

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.



Volume 22, Issue 5

September/October
2022

The Arc of Lehigh and Northampton Counties.

Telephone:
610-849-8076

www.arcoflehighnorthampton.org

Dear Families, Friends and Colleagues:

As the school year starts, we continue returning to more normal activities while taking care of ourselves and loved ones. Important tools for self care include getting vaccinated, handwashing, staying away from others when you are sick, wearing masks and keeping a distance. Masks are not mandatory in most public places, except health care facilities. Visit the CDC web site www.cdc.gov or the PA Department of Health website www.health.pa.gov for updated recommendations and guidance.

Self care isn't only about physical health. Mental health is just as important to living well as any part of our lives. According to Johns Hopkins Medicine, people experiencing depression and anxiety due to the COVID-19 pandemic are not alone. As the pandemic continues and hope for its end is in sight, there are ways to identify mental health issues and get the help you or a loved one needs. Johns Hopkins recommends keeping to a routine and taking care of your self by prioritizing good sleep, good nutrition fresh air and exercise. Find a safe way to socialize and stay connected with people important to your life. Be careful with drugs and alcohol and get help when you need it. Telemedicine has exploded and could be considered a "silver lining" for the pandemic. Teletherapy and telehealth have increased access and helped patients engage with professionals. Remote treatment has proven to be convenient for patients and evidence shows it is quite effective. For more information, visit www.hopkinsmedicine.org.

Speaking of self care and activities, there are some in-person activities highlighted in this newsletter. Check the "Things to Do" section of the newsletter for details.

- Hope Friendship Dances are back! Third Monday of the month. (September—May), 7:00-9:00 PM. See page [7](#) for more information.
- Eastern PA Down Syndrome Center's Lehigh Valley Buddy Walk held at Cedar Crest College in Allentown. October 8th, Cedar Crests College, Allentown. Registration is now open. See page [7](#) for more information.
- Lehigh Valley Phantom's Sled Hockey. Supported by Phantoms Charities, the Phantoms Sled Hockey team is an in-house (no travel) group for young people with physical challenges (ages 5—16) who want to learn about sled hockey. The team practices and plays on the ice at PPL center. See the notice on page [8](#) for more information.

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

Inside this issue:

Election 2022	2
School District Update	3
Zoom Workshops	4
In Your Community	5—6
Things to do	7—9
News To Use	10—11

November 8, 2022



The next general election is November 8, 2022. Polls are open on election day from 7 AM to 8 PM.

This year's general election will choose candidates for Governor, Lieutenant Governor; US senator, US House of Representatives, PA state senators, PA House of Representatives. In addition to these national and state offices there are candidates for local government and local ballot measures.

Do your homework and consider which candidates and ballot measures best represent you, your values and interests. Voter resources are available in local newspapers and on-line.

New voters can register online or get registration forms at places like public libraries, the Department of Motor Vehicles, state and local government offices.

Online voter registration and mail-in ballots are available in Pennsylvania by visiting www.pa.gov/guides/voting-and-elections/

The deadline for new voter registration or updating your voter information in the general election is October 24.

To register and vote you must:

- ◆ be a US Citizen at least 30 days before the next election
- ◆ be resident of Pennsylvania and your election district for at least 30 days before the election
- ◆ be at least 18 years of age on the day of the next election

Update your voter registration if you have:

- ◆ moved or changed your address
- ◆ changed your name
- ◆ changed your political party

New voters are required to show proof of identification the first time they vote, which is not new. To vote on November 8th, you must be registered before October 24th.

Pennsylvania allows registered voters to use a mail-in or early in-person ballot.

- **Applications** to vote by mail must be received by your county election board by 5:00 PM on 11/01/22.
- Properly signed **Mail in Ballots** must be received by your county board of elections by 8:00 PM on 11/08/2022. Postmarks are NOT acceptable proof your ballot arrives in time.

Visit www.pa.gov/guides/voting-and-elections/ for mail in and early in-person voting information.

School Districts across Lehigh and Northampton Counties continue updating information on safe ways to provide education to students. This is an on-going 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.nazareth.k12.pa.us); www.nazareth.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.

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.

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 of Lehigh and Northampton County's Advocacy Department developed an on-going series of virtual workshops, using the Zoom Platform.

Workshops are free. Visit our chapter's Web site at www.arcoflehighboroughampton.org. Choose the Events tab to register. Contact Kodi Berry if you have questions Email: kberry@arcoflehighboroughampton.org or phone: 610-849-8076 ext. 325.

Zoom Workshops Coming Soon

SEPTEMBER:

Pending - Back to School: Hot Topics in Special Education. Date/Time TBA

Wednesday, September 28th at 6:30pm – Meaningful Participation in the IEP for Students with Disabilities & their Families

Presented by: Tanya Alvarado, Esq. with Alvarado Law, LLC

OCTOBER:

Wednesday, October 12th at 6:30pm: Procedural Safeguards within IEP

Presented by: PEAL Center

Wednesday, October 19th at 6:30pm: Goal Writing & Progress Monitoring Students with Disabilities with an IEP

Presented by: Tanya Alvarado, Esq. with Alvarado Law, LLC

NOVEMBER:

Wednesday, November 9th at 6:30pm (round table discussion): IDEA State Complaints vs Due Process

Presented by: Heidi Goldsmith Esq. & Jennifer Bradley, Esq. with Bradley Goldsmith Law, LLC

Visit our website www.arcoflehighboroughampton.org, choose the Events tab for updates and other workshops.

Questions can be sent to Kodi Berry. Email: kberry@arcoflehighboroughampton.org or phone: 610-849-8076 ext. 325.

In Your Community

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

988 Suicide and Crisis Lifeline

988 Suicide and Crisis Lifeline is now available. Anyone experiencing a mental health, substance use, or suicide crisis can call or text 988 or chat with the 988 Suicide and Crisis lifeline at www.988lifeline.org.

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Veterans can press “1” after dialing 988 to connect directly to the Veterans Crisis Lifeline which serves our nation’s Veterans, service members, National Guard and Reserve members, and those who support them. For texts, Veterans should continue to text the Veterans Crisis Lifeline short code: 838255.

The current Lifeline phone number 1-800-273-TALK (8255) will remain available to people in emotional distress or suicidal crisis after July 16 and will route calls 988 indefinitely.

The Lifeline’s network of over 200 crisis centers has been in operation since 2005, and has been proven to be effective. It’s the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

About the Lifeline

The 988 Suicide & Crisis Lifeline is a leader in suicide prevention and mental health crisis care. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention for all, including innovative public messaging, best practices in mental health, and groundbreaking partnerships.

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) and Vibrant Emotional Health launched the Lifeline on January 1, 2005. Vibrant Emotional Health, the administrator of the grant, works with its partners, the National Association of State Mental Health Program Directors (NASMHPD), National Council for Behavioral Health, and others, to manage the project, along with Living Works, Inc., an internationally respected organization specializing in suicide intervention skills training.

The 988 Suicide & Crisis Lifeline is independently evaluated by a federally-funded investigation team from Columbia University’s Research Foundation for Mental Hygiene. The Lifeline receives ongoing consultation and guidance from national suicide prevention experts, consumer advocates, and other stakeholders through the Lifeline’s Steering Committee, Consumer/Survivor Committee, and Standards, Training and Practices Committee.

The 988 Lifeline is available in Spanish language and for people who are Deaf & Hard of Hearing. For TTY users, used your preferred relay service or dial 711 then 988.

To learn more, visit www.fcc.gov/988-suicide-and-crisis-lifeline

October is National Bullying Prevention Month

Join the movement! *The End of Bullying Begins with Me*: that's the message during PACER's National Bullying Prevention Month in October. It's a time when communities can unite nationwide to raise awareness of bullying prevention through events, activities, outreach, and education. Resources from PACER's National Bullying Prevention Center make it easy to take action.

PACER created the campaign in 2006 with a one-week event which has now evolved into a month-long effort that encourages everyone to take an active role in the bullying prevention movement. PACER offers a variety of resources to use during October — and throughout the year — to inspire, educate and involve others to join the movement and prevent bullying where you live. Check out all of the different events and activities and make plans to get involved. **Remember, the End of Bullying Begins With You!**



Show Your Support

[Register](#) your school or organization as a Champion Against Bullying

[Add your name](#) to the digital “The End of Bullying Begins With Me” petition

[Sign up](#) for the Bullying Prevention Newsletter

[Talk in your community](#) about bullying prevention and local activities.

For more information, contact PACER. Visit their website at www.pacer.org/bullying, e mail bullying411@pacer.org or call 888-248-0822



Do you or someone in your family have time and talents to share? Did you know volunteering is a great way for young people to gain work experience? Do you know someone who needs to volunteer for a graduation project? Have you considered volunteering but don't know where to start?

The Volunteer Center of the Lehigh Valley may be the resource you are looking for. Visit their web site at www.volunteerlv.org and view over 400 volunteer opportunities in the Lehigh Valley. The Volunteer Center does not arrange or manage volunteer opportunities in any way. The center lists opportunities and contact information. The rest is up to potential volunteers and organizations that are looking for people.

LOOKING TO VOLUNTEER? - Visit the center's web site and check out available volunteer positions. Once you find an opportunity that looks appealing, you will contact the agency directly, either by phone or email. It is a good idea to contact more than one agency so you can determine the best fit for each of you.

For more information, visit the center's web site, call 610-807-0336 or e mail: vc@volunteerlv.org.



Hope Friendship Dances

Third Monday of the month (September—May)

7:00-9:00 PM

Welcome back to the Hope Friendship Dances!

Can you believe it's been over 2 years since the last Friendship Dance?

The new schedule is out, starting Monday, September 19. The dance on October 17 is a Halloween theme and costumes are welcome.

Come and meet up with old friends and make some new friends! Volunteers are welcome!

Hope Lutheran Church
4131 Lehigh Drive, Cherryville, PA
Admission: \$5.00 a person

No need to register. Please park in the rear of the church & enter from the building's left.

Questions or want to volunteer?

Please call Judy Dieter at 610-767-9170 or dietervj@aol.com

2022 Dates: Sept. 19 Oct. 17 (Halloween Party—Costumes Welcome) Nov. 21 Dec. 19

2023 Dates: January 16 February 20 March 20 April 17 May 15

October 8, 2022



Annual Lehigh Valley Buddy Walk

Cedar Crest College
Allentown, PA

Since 1995, the Buddy Walk® has become the premier advocacy event for Down Syndrome in the United States. It is also the world's most widely recognized public awareness program for the Down Syndrome community.

In 2022, we are celebrating our 23rd Annual Lehigh Valley Buddy Walk® to raise awareness in our community and important funds to support the mission of the Eastern Pennsylvania Down Syndrome Center.

Registration is OPEN here: <https://give.classy.org/EPDSCBuddy22>

Registration for the Buddy Walk® includes an event t-shirt (everyone age 3+), family friendly activities, food trucks, and option to host your own Block Party.



12 to 1:30 PM, registration and block party set-up. The opening ceremony starts at 1:45; walk will step off at 2 PM followed by music, food, family activities/games and ending with the raffle winners announced at 4 PM.

For more information visit www.epdsc.net or call 610-402-0184 to register a walker, a team, or make a donation.



The Phantoms Sled Hockey team is for youth (ages 5-16) with mobility challenges. The Phantoms Charities Board of Directors had a vision of creating a legacy program that would showcase that Hockey is for Everyone! With that in mind, Phantoms Charities hosted community clinics in early 2018 and launched its inaugural season of Phantoms Sled Hockey in the fall of that same year.

Phantoms Charities is dedicated to providing youth with mobility challenges the opportunity to play hockey. USA Hockey Certified Coaches, volunteers and families create a respectful and supportive environment that facilitates teamwork, friendship, physical activity and fun! This team celebrates inclusion. Phantoms Charities provides all necessary equipment to each athlete, and is no cost to families in need. The team is recreational (vs. competitive/traveling) and practices within the PPL Center in Allentown.

Visit the Phantoms hockey website www.phantomshockey.com. Click the Phantoms Charities tab and click Sled Hockey for information and to register. Opportunities to play as an [athlete](#) or to participate as a [volunteer](#) are available!

Schedule: The official schedule will be released late summer. Every effort is being made to have a schedule similar to previous seasons which was twice a month, on Tuesdays, from 6:00-7:00 p.m.

Ice Location: PPL Center – Home of the Lehigh Valley Phantoms. 701 Hamilton St. Allentown, PA 18101

For information, please contact Jennifer Keeble, Executive Director of Phantoms Charities, Phantoms Sled Hockey Team Manager. jkeeble@phantomscharities.org

The Arc of the United States

Virtual Program Library for People with Disabilities is 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.



Lehigh Valley TOPSoccer Club

Fall registration now open

TOPSoccer Club is a community-based training and team placement program for young athletes with Autism Spectrum Disorder, Down Syndrome, or Cerebral Palsy. The program provides meaningful learning, development, and physical participation opportunities to young athletes through the game of soccer.

The **Lehigh Valley TOPSoccer Club** was founded by the parent of a child with special needs who felt that the existing soccer programs in the Lehigh Valley did not come close to serving aspiring players with special needs.

TOPSoccer Club stresses fun, parent involvement, community support, the buddy system and practice. For more information and to register, visit the website web site www.lvtopsoccer.org, or contact:



Program Founder/Coordinator

C.B. Ananthan

1350 Buck Trail Road

Allentown, PA 18104

610-391-1812

administrator@lvtopsoccer.org

Spirit Club Fitness—Remote

[SPIRIT Club](http://www.spiritclub.com) is a supportive virtual exercise platform—you will need a device with internet access to participate. The club works with individuals and organizations around the country to help make sure that fitness is accessible to EVERYONE. When the pandemic hit, they 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 is 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. Visit the Spirit Club website for a sample video. In addition to virtual classes, the club offers virtual personal or partner training!

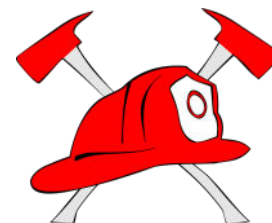
Email the club at join@spirit-club.com if you have questions. Visit virtual.spiritclub.com for more information or to join. “We can't wait to train with you!”



Fire Prevention Week: October 9 — October 15, 2022

According to the [National Fire Protection Association](#),

- ➔ Cooking is the #1 cause of home fires and home fire injuries.
- ➔ Unattended cooking is the leading cause of fires in the kitchen.
- ➔ Scald burns are the second leading cause of all burn injuries. Hot liquids from coffee and even microwave soup can cause devastating injuries.



COOKING SAFETY MATTERS

STAY focused on the food.

Unattended cooking is the leading cause of fires in the kitchen.

- Stay in the kitchen when you are frying, boiling, grilling or broiling food. Turn off the burner if you leave the kitchen—even for a short period of time.
- If you are simmering, baking, or roasting food, check it regularly and stay in the home.
- Use a timer to remind you that you are cooking or carry around a wooden spoon as a reminder.
- If you are sleepy, have consumed alcohol or have taking medication that makes you drowsy, don't cook. Place a delivery order!



KEEP cooking areas clear.

Clear away clutter and give cooking appliances space to lessen the chance of a kitchen fire.

- Keep anything that can catch fire—oven mitts, wooden utensils, food wrappers, towels, curtains, etc.—away from the stovetop.
- Loose clothing can hang down onto stove burners and catch fire. Wear short, close fitting or tightly rolled sleeves when cooking.
- Have a “kid free zone” at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Keep pets off cooking surfaces and nearby counter tops.
- Clean up food and grease from burners and counter tops.

PUT a lid on it

You can take simple steps to keep a small kitchen fire from getting out of control

- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until it is cool.
- Never discharge a portable fire extinguisher into a grease fire because it will spread the fire.
- In case of an oven fire, turn off the heat and keep the door closed until the oven is cool. After the fire, have the oven serviced before using it again.
- If you have a microwave oven fire, turn the appliance off immediately and keep the oven door closed. Have the microwave oven serviced before using it again.

PREVENT scalds and burns

Hot liquids and steam from stoves or ovens can cause devastating injuries.

- Turn pot handles away from the stove's edge.
- Keep hot foods and liquids away from table and counter edges.
- Keep your face away from the oven door when checking or removing food so heat or steam does not cause burns.
- Open microwaved food slowly, away from your face. Let food cool before eating.
- Keep appliance chords coiled and away from counter edges.

Information from the National Fire Protecting Association. Visit www.nfpa.org other ideas and resources.

Don't forget smoke alarms and evacuation plans

Smoke Alarms Save Lives

- ☑ Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- ☑ Teach children what smoke alarms sound like and what to do when they hear one.
- ☑ Once a month check each smoke alarm by pushing the test button.
- ☑ Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps — warning the battery is low.
- ☑ Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- ☑ Carbon monoxide alarms are not a substitute for smoke alarms. However, dual purpose smoke/carbon monoxide alarms are available.

Fire Escape Planning

- ☑ Ensure that all household members know two ways to escape from every room of your home.
- ☑ Make sure everyone knows where to meet outside in case of fire.
- ☑ Practice escaping from your home at least twice a year and at different times of the day.
- ☑ Make sure everyone knows how and when to dial 9-1-1.
- ☑ Teach household members to STOP, DROP, and ROLL if their clothes should catch on fire.





- Did you hear there was a fire at the German sausage factory? Things went from brat to wurst.
- Why do you never see elephants hiding in trees? They are really good at it.
- How does NASA organize a Halloween party? They planet.
- How do you fix a broken pumpkin? With a pumpkin patch.
- Why did the dentist hand out lots of Halloween candy? It was good for business.

Lehigh & Northampton OBSERVER

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

Funded by Lehigh & Northampton Counties' MH/ID Departments under contract with The Arc of Lehigh and Northampton Counties, Inc.

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

