

**Achieve with us.**

## 2016 Annual Appeal



Dear Friend,

Thanksgiving is the time of year to look back on all that is meaningful and important. In limited words, I wish to tell you about all of the amazing strides The Arc of Essex County made this year on behalf of children and adults with intellectual and developmental disabilities (I/DD). I want to talk about the advancements in our services, the goals accomplished, and the lives touched all due to your past generosity and support. But space on the page is tight, time is short and your impact is great.



The Arc provides over 40 programs and services for children and adults with I/DD. Rather than speak to the broader effects of your support, I want to tell you about one such service whose reach extends far beyond the individual. Respite directly benefits caregivers and the ripple effects are felt throughout the families we serve.

### **I am consistently in awe of the tireless dedication and resilience shown by caregivers.**

Beyond the 24 hour, 7 day-a-week demands of any parent, the role of a caregiver for someone with special needs is often physically and emotionally draining. Fueled by the love and compassion for their families, caregivers are often the last to recognize that carving out time for themselves is not selfish, but rather a necessary step to be the best version of themselves for their loved ones. Whether it is an occasional night out or a recurring Saturday to run errands or focus on other members of the family, respite provides that crucial break and plays a vital role in their emotional health and wellbeing.

### **I am proud that last year alone, The Arc of Essex County provided a staggering 80,000 hours of respite to 350 children and adults, families and caregivers.**

The Arc wholeheartedly understands the importance of quality programming for the individuals in our services, and recognizes the needs of the entire family unit. Our respite services are offered in a variety of formats to suit family and caregiver requirements and individual interests including Saturday group respite, hotel overnight and community recreation events.

**“Respite provides a break. But it’s a *trusted* break. I can shut down. I can relax. I can regroup. It’s a time to just be.”**

- Robin Alampi  
Mother of Two Teenage Boys  
with Autism



Without question, respite addresses an overwhelming need, but this is just one service provided by The Arc every day. Your \$50 gift today is an investment in our mission and demonstrates your confidence in The Arc of Essex County and all we hope to achieve.

Recognizing the impact all services have on individuals with I/DD, the Board and staff of The Arc of Essex County have personally committed to a \$20,000 matching challenge for the 2016 annual appeal! Now we are counting on you for your support. Please renew your financial commitment to The Arc of Essex County today and stand with our dedicated Board and staff to help ensure that these vital services are at-the-ready when they are needed.

Thank you for your continued support. I wish you all the best this holiday season.

Sincerely,



Linda C. Lucas  
Chief Executive Officer

P.S. Visit [www.arcessex.org/annualappeal](http://www.arcessex.org/annualappeal) to make your gift online.

**Matching Challenge**

The Board and staff of The Arc of Essex County have pledged to match up to \$20,000 towards this campaign.  
Will you double your impact today?

<b>\$50</b> Donation Today	+	<b>\$50</b> Board & Staff Match	=	<b>\$100</b> Your Impact
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