

The Articulate

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



Meet Jerry...
Jerry's story on page 5

Quiet Moments

In this hurried time of year, quiet moments seldom present themselves. It is more likely that they are stolen from minutes planned for something else.....

While organizing the gift wrap, tissue paper, boxes and bows strewn about the bedroom, she glanced out the window. Daylight was turning to dusk and a gentle snow began to fall, slowly turning the branches on the hemlock from green to white. The scene was quiet and gentle. She drifted away....

Just before dawn on Christmas morning, her wise, three year old brother taught her the useful skill of climbing out of the crib. "Put your foot there", he whispered as he pointed to the lower bar on the side of the crib. She, only two years old, did exactly as he instructed and set

herself free. What has since become a tradition; they were dressed in their brand new pajamas; the only gift ever opened on Christmas Eve. He took her hand and together they gingerly tip-toed down the hall carefully not to make a creak.

She smiled as she watched the snow from the window, recalling the two of them, toddlers, yet proceeding like one experienced burglar guiding the novice.

They crept down the stairway and made their way to the entrance of the living room. They stopped and stood in awe, eyes opened wide. The magic embraced them. There was a train clicking its way around a small,

where. "See baby? I told you Santa would come!" he exclaimed, ringing with excitement.

The wind had picked up and brushed a tree branch against the bedroom window. She sighed then continued to gather the tape, tags and bows. It was her first Christmas, the day she learned of Santa, of gifts, and the goodness of the season. Once again amidst the rush of December, she realized that the magic had just touched her. In that quiet moment, watching the snow, she was filled with the spirit of the season. She realized that the decorations, the shopping, the baking, entertaining, that fast pace

*They stopped and stood in awe,
eyes opened wide.
The magic embraced them.*

snowy village beneath the evergreen. The tree was draped in colored lights, mirrored globes and shiny silver string. An angel, the sentinel, her arms opened, watched over the display. Still holding hands, they gazed over the dreamful sight. There were red trucks, a baby doll, and a package of play dishes with a tea pot, cups and saucers! They were two identical sleds, one black and one white pair of ice skates. Surprises in printed paper packages were every

that she sometimes just endured, was just a stage. For the spirit, the feeling, the peace of the season came this year in the quiet recall of a Christmas gone by. She realized that perhaps the stage she created today in her own baking, special gifts, and the Christmas village beneath the tree, would someday set the stage so that her children would also catch the spirit in a quiet moment such as this.

by Maryclaire Kretsch



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President's Message



Greetings from the President's desk.....Celebrating 60 years of advocacy and service, I recently had the opportunity to attend The Arc's National Convention as your representative. The conference covered an array of topics, however, the most important impact for me was the networking---meeting other volunteers, staff, family members and self-advocates.

The plenary sessions were especially meaningful. The Arc honored actors Lauren Potter (who portrays Becky Jackson) and Robin Trocki (who portrays Sue Sylvester's sister Jean) from the hit television show GLEE with the Arc's Inclusion and Image Award. The award was presented in recognition of their achievements in television for positive portrayals of people with I/DD, increasing awareness and challenging stereotypes.

Guest speakers for The Arc for a Lifetime session were Kathy Greenlee, Assistant Secretary Administration on Aging and Sharon Lewis, Commissioner, Administration on Developmental Disabilities (ADD), U.S. Department of Health and Human Services. This plenary

session was moderated by self-advocate, Jamie Lazaro, The Arc of Quinebaug Valley, VT. Both speakers shared their vision for the future with us. I came away from this session feeling very fortunate that we have two such capable and dedicated policy makers working diligently to make Arc's vision of creating a future filled with opportunity in every aspect of community living a possibility for our consumers. Also, the Arc of NEPA was mentioned during Kimberly Resh's presentation regarding the book *Our Friend Mikayla*, a delightful book written and illustrated by Mikayla third grade classmates. All in all it was a gratifying experience to participate in the conference.

In closing, as you contemplate your philanthropic gifts for the end of this calendar year, please consider a gift to The Arc of NEPA Foundation. Your gift will be greatly appreciated by those we serve. Thank you in advance for your thoughtful consideration of this personal request.

Turning the page on yet another year, I wish you all a happy and healthy holiday season.

Respectfully,
Alexandra "Sandy" Yantorn, President

Exec's Corner



May I be among the first to wish you a happy, joyous and blessed Holiday Season! So many things happen here during the 6 weeks between mid-November and the end of the calendar year. This year it seems to be busier than ever. First came the dramatic election results. On whatever side of the aisle you sit, you must agree that major change has happened.

It remains to be seen how this upheaval will affect The Arc and our consumers and family members. One thing for certain, we have a lot of homework to do with all the "newbies" in office. I am talking at all levels, that is local, state and national. In my long tenure at The Arc, I have never seen so many political changes at once. Our work is cut out for us, and it must begin now.

The National Convention of The Arc of the US was recently held in Orlando. The Arc-US is planning for some future changes. We are among the largest, collective non-profits in the county (ranked #10), but at the bottom of the most recognized list (96 of 100 largest charities). A "rebranding" effort has begun and some changes will be forthcoming. We will keep you informed.

The Adult Protective Services (APS) Bill was recently past, a bill we have fought for since 2006. That bill will provide extra protection for citizens between 18 & 59, similar to the legal protections available to chil-

dren under 18 and seniors 60 and over.

Also, in the last few weeks, we have emerged from our annual licensing review in day services and residential with shining colors. Congratulations to our fantastic staff who provide top notch direct care support year after year. You guys are the BEST! and while we are congratulating staff, we have just completed our internal United Way Campaign and again under the expert leadership and commitment of Pat Quinn et al, we surpassed our goal and reported pledges and contributions of \$14,577. Absolutely amazing, and we are all so very proud. All of this and we are just moving into December. What will this month hold for us?

As of this writing, I can report to you some wonderful news. We have been notified by Penn Security Bank that we at The Arc are a partial beneficiary of the estate of Mrs. Sally Bahr (David & Jeff's mom). This is a substantial sum which will help us open our newest group home in the near future. Mr. & Mrs. Bahr believed in the Arc and what we stand for. Both of their sons have been served by The Arc, and now by remembering us in their will, they will assist us in continuing the important work that we do. We are forever grateful to them for buying into the concept of "Leaving a Legacy."

That's all for now.

From me personally and from all of us in administration, please have the Best of Holiday Seasons.

Respectfully yours, Don Broderick

Up with Downs

The Education Committee along with students from Marywood University went to Mid-Valley, North Pocono, Wallenpaupack and are scheduled for Dunmore to have readings in several classrooms. Sara Wolff made a presentation to the students about the importance of not using the "R" word as a derogatory term. The students signed a pledge that they would not use the "R" word. Each classroom was read a book about Down syndrome, completed a worksheet, received a certificate and an "Up with Downs" bracelet and also kept a copy of the book for their classroom collection.



The Friends of The Arc

NEPA Auxiliary Board held a Membership Mixer at Cooper's Restaurant on October 13th.

Fr. Joseph Sica was the guest speaker for the event.



Pictured seated (l-r): MaryCarol Kanton, Treasurer; Jeanne Gardier; Sara Wolff; Connie Wolff; Ann Hoffman Standing (l-r): Marie Maddi; Maron Bielovitz, Secretary; Michele McDade; Fr. Sica; Eileen Williams, President; Betty Moreken; Nancy Crafferty; Carol Burke, Immediate Past President; Corolla Sawka, Vice-President; Eileen Rempe; Betsy Youngblood.

The Arc Golf Tournament 2010



Mike Ruane and his foursome keeping the scores close between the teams.



Don Broderick enjoying The Arc of Northeastern PA's 10th Annual Golf Tournament which was held in memory of Dr. D.J. Maldonato.

UNICO National Foundation Grant



The UNICO National Foundation awarded a \$1500 grant to the Arc of NEPA Auxiliary Education Committee. The grant money will be used to purchase books to be read by the education committee members to area school children. The intent of this program is to enforce the concept that each child is special and deserves the right to be accepted and respected.

Pictured in the front row from left to right are: UNICO National President Chris DiMattio, UNICO National Mental Health Chairperson Barbara Laborim and UNICO National Mental Health Committee Member Michele McDade. Pictured in the second row from left to right are: UNICO National Foundation Member Atty. Frank T. Blasi, Arc Auxiliary Education Co-Chair Betty Moreken, Arc Auxiliary President Eileen Williams, Arc Auxiliary Education Committee Co-chair Nancy Crafferty, Arc Director of Public Relations and Development Eileen Rempe and UNICO National Foundation Member Joe Cerullo.

Bill Frye Sing-A-Long

Meadow Ave. was literally alive on the afternoon of October 20, 2010. The high - pitched fever was the singing and dancing to the guitar playing music of Bill Frye. Bill dons an assortment of festive holiday hats to accompany his repertoire of popular oldies and forever favorites and the group explodes in to a dance floor that far surpasses Dancing With the Stars. Well, for that matter, we were “dancing with the stars”. And our stars are the best!

It is quite amazing to observe the effect that music has “upon the soul”. Individuals who are usually content to sit and observe, become alive, and with a little encouragement, are on their feet clapping, waving their arms and swinging all 2000 body parts! Many staff commented that they had never seen so many individuals having so much fun; some were moved to tears as they watched several folks sing and dance as they had never seen before.

We thank Bill Frye for sharing his talents with us and for his sensitive caring as he incorporated the talents of our “musicians” in to his program.

At the top of my own personal wish list is, that some day soon, music will be an integral part of the Arc day program. We have seen its benefits time after time.....wouldn't it be awesome to have it more often?????



Spotlight on Quality

Holiday Quality

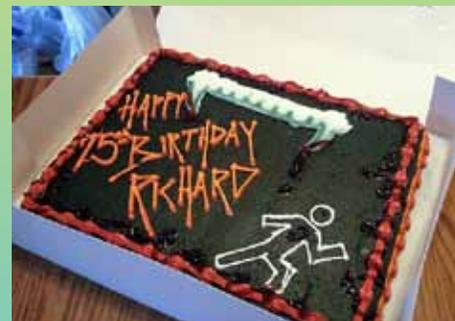
As a provider, we strive daily to ensure quality-driven services. All of us, including The Arc administration, are devoted to helping the consumers achieve meaningful, everyday lives.

During a recent 75th Halloween-themed consumer birthday party, Don Broderick, Executive Director, visited and helped Richard celebrate his 75th birthday. Don's visit with the consumers and staff meant a great deal to everyone involved. The party was spectacular and, once again, Arc staff proved how dedicated they are to ensuring quality for consumers and all staff. We'd like to acknowledge Miranda Rybak for her ingenuity and decorating abilities.

On 11/23/2010, staff at The Arc's Scott Township home also planned their first annual Thanksgiving-get-together. They prepared an old-fashioned, homemade dinner for all of the consumers and staff who live and work at the home. Don Broderick and Pat Quinn, Director of Residential & Adult Day Services, also came for dinner. The Thanksgiving celebration was yet another quality



Residential Program Specialists



endeavor initiated and delivered by Arc staff. Special recognition to Lisa Jezowski for getting the dinner done in spite of forgetting to turn the oven on!

Quality can be measured in

various methods; however, you know what it means when you feel it and experience it. Everyone involved in both celebrations knows and defines the meaning of quality.

Jerry's Story

Jerry is a friendly, outgoing gentleman. He lives at home with his twin brother Richard.

Jerry's favorite hobby is to take care of his birds. His favorite bird is Nellie. Nellie stays on Jerry's shoulder when she comes to visit at program.

Jerry enjoys going out in the community and to experience new things.

ZUMBA Anyone?

The Arc would like to have ZUMBA classes beginning in the New Year. We would love for you to join in the fun! If you would email (erempe@thearcnepa.org) or call me (346-4010) with your interest. We are considering price, time and day that would be most helpful for everyone. Please share your thoughts with me, so we could have a successful program for everyone involved. Thank you once again for your time and consideration.

Public Relations and Development News

Arc Update

At the request of Carol Chisdak, Arc Board member, the Scranton Board of Realtors donated their time, effort and talent for the benefit of The Arc. On November 14th, several members prepared a delicious spaghetti dinner at Mariano's Cucina in Jessup. We were thrilled with this wonderful opportunity, delicious fund raiser and a great way to meet new friends and enjoy excellent food!

Let's put those dancing shoes on...The Arc Recreation department sponsored the Thirteenth Annual Friends of The Arc Holiday Party at Fiorelli's on Friday, December 3rd. There was a special "Guest" appearance from SANTA along with door prizes, holiday raffles and music provided by E.J. the D.J.

PODS (Parents of Down Syndrome) hosted a Breakfast with Santa at Coopers on Sunday, December 5th. The kids really love this event and look forward to it every year!

The Arc Parent Group had their party on Sunday, December 5th. at the Parish Center. Santa and his elves were be there to hand out

gifts and DJ John Serkosky spun everyone's favorites.

We celebrated the holiday in Carbon county on Sunday, December 12th at 1:00 p.m. at the American Legion. The party featured dancing and a special guest - You KNOW Who!

On December 17th, The Arc will have their 11th Annual Christmas Program called Sharing the Sounds of Christmas. Please join us for the celebration.

Auxiliary Information

A Cookie Walk fund raiser will be held at the Arc on Friday, December 17th. A variety of cookies will be available for everyone to choose from and will be sold by the pound. The sale will be in the conference room from 10:00-2:00.

Ideas for next year included having a Cabaret event perhaps

featuring the talents of Agnes Cummings. Also more Bus Trips to Mt. Airy are on the schedule for the Spring. The last two were hugely successful!

The December Board meeting will be the Annual Christmas gathering. The ladies will meet at La Cucina in Dunmore at noon on December 21st.

Foundation Overview

The poinsettias were here, the poinsettias were here! What a great year for poinsettias - we sold over 600 plants which were being delivered fresh to The Arc from Corky's. The ladies from the Auxiliary were here to get them to their new home safely.

As you are reading this, the End of the Year Foundation donation letters should be in your mailboxes. Your donations are very welcomed and deeply appreciated!

*The Arc would like to thank you for all you do. We had a wonderful year filled with events for everyone. Please join us next year and help us to continue building successful fund raisers. Enjoy and Wishing All of You a Happy, Healthy and Prosperous New Year.
"It's the most wonderful time of the year!"*

An Act of Heroism

On October 10, 2010, an Adult Day Program participant experienced a serious choking incident while eating.

Thankfully, staff training paid off in the most important way - a tragedy was averted and abdominal thrust techniques performed by three veteran Meadow Avenue staff members saved a life!

The Arc family is grateful to these staff, (L to R) - LPN Ryan Jezorwski and Group Leader Tracy Prendergast and Kathy Ciullo. In the background, Pat Quinn and Don Broderick.



How to Get Into the Holiday Spirit

Submitted by: Mari Pizur

We all have our misgivings and sometimes it hard to get into the Holiday Spirit. Holidays are supposed to be a time of peace, love and goodwill to all. But with all the stress and commotion of the season, many of us end up feeling more like Mr. Scrooge than Santa Claus.

Here are a few helpful hints to help us enjoy The Holidays.

- Shop early! Nothing takes away the Holiday Spirit like fighting for parking and struggling through crowds.
- Wish people that you meet in stores and other casual environments a Happy Holiday! Say it with a smile.
- Drop spare coins in the Salvation Army collection buckets.
- Do something nice for someone. Offer to baby-sit so a friend can do her Christmas shopping, take cookies to your neighbors, or shovel an elderly neighbor's walk.
- Volunteer your time to a worthy holiday cause.

Even if you are busy, you can spare an hour or two to help people less fortunate than yourself.

- Organize a drive at work or in your neighborhood. Collect food and personal items and donate them to a local shelter for the homeless or for battered women.
- Play Christmas music.
- Watch Christmas movies "It's a Wonderful Life" is a good one for reviving a flagging Christmas spirit, as is "How the Grinch Stole Christmas."
- Read "A Christmas Carol" and "A Child's Christmas in Wales."
- Decorate your house for the Holidays!
- Don't spend more money than you have. Anxiety over after-Christmas bills can ruin your holiday.
- The true holiday spirit is about love and kindness, not materialism and shopping. Do your best not to get caught up in the latter.
- Be thankful your family and friends are safe. Create lasting Holiday Memories!

Happy Holidays to All!

Knights of Columbus Appreciation Dinner and Award Ceremony

Members from local Knights of Columbus Councils were recognized for their outstanding dedication of The Arc of Northeastern Pennsylvania.

The Knights of Columbus have a long history of helping The Arc-NEPA through the Measure-Up Campaign, Arc-Knight and coin canisters. The Knights have done so much for us over the past 31 years. Area Knights campaign during the months of April and May for Measure-Up and Arc Knight is held in May. We wish to thank them for their continued efforts in support of people with intellectual and developmental disabilities.



Seated left to right: James Straub, Jr.; Gary Pace; Stan Stravinskis; John Feller; Roger Getts; George Schneider; Joe Tully; Ron Mroczka; Paul Vilgos. Standing left to right: Gary Wesko; Lou Pettinato; Charlie Vagnarelli; Joe Evans; George Schneider, Jr.; Patrick Murphy; Don Broderick; Ed Sandy; Mike Bolednak; Tim Martin; Drew Olick.



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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

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

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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.
- Insurances services, credit card programs and long distance telephone services.

Stay Informed!

Membership Registration

New Member

Renewal

Name: _____

Address: _____

Phone: _____

Type of Membership

\$25.00 - \$49.00 Friend

\$100.00 - \$499.99 Supporter

\$1,000.000 + Partner

\$50.00 - \$99.99 Sponsor

\$500.00 - \$999.99 Benefactor

Please remit to:



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Sign Up!