

Great Results at the 16th Annual Building Tomorrows 5K Run/2-Mile Walk

On Saturday, April 12, 2014 approximately 500 family members, friends, consumers, and advocates for The Arc of Essex County gathered in Bloomfield's Brookdale Park for the 16th Annual Building Tomorrows 5K Run/2-Mile Walk. This family-oriented fundraiser is part of The Arc of New Jersey's Step Up for The Arc initiative. Since 1999, Arc chapters statewide have organized runs and walks, with the mission of raising both awareness and funds to support programs and services provided for individuals with intellectual and developmental disabilities.

The attendees on this particularly pleasant and sunny April morning included The Arc's President, Bruce Bird, Chief Executive Officer, Linda C. Lucas, nearly 500 runners and walkers of all ages, and dozens of spectators. Members of the Livingston Free Masons were also on hand, serving refreshments as the event's community sponsor. Amongst the crowd of cheerful spectators were residents of our group homes, accompanied by program staff members. An additional



Runners take off from the start of the 16th Annual Building Tomorrows 5K Run in Brookdale Park on April 12, 2014.

two dozen volunteers assisted with the day's event, by providing extra refreshments, checking-in participants, and serving as course marshalls. These volunteers included representatives of The Arc's staff, Prudential Investments, Seton Hall University, and Girls on the Run running club.

Fitness and fundraising accomplishments were achieved by the event's runners and walkers. The male and female winners of the 5K were Timothy Lynch, 28, from New York City, NY, with a time of 16:35.45, and Rhiannon Novelli, 13, from Waldwick, NJ, with a time of 21:06.08,

respectively. Our top five fundraisers were Lee Bergman, Mark Conniff, Courtney Kane, Nancy Fass, and an anonymous donor.

In addition to superb fundraising efforts by individuals, the agency received \$30,000 from corporate partners. This year's sponsors included Michael P. Bergeron Foundation, Pricewaterhouse Coopers, Bird Pharma Consulting, Prudential Investments, PSEG, SaxBST, Cheer Me Up Foundation, Gallagher Bollinger, Mack-Cali Realty, Oratory Preparatory School, Village Super Market, Wakefern Food Corporation, Applebee's, Benefit Management Solutions, Bogush, Evergreen Landscaping, International Union of Operating Engineers Local 68, Jardim, Meisner & Susser, P.C., Merchants Alarm Systems, and Signature Property Management. Other companies provided gifts to be used as giveaways. Prizes were awarded to the top fundraisers, including coupons from Sports Authority, candy from The Promotion in Motion Companies, a gift certificate for an overnight stay at the Wyndham Hamilton Park Hotel, and gas cards from Exxon Mobil.

ANNUAL MEETING

Monday, June 16, 2014, 7 pm to 9 pm

The Arc of Essex County's Administrative Office
123 Naylor Avenue, Livingston NJ

Navigating the System: A Journey with The Arc
Executive Board Election

Adoption of Proposed Bylaw Amendments
Light refreshments will be served

The Arc of Essex County Unveils New Strategic Plan, Mission & Vision Statements

The Arc of Essex County recently began to unveil its new Mission and Vision statements as part of the implementation of its first strategic plan.

The plan, created over 18 months, was made possible thanks to a New Jersey Workforce Development grant. The strategic plan will serve as a blueprint to guide The Arc for the next three years as it transitions from the current contract-based system to the new fee-for-service system under New Jersey's Comprehensive Medicaid Waiver.

The strategic plan is structured around four primary areas of focus:

- Develop The Arc of Essex County's brand by building awareness amongst its stakeholders, communicating its purpose, contributions, and achievements.
- Advance programs and services to accommodate shifts in demographics, needs and fiscal complexities.
- Cultivate and sustain a relevant, qualified workforce.
- Evaluate and adopt The Arc of Essex County's business model to meet the needs of its stakeholders and remain fiscally strong.

During the strategic plan process, The Arc also reviewed and revised its mission and vision statements. The mission statement defines the agency's purpose. The new mission statement is:

The Arc of Essex County provides comprehensive services and supports to individuals with intellectual and developmental disabilities and their families ensuring a lifetime of achievement with dignity and full partnership in the community.

The vision statement captures an agency's aspirations. The new vision statement is:

The Arc of Essex County is the premier choice of individuals with intellectual and developmental disabilities, their families and the community. Through its commitment to fostering achievement, The Arc of Essex County leads the way in creating and delivering the most innovative and responsive supports and services.

The Strategic plan process also allowed the agency to define its core values, the principles, beliefs and ideals against which all work is weighed. The agency's core values are:

Excellence - The Arc of Essex County is built on a foundation of excellence by continuously holding itself to the highest standards of evaluation, improvement and innovation.

Service - The Arc of Essex County upholds a philosophy of superior service by providing all stakeholders with a respectful, prompt and knowledgeable response.

Respect - The Arc of Essex County recognizes the unconditional value of all persons and believes everyone should be treated with full dignity and respect.

Collaboration - The Arc of Essex County nurtures a culture of collaboration in which strength is enhanced by working together.

Generosity - The Arc of Essex County thrives on the power of generosity which serves as the cornerstone of its mission and drives its purpose.

The next three years will bring forth changes that will impact The Arc and our clientele, and we invite you to join us as we bring our mission, vision, and core values to life.



Zakhiy Loyal measures his foot before picking out new shoes at Payless Shoes in Each Orange. The Arc of Essex County received \$500 in gift certificates from Payless Shoes to help families in our Home Assistance Program (HAP) purchase new shoes for their children. HAP helps very low-income families in which a child or parent has an intellectual or developmental disability. Each year, The Arc also hosts a Christmas Party for HAP families. Contact Heather Comstock at 973-535-1181, ext. 1224 to find out how you can help support this year's HAP Christmas Party.



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.

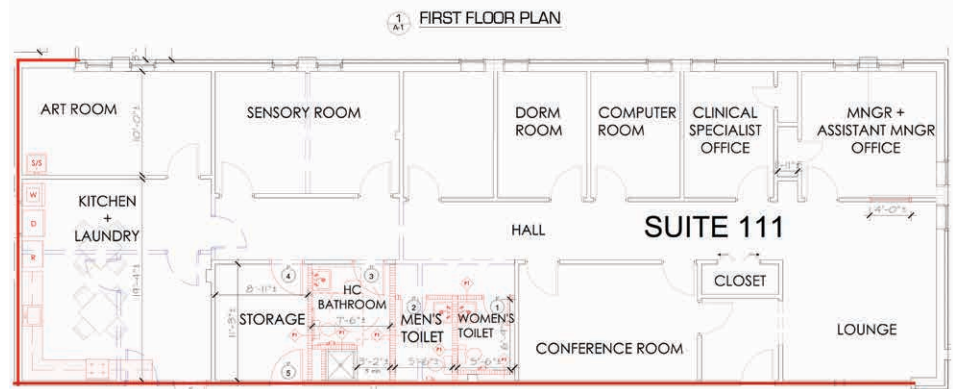
New Autism Program Prepares Recent Graduates for Transition to Life After High School

The Arc of Essex County's new Adult Day program seeks to ease the transition from school to Adult Services for new graduates with Autism spectrum disorders.

The new adult program will open its doors to up to 30 individuals on the Autism spectrum this summer, in a new facility located in West Caldwell. The Arc will invest nearly \$50,000 to renovate the space to create a center that mimics the structured schedule, staffing and programming that many recent graduates experienced throughout their time in school.

The program will provide participants with a 3:1 ratio with a focus on the individual's needs and behaviors to prepare them to a transition into an Adult Day program. Participants will attend for a minimum of one year, after which they may transfer into another adult program if they are ready. A variety of community-based activities will teach and reinforce communication, integration, volunteerism, recreation, and employment skills.

The Arc is working with The Phoenix Center in Nutley, NJ to develop and launch the program. In 2013, a



The Arc of Essex County is investing \$50,000 to build its new Autism-centered program in West Caldwell. The program will open to up to 30 participants this summer.

group of parents and staff from The Phoenix Center contacted The Arc with concerns about a lack of autism-specific programs for their children and graduates. Phoenix provided information and insight on what such a program should entail and allowed Arc staff to visit its campus and review its curriculum.

Participants in this program will benefit from more intensive behavioral supports when needed. The Arc's staff will work with families and schools to create a comprehensive transition plan, including observing the student in school to better understand classroom modifications. The student will also make frequent visits to the

program with their school staff prior to graduation. An Occupational Therapist will also consult with the program for further evaluations and to make ongoing recommendations.

Autism spectrum disorders are now the fastest growing developmental disability, affecting 1 in every 45 children in New Jersey. Autism affects a person's social, communication, and interaction abilities. Autism is five times more prevalent in boys than girls. There is no known cause or cure for Autism.

For more information about the program, please contact Erin Koropsak at (973) 535 -1181 ext. 1246.

Camp Hope Gets Ready for a New Season With Help from Novartis Volunteers



A group of employees from the Novartis Pharmaceuticals Corporation's East Hanover location volunteered their time to paint and clean at Camp Hope on May 8, as part of their company's Community Partnership Day.

A team of volunteers from Novartis Pharmaceuticals Corporation spent the day painting and cleaning at Camp Hope as part of the company's Community Partnership Day activities.

"Investing in the communities where we live and work is a defining part of the culture and fabric of our company," said Kevin Rigby, Vice President and US Country Head of Public Affairs at Novartis. "This annual day of volunteerism gives our employee teams an opportunity to join hands in service with our outstanding nonprofit partners to help make a positive, long-lasting difference in people's lives."

This is the second time Novartis Pharmaceuticals Corporation has partnered with The Arc of Essex County. In 2012, the volunteers spent the day at the Terrace Ave. Group Home, clearing leaves and debris, painting and planting bulbs.

Hackensack UMC Mountainside Honors Arc Board Member for His Volunteer Service

Hackensack UMC Mountainside honored The Arc of Essex County Board Member John Schettine for his 10 years of volunteer service during a luncheon on April 9.

Schettine, who lives nearby in our Claremont Group Home, helps out in several areas of the medical center's campus including its Specimen Processing and Outpatient laboratories, where he assists in delivering samples and results, and in the Radiation Oncology Department and Volunteer Office.

During the luncheon, held at The Bayberry, hospital staff praised Schettine for his eagerness to help, reliability, and the friendly attitude he brings with him wherever he goes. In February, Schettine served as an official escort for Miss USA Erin Brady during her visit to the hospital to speak about breast cancer awareness.

Schettine is also among the hospital's most active volunteers, logging the most hours last year with 970. This year, he is on track to have the most hours again and has a lifetime total in excess of 12,675 hours.



The Arc of Essex County's Advisory Board Member John Schettine served as an official escort for Miss USA Erin Brady during her February 2014 visit to Hackensack University Medical Center Mountainside. Schettine was honored on April 9th by the hospital for his 10 years of volunteer service.

New Group Home Opens in Livingston

Adult Residential Programs opened its newest group home on Beacon Avenue in Livingston, on March 14, 2014.

The 1,900 square foot, four bedroom, two bathroom ranch is the 24th residential program and the second to open within the past six months. Beacon Ave. is home to four people, including two funded through New Jersey's Olmstead Initiative to deinstitutionalize consumers living at the state's developmental centers.

The Arc of Essex County received \$400,000 in affordable housing funding from Livingston Township to purchase the home and an additional \$300,000 in Community Development Block Grant funds from The County of Essex for renovations. The home was upgraded to meet current electrical, plumbing and structural code requirements and a

residential fire suppression system was installed.

The Arc completely renovated the kitchen including new cabinets, granite countertops, backsplash, fixtures, appliances, and tile flooring. A new fully ADA accessible bathroom was also installed with fixtures set lower and a roll-in shower. The home also includes a 20 Kw, gas-fired generator in case of any prolonged loss of power, like those experienced at some of our residential programs after Hurricane Sandy.

The home also has a small office for program staff who are onsite seven days a week, 24 hours a day to provide the residents with the appropriate level of support they require to live in this independent community setting.

An open house will be scheduled for later in the year.



Camp Hope Ready for Its 58th Summer of Fun

The 58th season of Camp Hope is rapidly approaching and so are our plans for a fun-filled summer!

Camp Hope is a seven-week summer day camp for individuals ages 5 and up with intellectual and/or developmental disabilities. Camp is open from 9am-3pm Monday – Friday from June 30 to August 15, 2014.

Camp Hope offers a variety of daily activities including, art, nature, sensory, sports, music, swimming, playground time, and camp-wide games and activities. Each week is based around a theme; this year's themes include Seasons, Sports, Explore and More, Holidays, Game Shows, Spirit Week, and Awesome Adventures. The all-new Spirit Week features chances for everyone to show their *Camp Hope Spirit* by participating in Crazy Hair Day, Mismatch Day, and Superhero Day!

Each year campers look forward to many special events including, a talent show, barbeque, carnival day, car wash, and our end of summer dance. **Save the date** for the annual car wash: Friday, July 18th! This is a fun day enjoyed by staff and campers alike. It is a great opportunity to come see camp and visit your camper!

Last year, Camp launched a weekly e-mail newsletter to provide families with a summary of the prior week's events and a look ahead at the upcoming week's activities. The newsletter also provides families with updates throughout the year including invites to great events like the Camp Hope Reunion and Spring Fling.



Camp Hope campers celebrate the return of Fire Fighter Carmine of the East Hanover Fire Department and his fire truck for the annual fire safety event.

Excited about camp? Volunteering your time or sponsoring a camper are two great ways to get involved! If you are 14 years of age or older and are interested in volunteering at Camp Hope this summer, contact Judy Bellina at (973) 535-1181 ext. 1223. To sponsor a child's tuition for camp, please contact Heather Comstock at (973) 535-1181, ext. 1224.

For more information about the happiest camp in New Jersey or to join our Camp Hope e-mail list, please contact Courtney Kane at (973) 535-1181 ext. 1292 or ckane@arcessex.org.

Drama Class Gives Program Participants an Opportunity to Shine



Dancing to "Diamonds are Girl's Best Friend" participants in the Adult Day program's Drama Class show off everything they learned during a short recital in April. Pictured left to right are: Rugayyah Harris, Marcia Murray, Jamal Wester, Nikita Brown, Ayisha Christian, Renee Franklin, Eva Turner, Jeffrey Smith and Stephanie Tidwell.

Program participants from Avenues, Opportunity Zone, SWOP, and REACH participated in a weekly drama class that started in February and culminated with a recital on April 16, 2014 at Opportunity Zone. Headed by instructor Colleen Finnegan, the consumers performed two short selections that included choreographed movements to the songs *Cabaret* and *Diamonds are a Girl's Best Friend*. The participants had the chance to walk down the runway and strike a pose before performing as a group. The drama group helped the participants increase their social skills and enhance their self-worth. Both staff and program participants are all looking forward to the reprise of the Drama Class this fall.

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
Nov. 15, 2013 – April 18, 2014*

In honor of Suzanne Barry

Audrey Ascoli & Anthony Bellardita, Jeff & Eileen Merkle, and Scott & Colleen Matussek

In honor of Mark Conniff

Jeannette Conniff

In honor of Tom and Mag Sheridan's 50th Wedding Anniversary

Werner Family Trust of 2001

In memory of Brendan Boyle to honor Brian McDonnell

Judy Bellina

In memory of Rusty Bergman

Allyson Fryhoff and Family

In memory of Barbara Calderone

Sue Hagedorn

In memory of Kathy James

Andrew and Elizabeth Blumetti
Juliann James

In memory of Jessie McCoy

Presbyterian Women

In memory of Stephen and Jessie McCoy

Marion and George Reeves
Kathy Kaufman

In memory of Joseph Pigot

Lee and Arthur Bergman
Judy and Peter Bellina

In memory of Rudy Raines

Cara Schnaper

In memory of Jim Simonsen

Gloria Simonsen, RN

In memory of Edith Valvano

Margaret and Robert Intile

Welcome to New Employees

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

Administrative

Andrew Casallas
Heather Comstock
Nicole Mastroeni
Jasmin Medina
Noelle Millard

Adult Day

Virginia Charles
Catherine Christiano
Elizabeth Eisen
Khadiedre Kimble
Samirah Perry
Jason Pettiford
Wilfred Quayle
Brandon Schindler
Joannes Wehye

Adult Residential

Wajeedah Abu Bakr
Natalie Alexander
Reesheema Boone
Arieal Bullock
Gina Butler
Wildine Chery
Ivory Cooper
Darrell Everett
Estelle Fitch
Dezarae Goode
Thaddeus Hunt
Josnetta Jackson
Joseph Jenkins
Britney McFarlane
Michelle McGhee
Rashonah Miller
LaTonya Moore
Barbara Napoleon
Shakelia Sampson
Audryanna Samuels Allen
Brittany Teixeira
Jennifer Williams
Stephanie Woodfork

Children

Dana DePasquale
Benjamin Frost
Rene Rose Dubuisson
Matthew Russo
Jillian Thelen

Finance

Anthony Mazza

IT

Michael Resotka

Various

Saradienne Gourgue
Kyeesha Hamilton



Guardian Angels

The Arc of Essex County has received funding from the following foundations from November 2013 to April 2014.

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

FOUNDATION

Healthcare Foundation of NJ

Higsons Foundation

Lillian P. Schenck Charitable Trust Fund

Payless Gives: Shoes 4 Kids Program

Ronald McDonald House Charities

United Way of Northern NJ

United Way of Northern NJ
(formerly known as United Way
of Millburn & Short Hills)

WBGO JAZZ 88.3 FM
Kids Concert Series

PURPOSE

Electronic Health Record
Implementation Project

Nursing Medical Care Management Project

Camp Hope

Home Assistance Program (HAP)

Recreation Equipment for Camp Hope

Camp Hope, North Jersey
Parent-to-Parent Support Group,
& Overnight Respite Projects

Camp Hope & Nursing Medical
Care Management Project

Super Saturday Respite
Transportation

The Candle Lighters Elect New Officers

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

2014-15 Candle Lighters Executive Officers

Co-Presidents

Trish Boylan

Eileen Hahn

1st Vice-President

Stephanie Hopton

2nd Vice-President

Stephanie McGowan

Recording Secretary

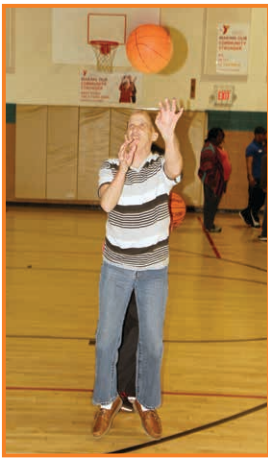
Bethann Spiotta

Treasurer

Sandra Young

Immediate Past President

Jennifer Blougous



Jeffrey Miller, program participant at Opportunity Zone, takes a shot while warming up for the March Madness Tournament Championship game held at the Livingston YMCA on April 29.

REACH Wins Annual March Madness Basketball Tournament

The REACH Community Resource Center Team came out on top after the month-long Adult Day Service Basketball Tournament. Consumers from Opportunity Zone, Community Link, REACH, Livingston CRC, and Special Young Adults participated in a basketball tournament held in March and April at the YMCA in Livingston.

Each head-to-head match up consisted of three contests of basketball skills, dribbling, passing, and free throws. The team with the highest overall score would proceed to the next round. A banquet will be held at Opportunity Zone, on May 13, 2014, for the consumers that participated in the tournament, and where medals will be distributed.

The Arc Holds 2nd Annual Fit Walk

On April 5, 2014 the Adult Services Day Programs held their annual Fitness Walk at Orange Park in Orange, NJ. Over 100 participants came from each of the Arc's nine Adult Day programs. The participants began training for the walk earlier this year to help build up their stamina. Staff at each Day Program helped educate the consumers on exercise and nutrition. Consumers registered in three different categories that included running, fast paced-walking, and slow-paced walking. All of the participants received a t-shirt, medal, and healthy snack. Special Medals were given to first, second, and third place winners in each of the three categories.



Christian Perez crosses the finish line during Adult Day Program's Fit Walk held at Orange Park on April 5.

5th Grade Essayist Wins Donation for The Candle Lighters



Katherine Conway won \$500 for her essay titled "James" from Dad's Night, a volunteer group comprised of fathers of children in Ridgewood, NJ that raise funds to support activities at the local public schools.

Conway's essay is about The Arc of Essex County's Stepping Stones School and her friend, James Hahn, who is a student there. Her essay describes what Down syndrome is and how The Stepping Stones School helps students with this disability.

Conway writes, "Stepping Stones is important because it helps these kids to excel with speech, learning and physical development."

She presented a ceremonial check to the Candle Lighters on May 7.



The Arc®

of Essex County

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Livingston, NJ 07039
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We've Got Mail!

Sign up for The Arc of Essex County's E-Mail Updates to receive our e-newsletters. When you sign up, you will automatically receive a digital subscription to the Guardian, helping The Arc of Essex County reduce its printing and postage costs. You will also receive our periodic e-newsletter, 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/thearcfessexcounty.

SAVE THE DATE

Saturday, June 14, 2014, 11 am – 2 pm
Camp Hope Open House/Family Fun Day

127 Cedar Street, East Hanover, NJ

Monday, June 16, 2014, 7 pm
Annual Meeting

123 Naylor Ave., Livingston, NJ

Friday, July 15, 2014, 12 pm - 2 pm
Camp Hope Car Wash

127 Cedar Street, East Hanover, NJ

Wednesday, Aug 20 – Monday, Aug. 25
The Barclay's "Tickets 4 Charity Event"

Ridgewood Country Club
6 W Midland Ave, Paramus, NJ

Thursday, Sept. 18, 2014
Fall Wine & Beer Event
Details Coming Soon



The Arc®

of Essex County

123 Naylor 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

GUARDIAN STAFF

Heather Comstock
Senior Director of Development &
Communication

Bill Bray
Director of Communications

Stephanie Milot
Community Resource Associate

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Maureen Murray
Courtney Kane
Lauren Wagenhoffer



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/thearcfessexcounty and click the "Like" button today.**



Scan this QR Code with your smartphone to visit our Facebook Page, click the "Like" button to get our posts in your newsfeed.