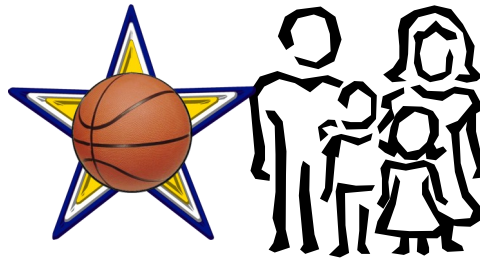


LEHIGH & NORTHAMPTON OBSERVER



*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

Next Meeting:

Noon—1:30 PM

**April 8, 2020
July 8, 2020
October 14, 2020**

**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:

This newsletter is coming in a blended format that includes information on activities and things of interest for residents of Leigh **and** Northampton Counties. The change is made because Ramona Neidig, our long-time editor for Northampton County's newsletter retired from her position at the end of December. We will miss Ramona's hard work and dedication here at The Arc of Lehigh & Northampton Counties; we wish her a happy and healthy retirement.

The month of March is dedicated to developmental disabilities awareness. Take the opportunity to attend an event, celebrate accomplishments and avoid focusing on problems. People with developmental disabilities accomplish so much every day.

As we acknowledge developmental disabilities awareness, don't forget the Celebration 2020 luncheon on March 26th! This gives us the chance to recognize and honor local individuals with intellectual and developmental disabilities who made notable achievements in areas like transition, education, work and citizenship. **Join us for the 14th Annual Celebration Lunch. Registration forms and an on line link for tickets are inside!**

This issue of the newsletter has information about summer camps and other activities. Though it is still cold outside, it isn't too early to think about summer activities.

Happy Spring!

Inside this issue:

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March is Intellectual Disabilities Awareness Month!
You are cordially invited to join us for the annual *Celebration Awards Luncheon*

Thursday, March 26, 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
(Please indicate each attendee's choice)

Chicken Marsala
Pasta Primavera

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

Cost: \$18 per person. Return your reservation by March 19.
Hotel is wheelchair accessible

*Hosted by the Intellectual Disability Awareness Steering Committee
of Lehigh & Northampton Counties.*

PLEASE CLIP & MAIL THIS FORM TO RESERVE A SPOT (PAY WITH CASH OR CHECK)
If you prefer on line registration, Please follow this link: bit.ly/2020-CLregistration

Name _____

E mail address: _____

Telephone _____ Menu Choice: Chicken Marsala _____ Pasta Primavera _____

Please seat me with: _____

Do you need accommodations _____

Enclosed is check made payable to "The Arc" for \$ _____ (\$18.00 per person)

Please return reservations and payments by March 19 to:

Bob Madden, The Arc of Lehigh & Northampton Counties
2289 Avenue A, Bethlehem PA 18017

Note: Each table seats 8. Seating is assigned. It may not be possible to honor all seating requests.

Celebration 2020

PLEASE CLIP & MAIL THIS FORM TO RESERVE A SPOT (PAY WITH CASH OR CHECK)

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Call Bob Madden with questions or special accommodations: Phone: 610-849-8076, Ext. 317*

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Call Bob Madden with questions or special accommodations: Phone: 610-849-8076, Ext. 317*

In Case of Bad Weather:

Activities and meetings at The Arc of Lehigh and Northampton Counties (day AND evening) will be canceled in the event the SPARC day program is closed due to weather; even if employees are to report. If there is bad weather, please check WMFZ TV 69 closing information. SPARC day program status will be broadcast on that television station or the WFMZ web site.

Addressing ADD/ADHD: In IEP & 504 Plans

When: March 14, 10 AM—Noon

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

Speaker: Henry Young, Esquire

Do you know the difference between a **504 plan** and an Individualized Education Program (**IEP**)? Is one better to assist your family member with ADHD?

Henry Young, Esq. is a special education attorney practicing with over 20 years experience with *McAndrews, Mehalick, Connolly, Hulse, Ryan and Marone P.C.* Mr. Young will discuss the two federal laws that guarantee a free appropriate public education (FAPE) and provide services or accommodations to eligible students with disabilities.

Topics will include:

- What is needed to get an IEP or 504 plan with an ADHD diagnosis;
- How accommodations in both programs work;
- How 504 and IEPs are implemented in the classroom.

This is a legal look, not a medical look, at a prevalent and complex topic. Seating limited so register early!

Please register 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 his remarks.

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

Transitioning Your Child from Early Intervention to Kindergarten

When: March 30, 6—8 PM

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

Presenter: PEAL Center

Participants will be able to:

- ◆ Identify the differences between eligibility for special education in Early Intervention and School-Age programs.
- ◆ Understand options for developing and IEP an child transitions from Early Intervention to School-Age.
- ◆ Understand the importance of informed decision making in determining educational placement.

This presentation is free, but an RSVP is needed for planning purposes. Register online at www.arcoflehighnorthampton.org/events or call the Arc at 610-849-8076.

Questions? Contact The Peal Center at training@pealcenter.org or call 866-950-1040.



*Please Join us for
An Overview of Lehigh and Carbon County's Intellectual Disabilities Office*

Hosted by Local Task Force 21

Carbon Lehigh Intermediate Unit 21
4210 Independence Drive, Schnecksville PA

March 25, 2020 from 10-11:30

Guest Presenters

Meranda Hess, Program Specialist/Lehigh County

Kristy Trautman, Eligibility Specialist/Carbon-Monroe-Pike Counties

In Pennsylvania, every county has a Mental Health/Intellectual Disability (MH/ID) office. Since March is National Intellectual and Disabilities Awareness Month, our guest speakers will cover how to apply for services in your county and how eligibility is determined.

It is important to know that even though you have a child or other family member receiving special education service, he or she is not automatically registered with your county of residence. Registration for intellectual disability services is voluntary but it is not automatic.

This presentation will be especially helpful for residents of Lehigh or Carbon County who have never applied for services for their child. However, the presentation will also serve as a refresher for those who are already "in the system". Educators and other professionals are welcome, too.

This event is free, but an RSVP is requested for planning purposes. Please email your registration to localtaskforce@gmail.com.

24th Annual Through Their Eyes Conference

April 3, 2020

East Stroudsburg University's Innovation Center, East Stroudsburg, PA

Registration 8—9 AM Conference starts at 9

Through Their Eyes hosts inspirational speakers who share their personal perspectives on having a disability. The presenters are strong, successful self-advocates who have overcome attitudinal, physical, or cultural barriers. This annual event is free of charge and open to the public. For more information, please contact Domenico Cavaiuolo at 570-422-3893 or email DCavaiuolo@po-box.esu.edu.

This year's planned speakers:

- ◆ **Danielle Koehler** is a 2019 graduate of the Career and Community Studies (CCS) Program at The College of New Jersey. She is currently pursuing a fifth year of independent study at CCS focusing on self-advocacy and skill building. The title of her presentation is "My Journey Towards Self Discovery".
- ◆ **Trey DelGrosso** will present his story titled, "There is nothing wrong with me." This is the mantra around which thirteen year old Trey DelGrosso has chosen to live his life, and it is a message that he is determined to share with others.
- ◆ **Bernard Carabello** well known for his self-advocacy. He is also well known as the point person from which Geraldo Rivera had during his expose of the condition of Willowbrook State Institution, in Staten Island New York. He will speak of his strength and about self-advocacy.



3.21 Run for Down Syndrome
Lehigh Valley Parkway
2850 Fish Hatchery Rd. Allentown, PA 18103

April 11, 2020

Registration is open!



Mark your calendars for the 7th Annual 3.21 Run for Down Syndrome on April 11th!. The 3.21 mile distance symbolizes the 3 copies of the 21st chromosome that causes Down syndrome. 100% of the proceeds will stay local and benefit the Eastern PA Down Syndrome Center. It's not your typical 5K, it has just a little bit extra to make it special.

Questions? Visit the web site www.epdsc.net and click the "events" section or email: theepdsc@gmail.com

Hope Friendship Dances



Third Monday of the month (September—May) 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

2020 Dates: March 16 April 20 May 18

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 a holiday or bad weather.

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

Horseback Riding

Equi-librium — Day

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 — Day

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 - Day

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 — Day

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.

Ready for Summer?

It is not too early to shake off the winter; start planning summer activities and vacations. Please find a list of some camps and activities for adults and children with Autism, Intellectual and Developmental Disabilities, ADD/ADHD.

The following is for information only and is not a complete list of activities and camps available. The Arc of Lehigh and Northampton Counties does not recommend or endorse one camp or activity over another.

Camp Innabah Challenge Camp —Overnight Located in Spring City, PA

This is a Christian camp, located in Chester County. Challenge Camp is designed for individuals with intellectual disabilities age 12 and over who are ambulatory and independent in all self care skills. Camp sessions are divided by participant's age; sessions included programs for people over 40. Sessions are up to 5 nights and run throughout the summer based on individual programs offered.

Call 610-436-6111 or visit their web site: www.innabah.org for more information.

Camp Jaycee — Day and Overnight Located in Effort, PA

Camp Jaycee is a collaborative effort between the New Jersey Jaycees and The Arc of New Jersey, with a mission of providing quality camping experiences to children and adults with developmental disabilities.

In operation since 1975, NJ Camp Jaycee offers full week residential camping from June through August for individuals aged 7 to 70. The day camp runs from July through August for campers with developmental disabilities from ages 7 to 21.

Call 732-737-8279, email: info@campjaycee.org or visit their website: www.campjaycee.org for more information.

Camp Lee Mar—Overnight (June 24—August 11, 2020) Located in Lackawaxen, PA

Lee Mar is a private 7 week residential summer program for campers 7-21. We offer a unique curriculum incorporating a strong Academic and Speech program with traditional camp activities. Careful study is made of parent input, school (IEPs), camper interview, etc., so that the interests and needs of each child can best be determined for suitable grouping prior to the camper arriving. We also focus on building friendships which last throughout the year, as well as learning how to cope with the dynamics of group situations. We work hard at improving the daily living, social, and life skills of our campers, while giving them the happiest summer of their lives.

Call 215-658-1708 or visit their website www.leemar.com for information or to register.

Camp Lily (Easterseals)— Day Located in Center Valley, PA

Camp Lily is a six week summer day camp that is offered in a series of one-week sessions from July 6 through August 10. Camp is located on an extensive 55 acre property in Center Valley with the Jewish Community Center Camp Kovachim. Camp Lily features a full schedule of arts and crafts activities, outdoor sports, swimming, music, games, science

(Continued on page 9)

exploration, field trips and visits with special guests. Campers ages 8-21 years. Free transportation is offered to and from the Jewish Community Center in Allentown.

For more information contact Emily Gonda (610)289-0114 ext. 209 or camp@esep.org or visit www.easterseals.com, choose Our Programs then Camp and Recreation.

Camp Ramapo—Overnight

Located in Rhinebeck,, NY

Based on our 250-acre campus in Rhinebeck, New York, Camp Ramapo is a residential summer camp that serves children ages 6 to 16 who are affected by social, emotional, or learning challenges, including children on the autism spectrum.

At Camp Ramapo, we embrace children's challenges, celebrate their strengths, and help them discover that they are capable of more than anyone believed.

What makes Camp Ramapo unique is our staff and staff training. We maintain a one-to-one staff-to-camper ratio. Our supervisory staff, among the most experienced in the field, are highly engaged with every child. Our counselors are emerging professionals in the fields of special education, social work, psychology, or related areas.

For more information call 845-867-8403, e mail office@ramapoforchildren.org or visit the web site www.ramapoforchildren.org.

Growing Green (Easterseals) — Overnight

Located in Delaware Water Gap, PA

Easterseals Camp Growing Green is a week-long overnight camp located on the campus of the Pocono Environmental Education Center. Overnight camp provides incredible opportunities for growth and development in a safe, nurturing environment staffed by Easterseals trained counselors. Campers gain environmental awareness and learn organic gardening in specially designed gardens while also enjoying traditional camp activities like hiking, canoeing, sports, arts & crafts, campfires and swimming. Campers enjoy field trips to nearby natural wonders. An optional career experience track is available for campers who want to explore career opportunities. Growing Green is offered in a series of one-week session from July 5 through August 14. Ages 10 to adult.

For more information contact Emily Gonda (610)289-0114 ext. 209 or camp@esep.org or visit www.easterseals.com, choose Our Programs then Camp and Recreation.

PA Lions Beacon Lodge Camp—Overnight

Located in Mt. Union, PA

Beacon Lodge is described as a summer camp for children and adults with special needs including visual and hearing impairments and many other physical and intellectual challenges. Beacon Lodge is divided into two camps, the Children's Village for campers age 6-17, and the Adult Group for campers age 18 to the golden years.

The facilities include cabins for sleeping, as well as indoor and outdoor activities. Activities include fishing, boating, swimming, games, crafts, nature walks, rifle and archery. Camp sessions run mid-June through mid-August.

Call 814-542-2511 or visit www.beaconlodge.com for more information.

Real World Lehigh Valley—Day

Lehigh Valley, PA

The Real World Lehigh Valley is a program of [Lehigh Valley Center for Independent Living](#). This is an interactive, transition based summer program for young adults ages 16—21. The summer program focuses on developing and reinforcing essential independent living, life, vocational and leadership skills.

This year's experience will be in partnership with Dorney Park & Wild Water Kingdom.

- July 6—August 12. Monday—Wednesday 9 AM—3 PM
- Paid work experience in a variety of areas (customer service, maintenance, food service, etc.)
- Job shadow with Dorney Park & Wild Water Kingdom employees
- One-on-one time to focus on individual skills
- Employment based curriculum
- Independent living skills and self-advocacy

Space is Limited! Call 610-770-9781, Ext 119 or visit www.lvcil.org for more information or to apply. (Transportation to/from the program is not provided. Lunch is not provided).

Via Teen Summer Experience—Day (June 8 —August 14, 2020)

Lehigh Valley, PA

Via Teen Summer Experience is for teens and young adults, ages 12-21, with varying disabilities. Via provides instruction on a variety of skills that help achieve their personal goals. Via Teen Summer Experience runs from 9am to 2pm, Monday through Friday; sign up for full weeks or select days throughout the summer.

Via partners with employers, local agencies and schools throughout the Lehigh Valley to provide opportunities for teens and young adults to participate in:

- Occupation awareness through job shadowing, career exploration and interview skills.
- Help students define and realize goals of independence in a successful transition from to adult life.
- Life skills development for students transitioning from high school to adult life.
- Opportunities to participate in continuing education.
- Recreational activities to build and develop socialization among peers.

Planning for the Future

Teens visit Lehigh Valley employers to learn about job opportunities, interviewing techniques, employment applications, and the qualifications that are required for various positions at job sites like:

Coca-Cola Park | Cat Country 96.1 | Martin Guitar | Wegmans | Mack Trucks | PBS Studios | Giant Food Stores | Bear Creek Mountain Resort | Cetrionia Ambulance.

Summer Fun

Via understands that the summer is meant for fun so teens participate in a variety of social and recreational activities like baseball games, swimming, sports, and picnics and other creative activities to expand gross and fine motor skills and work on team building.

For more information or to apply contact Virginia Quinoes, Service Specialist at 610-628-2326 (ext. 507) or V.Quinoes@ViaNet.org

NORTHAMPTON COUNTY:

Parent Support Group-Easton Area

Do you have a child or adolescent who is on the autism spectrum or who has an intellectual disability? Would you like to share experiences with others who know your world? If so, please join us for a time of sharing and discovery. Light refreshments provided. Please contact Leslie McKelvey at 610-54-1988 or email leslie.mckelvey@yahoo.com for more information and to register.

Parent support meetings are 2—4 PM at Faith Lutheran Church, 2012 Sullivan Trail, Easton PA

March 21: Betsy Martellucci —working families through the challenges of grief, joy, transformation and shifting focus on rebuilding the family dynamic.



April 18: General meeting

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. If you cannot attend, Magellan has several short but excellent videos on BHRS. Visit www.magellanofpa.com. Click on County. Select Lehigh and then select BHRS Family Education Videos.

This presentation is free, but an RSVP is requested for planning purposes.

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

Thank you for your interest in the newsletter!
Spring is on it's way.



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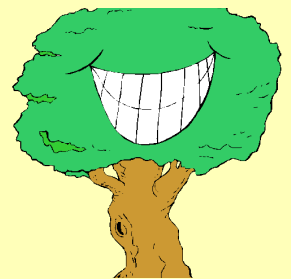
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610-849-8076 (ext. 317)

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 using the email edition of the newsletter. Feel free to share the information with others who may be interested.

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