

65th Anniversary Gala Set for November 1

The Arc of Essex County will celebrate 65 years of advocacy, support and programming for the intellectually and developmentally disabled community with an Anniversary Gala on November 1, 2013 at Mayfair Farms in West Orange.

The Gala will celebrate the achievements of the agency and the thousands of individuals and families helped by The Arc since its inception. At the event, The Arc will also recognize PSE&G, Essex County Executive Joseph N. DiVincenzo, Jr. & The County of Essex and The Candle Lighters as its business, government and volunteer honorees for their efforts to advance and support the mission of The Arc of Essex County and to help our consumers achieve their goals. A Lifetime Achievement Award will be presented to Lee Bergman for her decades of service to the I/DD community. PSE&G will also serve as the evening's Grand Sponsor.

"The Arc of Essex County could not fulfill its mission without the support of the community. The support we enjoy from each of these institutions is critical to our long-term success and the success of the thousands of individuals and families we help," said Chief Development Officer Cynthia Villarosa. Over the years, PSE&G executives have served on our governing boards, including current Trustee Brad Huntington, and the company has sponsored numerous events and fundraisers for the agency. The County of Essex has provided funding to operate programs, create new residential facilities and has supported public initiatives to provide more opportunities for individuals with I/DD to live within their community. The Candle Lighters' mission is to raise funds to support programs of The Arc of Essex County. Each year, they have raised thousands of dollars to ensure important programs such as Camp Hope and Early Intervention at Stepping Stones are available for the individuals and families who need them.

Gala tickets include a Cocktail Hour, Dinner, Dancing and Open Bar. A Save-the-Date reminder will be sent out this summer and Invitations will be sent out in September.

Enterprise Holdings Foundation is the event's first Gold Sponsor. Available sponsorships range from \$20,000 Grand to \$500 Bronze Sponsor. Ad Journal Space is also available.

For more information about the Gala, sponsorships and the Commemorative Ad Journal, please contact Cynthia Villarosa at (973) 535-1181, ext. 1224 or via e-mail at cvillarosa@arcessex.org.

Hundreds Attend 15th Annual Building Tomorrows 5K Run/2-Mile Walk

On Saturday, April 20, 2013 approximately 500 family members, friends, consumers, and advocates for The Arc of Essex County gathered in Bloomfield's Brookdale Park for the 15th Annual Building Tomorrows 5K Run/2-Mile Walk. This family-fun event is part of the New Jersey initiative known as Step Up for The Arc. Since 1999, annual runs and walks have been held by Arc chapters statewide, aiming to raise both awareness and funds to support programs and services provided for individuals with intellectual and developmental disabilities. This year, the event raised over \$52,000 through registration fees, contributions, and sponsorships.

The attendees on this brisk, sunny April morning included The Arc's President, Bruce Bird, Chief Executive Officer, Linda C. Lucas, 378 runners and walkers of all ages, several physical therapists, dozens of spectators, and several members of Livingston's Free Masons who, as our Community Sponsor, provided refreshments. Amongst the crowd of cheerful spectators were 38 residents of our group homes, accompanied by staff. An additional 35 volunteers were present from Prudential Investments, Bloomfield College, Bloomfield High School, a Gap clothing store, and other individuals.

This year, our Day Program staff developed a physical fitness program that culminated in a Fitness Walk on April 17, providing consumers

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Top female finisher, 9-year-old Allison Lounsbury shows off her medal with her dad Derek Lounsbury. Allison's time was 22:31.00.

(Continued from Page 1)

who can't attend the Building Tomorrow's 5K Run/2-Mile with an opportunity to train and participate in a similar event. The Fitness Walk was very successful, with several consumers losing weight as a result of their training, and will be continued next year. Please read more about this event in this issue of The Guardian.

The male and female winners of the 5K were Zeeshan Khan, 22, from Belleville with a time of 17:15.64, and Allison Lounsbury, 9, from Franklin Lakes with a time of 22:31.00, respectively. Just as impressive, the top fundraisers were James Conniff, Lee Bergman, Nancy Fass, David Guthaim, and an anonymous donor.

In addition to wonderful fundraising efforts, the event's sponsors raised over \$30,000. This year's sponsors include Michael P. Bergeron Foundation, Inc.; PwC, LLP; PSE&G; Sax Macy Fromm & Co. PC; Wakefern Food Corporation; Bird Pharma Consulting, LLC; Bollinger,



Top male finisher Zeeshan Khan from Belleville had a time of 17:15.64.

Inc.; Cheer Me Up Foundation; Hughes Environmental Engineering, Inc.; Mack-Cali Realty; Merchants Alarm Systems; Olshan Frome Wolosky, LLP; Prudential Investments; Selective Insurance Company; Village Super Market; Applebee's; Brach Eichler, LLC; Care Station Medical Group; Cintas; Drive

Master Company, Inc.; Fox Rothschild, LLP; Jardim Meisner & Susser, PC; Michael Franchino; Signature Property Management, LLC; Smart Carpet and Flooring; Moore's Tree Service; and GPB Computer Services. Other companies provided prizes to be awarded to the top fundraisers and to be used in a random drawing, including Embassy Suites Parsippany, Endless Vacation Rentals, Hamilton Park Hotel, Westminster Hotel, Wright Express, Musconetcong Watershed Association, and Road ID.

This year's Run/Walk was a huge success thanks to all of The Arc's supporters through each one's involvement as a donor, sponsor, volunteer, or participant. A thank you is also due to the staff of On Your Mark Productions for handling the race day logistics.

We look forward to next year's Building Tomorrow's event and hope to see you there.

Volunteers help create gardens at five Group Homes

Gardens are taking root at five residential programs thanks to the efforts of volunteers.

Retired Associate Executive Director Al Ianacone planted gardens at four programs, Linden Apartments, Cedar Grove, Claremont and Ashwood, while Oakwood's garden was created by its residents and their families. Ianacone, a recent graduate of the Master Gardener's program at Rutgers Cooperative Extension of Passaic County, said the course requires students to perform community service and the gardens would be a great way to give back to his former employer, the community and enhance the lives of the residents.

"It leads to a lot of enjoyment in a variety of ways," Ianacone said. He is being assisted in the gardens by his classmate, Susan Langner of Clifton. The pair designed narrow planting beds to allow the residents to walk around the gardens with a watering can without the need of walking between or among the delicate plants. Each garden has a variety of tomatoes, herbs, cucumbers, eggplants and flowers. Ianacone expects harvesting to begin in July.

At the Oakwood Group Home, Program Manager Marie Joseph worked with the residents' families to create the garden after it became a topic of interest in the home.

"They always go by other homes and see gardens. Now they



Retired Arc Associate Executive Director Al Ianacone harvests a zucchini from the garden he helped to establish at the Cedar Grove Group Home with Staff Member Catherine Odih and Resident Jonathan Smith.

have their own," Joseph said. She hopes the garden will be an opportunity for the residents to learn about plants and gain a greater sense of independence by growing some of their own food.

"They love it," Joseph said.

Blair Conley, the brother of resident Laurence Conley, helped prepare the soil and donated plants for the garden including strawberries, sweet basil, peppers, tomatoes, and rosemary.

Stepping Stones Celebrates its Class of 2013

During a touching ceremony on Tuesday June 18, the Stepping Stones community said congratulations and goodbye to its four newest graduates who are the Class of 2013.

The school's staff, fellow students and families filled the multipurpose room to watch Braden Hopton, Ryan Langston, David Rios & David Smeragliuolo Jr. receive their diplomas. The morning ceremony was the culmination of years of hard work by the graduates. Stephanie Hopton, Braden's mother, said her son and family received tremendous support from the school's staff and other families.

"I do not know where my family would be or where Braden would be without Stepping Stones," Hopton said. Braden and David Smeragliuolo first came to Stepping Stones for its Early Intervention program when they were infants. David Rios and Ryan began five years ago, the same time Stepping Stones Principal Sue Wilson came to the school.

"Every graduation is special, but this year holds a very special place in my heart since each of these children began their journey with me," Wilson said. "I have observed them grow and learn since pre-school. Seeing them reach this milestone is extremely fulfilling and heart-warming."

At the start of the ceremony, the graduates and continuing students sang *The Star-Spangled Banner*, accompanied by pianist and Stepping Students Graduate, Lisa Markey. The students also sang and danced to the songs *Do-Re-Mi* and *The Wizard of Oz*. During the awarding of diplomas, the delighted guests' smiles became wider, the tears became more noticeable, and the sound of applause filled the room.

"Leaving there (Stepping Stones) is one of the hardest things we have had to do," Hopton said. From day one to each student's graduation, the school's teachers and therapists



The four friends (L to R) Braden Hopton, David Rios, Ryan Langston and David Smeragliuolo dressed up as their favorite super hero. The quartet graduated from Stepping Stone on June 18, 2013.

strive to provide their students with the "foundation for their future," explained Wilson. According to Wilson, teachers, therapists, assistants, and parents work collaboratively so that by age 8 most students acquire the knowledge, social skills, and independence needed to continue on both the educational and life journeys.

"They are invested in seeing the kids succeed," Hopton said of the staff at Stepping Stones. Hopton said the team effort helps the children gain confidence.

"It gave him the opportunity to be a leader and it fostered his independence," Hopton said. Every skill gained and the progress made at Stepping Stones is a milestone in the child's life, and prepares them for the next step, according to Hopton.

The graduation ceremony concluded with a heart-warming video and photos of the students. The video showed students learning yoga thanks to the efforts of Lori Silverman, an instructor who volunteered her time to work at the school. Following the video, a slideshow was played to highlight the children's activities and friendships made throughout the year.

From all of us at The Arc of Essex County, Congratulations to the Stepping Stones Class of 2013!



Stepping Stones 2013 Graduates (L to R) David Rios, Braden Hopton, David Smeragliuolo, Jr. and Ryan Langston gather for a class picture before the graduation ceremony.

Camp Hope Opens for its 57th Fun-Filled Summer

Camp Hope opened on July 1 with nearly 140 campers signed up for one of its seven fun-filled weeks.

Located in East Hanover, Camp Hope is a seven-week summer day camp for campers five years of age and up. Camp runs from 9 am to 3 pm, Monday through Friday between July 1st August 16th, 2013.

Under the direction of Camp Director Becky Ewert, Camp Hope offers a wide variety of activities for summer fun including: swimming, art, music, nature, and sports. Camp Hope also provides door to door transportation, a full time nurse, field trips, and special events.

This year, there are 27 campers between the ages of 5 and 12 who are served in a 1 staff to 3 camper ratio and 51 campers between the ages of 13 and 20 are served in a 1 staff to 5 camper ratio.



Camper Erik Murphy and volunteer McKenzie Melius enjoy an afternoon swim at Camp Hope during the first week of the 2013 season.

Camp Hope also has 37 adult campers through its ACE (Adult Camping Experience) Program. These campers, many who began coming to Camp Hope as children, are served in a 1 staff to 6 camper ratio and go out into the community once a week for activities and field trips.

This year, the camp also has 27 campers who need a 1 staff to 1 camper ratio.

There's also an academic program, Summer Day Program at Camp Hope, which is serving eight students from five school districts in Essex and Morris counties. This program is under the supervision of a certified teacher in special education and places a strong emphasis on life skills, socialization, peer interaction, and development of positive behaviors.



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.**

Thank you for your support.

In Memory of Robert Boczar

The Arc of Essex County is saddened by the loss of Robert Boczar, a long-time resident at our Bloomfield Group Home, who passed away on June 4, 2013. He was 72.

Robert came to our Bloomfield Group Home in 1992. He lived with Cerebral Palsy and due to his disability was non-verbal and required a high

level of supports. Robert was very intelligent, had a good sense of humor and enjoyed activities in the community. He also liked coffee and donuts from Dunkin Donuts, watching movies and listening to Western music.

Robert received care from Hospice of New Jersey and passed away at home, surrounded by his housemates and friends.



Robert Boczar is joined by his niece Melanie Piereth and her dog for a photo.

Heart-Warming Luncheon Recognizes the Stepping Stones Volunteers and Staff

On June 5, the Candle Lighters held its annual Volunteer Luncheon to honor and thank the individuals who give their time to help the students and staff at our Stepping Stones School. Among the honorees were Susan Hammer and Rosemarie Russo, who each received their 20-year certificate for their decades-long service to the school.

"I'm a real believer in this program," says Hammer. "The Stepping Stones curriculum provides important life skills and training for the children in an environment filled with structure and love. It is so gratifying to be a part of this program."

For the third year, Tricia Boylan and Eileen Hahn, co-chaired the event. With the help of other parents, they transformed the school's multi-purpose room into a colorful and welcoming location for the reception. The parents cooked food and desert for the event which was also catered by Calabria's in Livingston, NJ.

Boylan also served as the guest speaker, narrating what she called "The Story of Jack," which retraces her journey to-date with her son Jack from pregnancy until Jack's current age of five. Her story defined what a valuable resource Stepping Stones' staff and volunteers have been for her family.

As a volunteer, Russo can attest to the educational and emotional support system Boylan has found at Stepping Stones.



20 Years of Volunteer Service-Susan Hammer (2nd from left) and Rosemarie Russo (3rd from left) were honored for their 20 years of volunteering to help the students, faculty, staff and families at our Stepping Stones School. They are joined by (left to right) Chief Development Officer Cynthia Villarosa, Coordinator, Community and Parent Outreach Judy Bellina, and Chief Executive Officer Linda Lucas.

"I find it so amazing: the patience and dedication of teachers and staff and, in a short-time, the progress these children make."

During the luncheon, Hammer, Russo, and nine additional volunteers were acknowledged for their dedication to the school's students. Linda Horn received her Fifteen-year certificate; Sandy Werdenschlag received her 10-year recognition certificate. Rachel Nack received her five-year certificate and Miriam Bocian-Anghel, Jimmy Donnelly, Staci Feit, Abbe

Maron, Janet Prevette, and Melissa Sweeney each received their one-year certificates.

Hammer and Russo are greatly appreciative to be part of the loving setting created for the children by their teachers. Knowing that their presence can provide extra support for the students is a personal reward that has drawn these women to the school week after week for two decades, with no definitive end in sight.

In addition to the humble volunteers, guests at the luncheon included the school's principal, Sue Wilson, The Arc of Essex County's Chief Executive Officer, Linda C. Lucas, Chief Operations Officer, Kathleen Hinnigan-Cohen, Chief Development Officer, Cynthia Villarosa, Coordinator of Community and Parent Outreach, Judy Bellina, and Director of Children, Family and Community Services, Sue Brand.



The Annual Barry Ross Arc Day

The Livingston Rotary Club hosts its Barry Ross Arc Day during its annual Carnival. Over 150 of our consumers, including individuals from 16 of our Residential Programs, attended the event held on May 11.

(L to R) Dawn Barkley, Ihsan Wood and Tariq Sutton stop for a photo at the carnival

Get Tickets to The Barclays & Help Raise Funds for The Arc of Essex County

Help raise funds for The Arc of Essex County by purchasing your tickets to The Barclay's PGA Tournament through the Tickets Fore Charity Program. The PGA Tour will donate 75 percent of the proceeds from tickets purchased through the program to our agency with the remaining proceeds going to benefit The First Tee of Metropolitan New York. The Barclays will be held from Aug. 20 to Aug. 25 at Liberty National Golf Course in Jersey City. Liberty National's course is a challenging test of skill laid out along a mile of Hudson River waterfront overlooking the Statue of Liberty and New York City.

Tickets can be purchased through the Tickets Fore Charity website, www.buytfc.com or directly through Ticketmaster at <http://tinyurl.com/Arc1day>, for a single day ticket or <http://tinyurl.com/Arcweekly> for a weekly ticket. *You must use our promotion code "LESSON13" all caps when you purchase your tickets.

For more information please call Cynthia Villarosa at (973) 535-1181, ext 1224.



Scan here to purchase
a Daily Grounds Ticket.



Scan Here to purchase
a Weekly Clubhouse Ticket.



The Arc of Essex County Welcomes the Class of 2013



Our newest Reach consumer, John Panza, celebrates his graduation from The Phoenix School as a member of its Class of 2013.

Graduation is a time in life that is both exciting and terrifying. It leads to so many life questions. What's next? Am I ready? The graduates of the class of 2103 are no different. Many of these new graduates will enter into Adult Day Services with The Arc of Essex County after graduation. We are so excited to have them and wanted to highlight the paths that a few have chosen:

John Panza: John graduated from The Phoenix School. He really enjoys being out in the community and his family really wanted to find the right fit for him. His mother visited all of our Day Programs and many offered by other agencies and decided that REACH Community Resource Center would be the best fit. John chose

to attend using a traditional contracted slot which means he will go to REACH 5 days per week. The staff at the center visited John at school and his job coach brought him to visit REACH. The Arc of Essex County strongly believes that smooth transitions are the key to success and is always willing to do what's needed to make it easier for every student. John is ready to begin this summer and we can't wait for him to start.

Michael Green: Michael Green graduated from Montclair High School in June, 2013. He has two jobs lined up after graduation but wanted to fill in his week with a service that would benefit his vocational pursuits. Michael and his family chose The Arc of Essex County's Supportive Work Opportunities Program (SWOP) for 2 days per week. At SWOP, Michael will learn vocational skills to enhance his employability options in the future. The Arc of Essex County attended Michael's transition IEP and arranged for Michael to visit and meet some of his new co-workers over the summer so when he started he would already feel comfortable. Michael will begin SWOP over the summer and everyone is looking forward to his arrival.

The path to adulthood looks different for each new graduate. The Arc of Essex County works with each new graduate and his/her family to develop the plan that is right for each individual. Congratulations to the Class of 2013 and we are looking forward to being a part of all your future achievements.

Annual Meeting

The Arc of Essex County held its Annual Meeting on June 17, with a keynote address from Elizabeth Manley the Director of the Division of Children's System of Care within the New Jersey Department of Children and Families.

Manley discussed the recent transition of children with I/DD from the state Division of Developmental Disabilities to Children's System of Care. After her presentation, Manley answered questions from the attendees.

Approximately 40 people attended the meeting which also included a minor change to the agency's bylaws which was adopted unanimously and the election of new members to the Board of Trustees, each to a three-year term.

The newly elected Trustees are:

Robin Alampi Stephen Falanga David Meyer Jo-Ann Raines

During the Executive Board Meeting, held earlier that afternoon, two members were re-elected to new two-year terms and 12 people were elected to the Advisory Board, each to a two-year term.

Juan Arroyo and Gary Russikoff were re-elected to the board and elected its Third Vice President and Treasurer respectively.

The following people were elected to the Advisory Board:

Stuart Applebaum	Mark Gerson	Theresa Roberts	John Schettine
Robert Costello	Jacqueline Juster	Matt Ryan	William Sumas
Judy Elbaum	Kate Stanton Paule	Kenneth Sauter	Paul Wirth

State Grant Funds Agency-Wide Skills Training

The Arc of Essex County is offering its employees a variety of training classes, thanks to a grant from the New Jersey Department of Labor and Workforce Development.

The Skills4Jersey Grant is designed to bolster employees and management skills to improve the company's economic viability and enhance employees' skills. The Arc of Essex County received \$75,200 which it's using to offer training at every level from direct care professionals to executive management.

All of the classes are designed to enhance the organization through elevating the skills of all staff. By making improvements to ourselves and our practices, we then improve the care, services, and environments provided to our consumers and families.

The Agency Leadership Group (ALG), which consists of the executive management and agency's directors, are participating in a Strategic Planning course. Under the guidance of an experienced corporate governance expert, the ALG is creating a new Strategic Plan for the agency that will guide it through the next three years as it transitions from a contract based service to the new fee-for-service system under the Medicaid Comprehensive Waiver. Many of these top tier managers are also participating in a website course, collaborating to develop a new online presence for the agency.

At the management level, courses such as Value Stream



Trainer Angela Calzone leads a group discussion among Arc employees during a recent training class on Business Communication.

Mapping and Performance Management will improve managers' ability to guide and develop the staff under their direction, increasing their efficiency and effectiveness. For Staff, there is a four-class training series including, Business Communication, Team Effectiveness, Customer Service, and Conflict Resolution, that will provide an improved work setting and climate. The content of the classes intertwine to improve functionality for the staff between consumers, their families, and each other.

Everyone can take advantage of computer training in the areas of Microsoft Word, Excel, and Access/Outlook. These classes, offered at the basic and intermediate level, will improve participants' skills in some of most widely used applications. These skills will help employees within the agency, one of the goals of the Skills4Jersey grant program.

Become a Sponsor of the 65th Anniversary Gala and/or Purchase a Commemorative Program Journal Ad

The Arc of Essex will be celebrating its 65th Anniversary with a Gala on November 1, 2013. Show your appreciation and support for everything The Arc and our consumers have and will accomplish by becoming a sponsor of the Gala or by purchasing an ad in its Commemorative Program Journal. Detach and complete the form below and return before Oct. 1, 2013. Thanks for your support.

65th Anniversary Gala Honorees

PSE&G • Essex County Executive Joseph N. DiVincenzo, Jr. & The County of Essex • The Candle Lighters

Lifetime Achievement Award: **Lee Bergman**

Sponsorships

☐ **Grand Sponsorship** **\$20,000**

- Company name and logo on Event Invitations
- Exclusive name & logo on full-color back cover of the Commemorative Program Journal
- 20 complimentary Gala Tickets (two tables)
- Name & logo on event website, event banner, and in The Arc of Essex County's quarterly newsletter The Guardian

☐ **Major Sponsorship** **\$10,000**

- 10 complimentary Gala Tickets (one table)
- Full-page color ad in the Commemorative Program Journal
- Name & logo on event website, event banner, and in The Arc of Essex County's quarterly newsletter The Guardian

☐ **Platinum Sponsorship** **\$5,000**

- Four complimentary Gala Tickets
- Full-page color ad in the Commemorative Program Journal
- Name & logo on event website, event banner, and in The Arc of Essex County's quarterly newsletter The Guardian

☐ **Gold Sponsorship** **\$2,500**

- Two complimentary Gala Tickets
- Half-page color ad in the Commemorative Program Journal
- Name & logo on event website, event banner, and in The Arc of Essex County's quarterly newsletter The Guardian

☐ **Silver Sponsorship** **\$1,000**

- Quarter-page color ad in the Commemorative Program Journal
- Name & logo on event website, event banner, and in The Arc of Essex County's quarterly newsletter The Guardian

☐ **Bronze Sponsorship** **\$500**

- 1/8 Page color ad in the Commemorative Program Journal
- Name and logo on event banner and in The Arc of Essex County's quarterly newsletter The Guardian

Commemorative Journal Ads

☐ **Full Page Gold** **\$500**
5.5" W X 8.5" H

☐ **Full Page B&W** **\$350**
5.5" W X 8.5" H

☐ **Half-Page B&W** **\$200**
5.5" W X 4" H

☐ **Quarter-Page B&W** **\$100**
2.5" W X 4" H

☐ **Eighth-Page B&W** **\$50**
2.5" W X 2" H

Please enclose:

Camera-ready ad or the wording of your message with this form

Or

Press-ready .pdf, .tif, or .jpeg file via email to smilot@arcessex.org

Name/Company/Organization: _____

Contact Person: _____

Address: _____

Telephone: _____ E-mail: _____

I prefer to pay with my ☐ Visa, ☐ MasterCard, ☐ American Express or ☐ Discover

Card # _____ Card Expiration Date: _____

Signature: _____

Please Mail Your Sponsorship/Commemorative Journal Ad to:

The Arc of Essex County, Att: 65th Gala Committee, 123 Nylon Ave., Livingston, NJ 07039

The Sun Shines on the 1st Annual Fitness Walk

The weather was beautiful for The Arc of Essex County's Day Program's First Annual Fitness Walk. Over 100 consumers, from all the Day Programs, attended the event held at Orange Park on April 10, 2013 as a kick off to the 15th Annual Building Tomorrows 5K Run/2-Mile Walk.

The Activities Development Committee, consisting of assistant managers and consumers from the Day Programs develop department wide special events throughout the year for consumer participation. Since some of our Day Program consumers do not have the chance to attend the 5K Race, the committee proposed this event as an alternate opportunity for these consumers to feel part of the 5K event while improving their health and fitness.

The preparation began in January with walking activities geared towards helping individuals increase their length of time walking and speed. Since the groups started in the winter, the staff became creative in implementing training sessions during the bad weather. The goal was to build healthy lifestyle habits and ensure consistency. Each week, the participants began and ended each session with stretching exercises. The beginning training schedule emphasized the increase in the time spent walking each week. The groups started with a weekly walk at an easy pace and gradually increased the number of days along with the amount of time and the distance. Programs charted each consumer's progress during their training schedule. As the



Reach Consumer Anthony Phillbrook (left) and John Mongiello (3rd right) from SYA walk with Community Link Consumer Karriem Kauther (2nd left), Luis Pinho from SWOP (2nd right) and Martine Fenelus (right) also from Community Link during the Fitness Walk at Orange Park.

Fitness Walk date approached, the staff concentrated on improving consumers' walking form to increase speed. Many of the consumers lost weight as the walking activity became routine and consumers increased their time and distance. They were very surprised when their clothes were fitting them better and in some cases became loose.

The event was set up to replicate the Building Tomorrows 5K Run/2-Mile Walk to provide the total experience. The consumers were not only given the opportunity to increase their health and fitness level by participating in a fun and social activity but they also acquired the skills needed to successfully compete in a race. Each individual was directed to register at the check in table, obtain a race number, and identify a start and finish point. Consumers, who were not able to participate in the walking event, stood on the sideline cheering on their

peers. Several parents also attended the Fitness Walk to cheer on their child.

Christopher Tanis from the SWOP program came in first place, Arnold Chery also from the SWOP program came in second place and Shosiul Ahmed from the Opportunity Zone program came in third place for the men's division. Frances Chan from the Livingston CRC program came in first place, Suhaila Ansair also from the Livingston CRC program came in second place and Claudia Hallock from the SWOP program came in third place for the women's division. After the race, each consumer was given a bottle of water and a healthy snack. A goodie bag was also offered with a medal, trophy and t-shirt. Roderick Russell, a consumer from the Community Link program, was our DJ and provided the musical entertainment. Games and relay races were also setup in the middle of the field to provide additional opportunities to win medals.

In addition to our goal of health and fitness, this event provided an opportunity for our consumers to compete in a friendly competition while socially engaging with their peers. They were able to visit and hang out with friends they do not have the opportunity to see daily. Each consumer enjoyed the event and many continued to wear their T-shirts and medals to the program for several days afterwards. Since this was such a huge success, the committee has already begun to plan next year's fitness walk.

Purchase of New Condo Set for Later this Year

The Arc of Essex County is under contract to purchase a two-bedroom condominium in West Orange this summer.

The townhouse-style condo purchase is being funded with \$265,000 in federal HOME funds from The County of Essex. The agency's Supportive Living Program will utilize the condo for residents who require only minimal supports to live independently. Renovations to the home's kitchen, HVAC system, as well as, the installation of a fire suppression system will be completed before the home is occupied.

West Orange Group Home Opens

The Arc of Essex County's newest group home opened its doors on June 26.

The single-family residence is now home to four men who each have their own bedroom and share two bathrooms, and other common areas. The residents will receive support from our staff, 24 hours a day, seven days a week.

The project was funded with \$503,000 federal HOME funds from The County of Essex. The agency completed \$170,000 in renovations to the home including the installations of an accessible bathroom and bedroom and fire suppression



The spacious living room and beautiful kitchen are ready for the four residents of our new West Orange Group Home



system.

The Arc of Essex County operates 32 residential facilities throughout the

county that can accommodate up to 140 people and provides support services to additional locations through its Supportive Living Program.

Oakwood Group Home has a Renovated Bathroom



BEFORE - The bathroom décor was out of date and the tub/shower made it difficult for some residents to safely get into and out.

Renovations to the Oakwood Group Home bathroom are now complete. The project, funded by a \$10,000 grant from the Hyde and Watson Foundation, included a new power flush toilet, hand dryer, shower with a bench and handrail, sink and vanity, tile floor and the installation of GFI (ground fault interrupter) outlet.

AFTER - Residents help select the new color scheme in the updated bathroom that features an accessible shower with a bench and power flush toilet to help prevent clogging.



Livingston Township Awards COAH funds for New Group Home

The Township of Livingston awarded a \$400,000 grant to The Arc of Essex County to help fund the creation of a new group home.

The Arc will use the grant to purchase a single-family residence in the township that will be home to up to four people. The agency is seeking additional funds from The County of Essex to fund renovations to the property including the construction of an accessible bedroom and bathroom. The county funds will come from the federally funded HOME program.

The renovations are anticipated to begin soon with the home ready for occupancy in the fourth quarter of 2013. This home will become the 25th residential facility operated by the agency.



The Arc of Essex County CEO Linda Lucas accepts a ceremonial check presented to her by Livingston Mayor Rudy Fernandez during a recent Township Council meeting. Photo courtesy of the West Essex Tribune.

Tributes

Thank you for so many tributes! Tributes are a beautiful way to acknowledge those you care for, and at the same time, help those in need. To purchase a tribute, please call Stephanie Milot at (973) 535 – 1181, Ext. 1227.

Tributes from February 16, 2013 – June 19, 2013

Special Occasions:

In honor of Susan Hammer's birthday

Devon Canastra

In honor of Amanda King finishing the 2013 Boston Marathon

Morton and Raisa Newman

In honor of John and Maureen O'Brien's new granddaughter

Herbert and Ellen Lev

In honor of Kelly Starrett

Barbara Starrett and Jo Ann Ellison

In Memory of:

In memory of Jeff Bauer and Joan Malloy

Thomas and Margaret Sheridan

In memory of Robert Boczar

David and Nancy Penczak

In memory of Sally Burger

Lee and Arthur Bergman

In memory of James Conniff

Richard and Carol Binkowski
Peter Colford and Jeanne Pare
Carol Conniff
Kevin and Jennifer Cordes
John and Margaret Fecker
Frank E. Koebel, Jr.
Catherine M. Mc Vicker
Mary O'Connor
Colleen O'Dea

In memory of Kathy DeMayo, Joe Latona and Tommy O'Hagen

Thomas and Margaret Sheridan

In memory of Jane Diesso

Patricia McCormack

In memory of Joe Dimino

Barbara C. Lee

In memory of Ruth Kleit

Arthur and Lois Simon

In memory of Norman Madsen

Herb and Ellen Lev

In memory of Arthur Miller

Alice Gould

In memory of Honi (Hannah) Weiss

Al and Joan Ianacone



Guardian Angels

The Arc of Essex County has received funding from the following foundations from February 15, 2013 – June 21, 2013

If you know of any networking opportunities for funding, please contact Cynthia Villarosa at (973) 535-1181, ext. 1224.



FOUNDATION

Blanche & Irving Laurie Foundation
Build-A-Bear Workshop Bear Hugs Foundation
Healthcare Foundation of NJ
Healthmeet – The Arc of NJ
Higsons Foundation, Inc.
Kids Jazz Concert Series (WBGO)
Novartis Pharmaceuticals Corporation
Orange Orphan Society
Provident Bank Foundation
Ronald McDonald House Charities
Steven & Beverly Rubenstein
Charitable Foundation, Inc.

PURPOSE

Bathroom Renovations at Seven Oaks Group Home
Camperships
Adult Fee-For-Service Coordination
Health Assessments
Medical Care Management
Saturday Respite Program Concert Tickets & Transportation
Camperships
Camperships
Camp – General Operating Support
Recreation Equipment for Camp
Smart Board for Stepping Stones

A Special Thanks to the Following:

United Way of Milburn-Short Hills

Camperships and Nursing Medical Care Management



The Arc[™]

of Essex County

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Signing up is easy and you can unsubscribe at any time. Just click the e-mail icon in the bottom left corner of our website, www.arcessex.org or click the E-mail Alerts and Updates tab on our Facebook page, www.facebook.com/thearcofexsexcounty.

SAVE THE DATE

Tuesday, September 3

1st Day at Stepping Stones School

8:50 am – 2:40 pm

19 Harrison Ave, Roseland, NJ

Thursday, September 26,

Back to School Night at Stepping Stones

7 pm

19 Harrison Ave, Roseland, NJ

Friday, November 1, 2013

65th Anniversary Gala

6:30 pm

Mayfair Farms, West Orange, NJ

Saturday, November 23, 2013

Author's Luncheon Featuring:

Adriana Trigiani



The Arc[™]

of Essex County

123 Naylor Ave., Livingston, NJ 07039

www.arcessex.org

EXECUTIVE MANAGEMENT STAFF

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Like

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Visit www.facebook.com/thearcofexsexcounty and click the "Like" button today.



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