu Choice: Chicken Breast _____ Pasta Primavera _____

Please seat me with: _____

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Relationships and Boundaries—Consumers

When: March 13, 20, 27, 2013; 5—7 PM

Where: The Arc, 2289 Avenue A, Bethlehem, PA 18107

The Arc is please to host a training series from the Advocacy Alliance on the important topic of “Relationships and Boundaries.”

Designed for individuals with disabilities, this training features information on the following areas:

- ▶▶ Relationships and Boundaries (co-workers, neighbors, romantic, etc.)
- ▶▶ The importance of healthy relationships to a person’s quality of life
- ▶▶ Healthy and unhealthy relationships in regard to an individual’s boundaries
- ▶▶ Use of assertiveness training to change boundaries in a relationship

The Alliance suggests participants attend all 3 sessions. Each session will be an interactive and group based experience. There will be chances for participants to role play and participate in games/activities designed to help navigate the complicated topic of human relations.

If you are someone with a disability, or care for someone that could use some information, help and practice working on relationships. This free training opportunity is for you!

Registration: Contact Lucy Prawl at 610-849-8076 (ext. 24) or lprawl@arcofl-n.org for more information or to register.



Estate Planning for Individuals with Special Needs

When: March 25, 6—7:30 PM

Where: Emmaus High School, 500 Macungie Ave, Macungie PA

Parents of young children or adult children with disabilities worry about providing ongoing care. For example, they worry about issues such as guardianship, wills, special needs trusts, how to fund a trust, and who will administer it. Can you identify with these concerns? Well, one solution is to STOP WORRYING and START PLANNING! Please join us for a free, future planning workshop that explores key legal and financial issues relevant to people with disabilities.

Attorney Gregory Reed will focus on elements of estate planning that are critical if you are the parent or guardian of someone with a disability. Each attendee will receive a free planning manual called *Mapping the Future: A Workbook to Prepare for the Future of Your Loved One with Special Needs.* If you’d like to know more about wills, power-of-attorney versus guardianship, and types of special needs trusts, then this workshop is for you!

Registration : Contact Nicole Bloise at 610-966-8335 or email her at nbloise@eastpennsd.org. This free workshop is open those living in & outside the East Penn School District. A minimum of 10 signups are required for the class to be held. Seating is limited to 20.



SAVE THE DATE

Eastern PA Down Syndrome Center’s Annual Conference

April 13, 2013

Mark your calendar for this annual conference. Visit the Down Syndrome Center’s web site at www.epdsc.net, call 610-402-0184 or e mail theepdsc@gmail.com for more information.

Community Project Uses Film To Promote Inclusion

Students from schools across the Valley help plan a community film festival on disabilities



When: April 20, 2013

Where: DeSales University, Center Valley, PA

Because we know that one of the biggest obstacles in making our schools more inclusive for kids with intellectual and developmental disabilities is the attitudes of other students, The Arc is putting together a project that involves students in school districts across the greater Lehigh Valley helping to put together a film festival about disabilities. The project is entitled: Inclusion: From Seed to Sprout, featuring The Sprout Film Festival.

The Sprout Film Festival is a collection of hundreds of high quality movies and videos of varying lengths that were all made by, for, or about people with intellectual and developmental disabilities. Located in New York City, the collection is available for showings of select films in local communities across the country. Through a generous grant from The Rider-Pool Foundation and an anonymous donor, The Arc will bring films from the Sprout Film Festival to the Lehigh Valley and will present these films as a free film festival at DeSales University Center on Saturday, April 20, at 1:00 PM. Student groups from high schools across our community will participate in a student project of promoting the film festival to their peers and getting as many kids to attend from their school as possible. In addition, they will help select the films that will be shown, and each group will submit a poster that reflects their interpretation of inclusion and the true meaning of the films being shown, with all of the posters on display at the film festival. The Arc has invited some of the Lehigh Valley's most successful advertising agencies and art experts to select the poster that best conveys the message of inclusion, which will be featured in a future film festival event. To assist us in planning the logistics of the film festival and to provide public service announcements for local television and radio, the DeSales University film department and its students will help guide us and offer invaluable support.

The public will be invited to attend the festival, free of charge. Visit The Arc of Lehigh and Northampton County's website (www.arcoflehighnorthampton.org) after March 15 to download your free tickets to attend.



April 27th, 2013 Epilepsy Education Exchange

The Epilepsy Foundation Eastern Pennsylvania (EFEPa) is pleased to present the **Epilepsy Education Exchange at Lehigh Valley Hospital, Allentown PA on April 27th, 2013**. The goal of this half day educational conference is to provide the most comprehensive information on the management and treatment of epilepsy/seizure disorder. This conference targets those living with epilepsy, family and loved ones of those living with seizures, medical and care professionals, and school personnel.

Registration and Continental Breakfast will begin at 8:30am. Vendor exhibits will be available from 8:30am – 1:00 pm.

For more information, contact Ellen Baca, Lehigh Valley Coordinator lv@efepa.org or (610) 737-0613

Via All-Star Clinic for Kids with Special Needs

No Registration Fee | All Ages Welcome
 Sunday, March 24, 2013 @ 1pm, check in 12:30pm

The Via All-Star Basketball Clinic is run by Traci Cyr, a member of the Lehigh Valley High School Basketball Hall of Fame. The clinic focuses on the fundamentals of basketball in a fun, inclusive setting. Selected Via All-Stars from the current senior high school graduating class will make up the clinic staff.



- ▶▶ All players receive a basketball and t-shirt
- ▶▶ Athletes must be eight years of age or older to participate in the clinic.
- ▶▶ A parent or care-giver is asked to remain in the gym during the clinic.
- ▶▶ Register by March 20 at www.ViaNet.org or call 610-317-8000 x489

Arc Friendship Dances

Third Monday of the month (September—May) 7:00-9:00 PM

Hope Lutheran Church

4131 Lehigh Drive

Cherryville, PA

Fee is \$5.00 a person

Just North of
 Allentown
 on Rt. 248



No need to RSVP. Please park in rear of church & enter from the rear.

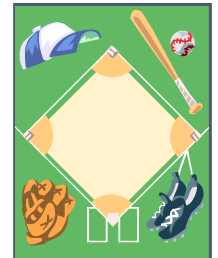
Questions or want to help? Call Darlene at 610-760-0761.

2013 Dates:

March 18, April 15 (Pizza Party Night)

Miracle League Baseball

Program is for individuals ages 4-21. Located at the Jandl Family Park in Schnecksville. Surfaces are flat to accommodate wheelchairs. Teams have 12-14 players & play one game per week.



Volunteers are needed! The Miracle League needs over 400 volunteers a week, May through October. Opportunities include: team coach, concession stand help, game announcers, maintenance staff, scoreboard operators and Angels in the Outfield. Angels help our players with all aspects of the game on a one-to-one basis. The Miracle League works with schools to help students complete senior graduation projects.

The season starts in May. Call 484-221-9814 or visit www.MiracleLeagueLV.org for more information, volunteer or register a player.

Lehigh Valley TOPSoccer Club

TOPSoccer Club is a community-based training and team placement program for young athletes with Autism Spectrum Disorder, Down Syndrome, or Cerebral Palsy. The program provides meaningful learning, development, and physical participation opportunities to young athletes through the game of soccer.

The **Lehigh Valley TOPSoccer Club** was founded by the parent of a child with special needs who felt that the existing soccer programs in the Lehigh Valley did not come close to serving aspiring players with special needs.

TOPSoccer Club stresses fun, parent involvement, community support, the buddy system and practice. For more information check the website — search lvtopsoccer, or go directly to the web site

www.lvtopsoccer.org, or contact:



Program Founder/Coordinator

C.B. Ananthan

1350 Buck Trail Road

Allentown, PA 18104

610-391-1812

administrator@lvtopsoccer.org

Horseback Riding Programs

Equi-librium Summer Camp — Day

Located in Snyder'sville, PA

Dates & fees to be announced. Mission is to empower individuals with special needs to reach their highest potential through therapeutic horseback riding & horse-related activities. A variety of programs are offered.

Please call 570-992-7722 or visit www.equi-librium.org for more information.

Horses & Horizons — Day

Located in New Ringold, PA

Group & private therapeutic riding for children & adults with disabilities. For group lessons (8-week sessions) riders must be physically able to help groom & saddle the horse. Private lessons are for riders who are unable physically or emotionally to participate in horse preparation. The entire lesson is spent on the horse.

Call 570-386-5679 or visit www.horsesandhorizons.org for more information.

Manito Equestrian Center — Day

Located in Allentown

Year-round equestrian facility located on a scenic 96-acre preserved farm in Allentown. All levels of riding & summer camp sessions offered. This center is also the site for Manito Life Center, a nonprofit corporation dedicated to helping at-risk children through equine assisted & holistic therapies.

Please call Lisa at 610-433-3707 or visit www.manitocenters.com for more information.

Ready for Summer?

It is not too early to shake off the winter and start planning summer activities and vacations. Please find a list of some camps and activities for adults and children with Autism, Developmental Disabilities, ADD/ADHD.

The following is for information only and is not a complete list of activities and camps available. The Arc does not recommend or endorse one camp or activity over another.

Camp Eagle Springs— Overnight Located in Pine Grove, PA

Each summer starting in June, overnight camping sessions are available to adults 18 and over with a wide range of support needs.

Activities include crafts, music, dance, sports, drama, swimming and fishing. In addition, there is a small farm where vacationers may interact with a variety of farm animals and go horseback riding. The vacationer to staff ratios vary from 1:1 to 4:1, and program activities are adapted to fit the abilities of each vacationer to assure chances for successful involvement.

Call 570-345-8705 or visit their web site: www.eaglespringsprograms.com for fees & details.

Camp Innabah Challenge Program —Overnight Located in Spring City, PA

This is a Christian camp, located in Chester County. Challenge camp is designed for individuals with intellectual disabilities age 12 and over who are ambulatory and independent in all self care skills. Camp sessions are divided by camper's age. Sessions are 6 nights and run throughout the summer.

Call 610-436-6111 or visit their web site: www.innabah.org for more information.

Camp Jaycee — Day and Overnight Located in Effort, PA

Camp Jaycee is a collaborative effort between the New Jersey Jaycees and The Arc of New Jersey, with a mission of providing quality camping experiences to children and adults with developmental disabilities.

In operation since 1975, NJ Camp Jaycee offers full week residential camping from June through August for individuals aged 7 to 70. The day camp runs from July through August for campers with developmental disabilities from ages 7 to 21.

Call 732-246-2525, ext. 44 or visit their website: www.campjaycee.org for more information.

Camp Lee Mar—Overnight (7 week program) Located in Lackawaxen, PA

Private residential special needs camp for children & adults with mild to moderate learning & developmental challenges. Structured environment with strong emphasis on guidance & individual attention. Campers enjoy traditional camp activities plus academics, speech & language therapy, music & art, & sensory-motor activities.

Call 215-658-1708 or visit their website www.leemar.com for information or to register.

Camp Lily (Easter Seals)— Day

Located in Allentown, PA

A six-week summer day camp (located at the Jewish Community Center) provided through Easter Seals Eastern PA serving children and young adults with special needs ages 8—21. The camp is jam-packed with fun, safe activities for your child. The camp is dedicated to enriching the lives of campers through an atmosphere of caring, dedication, integration and acceptance.

Offered in a series of one-week sessions from mid July through mid August , CAMP LILY is a busy place every day of the week.

Contact Michele Rittel; Phone: 610-775-1431, e-mail: michele.rittle@easterseals-easternpa.org or visit their website at www.esep.easterseals.com. to download an application. From Services, page down to Camp Lily Lehigh Valley.

Camp Sequoia— Overnight

Located in Pottstown, PA

Innovative overnight camp for boys & girls ages 8-19 who need help facilitating friendships & developing social skills. Many (but not all) campers are diagnosed with a Non Verbal Learning Disability, Autism Spectrum Disorder, or ADD/ADHD.

Camp Sequoia offers a 6-week full season program, two separate 3-week sessions, and a 1-week session for new campers.

Call 610-771-0111 or visit their web site www.camp-sequoia.com for more information or to register.

Camp Speers-Eljabar YMCA — Overnight

Located in Dingmans Ferry, PA

ACCES (All Children Can Experience Speers-Eljabar) is an inclusion program that enables campers with developmental disabilities to participate in traditional residential camping activities with typically developing peers. Sessions are divided by camper's grade level.

A typical ACCES camper: Has a mild to moderate mental disability, is between 8 and 19 years old, can independently, or with verbal cues, feed, bathe and toilet, is able to function successfully within a 1:3 staff to camper ratio, is able to adjust to changes in routine and/or environment with relative ease, has the ability to effectively communicate needs (may be verbal or with a communication device).

Call 570-828-2329 or visit their web site at www.campspeersymca.org click sleep away camps, then campers with special needs under the "Programs" to register or for more information.

Growing Green (Easter Seals)— Overnight

Located in Dingmans Ferry, PA

Growing Green is a unique, *ACA accredited*, residential summer camp that blends occupational, educational and recreational experiences. The primary focus of Growing Green is to teach organic gardening and green landscaping to our campers in a designed vegetable and herb garden. Additionally, campers will enjoy great recreational activities like canoeing, nature studies, sports, music, drama and many other traditional camp experiences. Campers

(Continued from page 9)

will learn new skills while they build greater self-esteem, develop new friendships, and improve fitness and nutritional awareness. A professional camp director is on site 24/7 to supervise all Growing Green activities.

All staff attend a mandatory comprehensive week-long training program. Growing Green has a camp nurse is on *duty* 24/7 to administer medications and provide routine care and first aid to campers.

Call Danielle Weiss at 610-866-8092 or visit www.esep.easterseals.com for more information. From Services, page down to Growing Green Residential Camp.

Camp Sertoma— Overnight

Located in Harrisburg, PA

For more than 50 years, Camp Sertoma has provided high-quality, fun and active camp experiences for persons of all ages with intellectual and developmental disabilities. The camp features 9 comfortable cabins with showers and camper accommodations. There are a variety of experiences for campers of all ages from June through August. Campers can enjoy activities like swimming, hiking, dancing, basketball, computer skills and more.

For specific camping dates, visit www.arcofdc.org choose "Events" tab on the homepage. To learn more about any of the respite camping opportunities available at The Arc of Dauphin County, contact Barbara Jumper (bjumper@arcofdc.org), at 717-920-2727.

PA Lions Beacon Lodge Camp—Overnight

Located in Mt. Union, PA

Beacon Lodge is described as a summer camp for children and adults with special needs including visual and hearing impairments and many other physical and intellectual challenges. Beacon Lodge is divided into two camps, the Children's Village for campers age 6-17, and the Adult Group for campers age 18 to the golden years.

The facilities include cabins for sleeping, as well as in-door and out-door activities. Activities include fishing, boating, swimming, in-door and out-door games, crafts, nature walks, rifle and archery. Camp sessions run mid-June through mid-August.

Call 814-542-2511 or visit www.beaconlodge.com for more information.

Mainstay Life Services—Overnight

Located in Pittsburg, PA

A unique urban camping experience open to adults, age 18 or older with developmental disabilities. This summer program is held every July on a Pittsburg college campus.

What sets the Mainstay Life Services' Summer Respite & Recreation Program apart from most traditional summer camps or programs is its ability to take advantage of the rich variety of recreational and cultural opportunities that Pittsburgh and the surrounding region offer.

Summer Program participants eat most of their meals at the college dining hall, and are able to use recreational facilities on campus. Most activities, however, take place off campus. A Farewell Dance is held at the end of each session.

For more information, call (412)344-3640, e-mail: info@mainstaylifeservices.org , or visit www.mainstaylifeservices.org

Summit Camp — Overnight

Located in Honesdale, PA

This therapeutic residential program is geared for individuals with Aspergers, Learning Disabilities, ADD/ADHD, & Emotional Problems. Two week and three week sessions are available.

Call toll free at 1-800-323-9908, web site at www.summitcamp.com for more information or to register.

Via Teen Summer Experience — Day

Located in Bethlehem., PA

Young people want to be connected to friends and family, and learn, work, and be respected for their choices. Via's Teen Summer Experience, now accepting registration, helps teens develop social skills and peer networks that lead to success in young adult life, career development and independence.

Via's Teen Summer Experience facilitates relationships between young adults and the communities in which they live, connecting teens to their community through recreational, social, volunteer and educational activities. Via Teen Summer Experience is an intensive 10-week program, with opportunities to participate in a wide range of activities that includes job shadowing and career counseling, volunteer activities in a variety of inclusive settings, and a series of recreational and team-building activities.

Via Teen Summer Experience works individually with each teen and their family to develop educational, recreational and vocational goals for their summer program. The goals focus on the individual interests of the teen and center on developing skills and experiences that further develop their social and vocational skill sets, as they prepare to transition from school to adult life.

Teens and young adults will have the opportunity to develop their social skills, experience vocational exploration through volunteering and research career opportunities. All of these skills help prepare young adults to become successful members of the community and workforce upon their graduation.

To register or learn more, please contact: Jessica Elliott, Via Teen Summer Experience | 610-317-8000 x483 | J.Elliott@ViaNet.org | www.ViaNet.org

Vacation Package Providers

If your family member is considering a big trip this year, it is never too early to plan. Two travel companies that cater to people with special needs are available in Eastern PA (The Arc can't endorse one over another). Both companies arrange group travel experiences for individuals with intellectual or developmental disabilities, over the age of 18. Vacationers are accompanied by paid staff from the travel company. Destinations include day trips, cruises and tourist spots around the world. Call or visit their web sites for trips and other travel information.

The Guided Tour, 7900 Old York Road, Suite 111-B, Elkins Park, PA 19027
Phone: 215-844-1295, web site: www.guidedtourtour.com

Special Vacations, 3502 Scotts Lane, Box D-16, Philadelphia, PA 19129
Phone: 215-844-1295, web site: www.specialvacations.net

The Arc of Lehigh and
Northampton Counties, Inc.
2289 Avenue A
Bethlehem PA 18017



Daylight Savings Time
begins March 10, 2013



April 1, Maybe....



Earth Day, April 22

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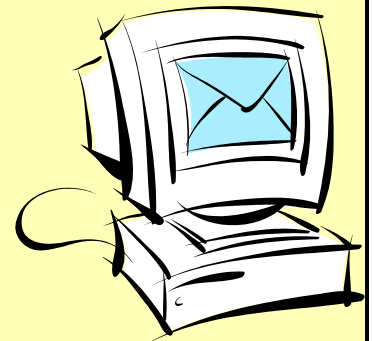
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Bob Madden, Editor
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The Arc.



Phone: 610-849-8076 (ext. 17).

E-mail: bmadden@arcofl-n.org