



The Arc of Cumberland & Perry Counties

Chatter

A CPARC Newsletter

December 2018



Home brewers and guests had a wonderful time at the 2018 Spirits of the Community Home Brew Festival & Competition!

HOME BREW EVENT SHOWCASES FUNDRAISING 'SPIRIT'

Thanks to our supportive community, generous sponsors, talented home brewers, and awesome volunteers, the 2018 Spirits of the Community Home Brew Festival & Competition was a huge success! The event, which took place October 13 at the S. Wilson Pollock Center for Industrial Training (PCIT), raised \$15,975 for the CPARC Foundation, which supports the programs and services of CPARC.

About 30 home brewers went head-to-head in the "Best in Show" competition, which was sanctioned by the Beer Judge Certification Program (BJCP). Four BJCP judges from across the region tasted and scored the entries. Congratulations to the first, second, and third place BJCP "Best in Show" winners: **Jeremy Winn** (Weissbier), **Brent Baskin** (Wild Specialty), and **Tim Billman** (Fruit & Spice). Each winner received a medal and a cash prize.

Judging did not stop there! Each brewer entered up to three of their brews for guests to sample as part of the "People's Choice" contest. While guests mingled and tasted different beers, they also voted for their favorite recipe. Congratulations to "People's Choice" winners: **Kristen Richards**

(Berry White Kettle Fruit), **Josh Yeckley** (Chocolate Chipotle Stout), and **Jacob Hornick** (Midnight Resurrection). They also received a medal and a cash prize.

When guests were not sampling brews, they enjoyed delicious food from Karns Quality Foods that was prepared by The Sassy Gourmet, PCIT's catering services that employs people with and without disabilities. They also bid on their favorite items in a silent auction and enjoyed music. New this year was the opportunity for mobile giving. Guests could use their cell phones to make donations directly to the CPARC Foundation.

If you weren't able to make it to this year's event but would like to support the CPARC Foundation, visit www.cparcfoundation.org or text **CPARC** to **56512** (message & data rates apply; unsubscribe at any time).

The CPARC Foundation extends many thanks to our sponsors and supporters.



Thank you to our food sponsor!





The Arc of Cumberland
& Perry Counties

The mission of The Arc of Cumberland & Perry Counties (CPARC) is to empower, inspire, and educate people with intellectual and developmental disabilities, their families, and the community.

Staff & Services

G.B. Stuart Center:

Carlisle	
Anne M. Couldridge	Executive Director
Vicki S. Darr	Director of Administration
Nancy A. Tuxford	Director of Residential Services
Kelly Garrick	Human Resources Administrator
Holly Turner	Advocacy Services
Trisha Grace	Director of Development
Adrienne Williams	Public Relations

Other Locations:

S. Wilson Pollock

Center for Industrial Training (PCIT)

Mechanicsburg	
Shannon Grippin	Director

Participant-Family Focused Programs/Neighbors

Carlisle, Mechanicsburg, & Shermans Dale	
Laura Belanger	Director

Life Time Adult Day Care

Mechanicsburg	
Jane Zarker	Director

Early Education Center of Perry County

Marysville & Shermans Dale	
Patricia Bruner	Director

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The official registration and financial information of The Arc of Cumberland & Perry Counties may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not imply endorsement.

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

It's the time of year when we are inspired by the spirit of giving! Watching the delight on the faces of our family and friends as they open a present, a card, or even those holiday baked goods makes us feel like we've warmed someone's heart.

While you are busy with the hustle and bustle of the holiday season, I ask that you pause to remember that a gift to a person with an intellectual and/or developmental disability (IDD) not only warms their heart, but makes a huge impact in their daily life. **You see, it's not the size of the gift, but the impact it has on someone's life.**

There are many ways you can share love and joy during the holidays with the incredible people we serve:

By supporting the Annual Appeal, you give individuals and families the gift of a CPARC advocate. Each day our team of advocates meets challenges head on, in their work to protect the health, safety and rights of people with IDD. People like Joey, who's story you will read later in this edition of The Chatter. Your gift to the Annual Appeal is critical to ensure that Advocacy Services are provided to people at no charge.

For those who may have an interest in other specific CPARC programs (Residential, Employment, and Day Services as well as the Early Education Center of Perry County), you may be surprised to learn that each service has a wish list of items that they might need.

Planning a long term gift in your will is easier than you may think. Making this gift in the present ensures that you leave a lasting legacy for the future. This can come in the form of gift annuities, life insurance policies, qualified retirement plans, or other bequests. To tell us about your plans, please call Trisha Grace, Director of Development, at 717-249-2611.

From all of us here at CPARC, we wish you a warm and wonderful holiday season.

Warm regards,

Anne M. Couldridge
Executive Director



NEW DIRECTOR AT THE HELM IN NEIGHBORS

We are pleased to announce that Laura Belanger has filled the position of Director of the Participant-Family Focused Programs (PFFP), known to most of us as the Neighbors Program.

Part of the CPARC family since 1992, Laura began her career as a Program Advisor in Residential Services. Most recently, she served as Program Specialist for the Ivy Lane and Norton Road group homes and the Community Support Program. When staffing was at critically low levels, Laura devoted numerous days and hours filling in at her homes. Her dedication to our clients is exceptional.

Laura earned a Bachelor's degree in Psychology from Penn State University. In her spare time, Laura and her family enjoy thrill rides at area amusement parks. Laura is very excited to be in her new role at CPARC and to find new community-based opportunities for our clients at Neighbors to experience.

Please join us in welcoming Laura as Director of the Neighbors Programs at CPARC!



Laura Belanger

DONOR SPOTLIGHT: MT. ZION LUTHERAN CHURCH

This story of fellowship and the impact of community inclusion began three years ago, when the congregation of Mt. Zion Lutheran Church organized a fun run/walk to support CPARC's mission to **empower, inspire, and educate**.

Nestled in the cross-roads village of Churchtown in Boiling Springs is a CPARC community home where four individuals – Bryan, Justin, Kirk, and Linda – reside. They love Mt. Zion, especially the community dinners.

Kirk likes going because “they always have good food, and the people are very nice.” Linda likes “to chat with the nice ladies at the church.”

Pastor Debbie Brumbaugh says the congregation has been “blessed by the fullness of God’s love. However, we realize there is still more work to do. So we seek new ways to share God’s love by expanding our community ministries.”

One such event, an ice cream social, led the church to cross paths with folks served by CPARC. When Mt. Zion began offering free community dinners in October 2013, the church invited “our new friends at CPARC (including their caregivers) to join us.”

Then, in 2016, the church was inspired to organize a fundraiser to support the Churchtown home. Thus the idea to hold a 3-Mile Fun Run/Walk (paired with a community dinner) was born. Mt. Zion’s pastor and volunteers partner with St. John Lutheran Church (Boiling Springs) and two local ham radio clubs.

“In our first three years, we raised \$1,738,” Pastor Debbie says. “We believe that **small things done with great love will change the world!** By putting our faith into action to benefit CPARC—we pray it will inspire others to do the same.”

Residents and staff were in attendance at the event this year. “I finished the walk,” Bryan said. “The church is really supportive, and I would like to say thank you.”

People in CPARC’s services still face societal challenges when it comes to being included in their communities and some struggle to find a faith community that will welcome and weave them into their congregation. “Mt. Zion Lutheran Church is a stellar example of a community that embraces inclusion,” CPARC Executive Director Anne Couldridge says. “We thank them for the continued



Folks from the Churchtown group home with CPARC staff enjoyed the beautiful day



Getting ready for the walk/run to start!



Enjoying the fun walk!

support of our individuals and we hope their example serves to inspire other communities.”

We welcome opportunities to partner with faith communities to build inclusive communities. Call Trisha Grace, Director of Development, at 717-249-2611 to learn more!

Beth-Ann

The annual CPARC cookie delivery will be on **Friday, December 7th!** Happy CPARC elves deliver sweet homemade treats from The Sassy Gourmet, CPARC’s catering service, as an act of love to our generous donors who have made gifts of \$250 or more over the last year to support our mission to **empower, inspire and educate**.



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*Empowering, Inspiring &
Educating*

**Please remember
the CPARC Foundation
in your will.*



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Spirits of the Community

HOME BREW FESTIVAL & COMPETITION CONTINUED

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