ABLE-SERVICES NEWSLETTER

A Review of Spring 2026

Issue: 020



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A place where people grow Able-SERVICES

We are so excited to share some of the many activities and outings that our staff and participants were involved in over the past few months. Our mission is equipping individuals with unique strengths and challenges to reach their full potential and live purposeful lives.



Facility Highlights





Participants enjoyed working together this spring to complete puzzles, practicing problem-solving, attention to detail, patience, and teamwork. Puzzle group provides a fun opportunity to strengthen cognitive skills while encouraging communication and collaboration with peers.

What's cookin'?

Cooking skills continued to grow this spring as participants prepared a variety of delicious recipes while practicing meal preparation, kitchen safety, teamwork, and independence.









Facility Highlights







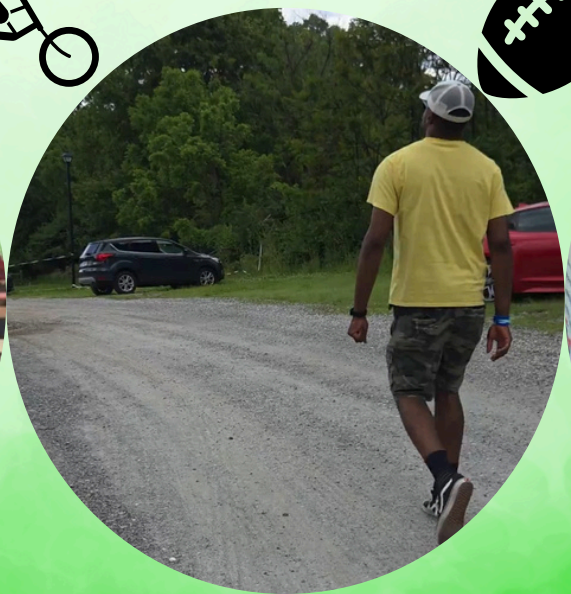


We Sure Know How to Stay Active!

Whether dancing, walking, playing football, basketball, kickball, pool noodle hockey, using pedal exercisers, or enjoying rides on our trike, participants stayed active while building strength, coordination, confidence, and teamwork—all while having fun!



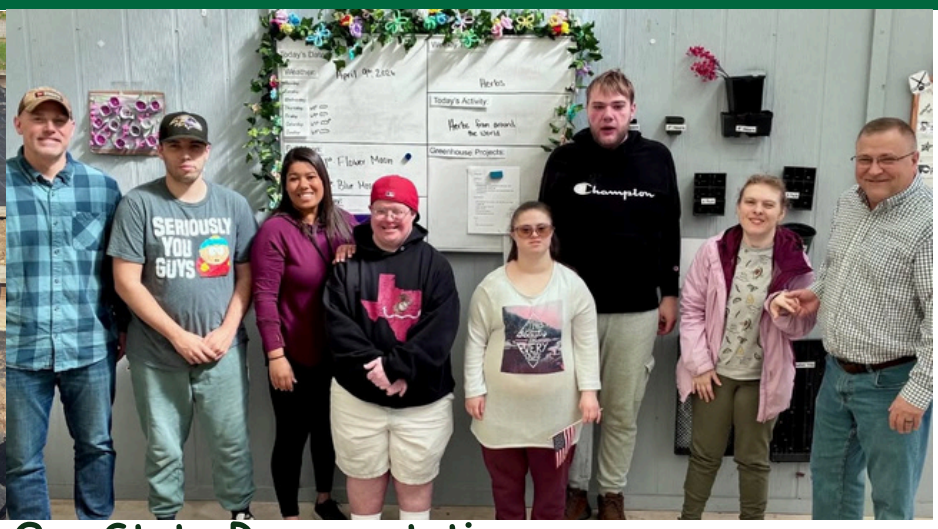






Facility Highlights





A Visit from Our State Representatives

Able Services was pleased to welcome Pennsylvania State Representatives Joe D'Orsie and Marc Anderson for a visit to our greenhouse and raised bed garden.

Thank you, Representatives D'Orsie and Anderson, for taking the time to visit, meet our participants, and learn more about our program. We truly appreciate your support!



COMMUNITY SUPPORT MAKES A DIFFERENCE! THANK YOU TO OUR INCREDIBLE COMMUNITY FOR MAKING THIS SPRING A SUCCESS!



DURING GIVE LOCAL YORK, ABLE SERVICES HAD ITS BEST CAMPAIGN YET, RAISING OVER $9,000 AND EXCEEDING OUR GOAL.!

THE GENEROSITY CONTINUED IN JUNE WHEN OUR COMMUNITY CAR WASH RAISED MORE THAN $500 FOR PARTICIPANT ACTIVITIES.

TO EVERYONE WHO DONATED, VOLUNTEERED, SHARED OUR EVENTS, OR SHOWED YOUR SUPPORT—THANK YOU! YOUR GENEROSITY HELPS CREATE MEANINGFUL OPPORTUNITIES FOR THE INDIVIDUALS WE SERVE.

Facility Extras













A PLACE WHERE PEOPLE GROW





GREENHOUSE HAPPENINGS







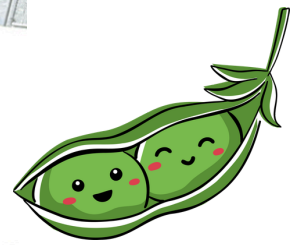




From Garden to Table

This season, participants have enjoyed incorporating more homegrown ingredients into their cooking activities. In this project, they harvested fresh herbs from the greenhouse to create their own herb-infused oil, experiencing the journey from garden to table while building gardening and culinary skills.









Harvest Time!

Participants harvested fresh peas from the pea teepees they built as a new gardening project, along with broccoli from the raised bed garden. It was exciting to see their hard work pay off while learning about the growing process from start to harvest.

GREENHOUSE HAPPENINGS



Growing Together

When our community partner, Golden Connections Senior Center, reached out for starter plants and gardening advice for their new garden club, Able Services was happy to help. We donated cucumbers, tomatoes, peppers, and herbs to help their garden get off to a great start!













Growing Strong

Thanks to the dedication of our participants and staff, the Able Services greenhouse continues to thrive. Their hard work and care have created a beautiful space filled with healthy, vibrant plants that everyone can enjoy.

Greenhouse Extras

A PLACE WHERE PEOPLE GROW









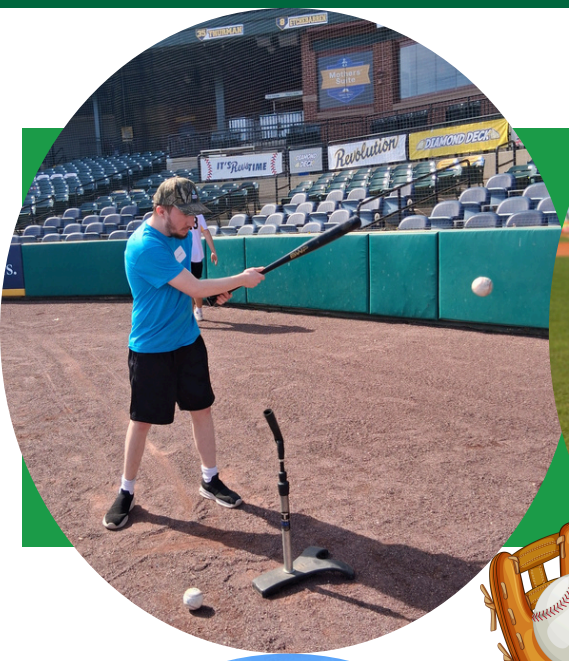
More Than a Garden
Our greenhouse is more than a place where plants grow—it's where confidence grows, friendships blossom, skills are developed, and every season brings new opportunities to learn.







Community Activities









Field of Dreams!

Participants enjoyed an unforgettable day at the York Revolution's annual Field of Dreams event, where they learned baseball skills, played on the field, and met York Revolution players. It was a day filled with fun, inclusion, and community connections.





Community Activities

Visit to PAR

A group of participants had the opportunity to tour PAR Pennsylvania Advocacy and Resources' new Harrisburg office and enjoy lunch together. During the visit, they presented PAR with a planter from our greenhouse as a thank-you for their hospitality. It was a wonderful opportunity to learn more about PAR's mission, share about Able Services, and build meaningful community connections.









Spring Volunteer Activities

Spring brought the return of some of our favorite community activities! Participants continued volunteering at Whispering Rise Pig Sanctuary, helping care for the pigs, and enjoyed spending time with the youth at York County Development Center through games, sports, and other fun activities. These experiences build meaningful connections while giving back to our community.

Community Extras



















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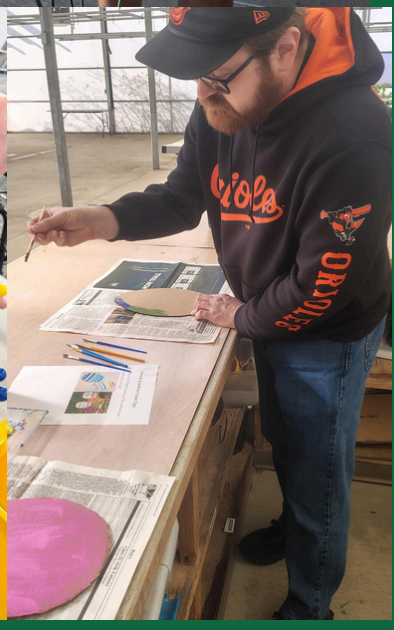












A PLACE WHERE PEOPLE GROW

Advocacy in Action



Recently, a group of Able participants and staff joined The Arc of Pennsylvania's for their Advocacy Day. They traveled to the Pennsylvania Capitol in Harrisburg to meet with legislators and share their experiences. Advocacy helps ensure that the voices of people with intellectual and developmental disabilities, their families, and the professionals who support them are heard by those making decisions that affect services and supports. During the visit, Cynthia shared why she enjoys coming to Able and how the program has positively impacted her life. Logan connected with Representative Watro over their love for country music. And Pedro was excited to be out in the community. Brice, Chrystal & Emily also spoke about their roles as Direct Support Professionals (DSPs), explaining what a typical day looks like and the important support they provide to help individuals live meaningful and independent lives. Their day ended with a tour of the House floor.

The group discussed issues that impact our community, including funding for home and community-based services, reducing waiting lists for services, and strengthening the DSP workforce. These conversations help legislators understand the real-life impact of their decisions on individuals, families, and providers.

Advocacy is not just for professionals. We encourage participants, families, and staff to share their stories and speak about the issues that matter to them. Personal experiences are powerful and help elected officials understand the importance of quality services and supports.

Interested in getting involved? The Arc of Pennsylvania offers simple ways to contact your legislators and stay informed about current advocacy efforts. Visit their Action Center to learn more and take action:

"Don't be my voice. Be my microphone." — Dave Hingsburger

Stay Connected

Upcoming Awareness & Advocacy

💙 July – Disability Pride Month
A time to celebrate the achievements, contributions, and experiences of people with disabilities while promoting inclusion and acceptance.

♿ July 26 – Americans with Disabilities Act (ADA) Anniversary
Commemorating the signing of the ADA in 1990 and recognizing the importance of accessibility, equal opportunity, and disability rights.

💚 September 14–20 – Direct Support Professional (DSP) Recognition Week
A time to recognize and celebrate the dedicated Direct Support Professionals who empower individuals with disabilities to live meaningful, independent, and fulfilling lives. Thank you to our incredible DSPs for the compassion, patience, and support you provide every day!

💛 October – Down Syndrome Awareness Month
A month dedicated to celebrating individuals with Down syndrome, promoting inclusion, and raising awareness throughout our communities.

💼 October – National Disability Employment Awareness Month
Recognizing the value, talents, and contributions of workers with disabilities while encouraging inclusive workplaces.

📅 Save the Date!

Join us for the Able Services Open House on Tuesday, September 30, from 5:00–7:00 p.m. We invite participants, families, community members, and friends to stop by, tour our program, meet our staff, and learn more about all that Able Services has to offer. We hope to see you there!

Check Out Our Sister Organization!
Did you know Able Services is part of the Leg Up Farm family? Leg Up Farm provides innovative therapy and educational services that help children and families thrive. We encourage you to learn more about their incredible mission and the impact they're making in our community by visiting their website.
https://www.legupfarm.org