



Dear Friend,

Your steadfast support of The Arc of Essex County has allowed us to become a pioneer for individuals with intellectual and developmental disabilities. Thanks to contributions and grants, we were able to outfit sensory rooms at each day program more than 20 years ago, becoming an early adopter of the equipment and technology. These spaces have enhanced attendees' experiences and added stimulating and relaxing environments for those we serve.

While access to sensory rooms is a critical component to reducing stressors, recognizing that individual sensory needs and routine preferences must be taken into account requires us to **take our sensory initiatives to the next level.**

Truth be told, everyone has sensory sensitivities like fabric preferences or noise level tolerances. For an increasing number of our program participants, overstimulating environments can trigger adverse responses that prevent the individual and group from fully engaging. Finding creative ways to help our attendees handle stimulation has a major impact on the day-to-day experience for those we serve. With this in mind, in 2018 The Arc of Essex County's Adult Services, Behavioral Support, and Camp Hope staff piloted individualized "Sensory-to-Go" boxes with a handful of program participants.

The results were overwhelmingly positive. Equipped with manipulative items like koosh balls, play dough and magna tiles, as well as essential oils, exercise balls and bands, and noise cancelling headphones, disruptive behavior diminished and activity participation increased.

We've identified an additional 30 individuals who would benefit greatly from access to an individualized "Sensory-to-Go" box. **However, with an average cost of \$250 to customize each box, we need your help.**

Will you act today and help equip our programs with the items needed to create individualized "Sensory-to-Go" boxes for those who would benefit most? Your donation will enable The Arc of Essex County to continue to provide enjoyable experiences for all while creating outlets to eliminate stress caused by overstimulation.

We know this individualized approach works and, with your help, look forward to rolling it out across all of our programs. Please make a donation TODAY to ensure we have the supplies in place to start making a difference as soon as possible. With your continued generosity, we can continue to provide custom solutions tailored to those we serve.

Sincerely,



Linda C. Lucas
Chief Executive Officer