Stability in Life’s Challenging Moments

Who provides stability for you in life’s challenging moments?

For AJ, it’s Mahmood and Bonnie – CPARC staff members who have supported AJ for many years.

“We can tell a difference in AJ when he is upset or feeling down. AJ doesn’t always come to you, so we will ask him how he feels or if he wants to go for a walk,” explains Mahmood.

So when AJ’s mother, Holly was diagnosed with cancer, she turned to Mahmood and Bonnie and asked “How do we support AJ through this?”

I am sure you can imagine the range of emotions a diagnosis like this can bring.

You may not have considered the additional worries of a parent of an individual with special needs.

“Parents know that they will not live forever, so they want a safe and sustainable support system for their child,” says Holly.

Holly’s diagnosis has brought a lot of change for everyone.

And I’m sure you can understand how important it is for AJ to have a strong support system through the changes.

“It’s fine! That’s what they [Mahmood and Bonnie] always say to me,” explains Holly, “I know things will happen and that they will help AJ through it and maintain his busy schedule.”

You know what else Mahmood and Bonnie were able to do?

They were able to have difficult conversations about death and dying. Conversations that led to AJ considering what his own end-of-life care choices could be - including a decision about his own grave plot.

“It’s hard to trust your child with someone else, even when they are an adult, but Mahmood made things happen that I couldn’t make happen at this time.”

Empowering, Inspiring & Educating
The mission of CPARC is to empower, inspire, and educate people with intellectual and developmental disabilities, their families, and the community.

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**G.B. Stuart Center:**
Carlisle
Anne M. Coulridge  Executive Director
Vicki S. Darr  Director of Administration
Nancy A. Tixford  Director of Residential Services
Kelly Garrick  Director of Human Resources
Holly Turner  Director of Advocacy
Heather A. Meck  Director of Development
Victoria Burczy  Public Relations Specialist

**Other Locations:**
S. Wilson Pollock Center for Industrial Training (CIT)
Mechanicsburg
Shannon Grippin  Director

Community Fusion
Carlisle, Mechanicsburg, & Shermans Dale
Laura Belanger  Director

Life Time Adult Day Care
Mechanicsburg
Jane Zarker  Director

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**Make Your Voice Louder**

In case you were wondering, AJ & Holly are still doing well! Mahmood & Bonnie continue to be an integral part of their support system.

Sadly, you should know that thousands of people like AJ do not have the same level of stability in their lives.

You may already know that workforce shortages across the Commonwealth continue to erode intellectual and developmental disability services – this includes CPARC.

Providers are closing or limiting services because there are not enough staff to provide support. Yet, thousands of people across the Commonwealth are on waiting lists for services.

We were hopeful a new administration would make an investment into this essential workforce, however, Governor Shapiro’s budget failed to include an investment into people like Mahmood and Bonnie.

I am sure you would agree that this should be a priority so more people can have the stability they need and deserve.

There is still time for Governor Shapiro and our lawmakers to correct this oversight during budget negotiations.

We could really use your help to make our voices louder!

If you believe that people with intellectual and developmental disabilities deserve stability in their lives, will you call or write Governor Shapiro and let him know that an investment into the intellectual and developmental disabilities workforce is an investment into people with intellectual and developmental disabilities.

Warmly,

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**A Moment of Your Time**

It only takes a minute for you to volunteer your time to help us spread the word to your legislators about investing more money into our essential workforce staff for those who care for adults with intellectual disabilities. Scan the QR code to complete a quick pre-written message.

The best part is that you can send the same message once every 24 hours.

*If you do not have the ability to scan the QR code, please write a letter to your local legislators or Governor Shapiro requesting more funding for our essential workforce staff.*
Community Connections

Langan Financial Group has been providing a rental space (free of charge to non-profits!) that has allowed us to host our monthly CPARC Parent Support Group. Parents sit down with other parents in a safe space for informal support and understanding. Parents can come and have the time to themselves to speak, share resources, and relax at the Langan Financial Group’s clubhouse at 1863 Center Street in Camp Hill on the last Tuesday of each month at 6:00PM. Occasional events are scheduled that include the whole family for fun and friendly social gatherings. If you are a parent, please join us.

After participating in CPARC Select, a free 2-hour training geared towards businesses for disability awareness, acceptance, and inclusion, Color Me Mine in Camp Hill hosted a Sensory Friendly Paint Night. Following CPARC Select’s guidance, the paint night provided a less overwhelming environment and accommodating brushes. Inclusion benefits all!

Recently, several of our Advocacy staff participated in the Capital Area Employment 1st Coalition’s “Transition Fair 2023” held at HACC Harrisburg Main Campus. There, they met with students and their parents who will be entering the adult world soon and provided them with needed information.

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Upcoming Events

| April 29, 2023 | Caregivers Relaxation Workshop |
| July 10, 2023 | First Responder’s Day |
| July 10, 2023 | 34th Annual Jack Busch Memorial Golf Classic |
| October 14, 2023 | CPARC Foundation Home Brew Fest & Competition |

*For more information on these and other events, visit our website at www.cparc.org.*
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Flip for more!