

## Save the Date!

**7th Annual Yard Sale,  
Chinese Auction,  
Bake Sale and  
Breakfast  
APRIL 4th 7am-1pm  
Northumberland Facility**



**The 22nd Blair Judy  
Classic Golf Tournament  
JUNE 1st  
Frosty Valley  
Country Club**



**SUNCOM'S  
ANNUAL  
FAMILY PICNIC  
Saturday,  
September 12th  
Knoebels Grove**

*Fun for All!*



## Swish!

The 5th Annual Slam Dunk with Bison Basketball was held on December 20, 2008 at the Sojka Pavilion at Bucknell University. Proceeds will fund building and programming needs. The event hosted a silent auction with over 100 items, a raffle drawing for great prizes and exciting game of

basketball with the Bison winning over Drexel. Bucknell University athletes prevailed as the champs in the Basketball Skill Challenge against WQKX All Stars. It was great fun for all who attended! Our heartfelt thanks to all those helping to make the day possible.

*We'll see you next year!*

## A Message From Peggy Vitale

### SUNCOM BOARD

Peggy A. Vitale  
*Chief Executive Officer*

#### OFFICERS

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Richard Grafmyre

#### OF COUNSEL:

Walsh & Menapace

Robert L. Walsh

62 North Front Street

Sunbury, PA 17801

286-6500

# Suncom...FYI

For over 40 years Suncom has been part of our community helping people with disabilities reach their potential. Our services not only touch their lives but also helps their families and the local business community. Many times people will say "I had no idea what Suncom was about."

- Suncom provides services to over 450 people with cognitive, physical and intellectual disabilities.
- We maintain 5 facilities throughout the region: Bloomsburg, Coal Township, Northumberland (2) and Point Township.
- Over 300 people with disabilities work and receive a paycheck from Suncom.
- Programs can be facility-based or community-based.
- We produce work for 15 companies through the year.
- The Cleaning Crews have contracted to clean over 35 community sites.
- Services can change as a person's needs, skills or interest change.
- The Custom Car Care Center is a vehicle detailing center with a fourteen year history and a strong customer base in the Bloomsburg Area.
- Suncom's name is derived from the counties that we serve: Snyder, Union, Northumberland, Columbia and Montour.
- *Services can last a lifetime ... and change a life.*

## Our Mission

Suncom Industries is a non-profit human service agency.

Suncom's mission is to promote socialization and provide vocational assessment, training and employment opportunities to enable persons with disabilities to fulfill their greatest potential within the community.

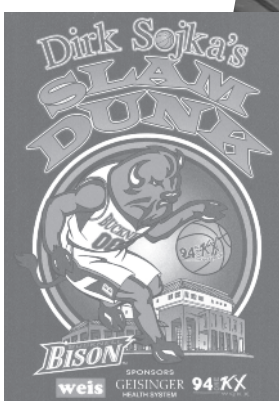
Suncom is a proud member of  
the Danville, Union County and  
Greater Susquehanna Valley  
United Way.



**Dedication Donation**

A Dedication Donation is a thoughtful way to recognize the achievement of a friend, child or loved one. A donation is made to Suncom to commemorate someone's birthday, anniversary or other special occasion. It is also a way to create a fitting memorial to the life of a beloved family member or friend. Your Dedication Donation is a unique way to honor or remember someone special, and it helps Suncom continue with our services in the community.

For more information, please  
contact Peggy Vitale at 473-8352.



## SILENT AUCTION DONORS

Clyde Peeling's Reptiland  
 Dallas Cowboys  
 Penn's Cave  
 Philadelphia Flyers  
 Community Arts Center  
 Roger Lent  
 Reading Phillies  
 Phil & Linda Barkdoll  
 Dorney Park & Wildwater  
 Kingdom  
 Towne Tavern  
 Harrisburg Senators  
 Country Inn & Suites  
 Split Rock Resort & Golf Club  
 Best Western Country  
 Cupboard Inn  
 Medical Center Pharmacy  
 Damon's Restaurant  
 Elizabeth's - An American  
 Bistro  
 Elk Mountain Ski Resort, Inc.  
 F.M. Kirby Center  
 Lincoln Caverns  
 Ettiingers Landscaping  
 Services  
 Pat Barnes  
 Sno Mountain  
 Broadway Cuts  
 Longwood Gardens  
 Tory Kallin  
 Reba & Pancho's  
 Knoebels Amusement  
 Resort  
 Philadelphia Eagles  
 Joe & Judy Kleinbauer  
 Pittsburgh Steelers  
 Len Prosseda  
 Harlem Globetrotters  
 The Open Door Gallery  
 Weis Center for the  
 Performing Arts  
 Chuck & Lynn Wunz  
 Hershey Bears  
 Busch Gardens-Tampa Bay  
 Sandy & Gary Sojka  
 Camelback Mountain  
 Resort  
 Sight & Sound Theatres  
 Al & Ann Reeves  
 National Aquarium in  
 Baltimore  
 Ruth Burnham  
 Baltimore Ravens  
 Indigo Hair & Nail Studio  
 Buffalo Bills  
 Custom Car Care Center  
 Miami Dolphins  
 Williamsport Crosscutters  
 Seward Land & Lawn  
 Steamtown National  
 Historic Site  
 Everhart Museum  
 Chatham's Vacuums  
 Whitaker Center for  
 Science & the Arts  
 Skeeter's BBQ Pit  
 Holiday Inn Express  
 Pittsburgh Panthers  
 Hershey Theatre  
 BJ's Steak & Rib House  
 Lewisburg Studio  
 Coca-Cola Bottling Co  
 New Jersey Devils  
 Bucknell Athletics Staff  
 Bull Run Inn  
 Puirseil's Irish Pub  
 Millbrook Playhouse

## "SLAM DUNK" SUPPORTERS

Phil & Linda Barkdoll	Robert & Deonne Gronlund
James Clark	Janet C. Weis Fund
Joel & Trudy Cunningham	Dale Kordish
Paul & Pris Davis	Kenneth & Elaine Langone
John & Katie Dawes	Roger & Kay Lyons
Degenstein Foundation	Ruth & Mickey Melberger
Fairfield Chevrolet Cadillac	Brian & MaryJane Mitchell
Caroline Giddings	Virginia Moriarty
Richard & Donna Grafmyre	Barbara & Geoff Mynott

**Thanks for your donations!**





# Bloomsburg News & Notes

## 1st Annual Fit-n-Fun Wellness Walk

On October 18, 2008 the Bloomsburg facility of Suncom Industries held its 1st Annual Fit-n-Fun "Wellness Walk" at the Bloomsburg Town Park. Fifty-five Walkers participated to raise money and awareness for people with disabilities. Many giveaways were available through generous donations from area businesses and the day was made successful through the hard work of the Suncom staff who donated their time and efforts to this day. Another heartfelt THANK YOU goes out to CMSU and the Berwick Health and Wellness Foundation for helping to support this wonderful event as well as the many others who provided help.

## Community Unity 1 Helps Ring in Donations

This holiday season the Community Unity Program volunteered their time to the Salvation Army Bell Ringing in front of the Bloomsburg Walmart. Bradley Pitchford, James Toth, Betty Hoffman, and Tina Adams braved the winter weather on



*Betty Hoffman and James Toth ring the Salvation Army Bell for donations.*

Thursday morning, December 4, collecting monetary donations for the local Salvation Army. Though it was chilly outside it warmed our hearts when others offered a smile and a donation to help those less fortunate. We want to offer our thanks and appreciation to all of those caring people who gave what they could.

**Wellness Fair 2008** at Danville State Hospital was enjoyed by the participants at Suncom. Our "Growing Stronger" group performed on stage for all to enjoy. Thanks to Kathryn Binger's family for donating her recliner, potty chair and Attends to the program after her passing.

Sunlights **4**

## Grants for Wellness Room

The Wellness Program was able to



purchase a Bowflex, Rebounder, Wall Gym and 4 bikes with grant money received from the Berwick Health and Wellness Foundation. Thanks to their generosity, individuals now have a variety of exercises from which to choose and the wellness room has the ability to better accommodate individualized needs.

## Mission Mall

The Bloomsburg Suncom facility was fortunate enough to be included in the fundraising efforts of the Mission Mall 2008. Mission Mall is an alternate gift-giving program where non-profit organizations in the area benefit from generous monetary donations. Suncom received donations to help with programming at the Bloomsburg Facility.



*Jennifer Capese, Teresa Dalton and Jackie Klock are dancing to the peppermint twist.*

## Exercise is FUN!

We have finally have found a way to make exercise exciting and a lot of fun! CU1 has recently purchased a Wii gaming system. Our favorite game in the program is bowling. Using a remote control, the person mimics the swing of a bowling ball down the lane. The Wii offers us ways to exercise fine and gross motor skills when we are working

our arms and fingers... you just can't help but jump and move the rest of your body while playing games like volleyball, tennis, skeeball, baseball and the duck shoot.

Another way we made exercising fun is dancing. We have changed our morning stretching activity to dance to some of our favorite songs. Macarena, YMCA, the Peppermint Twist and other dance songs are done to get movin-and-a-groovin in the mornings.

### Retirement Time Arrives



On February 27, 2009, Arthur Swartz retired from the ATF in Bloomsburg. Arthur has attended the program since December 8, 1975. *Happy Trails!*



*Our Car Wash crew guarantees their work!*

*“Bloomsburg should be proud to have an establishment such as the Custom Car Care Center. The office management are first class. I have had several things done on my cars in the past and have never seen such detail perfection in what was done.”*

Gene Hamilton, Bloomsburg

## ***Wash Off That Winter Grime!***

**WASH • SHAMPOO • WAX • INTERIOR CLEANING**

# *Custom CAR CARE CENTER*



Market Street Plaza • Bloomsburg Call 387-8719 to schedule an appointment

# ATF/ATW NEWS & NOTES

## People, Picnics and Projects



David Buckley, Joseph Werntz and some avid Penn State fans recently visited the **Penn State All Sports museum** and toured Beaver Stadium, and enjoyed ice cream at the Creamery.



### Hayride & Hot Dog Roast

The Ard's Farm Market hayride and hot dog roast has become an annual tradition for the people at the ATF program. David Buckley and Lisa Eister are sitting pretty on the hayride.



**Kathy Burd** whooping it up on the hayride at Ard's Market, Lewisburg.



Thanks to the Annual Giving Campaign donations, Delores Buck enjoys relaxing on one of the new **Thera-Glide recliners** at Bloomsburg ATF.



Welcome to the Team! **Erin Ball** joined the Adult Training Facility as the Program Specialist in September.



**Luis Perez** stays cool in the shade at the picnic.



**Under Construction!** Thanks to the \$10,000 grant from Alcoa Foundation, Kawneer, the ATF courtyard was concreted, making the area much safer for everyone to use. The ATF program has been under construction inside and outside. Stop by to see the courtyard, restructure of the program and meet the new staff.



### Reaching out to the Community!

The staff and individuals at the ATF delivered a holiday basket to the Don Rouse family. Don and his wife Jill are local National Guardsman who served overseas. A note of thanks was received from the family.

Dear Suncom, Thank you so much for the holiday basket you brought to our family. The holiday season last year was hectic, but a truly joyful one with the safe arrival home of my husband and his fellow National Guardsmen. We are blessed to live in a community which reaches out to all of the Vets and their families. The deployments are hard, but a community like ours makes them much more meaningful.

With our thanks, Jill, Don & Cooper Rouse



# Coal Township NEWS & NOTES

## Time Flies when you are having fun!

It is hard to believe that a year has passed since we moved to our new building and program. On December 5th we marked our 1st Anniversary! The dust has finally settled and it feels more like home every day.



**Toni Lynn Malacusk** enjoys a swing at the summer picnic at Mae Bressi's cabin.



**Senior Moments and Santa:** Juana Serrano and David Stewart are fun-loving Aging Program participants.



**The 3 Amigos:** David Stewart, David Hasuga and David Zinda enjoying their friendship at Coal Township.

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## The Safety Corner By Roger Dietz

I am sure you saw it on TV, in the newspaper or maybe you know of someone who was affected by the severe ice/snow storms around us. The question for us is not **if, but when** this will happen to us. With these storms, there are trees with large accumulations of ice/snow that will come down, usually on power/phone lines. In the summer, it is usually an inconvenience for most of us, but in winter, that's another story.

What occurs when it happens here? The first thing we do is call PPL to inform them of the power failure. It could be a localized or widespread incident. They will inform us on the expected duration of the outage. If it is just our facility, and the temperature starts to drop in our building, we have arrangements with an establishment across the street where we can go. We will stay there until the power returns or the individuals are transported to their homes.

We have made many improvements at our facility to improve the emergency lighting. Staff are issued flashlights and battery lanterns to help

improve the safety of our individuals. We have also added emergency lights in our conference rooms and bathrooms, as well as battery backup power for our phone system. We are attempting to "cover all our bases" before it is needed.

What would you do if this happened at your home in the winter? Do you have working flashlights? Can you find them in the dark? Do you have a source of heat? Do you have a standby generator? Do you have a safe place to operate the generator where carbon monoxide will not enter your living quarters? Is there some place you can go that is outside the affected area? What about your pets? These are a couple of things that I would like you to think about before it happens to you. In my opinion, candles are for romantic dinners, not to provide light in your home in an emergency. Yes, they are cheap and will last a long time until they are needed. However, candles can easily be knocked over and be a real fire hazard. Until the next time, ***think safety!!***

## Many Wishes Granted

*Suncom was the grateful recipient of several grants from the following foundations:*

**Berwick Health & Wellness Foundation**  
for the Fit-n-Fun Wellness Walk

**Louis Harris Endowment Fund**  
for the MSE room in Northumberland

**1st Federal Charitable Foundation**  
for the Bloomsburg warehouse floor

**Danville Area Community Foundation**  
for the NuStep Fitness Machine to be used  
in the Wellness Room at Bloomsburg

**Whipple Sunbury Foundation**  
for computer upgrades

**Jacques Weber Foundation**  
for the Bloomsburg warehouse floor

## The Multi-Sensory Environment at Work

**Gerald Shemory** is both blind and deaf. Once a week, he enjoys the stimulus of the Multi-Sensory Environment, using textile puzzles, beads, sensory boxes and a relaxing massage



on the hydrotherapy bed. The vibration of the bubble columns always brings a smile. *Our thanks to the United Way for their support of the Multi-Sensory room.*



## *In Memory of*

Chester Wydra, March 6

Ron Young, May 1

Ralph Forbes, June 22

Barry Lumbard, June 23

Thomas Kroh, November 4

Bonnie Heckman, November 30

Ed Sheptak, December 12

Kathryn Binger, December 27

*We are saddened  
by the loss of these friends  
in 2008.*

## *Wish List You can help...*

*We can always use items you may no longer need.*

- Commercial Stove
- Commercial Dishwasher
- (5) Commercial Doors
- Full Size Double Oven
- Gift Cards for Wal-Mart, Target & Sears
- Bubble Column • Disco Ball
- Digital Camera • Automatic Sealer
- Small Heat Tunnel
- Copier Machine • Laptop Computers
- Electric Stove • Microwave
- Sofa • Recliner
- Wall Mount Vacuums
- Steamer/Extractor
- Hip Vacuum • Canister Vacuum
- Burnisher Floor Care Machine
- Stand-In Table
- 2,000 sq. ft. Modular Home
- Outdoor Maintenance Shed
- Truckload of small stone for picnic areas



# CIES: Community Integrated Employment Services SUCCESS STORIES



**Colleen Ross** started working at the Lewisburg Kentucky Fried Chicken in 1997. She now works 2-3 days a week as a dining room attendant. When KFC merged with Taco Bell, renamed “KFC/Taco Bell”, Colleen’s job responsibilities were directly affected. The restaurant now has more customers eating in the dining room instead of take-out, and Colleen does more than provide

customers with a clean atmosphere. She makes sure customers have straws, napkins, plasticware and condiments, and helps with the Taco Bell orders by getting the order ready and to the customers. Mike Hans, manager of the restaurant, has many positive comments about Colleen. “You have to love her!” He went on to say that Colleen is always willing to help out and doesn’t shy away from work. “I wouldn’t trade her for anyone!”

Colleen adapts well to additional responsibilities and tasks and learns new menu items very quickly, is received very well by the customers and is responsible and dependable. In her spare time she is an avid reader and has a talent for writing short stories. A coworker was so impressed with her stories that she encouraged Colleen to have them published.

In addition to her job, she also participates in our Community Unity program and works in the kitchen at the Northumberland facility. Her week is filled with different activities. Colleen is also a member of the CMSU Developmental Supports & Services Advisory Board and the Quality Management Council.



**Barry Biddinger** celebrated his 20th year of employment at Weis Markets in Sunbury. Barry came to the CIES Program as a referral through the Office of Vocational Rehabilitation and in 1989, with the assistance of the CIES Program, Barry became employed part-time at Weis Markets as a porch attendant.

Upon arrival at Weis Markets you will find Barry performing his job with a smile. His duties include cart roundup, cleaning the porch area and lobby and assisting with bagging groceries for the customers. Twenty years of employment is an achievement! It is obvious that customers appreciate the job that Barry does, addressing him by name and stopping for small talk – many times about the weather...he performs his job in snow, sleet, rain, cold or extreme heat.

The CIES program found it appropriate to present Barry with an engraved photo frame and a handful of balloons for all his efforts and to also celebrate October as National Disabilities Awareness Month. Barry is a true inspiration to us all and his commitment to his position at Weis Markets is remarkable. Thank you Barry for a wonderful job!



In February 2003, **Seth Jarrett** became successfully employed at Bucknell University. Seth has continued to work hard at his job and also on other areas of his life to gain more independence.

CIES provides monthly job coaching to Seth to provide support and ensure successful long term employment.

All of Seth’s hard work and determination has paid off and just recently Seth has become a proud first-time homeowner. Our congratulations go out to Seth and we wish him much continued success.



**Who makes your business shine?  
Our Mobile Work Force does!**

**We are currently accepting contracts for  
cleaning sites in a Five County area.**

**Call Steve Van Sant today for  
information and a quote!**

**570-473-8304**

# Pre-Vocational Service: Production Progress Let Us Work with You!



Over 200 Workers every day! 1,000,000 pieces this quarter!!

That number is the number of workers we employ and need to keep productive every day.

At our two training facilities, in Northumberland and in Bloomsburg, Suncom partners with local businesses to fulfill subcontract work that helps our individuals reach a higher potential along with earning a paycheck. Suncom has been offering these opportunities and situations for over 40 years since our incorporation.

Some of the jobs have changed but the desire and work ethic have not. Presently we have a

variety of contracts that require special skills, dexterity and determination at various levels to accomplish our goals and process these contracts.

Throughout the past work period we have collated mailers, packaged seeds and pots, sorted hangers and processed cans – adding the total number together – over 1,000,000 pieces this past quarter.

*Congratulations to the Suncom workers!*

Please forward our work capabilities to businesses that may be able to utilize our variety of skills.



## A Holiday to Remember



A special Thank You to all the parents and friends of Suncom who helped make the Holiday party and dinner a special day, truly enjoyed by all.



## WE'VE MOVED!

As of November 21, the Accounting department has relocated to 246 Duke Street. After six long years in the lower level of the ATM/CIES/MFW location, we are now in our new home on the first floor, within walking distance of the Northumberland facility. Our phone numbers have also changed – we can be reached at 570-473-3254, and fax to 570-473-8564. Please stop by and see our new digs!

## PARTY HELPERS

Great for Picnics, Parties, Reunions, Weddings

### Packaged Plastic Utensil sets

#### Deluxe Set

\$21.00 per case, 250 sets per case

*Fork, Spoon, Knife, Salt, Pepper and Napkin*

#### Basic Set

\$19.50 per case, 250 sets per case

*Fork, Spoon, Knife and Napkin*

Please contact:

**Suncom Industries**

**(570) 473-8352 or 387-0830**

## Annual Board of Directors Meeting

Over 100 staff, board members, community friends and county representatives gathered at Tedd's on the Hill for Suncom's Annual Board of Directors meeting in October. The guest speaker was Patrick Flannery of Bucknell University. Luther Herring was recognized as Supported Employee for his successful employment at Dunkin Donuts in Bloomsburg. Businesses recognized for their partnerships with Suncom included Budco and ARAMARK of Bloomsburg University. Retiring board member Carroll Redfern received a plaque in acknowledgment of his commitment to Suncom and the people we serve. Officers installed included Al Reeves, Chairperson; Linda Newton, Vice Chairperson; Eric McDowell, Treasurer; and Dennis Curtin, Secretary.

## Suncom's Annual Giving Campaign

The Board of Directors began the 5th Annual Giving Campaign. The campaign raises funds to help the organization financially and provides program support.

If you would like to make a donation, please contact Peggy Vitale at 570-473-8352. Your gift can be tax deductible and helps us help others.

*"Great opportunities to help others seldom come, but small ones surround us every day."*

-Sally Koch

## Staff Reach Milestones

Our Annual Dinner was held on October 28 at Tedd's on the Hill. Suncom was proud to present the following service awards to outstanding staff members.

### 3 Year Anniversary

Amber Bardo  
Arlene Fisher  
Shelly Hess  
Janelle Kalbach  
Donna Kerstetter  
Claudette Reibsome  
Helen Rennicks  
Tanya Zanoline

### 5 Year Anniversary

Sarah Bachorski  
Daniel Montville  
Connie Smith  
Michelle Wilson

### 10 Year Anniversary

Tracy Bieber  
Theresa Clark  
Sandra Hackenberg  
Gloria Long  
Sharon Roedts  
Jackie Witmer  
Suzette Young

### 15 Year Anniversary

Debra Eister  
William Hoffman  
Stephen Van Sant  
Karen Walters

### 20 Year Anniversary

William Coiley  
Gail Rapp

### 30 Year Anniversary

Roger Dietz



Below: Guest Speaker Pat Flannery and honoree Luther Herring at the dinner.







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To learn more about Suncom, visit us at: [www.suncom.org](http://www.suncom.org) or contact Peggy Vitale at 570-473-8352.

*From what we get,  
we can make a living.*

*What we give,  
however, makes a life.*

– Arthur Ashe

Your donation will benefit the Multi-Sensory Environment Room.

I \_\_\_\_\_,

will contribute \$\_\_\_\_\_ to Suncom Industries for the Multi-Sensory Environment.

Address \_\_\_\_\_

\_\_\_\_\_

Telephone/Email \_\_\_\_\_

*Please make checks payable to: Suncom Industries, Inc. – MSE.*

*Thank you for your generosity.*