

## ***The Arc is...***

### **Advocacy Services**

Our dedicated advocates make community living a possibility for the people we serve. We empower these individuals to enjoy a fulfilling life. We strive to protect their rights and pave the way for their acceptance and success in the community. Our advocates educate the York community about mental retardation and work to improve the quality and accessibility of the full range of services and supports available. We work with members of the legal and law enforcement communities to help them understand the needs of individuals with mental retardation.

### **Penn Employment Services**

For many people with mental retardation one of the most significant steps toward self-sufficiency is finding and keeping a job. Success in the competitive workplace can be a tremendous challenge, but every day we see people of all ages making place for themselves in companies across York County. We help qualified and motivated individuals with disabilities find jobs that fit their interests and needs. And we work with them to learn the required job skills. Our Employment Training Specialists provide on the job training while helping employers make necessary accommodations for each individual. We also partner with local school districts to teach job skills and employment related social skills to help students transition from school to work.

### **Camp Pennwood**

Since it was founded in 1962, Camp Pennwood has provided children with mental retardation the opportunity to enjoy a traditional day camp. Our campers, ages 6 to 21, enjoy age-appropriate activities like arts and crafts, archery, swimming, horseback riding and musical activities during camp's 6-week summer run. With our dedicated staff and volunteers, approximately 80 campers benefit from a safe and educational rural camp experience each year.

### **Adult Recreation Club**

Families who require after school care for their teenaged children with mental retardation benefit from having a safe, fun place for their kids to enjoy fellowship each afternoon. Kids and their peers can often be seen swimming exercising and lifting weights at the YMCA as part of the program.

### **P.A.V.E (Pennwood Adult Vacation Experience)**

Each June, adults with mental retardation come to Camp Pennwood to begin a week-long social and recreational experience highlighted by day trips and opportunities to enjoy nature.

### **Tobacco-Free Healthy Lives**

Through a second grant from the York City Bureau of Health, The Arc speaks to all of the seventh grade students in York City School District, and alternative schools, about the effects of smoking and using other tobacco products on their health and that of any unborn children.