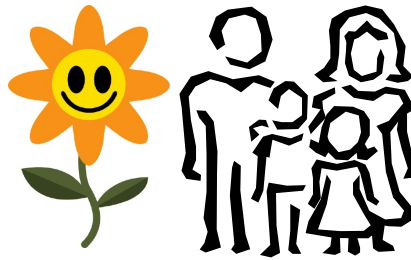


LEHIGH & NORTHAMPTON OBSERVER



May/June 2020

The Arc of Lehigh and Northampton Counties.

Telephone: 610-849-8076

www.arcoflehighnorthampton.org

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

LEHIGH COUNTY'S INTELLECTUAL DISABILITY COMMITTEE

Future Meeting Dates:

July 8, 2020

October 14, 2020

January 13, 2021

Noon—1:30 PM

The Clubhouse
1437 Gordon Street
Allentown, PA

For updates on any budget information in the county or the state.

Consumers, parents, and anyone interested in the care and welfare of persons with intellectual and developmental disabilities are welcome to attend.

Meetings are held the second Wednesday in January, April, July, October

Dear Families, Friends and Colleagues:

Clearly the last few weeks presented challenges nobody confronted in recent memory. The novel Coronavirus (COVID-19) is causing real impact on the way we live and work. Schools closed, business suspended or limited, people out of work, healthcare and personal care workers stretched to their limits and necessary items in short supply are becoming the new normal.

The effect these developments have on our friends, families and people we support with disabilities is compounded by challenges everyone is facing. In addition to our loved ones with intellectual and developmental disabilities, we may have elderly family members or neighbors that require assistance or care.

As we adjust to a new way to live and interact, we need to practice caution. Please listen to medical experts; let's work together to keep ourselves, our loved ones and the people we serve safe.

Activities and meetings listed in the newsletter are subject to change by the providers. It is recommended you contact groups or providers directly to see how they plan to proceed with events or activities.

At some point, there will be an end to the current restrictions and life will return to normal. Let's take care of ourselves and each other until that time comes.

Sincerely,

Inside this issue:

Lehigh County FD/ FSS information	2
Celebration 2020 Update	3
Local Workshops	4-5
Things to Do	6-8
In Your Community	9
News To Use	10-11

If you or someone in your family participates in the Lehigh County FD/FSS program, you will receive information for the upcoming fiscal year (2020/2021) soon. The new fiscal year starts July 1, 2020 and goes through June 30, 2021.

Important Features

- 1) Occasionally participant's families ask who is eligible to provide Family Aide and Respite service. Here are basic requirements:
 - Providers of family aide and respite service must have a Social Security number.
 - Family Aide and Respite services cannot be provided by anyone living at the same address as the FD/FSS participant.
 - Family Aide service cannot be provided by anyone under the age of 14.
 - Respite service cannot be provided by anyone under the age of 18.
2. Easter Seals cannot pay invoices received more than 180 days (6 months) past the date of purchase or service.
3. Funds left over from one fiscal year do not carry over to the next year.
4. Receipts for allowable items purchased must accompany all invoices, except for family aide and respite services.
5. Activity logs must accompany invoices for respite and family aide services.
6. A contact person or the FSS participant must sign every invoice.
7. Respite and family aide caregivers are paid directly by Easter Seals. Caregivers must sign and provide their Social Security Number on each invoice for those services.
 - ➔ The IRS considers all income related to providing family aide or respite service reportable income.
 - ➔ If a caregiver earns more than \$600 in the calendar year, Easter Seals will send the person a 1099 form showing earnings for income tax.
 - ➔ If a person earns less than \$600 in a calendar year, he or she is responsible to report the income.
- 8) Request for Innovative Service: If you need services beyond normal limits of the FD/FSS program (like family aide service more than 4 times in a month), you will need an approved request for innovative service.
 - ➔ Contact your Support Coordinator to begin the process for innovative service requests.
 - ➔ Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
 - ➔ There is no guarantee requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.
- 9) Appeals: Lehigh County Intellectual Disabilities Program developed a process to make an appeal when a request or invoice is denied. You can access the appeals process through your supports coordinator.

Deadlines

- To observe deadlines, invoices must be received by the Easter Seals office during normal business hours Monday – Friday 8:30 AM – 4:30 PM—except holidays or other office closures. Call Easter Seals office at 610-289-0114 if you have questions about office hours, bad weather or holiday closures.
- Invoices are logged into Easter Seals based on the date they arrive in the office. Families can mail invoices; US Postmark will not be used to determine cooperation with deadlines.

Please contact Bob Madden, Lehigh County FD/FSS Coordinator if you have questions or concerns about the new guidelines or other parts of the program. Phone: 610-849-8076 (ext. 317) or email: bmadden@arcoflehighnorthampton.org

UPDATE

As you may know, the annual Celebration Awards Luncheon is usually held each March in conjunction with National Developmental Disabilities Awareness Month. Unfortunately, this year's Celebration Awards Luncheon was postponed until September 22. While we could not hold the luncheon on March 26th as planned, the Intellectual Disability Awareness Steering Committee wanted to recognize this year's honorees!

Tickets for the new date will be available over the summer. Contact Bob Madden at The Arc of Lehigh and Northampton Counties if you would like more information by calling 610-849-8076 (ext. 317) or bmadden@arcoflehighnorthampton.org. On-line registration has been extended, visit bit.ly/2020-CLregistration

Rescheduled Luncheon Information

**Tuesday, September 22, 2020
11:30 am - 1:30 pm**

**Lehigh Valley Hotel, SureStay Collection by Best Western
300 Gateway Drive (Routes 512 & 22) Bethlehem, PA 18017**

**(Formerly Best Western Lehigh Valley Hotel & Conference Center)
CHOOSE FROM 2 ENTREES**

**Chicken Marsala
Pasta Primavera**

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

***Cost: \$18 per person. Please return or confirm your reservation by September 19.
Hotel is wheelchair accessible***

The following individuals will be recognized for their significant achievements in various categories. Congratulations to everyone who will be honored at the luncheon in September.

Honoree		County	Category
Draven	Buss	Northampton	Educational Achievement
Andrew	Clay	Lehigh	Employment Achievement
Noemi	Diaz-Rivera	Lehigh	Transition Achievement
Mika	Kanofsky	Northampton	Exemplary Citizenship
Colleen	Kennedy	Northampton	Transition Achievement
Joleen	Kocher	Lehigh	Personal Achievement
Patrick	Laudenslager	Lehigh	Vocational Achievement
Matthew	Lawson	Northampton	Vocational Achievement
JoVon	McDuffie	Lehigh	Educational Achievement
Stephen	Panaretos	Northampton	Employment Achievement
Chasity	Sostre	Lehigh	Exemplary Citizenship
Logan	Wismer	Northampton	Personal Achievement

ALL WORKSHOPS ARE SUBJECT TO CHANGE. PLEASE LOOK FOR UPDATED POLICIES & PROCEDURES RELATED TO THE COVID-19 VIRUS.

CHECK WITH INDIVIDUAL PROVIDERS FOR THE STATUS OF EACH WORKSHOP. THANK YOU.

Lehigh and Northampton Counties

Behavioral Health Services (BHRS)to Intensive Behavioral Health Services (IBHS): An Overview

When: May 13, 6—8 PM

Where: The Arc of Lehigh and Northampton Counties, 2289 Avenue A, Bethlehem, PA

Presenter: Magellan Health

This workshop addresses the recent change in Behavioral Health Services. Please register for this workshop online at www.arcoflehighnorthampton.org/events. *If you have specific questions, please submit them when you register online.* This information will guide the speaker in preparing remarks.

Effective January 17, 2020, Intensive Behavioral Health Services (IBHS) replaces Behavioral Health Rehabilitation Services (BHRS). The change will have a one year transition. This change will not affect current BHRS authorizations.

Magellan is working closely during this transition period with Pennsylvania’s Department of Human Services (DHS), our county partners, providers and other stakeholders to implement the required updates and changes to BHRS and Applied Behavior Analysis (ABA) services.

For more information provided by Magellan Health, [click here](#).

Please contact Jessica McKenty at jmckenty@arcoflehighnorthampton.org or 610-849-8076, ext. 330 if you have questions.

Lehigh and Northampton Counties

LEHIGH VALLEY EPILEPSY EDUCATION EXCHANGE

[FREE VIRTUAL CONFERENCE \(ZOOM PLATFORM\)](#)

THURSDAY, MAY 14, 2020 at 6 PM

Visit www.epilepsyinthevalley.org to register and receive a [link](#) to the conference.

- “Neurological Testing: What is it and what are the benefits of testing?” presented by **Shannon Kelley, Ph.D.**, of LVPG Neuropsychology
- “Is it a seizure? There are many factors that impact the diagnosis and treatment of epilepsy” presented by **Zehra Husain, MD** of LVPG Neurology
- "Comorbidity & Epilepsy: Medical conditions that can accompany an epilepsy diagnosis" presented by **Scott Kohler, MD** of St. Luke’s Neurology Associates

Please contact Ellen Baca by phone (610) 737-0613 or email: lv@efepa.org if you have questions or concerns.



! Please check the status of this activity before you make plans to attend.
! Contact the Local Taskforce localtaskforce21@gmail.com for information. !

LEHIGH COUNTY**An Overview of Magellan Behavioral Health Services**
Hosted by Local Task Force 21**May 27, 2020 from 10:30-Noon**

Carbon Lehigh Intermediate Unit
4210 Independence Drive, Schnecksville PA

For more than 2 decades, Magellan Behavioral Health has been the managing behavioral health service for PAHealth Choices. Magellan collaborates with Pennsylvania's Department of Human Services, including the Office of Mental Health and Substance Abuse and the Office of Developmental Programs in Lehigh/Northampton Counties.

If you have a child on MA (otherwise known as Medical Assistance or Medicaid) or if you have students or clients who receive MA, please join us. Following a short business meeting of the task force, we will learn more about what Magellan does & what services are offered.

Our experienced guest presenter is John Lees, Magellan's Member and Family Advocate. John's role is to help resolve challenges and barriers to treatment. Behavioral health services for those under 21 who are MA-eligible include outpatient therapy, summer therapeutic programs, after school therapeutic programs, BHRS (behavioral health rehabilitations services), early intervention, family-based services, partial hospitalization, residential treatment, and psychiatric hospitalization. If updated information is available, John will also discuss ABA (Applied Behavioral Analysis) and its impact on BHRS. Many families have an interest in this particular area.

This presentation is free, but registration is requested for planning purposes.

Send email to localtaskforce21@gmail.com for questions or to register

ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE LOOK FOR UPDATED POLICIES & PROCEDURES RELATED TO THE COVID-19 VIRUS.

CHECK WITH INDIVIDUAL PROVIDERS FOR THE STATUS OF EACH ACTIVITY. THANK YOU.

Horseback Riding

Equi-librium

Located in Nazareth, PA

With a professional staff & trusted team of horses, this beautiful facility offers several different riding & carriage driving programs to help individuals with special needs reach their highest potential through horse-related activities. Equi-librium regularly offers Hippotherapy sessions depending on the schedule and availability of the therapists.

Half day summer camp sessions are inclusive—siblings & friends can come, too. Schedule includes riding, horsemanship activities, arts & crafts and refreshments. Camp is broken up by the camper's age.

For more information, please visit www.equi-librium.org or call 610-365-2266.

Horses & Horizons

Located in New Ringold, PA

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

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

Iron Gate Farm

Located in Bangor, PA

Classes in jumping & dressage. Principles of dressage applied to all disciplines. Equine assisted therapy offered on a private basis, starting at age 2.

Therapeutic riding students take the reins & learn how to ride. Opportunities to ride with typically developing peers. FSS funding accepted. Iron Gate is available for summer camp & birthday parties. For more information, please visit their web site: www.horsebackridinglessonsinebangorpa.com or call 610-762-8295.

Manito Equestrian Center

Located in Allentown, PA

Year-round equestrian facility located on a scenic 60-acre preserved farm in Allentown. All levels of riding sessions and therapeutic riding offered. This center is also the site for Manito Life Center, a nonprofit corporation dedicated to helping at-risk children through equine assisted & holistic therapies.

For more information please call 610-433-3707, email: manitoequestriancenter@live.com or visit www.manitocenters.com for more information.

Activities listed on page 7 & 8 are subject to change. Please contact individual activity providers for current information on the status of each event. Thank you.



Hope Friendship Dances

Final Dance of 2020: May 18
7:00-9:00 PM

Hope Lutheran Church
4131 Lehigh Drive, Cherryville, PA
Admission: \$5.00 a person

Just North of
Allentown
on Rt. 248

No need to register. Please park in the rear of the church & enter from the building's left.

Questions or want to volunteer?

Please call Judy Dieter at 610-767-9170 or dietervj@aol.com

EVENING RECREATION PROGRAM

**Most Thursday
Evenings
7—9 PM**

Hosted by The Arc of Lehigh and Northampton Counties
2289 Avenue A, Bethlehem PA

Participants must be 18 or older and be diagnosed with a Developmental Disability. Weekly activities are developed and implemented by Arc Staff. Fee per session is \$8.00 (First time visitors are free). Evening Recreation is open to residents of Lehigh and Northampton Counties.



Evening Recreation will be canceled on days where the SPARC day program is closed for any reason.

For more information, activities and dates, please call The Arc at 610-849-8076.



SAVE THE DATE

**Ben Event
July 2020**

**Macungie Memorial Park
50 Poplar Street, Macungie, PA**

Come out for 2 days packed with fun. Proceeds benefit the Ben Yorgey Foundation, providing scholarships to Special Education Students graduating in Lehigh and surrounding counties.

The Ben Event is a family event held the 3rd weekend in July at Macungie Memorial Park in Macungie, PA. The purpose of The Ben Event is to generate funds for the Ben Yorgey Foundation. Since the first Ben Event held in July 2010, the foundation has given 131 awards to graduating high school students with intellectual disabilities totaling over \$84,000.

*All forms and additional information available at: www.heyiknowyou.org or
The Ben Yorgey Foundation, 5771 Buckeye Road, Macungie, PA 18062*

May 30, 2020



**DeSales University
Center Valley, PA**

Join us for the 2020 Highmark Walk for a Healthy Community Lehigh Valley on **Saturday, May 30, 2020**, at DeSales University. This year, the Walk will benefit over 25 local health and human service organizations.

The 2019 Lehigh Valley Walk for a Healthy Community raised \$226,579 an all-time record for the event.

Free parking will be available throughout campus. Follow the signs and parking attendants to the appropriate lots. The main parking areas will be behind Aviat and Welsh Halls.

Handicapped parking will be available in the lot of the Student Center.

Visit www.walkforahealthycommunity.org for more information, a list of participating organizations and to register

iCanShine Bike Camp—Lehigh Valley

A bike camp for individuals with disabilities

Easton Area High School, 2601 William Penn Highway, Easton, PA 18045

July 27 —31, 2020

The goal of the camp is to teach individuals with various disabilities how to ride a conventional bike and become a lifelong independent rider!

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program and a trained staff to teach individuals with disabilities how to ride a bike. Riders attend the same 75 minute session each day for five consecutive days (M-F) whereby they are physically assisted and encouraged by multiple volunteer Spotters.

Over the course of the 5 day camp, the adapted bike is adjusted to gradually introduce more instability to challenge riders at their own individual pace. The week is concluded with a touching and inspiring award ceremony.



Riders are children ages 8 and up, teens and adults with a disability. Participants must be able to attend all 5 days of camp, walk without assistive devices, sidestep from side to side and be willing to wear a properly fitted bike helmet. Size limitation also apply. Complete requirements are included in the rider registration form.

REGISTRATION: Registration will be taken on a first come, first serv basis. Payment in full is required to secure a slot. Register on line by visiting www.icanshine.org/ican-bike-lehigh-valley-pa

VOLUNTEER: Be a ‘spotter’ for riders for each of the 5 days and experience the thrill of giving the gift of riding a bike. Our bike camp requires over 100 volunteers . Please help make the program a success by volunteering today. Volunteer applications can be found at www.icanshine.org/ican-bike-lehigh-valley-pa or contact the camp director, John Dietrick at iCanShineLV@gmail.com.

This year’s camp is made possible by support of the Easton Area High School, St. Luke’s Sports Medicine, Autism Society of Lehigh Valley, Eastern PA Down Syndrome Center.

Special Needs Art Classes

Please check with this provider about the status of activities and classes before making plans to attend.

The Art Establishment
945 Broadway,
Bethlehem PA
610-807-9201

As the parents of a special needs child ourselves, we understand the need for art enrichment for the special needs community. We offer a fun-oriented art class, a more serious acrylics class, we host groups and offer private lessons. We work with children and adults with a wide variety intellectual and developmental disabilities.

the **ART** est.

THE ART ESTABLISHMENT

For more information please contact The Art Establishment by phone or visit their web site:

www.theartestablishmentstudios.com

CaptionCall—The Gift of Hearing

CaptionCall is a phone made just for people with hearing loss who have a hard time using the phone. Captions of what the other person is saying scroll while you talk so you can better understand the conversation.



Hearing loss can be frustrating for you and the people around you, including family, friends, and people you communicate with on the phone or in public. Sometimes you don't realize you're experiencing hearing loss because it's your "normal." Here are some signs to watch for during phone conversations:

- Difficulty understanding conversations on the phone
- Frequently asking people to repeat themselves
- Asking someone else to make phone calls for you

You can order CaptionCall right now. We deliver, install, and train you to use the phone for free!

CaptionCall is available at no-cost with a professional certification of hearing loss.

Visit www.captioncall.com for more information and a demonstration. To speak with a local representative call Wendy Harkins Davis at 484-639-4494 or wdavis@captioncall.com.

'Smart' security cameras: Using them safely in your home.

How to protect 'smart' security cameras and baby monitors from cyber attack.

This guidance explains how you can set up your smart camera to protect it from common cyber attacks.

Downloaded 3/6/2020. <https://www.ncsc.gov.uk/guidance/smart-security-cameras-using-them-safely-in-your-home>

Smart cameras (the security cameras and baby monitors used to monitor activity in and around your house) usually connect to the internet using your home Wi-Fi. This means you can watch a live camera feed, receive alerts when you're out and about, and sometimes record footage.

However, as with any 'smart' device that can connect to the internet, you should take a few steps to protect yourself. This page explains how you can do this.

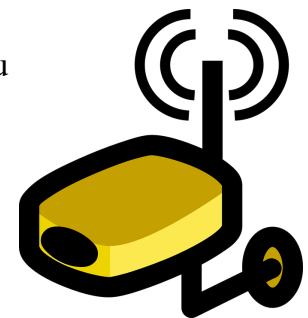
What is the issue with smart cameras?

Live feeds or images from smart cameras can (in rare cases) be accessed by unauthorized users, putting your privacy at risk. This is possible because smart cameras are often configured so that you can access them whilst you're away from home. The problem arises because some cameras are shipped with the **default** password set by the manufacturer, which is often well-known or guessable (such as **admin** or **00000**). Cyber criminals can use these well-known passwords (or other techniques) to access the camera remotely, and view live video or images in your home.

How do I make sure my smart camera is safe?

Taking the following steps will make it **much** harder for cyber criminals to access your smart camera.

1. If your camera comes with a default password, change it to a secure one - connecting three random words which you'll remember is a good way to do this. You can usually change it using the app you use to manage the device. When you change the password, make sure you avoid the most commonly used passwords.
2. Keep your camera secure by regularly updating it, and if available switch on the option to install software updates automatically so you don't have to think about it. Using the latest software will not only improve your security, it often adds new features. Note that the software that runs your camera is sometimes referred to as **firmware**, so look for the words **update**, **firmware** or **software** within the app.



(Continued on page 11)

(Continued from page 10)

3. If you do not need the feature that lets you remotely view camera footage via the internet, we recommend you disable it. Note that doing this may also prevent you receiving alerts when movement is detected, and could stop the camera working with smart home devices (such as Alexa, Google Home or Siri).

You'll find instructions about how to make the above changes in the manufacturer's documentation, so consult the manual (if provided) or look up your specific model in the **support** section of their website. You'll probably need to look in the **settings** or **system** area of the camera's app, or access the camera using your browser.

Note: To change the password for older cameras, you may have to type the camera's IP address into your browser (for example, **http://192.168.0.127**). You can find your camera's IP address in your router settings; look for **connected devices** or similar, and you'll find a list of all devices connected to your router.

Check your router settings

Many routers use technologies called **UPnP** and **port forwarding** to allow devices to find other devices within your network.

Unfortunately, cyber criminals can exploit these technologies to potentially access devices on your network, such as smart cameras.

To avoid this risk you should consider disabling **UPnP** and **port forwarding** on your router - check your router's manual or the manufacturer's website for details about how to do this.

Note that:

- Some routers will have UPnP disabled by default; if this is the case you don't have to do anything.
- Disabling UPnP may prevent certain applications and devices from working, such as online gaming, media servers, and other smart devices. If you decide that you need these applications, you'll have to decide whether to give up some security by allowing UPnP and port forwarding.

PUBLISHED, 3 March 2020. **REVIEWED**, 3 March 2020. **VERSION 1.0**

The **National Cyber Security Centre (NCSC)** is an organization of the **United Kingdom Government** that provides advice and support for the public and private sector in how to avoid **computer security** threats. Based in **London**, it became operational in October 2016, and its parent organization is **GCHQ**.^[1]



Please note

The May/June 2020 newsletter is only available in electronic format.

We hope to resume both email and regular bulk mail formats for the newsletter in the July/August newsletter.

Please feel free to share any information that may be useful for people who normally receive the newsletter in the regular mail.

Thank you.

LEHIGH & NORTHAMPTON OBSERVER

Published six times a year for persons receiving services from the Intellectual Disabilities Departments in Lehigh and Northampton Counties.

Bob Madden, Editor
610-849-8076 (ext. 317)

bmadden@arcoflehighnorthampton.org

Funded by Lehigh & Northampton Counties' MH/ID Departments under contract with The Arc of Lehigh and Northampton Counties, Inc.

Thank you for choosing to receive the newsletter by email.

We can always add someone to the distribution list (regular and email).

Contact Bob Madden to be included in the newsletter.

Phone: 610-849-8076 (ext. 317).

E-mail: bmadden@arcoflehighnorthampton.org

