

# The Articulate



## "I Can!" - Showcasing Accomplishments

The Arc of NEPA is working on an awareness campaign to showcase the many accomplishments of individuals with Intellectual and Developmental Disabilities, and we need your help! We are accepting submissions to be included in our awareness video "I can!"

The video will be shared on social media and with agencies and schools in our community to promote respect for people with disabilities while educating others about their limitless potential. We hope this will help encourage more opportunities for individuals with I/DD and further possibilities for inclusion in the workplace, schools and community.

We would love to represent individuals from our entire coverage area of Carbon, Lackawanna, Luzerne,

Monroe, Pike, Susquehanna and Wayne Counties. Submission suggestions: Photo of an individual with I/DD doing what they love: working, participating in sports, sharing a talent, in their community, etc.; Photo of artwork, craft or project made by an individual with I/DD; Inspirational quotes; Awareness logos.

Please only submit photos of a single individual (no group photos allowed) and submit a signed release form for the person in the photo. Photos and release forms should be emailed to [Mcolville@thearcnepa.org](mailto:Mcolville@thearcnepa.org) or [RPolishan@thearcnepa.org](mailto:RPolishan@thearcnepa.org) by February 28th.

Help us spread awareness in March by using #ican and #I/DDawareness2021 on social media.

## Right to Education Task Force Calendar

The Right to Education Task Force continues to be a resource for parents to turn to for support and advocacy with the special education process. The LTF partners with many school districts and local agencies to share information and offer valuable training by professionals locally and at the state level. Please reach out to [rpolishan@thearcnepa.org](mailto:rpolishan@thearcnepa.org) for more information. Here are the remaining Right to Education Task Force IU 19 meeting dates. All meetings are held via zoom this year.

3/16/21- 6:00 pm Presentation: Developing a Strong IEP- presented by the Peal Center

4/13/21- 9:30 am Presentation: Lackawanna County ID programs and waiver overview.

5/11/21 9:30 am Presentation: Outreach Center Programs and Elections

## Advocacy Updates:

Our Arc of Northeastern PA advocacy series continued in January, with a presentation created by our advocates for families on the topic of Early Intervention Transition to Kindergarten. It was held on 2 dates to reach as many families as possible to help them understand and prepare for their child to move from an early intervention program to school aged. We walked them through the process and gave many suggestions on questions to ask. With these virtual programs, we are able to reach many families in our 7 county coverage area and participation was high. Our next presentation in the

advocacy series will be "The ABC's of Special Education". It is being held via zoom on Tuesday February 23, at 11 am. This presentation will be an overview of important special education terms and topics from A to Z for parents to be familiar with as they progress through their children's educational journey. We continue to help parents become self advocates and be armed with the knowledge to make informed decisions when it comes to their children's education. If you have any ideas for presentations please contact [rpolishan@thearcnepa.org](mailto:rpolishan@thearcnepa.org) or [mcolville@thearcnepa.org](mailto:mcolville@thearcnepa.org)



Northeastern Pennsylvania

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# President's Message



President's Message  
Greetings! This pandemic continues to affect our lives and the lives of those we love. Shows how things can change in the blink of an eye, with the flash of lightning, and a handshake. All of us have adjusted and adapted to how this has affected us. We are resilient! The consumers we serve are doing well. Their schedules have changed, however, the staff have found creative ways to continue programming while ensuring

their safety, health and well-being. We will support one another and come through this with dignity. Remember to social distance, wash hands, wear masks (very important), eat outside if you can, open windows in the winter to circulate air. I ask and encourage everyone to take this seriously and follow directions and guidelines. Explain to our consumers what is occurring and why. I commend the staff for their dedication and commitment to our mission. You are the foundation that we stand on. Thank you for all that you do.

Ann P. Hoffman  
*President*

## Exec's Corner



In the autumn of each year I imagine, (with disdain), the evolution I must endure over the next few months. This transformation is not a matter to which I submit voluntarily. Yet, I understand reluctantly that it will occur regardless of my resistance. The process begins on the first chilly evening in October when

I finally accept that summer has passed and winter is coming. On this night in October I realize that soon enough the dreadful experience of a polar vortex, snow, and wind chills below zero, will bring me to a day in February when I feel that sunshine and thirty-two degrees is a gift.

Today- the blue sky and forty degrees feels marvelous. The evolution is complete - sweetly.

Almost one year ago we learned of the Covid pandemic. We had little idea what was in store, what the impact might be. Throughout the year, we read, we learned, we planned, revised plans, and planned again. We ALL agreed that being safe and well was most important, as such would afford us the opportunity to have many more sunny days in February.

The road has not been easy. Our daily lives changed by masks, social distancing, and isolation from loved ones. Work life has been altered by administering strategies to limit exposure, personal protective equipment becoming the new uniform, zoom and virtual everything, and changes to schedules. Today, the Lackawanna County positivity rate dropped again for the second week. With better weather coming, and vaccines distributed, perhaps there is reason for hope.

Time will surely tell.

You, Arc staff, have been most understanding, supportive, and courageous during this past year. You have patiently and diligently endured each wave that has come to us. The Arc Board of Directors remains in awe of your unwavering dedication.

I thank you and wish for each of you a gift as remarkable as a sunny forty degree day in late winter.

Maryclaire Kretsch  
*Executive Director*

### **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.***

# COVID-19 Vaccination Information

Thank you for supporting us in our mission to provide quality care. We practice universal precautions. We wear personal protective equipment, wash our hands often, and practice social distancing measures when possible.

Most recently, COVID-19 vaccinations have been added as another tool in our toolbox.

Currently, two vaccines are authorized and recommended to prevent COVID-19:

- Pfizer-BioNTech COVID-19 vaccine
- Moderna's COVID-19 vaccine

As of December 28, 2020, large-scale (Phase 3) clinical trials are in progress or being planned for three COVID-19 vaccines in the United States:

- AstraZeneca's COVID-19 vaccine
- Janssen's COVID-19 vaccine
- Novavax's COVID-19 vaccine

With two authorized vaccines having completed clinical trials, and undergoing distribution in the US, we felt it necessary to inform you of The Arc of NEPA's position and provide you with additional information and resources.

We encourage you to also visit the Pennsylvania Department of Health's and the Center for Disease Control and Prevention's (CDC) COVID-19 vaccination webpages, along with consulting with your medical provider.

The COVID-19 vaccine will be distributed to Pennsylvanians in a phased approach. We know that Direct Support Professionals, as well as Consumers, are categorized into Phase 1a, which is the first group selected to receive the vaccine. The Arc of NEPA has partnered with the Area Agency on Aging, and the Office of Developmental Programs (ODP) to begin the partnership with pharmacies in our area. However, it is important to note that we do not intend on making the vaccine mandatory for staff.

We will not get to select which vaccine in particular we will receive, and currently, each may require an initial vaccination with a booster a few weeks to follow. This will take some scheduling on our part, and we are committed to ensuring that each staff member who wishes to receive the vaccine will be able to be referred accordingly.

So that we can begin the planning

process, we ask that you share your intent to receive the vaccination, with the HR department as soon as possible.

On January 6, 2021, the Secretary of the PA Department of Health, Dr. Levine ordered each vaccine provider receiving COVID-19 vaccine shall designate at least 10% of each vaccine shipment received for vaccination of Phase 1A non-hospital affiliated health care personnel. The Arc is aware that one of the vaccine providers is The Wright Center for Community Health. Any Arc staff wishing to receive the vaccine should contact The Wright Center at 570-343-2383 to register themselves for the vaccine. Once registered, please contact the HR department so that we can provide you with the necessary proof of employment status. As more providers are identified, we will communicate these updates.

This is a widely developing program, and we are still working on obtaining more information. We will continue to share updates as they become available. We thank you for your efforts you have demonstrated thus far and look towards a happier and healthier new year.

## Save the dates...Please mark your calendars!

February 1, 2021 - Highmark Walk for a Healthy Community  
*Registration is open*

March - Developmental Disabilities Awareness Month

March 21, 2021 - World Down Syndrome Day

April - World Autism Awareness Month

April 2 - World Autism Awareness Day

May 24, 2021 - Golf Tournament

June 2, 2021 - Bowling Banquet  
*(even if we don't have bowling!)*

June 4, 2021 - NEPA Gives - Day of Virtual Giving

September 26, 2021 - Waldorf Fall Festival

October - Down Syndrome Awareness Month

December 4, 2021 - Lackawanna Holiday Party - Fiorelli's

December 5, 2021 - Carbon Holiday Party - Legion

December 12, 2021 - PODS Breakfast with Santa

## Developing a Strong IEP

Hosted by: LTF IU 19 & North  
Pocono School District

**Tuesday, March 16, 2021**  
**6:00 - 7:30 PM**

### Families can expect to learn:

- The key principles of IDEA
- The parts of the IEP and the importance of each one
- Ways that families can provide meaningful input throughout the IEP process
- The changes in the IEP process due to COVID-19

**Register at: <https://ieptraining-march162021.eventbrite.com>**

**Zoom link will be provided close to the training date.**

Questions: Please contact [rpolishan@thearcnepa.org](mailto:rpolishan@thearcnepa.org)

# Mike Munchak Community 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 (PA) who plan to pursue a post-secondary education. The 2021 recipient will receive a one-time award of \$6,300 to commemorate Mike's #63 which he wore throughout his playing days and which was retired by the Houston Oilers in 1996.

To be eligible, candidates must be actively involved in community service activities in programs funded by this United Way, be a full-time resident and/or student 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 2020/21 school year.

## PROGRAM ELIGIBILITY CRITERIA AND HIGHLIGHTS

- The scholarship amount for 2021 is \$6,300.00.
- The scholarship will be awarded for a one (1) year period only.
- Open only to graduating seniors within school districts in Lackawanna or Wayne Counties (PA).
- Demonstrate commitment through community service activities.
- Demonstrate academic achievement
- Applicants must be graduating seniors from a public, private, parochial or charter school within either of the two counties

**All completed application packets must be submitted or postmarked no later than March 31, 2021.** Any incomplete packets/submissions will not be considered.

Send to:

### United Way of Lackawanna & Wayne Counties

Attn: Community Service Scholarship Committee  
PO Box 526  
Scranton, PA 18501-0526

The scholarship winner will be selected by April 30, 2021. The winner and his/her parents or guardian will be invited to the dinner and auction portion of the Mike Munchak Charity Golf Classic scheduled for June 28, 2021 at the Scranton Country Club. The formal presentation of the scholarship will take place at that time when the winner will meet Mike and have photos taken together. Please contact [Frank Kincel](#) at the United Way - 570-343-1267 ext 233 with any questions pertaining to the program outline or the application.

*United Way staff, board members and their immediate families, the Scholarship Selection Committee and their immediate families are not eligible to apply.*

## NEPA Gives in 2021

# NEPA GIVES

The Scranton Area Community Foundation is proud to be teaming up with The Luzerne Foundation, Greater Pike Community Foundation, Wayne County Community Foundation, Carbon County Community Foundation, the Northeastern Pennsylvania Nonprofit & Community Assistance Center (NCAC), and other community sponsors to host NEPA Gives in 2021—a one-day giving extravaganza that's all about giving back

to your community.

On Friday, June 4, 2021, donors may make secure online donations to their favorite local nonprofit organizations. Donations to participating nonprofits will be enhanced with bonus funds provided by NEPA Gives sponsors—making donor dollars stretch further! Nonprofits will also be eligible for cash prizes! Registered 501(c)(3) nonprofit organizations serving residents in Northeastern Pennsylvania will be eligible to participate in NEPA Gives.

NEPA Gives was a huge success in 2020 and we are thrilled to be able to bring it back in 2021!

### NEPA GIVES SPONSORS

SCRANTON AREA  
Community FOUNDATION

GREATER PIKE  
COMMUNITY FOUNDATION

For Good. Forever.

The  
Luzerne  
Foundation

Here for good.™

THE WAYNE COUNTY  
COMMUNITY  
FOUNDATION  
Investing in Our Future

Carbon County  
COMMUNITY FOUNDATION  
Community Growth for Future Generations™

Northeastern Pennsylvania  
NCAC  
Nonprofit & Community Assistance Center

## Shopping!!!

Welcome to  
**amazon**smile  
You shop. Amazon gives.

### Don't Forget About AmazonSmile

Please do not forget about using Amazon Smile; when you shop - Amazon gives! AmazonSmile is a program where Amazon donates 0.5% of the purchase price of eligible products to the charitable organization selected by each customer. It is a simple and automatic way for you to support your favorite charity every time you shop, at no cost to you. Soooo, when you shop on Amazon, please think of The Arc and Happy Shopping.

# New Hires

Welcome to The Arc Family!

Sierra Batcha  
Melissa Conover  
Brittnee Ruszcyk



## Arc Responds News

The poinsettia sale was held the week of December 7th with delivery from Corky's. We sold nearly 400 plants with a new voucher system that was available this year and also the traditional live plant pick-up. They were gorgeous as always! All proceeds benefited The Arc Responds.

The "Snowflake Tree" Holiday Project 2020 was a great success. Even when times are so tough, people come up to the plate and make it happen for folks who need our help. Every gift was purchased, and we managed to make this holiday brighter for several members of the Arc Family! The employees are very proud of this accomplishment and ask for your continued support at their events. We wish to thank the Auxiliary for their support in purchasing some of the requests.



The Arc of NEPA  
21<sup>st</sup> Annual Golf Tournament  
Monday, May 24, 2021  
Glen Oak Country Club

**Kayla Morgan is this year's Celebrity Chair!!!**

*Please mark your calendars*

*If you have any questions or concerns please do not hesitate to call Eileen at The Arc – 570-346-4010.*

Save the Date!



The Pennsylvania Department of Human Services, Office of Developmental Programs, invites you to Save the Date and participate in the statewide Everyday Lives Conference. This year's conference will be virtual and include the collaboration, education, and innovation to celebrate the everyday lives of individuals with intellectual disabilities and autism.

This year's Everyday Lives Conference merges the Everyday Lives Conference with the Community of Practice Regional Collaborative Conference, the Technology Summit, and the Dual Diagnosis Conference.

### **When Will the Conference be Held?**

***The Conference will be held over a period of five weeks:***

**Tuesday, May 11**

**Tuesday, May 18, and Wednesday, May 19**

**Wednesday, May 26**

**Wednesday, June 2, and Thursday, June 3**

**Thursday, June 10**

### **Who Should Attend?**

Individuals with disabilities, families, professionals, clinicians, students, and caregivers participate in the Everyday Lives Conference. The conference will also include an exhibit hall for featuring ODP training partners. More than 1,200 attendees are expected.

### **What Topics will be on the Conference Agenda?**

Engage with dozens of professionals, experts and pioneers in workshops, breakout sessions, panels and keynote sessions. Topics include racial equity, employment and self-advocacy, and much more!

### **How Do I Get More Information and Register?**

Watch for future announcements of the draft and final agenda and for a link to register as an attendee or exhibitor. We will also post information at [www.everydaylives.org](http://www.everydaylives.org). Early bird registration coming soon!

## What is World Down Syndrome Day?

World Down Syndrome Day (WSDS), 21 March, is a global awareness day which has been officially observed by the United Nations since 2012. The date for WSDS being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

### **History of WSDS**

WSDS was first observed in 2006. Down Syndrome Association Singapore launched and hosted the WSDS website from 2006-2010, on behalf of DSI, for global activities to be recorded.

### **Campaign to generate international support**

The Brazilian Federation of Associations of Down Syndrome worked with Down Syndrome International and its members to launch an extensive campaign to generate international support.

### **Resolution adopted by consensus**

Following the joint work of Brazil and Poland, the resolution was adopted

by consensus during the plenary meeting of the Third Committee of the United Nations General Assembly on Thursday 10 November 2011.

### **Campaign for co-sponsors**

Down syndrome groups and associations around the world campaigned for their governments to co-sponsor the resolution. The resolution was eventually co-sponsored by 78 UN Member States.

### **International petition**

In addition, DSI launched an international petition for the adoption of World Down Syndrome Day by the UN. This received more than 12,000 signatures in a 2 week period and was presented to the Chair of the Third Committee.

### **United Nations resolution**

On 19 December 2011, the United Nations General Assembly declared 21 March as World Down Syndrome Day (A/RES/66/149).



### **It's a date!**

The General Assembly decided, with effect from 2012, to observe World Down Syndrome Day on 21 March each year, and invites all Member States, relevant organizations of the United Nations system and other international organizations, as well as civil society, including non-governmental organizations and the private sector, to observe World Down Syndrome Day in an appropriate manner, in order to raise public awareness of Down syndrome.

DSI would like to thank everyone who supported this campaign, with particular thanks to the Government of Brazil, the Brazilian Federation of Associations of Down Syndrome, all of our member organisations who appealed to their governments for support, and to everyone who signed our international petition.

## ***WSDS is a unique annual opportunity for the global Down syndrome community to connect.***

We CONNECT so that we can:

- Share ideas, experiences and knowledge
- Empower each other to advocate for equal rights for people with Down syndrome
- Reach out to key stakeholders to bring about positive change

From now, up to March 21, 2021, Down Syndrome International (DSI) will encourage the global community to CONNECT.

### **What can you do?**

Every year we encourage people with Down syndrome, families, advocates, professionals and organisations to observe WSDS with your own activities.

***We want to see this again, more than ever in 2021!***

# 1

Go ahead and plan whatever is possible and safe to do.  
GET INSPIRED

# 2

Advocate for equal rights for people with Down syndrome in your activities.

# 3

If you can, include ideas about CONNECT into your activities. For example, this might include presenting ways you connect with others. Or your event itself can be a way to connect in person or online. There are many possibilities.

# Residential Celebrations

As the beginning of the New Year is upon us, some exciting things have been happening in Residential.

We began working with our folks on their very own newsletter, tackling subjects important to them and to our community. Our first edition is coming soon. Make sure to keep an eye out for it.

As the holidays come to an end, all of our individuals celebrated in a very different way due to Covid. They spent time with loved ones, through facetime, zoom and porch visits (socially distanced of course!). They received cards in the mail which they loved. Each of our houses participated in gingerbread house decorating contest. This was indeed so much fun for everyone. They definitely shared very unique ideas.

Also held virtually was Spirit of the Season. Each house beautifully decorated. We delivered goodies, certificates and surprises to each home. It was great to see everyone. Although we had limited access to

the community many of the folks participated in zoom dances, virtual CPS activities, in house baking activities, games and of course a lot of dancing.

We welcomed Linda into our Sanders home, and she has already made lasting friendship with her roommates and staff.

We also welcomed Kyle who is now residing at Farr St. We celebrated his 30th birthday with a surprise by his family and friends, by what would be a 17 car drive by birthday parade. Must say there were a lot of smiles on everyone's faces.

Also a big welcome to our two newest supervisors, Alannah C. and Marissa W. We look forward to working with you!

A very big thank you shout out to all of our DSP's and supervisors for keeping our folks safe, happy and healthy and involved in activities. You are not only essential employees; your dedication hard work and compassion are second to none. You all rock!



# Holiday Festivities in Residential

The Gingerbread House Decorating Contest and the Spirit of the Season CLA (Virtual) Tour 2020 were wonderful successes! Everyone was so excited to show off their lively and colorful creations which were featured on Facebook. When it came to judging the houses, we awarded everyone with certificates of outstanding effort and thanked everybody for their expressions of good tidings and joy. Our annual Spirit of the Season CLA Tour was hosted virtually! We all took judging quite seriously while we looked for the most colorful, creative, magical decorations. Prizes were awarded for 1st, 2nd, and 3rd place, but only one CLA (Farr Street) was presented with the coveted "Spirit of the Season" award!



# Recreation Activity Review

By: Mari Pizur

As we all know Covid has taken a toll on our social lives. Socialization is such a critical part of our well-being, mental health and daily life. Interaction with others is so important. When we created our virtual "Camp in a Bag" last summer we didn't realize just how important it was until we saw all the children interacting and smiling throughout the mornings.

The camp experience has helped us to enhance our adult virtual programs. Currently, we have EJ the DJ every Tuesday and on Thursdays, we entertain each other with different themes. We want to keep everyone moving! It is so important to have physical fun to enrich the mind and body. We also continue to have Marianne Scrimalli-Davis with Dance/Exercise; and Mindy Hill - Chair Yoga once a month.

In December, we continued to offer additional recreational opportunities such as Holiday Bingo, a Holiday Hop virtually "Rocking Around the Christmas Tree" exercise dance with Marianne and families enjoyed a ride around Nay Aug Park Lights and at the end they were greeted by our very own Santa (Pat Pastore) and each participant received a gift!

In January, we welcomed 2021 with "Arc First Night" where we reenacted

the ball dropping, danced and celebrated the incoming new year! We moved to a night of Yoga with Mindy, a night of "Family Feud" and enjoyed a "Disney" Theme: exercise dance with Marianne.

We are looking forward to our February fun! We are having a Valentine's Dance, Valentine's Bingo and "Grease Night" dance exercise program with Marianne. We also are having an "All About You" night where each participant can talk about their friends, favorite TV shows, colors, foods, animal books etc!

We also had a Valentine's Dance for our friends in the PODS group on Saturday, February 13th at noon!

Every Tuesday night at 6:00 p.m., we Twist and Shout, do the Hokie Pokie and flap your wings for the Chicken Dance with EJ the DJ! Best of all - EJ raises everyone's excitement by interacting with each of the participants. He loves each of them and they love him!

In Carbon County we are visiting with our consumers - socially distanced. We had delivered gifts such as pumpkin pies for Thanksgiving, gifts from staff and we even had Santa deliver presents to each of our consumers.

On March 21st we are planning a virtual event recognizing "World Down Syndrome Day"!

## Auxiliary Happenings



The ladies have been trying their best to make the holidays brighter by purchasing pies for Thanksgiving, Christmas decorations for each home along with fleece suits, cookies and meals for Valentine's Day. The Auxiliary has worked extremely hard to fund projects that benefit the men and women in Arc programs. They are currently discussing creative ways to continue their fund-raising efforts so you will be hearing all the details in the new year!!! We are excited!!!

Their annual membership request will be mailed in the first quarter. Please consider renewing your membership and becoming a part of a wonderful group of people who are compassionate, full of kindness and caring.

NEPA Gives, scheduled for Friday, June 4th, is vital to our theater program which gives our folks a creative way to express themselves while learning all about the world of acting, dancing, singing and all the behind the scenes efforts. More details in this edition of the newsletter...please look for updates on FB and share with friends and family.

The Auxiliary continues to meet monthly on ZOOM but are more than ready to get back into action!

## The ABC's of Special Education

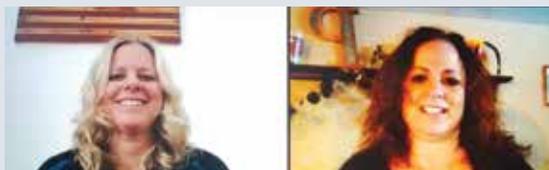
Presented by Roseann Polishan and Mandy Colville -  
*Advocates from The Arc of Northeastern PA*

- Learn Special Education Terms from A to Z
- Receive an overview of the most important concepts in Special Education

**TUESDAY, FEBRUARY 22, 2021 • 11 AM**

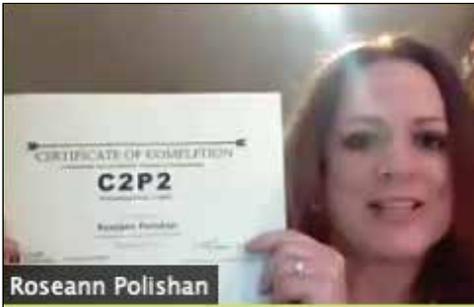
Questions contact:

Roseann Polishan  
rpolishan@thearcnepa.org  
Mandy Colville  
mcolville@thearcnepa.org





## Congratulations to our C2P2 Grad!



C2P2 is a free leadership training and skill building program for individuals with Developmental Disabilities or Autism and/or their family members sponsored by ODP through the Institute on Disabilities at Temple University. Participants learn how to be effective advocates, and how to foster partnerships between those who need supports and services and those who make policy decisions. A variety of topics are explored, and the group is highly engaged in activities that will

assist them in becoming effective leaders and policymakers.” (MyODP News Online, <https://www.myodp.org/>)

Our staff advocate Roseann Polishan, who is also a parent of a 16 year old son with intellectual disabilities and autism graduated from the recent class of Competence and Confidence: Partners in Policymaking (C2P2) on Saturday, January 16, 2021. She had applied and had been accepted to this program in January of 2020 and after 2 weekends of live training in Bethlehem PA, the Covid 19 Pandemic hit. The classes resumed in summer of 2020 via zoom. Participants commit to attending one weekend each month (Friday night and Saturday all day). The series are made of interactive presentations

on a variety of topics including legislative policy both federal and state level, ODP waiver programs, special education law, health care and many other topics related to disability from top advisors in their respective fields. Roseann found all areas very informative, especially learning about the history of the disability movement and how we cannot forget the discrimination many with I/DD have and continue to encounter. There is a large network of C2P2 graduates working in the field, networking and making real substantive change. Roseann hopes to continue to learn from them and apply it to her advocacy work here at The Arc of NEPA and in her son's personal life.

Anyone interested in finding out more about C2P2 can go to <https://disabilities.temple.edu/c2p2/>

## Get Ready, Get Set, Walk!!!

The Highmark Walk for a Healthy Community is an annual fundraising walk that benefits local health and human service agencies.

The primary goal of the walk is to help participating organizations raise money for their individual missions. One hundred percent of the funds raised through this event go directly back to the participating organizations.

### *Attention Participants and Donors of the Highmark Walk*

Out of an abundance of caution and for the protection and safety of our Walk participants and volunteers, the 2021 Highmark Walks for a Healthy Community will be an online only fundraiser and virtual walk again this year.

This modification ensures that our participating organizations will still be able to fundraise, via our online platform, while not putting participants at risk of further spread



of the COVID-19 virus in a mass gathering situation. This change is also in accordance with the CDC's recommendation of social distancing and avoiding mass gatherings.

### NORTHEAST PENNSYLVANIA

The 2021 Highmark Walk for a Healthy Community will be an online only virtual walk and fundraiser due to the COVID-19 pandemic. This year's Walk will benefit 15 local health and human service organizations.

In 2020, the Northeastern Pennsylvania Virtual Walk for a Healthy Community raised \$12,737.

The 2021 Campaign will be open until July 15, 2021 at 5pm.

## Leave a Legacy

**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.



# The Arc™

Northeastern Pennsylvania

115 Meadow Avenue  
Scranton, PA 18505



## Our Vision

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



VISIT US AT:  
[www.thearcnepa.org](http://www.thearcnepa.org)  
Like 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™**

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