

# The Arc Comments

A publication of *The Arc of York County*



*The Arc of York County* is committed to securing for all persons with intellectual and other disabilities, the opportunity to choose where and how they learn, live, work, and play. *The Arc of York County* envisions a day when our community recognizes the value of people with intellectual disabilities, makes equal opportunities available to them, and supports them in whatever manner is necessary for their full participation.

## Upcoming Arc Events

**August 23**— York 10-Miler benefiting The Arc of York County

**November 6**— The Arc of York County's Annual Meeting

Please contact *The Arc of York County* at 846-6589 or visit [www.thearcofyorkcounty.org](http://www.thearcofyorkcounty.org) for more details on any of the above events.

**Summer 2008  
Vol. 1, Issue 7**

## 37th Annual Bike & Hike a Success

The Arc of York County held its 37th annual Bike & Hike community event on May 3, 2008 at John Rudy County Park in York. The event raised \$20,000 for the programs and services of The Arc of York County and was a huge success.

A special thank you to the hundreds of people who participated in the event to support The Arc of York County and to celebrate another successful year of fundraising through the Bike & Hike.

The Bike & Hike is a community event consisting of teams of between five and ten people. Teams raise money and come out to the event to walk, ride, or run around the path at John Rudy County Park. At the event, there were many fun activities as well as great food and fantastic prizes. Jim Buchanan from Fox 43 and Bob

Rudy from 98.5 The Peak were also in attendance.

Sponsors of the event included: The Bon-Ton Stores Foundation, GGS Information Services, Glatfelter Insurance Group, Memorial Hospital, Modern Landfill, Susquehanna Bank, 98.5 The Peak, WPMT Fox 43, and the York Newspaper Company. Track sponsors included: PeoplesBank, Kinard Trucking, and SF & Company.

There were also several local schools districts that held their own Bike & Hike. They included: Spring Grove, York Suburban, and LIU's Yorkshire Academy.



A young Bike & Hike participant enjoys the atmosphere at The Arc of York County's 2008 Bike & Hike.

Thank you again for everyone's support! We hope to see everyone at next year's Bike & Hike on **April 25, 2009** at John Rudy County Park.

## Annual Meeting Set for Nov. 6

The Arc of York County's 56th Annual Meeting will be held on November 6, 2008 at the Holiday Inn Holidome Conference Center.

The Arc of York County's Annual Meeting is a public gathering for the membership of The Arc of York County, the Board of Directors of both The Arc of York County and The Arc Foundation, leaders in the mental health/mental retardation field and members of the community.

The evening will begin at 6:00pm



Arc Board President, Phil Frigm, addresses the crowd at the 2007 Annual Meeting

with a hors d'oeuvre reception and social hour.

The Annual Meeting program begins at 7:00pm and features the 2008 awards presentation.

Tickets for the event are \$25 per person and can be purchased before Wednesday, October 22, 2008.

For more information on The Arc of York County's 56th Annual Meeting, or to purchase tickets, please contact The Arc of York County at (717) 846-6589.

# From the Desk of the Executive Director- *Gregory D. Knox MSW, LSW*

Dear Friends:

As I write to you in late July, I wish I could convey some good news about how we fared in the state budget in terms of support for people with intellectual disabilities. There was a tremendous effort by The Arc of Pennsylvania, local Arc chapters, and the Mental Health/Mental Retardation Coalition to advocate for a 3% cost of living adjustment (COLA) after the governor's proposed budget contained a 0% change for existing community services.

The budget contained a 1% COLA, which is a shallow victory considering it is grossly inadequate to cover the increasing cost of fuel, housing, food, wages, and insurance in our service system. At the same time, there is a 1.3% cut in the Community Mental Retardation Services budget. This translates in to less dollars for existing services!

The good news in the budget was that the proposed initiative to reduce the waiting list by 1,818 people survived. Plans for the 1.3% cut have not been announced. Advocates oppose any reductions that will affect services. We will have some new legislators elected in the fall. We can expect our advocacy challenges to be great in the next year. Be sure to get involved this year.

On another topic, you may notice a change in our newsletters as you read through it. We are changing our references to "people with mental retardation" to "people with intellectual disabilities." This change is in keeping with changes made at the national and state levels of The Arc and with the professional organizations in the United States and across the world.

There are a lot of reasons why this change was needed and it was debated for several years. The deciding factor should be that the self-advocacy community felt that the phrase "mental retardation" was a negative term and was devaluing people in every day use. Changing the way we refer to people we serve, work with, and who are members of our family and community is "the right thing to do."

We at The Arc will embark on this change in several stages: everyday use in our verbal and written communication, our public materials, and our internal documents. Some historical references to mental retardation will continue as well as references related to funding and legislation.

The Arc strives to improve the lives of people with intellectual and other disabilities every day through advocacy and the provision of quality services. We can not do this without the support and involvement of many people. Thank you to all the people and organizations who supported The Arc by making a gift this year. We are always in need of volunteers for programs, events, and leadership by serving on our Board of Directors. Please contact me if you are interested in getting involved. Together, we will make a positive difference in the lives of so many people here in York County.

Best wishes,



Gregory D. Knox MSW, LSW  
Executive Director



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## **Staff News at The Arc** (from 1/1- 6/31/08)

### **Welcome to The Arc!!**

**Emily Nesbitt** - Advocate (1/21/08)

**Andrea Raffensberger** - Develop-  
ment Coordinator (2/4/08)

**Nikki Wever** - Job Coach (2/27/08)

### **Happy Anniversary!!**

**Gregory Knox** - Executive Director  
(5 years of service)



In April, The Arc of York County was awarded a grant from Leadership York's Future Leaders of York Program. The grant will be used to support The Arc's "Give Your Baby a Chance" program that teaches middle school students about the affects of drinking alcohol during pregnancy.

The photo at left shows some of the students on the FLY grant committee as well as some of the grant recipients. The Arc's Director of Development, Jim Poster, is pictured at the top.

# The Arc Supports ENCRIN

It is important for every York County resident to have a plan to respond appropriately to an emergency situation— both for evacuation and “shelter in place” situations. It is recommended that people with intellectual disabilities plan with friends, family, and neighbors for all types of emergencies that may affect them.

There are many people in York County who may need help with these tasks— and often it is assistance that friends, family, or neighbors may not be able to provide. If you, or someone you know, are a person who may need assistance, you should be registered with your local municipality as needing assistance.

For people with special needs, emergency responders are often the first line of support in an emergency. People with intellectual disabilities and their families can help the emergency responders in their municipality by signing up for ECRIN (ECRIN stand for Evacuating County Residents in Need) within their local municipality. The

Arc of York County is helping with this effort.

With ECRIN, the municipal departments that might be called to an emergency near a home (fire, police, and emergency responders) have the same information about people with special needs in the area.

Please be aware, the ECRIN program is for residents with special needs only. The goal is to assist residents who are unable to evacuate or need assistance to remain sheltered in their residence because of physical or other disabilities. This includes mental retardation and autism. It is also important to note that ECRIN can be helpful in more than just evacuation situations. Other examples of how ECRIN can be beneficial include a fire at a residence, a police situation in a neighborhood, or even a hazardous chemical that may have been released in a nearby area.

If you, or someone you know, would like to sign up for ECRIN, simply contact The Arc of York County at (717) 846-6589 to receive an ECRIN form.

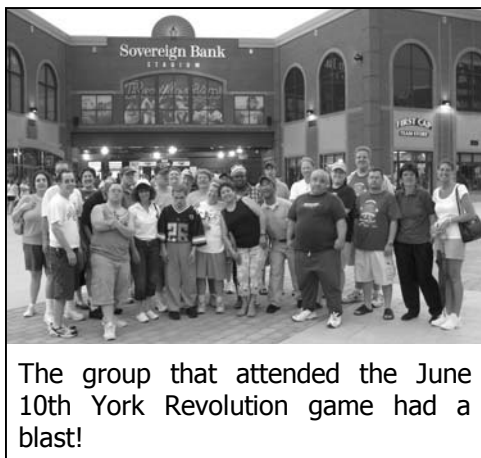


**ABOVE**— The ribbon cutting that officially started the 2008 Bike & Hike.

**BELOW**— For the second straight year, the Bike & Hike’s top fundraising team was the Dickies, raising \$2,350.



## York Jaycees and Adult Rec. Club Visit the Revs



The group that attended the June 10th York Revolution game had a blast!

Thanks to a grant from the York Jaycees, The Arc of York County’s Adult Recreation Club attended the June 10th York Revolution game against the Somerset Patriots.

Over 40 members from The Arc’s Adult Rec. Club watched the Revs lose to the Patriots, 9 to 3.

For over 50 years, The Arc of York County’s Adult Recreation Club has offered adults with intellectual disabilities the opportunity to socialize, participate in activities and to attend community events. Activities may include going to movies together, going out to

dinner together, going bowling, or taking part in arts and craft. The June 10th baseball game was the groups first ever outing to Sovereign Bank Stadium.

Over the past several years, the Adult Rec. Club would meet twice per month. However, The York Jaycees provided a \$10,000 grant to add two additional sessions per month.

For more information on The Arc of York County’s Adult Recreation Club, please call 846-6589 or visit [www.thearcofyorkcounty.org](http://www.thearcofyorkcounty.org).

# Building Inclusive Opportunities



The Pennsylvania Developmental Disabilities Council recently awarded a grant to The Arc of York County for The Arc's "Building Inclusive Recreational Opportunities" project. The project will focus on creating more opportunities for individuals with a developmental disability to participate in activities or programs in York County.

Many times the service system priorities do not extend themselves to a most important aspect of our lives that connects us to our home community—our recreational and social activities. Indeed what we do to have fun creates relationships and roles that are valued by others and also provide a sense of belonging and positive self esteem.

The Arc's project will focus on the community organizational or system level with local programs and on direct consultation with funding

for practical supports for individuals with developmental disabilities to be involved in inclusive activities.

The Arc's goals are for community programs to be opening and welcoming to individuals with disabilities and to facilitate and promote success stories with will serve as positive examples with the community and inspire others to seek real and meaningful connections in their community.

Through the grant, The Arc has formed a steering committee and has held two focus group meetings to collect solutions and ideas on how to improve the system.

For more information on The Arc of York County's "Building Inclusive Recreational Opportunities," please contact Amy Goodman at (717) 846-6589 or [agoodman@thearcofyorkcounty.org](mailto:agoodman@thearcofyorkcounty.org).



The Arc's Jim Poster (right) presents Tim Schott of St John the Baptist's Knights of Columbus with a plaque for the Knights efforts in the 2007 "Measure Up" campaign.



York County Commissioner, Chris Reilly (right), presents Arc Board President Phil Frigm with a proclamation declaring March 2008 as "National Mental Retardation Month" in York County. Commissioner Reilly made the proclamation during The Arc of York County's Board of Directors' meeting in March.

## Sertoma Art Auction Raises Funds for The Arc

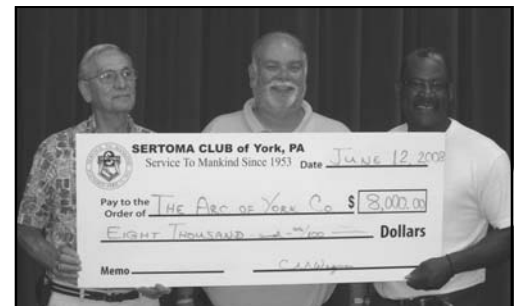
The Sertoma Club of York held its annual Art Auction to benefit The Arc of York County on March 28, 2008 at Wisheaven Banquet Center in York. The event raised \$8,000 for The Arc of York County.

The event had a variety of art works from some of your favorite artists, including wall hangings, Civil War art, sports celebrity art, pottery, and sculptured pieces. A number of special auction items, door prizes, and some interesting surprise raffle items were also available.

Over the years, the Sertoma Club's efforts through the Art Auction have raised thousands of dollars for The Arc of York County.

For more information on the Sertoma Club's annual Art Auction, please visit [www.thearcofyorkcounty.org](http://www.thearcofyorkcounty.org) or [www.sertomayorkpa.org](http://www.sertomayorkpa.org).

**PHOTO at right:** Greg Knox (center) receives the Art Auction proceeds from Art Auction Chairman Norm San Soucie (left) and Sertoma Club President Leroy Moore (right).



# Thank You For Your Support!!

The Arc of York County relies on community-minded individuals and businesses to help us continue in our mission of helping individuals with mental retardation and their families.

Below is a list of contributors, from January 1, 2008 through June 31, 2008.

\*- denotes Annual Appeal contributor

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Barbara Small  
Patsy Small

**In Honor of Irma S.  
Cohen**

Doris Cohen

**In Honor of Ernie Weiss'  
95th Birthday**

Mildred Kates  
Gregory Knox

Members of The Arc's local, state and national chapters play a significant role in helping individuals affected by intellectual disabilities to lead enjoyable lives as fully participating citizens. In addition to the intrinsic reward of helping their fellow community members, Arc members receive several other benefits.

Benefits of Arc membership include:

- The Arc of Pennsylvania newsletter
- The Arc of the United States newsletter
- Special insurance programs
- 15% discount at local Pizza Hut Restaurants.

- Information about The Arc of York County events such as the Bike & Hike and annual meeting.

If you are not already part of The Arc family, then now is a great time for you to consider an Arc of York County membership.

You can become a member of The Arc of York County by making a minimum annual donation of only \$25 to The Arc of York County. Contact The Arc at (717) 846-6589 or via email at [mail@thearcofyorkcounty.org](mailto:mail@thearcofyorkcounty.org) and The Arc will mail you a membership application.

Become a member today!!!



## Did You Know...

- The York 10-Miler benefits The Arc of York County. The York 10-Miler will take place on August 23, 2008.
- More information on The Arc of York County can be found at [www.thearcofyorkcounty.org](http://www.thearcofyorkcounty.org).
- The 38th annual Bike & Hike will take place on April 25, 2009. Register your team today!!
- People with intellectual and developmental disabilities must be able to live the lives they choose and have a good quality of life.
- People with intellectual disabilities have the same basic legal, civil and human rights as other citizens
- The ArcLink, a collaborating partner of The Arc, provides information on the various sources of assistance available to individuals with disabilities and their families on a state-by-state basis (visit [www.thearclink.org](http://www.thearclink.org)).



Greg Knox (right) accepts a check from Ray Kraft of Fulton Bank. The contribution represents Fulton Bank's support of The Arc of York County's 2008 Annual Appeal.

## In-Kind Donations to The Arc Since Jan. 1

American Ash Recycling Corp.  
American Visionary Art Museum  
Baltimore Ravens  
Baltimore Shakespeare Festival  
Baltimore Symphony Orchestra  
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## Programs of *The Arc of York County*



**Advocacy Services**— The Arc’s dedicated Advocates make community living a possibility for the people we serve. We empower these individuals to enjoy a fulfilling life. The Advocates also educate the York community about intellectual disabilities and work to improve the quality and accessibility of the full range of services and supports available.

**Penn Employment Services**— The Arc of York County helps qualified and motivated individuals with disabilities find jobs that fit their interests and needs. Our Employment Training Specialists provide on-the-job training while helping employers make necessary accommodations for each individual. We also partner with local school districts to teach job skills and employment related social skills to help students transition from school to work.

**Camp Penwood**— A traditional summer day camp for young people with intellectual disabilities. Campers enjoy age-appropriate activities like arts and crafts, archery, swimming, horseback riding and musical activities during the 6-week summer run.

**After School Options Program**— An after-school program for teenagers with intellectual disabilities.

**P.A.V.E. (Penwood Adult Vacation Experience)**- A week-long social and recreational experience for adults with intellectual disabilities. The week includes day trips and the opportunity to enjoy nature.

**Tobacco-Free Healthy Lives**— Through a grant from the York City Bureau of Health, The Arc staff makes presentations to all seventh grade students in York City School District, and alternative schools, about the effects of smoking and using tobacco products on their health and that of any unborn children.

**Adult Recreation Club**— A program that allows adults with intellectual disabilities the opportunity to socialize, participate in activities and attend community events. The program operates each year from October to May.

**Community Support Services**— The Arc provides one-on-one support to enable individuals to live as independently as possible and participate in community activities. Individuals in this service can be living with their families or in their own home.

**York/Adams Intermediary Service Organization (ISO) for Agency Services**— The Arc, under an agreement with the York/Adams MH/MR Program, operates an ISO “Agency with Choice Model” for eligible individuals of the mental retardation service program. Under this program option, individuals and/or their representative works closely with The Arc ISO staff to select/recruit qualified support service staff and community supports. The ISO can also administer payments for approved one time only services, purchase of equipment or adaptations.

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