ABLE-SERVICES NEWSLETTER

A Review of Winter 2026

Issue: 019



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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 to enrich the lives of individuals and families with special needs and unique challenges through support and customized programs.

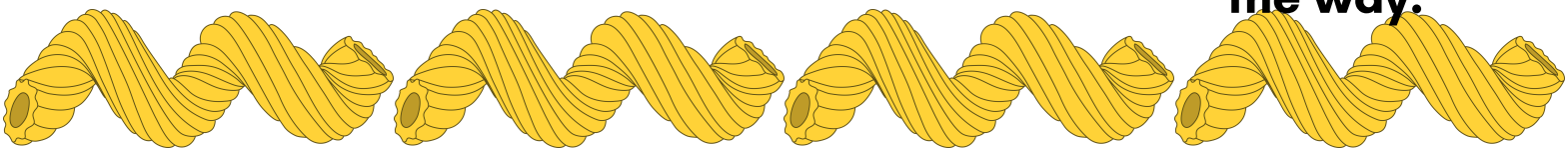


Facility Highlights

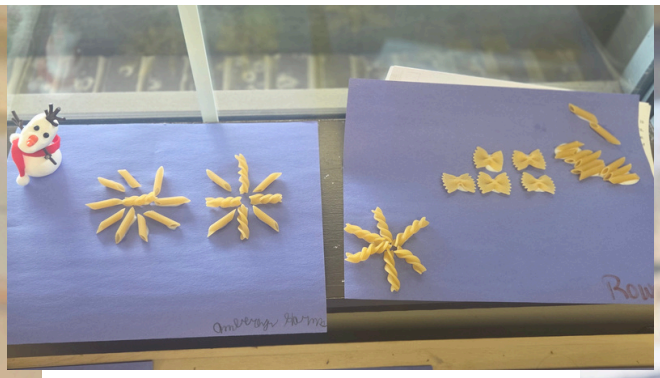




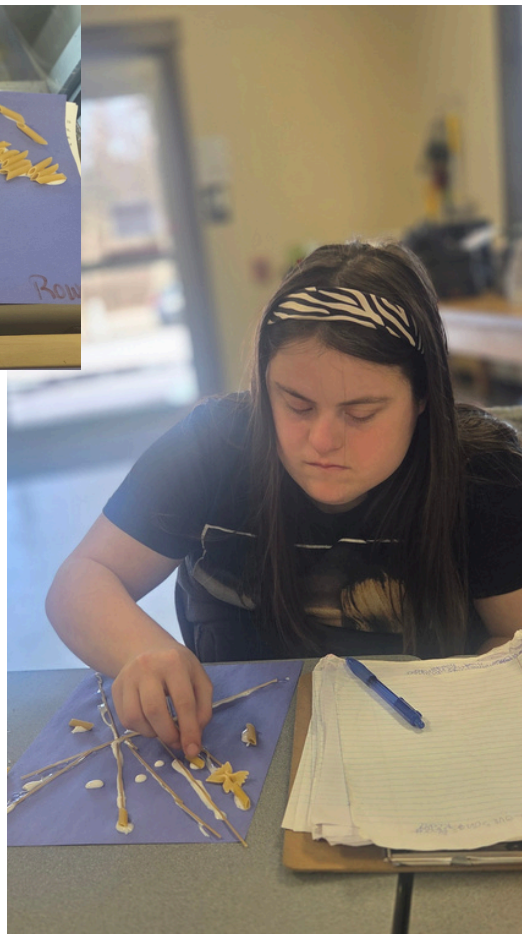
Here at Able Services we are always cooking up something. Cooking activities are a great way to build important life skills, encourage independence, and have a little fun along the way.







Participants enjoy a variety of crafts here at Able-Services, including projects like this creative dry pasta art! These hands-on activities help build fine motor skills, encourage creativity, and provide a fun way to express themselves.



Facility Highlights







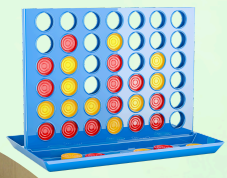




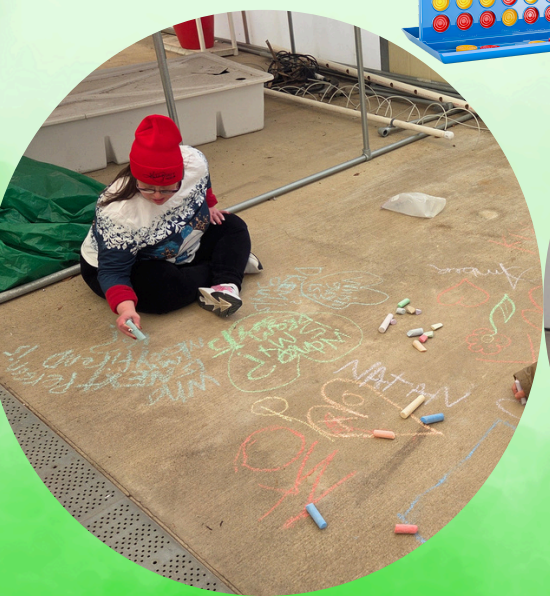
Fun, movement, and connection are part of every day at Able! Whether it's a game of pool noodle hockey, a round of cornhole, or getting creative with sidewalk chalk, participants are always finding ways to stay active, build friendships, and enjoy their time together.















Facility Highlights





We had the pleasure of welcoming York College students, alongside MH/IDD, for a hands-on learning experience!

These students are studying fields related to human services and came to learn more about working with individuals with intellectual and developmental disabilities. During their visit, they participated in activities with our participants and got a real glimpse into what this work looks like day-to-day. It was a great opportunity for learning, connection, and sharing experiences. We're always excited to help inspire the next generation entering this field!



We Love Able-Services

During February, our community came together to recognize staff and participants by purchasing $5 hearts filled with appreciation. These hearts were proudly displayed throughout our facility as a reminder of the incredible people who make Able so special.

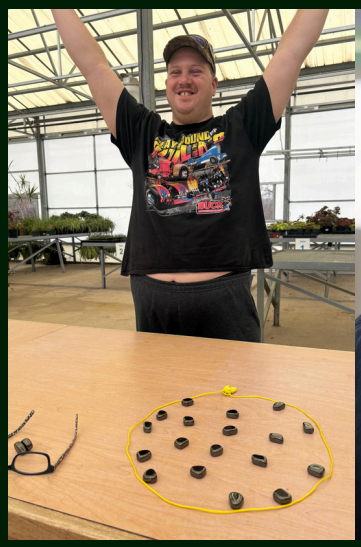
Thanks to your support, we raised $1,100 that will go directly back into our program!

Facility Extras













A PLACE WHERE PEOPLE GROW





GREENHOUSE HAPPENINGS

As winter comes to an end, new growth begins

Our greenhouse is already filled with thriving plants and blooms.













GREENHOUSE HAPPENINGS



We recently introduced seed guides at Able-Services!
With this new tool, participants are able to plant seeds into trays with greater ease and confidence. The guide offers visual support, encouraging independence and success in each step.







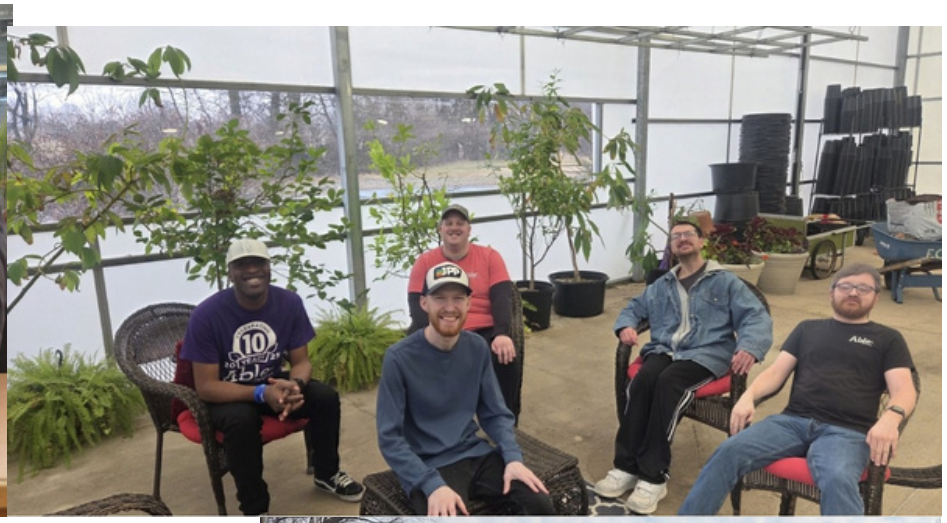


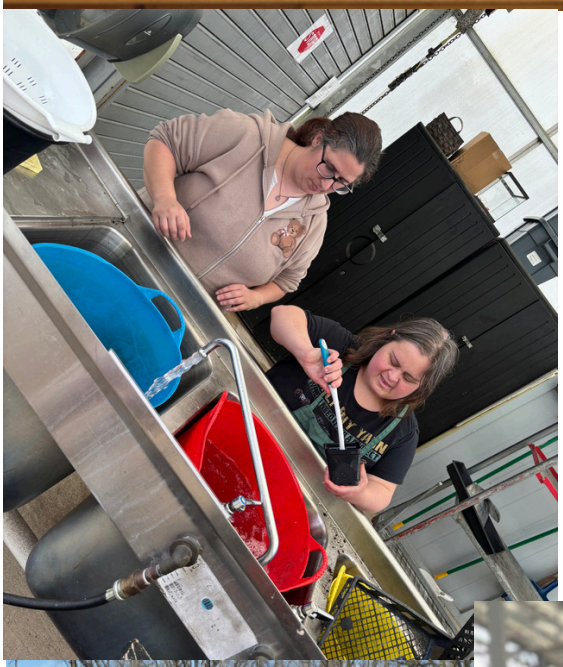
A new addition to our greenhouse this year is pea teepees! Staff introduced growing peas, and participants have been involved every step of the way — from building the teepee structures to planting and caring for the crops. It's been a great learning experience, and we're excited to watch them grow.

Greenhouse Extras

A PLACE WHERE PEOPLE GROW



















Community Activities







Our groups enjoyed a visit to the PA Farm Show, where they experienced agriculture up close! From seeing farm animals firsthand to exploring educational displays and interactive exhibits, it was a fun and engaging day full of learning and new experiences.





Our Able Services Book Club recently wrapped up a wonderful session reading Out of My Dreams! The group met weekly at the Paul Smith Library, coming together for engaging discussions, shared perspectives, and a love of reading.

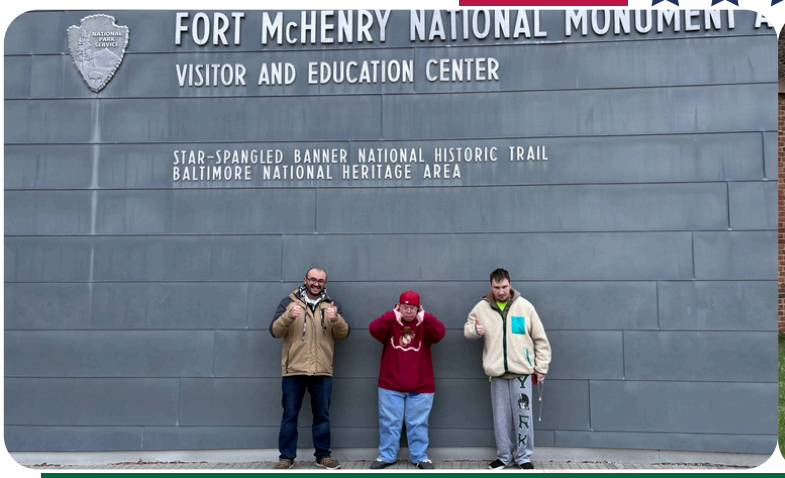






Community Activities

PARTICIPANTS TOOK A TRIP TO FORT MCHENRY IN BALTIMORE, WHERE THEY EXPLORED THE HISTORY BEHIND THE WRITING OF THE STAR-SPANGLED BANNER. STANDING WHERE THE FLAG CONTINUED TO FLY THROUGH THE NIGHT GAVE EVERYONE A DEEPER APPRECIATION FOR THIS POWERFUL MOMENT IN OUR NATION'S HISTORY. IT WAS A MEANINGFUL EXPERIENCE FILLED WITH LEARNING, REFLECTION, AND CONNECTION TO THE PAST.













WE LOVE THINKING OUTSIDE THE BOX WHEN IT COMES TO PLANNING MEANINGFUL OUTINGS! A GROUP ENJOYED A FUN LADIES DAY, STARTING WITH A TRIP TO A LOCAL THRIFT STORE WHERE THEY FOUND A DIAMOND ART KEYCHAIN KIT. THEY THEN HEADED TO THE GALLERIA MALL FOOD COURT TO RELAX, SOCIALIZE, AND WORK ON THEIR CREATIONS TOGETHER. IT WAS A DAY FILLED WITH CREATIVITY, CONNECTION, AND PLENTY OF LAUGHTER!

Community Extras



















Volunteering Activities





Our group regularly volunteers at the Humane Society, whether it's spending time with the dogs, helping give them exercise, or assisting with tasks like folding blankets to keep them warm and comfortable.
These simple acts of kindness make a big difference, and our participants take pride in caring for animals in our community

Our groups regularly volunteer at Autumn House, helping residents enjoy Bingo by assisting them in finding numbers on their cards or serving as the caller. It's a fun and meaningful way to build connections and bring joy to the residents.







Volunteering Activities







Our participants take pride in giving back through meaningful volunteer opportunities. Pictured above, they are serving at MilitaryShare, assisting with placing food into the cars of veterans and their families at the drive-up food distribution.

Below, a participant is volunteering at Alert Fire Company, helping maintain a clean and welcoming space by cleaning mirrors and counters and taking out the trash in the restrooms.

These experiences build responsibility, confidence, and a strong sense of community connection.







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A Bittersweet Farewell

This season, we said goodbye to two incredible members of our team. Marj retired after years of dedicated service, compassion, and commitment. Her impact on our participants, staff, and community has been truly meaningful, and she is greatly missed.

We also said farewell to Katie as she stepped into an exciting new chapter—pursuing a new career and continuing her education. While we miss her presence, we are so proud of her and all that lies ahead.

We are grateful for the time, heart, and energy both Marj and Katie poured into Able. They will always be part of our story, and we wish them nothing but continued success and happiness in their next journeys.





A PLACE WHERE PEOPLE GROW

SUPPORT

Growth and Connection for your friends @

Able-
SERVICES



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