

# The Arcticulate

The Arcticulate is a publication  
for employees and friends of  
The Arc of Northeastern Pennsylvania



Jamie Allen  
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## Left wrist, right wrist...Think positive.

Submitted by: Maryclaire Kretsch

I had the pleasure of participating in a seminar a week or so ago. The presenter made a point about negativity and how easily it can overcome your perspective. He shared a news article with the audience about a man who suggested wearing a blue, rubber wrist band much like the Live Strong wrist bands that are popular. The instructions were to move the band to your opposite wrist every time you complained, rumored, spoke anything negative or "blue". The lesson is to bring your attention to your own negativity by learning how often you think or speak something that wasn't positive.

How long can you go without moving the band from wrist to wrist? Seeing myself as an upbeat person, I wondered how much time would pass before I would have to relocate the pretend wrist band. What I learned surprised me. I complained much more than I realized. The rainy weather alone had me moving the mental wrist band back and forth, forth and back until the only remaining option was an ankle. How many times

have you heard someone mention the rain over the past few weeks? I was enlightened. My own perspective could use some work. If that wasn't enough, I then wondered if it is a double negative to feel badly because you complained. Left wrist, right wrist....Think positive.

Friday night July 10th I was invited to a back yard picnic. There were old friends, new friends, music and laughter, wimpies, grilled hamburgers and hot dogs, cupcakes. It was warm and sunny, a perfect summer evening for sitting in the yard.

White twinkle lights and decorations hung about the patio and gifts were placed around the maple tree. It was Christmas in July. The Ice Cream Man even made an appearance. He pulled the familiar blue and white truck right into the back yard with frozen tasty treats for everyone.

Some stopped by; others spent the majority of the evening relaxing at this family back yard picnic. No one was related. Christmas in July was a gift for Richard.

Organized and managed by Arc staff, this festive party was a special wish for one who is loved. Richard enjoyed the food and company. A man who is true to himself, he bid an early good evening to his guests and retired to the comfort of his living room. It was his evening to enjoy after all.

I laughed with Kenny, exchanged macaroni recipes with Billy. I didn't see staff. I saw no consumers. I saw people enjoying each others company, proud to share this moment. No one mentioned rain. There was nothing "blue" and not once did I think about moving that blue rubber band. I haven't moved it in weeks.



The Arc of Northeastern Pennsylvania held its 54th General Membership/Annual Meeting Luncheon and Awards Reception at The Parish Center in Dunmore on June 23rd. The Arc honored many individuals for their outstanding efforts in helping to further their mission which is to serve people with intellectual and developmental disabilities and their families.

Pictured l to r: Bill Burke, Arc Board Member; Carol Burke, Arc Auxiliary Immediate Past President; Paul Burke; Jane Burke; Donald Burke

The Arc Award was presented to Bill and Carol Burke in heart-felt appreciation for their strong leadership, vision and commitment to our mission; they have both improved the lives of children and adults with intellectual and developmental disabilities and their families.



Pictured l to r: seated - Donald Burke, Benediction; Sara Wolff, Invocation/Arc Board Member; Alan Hughes, Arc Board President; Andy Warner, Arc Lifetime Board Member. Standing - Don Broderick, Arc Executive Director; Carol Burke; Bill Burke; Peter Kanton, Arc Foundation Board Member; Lou Auriemma.



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