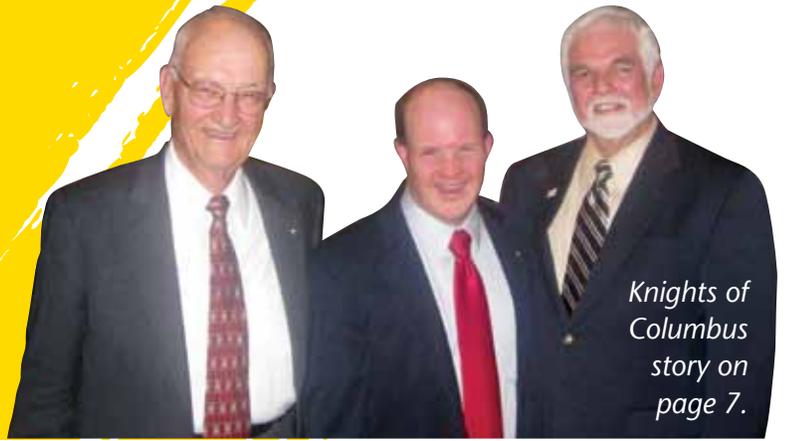


# The Articulate



Knights of Columbus story on page 7.

Joe and John Angelo – Guest Speakers

## Tis the Season



It happens. It just happens..... We promise to always keep the festive in Christmas and vow that traditions will always be cherished. Ancient customs of the fresh cut pine tree, and elaborate "exterior illuminations", ( a term borrowed from Mr. Clark Griswold), and family gatherings for making cookies, fruitcake, etc, etc. will be honored.....forever. Promise.

It happens without warning. Slowly, year after year, the resolve to remain in the spirit quietly erodes. This erosion begins with a single loose bulb in the tangled strand of 500 miniature Christmas lights. With a sigh, and 3 hours of frustration, the one culprit is found and replaced. Ah yes- success! With the glee and pride, the holiday stage is set once again. Deck the Halls! Lights go up, the tree is tinsel and bowed.

Then year after year, you fix lights. All the cumulative hours of pulling tiny bulbs from sockets, provides the perfect time to devise a new plan, an easier way. You tell yourself that this will be the last year you fool with the lights and you vow to buy all new lights at the 50% off sale

December 26th. But for one reason or another, the season ends, the sales are over and no new lights. November comes along again and you will not, absolutely not fool with the tangled mess again. The heck with those lights. Why candles in the windows are lovely and simple, an elegant festive display without frustration.

The evolution moves forward, takes off now in a rampant pace. Once the lights have gone by the wayside, the rest is easy. Cherished, handpicked decorations that haven't been out of the box in years are donated or discarded. The fresh cut pine tree becomes the artificial, pre-lit easy up charm. Even the tree, ( you won't want to hear this), evolves further down the line to the ceramic, or fiber optic 3 foot table top model. Looks lovely- and you simply get it out of storage, pull off the plastic cover, place it on the table and enjoy! Might as well turn on Mitch Miller too, (ask your grandparents).

But then...a thought provoking debates ensue. How did this happen? How could this happen? You assume it must happen to everyone as they grow older. See the Jones' house? It was once lit up in a holiday display that rivaled Macy's. Now only candles in the windows. The Jones must be getting older..... How sad.

And just like that, the spirit of

the season seems to have been reduced to a candle, candy dish and table top tree. But it doesn't feel the same. Doesn't feel like it use to when every hall, every inch was decked with holly and ivy.

Then early one dark winter evening the light from the window candle catches your eye. The glow changes the room to shades of Christmas warmth. Christmas warmth, it's the fire glow, the only lights but tree. The candle glow pulls you in and is a moment of awe you feel it, all the holidays past are touched as the spirit of the season is awakened. Wow- the Grinch was right. It's not the lights, the dazzling gazoobers, or tink-tinkers. It's a welcoming heart.

**Merry Christmas to all and to all a Good Night.**

– Maryclaire Kretsch



Northeastern Pennsylvania

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# President's Message



Greetings from the President's desk...

This is the time of the year for reflecting and being thankful for our blessings. Every person working for The Arc is so very special. The care and commitment given to the consumers is unsurpassed. Working

at The Arc isn't just a job—it is a challenge that is met every day in every way.

In addition, the volunteers have done so much throughout the year to not only raise money, but to have fun doing it. They are constantly finding new ways to entertain, have fun and raise money at the same time. What a great group!!

With continuing cuts in funding The Arc has needed to adjust programs and services. More than ever your support is so needed. Please consider a gift to the Arc of NEPA Foundation. Your gift will be greatly appreciated. Thank you so much for any amount that you would consider—you know that it will be put to good use.

*My wish to all of you is a very Happy, Healthy Holiday Season and New Year.*

Respectfully,  
Carol Chisdak, President



## Exec's Corner

It's hard to believe but it's that time of year again. The Holiday Season is upon us, and we have so much to be thankful for. It was this time last year when we received notice of serious

budget cuts that at the time seemed devastating. We buckled down, retightened the belt, and cost cut wherever we could. We have had such support from family, friends, and the community at large, its boggles the mind. It seems everyone has stood up to help.

There are so many to thank. Our hardworking and tireless Auxiliary, the Scranton Area Foundation, the Briggs Foundation, the Weinberg Foundation, PNC, Pennstar, Penn Security, Wells Fargo, the Dental Society, Cards for Charity, UNICO, Gerrity's, the Knights of Columbus, Kiwanis Club of Scranton, our two Boards of Directors, our fabulous staff and volunteers, our funding sources in Lackawanna, Susquehanna, Carbon, Monroe and Pike Counties, the United Ways in Lackawanna, Wayne and Carbon Counties, and so many families and friends, too many to mention.

***This was any extraordinary year, one filled with budget cuts and pain, but also one with hope, joy, anticipation, and support. We will forever be grateful.***

Not only were budgets and program growth limited,

but a number of licensing regulators tightened. I am proud to report that we did extremely well under those new licensing regulations. Day Services, Residential, and Life Sharing inspections went off without a glitch. Congratulations to all involved! We are very proud of our excellent reputation in the provision of services, programs, community supports, and advocacy.

In my humble opinion, The Arc at all levels, local, state, and national and now international is the world leader in the provision of services, program, and advocacy for people with Intellectual Disabilities and their families. It came clear to me at the recent National Convention in Washington DC in which over 1,000 participants attended, just how strong we are in this movement worldwide. The Arc of US has joined with Inclusion International to become a major player on the world stage.

That is so very exciting. We are a small part of that greater whole whose purpose it is to fully include our constituents into every aspect of community life. I report to you, that we are doing our job at the local level as best we can and thanks to any understanding, supportive and welcoming community, we are very proud of what we do and how we do it.

To you and yours, have a very Joyous and Blessed Holiday Season.

Respectfully Yours,  
Don Broderick

# The Importance of Maintaining a Healthy Weight



Maintaining a healthy weight is not about dieting, it's about a lifestyle. Weight concerns are often highlighted around the holidays as we are eating more and exercising less.

This is also the season when we'll see countless articles about holiday weight gain. It's commonly believed that Americans gain, on average, 5-10 pounds between Thanksgiving and New Year's. It turns out that the average gain is closer to 1 pound — but that, according to a study, is a pound you never lose. After a few decades that

annual pound can lead to obesity.

So how do you know if your weight is healthy? One way to begin to determine whether your weight is a healthy one is to calculate your "body mass index" (BMI). For most people, BMI is a reliable indicator of body fatness. It is calculated based on your height and weight.

To calculate BMI: simply divide your weight in pounds (lbs.) by your height in inches (in) squared and multiply by a conversion factor of 703. Here is an example:

**Weight = 150 lbs.**

**Height = 5'5" (65")**

**Calculation:**

$$[150 \div (65)^2] \times 703 = 24.96$$

If your BMI is less than 18.5, it falls within the "underweight" range. If your BMI is 18.5 to 24.9, it falls within the "normal" or healthy weight range. If your BMI is 25.0 to 29.9, it falls within the "overweight" range. If your BMI is 30.0 or higher, it falls within the "obese" range.

Another way to assess your weight is to measure your waist size. Your waistline may tell you that you have a higher risk of developing obesity-related conditions if you are:

- A man whose waist circumference is more than 40 inches
- A non-pregnant woman whose waist circumference is more than 35 inches

Excessive abdominal fat is serious because it places you at greater risk for developing obesity-related conditions such as Type 2 Diabetes, high blood cholesterol, high triglycerides, high blood pressure, and coronary artery disease. Individuals who have excessive abdominal fat should consult with their physicians, dietician, or other health care providers to develop a plan for losing weight.

*ConnectCare3 –  
Your Personal Healthcare Advocate*

## Happy Holidays!

The holiday season is more than getting caught up in rampant commercialism, keeping up with the Jones' and rushing, here and there, trying to maintain our hectic schedules. We should all jump off the speeding train and take time to appreciate the true meaning of the season and be thankful for what we have.

### ***This is what Christmas spirit is all about.***

It is a time to give of yourself, your time and your love, and give of your worldly possessions. No gift can accurately reflect the love we feel for those who are near and dear to us, we can show them that they matter by spending time and laughs together.

The weekend of December 7th the Recreation Department held the annual Holiday Parties in both Lackawanna and Carbon Counties.

The weather outside was rainy and dreary for both parties, but inside both Fiorellis and the VFW, the rooms were full of warmth. The rooms were beautifully decorated with Christmas Trees, Bows and Garland, but what shined the most were the smiles, the joy and the happiness that filled the rooms. Friends and families excited to share another Holiday together in the true meaning of the Holidays.

Adding to the spirit of the season, a man dressed in a red suit appeared with a smile and a hardy HO, HO, HO while dancing around the dance floor. Each guest had time for a picture with Santa and received a gift. After all the Santa excitement, everyone put on their dancing shoes and rocked around the Christmas tree until the party came to an end. We hoped everyone enjoyed the Holiday parties as much as we did! Thanks to all our volunteers who offered



their time to enhance our holiday spirit!

I want to take a moment to reflect on how truly blessed I am to have the opportunities to share my life with the people we serve and their families. Many laughs and sheer joy has been shared throughout the year!

On behalf of The Arc Recreation, I would like to wish everyone Happy Holidays and a very Safe and Prosperous New Year!

# Music, Music, Music

Music came in triplicate this Fall...  
Dan & Galla, Bill Frye and Janice  
Gambo Chesna!

There is nothing quite as emotional as seeing so many happy folks dancing and singing to their favorite ole' time songs. Dan & Galla, who perform at the Penna. State Fairs, shared their talents and love of music at the day program and the Thursday evening recreation. Several staff commented that they had never seen so many individuals participating with such enthusiasm at an event. Music has that effect! Bill Frye added yet another dimension with his guitar and assistant, Corey. Again, the group was clapping, dancing and singing. It seems that during these hour long events, stress is gone, tensions are released and the world seems like the happiest place. The third program was the entertainment for the Red Hat Ladies Luncheon – our dear friend, Janice Gambo Chesna. Janice lovingly engages all of the ladies; each one sings a solo and within moments everyone is connected in a place that is zone of pure peace, contentment and full of laughter.

We are so grateful to all three of these groups who so willingly share their love of music with us and sincerely hope that this will be an ongoing and integral part of all of our services here at The Arc.



## Disability Rights Network Conference

Attorney Kelly Darr, Lead Attorney with the Harrisburg Based Disability Rights Network. This Down Linked Conference opportunity was made available by our Friends at IU#18 in Wilkes Barre. Linda spoke about contemporary, important special education issued litigated by DRN.

# Consider Your Wallet During the Holidays

Are you crazy for the holidays, spending thousands of dollars on holiday gifts, lights, entertaining, food and decorations each year? If so, you're not alone. Many Americans feel the sting of holiday spending well into the new year. If you love to celebrate the holidays but don't love the financial pinch you experience afterward, there are several great tricks for giving and celebrating, without breaking the bank.

So when you're out battling the holiday crowds and heading to social commitments with family and friends, consider your wallet and protect your budget with these simple tips:

1. Know your limit. Sit down and plan out your holiday budget before you head to the malls this year. Gifts, large or small, can really add up, leaving you with a hefty bill at the end of the season. Use this free Holiday Budget Calculator to estimate how much you plan to spend on presents. Then keep track of your spending using this Gift Log.

2. Plan ahead. You've done your budget and you're ready to tackle the crowds. Here are a few ways to save on shopping, whether online or in the stores:

Look for special "savings days" at your favorite retail stores.

- Use coupons from your newspaper, online or in-store.
- Take advantage of free shipping with online purchases.
- Buy gifts throughout the year, not just during the peak season.

3. Trim your list. Do you really need to exchange gifts with everyone in your family? Consider cutting your list back this year. Or suggest giving a group gift to certain members of your family rather than individual gifts. Just because you had a long gift list last year doesn't mean you need to repeat it this year. You may find that other members of your family love the idea.

4. Reduce your stress. The holiday season is stressful enough with demands from family and friends, not to mention social commitments for work or other groups. Try to plan ahead as much as possible, avoiding last-minute buys will impact your budget. Also remember to maintain your daily routines to keep stress levels low. If you usually take a



walk or go to the gym every day, take the time to continue the habit during the hectic holiday months.

5. Enjoy the season. In the end, the holidays are all about enjoying friends and family. Staying focused on time with loved ones and other joys of the season can help you to keep stress in perspective. If you are hosting holiday parties at your home, use this Entertainment Planner to plan for the costs. Rather than feeling obligated to host an event every year, suggest a rotation for who will host holiday gatherings. And remember that it's much better to keep spending down and stick to your budget. It's a great feeling to start off the new year on the right financial foot.

For more information, or use of the links mentioned in this article please visit – <http://www.practicalmoneyskills.com>

## Staying Safe and Healthy on New Year's Eve

By Donna Cardillo, RN, MA

Whether you like to "party" on New Year's eve or not, here are some tips to keep you and your loved ones safe and healthy as you ring in 2013.

### On New Year's Eve:

**Stay off the roads** if possible – even if you're sober. To some folks New Year's Eve – day and night – is an excuse to imbibe starting at daytime office parties, with neighbors, at home and so on. When I worked in the ER, we would start treating victims of auto accidents involving intoxicated drivers early in the morning on New Year's Eve and continued throughout the daytime into the night.

**If drinking, pace yourself.** Make

each drink last. Consider adding a lemon-lime soda to your beer to dilute or "extend" it, or adding more club soda/tonic to your alcoholic drink as you consume it. Alternate alcoholic drinks with soft drinks. I often drink plain tonic and lime at parties so I have a drink in my hand but no one knows I'm tea-totaling. Besides, there's no rule that says you have to consume alcohol on New Year's Eve.

**Snack while drinking.** Consume high protein foods like peanuts, cheese and meat to slow down the absorption of alcohol in your digestive track. Don't ever drink on an empty stomach.

**Know that coffee doesn't "sober you up."** Although it is a stimulant and can potentially make you more alert if

you're sleepy, it does not speed up the metabolism of alcohol in your blood stream. So alert or not, you will still be impaired if you drink too much. And if you are mixing caffeinated energy drinks with alcohol, you are playing Russian roulette with your health and your life by potentially disrupting your heart's rhythm. It's a recipe for disaster.

**Remember that alcohol has side effects.** Even one drink can cause dizziness, sleepiness, headaches, stomach upset and more. Consuming large amounts of alcohol in a short amount of time can even be fatal.

**If you're hosting a party,** arrange transportation for guests to get

(Continued on page 6)

# "Kane is Able" Makes Holiday Contribution to the Arc

On Thursday, December 13, 2012, nine volunteers from the Kane company volunteered their time and talents to help out with a few painting projects at Meadow Avenue.

"Team Kane", as their shirts

advertised, painted the cafeteria and also turned an outdated large wall mural in the Adult Day Program into a "chalkboard wall", using chalkboard paint, so that program participants can work interactively with their Group Leaders to express their

creativity over and over again!

The Arc family is pleased to have connected with the fine folks from Kane, and we hope to collaborate on additional projects in the future.



## Staying Safe and Healthy on New Year's Eve

(Continued from page 5)

home, offer to pay for a cab, or make overnight arrangements for them. If you're serving alcohol, it's your moral and legal responsibility to be sure your guests get home safely or stay put.

**Don't drink and drive** – pure and simple. Not only does alcohol dull your senses, your reflexes and your judgment, it also makes you less aware of how impaired you actually are – a vicious cycle. If going out, have a designated sober driver (friend or hired driver), or take a cab home afterwards even if you have to come back for your car another time. Better yet, leave your car at home and take a cab both ways. Many towns offer free public transportation on New Year's Eve, too.

**Words of caution:** Consuming alcohol while taking other drugs – prescribed or otherwise – can enhance the impact of alcohol on your system and result in serious side effects from the interaction. Proceed with extreme

caution. If someone you know does become very intoxicated, simply letting them "sleep it off" may not be enough. Someone should monitor them. Fatalities have occurred when an intoxicated person vomits while asleep and chokes or develops a very low heart rate.

### **The Day After:**

**Hydrate yourself.** Alcohol is a diuretic (as is caffeine) and can deplete your body of vital fluids and nutrients. If you did stay up too late and drink too much, drink plenty of non-alcoholic, non-caffeinated beverages such as water, fruit and vegetable juice, herbal tea with lemon and honey, bouillon, sports drinks etc. The "hair of the dog" theory (drinking more alcohol to cure a hangover) only delays the inevitable and is not recommended.

**Get proper rest.** After pushing your physical limits with extra food, drinking and partying, your body needs some

down time to regain it's equilibrium and de-stress. You may experience residual symptoms the day after such as grogginess, dizziness, gastric upset and headache. If possible, avoid using analgesics which can irritate your stomach or react adversely with residual alcohol in your system.

**Eat right.** Eggs have been reported to soften the effects of a hangover because of an amino acid called cysteine. Crackers and other light carbohydrates can ease a queasy stomach. Bananas can also soothe your gut and provide needed sugar and nutrition.

**Take your vitamins.** Since overindulging can result in a weakened immune system and depleted nutrients, consider helping your body heal by taking supplements that contain the B vitamins, C and magnesium.

**Have a happy, safe and healthy 2013!**

## Around the Arc - Goodies and Tid Bits...

The First Annual Arc Family Fun Bowling event, "Spares that Care," was recently held in November and it was a great success! Everyone had loads of fun and we nearly filled all the lanes at Valley Bowling in Carbondale. Thank you to the very dedicated group of committee members who worked diligently and made it work. We are looking forward to an encore... With this in mind - The Arc submitted a proposal to Leadership Lackawanna to enhance our community education efforts. The Arc is proud to have been chosen as one of Leadership Lackawanna's service projects! Thirty-four high school students from 15 area schools will be planning a similar event in the Spring. We are thrilled for this opportunity as well as a chance to continue to spread to the word and raise some needed funds.

As most of you know, The Recreation department which includes Summer Camp was hit hard by the budget cuts seen earlier in the year and on top of those cuts, we serve eight children with Autism who lost all of their funding for Summer Camp services. Many friends of The Arc have helped bridge the gap we were facing. The donations were extremely generous and for that we are very grateful. Just recently, we have been notified that we are the recipients of a grant from the Maryland Small Grants Program through the Harry and Jeannette Weinberg Foundation. This grant will assist us to continue a vital service to the children and adults we serve.

The End of the Year Foundation solicitation has hopefully reached your mailboxes. We are asking for donations to support our Advocacy department. Advocacy provides information, resources and supports to children and adults with intellectual and developmental disabilities and their families. It is the common thread between all The Arcs,

but remains behind the scenes and is often confusing for people to understand. We received a growing amount of requests in 2012. As we face these difficult economic times, we will continue to provide: Information and Referral; Individual Advocacy; Systems Advocacy and Governmental Affairs; Public Awareness and Community Education. People call us and count on us to help them with their critical needs. With your continued support, we will be here to help.

The Friends of The Arc Auxiliary Education Committee has visited with several hundred students over the

Fall. They traveled to Tunkhannock, Old Forge and Scranton. Along with Sara Wolff, their messages of Respect, Ability and Inclusion are all ways of introducing similarities as well as differences in children with disabilities. With these messages, there is a hope of reducing and eliminating the incidence of bullying.

Recently, The Auxiliary held its Membership Mixer at La Buona Vita. Agnes Cummings and Irish Dancers delighted the crowd with phenomenal entertainment. Eighteen new members joined the Auxiliary!

## Night at the Races

The First Annual Night at the Races was held on November 17th at Lackawanna College and it was a spectacular event! Representative Sid Michaels Kavulich was the emcee who assisted in making the evening run smoothly and efficiently while the committee worked tirelessly and endlessly. Huge kudos to the Auxiliary for a lot of time, effort and hard work that went into this event. Great fund raiser!



## Knights of Columbus

The Knights of Columbus Appreciation Dinner was held on November 16, 2012.

These fine gentlemen from several area councils help The Arc to raise needed funds for programs and services. They have the Measure-Up campaign which is held in the Spring, coin canisters and Arc-Knight. Their dedication to our organization for over the past 30 years is outstanding. We are very pleased with all their continued support.



*Pictured: Standing – Richard Kovaleski; George Schneider, Sr.; Charlie Vagnarelli; Don Broderick; Mark McDade; Peter Kanton; Michael Polednak; James Straub, Jr. Seated: Anthony Spataro; George Schneider, Jr.; Joe Angelo; John Angelo; Roger Getts; Eileen Rempe.*



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*Sign Up!*

## Membership is the key...

You can help. Become a member of The Arc of Northeastern Pennsylvania today. Benefits include:

- National, state, and local newsletters with current information on intellectual and developmental disabilities.
- The opportunity to participate in The Arc affairs at a local, state, and national level.
- Attend conferences, conventions, and seminars at a reduced cost.
- Discount prices on publications.
- Insurances services, credit card program, and free one year subscription to ABILITY digital magazine.

*Stay Informed!*

### Membership Registration

New Member      Renewal

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

- Type of Membership
- \$25.00 - \$49.99 Friend
  - \$50.00 - \$99.99 Sponsor
  - \$100.00 - \$499.99 Supporter
  - \$500.00 - \$999.99 Benefactor
  - \$1,000.00 + Partner

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