

The Guardian

Serving the IDD community since 1948

February 2022

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REGISTRATION OPENS FOR RETURN TO IN-PERSON BUILDING TOMORROWS EVENT

After two years as a virtual event, The Arc of Essex County will once again host the 24th Annual Building Tomorrows 5K Run and Family Walk in-person on Saturday, April 9th at The Clipper Pavilion in the South Mountain Recreation Complex in West Orange. Entertainment and activities will also take place on site.



Join us as we run, walk, and celebrate being together, while raising money for children and adults with autism, Down syndrome, and other with intellectual and developmental disabilities. Register today at www.RunOrWalk.org.

Run Information:

The 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 March 1 with code "EARLY").

Run features include:

- Flat, Park Course
- Double Loop
- Traffic Free
- Gun & Chip Times
- Split Times
- Water Station on Course
- Bag Check
- Race T-shirt
- Strollers Permitted at Back of Start Line
- Leashed, Well-Behaved Dogs Permitted

Walk Information:

A family-friendly fundraising walk will kick off on the flat reservoir track at 10:30 a.m. 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. Registration fee is \$10 per walker. Raise \$25+ and receive a FREE event t-shirt.

Keep checking www.RunOrWalk.org for updated information about other entertainment and prizes.

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



**Saturday
April 9, 2022**

**The Clipper
Pavilion
West Orange, NJ**

RUN • WALK • CELEBRATE • RUN • WALK • CELEBRATE • RUN • WALK •

SUPPORTING INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

CAMP HOPE APPLICATIONS OPEN FOR SUMMER 2022

The Arc of Essex County is currently accepting applications for the 2022 camp season, which will run for seven weeks, from July 5 through August 19. Visit the Camp Hope website (arccamphope.com) to apply. Registration is now open for returning campers and will open to new campers on February 15. Applications will be processed as they are received. For application questions, contact Stacey Kerstner at (973) 535-1181 ext. 1292 or camphope@arcessex.org.



Camp Hope has been providing an exceptional camp experience for children and adults with intellectual and developmental disabilities since 1956. Located in East Hanover, NJ, the camp property features a beach-entry swimming pool, accessible-friendly playground, splash pad, basketball court, outdoor pavilion, and expansive recreation field. Camp activities feature social and recreational activities, including life skills, aquatics, sports, music, and art. Here, campers tackle new goals, build confidence, and form lasting friendships. Learn more at ArcCampHope.com.

Do you know of 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

Apply today at <https://arccamphope.com/get-involved/>.

Staff hours are Monday through Friday from approximately 8 a.m. to 4 p.m. Position requirements vary. For employment questions, contact Anjana Padmanabhan at (973) 535-1181 ext. 1253 or apadmanabhan@arcessex.org.

GRANTS HELP KEEP ARC GROUP HOMES BRIGHT AND COZY AND INDIVIDUALS ENGAGED

Thanks to generous grants, two of The Arc of Essex County's group homes will no longer have to worry about losing power

during severe weather and other emergencies, and our Glen Ridge families are getting a boost of support.

The Emil Buehler Foundation granted \$7,000 toward the purchase of a 22kW all-encompassing generator for the Orange Group Home, which houses six residents.

The Joseph and Yetta Weisberger Fund for the Aged, Poor and Needy granted \$1,600 toward the reimbursement of The Arc's purchase and installation of a 22kW all-encompassing generator for the Millburn Group Home, which houses four residents.

The Glen Ridge Community Fund generously granted \$4,000 to benefit Glen Ridge residents, children and adults, participating in The Arc's programs and services.

The Arc of Essex County extends its appreciation to the Emil Buehler Foundation and the Joseph and Yetta Weisberger Fund for the Aged, Poor and Needy, and the Glen Ridge Community Fund for their kind support for our residents, staff, and program participants.



RENOVATION PROGRESS AT ARC GROUP HOMES

Despite construction delays due to the omicron outbreak of COVID-19, progress is moving along at two of The Arc of Essex County's group home renovation projects.

The Bloomfield group home, which is undergoing an extensive renovation to its first floor, is one step closer to residents returning after passing January inspections. The \$300,000 project involves interior and exterior renovations to increase accessibility, with a reconfiguration of the interior first floor space and an expansion of the back deck.



At the Linden Apartment, the second-floor kitchen project is complete, and the first-floor kitchen renovation is just beginning. Each renovation involves gutting the existing kitchen and building a new one with an open floor plan to better serve our program needs, and each is estimated to cost \$40,000 to complete.

Bloomfield and Linden are two of 13 residences that are undergoing major capital expenditures this year. Other projects include making bathrooms more accessible, installing whole-house generators, and improving laundry facilities.

To learn more about our residential program, contact Rebecca Lorusso, senior director of residential adult services, at 973-535-1181 x1270 or rlorusso@arcessex.org.

THE ARC OF NEW JERSEY OFFERS "TELL US ABOUT" PODCAST SERIES

The Arc of New Jersey Family Institute presents a new "Tell Us About" podcast series, featuring conversations about specific diagnoses and the community organizations that focus on them. Topics include:

- Asperger Syndrome (Listen now to the January 18th podcast)

- Cerebral Palsy (Available February 9th)
- Fragile X Syndrome (Available February 23rd)
- Rett Syndrome (Available March 8th)
- Tourette Syndrome (Available March 23rd)
- The Autism Spectrum (Available April 5th)
- Prader-Willi Syndrome (Available April 20th)
- Down Syndrome (Available May 10th)

To listen to the podcasts as they become available visit:

https://www.thearcfamilyinstitute.org/what_we_do/podcasts/tell-us-about.html

THE ARC OF NEW JERSEY FAMILY INSTITUTE PRESENTS

TELL US ABOUT... PODCAST

This podcast features the different organizations that specialize in providing services and supports for a specific diagnosis. Topics include Asperger Syndrome, Rett Syndrome, Fragile X, Prader-Willi Syndrome, and many more. Listeners will learn about how and when each diagnosis is usually identified, and what resources are available to individuals and their families.

January 18 Topic: Asperger Syndrome Guest: Lori Shery, ASPEN	April 5th Topic: Autism Spectrum Guest: Dr. Suzanne Buchanan, Autism New Jersey
February 9th Topic: Cerebral Palsy Guest: Dr. Steven Pasterick, Pillar Care Continuum	April 20th Topic: Prader-Willi Syndrome Guest: Dorothea Lantz, Prader-Willi Syndrome Association
February 23rd Topic: Fragile X Syndrome Guest: Cara Capela, National Fragile X Foundation	May 10th Topic: Down Syndrome Guest: Dr. Melissa Burgos, Down Syndrome Association of Central NJ
March 8th Topic: Rett Syndrome Guests: Gerard and Judy Saydah, New Jersey Rett Syndrome Association	
March 23rd Topic: Tourette Syndrome Guests: Charlotte and Sam Regen, New Jersey Center for Tourette Syndrome	

VISIT:
<https://bit.ly/tellusaboutpodcast>

The Arc
Achieve with us.

**Tell Your Senators:
Pass the
Build Back Better
Act**

Go to <https://p2a.co/5F9V4xy> to learn about how the Build Back Better Act would improve the quality of life for millions of people with disabilities, their families, and the direct support professional workforce, and to send an email to your elected officials with one click!

THE ARC OF ESSEX COUNTY RESIDENTIAL CORNER

February Openings

For individuals seeking a community living placement, The Arc of Essex County has the following February 2022 openings:



Verona Supervised Apartment (1 Male 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, socializing with friends, and occasionally participating in community activities as a group.



Belmont Group Home (1 male vacancy)

- 1 bedroom available in this single-family style group home in a great Livingston neighborhood.
- 24/7 staff supervision
- Can accommodate residents with additional medical supports and aging needs
- The residents have tight personal relationships and prefer quieter activities, but remain an active and fun-loving group



Terrace Group Home (1 Male Vacancy)

- 1 Bedroom Available in 4-Bedroom Group Home
- 24/7 Staff Supervision
- Recently Renovated, Single Family, Ranch-Style Home on a Quiet, Residential Street in West Orange
- Minutes from Eagle Rock Reservation, Shopping, and Recreation
- The residents of this all-male group home enjoy picnics at Liberty State Park, bowling, going to the mall to shop, and weekly restaurant nights (pre-COVID)



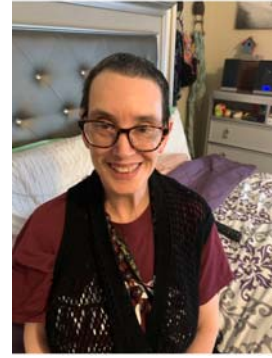
South Orange Supportive Living Apartment (1 Female Vacancy)

- 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

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.

THE ARC OF ESSEX COUNTY REMEMBERS ROCHELLE DWORKIN

Rochelle Dworkin joined The Arc family in 2009 and became a resident in the Linden Apartment Program in 2010. Rochelle was a vibrant, eclectic, and creative woman who grew up in New York City and Montclair. She expressed herself through her clothing and jewelry. She made many of her jewelry pieces herself, as she was very talented at designing necklaces and bracelets. She was kind and conscientious, always asking others how they were doing and about their families. She often reminisced with staff about old actors, TV shows, and musicians. Rochelle loved watching soap operas, going shopping, reading books, working on crossword puzzles, and talking about weddings. She will be greatly missed and fondly remembered.



If you'd like to make a donation to The Arc of Essex County in Rochelle's memory, please visit www.arcessex.org/donate. Please note that your donation is in memory of Rochelle Dworkin; an acknowledgement of your tribute will be sent to her family members.

Donate Today



Our Contact Information

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