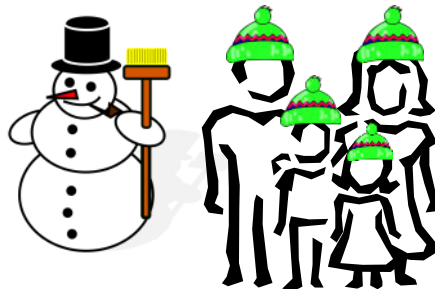


Lehigh & Northampton OBSERVER

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.



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2022

The Arc of Lehigh and Northampton Counties.

Telephone:

610-849-8076

www.arcoflehighnorthampton.org

Dear Families, Friends and Colleagues:

Challenges related to COVID-19 remain with us, even though many people have received at least one dose of the vaccine. People are venturing out. Schools are open; people are going to restaurants, movies, theaters and sporting events. While those developments are exciting, it is important to remain on guard, especially for friends, family, loved ones and people who need care and support through school and community programs.

We can keep ourselves and loved ones safe as possible by following guidance from scientists and physicians. Getting vaccinated, keeping social distance, washing hands, sanitizing surfaces and wearing masks correctly remain very important. Visit the CDC web site www.cdc.gov or the PA Department of Health website www.health.pa.gov for updated recommendations and guidance.

With the continued need to be careful in mind, the Celebration Committee decided this year's awards program will be virtual, on the Zoom platform.

Visit <https://bit.ly/awardsregistration2022> to register. See page 4 of this newsletter for more information.

Nominations for recognition are being taken until January 31, 2022. This year's Celebration is on March 23, 2022. It's not too late to nominate somebody you know that has a developmental disability and receives services in Lehigh or Northampton County for recognition.

Registration to attend the event is free and currently available. Even though we can't be together this year, the zoom will let us share in the accomplishments of the honorees.

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

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**Sixteenth
Annual**

Save The Date:

Celebration Awards

March 23, 2022

3:30—5:30 PM

Virtual Ceremony on Zoom

The Celebration Awards started in 2007. The program was organized and presented by a committee that represented Lehigh and Northampton County's intellectual disabilities programs and other services providers.

Celebration awards were originally limited to nominees identified with intellectual disabilities to mark Intellectual Disabilities Awareness month. Now that Pennsylvania designated the month of March to Developmental Disabilities awareness, the committee is reorganizing awards.

Someone eligible for a Celebration Award must be diagnosed with a Developmental Disability. The nominee must receive some kind of disability related service (ex: supports coordination, any type of waiver, FD/FSS, education in public, charter school, intermediate unit 20 or 21 classroom.) in either Northampton or Lehigh County. You can nominate someone for an award by either using the form on page 3 or visiting <https://bit.ly/awardnominations2022>.

If you want to nominate an individual in more than one category, use a separate form and narrative for each nomination. Deadline for nominations is January 31, 2022.

- ◆ **Education Achievement** is presented to an individual who made significant educational progress, is motivated to learn, and is a positive influence on others.
- ◆ **Employment Achievement** is presented to someone who has been successfully employed with or without supports over the past year. This may include someone who made great progress over the past year, acquired a new skill, attained a new position/promotion, has good attendance, and a positive attitude about work.
- ◆ **Exemplary Citizenship** is presented to someone who volunteered or made contributions to their family, school, or community, specifically with actions that put others first.
- ◆ **Personal Achievement** is presented to individuals who made great strides in reaching personal goals and who have enriched their own capabilities.
- ◆ **Self-Advocacy Achievement** is presented to someone who has advocated for themselves to make a positive difference in their life and the lives of others.
- ◆ **Transition Achievement** is presented to someone who mastered a significant life transition, which may include transitioning after high school or between different living situations, etc.

PLEASE SEE NEXT PAGE FOR AWARD NOMINATION FORM

Nomination Form
Deadline for Nominations is January 31, 2022**

Please Note: An electronic nomination form is available by visiting the following web site:
<https://bit.ly/awardnominations2022> (the address is case sensitive)

Full name of individual nominee: _____

Phone number to reach nominee: _____

County where individual receives services for a developmental disability:

Lehigh _____ Northampton _____

I am nominating this person for the following award. (Check one award category for each form. If nominating an individual in more than one area, use a new form for each category).

- ☐ **Educational Achievement**
 - ☐ **Employment Achievement**
 - ☐ **Exemplary Citizenship**
 - ☐ **Personal Achievement**
 - ☐ **Self Advocacy Achievement**
 - ☐ **Transition Achievement**

Reason for nomination (Attach more paper for narrative if needed):

[illegible]

(attach additional paper for hard copy nominations if necessary)

Nominator's name: _____

Nominator's telephone

Nominator's email: _____

****Return hard copy nominations to Bob Madden, The Arc, 2289 Avenue A, Bethlehem PA 18017 or e-mail nominations to: bmadden@arcoflehighborough.org.**



MARCH 23, 2022

3:30—5 PM

Zoom

As you may know, March is designated *Developmental Disability Awareness Month* in Pennsylvania. To recognize individuals with developmental disabilities who have made great strides in their lives, the Celebration Committee of Lehigh and Northampton County is pleased to hold the 16th Annual Celebration Awards on March 23, 2022.

In order to promote a safe and responsible event, the Celebration Awards Committee of Lehigh and Northampton Counties will be holding a virtual Celebration event on the Zoom platform this year. We hope to resume the in-person awards luncheon in 2023.

Even though we can't be together in the same room for the celebration, the spirit of togetherness and recognizing accomplishments is very important. Since the event is on Zoom, anyone can register and show support from any place.

Visit <https://bit.ly/awardsregistration2022> to register and receive your link to the Zoom Celebration event on March 23rd.

School Districts across Lehigh and Northampton Counties continue updating information on safe ways to provide education to students. This is a developing situation that needs regular monitoring.

Please find a listing and links to public schools in Lehigh and Northampton Counties below. School district links contain information on school district opening plans and other important topics.

LEHIGH COUNTY PUBLIC SCHOOLS

[Allentown School District](http://www.allentownsd.org); www.allentownsd.org

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Carbon Lehigh Intermediate Unit 21](http://www.cliu.org); www.cliu.org

[Catasauqua School District](http://www.cattysd.org); www.cattysd.org

[East Penn School District](http://www.eastpennsd.org); www.eastpennsd.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Northwestern Lehigh School District](http://www.nwlehighsd.org);
www.nwlehighsd.org

[Parkland School District](http://www.parklandsd.org); www.parklandsd.org

[Salisbury School District](http://www.salisburysd.org); www.salisburysd.org

[Southern Lehigh School District](http://www.slsd.org); www.slsd.org

[Whitehall-Coplay School District](http://www.whitehallcoplay.org); www.whitehallcoplay.org

NORTHAMPTON COUNTY PUBLIC SCHOOLS

[Bangor Area School District](http://www.bangor.k12.pa.us);
www.bangor.k12.pa.us

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Catasauqua Area School District](http://www.cattysd.org); www.cattysd.org

[Colonial Intermediate Unit 20](http://www.ciu20.org); www.ciu20.org

[Easton Area School District](http://www.eastonsd.org); www.eastonsd.org

[Nazareth Area School District](http://www.nazarethasd.k12.pa.us); www.nazarethasd.k12.pa.us

[Northampton Area School District](http://www.nasdschools.org); www.nasdschools.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Pen Argyl School District](http://www.penargylschooldistrict.org); www.penargylschooldistrict.org

[Saucon Valley School District](http://www.svpanthers.org);
www.svpanthers.org

[Wilson Area School District](http://www.wilsonareasd.org); www.wilsonareasd.org

Right to Education Task Force groups are active in Lehigh and Northampton County. Meetings and workshops are held on the Zoom platform for the foreseeable future.

[Carbon Lehigh IU Local Taskforce 21](#) (Lehigh County)

Follow the zoom link for each session you wish to attend: www.zoom.us/join. The Meeting ID for each workshop is 537 838 6005. Meeting pass code is CLIU21.

01/19/22, 10 AM—Noon; Vision Statements
02/23/22, 10 AM—Noon; Friendship Presentation
03/23/22, 10 AM—Noon; Procedural safeguards and effective communication

Email: localtaskforce21@gmail.com

Chairperson: Amanda Robbins,
mandaphd1@gmail.com.

Visit www.cliu.org for more information.

Follow on Facebook: www.facebook.com/localtaskforce21

[Right To Education Task Force 20](#) (Northampton County)

Visit the Right to education web page at www.ciu20.org. Find the Local Task Force 20 link under the [Families](#) menu for links to join Task force meetings.

01/10/22; 10 AM
03/14/22; 10 AM
05/02/22, 10 AM

Contact information: Phone: 610-515-6449, Email:
LTF20@ciu20.org

Chairperson: Leslie McKelvey,
leslie.mckelvey@yahoo.com
Vice chairperson: Kim Wismer,
kimwismer1@gmail.com

Visit ciu20.edlioschool.com for more information.

In order to continue helping people with important information, The Arc's Advocacy Department developed an on-going series of virtual workshops, using the Zoom Platform.

You can access Zoom with smart phones, tablets, laptops or desktops. You do not need a camera on your device for zoom meetings. You may need to download the Zoom app for smart devices. If you don't have a computer or other device, you can call in and hear the audio.



For those who have never used Zoom, here are some basics.

- Zoom is a internet based, remote meeting platform. With a desktop computer, laptop, tablet or smart phone, you can see and hear the presenter. The presenter can show visuals such as PowerPoint slides, printouts and spreadsheets to participants.
- Some Zoom meetings allow participants with cameras & microphones on their devices to actively participate. Cameras and microphones on devices are not necessary to access Zoom workshops.
- Zoom meetings have a chat box allowing participants to write questions or comments for all participants to see.
- When you register for a Zoom meeting you must supply an email address. Zoom will confirm your registration and send reminders and a link to your workshop. All you need to do is click the link on the day and time of the workshop.
- If you don't have access to a computer, laptop, smart phone or tablet you can phone in for Arc workshops. Call Jessica McKenty, Advocacy Director at 610-849-8076, ext. 330 for assistance.

To register for an Arc sponsored Zoom workshop, visit the Arc website: www.arcoflehighnorthampton.org. Open the events tab, find your workshop and click the "register here" link to register for your workshop. Check The Arc website and The Arc's Facebook page events section for more training announcements and other information!

Questions can be sent to Jessica McKenty. Email: jmckenty@arcoflehighnorthampton.org or phone: 610-849-8076 ext. 330.

Zoom Workshops Coming Soon

[Click here](#) for information about future workshops presented by The Arc's Advocacy Department.

- Early Intervention & Transitioning into K-12
- COVID Compensatory Services
- Extended School Year





Established in 1996, Vision for Equality created consumer and family satisfaction teams following the closure of Embreeville State Hospital in Chester County, PA. Consumer and Family Satisfaction Teams to initially meet people at Embreeville and participate in their Person Centered Planning process. Once the person moved to the community CFST assessed the person's satisfaction with supports and services to assure their lives were going well and plans were successfully implemented. While Embreeville closed almost twenty years ago, the Consumer Family Satisfaction Teams work is ever-present, assuring a good quality of life for those who left the state center.

In June 2000, Vision for Equality began providing training for families and self-advocates in Southeastern Pennsylvania. Trainings are offered for individuals living with Intellectual, Developmental Disabilities, Autism, their families, caregivers, support groups, staff and agency employees. CONTINUES TODAY ... Supporting the advancement of knowledge and empowerment for all.

Visit Vision for Equality's website for monthly workshops and events. Visit www.visionforequality.org/events for information and to register.

Zoom Wellness:

- Chair Dance Cardio (free) 6:30—7:30 PM every Sunday.
- Chair Yoga (free) 6:30—7:30 PM every Wednesday

Zoom Workshops (all workshops are free):

- January 6, 10 AM—12 PM, Waiver Basics Part 1
- January 6, 1 PM—3 PM, Waiver Basics Part 2
- January 31, 6 PM—8 PM, Waiver Basics Part 1
- February 1, 6 PM—8 PM, Waiver Basics Part 2
- February 23, 10 AM—12 PM, Waiver Basics Part 1
- February 23, 1 PM—3 PM, Waiver Basics Part 2



The PA Family Network was created under the leadership of Vision for Equality and is supported by the Office of Developmental Programs (ODP) as part of Pennsylvania's Community of Practice: Supporting Families Throughout the Lifespan. The mission of the Pennsylvania Office of Developmental Programs (ODP) is to support Pennsylvanians with developmental disabilities to achieve greater independence, choice and opportunity in their lives.

2016, ODP joined the national **Community of Practice: Supporting Families** throughout the Lifespan. The Community of Practice initiative involves working to transform state policies, practices and systems to better assist and support families that include a member with intellectual disabilities and/or autism. The goal of the collaboration is to support families in ways that maximize their capacity to facilitate the achievement of self-determination, integration and inclusion in all facets of community life for their family members.

For more information: www.visionforequality.org/pa-family-network or 1-844-PAFAMILY; on Facebook at *Pennsylvania Family Network*

TeenCentral.com – A Life Saved

Since 1998, TeenCentral.com has been a valued resource for youth, providing information and encouragement in a free, anonymous setting. Best described as a web-based “safe space”, TeenCentral.com offers youth the opportunity to share their story or challenge. This resource is particularly helpful for those who may be reluctant to discuss a personal matter or struggle with parents or another adult.

TeenCentral supports youth in a capacity that is unique from the traditional array of behavioral health services. In fact, TeenCentral often bridges the gap between services, offering youth an immediate resource for safe information and support. Through TeenCentral, adolescents can find information on a variety of topics. Users of the site can also submit a story/post regarding any crisis, problem or situation they are struggling with anonymously and receive a therapeutic support response. Adolescents receive this support from one of TeenCentral’s trained online counselors within 24-hours, safely, anonymously, and free of charge.

TeenCentral.com recently received a message of gratitude for action taken with a previously submitted story deemed as imminent danger to self.

“So, I have a lot to say and I just...ugh. You guys at teen central helped save my life. I went through a phase of depression during the pandemic and you guys sent police to my house and if you hadn’t...I probably would’ve ended my pain. I’m back this year in in person school and it’s WONDERFUL. I have so many friends, I’ve become popular, I’m still single (sadly), I’m getting good grades. I’ll be back with my story that will help a lot of people but for now.....Thank you guys so very much. You have my full gratitude. :)”

For more information on TeenCentral.com please visit the website at www.teencentral.com.



Girls on the Run is for EVERY Girl!



Mikayla’s Voice (MV) and Girls on the Run Lehigh Valley (GOTR-LV) are pleased to announce our new partnership funded by a Community Grant* awarded by the Pennsylvania Department of Developmental Disabilities (PADDDC). Together we are committed to ensure girls of all abilities are welcome, successfully included, and afforded the opportunity to be part of the GOTR team. Our shared goal is equal worth, mutual benefit, and a genuine sense of belonging for all girls who participate in the program.

About much more than running, GOTR is dedicated to empowering girls to appreciate their limitless potential and pursue their dreams. GOTR-LV serves numerous school districts, schools, private schools charter schools and groups. Each group hosts teams in the Fall and/or Spring seasons.

For information contact Liz Fones, GOTR-LV Counsel Director at liz.fones@girlsontherun.org or 610-533-1141. You can also contact Kim Rsch MV Founder at kim@mikaylasvoice.org or 610-746-2323.

Children's Health Insurance Program (CHIP)

Pennsylvania's CHIP program was signed into law on December, 2 1992. The CHIP program is designed to provide insurance coverage to children whose families do not qualify for Medical Assistance and cannot afford private insurance. You can find general information about CHIP by visiting the PA Department of Human Services web page at www.dhs.pa.gov, scroll to the bottom of the page and click the [CHIP](#) link under the **Get Help** heading.

Eligibility and Benefits

Most kids receive CHIP for free. Others can get the same benefits at a low cost. If your income is below the lowest amount listed, your child or teen may be enrolled in Medical Assistance.

Use the COMPASS website www.compass.state.pa.us to see if your family qualifies for CHIP and other human services in Pennsylvania.

Qualification Guidelines

Based on your family size and income, your child may be eligible if they meet the following requirements:

- Under 19 years of age
- A U.S. citizen, U.S. national or qualified alien
- A resident of Pennsylvania
- Uninsured and not eligible for Medical Assistance

Information for Grandparents

If you're a grandparent, coverage for your grandchildren is not based on your income, unless you have legally adopted the children. Visit www.chipcoverspakids.com/Eligibility/Pages/InfoForGrandparents.aspx find out if you are covered.

Information for Immigrants

Children legally residing in Pennsylvania are eligible for CHIP regardless of their parents' immigration status. Visit: chipcoverspakids.com/Eligibility/Pages/InfoForImmigrants.aspx to find out if you are covered.

Benefits

CHIP is there for your kids with quality, comprehensive health insurance coverage for routine doctor visits, prescriptions, dental, eye care and much more, including:

- Immunizations
- Routine Checkups & Well Visits
- Prescription Drugs
- Dental, Vision, Hearing Services
- Emergency Care
- Mental Health Benefits
- Hospitalization
- Durable Medical Equipment
- Substance Abuse Treatment
- Partial Hospitalization for Mental Health Services
- Rehabilitation Therapies
- Home Health Care
- Maternity Care
- Hospice and Palliative Services
- Medically Necessary Orthodontia
- Autism Spectrum Disorder and Related Services



Sodium in Your Diet

You've probably heard that most Americans eat too much sodium. Your body needs a small amount of sodium to work properly, but too much sodium can be bad for your health. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which is a major cause of stroke and heart disease. Despite what many people think, most dietary sodium (over 70%) comes from eating packaged and prepared foods—not from table salt added to food when cooking or eating. The food supply contains too much sodium and Americans who want to consume less sodium can have a difficult time doing so. That is why the U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods. Even though sodium may already be in many packaged foods when you purchase them, you can lower your daily sodium intake by using the Nutrition Facts label.

Look at the Label

Use the Nutrition Facts label as your tool to make informed decisions!

- Know the Daily Value. The Daily Values are reference amounts of nutrients to consume or not to exceed each day. The Daily Value for sodium is less than 2,300 milligrams (mg) per day.
- Use % Daily Value (%DV) as a tool. The %DV is the percentage of the Daily Value for each nutrient in a serving of the food and shows how much of a nutrient contributes to a total daily diet. Use %DV to determine if a serving of the food is high or low in sodium and to compare and choose foods to get less than 100% DV of sodium each day. As a general guide: 5% DV or less of sodium per serving is considered low, and 20% DV or more of sodium per serving is considered high.
- Pay attention to servings. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food. Check the serving size and the number of servings you eat or drink to determine how much sodium you are consuming.

Food Choices Matter!

According to the Centers for Disease Control and Prevention (CDC), **about 40 %** of the sodium consumed by Americans comes from the following foods:

- | | | |
|------------------------|--|--------------------------|
| • Deli meat sandwiches | • Soups | • Pasta mixed dishes |
| • Pizza | • Savory snacks (e.g., chips, crackers, popcorn) | • Burgers |
| • Burritos and tacos | • Poultry | • Egg dishes and omelets |

The sodium content can vary significantly between similar types of foods. Use the Nutrition Facts label to compare products, and don't forget to check the serving size in order to make an accurate comparison.

Sodium as a Food Ingredient

As a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor (including the flavor of other ingredients), and as a preservative. Some common food additives—like monosodium glutamate (MSG), sodium bicarbonate (baking soda), sodium nitrite, and sodium benzoate—also contain sodium and contribute (in lesser amounts) to the total amount of “sodium” listed on the Nutrition Facts label.

Surprisingly, some foods that don't taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food's sodium content. For example, while some foods that are high in sodium (like pickles and soy sauce) taste salty, there are also many foods (like cereals and pastries) that contain sodium but

don't taste salty. Also, some foods that you may eat several times a day (such as breads) can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

Sodium and Blood Pressure

Sodium attracts water, and a high-sodium diet draws water into the bloodstream, which can increase the volume of blood and subsequently your blood pressure. High blood pressure (also known as hypertension) is a condition in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs (such as the heart, kidneys, brain, and eyes). Uncontrolled high blood pressure can raise the risk of heart attack, heart failure, stroke, kidney disease, and blindness. In addition, blood pressure generally rises as you get older, so limiting your sodium intake becomes even more important each year.

10 Easy Tips for Reducing Sodium Consumption

Learning about sodium in foods and exploring new ways to prepare foods can help you achieve your sodium goal. And, if you follow these tips to reduce the amount of sodium you consume, your "taste" for sodium will gradually decrease over time—so eventually, you may not even miss it!

- 1) **Read the Nutrition Facts label:** Compare and choose foods to get less than 100% DV (less than 2,300 mg) of sodium each day.
- 2) **Prepare your own food when you can:** Limit packaged sauces, mixes, and "instant" products (including flavored rice, instant noodles, and ready-made pasta).
- 3) **Add flavor without adding sodium:** Limit the amount of table salt you add to foods when cooking, baking, or at the table. Try no-salt seasoning blends and herbs and spices instead of salt to add flavor to your food.
- 4) **Buy fresh:** Choose fresh meat, poultry, and seafood, rather than processed varieties. Also, check the package on fresh meat and poultry to see if salt water or saline has been added.
- 5) **Watch your veggies:** Buy fresh, frozen (no sauce or seasoning), or low sodium or no-salt-added canned vegetables.
- 6) **Give sodium the "rinse":** Rinse sodium-containing canned foods, such as beans, tuna, and vegetables before eating. This removes some of the sodium.
- 7) **"Unsalt" your snacks:** Choose low sodium or no-salt-added nuts, seeds, and snack products (such as chips and pretzels)—or have carrot or celery sticks instead.
- 8) **Consider your condiments:** Sodium in condiments can add up. Choose light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.
- 9) **Reduce your portion size:** Less food means less sodium. Prepare smaller portions at home and consume less when eating out—choose smaller sizes, split an entrée with a friend, or take home part of your meal.
- 10) **Make lower-sodium choices at restaurants:** Ask for your meal to be prepared without table salt and request that sauces and salad dressings be served "on the side," then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.

Published by the FDA June 2021. For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition's Food and Cosmetic Information Center at 1-888-SAFEFOOD (toll free), Monday through Friday 10 AM to 4 PM ET (except Thursdays from 12:30 PM to 1:30 PM ET and Federal holidays). Or, visit the FDA website at www.fda.gov/educationresource/library



- I used to work at a calendar factory. I got fired because I took too many days off.
- Why did the cookie go to the hospital? Because it felt crummy.
- What do snowmen like for breakfast? Frosted Flakes.
- Why do birds fly south for the winter? It's too far to walk.
- ♦ What did the icy road say to the truck? Want to go for a spin?
- ♦ What did the winter hat say to the scarf? You hang around while I go on ahead.

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Published six times a year for persons receiving services from the Intellectual Disabilities Departments in Lehigh and Northampton Counties.

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

bmadden@arcoflehighnorthampton.org

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Thank you for receiving the newsletter by email. Feel free to share with other people who may find it useful.

The newsletter is also available through the regular mail.

Contact Bob Madden to be included in the newsletter.

Phone: 610-849-8076 (ext. 317).

E-mail:
bmadden@arcoflehighnorthampton.org

