



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

The Guardian

February 2020 • Volume 71 No. 2



➔ **Donate Now**

Stepping Stones Students Learn About

Chinese New Year

For the month of January, the students in the Stepping Stones transitional kindergarten class learned all about Chinese New Year. On Friday, January 24th the students wore red and helped prepare chicken lo mein by chopping vegetables and adding them to a skillet. After their meal, the students exchanged red envelopes for good luck and had fun doing a dragon dance.



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 Stepping Stones School website [here](#). To request a tour and assistance with an out-of-district placement, contact Sue Brand at (862) 210-8781 or sbrand@arcessex.org.

Chili Cookoff a Hit for

Adult Recreation and Respite Participants



On Sunday, February 2, members of The Arc of Essex County's Recreation & Respite program took part in a Super Bowl themed chili cook off. Split into two groups and donning in chef hats and aprons, the red team created a tasty turkey chili while the blue team crafted a traditional beef chili. The participants couldn't pick a favorite as they both turned out delicious!

Do you have a loved one interested in educational programming, community experiences, seasonally-themed events, and weekend group respite programs? The Arc of Essex County's Winter 2020 Adult Community Inclusion, Recreation, & Respite Catalog is now available! Highlights include:

- Wreath Making and Easter Brunch
- Game Day
- Trips to the Silverball Museum in Asbury Park and Mt. Airy Casino
- Pottery, Confectionary and Pasta Making Classes and more!



Check out the Winter 2020 Recreation Catalog, [available here](#), then reach out to The Arc of Essex County's Manager of Community Supports Services, Dacia King-Sarkodie, to learn how you can enroll - dking@arcessex.org or (973) 535-1181 ext. 1272.

Annual Appeal Update!



The Arc of Essex County is dreaming big in 2020, with our sights set on opening "Studio Arc," a new creative art space furnished with professional-grade crafting equipment for pottery and candle-making, a wide array of studio art supplies, and more. So far, we've raised more than \$26,500 and unlocked a \$5,000 challenge grant to make this space a reality.

We are just \$1,500 away from hitting our next target. Will you make a contribution today so children and adults with intellectual and developmental disabilities from all of The Arc's programs and services can use this space to learn new skills, cultivate passions and talents, and enhance their worlds with expressive creativity?

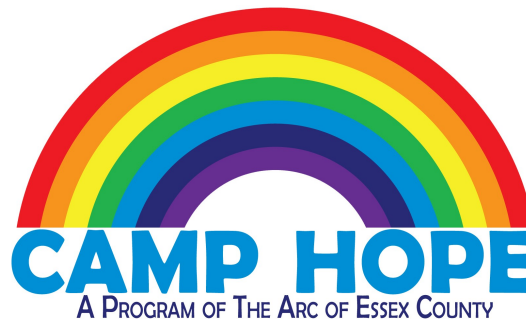
Have you contributed to The Arc's Annual Appeal in the past? When 75% of past annual appeal donors increase their contribution by any amount, we'll unlock an additional \$20,000 challenge grant thanks to the Pamela and Craig Goldman Charitable Foundation!

To learn more about this innovative project and to make your donation today, visit www.arcessex.org/annualappeal.

2020 Camp Hope Applications

Now Available

The Arc of Essex County is currently accepting applications for the 2020 camp season which will run from June 29 - August 14, 2020. Visit the [Camp Hope website](http://www.arcessex.org/camp-hope) to apply or be on the lookout for a paper application in the coming days. Applications will be processed as they are received. For application questions, contact Erica Zupkus at (973) 535-1181 ext. 1275 or ezupkus@arcessex.org.



Do you know someone interested in working at Camp Hope this summer? The Arc of Essex County is seeking experienced candidates for the following positions:

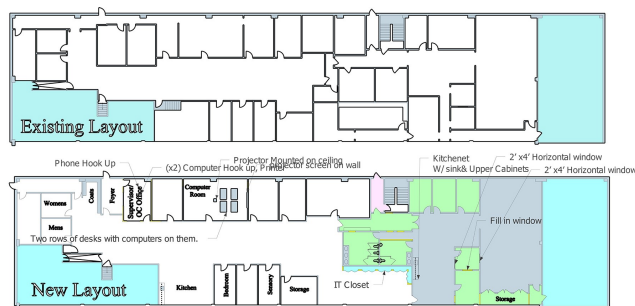
- Certified Life Guards
- Counselors
- Camp Nurse
- 1:1 Behavioral Counselors

Staff hours are Monday through Friday from approximately 8:00 a.m. - 4:00 p.m. Position requirements vary. To view job requirements and to apply, visit www.arccamphope.com/get-involved/. For employment questions, contact Human Resources at (973) 535-1181 ext. 1256 or hrdepartment@arcessex.org.

The Arc Expands Opportunity Zone Day Program,

Nearly Tripling Space

The Arc of Essex County recently wrapped up a large expansion and renovation project at its Opportunity Zone Day Program, nearly tripling the size of the space of the Maplewood location. The new footprint features all new flooring and bathrooms, efficient LED overhead lights, and a new configuration of the space to enhance programming.



Do you have a loved one interested in The Arc of Essex County's innovative Adult Day Services? Check out our Adult Day Services brochure, [available here](#), then reach out to The Arc of Essex County's Director of Adult Day Services, Angela LoSapio, to learn how you can enroll - alosapio@arcessex.org or (973) 535-1181 ext. 1231.

Registration Now Open

for 22nd Annual Run Walk Event



The Arc of Essex County will host the 22nd Annual Building Tomorrows 5K Run, Family Walk, and Fun Fest on Saturday, April 25th at The Clipper Pavilion in South Mountain Recreation Complex in West Orange. Join us as we run, walk, laugh, and play to raise money for children and adults with Autism, Down syndrome, and other with intellectual and developmental disabilities.



Run Information:

The 2020 5K run kicks off at 9 a.m. and features a beautiful, tree-lined course around the South Mountain reservoir. Entry fees for all ages are \$30 (early-bird rate is \$25 prior to April 16 with code "EARLY"). Run features include:

- Flat, Park Course
- Double Loop
- Traffic Free
- Gun Timing w/ Split Times
- Digital Race Results
- Water Station on Course
- Bag Check
- Race T-shirt
- Post-Race Refreshments
- Stay & Play Admission (see below)
- Strollers Permitted at Back of Start Line
- Leashed, Well-Behaved Dogs Permitted

Walk Information:

Our strength is powered by the commitment of individuals like you! Why walk alone? Grab your friends, family, and coworkers and create a team as you walk in support of children and adults with intellectual and developmental disabilities. **Details:**

- Individual walkers and teams are strongly encouraged to fundraise
- Raise \$25+ and receive a FREE event t-shirt and Fun Fest Admission
- Refreshments available (while supplies last) and Food Truck on site for purchase

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 truck and more!

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

Register today at www.runorwalk.org. We look forward to seeing you on April 25th!

For general event questions and sponsorship inquiries, contact the Senior Director of Development and Communication, Heather Comstock, at hcomstock@arcessex.org or at (973) 535-1181 ext. 1224.

NEW! Children's Services Recreation Catalog

Now Available

The Arc of Essex County is excited to unveil our new Children's Services Recreation Catalog detailing recreation, respite, and social opportunities for children with intellectual and developmental disabilities ages 5 – 21. The inaugural issue features:

- **NEW!** Sunday Fitness, Wellness, & Nutrition Programming
- Friday Parent's Night Out Programs
- Saturday Group Respite featuring a mix of in-center and community based activities

Check out the Spring 2020 Recreation Catalog, [available here](#), then reach out to The Arc of Essex County's Manager of Children's Services, Jennifer DeBarr, to learn how you can enroll - jdebarr@arcsex.org or (973) 535-1181 ext. 1292.



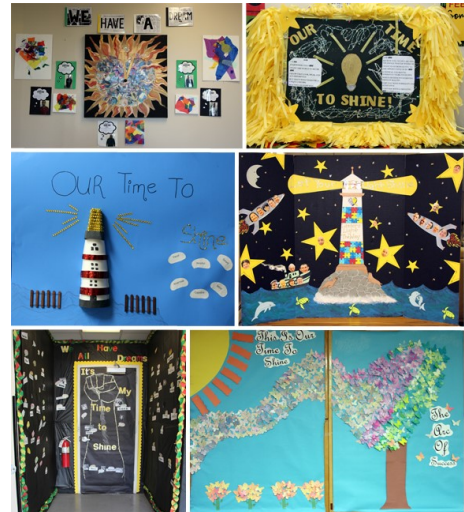
Children's Recreation and Respite Catalog



Cast Your Vote Today!

The Arc of Essex County's Developmental Disabilities Awareness Month Bulletin Board Contest is now live on our [Facebook page](#). Be sure to vote for your favorite "Our Time to Shine" themed bulletin board by Wednesday, February 12th. Three finalists will be determined via Facebook voting with a winner selected by a panel of judges from The Arc's administrative office. The winner will be announced on Friday, February 14th.

The 2020 winner will go on to represent The Arc of Essex County in a state-wide competition run by The Arc of New Jersey. Voting in the state-wide competition will take place February 17-24 with the winner honored at the Statehouse in Trenton on March 19th.



Accessibility Improvements Completed

at Wedgewood Group Home

The Arc of Essex County's property management team continues to focus its energy on strategic capital improvement updates. During the month of January, extensive interior and exterior renovations were completed at the Wedgewood Group Home in West Orange to increase accessibility and decrease shared





space. The home now features 5 single use bedrooms, an updated kitchen and bathroom, and two accessible egresses for residents with limited mobility to access the home.

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

Meet the Support Coordination Agencies

on February 25th

Your support coordinator is a critical part of your family member's ability to successfully access and maintain services. If you do not have a support coordinator, or are unhappy with your current support coordinator, join The Arc of Essex County for a "Meet the Support Coordination Agencies" event on Tuesday, February 25 from 6-8 p.m. in Maplewood.

During this event, you can meet the agencies currently serving Essex County and obtain paperwork to select a new support coordinator. Representatives from The Arc of Essex County will be available to walk you through the selection process and associated paperwork.

A light dinner will be served. For additional information and to RSVP, contact Carmella Angelo at (973) 535-1181 ext. 1245 or cangelo@arcsex.org.

Meet the Support Coordination Agencies

Hosted by:
The Arc
of Essex County

Choose Your Support Coordinator Today!



As New Jersey's Division of Developmental Disabilities continues to transition to the fee-for-service system and 2020 graduates approach the end of the school year, families will be asked to choose a support coordinator. Your support coordinator is a critical part of you and your family member's ability to successfully access and maintain services. The graduating class of 2020 will need to identify a support coordinator before services can begin after graduation.

If you do not have a support coordinator **or are unhappy with your current support coordinator and would like to select a new one**, join us for a "Meet the Support Coordination Agencies" event. Meet the agencies currently serving Essex County to make the best choice for you and your family.

**Tuesday, February 25
6:00 - 8:00 p.m.
The Arc of Essex County's Opportunity Zone
50-58 Burnett Avenue
Maplewood, NJ 07040**

A light dinner will be served. For additional information and to RSVP, contact Carmella Angelo at (973) 535-1181 ext. 1245 or cangelo@arcsex.org.



Self Advocates Take a Cooking Class

with the Healthy Lifestyles Project

The Arc of Essex County's Self Advocacy group joined the New Jersey Self Advocacy Project on Wednesday, January 29 at Classic Thyme cooking school in Westfield as part of its #HealthyLifestylesProject! The group enjoyed learning to make garlic knots, homemade pasta & sauce, and more!

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by the Horizon Foundation for New Jersey. The program aims to provide people with intellectual and developmental disabilities with functional education about the importance of healthy choices related to diet, exercise, and stress management.



The Arc of Essex County Receives \$30,000 CDBG Grant

from Essex County

On Wednesday, January 29, Senior Director of Asset Management Frank Cinque accepted a \$30,000 grant from the Essex County Division of Housing and Community Development for the purchase of a new, wheelchair accessible vehicle. The 2019 community development block grant (CDBG) was used to purchase a 12 –person vehicle that features track seating giving The Arc flexibility to accommodate more wheelchair-bound passengers, when needed.



The Arc of Essex County would like to thank the Essex County Division of Housing and Community Development for their ongoing support and commitment to individuals with intellectual and developmental disabilities.

Back Up Generator Installed at Roseland Group Home

Thanks to The Hyde & Watson Foundation

Thanks to a generous \$10,000 grant from The Hyde and Watson Foundation, The Arc of Essex County was able to install an all-encompassing home generator at its Roseland Group Home. The generator will ensure the safety and wellbeing of its residents in the event of a power outage.



The Arc of Essex County's Roseland Group Home is home to five residents. This project is the sixth capital improvement project funded by The Hyde and Watson Foundation since 2004. The Arc of Essex County extends its appreciation to The Hyde and Watson Foundation for their unwavering support and investment in our capital improvements.

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 2020 openings:





Ashwood Group Home (1 Vacancy)

- 1 bedroom available in 6-bedroom group home
- 24/7 staff supervision
- Recently renovated, single family, bi-level home on a quiet, residential street in Livingston
- Current roommates are an active and social group who, when not out in the community, enjoy hosting backyard barbecues, throwing parties, and participating in social activities offered for individuals with developmental disabilities in the area



Bloomfield Supervised Apartment (1 Vacancy)

- 24/7 Staff Supervision
- Apartment-style living in a multi-family, Arc of Essex County, owned home
- Single bedroom on 1st floor in shared apartment with opportunities to mingle with fellow residents
- Within walking distance to Bloomfield's downtown shopping & restaurants



South Orange Supportive Living Apartment (1 Female Vacancy)

- 1 bedroom available in a 2 bedroom 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 with elevator
- Located steps from public transportation and South Orange's vibrant downtown



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

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 Senior Director of Residential Services, Rebecca Lorusso via email at rlorusso@arcsex.org or by calling (973) 535-1181 ext. 1270.

Census Materials Now Available

from The Arc of the United States

The article was originally published The Arc of the United States in January 2020.

Shape
your future
START HERE >

United States®
**Census
2020**



Every 10 years, the Constitution requires the United States to count the number of people living in the country. The census helps to direct more than \$675 billion annually in federal funding. Census data is used by businesses, governments, and civic organizations to inform decision making about what services should be available in local areas.



The census asks every household to answer nine questions. These questions are: how many people live in the house or apartment, whether the property is owned or rented, phone number, name, sex, and then a few questions about the age, race, and ethnicity of each person. The answers to these questions are used to help enforce anti-discrimination laws, set federal funding levels, and much more.

Why is the census important to people with disabilities? There are two main ways the census affects people with disabilities.

1. **Census data is used to figure out how much money programs, state, and local governments will get from the Federal Government to pay for certain services.** The data is used to allocate hundreds of billions of Federal dollars to states for Federal programs including Medicaid, housing vouchers, Supplemental Nutrition Assistance Program (SNAP), and education programs. When there isn't enough money, services and programs for people with disabilities can be cut.
2. **Census information is also used to figure out how many members each state should have in the U.S. House of Representatives.** The number of representatives each state is allocated is based on how many people live in the state.

People with disabilities, people of color, LGBTQ people, people experiencing homelessness, and other communities are considered hard to count populations and face a higher risk of being undercounted. This means that the communities where these people live face a higher risk of losing federal funding and not having accurate representation. Every community benefits from an accurate census!

The Arc of the United States is excited to share [new resources](#), including videos and written materials, to support people with disabilities and beyond in understanding what the census is, why it's important for people with disabilities, and how to complete it. Available materials include:

- [Census 101 Video](#) (English)
- [Census 101 Video](#) (Spanish)
- [You Count! Be Counted.](#)
- [¡Tu Cuentas! Se Contado.](#)

Stay Connected!



 **Donate Now**