

BI-COUNTY OBSERVER: Lehigh County Edition



*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

April 10, 2019

July 10, 2019

October 9, 2019

**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:

The month of March is dedicated to intellectual 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 intellectual disabilities awareness month, don't forget the Celebration 2019 luncheon on March 28th! This gives us the chance to recognize and honor local individuals with intellectual disabilities who made notable achievements in areas like transition, education, work and citizenship. **Join us for the 13th Annual Celebration Lunch. Registration forms 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!

A handwritten signature in black ink that reads "Bob Maddalon".

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 28, 2019
11:30 am - 1:30 pm
The Best Western Lehigh Valley Hotel & Conference Center
300 Gateway Drive (Routes 512 & 22) Bethlehem, PA 18017

Master of Ceremonies - Bill Zimpfer
from The Breakfast Club, WOGL, 98.1 in Philadelphia
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 reservations and payments by March 21.*
Hotel is wheelchair accessible

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

PLEASE CLIP & MAIL THIS FORM. USE ONE FORM FOR EACH PERSON ATTENDING.

Name _____

E mail address: _____

Telephone _____ Menu Choice: Chicken Marsala _____ Pasta Primavera _____

Please seat me with: _____

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

Please return reservations and payments by March 21 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.
Call Bob Madden with questions or special accommodations: Phone: 610-849-8076, Ext. 317

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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 a situation closes the SPARC day program—even if employees are to report. If there is bad weather, please check WFMZ TV 69 closing information. SPARC day program status will be broadcast on that television station or the WFMZ web site.

Friendship Toolkit Training

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

April 9, 2019 from 6-8 pm

Presenter: Diane Perry, Parent Advisor
PEAL Center



This interactive workshop covers the important, but often overlooked area of friendship. Attendees will receive a copy of *Friendships: Building a Good Life*. Learn ways that families, peers, communities, and schools can support the development of friendships for all children, including those with disabilities.

The 3 guiding principles of the toolkit are:

- 1. Everyone has a role to play in the development of friendship.**
- 2. Friendships are important to all.**
- 3. Everyone benefits when we support friendship development for children.**

A minimum of 10 participants are needed. Be a friend and invite a friend to this valuable presentation! Please RSVP to Ramona at 610-849-8076, Ext. 325 or rneidig@arcoflehighnorthampton.org.

Local Task Force 20 Spring Conference

Tuesday, April 23, 2019
8:30 AM - 3:00 PM

Presented by the PEAL Center

LOCATION:
Colonial Intermediate Unit 20
6 Danforth Dr.
Easton, PA 18045

Lunch will be provided.

Session topics will include:

- The “ins and outs” of the evaluation process, the forms used and how to utilize the reports that are generated to identify educational needs.
- The parts of the IEP and the importance of each one.
- Ways that families can provide meaningful input throughout the IEP process.
- How IDEA supports inclusive education.
- The importance of Supplementary Aids and Services.

To register visit LTF20SpringConf2019.eventbrite.com. **Deadline for registration is April 19th.**

Questions, please contact PEAL Center: training@pealcenter.org or call 866-950-1040. Visit the web site www.pealcenter.org for information about the center and other family training opportunities around the state of PA.

The PEAL Center is dedicated to families of children with disabilities and special health care needs. Serving families across Pennsylvania with offices in Pittsburgh and Philadelphia.



April 20 2019

3.21 Run for Down Syndrome

Camp Olympic Park, 3120 South Cedar Crest Blvd, Emmaus, PA 18049

Mark your calendars for the 5th Annual 3.21 Run for Down Syndrome on April 20th!. 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.

Registration Fees:

\$20.00 Until February 28th

\$25.00 March 1 – April 19, 2019

\$30.00 Day of Race (Payment by check or cash only)

Prizes will be awarded for top 3 in overall, age group and individuals with Down syndrome.

Race Day Schedule

8:00 AM Onsite Registration

9:00 AM 3.21 Mile Run/Walk

10:30 AM Awards Ceremony



Questions? Contact Wendy Carney at wcarney15@gmail.com or call the EPDSC at 610-402-0184.

For more race information and to register on line, please visit: www.brynmawrrunningco.com, navigate by clicking the race calendar and choosing activities in April.

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 rear.

Questions or want to volunteer? Please call Judy Dieter at 610-767-9170 or dietervj@aol.com

2019 Dates: March 18 April 15 May 20

**Most Thursday
Evenings
7—9 PM**

EVENING RECREATION PROGRAM

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.

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 offers Hippotherapy sessions on Mondays from 9 AM—5 PM, 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 22—August 9, 2019)

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 1 through August 9. 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 (and older as appropriate). Free transportation in the company of Easterseals staff is offered to and from the Jewish Community Center in Allentown.

For more information contact Emily Gonda (610)289-0114 ext. 209 or egonda@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 diagnosed with social, emotional, or learning challenges, including children on the autism spectrum.

Camp Ramapo provides a traditional summer camp experience for children who have difficulty building and maintaining healthy relationships with peers and adults and who would struggle in a less supportive setting. 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 June 30 through August 9. Ages 10 to adult.

For more information contact Emily Gonda (610)289-0114 ext. 209 or egonda@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 8—August 14. 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, 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 10—August 16)

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 throughout the program to assist participants 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 | PPL Event Center | Martin Guitar | Wegmans | Mack Trucks | PBS Studios | Giant Food Stores | Bear Creek Mountain Resort | Cetronia Ambulance. In addition, teens learn about secondary education options and visit local colleges and business schools

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 Delaney Varano, Community Connections Coordinator at 610-317-8000 (ext. 444) or d.varano@vianet.org

Via Student Work Experience — Day

Located in Bethlehem, PA

Experience Work. Earn a Wage. Plan for the Future.

The Via Student Work Experience is the perfect opportunity to prepare you for competitive employment after high school – and you will get paid while you learn! The Student Work Experience is a FREE service, funded by the Office of Vocational Rehabilitation (OVR).

What Is the Via Student Work Experience?

The Student Work Experience is tailored to each individual's needs. Students are matched with one of the area's top employers for a nine-week PAID internship – five hours a day, two days a week. Via collaborates with school districts, ensuring the Via Student Work Experience is integrated as part of the student's school day and curriculum.

Students also participate in small group trainings at their worksite for an additional two hours per week. Trainings include job search techniques, job application training, resume preparation, interview skills with mock experiences, and workplace problem-solving skills. Workplace behaviors such as communication and problem-solving skills will be emphasized. Professional Portfolios are developed, that include a resume, references, and certificates or credentials earned. It's a detailed personal marketing tool for the job search.

What Is Work-Based Learning?

Work-based learning is the perfect way for students to explore their options, hone their skills and get a taste of what the working world is like. Students enrolled in our Student Work Experience will:

- Gain vocational experience and make professional connections- while still in high school.
- Define goals for employment, education, community inclusion and more.
- Experience a variety of networking opportunities – professional, educational and social.
- Improve self-esteem through learning new skills and earning the respect of others.
- Guidance is provided to help navigate a complex post-graduation support system.

What Happens After Graduation?

Via's staff provides guidance in navigating a complex support system, post-graduation. They provide OVR Application Assistance for students to access benefits, as well as offering help with understanding and accessing funding sources for services like housing and other community supports.

Students can receive continued support after graduation through Via's Community Employment Services. Students who are still in high school can enroll in our Teen Experience program, or participate in School-to-Work Transition Services.

Via Student Work Experience offers quality training at employers like:

- | | | |
|--|--------------------------------|-----------------------------------|
| ◆ Abington Manor | ◆ Goombas Pizza | ◆ Salisbury Township Public Works |
| ◆ Aramark at East Stroudsburg University | ◆ Great Wolf Lodge | ◆ ShopRite |
| ◆ Boys and Girls Club | ◆ Hampton Inn | ◆ Timber Ridge Horse Farm |
| ◆ Cold Nose Lodge | ◆ K9 Proving Grounds | ◆ TJ Maxx |
| ◆ Dorney Park & Wildwater Kingdom | ◆ Lehigh Children's Academy | ◆ Tractor Supply Co. |
| ◆ Giant Food Stores | ◆ Lehigh Valley Health Network | ◆ Weis |
| | ◆ Lowe's | ◆ YMCA |

For more information or to apply, contact: Cortney Lakis, Via Student Work Experience Manager
C.Lakis@ViaNet.org | Phone: 484-893-5392

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2289 Avenue A
Bethlehem PA 18017

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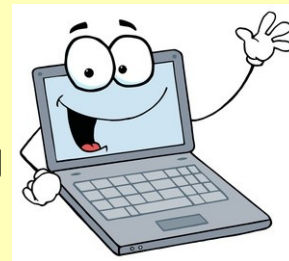
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The Bi-County Observer is available by e-mail. You help save trees and the electronic newsletter comes to you before the print version. The electronic newsletter has links to e-mail and web sites that are just a click away!



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