



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

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Hotel Respite Program

Enjoys Activity-Packed Weekend

The weekend of January 26th was brimming with excitement for the ten adults with intellectual and developmental disabilities that attended The Arc of Essex County's monthly Hotel Overnight Respite program.



After checking into their rooms at the Embassy Suites of Parsippany, the group enjoyed a jam packed weekend including an afternoon at Skylands Stadium's Frozen in Ice Wild West ice sculpture extravaganza, a viewing of the new Jumanji movie, and plenty of time taking advantage of the Embassy Suites' accommodations including their indoor heated pool.

The Arc of Essex County's Hotel Overnight Respite program is hosted for adults with intellectual and developmental disabilities one weekend per month. Extending from Friday evening to Sunday afternoon, consumers are given flexible choices of community and hotel based activities to fill their weekend. During this time, families are able to take time to relax, recharge, and manage family life.

For additional information regarding The Arc of Essex County's Hotel Overnight Respite program, visit <https://www.arcessex.org/services/adult-services/respites/overnight-respite/> or contact Senior Director of Supports Program Services Melissa Soules at msoules@arcessex.org or (973) 535-1181 ext. 1262.

Home Assistance Program

Now Accepting New Families

The Arc of Essex County is currently accepting additional families into its Home Assistance Program (HAP). HAP provides services to low income families whose child has an intellectual or developmental disability in the areas of transportation, community resources, housing, navigating school systems, recreation, and, at times, skill trainings. The goal of the program is to maintain the family unit, attain independence, and assist parents and families in becoming more self-sufficient both economically and personally.

Families interested in joining the program must meet the following requirements:

- Live within Essex County and be considered low income

- Child must be registered with the Division of Children and Families (a CYBER number provided by DCF is required)
- Families must be available during the day-time hours for assistance with accessing the following:
 - Food Banks
 - Medicaid
 - Doctor Appointments
 - School Appointments
 - WIC
 - Other social service/community agencies

If you or someone you know may qualify or be interested in joining The Arc's HAP program, please contact Jennifer DeBarr via phone at (973) 535-1181 ext. 1292 or email at jdebarr@arcessex.org.



RESOURCES AVAILABLE FOR FAMILIES IN NEED

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TO ENROLL:

Contact Jennifer DeBarr via phone at (973) 535-1181 ext. 1292 or via email at jdebarr@arcessex.org.



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.

123 Naylor Avenue | Livingston, NJ 07039 | (973) 535-1181 | www.arcessex.org

Building Tomorrows 20th Anniversary Registration

Now Open

The Arc of Essex County's 20th Annual Building Tomorrows 5K Run, Family Walk, and Fun Fest will return to The Clipper Pavilion in South Mountain Recreation Complex in West Orange on Saturday, April 28th. Run, walk, laugh, and play with your family, friends, and colleagues during this grassroots event that raises money for The Arc of Essex County on behalf of individuals with intellectual and developmental disabilities.

Run Information:

The 2018 5K run is a 500 Point Grand Prix, USATF-Sanctioned event around the beautiful South Mountain reservoir. Entry fees for the USATF Sanctioned 5K are \$20 for USATF members and \$30 for non-USATF members (early-bird rate is \$25 prior to April 18 with code "Early"). Features Include:

- Flat, Park Course
- Double Loop
- Traffic Free
- Race T-shirt
- Bag Check
- Water Stop
- Split Times
- Gun & Chip Times
- Post-Race Refreshments
- Stay & Play (see below)

Walk Information:

Our strength is powered by the commitment of individuals like you. Start a team, join a team, or come on your own. Walk and fundraise together to enhance the lives of children and adults with intellectual and developmental disabilities and support The Arc of Essex County. Details:

20th ANNIVERSARY!



Saturday, April 28, 2018

South Mountain
Recreation Complex
West Orange, NJ



WWW.RUNORWALK.ORG

- Individual walkers and teams are strongly encouraged to fundraise
- Raise \$25+ and receive an event t-shirt and FREE Fun Fest Admission
- Top 3 fundraisers receive prizes
- Create a team. Share why this cause means so much to you. Ask friends, family, coworkers, neighbors & classmates to support you
- Stay & Play (see below)

Fun Fest Information:

Following the run and walk, stay, play, and enjoy the interactive Family Fun Fest! The Fun Fest will take place from 10:30 a.m. to 1:00 p.m. and feature:

- Interactive games and activities
- Character meet and greets
- Live music
- Food trucks and more!

Admission is \$5 per person (FREE for walkers who raise \$25+) and free for children 5 years old and under.

To register, visit www.runorwalk.org. For questions, contact The Arc of Essex County's Senior Director of Development and Communication, Heather Comstock, at hcomstock@arcessex.org or (973) 535-1181 ext. 1224. We look forward to seeing you on Saturday, April 28th!

Nanina's in the Park Hosts Holiday Party for Special Young Adults Program

On Friday, January 12, attendees of The Arc of Essex County's Special Young Adults Day Program were treated to a holiday party by Nanina's in the Park in Belleville. The afternoon was complete with music, dancing, and a delicious meal. This annual party is donated to the SYA Day Program by Nanina's in the Park and is an opportunity for attendees to celebrate the holiday season and mark the start of a new year. The Arc of Essex County extends its gratitude to the staff of Nanina's for this memorable experience.

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 or (973) 535-1181 ext. 1262.



The Arc Launches New Camp Hope Website

The Arc of Essex County is pleased to launch a new Camp Hope website. Featuring more robust information, the website aims to share details about the summer day camp experience with prospective families and serve as a resource for returning campers.



Camp Hope is a seven week summer day camp program, in East Hanover for children and adults with intellectual and developmental disabilities. Operating since 1956, camp runs Monday through Friday, 9 am to 3 pm, starting in July and ending in August, with transportation provided for campers living in Essex County and surrounding areas. Camp Hope has been providing traditional camp activities including supervised swimming and outdoor fun with modified sports, arts & crafts, and music. While enjoying these activities, attention is also given to daily living skills, peer interaction, socialization skills, and developing appropriate behaviors.

The Arc Celebrates Law Enacted

to Support Family Caregivers

This article was originally published by The Arc of the United State on January 23, 2018.



The Arc released the following statement in response to the bipartisan Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act being signed into law by President Trump.

"Most people with intellectual and developmental disabilities (I/DD) in our nation live with family caregivers, and nearly 900,000 of these family caregivers are over the age of 60. For many individuals with I/DD, their caregivers mean a life in the community with their family and friends. Without support for these caregivers, individuals with I/DD could face seclusion in institutional settings.

"These caregivers are providing invaluable assistance with meals, transportation, personal hygiene, money management, and any other support needed. Even families that are fortunate enough to have formal long term supports and services in place for their loved ones - overwhelmingly funded through Medicaid - often maintain lifelong caregiving responsibilities. The demands of caregiving can be enormous, particularly for aging caregivers, which is why this law is so meaningful to The Arc's community.

"We thank the law's champions, Senator Collins, Senator Baldwin, Representative Harper, and Representative Castor, for ensuring the development of a national strategy to support our family caregivers. Each vote for this bill was a vote to support caregivers so that they can continue in their critical roles in supporting their loved ones. The bipartisan support of this bill is a heartening reminder that Members of Congress can successfully work across the aisle to support the needs of their constituents with disabilities. Disability rights are human rights and the overwhelming support of this new law should be celebrated by individuals with disabilities and their families nationwide," said Peter Bems, CEO of The Arc

This legislation directs the Department of Health and Human Services to develop, maintain, and periodically update a National Family Caregiving Strategy, a recommendation of the national Commission on Long-Term Care. The Department is also charged with convening a Family Caregiving Advisory Council for the joint development of the strategy. Elements of the strategy are to include recommended actions that Federal State, and local governments and other entities may take to promote person and family-centered care, family involvement in assessment and service planning, information sharing and care coordination with service providers, respite options, financial security and workplace issues, and efficient service delivery.

The Arc of Essex County's Residential Corner -

February Openings



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

Residential Corner

Coming Soon! The Hilltop Apartments Program



The Arc of Essex County is now accepting placement requests for our newest property - The Hilltop apartment program. Creating six supervised and supportive living apartments for The Arc of Essex County and adults with intellectual and developmental disabilities, this newly constructed, apartment style living community is located in Irvington. Contact us if you are interested in openings.

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 FILLED



- This opening has been filled
- 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
 - Current roommate is a male in his late 50's who enjoys spending time in Montclair, watching movies, and socializing with friends
- 1 Bedroom Available in a 1-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

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 or by calling (973) 535-1181 ext. 1270.

The Arc Receives United Way Grant to Provide Camp Hope Fee Assistance

The Arc of Essex County recently received a \$5,000 grant from the United Way of Northern New Jersey to provide Camp Hope fee assistance to families in need. Camp Hope is a seven week summer day camp located in East Hanover that provides children and adults with intellectual and developmental disabilities with a traditional summer experience modified to support their needs.

The 2018 Camp Hope season will run from Monday, July 2nd to



Online Registration Now Open

for February 25 Tricky Tray

Online registration is now open for The Candle Lighters' 24th Annual Tricky Tray taking place on Sunday, February 25th at Mayfair Farms in West Orange, NJ. This is always an exciting event with amazing baskets, fantastic grand prizes, and lots of fun raffles! If you are interested in attending, be sure to [reserve your seat today](#) as the event is expected to once again sell out.

All proceeds from the event will go towards The Candle Lighters' mission to support unfunded and underfunded programs of The Arc of Essex County like Stepping Stones Early Intervention and Camp Hope.

Cannot attend, but want to contribute? Consider purchasing a basket or prize for The Candle Lighters' Tricky Tray by visiting their [Amazon wish list](#).

► [Donate Now](#)



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