

Lehigh & Northampton OBSERVER



March/April
2022

*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.

Dear Families, Friends and Colleagues:

Moving into March and April means Springtime is right around the corner! As we mark over 2 years dealing with COVID-19, there have been developments. Vaccines are now readily available in the US. Anyone between the ages of 5 and 17 can receive a vaccination with parental consent. All adults age 18 and over can be vaccinated. Everyone age 18 or older can schedule a booster dose six months after being fully vaccinated. By the end of January, 2022 the Department of Health reported more than 20 million doses of COVID vaccine has been administered in Pennsylvania. For more information on this important health topic, including COVID-19 testing, cases, vaccines and boosters please visit www.health.pa.gov.

The Celebration Committee is hosting a virtual award program on March 23, 2022 from 3:30—5 PM. Even though we cannot be together for a luncheon again this year, the Celebration Committee is determined to honor and celebrate the accomplishments of local people with developmental disabilities. Please check page 2 for information on joining the Celebration on Zoom!

This issue of the newsletter has information about vacations, camps and other activities. Though it is still cold outside, it isn't too early to think about summer. Schedules and procedures for activities may change as needed due to the most recent recommendations or mandates. Please be sure to check with individual providers for information on activities and safety protocols .

Happy Spring!

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

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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 safety 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 passcode is CLIU21.

03/23/22, 10 AM—Noon; Procedural safeguards and effective communication

04/20/22, 10 AM—Noon; Lehigh Valley CIL (Center for Independent Living)

5/18/22, 10 AM—Noon; Universal Design for Learning

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.

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.



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.

As part of the PA Family Network's ongoing work, a series of free zoom shops is available.

Safety in the Community Workshop:

March 1, 2022 10:00 am - 12:00 pm

April 5, 2022 6:00 pm - 8:00 pm

Waiver Basics (101) Part 1 Workshop:

March 15, 2022 10:00 am - 12:00 pm

Waiver Basics (101) Part 2 Workshop:

March 15, 2022 1:00 pm - 3:00 pm

Advanced Waiver Part 1 Workshops :

March 2, 2022 6:00 pm - 8:00 pm

March 17, 2022 10:00 am - 12:00 pm

March 21, 2022 6:00 pm - 8:00 pm

March 29, 2022 6:00 pm - 8:00 pm

April 6, 2022 10:00 am - 12:00 pm

April 20, 2022 10:00 am - 12:00 pm

Advanced Waiver Part 2 Workshops:

March 3, 2022 6:00 pm - 8:00 pm

March 17, 2022 1:00 pm - 3:00 pm

March 23, 2022 6:00 pm - 8:00 pm

March 31, 2022 6:00 pm - 8:00 pm

April 6, 2022 1:00 pm - 3:00 pm

April 20, 2022 1:00 pm - 3:00 pm

Transition Workshops:

March 8, 2022 10:00 am - 12:00 pm

April 14, 2022 6:00 pm - 8:00 pm

Long Term Planning Workshops:

March 22, 2022 10:00 am - 12:00 pm

April 25, 2022 6:00 pm - 8:00 pm

Waiver Basics (101) Part 1 FOR SIBLINGS Workshop:

April 11, 2022 6:00 pm - 12:00 pm

Waiver Basics (101) Part 2 FOR SIBLINGS Workshop:

April 12, 2022 6:00 pm - 3:00 pm

Healthy Relationships Workshop:

April 18, 2022 6:00 pm - 8:00 pm

Sibling Good Life Group Meetings:

March 7, 2022 6:30 pm - 8:30 pm

April 4, 2022 6:30 pm - 8:30 pm

Family Forum: Updates:

March 16, 2022 6:30 pm - 7:30 pm

April 20, 2022 6:30 pm - 7:30 pm

Visit www.visionforequality.org/pa-family-network for a calendar of workshops and zoom links to join a free session. Feel free to email the network PAFamilyNetwork@visionforequality.org or call 1-844-PAFAMILY (1-844-723-2645) if you have questions

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

Check The Arc website at www.arcoflehighboroughamton.org and the events section of The Arc's Facebook page for more training announcements and other information!

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

Zoom Workshops Coming Soon

Date: June 9, 10 AM

Title: Understanding Medicaid for Dual Diagnosis and Intellectual disabilities

Presenter: Magellan Health

Date: June 21, 10 AM

Title: Understanding Medicaid for Dual Diagnosis and Intellectual disabilities

Presenter: Magellan Health



To register for an Arc sponsored Zoom workshop, visit the Arc website: www.arcoflehighboroughamton.org. Open the events tab, find your workshop and click the "register here" link to register for your workshop.

LVCIL CAN CONNECT YOU TO ASSISTIVE TECHNOLOGY AND FUNDING MADE EASY!



When it comes to assistive technology (AT), there are often too many options to consider. Making a choice about what might work best can be very overwhelming; considering the high cost of such a purchase makes for an even more stressful experience. Lehigh Valley Center for Independent Living (LVCIL) helps in connecting people to assistive technology through our partnership with TechOWL. TechOWL is a statewide assistive technology program through Temple University's Institute on Disabilities.

To make understanding options easier, TechOWL offers a lending library with hundreds of devices available to be borrowed for a now 9-week period! The items available range from devices that can help with hearing and seeing, to weighted vests, screen reading software, and so much more. Popular items available include iPads, Touchscreen Laptops, Gooseneck mounts, various keyboard models, and multiple versions of the popular GoTalk Speech/Communication device.

The purpose of borrowing devices is to help you learn about the available options and take them for a test run. The library will allow you to learn about a product, try it out, and decide if that device is something worth investing in. You can apply by following these steps using your email address:

- Go to www.techowlpa.org
- Click on the Lending Library
- Choose the GO TO THE NEW LIBRARY

This will take you to another site called **NATADS**. You will have to create a username and password and must have an email address to successfully login. You will also have to enter your address so the appropriate Assistive Technology Resource Center can assist you. In NATADS, you will be able to search and browse the items for loan in the central inventory. You can select up to **5** items at once!

Once you apply for a device on loan, you will receive an email to verify that the request has been submitted.

If you need assistance for any of these steps, or support to learn how to use the device once you borrow it, please reach out to Fatima Nabavian via email- fatimanabavian@lvcil.org- or phone number at 610-770-9781 ext. 123.



The Arc of the United States

Virtual Program Library for People with Disabilities is now Live!

Looking for online activities that someone with disabilities in your life can use to keep busy as the weather cools down? We're excited to share our new [Virtual Program Library](#), a free hub full of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

On this site, people with intellectual and developmental disabilities (IDD) and their caregivers can find and share on-demand activities that they can use whenever it is convenient for them in the comfort of their own homes. Service providers can also find and share resources that they can use to facilitate or deliver live, remote programming for people with IDD.

Topics include arts, community and life skills, health and wellness, virtual clubs, and more.

Visit the hub to check out the resources we have so far and share it with your networks so it can continue to grow into a robust resource for people with disabilities and their supporters!

Visit: www.programlibrary.thearc.org for information and to view resources.



Spirit Club Fitness

[SPIRIT Club](#) is a supportive virtual exercise platform. The club works with individuals and organizations around the country to help make sure that fitness is accessible to EVERYONE. When the pandemic hit, the club transitioned services from primarily in-person to primarily virtual. In order to give members sufficient fitness options that can be done safely from home, the club created *Daily Community Classes* (DCC), which are a set of 9 weekly classes that include Fitness, Yoga, Zumba, Boxing, Meditation, and Healthy Cooking.

Members have unlimited access to all of the DCC which can be watched at any time, with no equipment necessary. The unique teaching style, based on the concept of universal design involves multiple trainers teaching each class, each showing different modifications of every exercise with the goal of maximizing accessibility of our classes (example [HERE](#)). In addition to virtual classes, the club offers virtual personal or partner training! Visit www.spirit-club.com for more information.

Join today and take advantage of the [Pay What You Can](#) pricing model or email the club at join@spirit-club.com to try a free class. **"We can't wait to train with you!"**



Horseback Riding

As with any group activity planned this summer, horseback riding may be affected by conditions and limitations necessary to address the COVID-19 Pandemic. Please contact individual farms to ask about program status and safety precautions.

Equi-librium

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 regularly offers Hippotherapy sessions 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

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

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

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: aliciapramik@gmail.com or visit www.manitocenters.com for more information.

Ready for Summer?

It is not too early to shake off winter to 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. This 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.

Limitations and program changes may be necessary for activities listed due to COVID-19 protocols. Contact individual providers for questions about activities, scheduling and safety.

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, email office@beaconlodge.org or visit www.beaconlodge.com for more information.



Camp Growing Green (Easterseals) — Overnight Located in Delaware Water Gap, PA

Overnight camp held in the Poconos for campers ages 10— Adult. Offered in a series of one-week sessions, Sunday through Friday, July through the beginning of August. COVID safety precautions are in place. Scholarships are available.

Easterseals Camp Growing Green 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.

An optional employment experience track is available for campers who want to explore the world of work by spending part of the day job shadowing in food service, office and retail, or assisting counselors in PEEC summer groups. Campers in the career experience track also participate in our regular camp activities.



For more information contact Emily Gonda (610)289-0114 ext. 209, email camp@esep.org or visit www.easterseals.com/esep, choose "Our Programs" then "Camp and Recreation".

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.

(Continued from page 8)

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 25—August 8, 2022)

Located in Lackawaxen, PA

Lee Mar is a private 7 week residential summer program for campers ages 7-21. The camp offers 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, email ari@leemar.com or visit their website www.leemar.com for information or to register.

Camp Lily (Easterseals)—Day (July and August, 2022)

Located in Allentown, PA

Day camp held on the campus of Cedar Crest College. Offered in a series of one-week sessions, Monday through Friday, from July 5 through August 12.

Camp Lily features a full schedule of arts and crafts activities, swimming, outdoor sports, music, games, science exploration and visits with special guests.

Amenities include air conditioned indoor spaces, large outdoor green space, play areas, swimming pool with certified lifeguard, picnic area and dining hall. Campers will have the option to purchase lunch in the cafeteria or pack their own.

Campers ages 8-21 years. Limited scholarships available. COVID safety precautions in place for summer 2022.



For more information contact Emily Gonda (610)289-0114 ext. 209 or camp@esep.org or visit www.easterseals.com/esep, choose "Our Programs" then "Camp and Recreation".

Camp Ramapo—Overnight (June 26—August 27, 2022)

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 who are affected by social, emotional, or learning challenges, including children on the autism spectrum.

A unique camp community comprised of a diverse mix of children with a broad range of cognitive, social, and emotional abilities. A staff of aspiring educators, social workers and youth-service professionals trained in the renowned Ramapo Approach. A safe, nurturing place that promotes independence and self-confidence, teaches social skills, and most importantly, helps children experience friendship and fun.

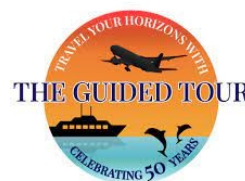
For more information call 845-867-8403, e mail office@ramapoforchildren.org or visit the web site www.ramapoforchildren.org.

The Guided Tour—Guided vacations

Various destinations

Established in 1972, The Guided Tour organizes and escorts groups of people with developmental disabilities take multi-day vacations to destinations around the US. Their motto is “Helping People Grow Together Through Travel”. This year marks The Guided Tour’s 50th Anniversary.

Tours utilize staff with a ratio of 1 guide to 3 vacationers. The Guided Tour staff are paid professionals in the human services field. Many staff members are social workers, therapeutic recreators, direct care personnel, and have been with the program for 15-20 years. Staff will support daily living skills, medications, money management and help the travelers have an amazing, safe vacation. There is a nurse on the majority of vacations.



The 2021 season was scaled back with limited vacations to places like the New Jersey Shore and Adult Resort Encampments. The 2022 season features all the vacation destinations popular with travelers and staff.

The majority of vacations are by plane, leaving from Philadelphia airport. Bus and van trips originate in Philadelphia.

Travel destinations this year include:

- | | |
|-----------------------------------|--------------------------|
| ➤ Aruba (passport needed) | ➤ Las Vegas, NV |
| ➤ Atlantic City, NJ | ➤ Memphis, TN |
| ➤ Branson, MO | ➤ Nashville, TN |
| ➤ Disney Cruise (passport needed) | ➤ New Jersey Shore, NJ |
| ➤ Disney world, Orlando, FL | ➤ Pocono Mountains, PA |
| ➤ Hawaii | ➤ Sea World, Orlando, FL |

There are vacations “on wheels”, adapted for travelers who use wheelchairs, are visually challenged or move at a slow pace.

For information on trips and pricing, [visit www.guidedtour.com](http://www.guidedtour.com).

In order to protect the health and safety of vacationers, all travelers and staff must be fully COVID-19 vaccinated.

Real World, Lehigh Valley—Day Lehigh Valley, PA

The Real World Lehigh Valley is an interactive, transition based summer program for young adults ages 14-25. The summer program focuses on developing and reinforcing essential independent living, life, vocational and leadership skills. The program runs in July and August for 6 consecutive weeks highlights include:

- 6 weeks, 3 days a week.
- Information on independent living, life, vocational and leadership skills topics, including presentations from guest speakers, team building exercises, activities in the community, volunteering and more.

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- Opportunity to build friendships, be social, and have fun!
- Employment is the theme of the summer program!
- RWLV is a great supplement to year-long S2L Group programming!

Applications for the Real World Lehigh Valley are currently being accepted. Acceptance is based upon interview with LVCIL staff. **Program fees apply.**

For more information or to register: Visit www.lvcil.org/rwlv, email s2l@lvcil.org or call or call 610.770.9781 X 130 for information



Camp Via (formally Via Teen Summer Experience) — Day

Lehigh Valley, PA

June 13—August 19, 2022

Registration for Camp Via open. Visit <https://www.vianet.org/teen-experience/> to register.

What Is Camp Via? Camp Via is for teens and young adults, ages 12-21, with varying abilities. Via provides instruction on a variety of skills throughout the program to help participants achieve their personal goals. Camp Via runs from 9am-2pm on the days listed above.

FOCUS ON YOU Our staff work with teens and their families to develop vocational and educational goals, focusing on:

- Occupation awareness through career exploration and interview skills
- Defining and realizing individual goals
- Developing life skills to prepare for a transition from school to adulthood
- Recreational activities to develop socialization among peers

SUMMER FUN Via understands that summer break is meant for fun, so teens participate in a variety of social and creative activities to expand gross and fine motor skills and work on team building, and expand and enhance social skills.

PLANNING FOR THE FUTURE After high school graduation, young adults are faced with a complex system of services that can make the transition to adulthood challenging. Via offers guidance, support and planning services alongside high school transition teams to help create a seamless move to adult life. Teens visit Lehigh Valley employers to learn about job opportunities, employment applications, and the qualifications required for various positions at job sites.

VOLUNTEERING Teens participate in volunteer activities to expand job skills.

HOST AN INFORMATION SESSION

Want to host an information session about Camp Via for your school, group or organization?

For more information, contact:

Michele Ebert, Employment Coordinator
610-628-2326 x 504 | M.Ebert@ViaNet.org



For more information, contact: Michele Ebert, Employment Coordinator | 610-628-2326 x 504, M.Ebert@ViaNet.org



- ◆ How do bees brush their hair? With honeycombs.
- ◆ What do trees say about Springtime? What a re-leaf!
- ◆ Does February like March? No, but April May.
- ◆ What kind of bow can't be tied? A rainbow.
- ◆ I had a dream I was a muffler last night. I woke up exhausted.
- ◆ Did you hear about the guy who invented Lifesavers? He made a mint.

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

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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!

Contact Bob Madden to be included in the newsletter.

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

E-mail: bmadden@arcoflehighnorthampton.org

