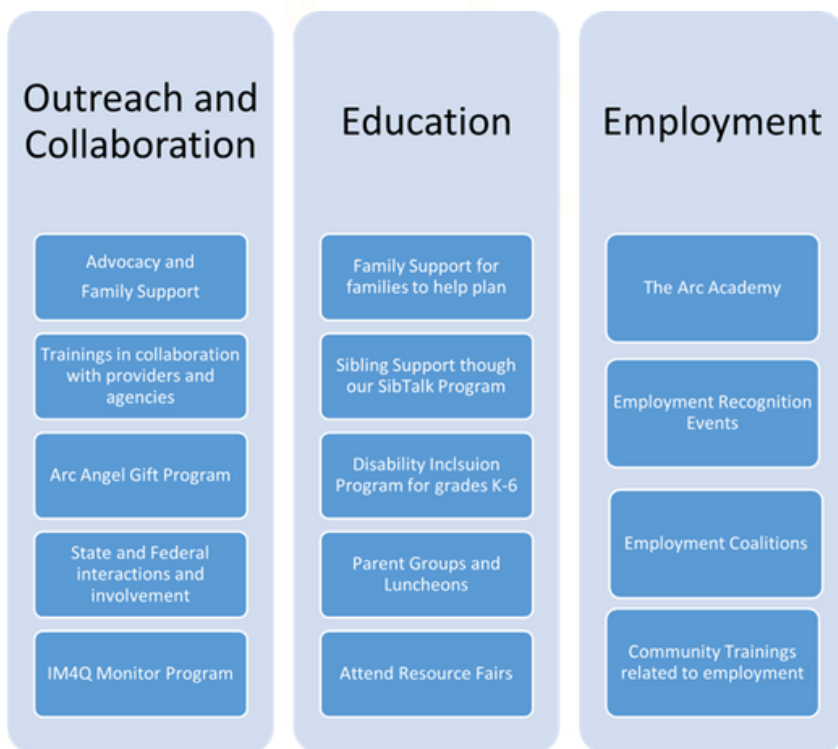




## Great Things Happening

Maureen Westcott, Executive Director

At The Arc, we consider September the start of our year as that is when our programs begin. Usually we spend the summer taking a breather and discussing ideas. This summer the team was able to attend The Arc US Summer Leadership Institute and came back with LOADS of ideas! I love when they have ideas, however, my job is to make sure what we do fits into our current strategic plan. Here is how our plan looks.



Continued on page 2

### How Educational and Adult Advocacy Can Assist Individuals and Families

The Arc works collaboratively with families, school districts, and IU13 to ensure that children with ID/D or autism have access to free and appropriate public education with the appropriate supports and services. In the last fiscal year, Amy Fisher has:

- worked with families of children receiving special education from preschool to age 21 in both Lancaster and Lebanon counties.
- attended IEP meetings in 14 of the 16 school districts in Lancaster County and 5 of the 6 school districts in Lebanon County.

#### Adult advocacy

- assisted individuals and their families through the sometimes confusing process of applying for social security, Medicaid, supports coordination, waiver funding, and any appropriate supports and services needed.
- worked to ensure the individual is at the center of any planning and they are participating in decision making to the greatest extent possible.
- collaborated with individuals with disabilities as well as providers, both Lancaster and Lebanon county offices, supports coordination organizations, and families.
- facilitated the Facing Forward Program last fiscal year which met once per month with families to help them develop a vision for their child with a disability and plan for the future and a "good life".

# Great Things Happening

Maureen Westcott, Executive Director

*Continued from page 1*

As a non-profit, we learn "mission drift" is something for which to watch. There are so many needs in the community, and because we are here to help, we want to fill those needs. But we cannot be everything to everyone. We can however expand our programs. And that is what we did this year. We are excited for the following updates:

- We are looking to hire a Family Support Specialist who will work in tandem with our Advocacy position to help families who need more intensive support than advocacy. They will help develop outcomes and identify barriers to a successful life and help identify supports and services utilizing LifeCourse Tools and other resources.
- We will be holding quarterly trainings on the LifeCourse tools. The first one is on Saturday October 14. (See flyer on page 3).
- Our Self-Advocate group WAGES has transitioned to The Arc Academy. While social programs are necessary we want to emphasize learning skills necessary for independence.
- The SibTalk participants did not want to stop participating because they aged out, so the program will have two groups – Age 8 to 11 and 12 to 15. We need a volunteer for this program which is held one night a month. Child clearances are required.
- DAT Diverse Abilities Training is under consideration to make sure we are implementing it in the best way. Currently we are doing a presentation for each grade's classrooms which can mean 36 presentations for one grade in one school! It is a very popular programs with the schools and we are getting feedback for ideas to modify how the program is done or if we keep it in the current format.

One area of our agency needing attention is Membership. As an affiliated chapter of The Arc US, we are a member organization. However, people are not renewing their memberships, even with several reminders. Membership dues account for 10% of our annual budget so these funds are critical. If you would complete an anonymous survey to give us your comments and suggestions it is greatly appreciated. The survey is found at [forms.office.com/r/QLNMrbE93t](https://forms.office.com/r/QLNMrbE93t).

Survey QR Code



The Arc is at the table in the PA system of support for folks with Intellectual Disabilities and Autism to make sure your voice is heard on issues like the staffing crisis, the need for affordable housing, the problem with waiting for services, and more. If you would like to join us as we meet with legislators and state policy personnel to share your stories, drop us a line at [info@thearclancleb.org](mailto:info@thearclancleb.org). Legislators need to hear your stories! You can find your legislator's contact information on our Resource page [thearclancleb.org/resources](https://thearclancleb.org/resources) under the Miscellaneous tab.

We hope you can join our upcoming luncheons in Lancaster and Lebanon Counties. Many times, families tell us they need to meet other families so this is your chance! Free and open to everyone.

Stay in touch and watch for our monthly email. if you are not getting that send an email to Dana at [info@thearclancleb.org](mailto:info@thearclancleb.org) to be added to the list.

# Program Updates



## Family Support

**FACING FORWARD: HELPING FAMILIES DREAM AND PLAN FOR AN EVERYDAY LIFE**

### ABOUT THE PROGRAM

- For families of children with Intellectual Disabilities or Autism
- Our Family Support Specialist works with families to help develop outcomes and identify barriers to a successful life
- Utilizes LifeCourse Tools and other resources
- Help identify supports and services

### MAIN AREAS OF FOCUS



#### Dream!

Be excited and confident as you "dream" about all things possible.



#### Resources

Identify and utilize natural and community resources to engage your child in a full, rewarding life.



#### Setting Goals and Planning

Set goals and plan a path forward with your child.

For more information, contact The Arc to set up a time to talk:

717-394-5251 | [info@thearcclancleeb.org](mailto:info@thearcclancleeb.org) | [www.thearcclancleeb.org](http://www.thearcclancleeb.org)



## LifeCourse Training

**Presenter, Amy Fisher**

*Advocacy and Family Support The Arc Lancaster Lebanon*

**Helping families plan for the future**

### ABOUT THIS COURSE

- Charting the LifeCourse framework and tools will help you organize your ideas, vision, and goals, as well as navigate and advocate for supports.
- Problem-solve and plan for taking action in your life or on behalf of a family member.
- [lifecoursetools.com](http://lifecoursetools.com)

**Saturday, October 21, 2023**  
**8:30 a.m. to 2:00 p.m.**

The Arc Lancaster Lebanon  
116 W Airport Rd, Suite A  
Lititz, PA 17543

### FREE Training Course

**Lunch will be provided by The Arc**

### COURSE TOPICS



#### Resources

Identify and utilize natural and community resources to engage in a full, rewarding life.



#### Setting Goals and Planning

Set goals and plan a path forward.

### REGISTRATION IS REQUIRED

717-394-5251

[info@thearcclancleeb.org](mailto:info@thearcclancleeb.org)

[www.thearcclancleeb.org](http://www.thearcclancleeb.org)



## The Arc Academy

**TEACHING EMPOWERMENT SKILLS FOR ADULTS WITH IDD OR AUTISM**

### About the Program

- For adults with an Intellectual or Developmental Disability or Autism
- Classroom style program that will offer time for group discussion, guest speakers, and networking with peers. (NOTE: This is a learning time, not a social gathering)
- Topics will cover self-awareness, self-advocacy, empowerment, independence, social skills, communication skills and more!

**Group Meets In-Person**  
**One Evening Per Month**

116 W Airport Road, Suite A  
Lititz, PA 17543

### Main Areas of Focus



#### Get to Know YOU

Discover your thoughts, feelings, interests, strengths, and needs. Be excited and confident as you "dream" about all things possible for your life.



#### Resources

Identify and utilize natural and community resources to learn about recreation, health and nutrition, employment, your rights, and so much more.



#### Setting Goals and Planning

Set personal growth goals and plan for the future, maintaining a positive mindset along the way!

Contact Amy Austin, Program Manager, to Learn More:

717-394-5251 | [amy@thearcclancleeb.org](mailto:amy@thearcclancleeb.org) | [www.thearcclancleeb.org](http://www.thearcclancleeb.org)



## Sib Talk

**A TIME TO CONNECT, SHARE, AND HAVE FUN FOR KIDS WHO HAVE SIBLINGS WITH DISABILITIES**

### About the Program

- Ages: 8-11 years old and 12-15 years old
- For kids who have a sibling with a disability
- Enjoy activities, games, and snacks with new (and old) friends!
- Group discussions offer a time for sharing and listening with other kids who understand what it's like!

**Group Meets In-Person**  
**One Evening Per Month**

116 W Airport Road, Suite A  
Lititz, PA 17543

### How We Support Each Other



#### Sharing and Listening

Talk about your pride, strength, and uniqueness in having a sibling with a disability, knowing that everyone will understand.



#### Learning

Share and learn with your peers on how to use positive coping strategies. Learn how you can make a difference in your community!



#### Having Fun Together!

Games, crafts, videos, books, activities, snacks...and lots and lots of laughter!

**Contact Amy Austin, Program Manager, to Register:**

717-394-5251 | [amy@thearcclancleeb.org](mailto:amy@thearcclancleeb.org) | [www.thearcclancleeb.org](http://www.thearcclancleeb.org)

## Advocacy Tip

Transportation is a related service under the IDEA and can be included in a student's IEP. The IEP Team, which includes the parents/guardians, must determine if specialized transportation is needed for the student to access special education and related services. You can find out more here:

[sites.ed.gov/idea/files/OMB\\_08-0101\\_Transportation-11-4-09\\_FINAL-1.pdf](https://sites.ed.gov/idea/files/OMB_08-0101_Transportation-11-4-09_FINAL-1.pdf)



## Arc Angel Holiday Project



Do you enjoy giving gifts and serving others in need? If so, please consider becoming an Arc Angel.

In collaboration with Support Coordination Organizations, The Arc Lancaster Lebanon organizes and distributes holiday gifts, purchased by volunteer Angels, to children and adults with ID/DD or Autism.

Arc Angel is celebrating 35 years! Last year, we were able to provide gifts to over 500 people! Join us in making this year the best year yet!!

For more information, contact Amy Austin at 717-394-5251 or [amy@thearcclancleeb.org](mailto:amy@thearcclancleeb.org).



## FRIENDS AND FAMILY Luncheons

Join us for sandwiches and plenty of additional sides, beverages, and desserts! We look forward to spending time together, making new connections, and sharing agency updates!



No Cost to Attend  
Registering in Advance is Required

Lebanon Registration: [thearcclancleeb.org/lebanon-luncheon](https://thearcclancleeb.org/lebanon-luncheon)

Lancaster Registration: [thearcclancleeb.org/lancaster-luncheon](https://thearcclancleeb.org/lancaster-luncheon)

### Lebanon

Sat, September 16, 2023

12:00 - 2:00 P.M.

Quentin United Church of Christ  
11 East Main Street  
Quentin, PA 17083

### Lancaster

Sat, October 14, 2023

12:00 - 2:00 P.M.

The Arc Lancaster Lebanon  
116 W Airport Road, Suite A  
Lititz, PA 17543

SUPPORT OUR ORGANIZATION!

On November 17, donate online at [ExtraGive.org](https://extragive.org) and your generous gift will go even further thanks to the Stretch Pool and prizes from the Community Foundation and many extraordinary sponsors.

LET'S GO THE EXTRA MILE TOGETHER!

# EXTRA GIVE™

NOVEMBER 17

[EXTRAGIVE.ORG](https://extragive.org)



LANCASTER COUNTY  
COMMUNITY  
FOUNDATION



HIGH  
FOUNDATION

MURRY  
FOUNDATION

# Spring Gala & Auction



We enjoyed gathering together this past May for the annual Spring Gala & Auction, held at Bent Creek Country Club in Lititz. Thank you so much to all of our Gala & Auction participants!

Together we raised over \$33,000 to support individuals with Intellectual and Developmental Disabilities and Autism!



Save the Date for next year's Gala ... May 4, 2024



## THANK YOU TO OUR SPONSORS!

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## Board Updates

We are excited to welcome on new board members, Dana Barone, Rebekah Christens, James Podgorney, and Christian Vidal. We would like to thank our outgoing board members this year for their dedicated support to the mission of The Arc: Lucy Dowd, Yvonne Tejada, and Lorita Valente. THANK YOU for your dedication and partnership! You will be missed!

### 2023-2024 Board Members

Michelle Butler\*, Chair, Bayada Nursing  
Ina Hosszu\*, Vice Chair, Family Representation  
Amanda Katchur\*, Treasurer, Community Services Group  
Christian Vidal, Secretary, Eurofins  
Alison Andersen\*, Cocalico Biologicals  
Dana Barone\*, Office of Vocational Rehabilitation  
Rebekah Christens\*, People One Health  
Kerri Clauser, Pine Grove Area School District  
Dave Dietrich, Strategic Equity Management  
James Podgorney, Morcom Law  
Josh Stoudt, Assured Partners  
Maureen Westcott\*, Executive Director

\*Has a family member or is a person with a disability



2022-23 Board Members (from L to R): Yvonne Tejada, Michelle Butler, Kerri Clauser, Lorita Valente, Amanda Katchur, Maureen Westcott, Ina Hosszu, Josh Stoudt, William Mahan, Alison Andersen, Dave Dietrich  
Not pictured: Lucy Dowd, James Podgorney

## OUR MISSION

Empowering people with Intellectual and Developmental Disabilities (I/DD) and Autism and their families to lead full, satisfying, independent lives of their choice.

# The Arc

## Lancaster Lebanon

116 W Airport Road, Suite A  
Lititz, PA 17543

Return Receipt Requested

### The Arc Membership Levels:

- \$35 Individual
- \$50 Family
- \$150 Silver VIP
- \$300 Gold VIP
- \$500 Platinum VIP
- \$1000 Organization Affiliation



Join Today at

[thearcclancleb.org/membership](http://thearcclancleb.org/membership)

### Your Team at The Arc

Maureen Westcott  
Executive Director  
[maureen@thearcclancleb.org](mailto:maureen@thearcclancleb.org)

Amy Austin  
Program Manager  
[amy@thearcclancleb.org](mailto:amy@thearcclancleb.org)

Amy Fisher  
Advocacy & Family Support  
[amyfisher@thearcclancleb.org](mailto:amyfisher@thearcclancleb.org)

Dana Henry  
Administrative Assistant  
[dana@thearcclancleb.org](mailto:dana@thearcclancleb.org)



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## Ways to Support The Arc

### Make a Donation

Your donation help to support our programs for Lancaster and Lebanon residents with Intellectual and Developmental Disabilities and Autism and their families.

Donate online at [thearcclancleb.org/donate](http://thearcclancleb.org/donate), or mail a check made payable to "The Arc Lancaster Lebanon."



Eat at Knight & Day or Park City Diners and when you pay your bill, let them know you want to make a donation for "The Arc." A donation will be made to us and doesn't add to your bill.