

15th Annual Building Tomorrows 5K Run/2-Mile Walk Set for April 20

Help support The Arc of Essex County and raise awareness of its mission by participating in the 15th Annual Building Tomorrows 5K Run/2-Mile Walk on April 20, 2013.

The race will start at 10 am at Brookdale Park in Bloomfield, NJ and is part of the statewide "Step Up for The Arc" walkathon initiative to help raise public awareness and support for individuals with intellectual and developmental disabilities (I/DD) and the programs that support them and their families. Since The Arc's first Run/Walk in 1999, hundreds of supporters each year have raised a total of over \$700,000 to fund our programs and services.

Online registration is available at www.RaceForum.com/Tomorrows and only costs \$23, \$20 for USATF members, before April 15, \$25 for all participants after April 15 and on race day. All participants will receive a commemorative moisture wicking tech T-shirt, and refreshments and entertainment will be provided.

This year, race sponsors include: PwC, LLP, Wakefern Food Corp., Bird Pharma Consulting, LLC, Bollinger, Inc., Cheer Me Up Foundation, Hughes Environmental Engineering, Inc., Olshan, Frome, & Wolosky, LLP, Village Supermarkets, Prudential, Applebee's, Brach Eichler, Care Station, Fox Rothschild, LLP, Embassy



Suites Parsippany, Hamilton Park Hotel, and the Hotel Westminster.

Like previous years, the race will be run entirely within the park and separate from vehicular traffic on a double-loop course that has ample shade. Runners will start first, followed by

walkers. The race is USATF certified and individual scoring is calculated through CompuScore.com. Awards will be given to the Top 3 Overall male & female finishers and Top 3 male & female finishers in each five-year-age bracket from 14 and under, to 85 and over.

All participants, runners and walkers, are encouraged to create their own fundraising page at www.firstgiving.com/arc-essex/2013runwalk and recruit their family, friends, neighbors and co-workers to sponsor their run/walk. These donations will help support our mission to enhance the quality of life for individuals with intellectual and developmental disabilities and their families. Anyone who raises \$50 by race day will have their registration fee waived. Also, on race day, awards will be granted for the top fundraising team and top fundraising individual.

For further information about supporting our efforts in Building Tomorrows, visit The Arc of Essex County online at www.arcessex.org/run.

Bridge Services Begin March 4

Responding to the needs of working parents and caregivers, The Arc of Essex County launched its new after work/school program, Bridge Services, on March 4.

The new program is for individuals 16 years old and above, and runs from 3:45 to 5:45 pm, Monday through Friday, at The Arc's Opportunity Zone Community Resource Center in Maplewood. Bridge Services' programming focuses on habilitation with attendees selecting daily activities such as cooking, nutrition, exercise, social skills, art, music and dancing.

"With individual budgets, families have more flexibility and this is something they asked for," said Melissa Soules, Director of Adult Services. The fee for Bridge Services starts at \$88 per month for one day a week and rises to \$400 per month for five days a week. In the future, we anticipate Bridge Services to be an allowable service under New Jersey's new supports program.

Bridge Services is a great option for families with a single caregiver or with two working caregivers who need a program to "bridge" the time between the end of the school day or day program and the time they finish their workday. Opportunity Zone is located near several of the county's largest roadways including Route 78, Route 280 and the Garden State Parkway. For an additional fee, The Arc can shuttle consumers to its Reach Community Resource Center in Caldwell where they can be picked up by family or caregivers by 5:45 pm.

For more information or to enroll, contact Laurie Best at 973-535-1181 ext. 1264 or via e-mail at lbest@arcessex.org.

Snow-delayed Warm Your Heart Tricky Tray still a huge success



Some of the over 500 people who came out to this year's Warm Your Heart Tricky Tray examine items carefully as they decide which ones they would like to try to win.

The 18th Annual Warm Your Heart Tricky Tray was a huge success, with 530 people attending and raising over \$40,000 for The Candle Lighters.

The event, which featured hundreds of prizes people won by placing as many tickets as they wanted into individual drawings for each prize, was delayed, for the very first time, after a winter storm blanketed the region with snow on Feb. 8. Candle Lighters members, Arc staff and Mayfair Farms management and staff all worked together to make sure things were ready when the sun came out and roads were clear on Sunday, Feb 10.

The hundreds of attendees scrutinized the 261 regular sized prizes, valued between \$50 and \$95, and 99 large prizes, valued at \$100 and greater, that fill two rooms at the large banquet facility in West Orange, NJ. By the time the Tricky Tray was closed, many prizes had cups near overflowing with tickets. As Mayfair staff served a delicious 4-course meal, tickets were pulled to pick the winners and results were announced by Trick Tray Chairperson Stephanie Koprowski-McGowan, often to the boisterous applause of the winner and the people at their table.

To add to the excitement, there were three grand prizes: a woman's cocktail ring, valued at \$2,200, donated by the family of Braden Hopton, an Apple iPad, valued at \$550, donated by the family of Nicholas Blougouras, and a 50" Toshiba Flat Screen LED HDTV, valued at \$699, donated by the family and friends of Jeffery McGowan, Jr. The winners of the grand prizes were Fran Eagen, Carol McAbee, and Margaret Scarpignato respectively.

Other prizes included the Off-Premise Raffle of three ShopRite gift certificates valued at \$500, \$300 and \$200, won by Paul Nigli, Adele Stites and Natividad Sanchez respectively, the Fair Share Raffle of \$731, \$439, and \$293 won by Carmela Ehert, Karen Hess and Leslie Horan, respectively, and the Lottery Scratch-off Apron, valued at \$100 in tickets, won by Karen Rosenberg. Carmela Ehert, the \$731 Fair Share winner, made a generous donation of \$200 back to The Candle Lighters. Another game making its debut this year was the Cork Pull in which every player wins a bottle of wine matching the numbered cork they picked. This game proved to be very popular, selling out 100 bottles and raising \$1,000.

The event was a huge success thanks to The Candle Lighters' supporters, the Tricky Tray Committee, and numerous volunteers who created hundreds of beautifully wrapped baskets. The Arc of Essex County and The Candle Lighters are looking forward to next year's Tricky Tray and hope to see you there.

**An additional prize included a \$500 Amazon Gift Card, but the winner's identity could not be established as of press time.*

Prudential Donates Bikes



Jason Acton and Frank Cinque unload one of nine exercise bikes donated by Prudential that will be used by consumers in our Day and Residential programs.



How you can help... VEHICLE DONATION

The Arc of Essex County will gratefully accept donations of your used cars, vans or trucks.

Vehicle donations made to a charitable non-profit organization are tax deductible.

Benefits:

- Free Towing • Tax deductible
- Hassle free way to get rid of your unwanted vehicle
- Support the mission of The Arc of Essex County

Donate your vehicle
877-ARC-2270

Please remember to designate our chapter and we will receive 90% of the net proceeds from your vehicle donation.

Thank you for your support.

WPIX interviews Self-Advocate Renee Pierce about the R-Word

Amidst the pre-game hype leading up to Super Bowl XLVII, the media's attention briefly fell on The R-Word Campaign after Baltimore Ravens' Quarterback Joe Flacco, the game's eventual MVP, uttered it during an interview.

Television Reporter James Ford, of The CW11 News, interviewed our own Renee Pierce, president of the Speakers self-advocacy group at Arccompany, about the incident, how hurtful the R-Word is, and why it is so important for people not to use it.

Renee told Mr. Ford that she was rooting for the Ravens to win the Super Bowl but changed her mind when she heard the remark made by Joe Flacco. Renee said that she was very disappointed and upset that Joe Flacco used the R word and could not understand how a professional football player could be so unprofessional. She said "He wants to be famous and now he is but it's not something to be proud about."

Renee, who is also a Board Member on the Advisory Board of the NJ Statewide Self-Advocacy Network, and a member of the Council Two of the NJ Statewide Self-Advocacy Network,

said it's important to educate the public on the use of People 1st Language. Renee would like people to take the time to get to know her as a person first and her disability comes last. Renee is glad that Joe Flacco apologized but hopes that he is sincere and that he understands the negative impact that word has on people with intellectual disabilities.

As a member of the Speakers, Renee worked on many projects to eliminate the R word including attending the Rally for Respect, at Rutgers University, putting together a local rally to spread the word to fellow peers and Arc staff, and writing letters to President Barrack Obama in support of Rosa's Law, a bill to amend language in federal documents to be Person 1st. She also supported efforts locally that culminated in Governor Chris Christie signing similar legislation into law to remove the R-Word from New Jersey's laws and regulations.



Self-advocate Renee Pierce talks with WPIX News Reporter James Ford about Baltimore Ravens Quarterback Joe Flacco's use of the R-word during an interview at The Arc of Essex County's Administrative Offices.

After the broadcast aired, Renee received many phone calls from family and friends congratulating her on a good job. She was impressed and thankful that she was able to reach out to so many people and hopes that this helps to get the word out. Renee also hopes that in the future, Flacco will stop and think before he embarrasses himself again. She also hopes that after this experience, he will use this opportunity to educate the public and ask others not to use the word and she welcomes Flacco, a New Jersey native, to come and visit her and the Speakers and get to know them as people first.

Recent empty nesters can receive gift cards for participating in research project

A Rutgers University Doctoral candidate is conducting dissertation research on the expectations and adjustments of parents of adults with I/DD that have moved into community residential settings within the last five years. His research proposal was approved by the Rutgers University Institutional Review Board and is being conducted in conjunction with Dr. Michael Petronko, Ph.D., ABPP.

Participants must be parents of adult(s) living with an intellectual or developmental disability who have moved out of their family's home and into a community based residence within the past five years. You'll be asked to confidentially answer questions regarding how you see your role as a parent adapting to this transition.

All participants will receive a \$5 gift card to Target or Starbucks. Those that participate in a telephone interview will be entered in a raffle for a \$25 Amazon.com gift card.

Please contact David Cernikovsky, Psy.M. 848-228-2890 or davecern@eden.rutgers.edu

Grant funds bathroom renovation at Oakwood Group Home



This bathroom at the Oakwood Group Home will be completely renovated thanks to a \$10,000 grant from the Hyde and Watson Foundation.

Work will begin soon to completely rebuild one of the bathrooms at the Oakwood Group Home thanks to a generous \$10,000 grant from the Hyde and Watson Foundation.

The project will include a new accessible shower, power-flush toilet, an electric hand dryer and a GFI (ground fault interrupter) outlet. The improvements will enhance residents' quality of life by reducing risk of accidents and malfunctions of the bathroom fixtures and updating the room's décor.

The home's five residents will rely on the other full bathroom until the six-week project is completed in April. The room's plaster walls will be removed and replaced with moisture-resistant drywall coated with moisture resistant paint. Residents will contribute to the project by selecting the room's new color scheme. The project also includes the installation of a new sink and vanity.

Previously, the Hyde and Watson Foundations has support other capital projects including funding for new workstations, computers and roof repairs at the Administrative Offices in Livingston in 2004 and 2008 and pool renovations at Camp Hope in 2010.

The new prefabricated walk-in shower will include a bench and handrail, providing the appropriate supports for a physically disabled user. The power-flush toilet will reduced clogging incidents, while the hand dryers are more sanitary than towels and cost less over the lifetime of the unit. Other important bathroom elements will be the installation of ground fault circuits on the electrical outlets to prevent injury in the event that water comes in contact with an electric device.

**As of the publication of this issue of the Guardian, it is anticipated that the bathroom renovation will begin in early March and be completed within five to six weeks.*

New mattresses donated by the United Way of Essex and West Hudson

In January 2013, The Arc of Essex County received a generous gift of 31 Tempur-Pedic mattresses from the United Way of Essex and West Hudson's Gifts In Kind program. Through Gifts In Kind, the United Way of Essex and West Hudson assists the needs of the consumers of nonprofit organizations by issuing clothing, books, household items, and more to improve each consumer's quality of life. The Arc of Essex County's Chief Development Officer, Cynthia Villarosa, contacted the United Way of Essex and West Hudson on behalf of our residents to obtain the mattresses that are currently being used in seven of our group homes.



New mattresses, donated by the United Way of Essex and West Hudson, await distribution to consumers in our Adult Residential programs.

In memory of Patricia Simmons



The Arc of Essex County is saddened by the loss of its friend and consumer Patricia Ann Simmons who passed away on February 13, 2013. She was 43.

Patricia came to The Arc for Adult Residential Services in 1996 and most recently lived in our West Orange Group Home. She also participated in our Community Link Resource Center in Fairfield where she made many friends and was a vibrant, lively participant who was always ready to give you a smile or a hug.

Patricia enjoyed gospel and pop music, dancing and regularly attended church. At Community Link, she liked the cooking classes and volunteering at the Human Needs Food Pantry in Montclair, where she helped to distribute food to needy families in Bloomfield. Last year, Patricia was crowned Queen of The Arc's Adult Day Services Talent Show in which she sang "All the Single Ladies" by Beyoncé Knowles.

Patricia was born in Elizabeth, and raised in Plainfield where she was a member of the Church of the Living God. She will be missed by her loving family and friends.

Payless Shoes 4 Kids grant helps HAP families buy new shoes for their children

January 23, the Payless ShoeSource store of East Orange welcomed several families from our Home Assistance Program (HAP) for a fun day of shoe shopping. The families, including about a dozen children, had a lot of fun roaming the shoe aisles and scanning up and down the shelves for the perfect sneakers, boots, or first pair of heels.

For the second year in a row, The Arc of Essex County received a Payless Shoes 4 Kids grant which provided the agency with 50 gift certificates for children's shoes, a \$1,000 value. Our HAP staff brought a group of families to the store so their children could get measured and pick out new shoes. The children had bright smiles on their faces as they



Children pick out and show off their new shoes at Payless Shoes in East Orange NJ. The Arc of Essex County received \$1,000 grant from Payless to cover the cost of new shoes for children in our Home Assistance Program.

picked out and tried on shoes. The event received local press coverage from The Star Ledger.

Payless began the program in 2008. Last year we received 25 certificates, a \$500 value.

HAP provides support and assistance to very low-income families in which a child and/or parent is living with an intellectual or developmental disability. The Arc of Essex County's HAP staff is working with the remaining HAP families who were unable to attend the event so their children can pick out a pair of new shoes.

The Star Ledger article and video footage can be found on our Facebook page, at www.facebook.com/theareofessexcounty.

Enjoying the Breezes in the Bahamas

The Travel Club enjoyed another very successful trip this year, traveling to an all-inclusive resort in the island nation of the Bahamas.

Our group consisted of 12 vacationers including, Ahaziah Beatty, Gabrielle De Blasio, Alex El Boghdedy, Donna Falchetto, Carl Fresco, Thomas Fresco, Nancy Holden, Kelli Horan, Henry Polite, Jeffrey Rice, Lori Tesei, and Heather Walker. They were accompanied by Cathy O'Connell, Maureen Murray, and Susan Knipper to the resort located on Cable Beach in Nassau, Bahamas. Walker is a former area resident who moved to Iowa but came on the trip to spend time with several of her close and longtime friends who still live in New Jersey.

The resort offered many activities including swimming, dancing, and watching/participating in the live shows which proved to be the most popular. The group also found time to work out at the gym and play ping pong, pool, basketball,



Enjoying a tasty beverage amidst the cool waters of their resort pool are (left to right) Carl Fresco, Kelli Horan, Alex El Boghdedy, Gabrielle De Blasio and Thomas Fresco.

volleyball and other games. The group enjoyed a tour of the area and took a day to do some shopping too. Everyone on the trip was impressed by both the staff and the other guests at the resort and the way we were made to feel like friends. The resort staff went out of their way to make our trip as much fun as possible and some even gave email addresses when we left.

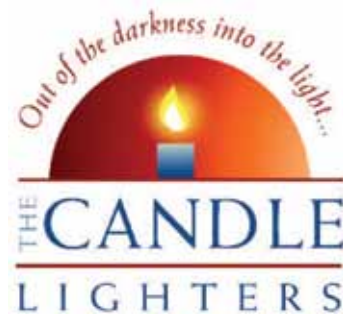
By the end of the trip there wasn't anyone, staff or guests, who did not know our group. Between the times we participated in dance

and talent contests to the activities by the pool, everyone knew we were having a good time. Many of our trip participants even commented on wanting to return to the same place for another wonderful time.

We will soon begin to plan out our next adventure. If you would like to be on our mailing list to receive the next flyer please contact Laurie Best at (973) 535 – 1181, ext. 1264 or lbest@arcessex.org.

The Candle Lighters Elect new Officers

The Candle Lighters recently elected its new executive officers. The non-profit charity was created in 1974 by a group of concerned parents, relatives, and friends to raise funds for programs that benefit children and adults with developmental disabilities in Essex County and surrounding counties. All money raised by The Candle Lighters is given to The Arc of Essex County to support a variety of special projects which would not operate without privately-raised funds.



2013-14 Candle Lighters Executive Officers

Co-Presidents:	Eileen Hahn & Trish Boylan
First Vice-President:	Stephanie Hopton
Second Vice-President:	Stephanie Koprowski-McGowan
Recording Secretary:	Beth Spiotta
Corresponding Secretary:	Tracey Smeragliuolo
Treasurer:	Sandy Young
Immediate Past President:	Jennifer Blougouras

For more information about The Candle Lighters please visit its website, <http://thecandlelighters.org>

County of Essex awards CDBG funds to The Arc of Essex County



Chief Development Officer Cindy Villarosa (third from left) accepts a ceremonial check from Essex County Executive Joseph N. DiVincenzo, Jr. with Assemblywoman Teresa Ruiz (left), Speaker of the New Jersey General Assembly, Assemblywoman Sheila Oliver (2nd from left) and Freeholder Blonnie R. Watson (right).

In February, The Arc of Essex County's Chief Development Officer, Cynthia Villarosa, attended an awards ceremony for the County of Essex's 2012-2013 Community Development Block Grant program. Cynthia Villarosa accepted a grant of \$7,900 on behalf of The Arc of Essex County to assist in providing the salary for its Disability Maintenance Coordinator.

Welcome to New Employees

We are pleased to welcome the following new employees to The Arc of Essex County:

Administrative

Janet Baillif, Nakisha Bello, Cameron Smith, Gloria Martin, Stephanie Milot, Leslie Rodas, Lina Stigliano

Adult Day

Jeannie Bolanos, Veronica Davis, Clyde Dover, Anneeshia Goode, Chris Otundo, Devonne Stone

Adult Residential

Lauren Berbick, Lorenza Brooks, Tianah Chambers, Craig Clifton, Johanna Collazo, Karen Hinton, Felicia Minnigan, Renee Nieves, Jerusah Okwoyo, Sheronda Ryanes, Corey Robinson, Najwa Simpson, Latoya Taylor

Children, Family & Community Services

Mary Angamarca

Tributes

Thank you for so many tributes! Tributes are a beautiful way to acknowledge those you care for, and at the same time, help those in need. To purchase a tribute, please call Stephanie Milot at (973) 535 – 1181, Ext. 1227.

Tributes from October, 2, 2012 – February 15, 2013

SPECIAL OCCASIONS:

In honor of Matt & Missi Calderone and in memory of Barbara Calderone

Susan Hagedorn

In honor of Michael Cronin

Kevin and Patricia Cronin

In honor of Ms. Keemss's son's teachers and therapist

Courtney Keemss

In honor of Lev Margalit

Mike and Catherine Mantinaos
Mark Martinez and Janine Pierro

In honor of Kelly Starrett

Harry L. Starrett, Esq.
Frederick and Dr. Sheree Bennett

In honor of Rachel, Chris, Clare, and Maddy Taggart

Melissa Calderone

In honor of the 100th Birthday of Selma Tull

Lee and Arthur Bergman

IN MEMORY OF:

Joseph L. Dimino

Peter and Judy Bellina
Mark and Elizabeth Bergman
Minerva Delgado
Robert and Margaret Intile

Margaret Meehan

Kathleen Hinnigan-Cohen
Linda C. Lucas
Cynthia Villarosa

Marilyn Middleton

Herb and Ellen Lev

Elaine Loprano

Kelly Debellonia

Edith Valvano

Robert and Margaret Intile

Ted Tengwall & Helen Lynch

Mary Tengwall

Ann Marie Wasdyke

Lee and Arthur Bergman



Guardian Angels

The Arc of Essex County has received funding from
the following foundations from October, 2, 2012 – February 15, 2013

If you know of any networking opportunities for funding, please
contact Cynthia Villarosa at (973) 535-1181, ext. 1224.



FOUNDATION

The Hyde & Watson Foundation
Payless ShoeSource, Inc.
Lillian P. Schenck Charitable Trust, Inc.
Prudential
Kessler Foundation
Lockheed Martin

A special thanks to:

Irvington Community Development
Block Grant Program
United Way of Northern New Jersey
Department of Labor
United Way of Essex and West Hudson
Bloomfield Community Development
Block Grant Program

PURPOSE

Renovations & Improvements to Oakwood Avenue Group Home
Gift Cards for Children's Shoes
Camperships
10 Exercise Bikes
Tree Removal-Post Hurricane Sandy
72 Dell PC Monitors

Camperships for Irvington Children
Exercise & Nutrition & Camperships
Training Grant
31 Mattresses for Group Homes
Camp Hope, Recreation & Social Services



The Arc[™]

of Essex County

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Livingston, NJ 07039
Address Service Requested

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07006



SAVE THE DATE

Saturday, March 2, 2013 10 am	Medicaid Clinic 123 Naylon Ave., Livingston, NJ
Monday, March 4, 2013 5:30 pm	Medicaid Clinic 123 Naylon Ave., Livingston, NJ
Friday, March 8, 2013 6 pm	Medicaid Clinic 123 Naylon Ave., Livingston, NJ
Friday, March 15, 2013 2 pm	Medicaid Clinic 123 Naylon Ave., Livingston, NJ
Tuesday, March 19, 2013 6 pm	Medicaid Clinic 123 Naylon Ave., Livingston, NJ
Sunday, March 24, 2013 1 pm – 5 pm	Family Fun Day Livingston Community Center, 204 Hillside Ave. Livingston, NJ
Wednesday, April 10, 2013 11 am – 12 pm	Open House Reach CRC, 6-C Provost Square, Caldwell, NJ
Thursday, April 18, 2013 6 pm	Arc Family Network - Children's Services: Understanding the New System 123 Naylon Avenue, Livingston, NJ
Saturday, April 20, 2013 11 am – 12 pm	15th Annual Building Tomorrows 5k Run/2-Mile Walk Brookdale Park, Bloomfield, NJ
Tuesday, May 14, 2013 6:30 pm – 7:30 pm	Open House Opportunity Zone CRC, 50-58 Burnett Ave., Maplewood NJ
Tuesday, June 4, 2013 6:P30 – 7:30 (tentative)	Open House SWOP, 205 Rutgers Street, Maplewood, NJ
Saturday, June 15, 2013 10 am – 11 am	Open House Livingston CRC, 1 Naylon Ave, Livingston, NJ



The Arc[™]
of Essex County

123 Naylon Ave., Livingston, NJ 07039
www.arcessex.org

EXECUTIVE MANAGEMENT STAFF

Linda C. Lucas
Chief Executive Officer

Kathleen Hinnigan-Cohen
Chief Operating Officer

Minelly Cummings
Chief Financial Officer

Cynthia Villarosa
Chief Development Officer

GUARDIAN STAFF

Bill Bray
Director of Communications
Stephanie Milot
Community Resource Associate
Graphic Design: Sarah Rudisill

Contributing Writers:
Susan Knipper
Maureen Murray



Scan this QR code with your smartphone
for direct contact to The Arc.



Join Our Social Network

"Like" The Arc of Essex County on Facebook and get connected to our growing online community. Don't miss this great opportunity to hear, see and share your thoughts on what's going on in the lives of people with intellectual and developmental disabilities and their families. Visit www.facebook.com/thearcofessexcounty and click the "Like" button today.



We've Got Mail!



Sign up for The Arc of Essex County E-Mail Updates to receive our e-newsletters. When you sign up, you automatically will receive a digital subscription to the Guardian, helping The Arc of Essex County reduce its printing and postage costs. You will also receive invitations to all of our events and alerts on important legislative and public policy initiatives that impact the lives of people with intellectual and developmental disabilities and their families.

Signing up is easy and you can unsubscribe at any time. Just click the e-mail icon in the bottom left corner of our website, www.arcessex.org or click the E-mail Alerts and Updates tab on our Facebook page, www.facebook.com/thearcofessexcounty.