



Children's Saturday Recreation Program Visits

the Thomas Edison Museum

The Arc of Essex County's Children's Saturday Recreation Program stepped back in time on Saturday, February 22 when they visited Thomas Edison's laboratory and library in West Orange. The group learned about a time when machines were run by belts and pulleys and music was played on phonographs. They enjoyed exploring the grounds and seeing where the lightbulb was invented.

The Arc of Essex County's Children's Saturday Recreation program for individuals ages 5-21 years old meets three Saturdays each month for approximately 6 hours and features a 1:3 staff to participant ratio. The program spends most of their time out of center, enjoying community events such as dances, fairs, movies, bowling, parks, etc. In the event of inclement weather, in-center activities take place in Maplewood. Door-to-door transportation is available to those who live within Essex County.



If you are interested in additional information or enrolling in the program please contact, Jennifer DeBarr at (973) 535-1181 ext. 1292 or jdebarr@arcsex.org or Erica Zupkus at (973) 535-1181 ext. 1275 or ezupkus@arcsex.org.

Celebrating Valentine's Day

All Month Long

Valentine's fun began early at The Arc of Essex County when the Adult Recreation and Respite program met for a day of confectionary making on Sunday, January 26th. Participants enjoyed making chocolate covered pretzels and strawberries as well as heart shaped treats to share with friends and family.



Then, on Friday, February 14th The Arc's Stepping Stones School shared the love. Students exchanged Valentines, then enjoyed pink and red cupcakes, heart shaped waffles, and strawberries dipped in chocolate fondue.

The Arc of Essex County's Adult Day Programs gathered at the Maplewood Women's Club to celebrate Valentine's Day by decorating valentine's themed totes, enjoying a buffet meal from Bella Casa Caterers, and dancing the afternoon away! They even celebrated one of their peer's birthdays with cake and lively rendition of "Happy Birthday!"

If your loved one is interested in attending the above mentioned programs, please reach out to:

- Adult Day Programs: Angela LoSapio, alosapio@arcessex.org, (973) 535-1181 ext. 1231
- Adult Recreation & Respite: Dacia King-Sarkodie, dking@arcessex.org, (973) 535-1181 ext. 1272
- Stepping Stones School: Sue Brand, sbrand@arcessex.org, (862) 210-8781

Honor Your Loved One or Advertise Your Business

to More Than 750 Run/Walk Attendees

The Arc of Essex County will host the 22nd Annual Building Tomorrows 5k Run, Fundraising Walk, and Fun Fest on Saturday, April 25th at The Clipper Pavilion in South Mountain Recreation Complex. Attracting more than 750 attendees, the event's new "Friends of The Arc" recognition sign is the perfect way to honor someone special in your life or advertise your business.

The "Friends of The Arc" recognition signs are 2'x2' and will be prominently displayed at the entrance to the event.

If you are interested in purchasing a "Friends of The Arc" recognition sign, complete the [sponsorship form](#) and return it to Special Events Manager Rachael Dittmar at rdittmar@arcessex.org or call (973) 535-1181 ext. 1227.

If you are interested in registering for the Building Tomorrows event, visit www.runorwalk.org.

Save the Date



April 25, 2020

South Mountain
Recreation Complex
West Orange, NJ



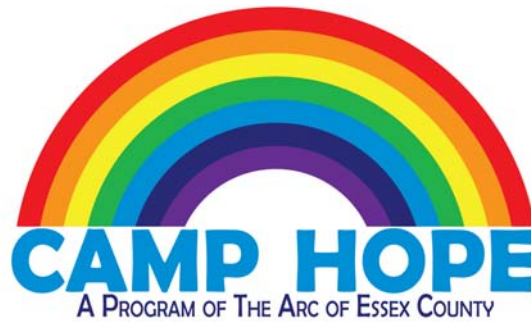
WWW.RUNORWALK.ORG



DCF Funding Applications Available

for 2020 Camp Season

The New Jersey Department of Children and Families, which serves children **up to age 21**, is currently accepting requests from families for financial assistance toward the 2020 summer camp season. Completed applications for both Financial Support toward Summer Camp Tuition and One-to-One Aide Services for Summer Camp must be postmarked or received by PerformCare no later than Thursday, April 30, 2020. For additional information and to download DCF's Financial Assistance Application, [click here](#).



Camp Hope is an approved service through the Supports Waiver for individuals **over the age of 21**. If your loved one is interested in attending Camp Hope this summer, contact your family member's Support Coordinator to have camp added to their service plan.

Camp Hope is a seven week summer day camp for children and adults with intellectual and developmental disabilities located in East Hanover. Operating since 1956, camp runs Monday through Friday, 9 am to 3 pm, starting in late June and ending in August, with transportation provided for campers living in Essex County and surrounding areas. Camp Hope provides campers with 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.

For more information and to apply for the 2020 camp season, visit www.arccamphope.com. To request a tour and for questions regarding the application process, contact Erica Zupkus, Director of Children's Services at (973) 535-1181 x1275 or ezupkus@arcessex.org.

Adult Recreation Program Explores

the Liberty Science Center

Members of The Arc of Essex County's Adult Recreation program spent the day at Liberty Science Center on Sunday, February 23rd. The group enjoyed experiencing interactive, hands-on exhibits about the local ecosystem, peering inside a honey bee hive, and getting creative with pixel art. They capped off the experience with a 3D film about super power dogs who save lives and lunch at the center's Café Skyline.



Do you have a loved one interested in The Arc of Essex County's Adult Recreation Services? Check out

our Spring 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.

Growing the Legacy

Read the 2018-2019 Annual Report Today

Seventy years of service and we are just hitting our stride. The Arc of Essex County was founded by a group of parents who wanted to ensure a brighter future for their children with intellectual and developmental disabilities. They envisioned a world where their loved ones could live, grow, and learn in the community. Here stands The Arc, 70 years later, boasting more than 40 programs and services across Essex County that embrace that mission every day.

While it is important to reflect on and celebrate this significant milestone, our work is far from finished. The Arc of Essex County's leadership team is consistently brainstorming ways to infuse innovation and creativity into our offerings.

Implementing new and creative ideas each year is the hallmark of an enduring legacy. Read the [2018-2019 Annual Report](#) today to learn how The Arc is providing innovative programming and expanding opportunities. Then, renew your financial commitment so The Arc can continue to be a champion of change on behalf of the families we serve.



New Health & Wellness Classes Added

to Children's Recreation Program

The Arc of Essex County's Department of Children's Services is excited to announce the addition of a Health and Wellness program with personal trainer, registered behavior technician, and special needs mom, Yomi Karade. Held on Sunday, April 5 and Sunday, May 3 at The Arc's Stepping Stones School in Roseland, this two-part program features an hour of small group exercises followed by a nutrition hour where participants will prepare a healthy snack & learn about healthy choices.

The program runs from 10:30 a.m. – 12:30 p.m. and costs \$35 per session. Registrants must be able to commit to both sessions. There are only 12 spots available for this program. Registration is on a first come, first served basis. For questions and to register, contact Jennifer DeBarr at jdebarr@arcessex.org or (973) 535-1181 ext. 1292.

The Arc of Essex County

Health AND Wellness

with Yomi Karade

Dates: April 5, 2020 & May 3, 2020
(must be able to commit to both classes)

Times: 10:30 a.m. - 12:30 p.m.

Cost: \$35 per session

Location: Stepping Stones Gym
19 Harrison Avenue
Roseland, NJ 07068

The first hour features small group exercises led by Yomi Karade followed by a nutrition hour where participants will prepare a healthy snack & learn about healthy choices. There are only 12 spots available for this program. Registration is on a first come, first serve basis.

For questions and to register, contact Jennifer DeBarr at jdebarr@arcessex.org or (973) 535-1181 ext. 1292.

About Yomi:
Yomi Karade is a personal trainer, registered behavior technician, and special needs mom. She launched Inclusive Fitness Programs (I.F.P.) in June 2018 after noticing that many individuals with special needs were not as physically active as other people or given a full opportunity to exercise.

Day Program Group Tours Happening

the Last Wednesday of the Month

Are you or a loved one interested in learning more about The Arc of Essex County's programs and services? Register to tour our innovative Day Programs the last Wednesday of each month, beginning Wednesday, March 25 at our Opportunity Zone Day Program in Maplewood or Wednesday, April 29th at our West Caldwell Hub.

During our group tours, members of The Arc of Essex County will show you the facilities and review The Arc's approach to adult services, how to navigate state programs to enroll in programs, and more. Reserve your spot by contacting Candes Reid at creid@arcessex.org or (973) 535-1181 ext. 1247.



Read Across America Celebration

at Stepping Stones

Each year, staff, day program participants, and family members join the Stepping Stones students in celebration of Read Across America. The week-long initiative designed to foster a love of reading kicked off on March 2nd. Throughout the course of the week, nearly 25 members of The Arc spent time reading with the students. Class favorites included many of Dr. Suess' classics, Cat in the Hat themed crafts, and a special green eggs and ham lunch on Friday, March 6th. Thank you to all of the volunteers who dedicated their time to this special event!



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.

Back-to-Back Wins

for SYA



The Arc of Essex County's Developmental Disabilities Awareness Month Bulletin Board Contest returned last month with each Adult Day Program creating an "Our Time to Shine" themed bulletin board. Voting opened on Facebook on Wednesday, February 5th where attendees, staff, families, and the general public voted for their favorite display. After one week of voting, three finalists were decided and a selection committee declared The Arc's Special Young Adults (SYA) Day Program victorious.



SYA went on to represent The Arc of Essex County in a state-wide competition run by The Arc of New Jersey. They finished third and will be honored at the Statehouse in Trenton on March 19th.

Do you have a loved one interested in 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 Director of Adult Day Services, Angela LoSapio, to learn how you can enroll - alosapio@arcsex.org or (973) 535-1181 ext. 1231.

Transition Open House Taking Place May 6th

in Maplewood

Do you have a loved one who is getting ready to graduate and move on to the adult world? If so, join us on Wednesday, May 6th from 11 a.m. – 1 p.m. at our Opportunity Zone Day Program in Maplewood for a Transition Open House. Parents and guardians of 18-21 year olds can explore and learn about the different options that are available for your child as they prepare to enter the transition period from children to adult services.

Attendees Will Learn About:

- Key Ages & Stages for Transition Planning
- System Navigation
- Initial & Ongoing Eligibility, Regulations, & Requirements
- Service Options



Begin your journey at The Arc of Essex County's transitional open house on Wednesday, May 6th from 11 a.m. - 1 p.m. at The Arc's Opportunity Zone Day Program in Maplewood. Explore and learn about the different options that are available for your child as they prepare to enter the transition period from children to adult services.

Attendees Will Learn About:
Key Ages & Stages for Transition Planning
System Navigation
Initial & Ongoing Eligibility, Regulations, & Requirements
Service Options

All attendees will receive an Arc of Essex County tote filled with pertinent resources.

Space is limited. To register, contact Jennifer DeBarr at jdebarr@arcsex.org or (973) 535-1181 ext. 1292 by **Friday, May 1st**.



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The Arc of Essex County's Residential Corner

March Openings

For individuals seeking a community living placement, The Arc of Essex County has the following March 2020 openings:



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 2 Bedroom / 2 Bathroom
Supportive Living Apartment**

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

Donate Your Unwanted Used Vehicle to The Arc of Essex County



Achieve with us.®

Car Donation Program

Easy, Convenient and Tax Deductible!





Donate today and give someone with intellectual and developmental disabilities (I/DD) the key to their independence. The Arc works through a national network of nearly 700 chapters to advocate for and support people with I/DD. Proceeds from your donation will benefit your local chapter. We accept any vehicle with a title and will arrange free, convenient pick up or towing. Plus, we'll take care of all of the paperwork you need to take advantage of a tax break for your donation!

Thank you!

☎ Call Toll Free 1-877-ARC-CAR-0

Or Donate Online at

🔗 www.thearc.org/donate-my-vehicle

Note "NJ The Arc of Essex County" as your beneficiary.

The Candle Lighters Raise a Record \$73,000+

During Annual Tricky Tray

The Candle Lighters, a 501c3 organization dedicated to raising money for the unfunded and under-funded programs of The Arc of Essex County, hosted their 26th Annual Tricky Tray at Mayfair Farms in West Orange on Sunday, February 9th. With more than 500 baskets and prizes up for grabs, the event was widely attended by seasoned Tricky Tray veterans and new attendees alike.

In total, The Candle Lighters welcomed more than 500 attendees to the event and raised a record breaking \$73,000. Event proceeds will go toward unfunded and under-funded programs of The Arc of Essex County like Stepping Stones Early Intervention and Camp Hope. The Arc of Essex County would like to recognize the tremendous success and thank all of the attendees and The Candle Lighters volunteers and donors for continued support of children and adults with intellectual and developmental disabilities.





Good News! Gov Murphy Funds DSP Wage Increase

in His FY 2021 budget

This article originally appeared on the Coalition for a DSP Living Wage website on Monday, March 2, 2020.

Some good news! Governor Murphy delivered his annual budget address on this past Tuesday, February 25 and he is proposing \$42 million in the FY2021 for DSP wages. We believe the total represents \$21 million of new state funding and \$21 million federal Medicaid match, and we are seeking clarification. We are grateful to the Governor for making individuals with I/DD, their families and the DSPs a priority in his budget this year!

Now our focus turns back to the Legislature to ensure the funding that Governor Murphy is proposing makes it in the final FY2021 budget that will be adopted by the Legislature and Governor at the end of June. We are also continuing to advocate for the \$16.5 million FY2020 supplemental appropriation that the Senate Budget Committee approved last month to accommodate the latest increase to New Jersey's minimum wage that went into effect this past January. We need your help to move this bill through process, so please stay tuned for further opportunities to make your voice heard!

We all know securing competitive DSP wages is critical to stabilizing the DSP workforce and ensuring individuals with I/DD have quality supports they need to live the fulfilling lives they deserve. Thank you for being our unwavering partner in working to make this a reality in New Jersey. Together, we are making progress!

Please take two minutes to contact Governor Murphy and thank him for proposing new funding in FY2021 to invest in the DSP workforce that is the foundation of our state's community-based, disability-service system!

Stay Connected!

