



For people with intellectual and developmental disabilities and their families since 1948.

# The Guardian

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## *Stepping Stones Hosts* a Thanksgiving Celebration

In anticipation of Thanksgiving, the students at Stepping Stones School prepared some holiday favorites to share with family and friends at their annual school feast. One class prepared soup, while another helped staff prepare their own home-style, mini donuts. Using donut molds and batter, students were filled with excitement about baking their own sweet treats.

Then, on Tuesday, November 21st the school hosted their Thanksgiving celebration. Family members were invited to spend the day with their loved ones to learn about the history of Thanksgiving and enjoy a meal together. Students and family sampled student-prepared soup, turkey, mashed potatoes, corn, stuffing, and delicious, mini donuts.

Many students dressed up in traditional, pilgrim attire with hats, bonnets, and more! To close out the day, Stepping Stones School's principal, Marvin Leiken, shared a special Thanksgiving story!



The Arc of Essex County's Stepping Stones School is a Department of Education Approved Private School for Students with Disabilities serving children ages 3-10. Located in Roseland, NJ, the school is designed to meet the developmental and educational needs of children with cognitive impairments such as Down syndrome and other students with similar educational and developmental needs.

For more information, view the new Stepping Stones School website [here](#). To request a tour and assistance with an out-of-district placement, contact Sue Brand, Director of Early Childhood and Education at (973) 535-1181 ext. 1271 or [sbrand@arcessex.org](mailto:sbrand@arcessex.org).

## *Travel Club Takes on* the Midwest

The Arc of Essex County's Travel Club hit the road in early November, visiting Branson, Missouri for five days and four nights. While there, they enjoyed the city's great, live entertainment.

Highlights included meeting Elvis Presley and Michael Jackson impersonators as they enjoyed the Legends in Concert, taking in the sites during a Branson City Duck Tour, attending Dolly Parton's Dixie Stampede, a day at the Silver Dollar City theme park, and dinner at a few restaurant staples in Branson. The group made sure to take advantage of the opportunity to snap a Christmas card to share with family and friends!



Do you have a loved one interested in joining The Arc of Essex County's Travel Club? Reach out to The Arc of Essex County's Senior Director of Support Program Services, Melissa Soules, to learn about future travel opportunities and how you can enroll - [msoules@arcsexsex.org](mailto:msoules@arcsexsex.org) or (973) 535-1181 ext. 1262.

## Make a Difference Today With a Year-End Gift!

"When I connected with the staff from The Arc of Essex County everything just clicked. They were able to answer all of my questions and how they interacted with Doug just put my mind at ease." Pam Trolice, Doug's Sister



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Your support provides these types of happy endings. We are able to invest this much time in people because you make the choice to invest in us. [Read the full 2017 Annual Appeal to see the full impact of your donations](#) on families like Doug's. Then, make a year-end gift to demonstrate your confidence in The Arc of Essex County and all we hope to achieve in 2018.

Donations can be made online at [www.arcsexsex.org/annualappeal](http://www.arcsexsex.org/annualappeal), via mail to 123 Naylon Avenue, Livingston, NJ 07039, or via phone by calling (973) 535-1181 ext. 1224. Donations made to the 2017 annual appeal will be matched dollar-for-dollar up to \$20,000 by the Board and staff of The Arc of Essex County.

## Annual Winter Coat Drive Collection

The Arc of Essex County needs your help! Every winter, The Arc strives to improve the lives of low income children and adults with intellectual and developmental disabilities by collecting new (tags included!) winter coats.



All collected items are distributed to families in The Arc of Essex County's Home Assistance Program (HAP). HAP provides services to low income families whose child and/or parent has an intellectual or developmental disability. The program provides support in the areas of transportation, community resources, housing, navigating school systems, recreation, and skill trainings. The overall goal of HAP is to assist parents and families in becoming more self-sufficient, both economically and personally, in order to maintain the family unit and attain independence.

Our winter coat drive will run through Tuesday, December 12th. Donated items may be dropped off Monday through Friday from 9 a.m. - 5 p.m. or shipped directly to The Arc of Essex County's Main Office at 123 Naylon Avenue, Livingston, NJ 07039.

Please consider signing up to donate a new winter coat for a child or adult in need. To sign up, [click here](#). Thank you in advance for helping us warm up the holiday season!

## Community Link Day Program Celebrates

## Thanksgiving with Holiday Potluck

On Wednesday, November 22nd attendees and staff of The Arc's Community Link Day Program in Fairfield celebrated the Thanksgiving holiday with a potluck. Attendees and staff brought in a spread of holiday favorites with everything from turkey, stuffing, and mashed potatoes, to dessert favorites including pumpkin and apple pie.



Thanksgiving week also marked the kick off of The Arc of Essex County's Day Programs Food Drive competition. Over the next three weeks, Day Program attendees will collect nonperishable items for some of The Arc's neediest families in our Home Assistance Program (HAP). The Day Program that collects the most nonperishable food items will win a pizza party.

Do you have a loved one interested in attending The Arc of Essex County's Adult Day Services? Check out our Adult Day Services brochure, [available here](#), then reach out to The Arc of Essex County's Senior Director of Support Program Services, Melissa Soules, to learn how you can enroll - [msoules@arcessex.org](mailto:msoules@arcessex.org) or (973) 535-1181 ext. 1262.

## The Arc of Essex County Talks Community Living at United Way Presentation

On Monday, November 13th, key Arc staff Linda Lucas, CEO, and Melissa Soules, Senior Director of Support Program Services were invited to be the keynote presenters discussing how to access supportive living options at the United Way Caregiver Coalition's Munch & Learn Presentation.

Speaking to a crowd of approximately 110 caregivers, The Arc of Essex County's team shared knowledge about various housing models available through The Arc, and how to utilize resources from multiple sources to fund housing and supportive services. Attendees were able to ask questions about personal challenges and The Arc identified clear opportunities associated with planning for independent living.

Are you interested in having a representative from The Arc speak with your community organization or family support group? Contact The Arc of Essex County's Senior Director of Support Program Services, Melissa Soules to discuss topics of interest and availability today - (973) 535-1181 ext. 1262.



**MUNCH & LEARN PROGRAM**

**FREE DINNER PRESENTATION FOR CAREGIVERS**  
**NAVIGATING HOUSING OPPORTUNITIES IN THE**  
**DDD FEE FOR SERVICE SYSTEM**

**Monday, November 13, 2017**  
5:30pm – 6:00pm: Mingle and enjoy dinner  
6:00pm – 7:30pm: Program

**Frelinghuysen Arboretum**  
353 E. Hanover Ave., Morristown, NJ 07960

United Way Caregivers Coalition invites you to attend this special presentation addressing supportive housing options. We will have expert speakers, including a family member sharing an experience about overcoming housing challenges for a loved one, and Rose House's Community Living Program. We will also have wonderful community providers with resources to help guide families through an often-challenging process.

Join us as Linda C. Lucas, CEO; Rebecca Lorusso, Director of Residential Services; and Melissa Soules, Senior Director of Support Program Services with The Arc of Essex County discuss supportive housing, options, and ways to access those options.

**WE HOPE TO SEE YOU THERE!**  
Register by email at [Stephanie.Howland@UnitedWayNJNJ.org](mailto:Stephanie.Howland@UnitedWayNJNJ.org) or call 973.993.1160, x534.  
\*\*Registration is required to ensure there is enough space and food.

GIVE. ADVOCATE. VOLUNTEER.  
United Way  
of Northern New Jersey  
[UnitedWayNJNJ.org/CaregiverCoalition](http://UnitedWayNJNJ.org/CaregiverCoalition)

**LIVE UNITED**  
**United Way**

## The Arc of Essex County Residential Corner - December Openings

For individuals seeking a community living placement, The Arc of Essex County has the following December openings:

**Coming Soon! The Hilltop  
Apartments Program**

  
**The Arc**  
of Essex County  
**Residential Corner**





As of January 2018, The Arc of Essex County will begin accepting placement requests for our newest property - The Hilltop apartment program. Creating six new supervised and supportive living apartments for The Arc of Essex County and adults with intellectual and developmental disabilities, this newly renovated, apartment style living community is located in Irvington. Stay tuned for additional details.

## Respite Group Home



Are you heading out of town for an upcoming business trip, wedding celebration, or planning a medical procedure that requires overnight or rehab recovery? Do you need coverage for your loved one with an intellectual or developmental disability? The Arc of Essex County's Respite Group Home can help. Accommodating up to 6 residents, the home is designed to provide a caring and supportive stay during planned or unplanned respite events. The home features:

- 24/7 Staff Supervision
- Large, 2-Story, Single Family, Colonial-style Home
- Designed to create a family-like setting in which consumers can feel comfortable until they transition into permanent housing or return home
- Staff is prepared to manage behavioral issues and additional supports based on the needs of the individual

## Beacon Group Home (1 Vacancy)



- 1 Bedroom Available in 4-Bedroom Group Home
- 24/7 Staff Supervision
- Recently Renovated, Single Family, Ranch-Style Home
- Located on a quiet cul de sac in Livingston that backs up to a golf course. Shopping and

dining nearby.

- Current roommates are males ranging in age from early 30's to late 50's. They enjoy spending time alone on their own pursuits such as movies, swimming at the local YMCA, and occasionally participate in community activities as a group.

### **Verona Supervised Apartments (1 Vacancy)**



- 1 Bedroom Available in a 3-Bedroom Supervised Apartment
- 24/7 Staff Supervision
- Large 2 Family Home with Great Front Porch
- Located near public transportation and within walking distance of Verona's downtown shopping & restaurants and the beautiful Verona Park
- Current roommates are males ranging in age from early 20's to late 40's. They enjoy spending time pursuing their own interests such as reading, watching TV, being active, and socializing with friends, and occasionally participate in community activities as a group.

### **Maplewood Supervised Apartments (2 Vacancies)**



- 2 Bedrooms Available in a 2-Bedroom Supervised Apartment
- 24/7 Staff Supervision
- Condo-style Living in a 3rd Floor Unit with Elevator
- Located near public transportation and within walking distance to Maplewood's downtown shopping & restaurants
- Neighbors are younger and enjoy socializing and participating in community events

### **South Orange Supportive Living Apartment (1 Vacancy - Supports Program Waiver Eligible Only)**



- 1 Bedroom Available in a 2-Bedroom Supportive Living Apartment
- Minimal Community Living Support Needs; Access to an Emergency On-Call System for Added Safety 24 Hours a Day
- Apartment-Style Living in 5-Floor Building
- Located near public transportation and within walking distance to South Orange's vibrant downtown
- Current roommate is a male in his 50's who is employed within the community, easy going, social, and close with his family

**Maplewood Supportive Living Apartment**  
**(1 Vacancy - Community Care Waiver Eligible Only)**



- 1 Bedroom Available in a 2-Bedroom Supportive Living Apartment
- Minimal Community Living Support Needs; Access to an Emergency On-Call System for Added Safety 24 Hours a Day
- Townhome-Style Community
- Located near public transportation and within walking distance of Maplewood's downtown shopping & restaurants
- Current roommate is a male in his late 50's who enjoys spending time in Montclair, watching movies, and socializing with friends

For additional information about The Arc of Essex County's residential services, [click here](#). If you are interested in pursuing independent living at one of the above properties, please contact The Arc's Director of Residential Service, Rebecca Lorusso via email at [rlorusso@arcessex.org](mailto:rlorusso@arcessex.org) or by calling (973) 535-1181 ext. 1270.

## *New Jersey State Golf Association Awards*

### **The Arc of Essex County a \$3,000 Grant**

The New Jersey State Golf Association awarded The Arc of Essex County a \$3,000 grant during a presentation ceremony at Galloping Hill Country Club in Kenilworth on Tuesday, November 21st.

The grant was facilitated by Rick Wright, father of a Day Program attendee and group home resident, and chair of the Susan Wright Memorial Golf Outing. The check was accepted by The Arc's Senior Director of Development and Communication, Heather Comstock. Funds will be used to support The Arc's mission to provide 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.



To learn how you can make a donation in support of The Arc's mission, visit [www.arcessex.org](http://www.arcessex.org).



## Mark Your Calendars!

### 2018 Events You Won't Want to Miss

The New Year is almost upon us, and so are The Arc of Essex County's signature events. We will celebrate the 20th Anniversary of the Building Tomorrows Run/Walk and the 5th Anniversary of Uncorked and Uncapped! We are looking forward to a very exciting 2018.

On Saturday, April 28, 2018, The Arc of Essex County will host its 20th Annual Building Tomorrows 5K Run, Family Walk, and Fun Fest. The event will once again take place at the beautiful lake venue of West Orange's South Mountain Recreation Complex. Come join us at The Clipper Pavilion for our 20th Anniversary celebration and enjoy food, games, activities, and fun for the whole family. The 5K Run will be a USATF-sanctioned event and 500 Grand Prix points event.

Why run or walk alone? Create a team with friends or coworkers. Enjoy a day out with your loved ones and support a great cause. Additional event details as well as online registration will be available in early 2018 at [www.runorwalk.org](http://www.runorwalk.org).

The 5th Annual Uncorked & Uncapped: Wine, Beer, and Food Fest will take place on Thursday, September 27, 2018 at a **NEW** location. The Wilshire Grand Hotel in West Orange will host the highly-anticipated, fall event. The night will consist of wine, beer, spirits, and delicious food samplings from a wide variety of vendors. Live music, a 50/50 raffle, and silent auction can be expected. Event details as well as online ticket purchases will be available in the summer of 2018 at [www.uncorkedanduncapped.com](http://www.uncorkedanduncapped.com).

All proceeds from both events will directly benefit The Arc of Essex County's services that support nearly 1,500 people with intellectual and developmental disabilities and their families. If you have never been to an Arc of Essex County event, these are the ones to attend! Arc events bring program participants, families, friends, staff, and volunteers together to continue The Arc's mission of enabling people with intellectual and developmental disabilities to live full and independent lives.

## 20th ANNIVERSARY!



**Saturday, April 28, 2018**

South Mountain  
Recreation Complex  
West Orange, NJ



**WWW.RUNORWALK.ORG**

## Shop For a Cause - US!

The holiday shopping season is officially here, and this year, you can give back to The Arc of Essex County while you shop! While you're scouring Amazon for the perfect gift, use The Arc's [custom link](#), and with the click of a button, you can donate 0.5% of the price of all your eligible purchases to The Arc at no added cost to you. It's that easy!

Follow The Arc of Essex County on Facebook and Twitter for more information on how your holiday shopping donation will impact the lives of more than 1,500 people with intellectual and developmental disabilities and their families in Essex County.

*Support us when you  
shop this holiday*

Amazon donates when you  
shop at [smile.amazon.com](https://smile.amazon.com).

amazon **smile**



Visit <https://smile.amazon.com/ch/22-1546173> for more information.

*Donate Your Unwanted Used Vehicle*  
to The Arc of Essex County!



***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.

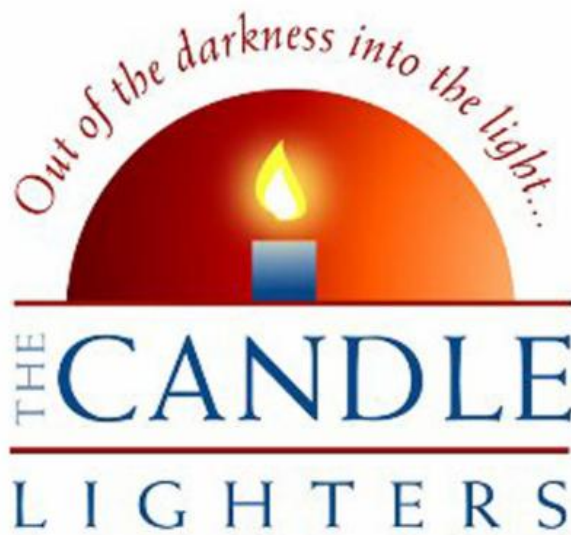
**BENEFITS:** • Free Towing • Tax deductible

- 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.**





**Save the Date!**

Annual Tricky Tray  
Sunday, February 25<sup>th</sup>  
Mayfair Farms, West Orange, NJ

*Details coming soon!*

► [Donate Now](#)

The Arc of Essex County

123 Naylor Avenue, Livingston, NJ 07039  
(973) 535-1181  
[www.arcessex.org](http://www.arcessex.org)

Stay Connected



**The Arc<sup>®</sup>**  
of Essex County