

The Advocacy Insider

Fall 2021

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Message From The Chairperson

We are
Thankful for
YOU!



Hello and happy fall. I hope you and your loved ones are enjoying fun autumn activities available in your area. The Arc Alliance has recently added a new section to their website. Under the 'News/Activities' header, click the link for 'Community Activities'. You'll be directed to the Community-Sponsored Activities, Events, and Trainings calendar. This is a great resource is for individuals, parents, siblings, and staff. There are community events, support groups (in-person and digitally), virtual activities, and webinars for many different interests and needs. The calendar is updated weekly, so please check back frequently for new additions. To view the calendar visit:

<https://thearcalliance.org/activities/> Have a wonderful holiday season!

Sincerely, Dan West Board Chairperson- The Arc Alliance Advocacy Services

PA Family Network Vision for Equality

Upcoming Events

When: Nov 23 @ 6:00pm

What: Future Planning- Plan and problem solve for if/when we cannot support our loved one with ID and/or autism, connect and network with other families, get information and strategies on handling long-term planning (no legal or financial advice will be offered), discuss and receive guidance on how to identify and share what is most important to our loved ones to live a meaningful life.

When: Nov 29 @ 10am (Part 1) & Nov 29 @ 6pm (Part 2)

What: Waiver Basics (2-Part Workshop)- Learn how waivers can support your loved ones.

When: Dec 15 @ 6:30pm

What: Family Forum Updates- Join the PA Family Network Advisors, families and individuals with disabilities to discuss experiences and the impact of COVID -19 on our lives; network with other families and to ask questions; get latest updates from the Office of Developmental Programs (ODP).

Where (for all events): via Zoom-
www.visionforequality.org/organizer/pa-family-network/



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Did you know?

Do you need assistance with health care, food, or home & community services? If so, **COMPASS** is an online tool for Pennsylvanians to apply for many health and human service programs and manage (or renew) benefit information. Visit **COMPASS** at: www.compass.state.pa.us/ or speak to your SC for more information.

Achieve with us.®



The Arc Alliance SCO Digital Mailing List

The Arc Alliance created an SCO digital mailing list as a way to inform individuals, caretakers, and providers about neighborhood events, social activities, trainings, and info for the ID/Autism community. The goal of the SCO digital mailing list is to get these resources directly into the hands of those who are interested. If you'd like to sign up for the email list please enter the blue link into your internet browser or scan the QR code with your phone's camera.

<https://tinyurl.com/t5duv7kn>

The Arc Alliance Store



The Arc Alliance now has an online store. Support The Arc Alliance and pick up some fun new merchandise. T-shirts, bags, hats, water bottles, and mugs are available for purchase. Purchased items will be shipped directly to your home. Multiple colors, sizes, and styles are available. To purchase an item, please visit:

<https://thearcalliance.org/store/>



Visit Us Online!

<http://thearcalliance.org/>
<https://www.facebook.com/arcalliance/>

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In the Spotlight: Meet Mandi



Amanda F., better known as Mandi, is a 32-year-old young lady who has an infectious-positive attitude and is rarely seen without a smile on her face. Mandi enjoys spending most of her free time outdoors. One of her favorite outdoor activities is fishing. Don't worry, Mandi always throws her catch back in the water! She loves to hike, kayak, go tubing, and just hang out with friends.

Some of Mandi's proudest achievements are the Special Olympics medals she earned while participating in events all across the state. Mandi participated at the state level for track and field, speed skating, and volleyball. She has a total of 29 medals: 16 gold, 6 silver, and 7 bronze.



Mandi works at Giant as a grocery bagger. She loves bagging, because she enjoys being around the customers and her co-workers. Mandi has incredible work ethic and takes pride in a job well done. Her friendly and outgoing personality make her a customer favorite.



Interested in community employment? Contact your SC or the **Office of Vocational Rehabilitation (OVR)**: Norristown Office (serving Bucks, Chester, Delaware, & Montgomery counties) 484-250-4340, Philadelphia County: 215-560-1900. Reading Office (serving Berks County) 2610-621-5800. Interested in joining or volunteering for the **Special Olympics**? Visit: <https://www.specialolympics.org/> or call (610) 630-9450 for more details.

The Arc Alliance's Color & Light Fundraiser



Once again, The Arc Alliance has partnered with Lynch Creek Farm for your holiday decorating needs. Lynch Creek Farm offers beautiful, hand-crafted wreaths, centerpieces, table trees, and garland that will last throughout the holiday season and beyond. They also offer wreath-hanging accessories and other home décor to brighten up your holiday season. **Lynch Creek Farm is donating 15% of each purchase to The Arc Alliance.** Your purchase helps make your home festive while allowing us to help more individuals and families in need. Shop now by visiting:

www.lynchcreekfundraising.com/c/284114

If you'd like to establish a fundraiser through your business, please contact: **Stacy Cole** at scole@thearcalliance.org.

Looking For Supports Coordination Services?

A diagnosis of an intellectual disability, autism, or developmental disability and a medical assessment stating level of need are required.

Contact Your County's Intake Office:

Berks 610-236-0530 Montgomery 610-278-5666
 Chester 610-344-6029 Delaware 610-713-2451
 Bucks 215-444-2850 Philadelphia 215-685-4677

The Arc Alliance

We strive to support families and individuals of all ages with developmental disabilities and other disabilities by providing exceptional personal services, support and training; inspiring hope, potential, and well-being; ensuring valued life experiences and treatment expected by all people.

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Fall Baking: Owl Cupcakes

YIELDS: 24 CUPCAKES PREP TIME: 10 MINS TOTAL TIME: 1 HOUR & 20 MINS



INGREDIENTS

- 1 (16-oz.) tub chocolate frosting
- 24 Oreos, halved
- 48 chocolate mini M&Ms
- 24 orange mini M&Ms

1 box chocolate cake batter, plus ingredients called for on box

DIRECTIONS:

1. Preheat oven to 350° and line two 12-cup muffin tins with black cupcake liners. Prepare cupcake batter according to package directions.
2. Scoop cupcake batter into liners and bake until a toothpick inserted in the center comes out clean, approximately 22-25 minutes. Let cool.
3. Frost cupcakes with chocolate frosting, making two swooshes on top for ears
4. Top with Oreo halves, icing-side up for eyes. Dot the bottom of chocolate mini M&Ms with frosting and place on top of Oreo halves for eyeballs.
5. Place an orange mini M&M for the nose.



Details can be found at:

<https://www.delish.com/cooking/recipe-ideas/recipes/a55250/owl-cupcakes-recipe/>

Work Incentives Planning and Assistance (WIPA)

WIPA helps people with disabilities make informed employment decisions by providing information and support about work and benefits. People who utilize WIPA's services can be seeking employment or already employed.

Each WIPA agency has a Regional Community Work Incentive Coordinator (CWIC) who provides in-depth counseling about benefits and employment's effect on benefits, conducts outreach efforts to SSI and SSDI recipients who are potentially eligible to participate in federal or state work incentive programs, and works in cooperation with federal, state and private agencies and nonprofit organizations that serve SSI and SSDI beneficiaries with disabilities.

The CWIC contacts are below, depending upon which county someone lives:

Disability Rights PA serves Berks, Bucks, & Montgomery counties. For more info contact **Phyllis Hilley** (CWIC) at philly@disabilityrightspa.org or 1-800-692-7443 x309.

Full Circle Employment Solutions LLC serves Delaware, Chester, and Philadelphia counties. Contact **Ruchi Edwards** (CWIC) at ruchi.edwards@fullcircledc.com or 888-466-2942 x20 for more info.

