

SPRING 2016

# The Arcticate



## Celebrating People with IDD

March is Developmental Disabilities Awareness Month and The Arc of Northeastern Pennsylvania is joining individuals and organizations across the country to raise awareness about issues facing people with intellectual and developmental disabilities (IDD). Over the last 60 years, The Arc and its network of approximately 700 chapters have made tremendous progress in promoting and protecting the rights of people with IDD. It is due greatly to the advocacy efforts of The Arc that President Ronald Reagan officially declared March to be Developmental Disabilities Awareness Month in 1987.

In Northeastern PA, The Arc has been the leader in advocacy for inclusive practices at all levels of society for people with IDD. The Arc has championed inclusive education, closing state institutions in favor of community living, fair employment practices and other positive societal changes at the state and local level.

The Arc advocates for and serves people with IDD by promoting and protecting the human rights of people with IDD and actively supporting their full inclusion and participation in the community throughout their lifetimes and without regard to diagnosis.

On Sunday, February 21st, the Diocese of Scranton celebrated people with IDD at St. Peter's Cathedral, Scranton. The Celebrant and Homilist was the Most Reverend Joseph C. Bambera, D.D., J.C.L., Bishop of Scranton.

After the Mass:

There was a reception at the Mall at Steamtown to view The Pennhurst Story - Tragedy to Disability Rights



A traveling exhibition detailing the rise and fall of the infamous Pennhurst State School and Hospital - created by the Pennhurst Memorial and Preservation Alliance, this photographic journey tells the story of Pennhurst in a three part series detailing life at, the fall of and the legacy of Pennhurst

Cooper's catered the reception and Gerrity's sponsored it. Thank you to all for making this such an extraordinary event.

Pennhurst remains a universal reminder to never repeat the inhuman indignities and atrocities of its past. The exhibit will remain in the Mall for one month.

*Information from the Preserve Pennhurst website:*

### **Pennhurst**

If there is one important message we have received over the past few years, it's the realization that as time goes by, more people are asking for the real Pennhurst story. People outside the realm of the disability field are questioning societies past treatment of people considered "the other" with disbelief and shame. We can go on and on about how much we have disapproved of the haunted attraction at Pennhurst. However, if anything good has come from it, it would have to be the growing number of people, both young and old, wanting



more information about the real facts regarding this moment in history...a history of atrocities, wrong-doings,

*(Continued on page 3)*

  
**The Arc**<sup>™</sup>

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# President's Message

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The Winter has been kind to us so far and for that we should all be thankful. As we approach the Spring, The Arc is alive with many activities and great ways to enjoy some quality time with family and friends. There is literally something for everyone to do. March marks the celebration of diversity with the respect of people with

developmental disabilities. While this month is filled with recognition, we must be diligent all year long with focusing our attention on ensuring inclusion and fairness for each and every person. Many ask how they can help and be a part of the collective voice.

Here's just a few ways that would help the folks we serve:

\*Contact the Representatives and talk to them about the issues the people we serve face. One of the biggest obstacles we are challenged with is getting the funding we need to be able to continue with the incredible care and vital programs we offer at The Arc. The children and adults who are served count on us to be here for them. We want everyone to understand how important The Arc's mission is to not only the people who are here but to their families, friends and the community.

\*Invite them to visit The Arc. Have them see what we do and meet the people...so when they are going to vote on a policy regarding people with developmental disabilities, they can take a moment and think how that policy will affect someone they have met.

\*Keep informed on the current situations by browsing the websites and emails, reading the newsletters and magazines, asking questions or commenting on a particular matter and just being involved because we count on you to raise awareness for people who cannot speak for themselves.

Spring is a time of renewal, longer hours of light and warmer weather. We look forward to seeing the Spring Flowers, watching RailRiders baseball games and playing golf at Stone Hedge. I hope you are able to enjoy some of the incredible events we have to offer and please when you receive your Membership renewal letter, take a moment and rejoin. Your membership gives us a stronger voice and keeps you informed of local, state and national news.

Many thanks go to you for supporting the great work The Arc accomplishes every day!

Respectfully,  
Ken Doolittle, President

## Exec's Corner

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Spring has finally sprung and we are off to a running start. Firstly, I want to sincerely thank all the contributors to our very successful Capital Campaign that raised nearly \$250,000 for our many, many capital needs at The Arc. Special thanks go out to Pete Danchak from PNC Bank for chairing the Solicitations Committee, the committee members

and all the individual contributors and foundations that made this campaign such a smashing success.

Last year ended with our 60th anniversary celebration; another fantastic event. Personal thanks to Eileen Rempé and all The Arc staff who worked on this project, the Friends of The Arc Auxiliary and our Board members for their constant support.

After wrapping up our campaign this winter, we have moved into spring and look forward to our many upcoming events. March is Intellectual Disabilities (ID) awareness month and many activities are held around the country in celebration. Locally, we have worked together with the Catholic Diocese of Scranton and Bishop Bambera to celebrate a Mass of

Awareness at St. Peter's Cathedral, an annual event.

Also, in honor of the many consumers with ID who spent time at Pennhurst State Center, we are showing an exhibit at the Steamtown Mall, sponsored by the Pennhurst Memorial and Presentation Alliance. The exhibit tells the tragic story of Pennhurst and its 80 years of existence; its rise, its fall and the legacy of movement from tragedy to everyday life. If you are unable to visit the exhibit, check out the website at [www.preservepennhurst.org](http://www.preservepennhurst.org)

Of course everyone is well aware of the dysfunctional state budget crisis. Governor Wolf has presented his second year budget before his first year budget has passed. We are committed to work very diligently with our local Representatives and Senators on securing proper funding for our consumers and for appropriate wages and benefits for our employees. This is a heavy lift in these times of fiscal austerity but what is right is right and our industry has been wronged. It must be fixed and NOW.

Thanks for your attention and ongoing support.

Respectfully,  
Don Broderick, Executive Director

# Celebrating People with IDD

(Continued from page 1)

the strength of the human spirit, and how a wrong can be made right and continue to improve the world decades after the last doors were closed. It is an undeniable fact that humans at their very nature are inquisitive and have a need to gather deeper insight into what actually went on at Pennhurst beyond the ghostly facade of the "Haunted Asylum".

Over the last two centuries people with disabilities have been treated as "the other". They have been segregated, ignored, abused and dehumanized. The struggle to undo this sad history of discrimination is ongoing. One important part of undoing the errors of the past is to acknowledge them, learn why they happened, and use the lessons learned to assure the same mistakes are never made again.

Contrary to myth, Pennhurst was not a place where evil people wrought intentionally evil schemes. But that makes the meaning even more relevant and the danger even more real: the neglect rising to the level of abuse described in the groundbreaking Pennhurst litigation excerpted below was perpetrated by our own society, in our own backyard, within our own lifetimes. As a former Special Assistant to Pennhurst's Superintendent has said, "Pennhurst was a mistake from day one, but it was a mistake made by all of us, following the dictates of the 'best minds' of its time." Against the backdrop of the state's neglect, countless unremarked acts of kindness from workers and families added bits of humanity to institutional life. It is, no doubt, the resilience of Pennhurst's residents themselves that is the most inspiring part of the institution's story.

## Some History

Originally known as the Eastern Pennsylvania Institution for the Feeble Minded and Epileptic, Pennhurst was once seen as a model institution. It was a product of a self-proclaimed "progressive" era when the solution to dealing with disability was forced segregation and sterilization. Since the 18th century - a similarly self-proclaimed age of enlightenment - people with illness and disabilities were



labeled "defectives." As late as 1820, such "defectives," along with other dependent "deviant" groups such as aged paupers and the sick poor, were grouped together and sold to the lowest bidder. A similarly conceived philosophy of disposal at the lowest cost was played out time and again at Pennhurst. If only slowly and person-by-person, a growing and maturing society reconsidered this philosophy. History written at Pennhurst demonstrated that what was once held out as the only right option was in fact hopelessly wrong. In contrast to the narratives of intense and prolonged tragedy, Pennhurst's largely untold stories of deep compassion and great character evidence a rise of kind conscience that inspires yet today. One Pennhurst staff member recalls how she and others would volunteer their time on Saturdays and Sundays to clean the residents - many of whom could not toilet themselves - since the state budget did not allocate for housekeeping services on weekends. Another describes sharing holidays at her home with Pennhurst residents whose own families had long since stopped visiting. But, also as shared by a former employee, there is another, rarely considered aspect to the Pennhurst story that is perhaps its most important: the indomitable and unbreakable power of the human spirit displayed every day by the residents themselves.

Despite the obstacles institutionalization presented, many of Pennhurst's residents found ways to prosper. "They lived lives of inner dignity and grace" in an ammonia-washed world designed to strip that dignity from them. "This was especially true of the individuals who made up the "working patient" group. Day in and day out, they proved their worth helping to care for their worse-



off peers by assisting the paid staff in nearly every aspect of life at Pennhurst. Even the most severely disabled found ways to assert their individuality and retain their humanity in the face of a system that dehumanized them in a million different ways. Many people who were told for years that they could not succeed beyond Pennhurst's gates proved the "professionals" wrong, going on to live independent lives of worth and value in the community long after the administration building's great oaken doors slammed shut for the last time. Just as we remember the sadness, we need also acknowledge these quiet triumphs of the human spirit.

Once called the shame of the nation, Pennhurst was the epicenter of a civil and human rights movement that changed the way the world saw people with intellectual and developmental disabilities. The atrocities of neglect at Pennhurst resulted in Supreme Court litigation that sounded the death knell for institutionalization worldwide. Pennhurst stands as a monument not just to the despair of social apathy but more importantly to the bright triumph of an engaged citizenry--and the eternal hope that great change is possible from the cumulative efforts of caring people. For these reasons it must be preserved. ([www.preservepennhurst.org](http://www.preservepennhurst.org))

## Buddy Up Tennis

Buddy Up Tennis is a growing, national non-profit exercise and tennis instruction program for people with Down Syndrome of all ages. A new "Buddy Up" clinic is coming to our region this spring at Birchwood Racquet Club in Clarks Summit, PA. Started in Ohio originally, this would be the 15th "Buddy Up" site in the nation!

Buddy Up Tennis features a curriculum



## The Arc of NEPA 16th Annual Golf Tournament

Monday, June 13, 2016  
Stone Hedge

***Please mark your calendars -  
the date has been set!***

Through the awesome work of our Golf Tournament Committee and the outstanding benevolence of all the participants and sponsors, The Arc of Northeastern Pennsylvania's Annual Golf Tournament is a HUGE success! We wish to thank each and every one of you and we sincerely hope we can count on your continued support.

If you have any questions or concerns please do not hesitate to call Eileen at The Arc - 346-4010.

***Serving Children and Adults with  
Developmental Disabilities -  
Achieve with Us!***

designed especially for persons with Down syndrome. At the clinics, trained "Buddies", local tennis club participants of all ages, are paired with athletes with disabilities. The clinics feature 30 minutes of fun, adaptive exercises set to music, followed by 60 minutes of fun tennis instruction provided by the trained "Buddies". Participants need not have any prior tennis experience, as many of the activities are adapted to the needs of the athletes. An additional feature of the proposed new "Buddy Up" clinic at Birchwood is a health - tracking feature for the participating athletes, from the beginning to end of the clinic over the period of the program ( generally in sync with the school year). Health tracking will be monitored by Dr. Murugu Manickam, who also happens to be a "Buddy Up" volunteer. More information on Dr. Manickam can be found in this edition of "The Articulate".

For more information on Buddy Up Tennis, please go to [www.buddyuptennis.com](http://www.buddyuptennis.com), or call the Arc at (570) 346-4010.



## 4th Annual "Spares That Care"

A fun filled bowling day for families and friends of The Arc

**Sunday, April 24th**

Valley Lanes

1 Meredith St., Childs/Carbondale  
12pm - 3 pm

Cost is \$10 per person

(includes 2 games and shoes)

Want to advertise your business -  
sponsor a lane for \$20

Basket raffles and 50/50

Feel free to donate a basket!

Basket donations turned in to Pre-Voc by April 11th.

Reservations are due by

Friday, April 15, 2016

Please call 570-346-4010

Please make checks payable to:

The Arc of NEPA

All proceeds benefit The Arc of NEPA



Catch the fun and excitement of Railrider's Baseball!

We will be the "Community Organization of the Night "

**One of our participants will be throwing the FIRST PITCH!**

**Our logo will be getting some time to shine on the video board!**

**Listen for The Arc's Group on the Railrider's Network Broadcast.**

***We will also have a table set up inside the gates!***

**A VISIT FROM THEIR MASCOTS IS A MUST!**



**When:** Wednesday, May 11, 2016

**Time:** Game start at 6:35pm

**Who:** Railriders vs. Pawtucket (Red Sox)

**Where:** PNC Field - First Baseline Bleacher Seats

**Donation:** \$10.00 per person which must be paid prior to game.  
(You will receive your tickets upon payment)

For questions or for more info, call Mari @ The Arc 570-207-0825

# Honorariums



Celebrating birthdays, anniversaries, special events are all beautiful moments to be honored and cherished. Remembering your loved ones, friends, neighbors, co-workers is a wonderful way to let them know how much you care and that you are thinking of them. We can help relay those messages for you.

When you send The Arc a donation along with the name of the person(s) being honored, we will send a pre-printed card to the honorees, letting them know that a donation was made in their name and who sent the gift. It's a great way to say, "I Care" and benefit The Arc!

# Memorials

We also have a Memorial Program which sends your sympathy and condolences when a loved one passes away. We are here to assist you in making your wishes known.



# — Mike Munchak Scholarship —

The United Way of Lackawanna and Wayne counties has established the Mike Munchak Community Service Scholarship program to assist high school students from Lackawanna and Wayne counties, who plan to pursue a post-secondary education.

To be eligible, candidates must be actively involved in community service activities in program funded by this United Way, be full-time resident and/or students of school districts within Lackawanna or Wayne Counties and accepted by an accredited university, college or trade school, in a two or four year degree program track, for the 2016/2017 school year.

### **Following are program eligibility criteria and highlights:**

The scholarship amount for 2016 is \$6,300.00

The scholarship will be awarded for a one-year period only

Demonstrate commitment through community service activities

Demonstrate financial need

Demonstrate academic achievement

Applicants must be graduating seniors from a public, private, parochial or charter school within either of the two counties

Application packets are located in the Administrative Office and on their website [www.uwlc.net](http://www.uwlc.net).

Applications must be received or postmarked by March 31, 2016.

A colorful border of children holding hands around a central sign that says "KIDS AT WORK". The children are diverse in age and appearance, and the sign is a black diamond shape with white text.

## **Bring Your Child to Work Day**

### **Thursday, April 28, 2016**

Children (ages 8-18) will have fun while doing contract work, activities and crafts, listening to speakers and having breakfast and lunch. Each child will also get a certificate for participating in this fun-filled day!!

# Aktion Club Flea Market

It's that time of year again!

Aktion Club will be having its Annual Flea Market on Friday, June 17th at Robinson Park under the Pavilion!

Start your Spring cleaning and sort out all of those timeless treasures!

Please drop them off at Meadow Avenue (Pre-Voc) or Robinson Park.

# Celebrity Spotlight

All the names of the folks who are served by The Arc are put into a canister and pulled to see who will be our Celebrity for the month. We take a picture, have a little write-up and learn about their interests and showcase the display in the Day Program area. We all have to the opportunity to get to know the person a little more, plus they receive a certificate, t-shirt and gift certificate for Friendly's.



## JANUARY

Susan came to The Arc in 1986. She is very friendly and loves to socialize and interact with her peers. Susan likes to give people hugs and her smile will light up a room. She takes dance at Dave Ragnacci School of Dance and has such a good time with her friends. Getting dressed up and having her hair done with her nails painted, looking at magazines and coloring pretty pictures are only some of her favorite hobbies. Susan loves to shop and go out to eat.



## FEBRUARY

Mary has been with us for 17 years. She has a beautiful smile. Her favorite TV show is "Little House on the Prairie." She loves her fuzzy socks, hanging out with her staff, spending time with her peers and going out to eat with her nephew. She enjoys sitting on her swing in the spring and summer. Oh, and she really likes ice cream!



## MARCH

Joe has been here for 40 years. He loves to help his friend, and staff, Steve in the kitchen. He also loves going bowling with his friends. He is on The Arc's Fun & Friendship Bowling League.

Some of his favorite outings are to the casino with his brother, Riverside Vikings football and basketball games and going out to eat. He enjoys exercising with his friends every day.

## Employment Opportunities are Available at The Arc of NEPA

Please join our caring team of professionals assisting adults with developmental disabilities.

Our benefit package includes:

- Health insurance\*
- Dental insurance\*
- Vision insurance\*
- Life/AD&D insurance
- Long Term Disability insurance
- Pension
- Vacation days\*
- Personal days\*

- Sick days\*
- Holidays
- \$300 for new employee referral bonuses
- Fitness Club reimbursement
- Credit union
- Direct deposit

PLEASE NOTE:  
Minimum requirements for these positions include:

- \*\*\*18 years of age or older
- \*\*\*High School Diploma/GED

\*\*\*Valid PA driver's license

Previous Human Services experience helpful, but not necessary.  
Paid training provided.

To be considered for a position at The Arc-NEPA, a completed application must be on file with our Human Resources Department.

For more information, please call 570-346-4010 or visit our website ([www.thearcnepa.org](http://www.thearcnepa.org))

## Lifesharing Through Family Living at The Arc-NEPA

Lifesharing through Family Living is a cost-effective alternative to more traditional residential services. An individual with intellectual disabilities joins a provider family, in their home, as a fully participating member of

that family and the community.

Lifesharing is more than providing the basics such as food and shelter; it's about sharing life experiences, building relationships and responsibilities.

For more information or to set up a meeting, please contact Noreen Cosmark by calling her at 570-346-4010 send her an e-mail at: [ncosmark@thearcnepa.org](mailto:ncosmark@thearcnepa.org)

# Around The Arc

We were able to accomplish our goal and complete many renovations, repairs and updates in the majority of our 13 sites. For 2016, we are continuing with replacements and upgrades that were identified because several of our folks have changing physical needs and increased accessibility is vital and essential for our folks to have happy, healthy lives. Thank you very much for all your support and continued commitment.

Edith Trees Foundation approved our grant request to continue to be instrumental in completing many repairs and renovations around The Arc such as: conversion to gas heat and install air conditioning; bathroom remodel; kitchen and dining room remodel; flooring; air handler cooling system leak detector. Their support is outstanding and we are so pleased with their commitment to The Arc.

We received a grant from the Moses Taylor Foundation to help with carpeting and gutters/downspouts. Thank you Moses Taylor Foundation!

Commissioner Notarianni came to visit The Arc on January 11th. He spoke with Don and other staff members and toured the program where he was greeted by our folks.

Josh McAuliffe from the Scranton Times-Tribune visited the bowling participants at Idle Hours, January 26th and did a feature on the Fun and Friendship Bowling League.

Arc Tracks went to the Dare to Dream Ice Spectacular on January 17th; Rain

on February 28th and the Harlem Globetrotters on March 5th. There is no such word as BORED at The Arc. We have something for everyone and we do not believe in hibernating in the Winter! Lots of other traveling opportunities to come!

## World Down Syndrome Day - March 21st



People with Down syndrome, on an equal basis with other people, must be able to enjoy full and equal rights, both as children and adults. This includes the opportunity to participate fully in their communities.

The reality for many is that prevailing negative attitudes result in low expectations, discrimination and exclusion, creating communities where children and adults with Down syndrome cannot integrate successfully with their peers.

But where children with Down syndrome

and other disabilities are given opportunities to participate, all children benefit from this and environments of friendship, acceptance, respect for everyone and high expectations are created.

Not only this, but these environments prepare all today's children for life as tomorrow's adults, enabling adults with Down syndrome to live, work and participate, with confidence and individual autonomy, fully included in society alongside their friends and peers.

On World Down Syndrome Day, Monday 21 March 2016, join us to encourage children and adults with Down syndrome to say "My Friends, My Community" and get the world talking about the benefits for everyone of inclusive environments.

See more at: <https://worlddownsyndromeday.org>

## Calendar of Events - 2016

### March

Arc Membership Drive  
Harlem Globetrotters - March 5th  
Pasta Dinner at Villa Maria II -  
March 13th  
Cookie Walk - March 17th  
Easter Egg Hunt - March 19th  
World Down Syndrome Day -  
March 21st  
Spring Flowers - delivery March 22nd  
Basketball Game - March 23rd  
Classic Rock Fest - March 25th  
Mike Munchak Scholarship  
Application due - March 31st

### April

Kiwanis/Aktion Club Luncheon -  
April 6th  
Spares that Care - April 24th  
Auxiliary Nominating Committee  
Meeting - April 19th  
Dinner and a Show - April 24th  
Bring Your Child to Work Day -  
April 28th

### May

Knights of Columbus Measure-Up  
Campaign  
RailRiders Baseball Game - May 11th  
Arc Track's Bus Trip - Inner Harbor -  
May 14th  
Auxiliary Annual Meeting - May 17th  
Lackawanna Bowling Banquet at  
Fiorelli's - May 24th  
PA Polka Band at Weston Park -  
May 26th

### June

Golf Tournament - Stone Hedge -  
June 13th  
Foundation Annual Meeting  
Aktion Club Flea Market at Robinson  
Park - June 17th  
Annual Board/General Membership/  
Recognition Luncheon

### July

Camp in Lackawanna and Carbon  
counties - July 6th  
Ice Cream Social - Adult Day Program

### August

Arc-Knight

### September

United Way Day of Caring  
Fall Festival at Waldorf Park -  
September 18th

### October

Buddy Walks (PODS) - October 2nd  
Sara's Bowl-a-Thon - October 8th  
Board Retreat

### November

Knights of Columbus Appreciation  
Party  
Night at the Races - November 4th

### December

Poinsettia Sale  
Cookie Walk  
Holiday Show at Arc  
Holiday Party - Lackawanna County -  
Fiorelli's - December 9th  
Holiday Party - Carbon County -  
Legion - December 11th

# Shaken Baby Syndrome (SBS)/Abusive Head Trauma (AHT)

Shaken baby syndrome (SBS) or Abusive Head Trauma (AHT) is caused by vigorous shaking of an infant or young child by the arms, legs, chest or shoulders. Forceful shaking can result in brain damage leading to intellectual disability, speech and learning disabilities, paralysis, seizures, hearing loss and even death. It may cause bleeding around the brain and eyes, resulting in blindness. A baby's head and



neck are especially vulnerable to injury because the head is so large and the neck muscles are still weak. In addition, the baby's brain and blood vessels are very fragile and easily damaged by whiplash motions, such as shaking, jerking and jolting. Shaken baby syndrome has been identified by other names such as abusive head trauma, shaken brain trauma, pediatric traumatic brain injury, whiplash shaken infant syndrome and shaken impact syndrome. Shaken Baby Syndrome is the most common cause of mortality and accounts for the most long-term disability in infants and young children due to physical abuse. The true

incidence of SBS is not known, but estimates range from an annual figure as low as 600 cases per year in the United States to as high as 1400. One shaken baby in four dies as a result of this abuse. Head trauma is the most frequent cause of permanent damage or death among abused infants and children, and shaking accounts for a significant number of those cases. Some studies estimate that 15 percent of children's deaths are due to battering or shaking and an additional 15 percent are possible cases of shaking. The victims of shaken baby syndrome range in age from a few days to five years but most often involve children younger than 2 years of age.

## FASD (Fetal Alcohol Spectrum Disorder)

FASD (Fetal Alcohol Spectrum Disorder) is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects can include physical, behavioral, mental and/or learning disabilities with possible lifelong implications. It is identified by abnormal facial features, central nervous system problems and slowness of growth, and occurs when pregnant women drink alcohol and pass the alcohol along to their unborn babies through the blood stream. FASD can cause physical and mental disabilities of varying levels of severity (including intellectual disability).

The prevalence of FASD is not known. However, CDC (Centers for Disease Control & Prevention) studies have shown that 0.2 to 1.5 cases of FASD occur for every 1,000 live births in certain areas of the United States, while studies using different methods have estimated the rate of FASD at 0.5 to 2.0 cases per 1,000 live births. Other prenatal alcohol-related conditions are believed to occur approximately 3 times as often as FASD. FASD occurs in all types of homes and families in the U.S. The incidence of FASD is higher among certain tribes of Native Americans and Alaska natives. Also, it is not uncommon for adoptive parents

to discover their adopted child has FASD.

Children with FASD can have serious lifelong disabilities other than intellectual disability, such as learning disabilities and serious behavioral problems. The good news is FASD is not hereditary and only occurs if a woman drinks alcohol during her pregnancy. In other words, FASD is 100% preventable (Centers for Disease Control and Prevention).



## The Arc's Got Talent

### Calling all Actors, Actresses, Singers, Dancers, Artists to Star in a theater project: "Arc Angels on Stage"

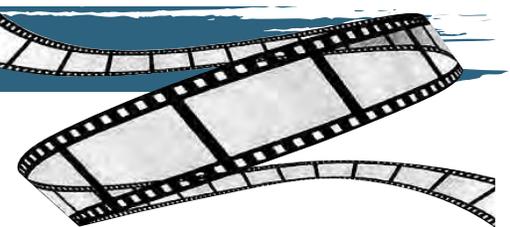
*The Friends of The Arc Auxiliary are excited to present the wonderfully talented Geri Featherby who will create and direct an awe-inspiring masterpiece featuring the Stars of The Arc!*

*Our special thanks goes to the Lackawanna County Arts and Culture, Geri Featherby, North Pocono School District and the many volunteers who will be a part of this unique collaborative project.*

An exciting opportunity awaits you! We are looking for interested folks who would like to be a part of a wonderful opportunity which will showcase the awesome talent of The Arc - NEPA's Shining Stars!

There will be eight (8) one and a half (1 1/2) hour evening rehearsal/instruction sessions where each performer will be paired with a former or current theater student who will serve as a buddy during each class. Each gathering will be captured on video to show the development and progress of each rehearsal session.

Once the film is complete, there will be a community-wide film festival which will combine a documentary-style story that will be featured along with a live performance for family, friends, invited guests, students, teachers and area



neighbors. Also, this pilot program will be shown at local schools to enrich the education of the students by sharing the many abilities of The Arc Angels.

*If you are interested in being a part of this extraordinary opportunity, please call The Arc at 570-346-4010 and we will add your name to the list. We will notify you when the introductory session will be meeting.*



**Lackawanna**  
County  
COUNTY COMMISSIONERS  
Patrick M. O'Malley • Jerry Retalianski  
Lorenson R. Cunniff

# Tribute to Edward

written by Jim Reilly

He loved to go for a long car ride,  
Always the first to hop inside.  
Awkward of gait and powerless to speak,  
Along with the car he broke free to seek  
Momentum and grace, power and direction.

Some thought him luckless in the game of life;  
Denied a vocation, children, a wife.

Still, his very being bore a special purpose,  
Though not apparent at the surface.

Like all good and worthy souls,  
Ed, too, had much to teach us about

Enthusiasm

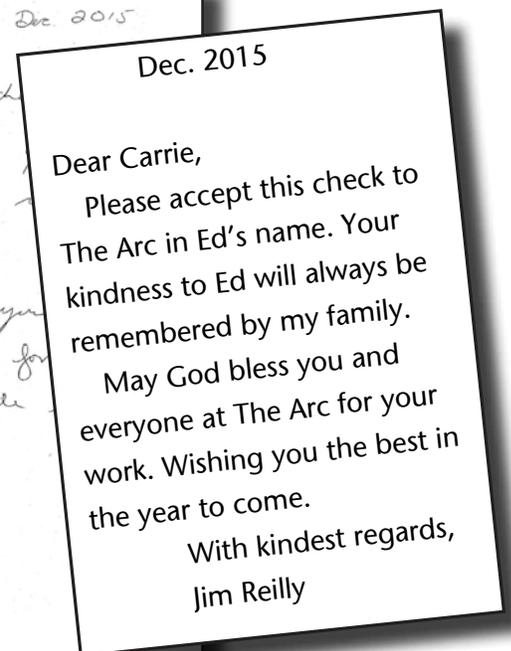
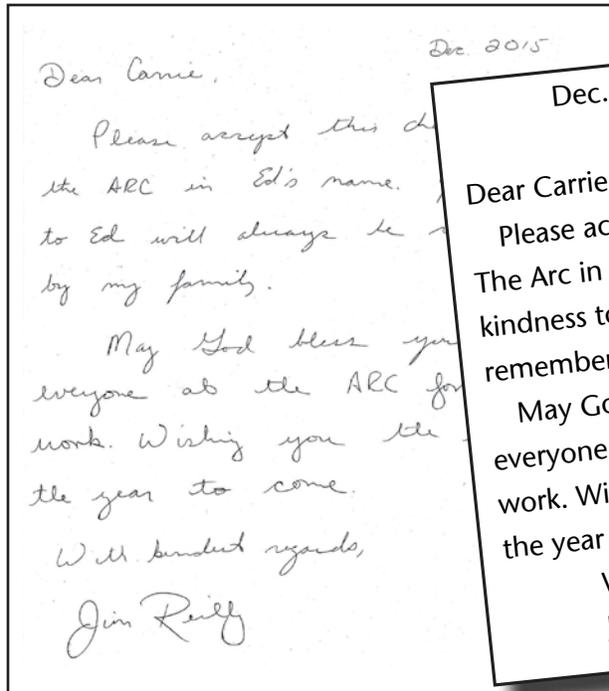
Dignity

Worth

Acceptance

Respect

Devotion



# The Arc Welcomes Dr. Murugu Manickam

Kandamurugu "Murugu" Manickam, M.D., has recently joined the Geisinger Health System Genomic Medicine Institute Precision Health Center as a lead researcher in a project called "MyCode", which is a genetic study tracking over 65 disorders that have serious impacts on health and predispositions to certain medical conditions. A part of Dr. Manickam's work is dedicated to the diversity of the study, and includes health disparities for persons with developmental disorders, as well as inherent protective factors that may shield some people with disabilities from certain health threats.

In the coming months, Dr. Manickam is planning to open a clinic for people with Down Syndrome, which will be located in Forty Fort, Luzerne County. Murugu has met with members of The Arc-NEPA administrative team, as well as with those from The Arc of Luzerne County.

Dr. Manickam hails from Ohio, where he also served as a volunteer in the "Buddy Up" tennis organization (featured in this edition of The Articulate). He has been instrumental in the setup of the proposed Scranton area Buddy Up program.

The Arc warmly welcomes Murugu



Manickam to Northeastern Pennsylvania. Stay tuned for more information on his very important work.

# Auxiliary Information

The membership mailing is out and we are receiving renewals every day! Thank you so much for joining us once again. Many members participate in events and help with volunteer and fund raising needs.

We have received a grant from the Lackawanna County Department of Arts and Culture for \$3,000 for Theater Arts for adults with disabilities. Geri Featherby will be

directing this program. It is our goal to film a documentary and invite the community to be a part of the experience. Betty Moreken, Nancy Crafferty and the Education Committee are working with Geri to produce a show for the community to enjoy.

The ladies purchased fleece jackets for all the folks in our programs for Christmas. They are very nice with

The Arc logo on the front. Valentine's Day brought sweet treats for everyone and Easter is just a hop away!

Spring Flowers will be available after 12:00 on March 22nd. They can be picked up on Tuesday, Wednesday and Thursday. This fund raiser is a lovely way to bring a little sunshine to The Arc. The ladies are also checking dates for an Evening Out at the Olde Brook Inn. Please stay tuned for more details.

# Donate Your Vehicle

## An Easy Way to Turn Cars into Cash for Charity



The Arc Vehicle Donation Program accepts all cars, trucks, motorcycles, RVs, regardless of the condition of the vehicles. Towing is free to the donor. If you want to donate your vehicle, please click on the link on The Arc's website [www.thearcnepa.org](http://www.thearcnepa.org) or call 1-877-272-2270. All you will need to do is

provide the year, make and model of a vehicle, the general condition, the vehicle identification number and the title of the vehicle of the must be available for information purposes when calling. All vehicles that are donated to our program must have a clean title. Please indicate The Arc of Northeastern Pennsylvania as the chapter to receive the proceeds of the sale of the vehicle.

**Donating is easy!  
It may be tax-deductible.**

### Achieving a Better Life Experience Savings Accounts: A new financial tool for people with disabilities



#### What Is an ABLE Savings Account?

It is a savings account for people with disabilities that does not affect asset limits.

You can put up to \$14,000 a year into the account - including money from gifts, income, friends, and family - and as long as the total balance stays under \$100,000, your benefits will not be affected.

It is a great option for individuals of all income levels.

You can use it just like a savings account - putting money in and taking money out as you need.

You qualify for an ABLE account if you have a significant disability that began before age 26.

ABLE accounts are tax-exempt - you do not pay taxes on money you withdraw or from the investment income of the account.

Having an ABLE savings account does not conflict with having a special needs trust. It is one more tool for financial planning.

You have control over the money in your ABLE account. A family member can also help you open and manage the account.

#### Opening an ABLE Savings Account Can Help You.

With an ABLE account, you can now save for a wide variety of living expenses, including:

- Housing
- Assistive technology
- Employment expenses
- Medical equipment and expenses
- Educational expenses like technical education, tutoring, and higher education
- Transportation
- And much more

You will be able to open and manage the ABLE savings account online through the Pennsylvania Treasury Department.

**ABLE savings accounts allow you to choose how to spend your money.**

#### What Can I Do to Help Bring ABLE Savings Accounts to PA?

There is one ABLE bill in the General Assembly that need to be passed, Senate Bill 879 These bills must pass in order for the Pennsylvania Treasury Department to begin offering ABLE savings accounts here. [Contact your local legislators and tell them:](#)

- ✓ Please pass SB 879.
- ✓ You want Pennsylvania to offer ABLE savings accounts beginning in 2016.
- ✓ Why having the option of making choices about your money and saving for your living expenses is important to you.

#### Stay Informed About PA ABLE

Sign up at the Pennsylvania Treasury Department's website, <http://www.pa529.com/able/>, to stay updated about ABLE savings accounts in Pennsylvania. You can also visit [www.thearcpa.org/able/](http://www.thearcpa.org/able/) for more details about PA ABLE.

Questions? Contact Ashlinn, [asaran@thearcpa.org](mailto:asaran@thearcpa.org), or Susan, [stachau@patf.us](mailto:stachau@patf.us).

## Leave a Legacy – Estate Giving Program

### Remembering...

The Arc's founding parents, concerned community members and friends have passed on a legacy of commitment to a new generation. Today, we seek to sustain this legacy.

### Building...

Looking toward tomorrow may often be intimidating, but at The Arc we continue the mission and grow with the needs of the children and adults we serve.

### Leaving a Legacy...

By giving a gift to The Arc, you are ensuring a bright future for the people served in our programs. Estate giving allows for a variety of ways for individuals to choose the support most appropriate for planning their legacy: Outright cash gifts, designated life insurance policy, bequests, real estate.

We appreciate your kindness you show on an annual basis. As we move forward today and throughout the year, we also need to be remembered as we go into the future. With your generosity, we can continue offering the services to the individuals who need them. If you would like to explore a method of giving that is right for you, please feel free to contact us and we will be happy to meet with you. For specific financial or legal advice, please consult with an attorney or financial planner.





Northeastern Pennsylvania

115 Meadow Avenue, Scranton, PA 18505  
(570) 346-4010 tel • (570) 346-8436 fax  
www.thearcnepa.org

**Achieve with us.**

*For people with intellectual  
and developmental disabilities  
and their families.*

## Membership Campaign 2016

Dear Friend of The Arc,

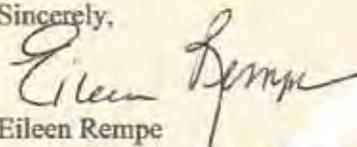
During the month of March, The Arc celebrates Intellectual/Developmental Disabilities (IDD) Awareness Month. We are commemorating the progress toward improving the lives of people with IDD and also highlighting the challenges that remain in achieving full inclusion for people with IDD. Nearly a quarter of a century ago, The Arc's advocacy effort led to President Ronald Reagan officially proclaiming March to be Developmental Disabilities Awareness Month. This national declaration generated renewed respect and increased awareness for people with IDD and their families.

***We are asking if you would join our worthwhile cause.*** By becoming a member, you are uniting with an organization who has dedicated its time and energy to children and adults with IDD and their families. People who deserve to have the support and services they **need, want and enjoy.**

Your membership monies include subscriptions to the national and state newsletters, as well as information from us. We need **you** in order to continue our services and advocacy, and also to provide a strong voice in Harrisburg and Washington on behalf of the individuals we serve. The more people who join as members equals more voting privileges on legislative issues affecting people with IDD. ***Our members mean the world to us and we are so very thankful for your support.***

Please fill out the form on the back of this newsletter and send it back to The Arc, along with your support. If you would include your email address that would be great! Information will be forwarded to you as soon as it becomes available. Thank you for your continued commitment and generosity. We are here because children and adults with IDD need us to be and rely on us. Please let us know if you have any questions or concerns.

Sincerely,

  
Eileen Rempe  
Director, Public Relations and Development

*Thank you!*

The official registration and financial information of The Arc of Northeastern Pennsylvania may be obtained from the Pennsylvania Department of State by calling toll free, in Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Allotted with The Arc of PA and The Arc of the United States



of Carbon County and Lackawanna and Wayne Counties

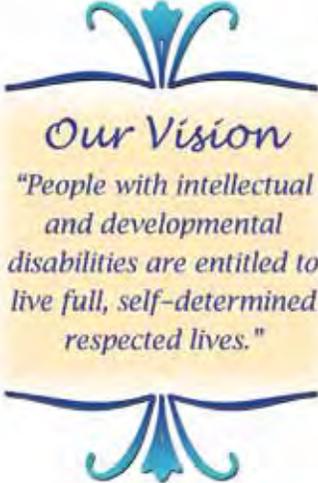


# The Arc™

Northeastern Pennsylvania

115 Meadow Avenue  
Scranton, PA 18505

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## Our Vision

*"People with intellectual and developmental disabilities are entitled to live full, self-determined respected lives."*

VISIT US AT:  
[www.thearcnepa.org](http://www.thearcnepa.org)  
Find us on Facebook

Affiliated with the  The Arc of PA and The Arc of US.

DESIGNED BY: BILL PILLING GRAPHICS

*Sign Up!*

## Membership is the key...

You can help. Become a member of The Arc of Northeastern Pennsylvania today. Benefits include:

- National, state, and local newsletters with current information on intellectual and developmental disabilities.
- The opportunity to participate in The Arc affairs at a local, state, and national level.
- Attend conferences, conventions, and seminars at a reduced cost.
- Discount prices on publications.
- Insurance services, credit card program, and free one year subscription to ABILITY digital magazine.

### Stay Informed!

#### Membership Registration

New Member      Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

#### Type of Membership

- \$25.00 - \$49.99 Friend
- \$50.00 - \$99.99 Sponsor
- \$100.00 - \$499.99 Supporter
- \$500.00 - \$999.99 Benefactor
- \$1,000.00 + Partner

Please remit to:

  
**The Arc™**  
 Northeastern Pennsylvania  
 115 Meadow Avenue  
 Scranton, PA 18505