

BI-COUNTY OBSERVER: Lehigh County Edition



July/August
2019

*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.

INTELLECTUAL DISABILITY COMMITTEE

Next Meeting:

Noon—1:30 PM

**July 10, 2019
October 9, 2019
January 8, 2020
April 8, 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:

Summer is here and it is always a good idea to consider ways to have a safe, happy and healthy season. As people become more active in the summer months, being safe takes on some new dimensions.

According to an American Red Cross survey, 68 % of Americans have been involved in some kind of summer emergency. Emergencies range from insect bites, heat stroke and broken bones to more life threatening situations.

Take a moment to think before outdoor summer fun:

- ◆ Wear sunscreen and a hat. Be on the lookout for shade.
- ◆ Encourage people to drink water or some kind of sports drink when they are outside in the hot sun.
- ◆ Clothing should be light-colored, lightweight and limited to one layer of absorbent material to allow evaporation of sweat.
- ◆ Pay attention to food and environmental allergies. Take emergency medications when you think you need them.

So bugs may bug you less, the American Academy of Pediatrics recommends:

- ◆ Don't use scented soaps, perfumes or hair sprays.
- ◆ Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- ◆ Avoid dressing in clothing with bright colors or flowery prints.
- ◆ Use insect repellents containing DEET when needed to prevent bites from insects like ticks (which can transmit Lyme Disease) and mosquitoes (which can transmit West Nile and other viruses).

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If you or someone in your family participates in the Lehigh County FD/FSS program, you already received participation agreements and guidelines for the upcoming fiscal year (2019/2020). The new fiscal year starts July 1, 2019 and goes through June 30, 2020. You must sign and return the person's participation agreement in order to enroll for the new fiscal year.

Important Features

- 1) Easter Seals cannot pay invoices received more than 180 days (6 months) past the date of purchase or service.
- 2) Funds left over from one fiscal year do not carry over to the next year.
- 3) Receipts showing the amount spent, date of purchase and vendor must accompany all invoices, except for family aide and respite services.
- 4) Activity logs must accompany invoices for respite and family aide services.
- 5) A contact person or the FSS participant must sign every invoice. Easter Seals cannot process invoices that are not signed.
- 6) Respite and family aide caregivers are paid directly by Easter Seals. Caregivers must sign every invoice and provide their Social Security Number 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.
- 7) 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.
 - ➔ There is no guarantee all requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.
 - ➔ Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
- 8) 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

- In addition to the 6 month deadline mentioned above, the FD/FSS program has another deadline, connected to the transition between fiscal years.
- The deadline to submit invoices for the 2019/2020 fiscal year is July 13, 2020.
- 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 bmadden@arcoflehighnorthampton.org



2019 Pennsylvania Community on Transition Conference

*Ignite the Future!
Sparking Engagement
in Career Readiness*

**Penn Stater Conference Center
and Hotel
July 17—19**

Each year the PA Community on Transition Conference brings together a diverse community of stakeholders to share information, explore resources, and gain knowledge regarding successful practices in secondary transition. The conference attracts more than 800 participants annually. Attendees include educators, students, family members, youth leaders, therapists, agency personnel, vocational rehabilitation staff, and others interested in secondary transition [Click here](#) for a PDF conference description.

The primary focal points of this year's conference include:

- Promoting success of all youth and young adults by addressing transition needs of those who are at-risk and struggling.
- Empowering families and caregivers with transition knowledge and resources.
- Building leadership skills of all transition stakeholders.
- Showcasing evidence-based and effective practices with youth outcome data.
- Building supportive community partnerships.

The conference will feature:

- Keynote and feature presentations
- Over 90 breakout sessions
- Sessions and activities designed for youth and young adults
- Family engaging sessions and networking opportunities
- Accommodations and Supports Expo, featuring hands-on assistive technology exhibits, vendor displays and resource tables

Who Should Participate: Stakeholders who support post-school outcomes of youth with disabilities, such as....

Advocates	Local Youth Councils
Agency Administrators	Medical Health Services Workers
Assistive Technology Professionals	Mental Assistance Program Staff
Business/Employers	Occupational Therapists
Career & Technology Educators	Paraprofessionals
Child Welfare Workers	Partnerships for Youth Affiliates & Staff
Direct Support Providers	Physical Therapists
Drug & Alcohol Program Workers	Psychologists
Education Administrators	School Nurses
Family & Caregivers	Secondary Educators
Family Health Representatives	Social Workers
Foster and Adoptive Parents	Special Educators
Guidance Counselors	Speech/Language Therapists
Health Professionals	Transition Coordinators
Higher Education Professionals	Vocational Evaluators
Independent Living Staff	Vocational Rehabilitation Staff
Job Coaches	Youth & Young Adults
Juvenile Justice Affiliates	Youth Served in Foster Care
Local Service Providers	

Registration and Fees:

[Click here](#) to register on the PATTAN Web Site:

For information regarding registration, please contact Paula Quinn at PATTAN-Pittsburgh, 800-446-5607 x6880 or pquinn@pattan.net

A per person registration fee will be charged for this year's conference

- ✦ A limited number of scholarships will be available to family and youth who need support in order to attend the conference. The scholarship will cover registration fee and hotel (one room up to a maximum of 3 nights).
- ✦ Additional information regarding scholarships and the conference registration fee will be available online after at www.pattan.net.

Hotel Information

A block of rooms at various hotels have been held for individuals who will be attending the conference. Participants are responsible for calling the hotel directly and making their own reservation. Participants will be responsible for the cost of their hotel rooms and must be billed directly. A list of hotels will be available at www.pattan.net

Available Credits

Act 48, CRCC

Certificates of Attendance for continuing education credits for professionals with CRCC (will be available after the conference).



August 5 – August 8, 2019

Penn Stater Conference Center Hotel
State College, PA



Conference Mission

The Autism conference provides comprehensive, evidence-based information to assist educators, other professionals, and families in developing effective educational programming for all students with autism spectrum disorders.

Who Should Attend

Family members, physicians, speech-language pathologists, administrators, higher-education faculty, general and special education professionals, early-intervention staff, related service personnel, behavioral health analysts/professionals, and anyone interested in autism spectrum disorders.

National Autism Conference Outcomes

1. Cite specific research findings concerning autism spectrum disorders and relate them to assessment, instruction, and progress determination, including specific communication.
2. Describe appropriate interventions, materials, and progress-monitoring practices based on continuous instructional evidence in the areas of cognition, language, social skills, and motor skills.
3. Identify, analyze, and apply evidence-based practices for the treatment of students with autism spectrum disorders in cognition, communication, and social and motor skills.
4. Formulate practical and evidence-based instructional plans for students with autism spectrum disorders in order to have them progress in the general education curriculum with specific accommodations in language, cognition, and social and motor skills.
5. Incorporate the use of instructional technology and visual-graphic organizers into the instruction of students with autism spectrum disorders in order to increase organizational skills and improve achievement.
6. Relate specific assessment and intervention procedures to the general education curriculum and academic standards and benchmarks, including specific applications to communication-based approaches.

Conference Logistics

1. Handouts, from presenters who provide permission, will be available on this website (<http://autism.outreach.psu.edu/>) just prior to the conference. You may download and print the handouts prior to attending the conference.
2. Wireless Internet access at The Penn Stater Conference Center Hotel will be complimentary in the meeting rooms.
3. Brochures are not being printed for the conference. All information pertaining to The National Autism Conference is available on this website: <http://autism.outreach.psu.edu/>

Conference Registration

Register online by visiting <http://autism.outreach.psu.edu/registration.htm>. You can call 814-867-4973 or email noncredit@psu.edu for assistance or other information. Deadline is 5:00 PM (ET) on July 17, 2019. After this date, walk-in registration is available for an additional fee.

ABLE Accounts vs Special Needs Trusts

When: July 31, 2019 from 6-8 PM

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

Presenters: Jennifer Simmons, Esq., and Lesley Mehalick, JD, LLM

McAndrews Law Offices will be joining The Arc of Lehigh & Northampton Counties to host an informative financial presentation for families and other interested persons. This session will provide an overview of ABLE Accounts in Pennsylvania and when this type of account may be appropriate, as well as an overview of three different types of Special Needs Trusts. Included will be the similarities and differences among these three trusts and when each type should be used. Attorneys Jennifer Simons and Lesley Mehalick of McAndrews Law Offices will be the presenters for the evening and will be available to answer general questions you may have during the session.

This presentation is FREE, but registration is required!

Register online at: www.arcofhighnorthampton.org/events.

Questions? Please contact Ramona Neidig at rneidig@arcofhighnorthampton.org or 610-849-8076 ext. 325.

About the Presenters:

Jennifer Simons, Esq. is an associate attorney at McAndrews Law Offices and works in the firm's trusts and estates department. Her areas of practice include Estate Planning, Special Needs Trusts, Elder Law, Guardianship and Estate Administration.

Lesley Mehalick, JD, LLM is a shareholder of McAndrews Law Offices and the supervising partner for the firm's estates and trusts department. She is an accomplished estates and trusts attorney whose practice includes Estate Planning, Special Needs Trusts, Guardianship, Post – Litigation Planning, Personal Injury Settlement Planning, Trust Administration Counseling, Waiver Program Counseling, Medicaid/Social Security Compliance, Estate Administration, Elder Law Planning, and Orphans Court matters.

Free Medicare 101 Workshop

When: August 14, 2019 from 10—11:30 AM

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

Presenters: Denise Musselman, Lehigh County Apprise Coordinator, Lehigh County Office of Aging

Delores Miller, Northampton County Apprise Coordinator, Northampton County Office of Aging

Our speakers are both Apprise Coordinators. The Apprise Program is comprised of counselors who help you understand health insurance options. This federally funded program is designed to answer questions about Medicare, Medigap, Medicaid, long-term care insurance and preventive care. The intended audience is older adults (65 and older) & also families with younger members who are Medicare-eligible.

Presentation Includes:

- Introduction to Medicare & Overview of Original Medicare
- Medicare Supplement Insurance (Medigap) and Medicare Advantage Plans
- Medicare Prescription Drug Coverage & Low-income Programs like PACE/PACENET
- Medicare Preventative Services & Medicare Fraud

Family members under the age of 65 but with a loved one on Medicare are welcome to attend.

For more info, please contact Ramona at 610-849-8076, ext. 325 or rneidig@arcoflehighnorthampton.org. This presentation is FREE, but registration is required!

Register online at: www.arcoflehighnorthampton.org/events.

Retirement Planning When Your Family Member Has a Disability

When: August 21, 2019 from 6-8 PM

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

Presenters: Paul and Ben Eichman, Oaktree Advisors

Retirement planning for single parents or couples can be challenging. Including the future needs of a family member with a disability multiplies the complexity.

This presentation focuses on incorporating the needs of a person with a disability into your overall retirement plan.

Because Social Security affects retirement decisions, basic Social Security-related areas will be reviewed. These include:

- | | |
|--|--|
| ➤ When to apply for Social Security | ➤ Spousal and survivor benefits |
| ➤ Key factors to consider | ➤ Is Social Security in jeopardy? |
| ➤ How benefits are calculated | ➤ Taxation of Social Security benefits |
| ➤ Working while collecting Social Security | ➤ Retirement strategies |

Paul and Ben Eichman are experienced financial advisors. Oakwood Advisors provides a wide variety of services in addition to retirement planning. Their trust services, Medicare planning, and life/disability/long-term care insurance services will be of particular interest to our audience. For more info, please contact Ramona Neidig at 610-849-8076, ext. 325 or rneidig@arcoflehighnorthampton.org.

This presentation is FREE, but registration is required!
Register online at: www.arcoflehighnorthampton.org/events.

Best Buddies Information Meeting

When: August 26, 6 —7:30 PM

Where: The Arc, 2289 Avenue A, Bethlehem, PA

Presenter: Bob Madden, Host Site Coordinator

We encourage anyone interested in the Best Buddy club to attend this organizational event with a family member. We'll have information about clubs connected to Lehigh University, Lafayette College, Muhlenberg College and DeSales University; we can help you register or renew your registration for the upcoming school year. All members must register every year. If you are a returning member and would like help registering, please feel free to attend the meeting. We hope this informative meeting will set the tone for a fun and satisfying experience for both community buddies and college students.

Contact Bob Madden at 610-849-8076, ext. 317 or bmadden@arcoflehighnorthampton.org if you have questions or would like to attend the meeting..

Register online at: www.arcoflehighnorthampton.org/events



Founded in 1989 by Anthony Kennedy Shriver, Best Buddies is a vibrant, international organization that has grown from one chapter to almost 1,900 middle school, high school, and college chapters worldwide. Best Buddies clubs and programs engage participants in each of the 50 United States, and in 50 countries around the world. Best Buddies' formal programs positively impact nearly 900,000 individuals with and without disabilities worldwide.

Best Buddies is a chance for college students to learn about, and become friends with community members that have intellectual and developmental disabilities. College students and community buddies learn responsibility, respect and friendship through the club.

The Arc of Lehigh and Northampton Counties has the privilege to act as Host Site Coordinator for chapters at Muhlenberg College, DeSales University, Lehigh University and Lafayette College. Individuals with intellectual/developmental disabilities who want to join a college chapter must be 18 years or older. Individuals who are 18, and still in high school can participate at the college level if their high school does not have a Best Buddies chapter.

Buddies who do well in the club have good social skills, are able to enjoy group activities and have a good support system at home. Buddies are responsible for their own transportation to and from activities/events. Please know that clubs are not staffed by professionals; if your family member requires more than social support, you will need to provide the extra assistance. More information on the Best Buddies club is available at www.bestbuddies.org.

If you are interested in the Best Buddies club as a new or returning community member, please contact Bob Madden at 610-849-8076, ext. 317 or bmadden@arcoflehighnorthampton.org.

Would you like an E-mail pen pal?

Best Buddies Pennsylvania is currently recruiting people with intellectual and developmental disabilities (IDD) to be matched in a one-to-one E-mail friendship through e-Buddies.

- ☺ **e-Buddies matches people with IDD in a one-to-one E-mail friendship with a peer who does not have a disability.**
- ☺ **For more information about the e-Buddies program, visit www.ebuddies.org**

Grupo de Apoya para el Autismo

Corazones Unidos para el Autismo

No estas solo

Aquí es un lugar seguro para los padres de los niños con el autismo. Este es un lugar para hablar, para comparar experiencias, para descubrir recursos, o simplemente un lugar para desahogarse.



Refrescitos proporcionados. Por mas información: Por favor, llame 484-358-9808 o envíe un correo electrónico: Corazonesunidos316@gmail.com

Contacto a ASERT

ASERT se complace en apoyar a los residentes de Pennsylvania que hablan español, por teléfono o correo electrónico.

También ofrecemos recursos en español en el sitio web en PAautism.org.

Email ASERTespanol@PAautism.org or
llame 877-231-4244 M-F 8:00-5:00



The Guided Tour, Inc.

7900 Old York Road, St. 111-B
Elkins Park PA



The Guided Tour has been helping people with disabilities to “grow” through travel” since 1972. Staff to traveler ratio is 1 to 3. Summer vacations are available at the Jersey Shore in a beautiful home just one block from the beach.

Adult resort camp experiences are available 4 times a year in the Poconos. Besides local opportunities, there are many national and international trips available. For more info, Please visit www.guidedtour.com.

Special Needs Resource Day



LEHIGH VALLEY
BUSINESS GROUP

July 20
10 AM—3 PM
Palmer Park Mall
2455 Park Avenue
Easton, PA 18045

Bring together both the public and providers to showcase their products, & services and provide resources to individuals, families, businesses and other agencies in our community.

The day of this event is July 20th to be held inside the Palmer Park Mall in Easton

Vendors will / can showcase their products, resources and services available for individuals, families, businesses, agencies and other special need organizations in our community.

Questions: email us at specialneeds@lvbg.org or info@lvbg.org



SAVE THE DATE

Ben Event
July 19 & 20 2019

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*

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 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.



Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season, and it's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Exposure to the sun can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

And skin cancer is on the rise in the United States. The Centers for Disease Control and Prevention estimates there were more than 80,422 people diagnosed with melanoma of the skin—the most serious form of skin cancer—in 2015 alone. About 4.3 million people are treated for basal cell cancer and squamous cell skin cancer in the United States every year, according to a 2014 report from the Office of the Surgeon General.

The U.S. Food and Drug Administration (FDA) is continuing to evaluate sunscreen products to ensure that sunscreen active ingredients are safe and effective and that (among other things) available sunscreens help protect consumers from sunburn and, for broad spectrum products with SPF values of at least 15, from skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Reduce Your Risk for Sunburn, Skin Cancer, and Early Skin Aging Caused by the Sun

Sun damage to the body is caused by invisible ultraviolet (UV) radiation. Sunburn is a type of skin damage caused by the sun. Tanning is also a sign of the skin reacting to potentially damaging UV radiation by producing additional pigmentation that provides it with some—but often not enough—protection against sunburn.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun—such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available. (The FDA regulates these products only if they are intended to be used for medical purposes.)
- Using broad spectrum sunscreens with a Sun Protection Factor (SPF) value of 15 or higher regularly and as directed. (Broad spectrum sunscreens offer protection against both UVA and UVB rays, two types of the sun's ultraviolet radiation.)



Always read the label to ensure you use your sunscreen correctly, and ask a health care professional before applying sunscreen to infants younger than 6 months.

In general, the FDA recommends that you use broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days.

- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips (but avoid putting it inside your mouth and eyes).
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen. An average-size adult or child needs at least one ounce of sunscreen, about the amount it takes to fill a shot glass, to evenly cover the body.)
- If you don't have much hair, apply sunscreen to the top of your head, or wear a hat.
- No sunscreen completely blocks UV radiation, and other protections are needed, such as protective clothing, sunglasses, and staying in the shade.
- No sunscreen is waterproof.

Note:

- Certain sunscreens have FDA-approved New Drug Applications. Others are marketed under the FDA's Over-the-Counter (OTC) Drug Review. Sunscreens are available in forms such as lotions, creams, sticks, gels, oils, butters, pastes, and sprays.
- Sunscreen products in forms including wipes, towelettes, body washes, and shampoos that are marketed without an FDA-approved application remain subject to regulatory action.

Risk Factors for Harmful Effects of UV Radiation

Remember, people of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.

The FDA is committed to ensuring that safe and effective sunscreen products are available for consumer use. Because the body of scientific evidence linking UVA exposure to skin cancers and other harms has grown significantly in recent years, FDA is proposing a new requirement that all sunscreen products with SPF values of 15 and above must be broad spectrum, and that as the SPF of these products increases, broad spectrum protection increases as well. FDA is also proposing changes to the labeling of SPF values to make it easier for consumers to compare and choose sunscreen. FDA is also proposing raising the maximum proposed SPF value from SPF 50+ to SPF 60+.

Protect Your Eyes With Sunglasses

Sunlight reflecting off sand, water, or even snow, further increases exposure to UV radiation and increases your risk of developing eye problems.

Certain sunglasses can help protect your eyes. When using sunglasses:

- Choose sunglasses labeled with a UVA/UVB rating of 100% to get the most UV protection.
- Do not mistake dark-tinted sunglasses as having more UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints, such as green, amber, red, and gray can offer the same UV protection as very dark lenses.
- Children should wear sunglasses that indicate the UV protection level. Toy sunglasses may not have UV protection, so be sure to look for the UV protection label.
- Consider large, wraparound-style frames, which may provide more efficient UV protection because they cover the entire eye-socket.

This is especially important when doing activities around or on water because much of the UV comes from light reflected off the water's surface.

- Understand that pricier sunglasses don't ensure greater UV protection.
- Even if you wear contact lenses, wear sunglasses that offer UV protection.
- Know that sunglasses are the most effective when worn with a wide-brim hat and sunscreen.

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2289 Avenue A
Bethlehem PA 18017



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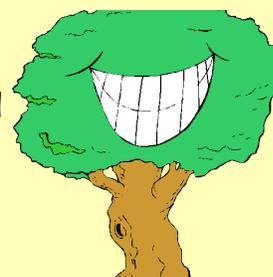
Bob Madden, Editor
610-849-8076 (ext. 317)

bmadden@arcoflehighnorthampton.org

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The Bi-County Observer is available by e-mail. You help save trees and the electronic newsletter comes to you before the print version. The electronic newsletter has links to e-mail and web sites that are just a click away!

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