



The Arc of Cumberland
& Perry Counties

chatter

A CPARC Newsletter

Late Summer 2011

Session for Siblings an Opportunity for Camaraderie

School-aged siblings of children with intellectual and developmental disabilities (I/DD) face unique challenges and rewards. Each sibling may have a distinct view on her situation, and equally distinct issues, but all share a common thread—the often complex role of being a sibling to a child with I/DD.

For Family Education Specialist, Carol O’Hara, an idea occurred. O’Hara thought, why not get siblings of children with I/DD together and talk through the good and the bad, the tender and the turbulent? To this end, CPARC held its first session called *Being a Sibling* on June 17, 2011. O’Hara said, “I wanted to create an environment where frank discussion was encouraged, and the kids would get the message that they are not alone in their situation.” And you know what? Exactly that happened!

“I wanted to create an environment where frank discussion was encouraged, and the kids would get the message that they are not alone in their situation.” Carol O’Hara, Family Education Specialist

The first session included eight participants who were, for the most part, interactive and vocal. Two speakers helped to facilitate the session, Andrew Vriens and Mary Lee Shade. Andrew and Mary Lee are both young professionals, and each shares the experience of having a sibling with I/DD. Mary Lee explained, “I think it is a comfort for younger siblings to be able to talk to older siblings in a comparable situation. They know we went through similar experiences growing up, and [they realize] that they will get through it.”

To get the children talking, a technique called “letters to Aunt Blabby” was used. “Letters” were read from children expressing concerns or frustrations with a sibling with IDD. The floor was then opened to the children with the question, “Have you ever experienced anything like this?” The hands quickly started waving in the air.

Discussion dealt with strategies to handle various situations and encouraged participants to go home and talk about their feelings and concerns with their parents.

O’Hara said, “We were impressed with how mature the children were for their ages, but we also expected that.” What she did not expect was the quick camaraderie that developed between the children, many of whom exchanged phone numbers and addresses to keep in touch with each other.

Perhaps the most outstanding outcome of the session was the participants’ realizations that though their lives are different in many



Sara (left) and Mary Lee Shade are sisters and friends

ways from their peers, in other ways, they are not very different at all. Mary Lee echoed the sage perspective of one sibling participating in the session when she said, “It’s no big deal is my best piece of advice. Your special needs sibling yelled out or made a noise in public. So what!”

In the end, it is about the love and inextricable link between siblings.

Another session is in the works for the near future. Contact Carol O’Hara at cohara@cparc.org or call 249-2611 to learn more.

Pollock Center Forms Advisory Council

The S. Wilson Pollock Center for Industrial Training’s Production Department formed an Advisory Council that meets each month at the Pollock Center. The Advisory Council is a volunteer Business Resource Group established to provide advice, suggestions, direction and work leads to the Pollock Center’s Production Sales/Marketing Department. Members include: Mel Hennemann (Nestle Purina PetCare); Mike Contino (PepsiCo/Quaker); Bob Russoli (Orrstown Bank); Mike Hess (CB Richard Ellis); Dan McMullen (NAVICP Mechanicsburg); Mark Richards (Exel-Ret.); Joe Porter (AMP-Ret.) and Chuck Schaal (AMP-Ret.).

We offer our thanks to these volunteers for taking time out of their busy schedules to help us promote and cultivate meaningful training opportunities for people with disabilities in our community.



The Arc of Cumberland & Perry Counties

71 Ashland Avenue
Carlisle, PA 17013
(717) 249-2611
Fax: (717) 249-9411
www.cparc.org

Staff & Services

G.B. Stuart Center:

- Jim Gurreri Executive Director
- Vicki S. Darr Director of Administration
- Carol Ferenz Director of Residential Services
- Kelly Garrick Human Resources Administrator
- Pam Shenk Advocacy Services
- Lucy S. Zander Community Developer
- Nicole Buning Public Relations Specialist

Other Locations:

S. Wilson Pollock

Center for Industrial Training

- Mechanicsburg
- John Heckman Director

Life Time Adult Day Care (LTADC)

- Camp Hill & Carlisle
- Jane Hutcheson Director

Early Education Center of Perry County

- Duncannon & Shermans Dale
- Patricia Bruner Director

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The official registration and financial information of The Arc of Cumberland & Perry Counties may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not imply endorsement.



Pictured from left: Jim Gurreri, Executive Director, Senator Pat Vance, Pam Shenk, Community Advocate and Geoff Shuff, CPARC Board President

CPARC Representatives Present Legislator of the Year Award To Senator Vance

It was a long time coming, but worth the wait. Pennsylvania, after being one of only five states without a protective services system in place to protect vulnerable adults with disabilities ages 18 to 59, passed Senate Bill 699. The Bill, now known as Act 70, went into effect on April 7, 2011 and provides protection against neglect, abuse and exploitation. This in itself is old news, but worth repeating!

Instrumental to the passing of the Bill was state Senator Pat Vance, who has represented the 31st Senate District in Cumberland and York Counties since 2005. Senator Vance worked on the issue for many years.

Due, in part, to this fact, The Arc of Pennsylvania selected Vance as its 2011 "Legislator of the Year" recipient. The Arc of Pennsylvania honors a legislator annually who has demonstrated leadership to address the needs of Pennsylvanians with intellectual and developmental disabilities and their families.

In addition to Act 70, Senator Vance has been invaluable on numerous other fronts in advancing state legislative and regulatory issues important to Pennsylvanians with intellectual and developmental disabilities and their families.

Senator Vance was presented with the award on May 23, 2011 at her capitol office by representatives from The Arc of Cumberland & Perry Counties. We were honored to be part of such a worthy presentation and to have the opportunity to thank Senator Vance in person for her impressive efforts on behalf of individuals with intellectual and developmental disabilities.

SAVE MONEY! ALL YEAR LONG!

Bonus Book® 2012

Family Education will once again be selling Bonus Books!
Books are \$28 and include coupons for **half off** of dining, theater, sports, travel and more.

A great gift that benefits a great organization!

Get yours today by contacting Carol O'Hara at 249-2611 or email cohara@cparc.org.

Food Drive Supports Local Service Agency

Empowering is what we do at CPARC. We do this in various ways through our programs and services. One way our **Neighbors Programs** empower participants is to create opportunities to give back to our community. By helping others, we learn that our actions matter and that we can make a positive impact on peoples' lives, no matter who we are or what disability we have. The focus becomes our ABILITY to serve, and to create a healthier community.

To this end, Mechanicsburg Neighbors is collecting donations of non-perishable goods to give to New Hope Ministries. Items can be dropped off at Mechanicsburg or Carlisle Neighbors programs until the end of September.

“New Hope Ministries has given our participants an outlet to give back to the community. They have made accommodations to highlight each individual's strengths, which allows for a focus on participants' abilities.” Kate Hall, Program Supervisor

New Hope Ministries is a service agency that provides assistance and various services in the Dillsburg, Dover, Mechanicsburg, and West Shore areas of Pennsylvania. New Hope Ministries offers emergency crisis assistance and children and youth programs.

Mechanicsburg Neighbors participants volunteer at the Mechanicsburg New Hope Ministries center twice a week. Some of the jobs performed by participants include: cleaning, watering the vegetable garden and flowers, sorting and portioning out foods and checking expiration dates on cans.

Kate Hall, Program Supervisor, said, “New Hope Ministries has given our participants an outlet to give back to the community. They have made accommodations to highlight each individual's strengths, which allows for a focus on participants' abilities.” Neighbors participant Bryan Reynolds agrees. He said, “It's a good program that helps people get groceries. I like volunteering there. I see the work I do help people get food.”

Don't forget to drop off your donations!



Neighbors Participant Carla Troutman bags food while volunteering at New Hope Ministries

Life Time Adult Day Care Supports the Annual Walk to End Alzheimer's

Life Time Adult Day Care teamed up with the Alzheimer's Association in support of the annual *Walk to End Alzheimer's*. Due to the weather, the walk itself was cancelled, but this did not stop staff from gathering money and a team in support of the effort. This is the second year that Life Time raised money for the event, which fights against the debilitating effects that Alzheimer's has on millions of individuals and families each year.

In 2010, 14.9 million families provided 17 billion hours of unpaid care to those with Alzheimer's and other dementias. 5.4 million individuals are currently living with Alzheimer's. 5.2 million of these individuals are over age 65. Alzheimer's is now the 6th leading cause of death in the United States.

At Life Time Adult Day Care, about 40% of our participants are affected by some level of Alzheimer's or dementia. For individuals and families who are dealing with the effects of Alzheimer's on a daily basis, Life Time Adult Day Care serves as a much needed source of respite and care.

Life Time offers individuals suffering from Alzheimer's a safe place to experience socialization, physical exercise and mental



stimulation. Caregivers and families are temporarily relieved from the round the clock care generally associated with Alzheimer's and dementia. Often, nursing home placement can be delayed or avoided through our program of daily care.

42% of the general population will be admitted to a nursing home by the age of 80. This statistic jumps dramatically to 75% for individuals with Alzheimer's and dementia.

It is for these reasons and many more that Life Time is privileged to join in the fight to raise awareness and funds for Alzheimer's care, support and research. Contact Jane Hutcheson at jhutcheson@cparc.org or 245-0413 for more information.



2011 JACK BUSCH MEMORIAL GOLF CLASSIC

23 years and going strong! It was another successful day on the greens for CPARC and the beloved Jack Busch Memorial Golf Classic. This year's tournament featured great golf, an incredible number of door prizes, excellent networking opportunities for local business members and far-reaching benefits for **The S. Wilson Pollock Center for Industrial Training**.

In total, the tournament grossed \$45,995.00 that will benefit the trainees receiving vocational training services provided by the Pollock Center.

Thank you to all of our sponsors for making this year's tournament one of our best ever.



Nancy Busch (center) with family and friends at the annual Jack Busch Memorial Golf Classic

WINNERS:

1ST PLACE - TEAM LOW GROSS SCORE: 63 (MATCH OF CARDS FROM 1ST HOLE - 4 TEAMS)

CASEY WOOD
STACI SULLIVAN
DAN GILLIS
FRANK GUERRIERO

2ND PLACE - TEAM LOW GROSS SCORE: 63 (MATCH OF CARDS FROM 1ST HOLE - 4 TEAMS)

BOB FISCHER
RYAN BROWN
BRIAN REEVES
PETER HARTRANFT

3RD PLACE - TEAM LOW GROSS SCORE: 63 (MATCH OF CARDS FROM 1ST HOLE - 4 TEAMS)

MARK EVANS
GREGG MELLOTT, II
GREGG MELLOTT, SR.
JOHN HECKMAN

CLOSEST 2ND SHOT (HOLE #2):
SCOTT DAVIS

CLOSEST TO PIN (HOLE #6):
BOB FISCHER (7 FT. - 2 IN.)

CLOSEST TO PIN (HOLE #8):
FRANK POPP (10 FT. - 2 IN.)

STRAIGHTEST DRIVE (HOLE #9):
MIKE LEAVITT

LONGEST PUTT (HOLE #15):
DENNY TROUTMAN (28 FT. - 11 IN.)

LONGEST DRIVE - WOMAN (HOLE #16): FRANETTA SAVAGE

LONGEST DRIVE - MAN (HOLE #16):
DOUG HUMMER

CLOSEST TO PIN (HOLE #17):
CRAWFORD HUNTER (6')

WHEELBARROW OF CHEER:
GARY DUBAS

PUTTING CONTEST: AL FLICK
HOTEL HERSHEY PACKAGE:
COOKIE METZLER

Jack Busch Memorial Golf Classic Sponsors:

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Boy Scout Troop 7 Merit Badge Project

Boy Scouts from Troop 7 of Shermans Dale came to CPARC's Montebello Road Group Home on May 10th to complete a service project. The Scouts weeded, planted and mulched the front and side porch flower beds. Without a doubt, the boys did a wonderful job, and the flower beds looked fantastic. However, the project dealt with a lot more than weeds and mulch. It was a lesson in diversity and in the importance of seeing a person, not a disability.

“...although a person may have a disability, it doesn't mean that person doesn't enjoy or strive for the same things in life” Lindsay Frenz, Program Specialist

Boy Scout Troop Leader, Chris Deardorf, contacted CPARC as part of a Disability Awareness merit badge that his troop was working toward. Deardorf said, “The boys would sometimes say things without thinking, use words that hurt other people's feelings. They didn't get it.” He saw a need to expose the scouts to people with disabilities in an effort to teach them that all people deserve respect and that people with disabilities are just like everyone else, often sharing the same interests, goals, and desires.



Youth from Carlisle Brethren in Christ church volunteered at two residential group homes as part of a project called *Mission Possible*



Members of Boy Scout Troop 7 pose with residents of Montebello Road Group Home after their service project

The project turned into a wonderful success. The interaction between the Boy Scouts and the group home residents was magnificent. As the Scouts and the residents worked together, they began to talk together. Not only did the Scouts learn about the residents, but they discovered that they shared some of the same interests, including wrestling, television shows and music.

After the project was complete, the Scouts enjoyed a cookout at the group home. Program Specialist Lindsay Frenz said, “I think the boys ended up learning the valuable lesson that although a person may have a disability, it doesn't mean that person doesn't enjoy or strive for the same things in life.” Frenz went on to say, “Young adults often have incorrect perceptions about people with disabilities. I think this volunteer opportunity allowed the boys to see the residents for who they really are.”

Two projects were also completed in July by youth from Carlisle Brethren in Christ church for a project called *Mission Possible*. We would like to thank Erin Emenheiser, who coordinated the volunteers, and Pastor James Yutzy. The group weeded at Mt. Holly group home and stained the fence at Walnut Bottom group home.

UP, UP AND AWAY!

Have you ever put a message into a bottle and set it afloat in the hope someone might find it and respond? It is a dreamy notion that brings out the kid in all of us...especially kids! So, during this year's Week of the Young Child, Early Education Center of Perry County



Graduating preschoolers show their enthusiasm at the end of year celebration

teachers thought it would be fun to put a spin on the message in a bottle concept by releasing balloons with a picture and a message from a child at the daycare program.



Ava's picture travelled from Duncannon to Palmyra via helium balloon!

And...yep...one of the pictures with a message was found! The daycare was contacted by a family in Palmyra about three weeks after the release. It was great fun for the children and the staff. Director Tia Bruner said, “Ava (the student whose picture was found) was extremely excited, and so were the preschool teachers. We never thought we would get any response.”

The centers also recently held graduation for the children who will be entering kindergarten next year. It was a festive time with songs and celebration. What an exciting milestone!



The Arc of Cumberland & Perry Counties

71 Ashland Avenue
Carlisle, PA 17013

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*Empowering, Inspiring
& Educating*



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CPARC is proudly affiliated with The Arc of the United States, The Arc of PA and other Arcs throughout the Commonwealth.

UPCOMING EVENTS

SEPTEMBER 2011:

22: FASD (Educational Session)*
5:30 p.m. to 9:30 p.m. @ GB Stuart Center

29: Social Stories—An Effective Teaching Tool (Educational Session)*
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

OCTOBER 2011:

4: Positive Behavior Support & Positive Behavior Intervention Plans* (Educational Session)
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

3-4: Open House at Life Time Carlisle
Door Prizes, Tours, Bake & Craft Sale
10:00 a.m. to 2:00 p.m. @ Life Time Carlisle

6-7: Open House at Life Time Camp Hill
Door Prizes, Tours, Bake & Craft Sale
10:00 a.m. to 2:00 p.m. @ Life Time Camp Hill

13: Bereavement and the Grief Process (Educational Session)*
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

27: Behavior De-Escalation (Educational Session)*
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

NOVEMBER 2011:

3: Regulations 101 for Parents (Education Session) *
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

15: Depression & I/DD (Educational Session)*
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

DECEMBER 2011:

6: Impulse Control & Intermittent Explosive Disorder* (Educational Session)
6:00 p.m. to 8:00 p.m. @ GB Stuart Center

*REGISTRATION REQUIRED. Contact Carol O'Hara at 249-2611 or cohara@cparc.org to register or for more information.

Save the Date

The 2012 *Journey through Special Education* conference will be March 24 at the Park Inn.



2012 topics will focus on Autism and Asperger Syndrome.