



For people with intellectual and developmental disabilities and their families since 1948.

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Summer Fun at Camp Hope

The 2018 Camp Hope season officially kicked off on Monday, July 2nd. Since then, campers and staff have been soaking up the sun and enjoying some of their favorite activities.

During “Fitness is Fun” week, campers participated in a camp-wide Color Run where they rotated between four stations while dousing each other and the staff with colorful paints and powders. Camp Hope was extra vibrant that day!



“Water Week” included wet and wild fun with activities like water balloon baseball, water science, and water limbo. The Camp Hope Car Wash which rounded out the week was a huge success, thanks in part to Wet Paint Auto Detailing who sponsored the event and helped dry the cars.

Campers were excited to put their love of Camp Hope on full display during “Spirit Week”. Campers came decked out as their favorite superheroes, wore their wackiest shirts, and got to take home their very own tie dye creations. The much anticipated Camp Olympics capped off the week as campers cheered each other on during the competition.

Stay tuned for more excitement as Camp Hope finishes out the 2018 season.

To learn more about Camp Hope and learn how you can join in on the fun, please visit www.arccamphope.com.

New Things in Store for

Uncorked & Uncapped 2018

The 5th Annual Uncorked & Uncapped: Wine, Beer, and Food Fest is gearing up to be one exciting and delicious night. In addition to a wide range of tasting options, the 2018 event will feature the

stylings of professional illusionist Chris Dare who will wow guests with his mind-bending close up magic.



New vendors to join the lineup include Chef Fredy's Table, H2Ocean Restaurant and Raw Bar, Fisher's Island Lemonade, Hibiscus American and Caribbean Cuisine, and Organic Vintages. We are also excited to welcome back past crowd favorites including Walia Ethiopian Restaurant, Stone Water, Flying Fish, Winebow, and more.

Registration for the 5th Anniversary event is now open. Tickets can be purchased for \$100 and include three hours of unlimited food and drink tastings. For additional details, to view a full listing of vendors, and to purchase tickets for the much buzzed-about Uncorked & Uncapped community event, visit the event website at www.uncorkedanduncapped.com.

For inquiries about becoming a vendor, contact Maria Meizoso at 973-535-1181 x1227 or mmeizoso@arcsex.org.

For inquiries about becoming a sponsor, contact Heather Comstock at 973-535-1181 x 1224 or hcomstock@arcsex.org.

View the 2017 event highlight reel: <https://vimeo.com/249088228>.

A Memorable July for Adult Respite Program Participants

On Sunday, July 8th, The Arc of Essex County's Adult Respite Program participants held their annual Summer Jam and Fun Day at Camp Hope in East Hanover, NJ. Music, water activities, basketball, and kickball were enjoyed throughout the day. Everyone cooled off in the new splash pad and later sang and danced to their favorite songs thanks to a karaoke machine.



On Friday, July 13, 2018, The Arc of Essex County's Adult Respite Program celebrated America's birthday during their monthly World of Food activity. Participants enjoyed hot dogs, burgers, and sides like the egg salad that they prepared in the kitchen of The Arc's Create Visions Day Program in Orange, NJ. Nothing says "Happy Birthday, America" like a good, old-fashioned barbecue.

Maplewoodstock, on Sunday, July 15th at Memorial Park in Maplewood, NJ, was a fun day for all. Participants enjoyed a variety of collectables, crafts, art, and food vendors while listening to live music by local artists. The month ended on a sweet note on Sunday, July 29th when a visit to the Peach Festival at Alstede Farms called for scrumptious homemade peach treats and a scenic hayride to the peach orchard to pick peaches!

Do you have a loved one interested in The Arc of Essex County's Adult Recreation Services? Check out our Fall 2018 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@arcsex.org or (973) 535-1181 ext. 1272.

Stepping Stones School

Welcomes Special Guests

The beautiful, summer weather has brought with it a wide range of engaging activities for the students of The Arc of Essex County's Stepping Stones School. The Transitional Kindergarten spent time soaking up the sun as the class enjoyed water play and the playground. The students were elbow deep in the water tables and running through sprinklers to cool off. Later on, they were treated to ice cream from the Towne Scoop Ice Cream Truck sponsored by The Candle Lighters. During this annual visit, students learn the value of money and how to make change while selecting their favorite frozen treat.



As the summer continued, the students were greeted on Wednesday, July 18th by Leslie and Sean from the Paper Mill Playhouse who presented their Theater for Everyone program. Their entertaining performance of the popular children's book *Abiyoyo*, was told through song, dance, and acting. On Friday, July 20th, the Primary Class students learned all about community helpers when Officer Mike from the Roseland Police came by to talk about what he does and how he helps the community. The students were in for a surprise when the police officer brought them outside to not only show his police car, but let them sit inside. The students even made their very own police cars during class to show Officer Mike.

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 visit the Stepping Stones website [here](#). To request a tour and assistance with an out-of-district placement, contact Sue Brand, Director of Early Childhood and Education, at (973) 535- 1181 ext. 1271 or sbrand@arcsex.org.

Fall 2018 Recreation Calendar Now Available

Is your loved one interested in educational programming, community experiences, seasonally-themed events, and weekend group respite programs? If so, The Arc of Essex County's Fall 2018 Adult Community Inclusion, Recreation, & Respite Catalog is now available!



Check out the wide range of programs offered to individuals with intellectual and developmental disabilities ages 18 and up in our Fall 2018 Adult Community Inclusion, Recreation, & Respite Catalog. Highlights include a Sunday Brunch Cruise, 70's Dance Party, Pumpkin Picking, exercise & nutrition program, and more.

The Fall 2018 Community Inclusion, Recreation, and Respite Catalog is available [here](#). A sign up form is available at the end of the catalog. For questions or to receive a hard copy of the recreational calendar, contact Dacia King-Sarkodie, Manager of Community Supports Services at (973) 535-1181 ext. 1272 or dking@arcsex.org.

Striving for Fairness: A Closer Look at the NJ

Comprehensive Assessment Tool

Originally published in *People & Families*

On its website, the NJ Division of Developmental Disabilities (DDD) makes clear that Division-funded services for adults with intellectual and developmental disabilities are not an entitlement and are dependent on resource availability.

Those last few words are worth repeating: **“dependent on resource availability.”**

Each year, the New Jersey legislature distributes state funds, along with any federal dollars, to state agencies to carry out their work. For DDD, that means roughly \$1.8 billion in state and federal funds. With limited resources, and a “funding pie” that is not growing as fast as the need for services, how does DDD decide who is eligible for services and how much funding each person gets?

Read the full article in the *People & Families Magazine* or online at www.njcdd.org/people-families-magazine.

Susan Wright Memorial Golf

Outing This Fall

Calling all golfers - on Monday, October 15th, The 2nd Annual Susan Wright Memorial Golf Outing will take place at the Montclair Golf Club at Rock Spring. The outing is organized by the family of Susan “Sue” Wright in celebration of her lifelong commitment as a steadfast volunteer of The Arc of Essex County.

Featuring a full day of golf, lunch, and dinner, the event will raise funds for The Arc of Essex County and its Special Young Adults (SYA) day program. Detailed registration and sponsorship information are available on the event website at www.susanwrightmemorial.com.

Sue and her family were first introduced to The Arc of Essex County more than 30 years ago when they enrolled in the Stepping Stones program with their son Billy. Sue would volunteer at Stepping Stones, and later SYA, when bringing Billy to and from program. She was instrumental in the success of The Arc's annual golf outing, running it for many years. The family hopes that funds raised from this golf outing will honor Sue's memory and serve as a thank you to The Arc and SYA for the happiness she found there and the love Billy continues to receive.

To register for the Susan Wright Memorial Golf outing on Monday, October 15th at the Montclair Golf Club at Rock Spring, visit www.susanwrightmemorial.com.



Shop Back-to-School Deals

on Amazon While Supporting The Arc

August is the perfect time to get a jump start on your back-to-school shopping. This year, why not skip the crowds and shop conveniently from the comfort of your home. Amazon has all of your child's school essentials. Pens, pencils, notebooks, backpacks, and much more!

The best part? While you're shopping, you can support The Arc of Essex County at the same time!



Visit www.smile.amazon.com and select The Arc of Essex County as your preferred charity*. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Arc of Essex County. It's that simple and there is no added cost to you! Every little bit counts when it comes to helping your charitable organization.

*Please remember to go through the smile.amazon.com site each time you shop online all year long. While your account will be linked to The Arc's fundraising efforts after you first select The Arc of Essex County as your charity of choice, your shopping purchases will only be tracked by Amazon if you begin each transaction in the smile.amazon.com site.

The Arc of Essex County Residential Corner -

August Openings

For individuals seeking a community living placement, The Arc of Essex County has the following August 2018 openings:

Only One Spot Remains! The Park Place Apartment Program



The Arc of Essex County has one placement for a female resident remaining at our newest property – The Park Place apartment program. Creating six supervised and supportive living apartments for The Arc of Essex County and adults with intellectual and developmental disabilities, this newly constructed, apartment style living community is located in Irvington. Contact us if you are interested in openings.

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

Maplewood Supervised Apartments (1 Female Vacancy)



- 24/7 Staff Supervision
- Condo-style Living in a 3rd Floor Unit with Elevator
- Located near public transportation and within walking distance to Maplewood's downtown shopping & restaurants
- Neighbors are younger and enjoy socializing and participating in community events

South Orange Supportive Living Apartment (2 Vacancies)



- 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
- Located near public transportation and within walking distance to South Orange's vibrant downtown

Maplewood Supportive Living Apartment (2 Vacancies)



- Minimal Community Living Support Needs; Access to an Emergency On-Call System for Added Safety 24 Hours a Day
- Townhome-Style Community
- Located near public transportation and within walking distance of Maplewood's downtown shopping & restaurants

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 Director of Residential Service, Rebecca Lorusso via email at rlorusso@arcessex.org or by calling (973) 535-1181 ext. 1270.

Back to School Sensory Strategies

Originally published on Arktherapeutic.com

Back to school can be a very stressful time for any child as they adapt to new surroundings, new friends, new teachers, new classes, etc. You may see their sensory needs increase during this time. For instance, the child may be very fidgety in class, may act out more, may start chewing on things or their chewing may increase, etc. Luckily, though, giving children the appropriate tools to regulate their systems can significantly help them through this time.



BEFORE SCHOOL STARTS

- Prepare the child ahead of time - take a tour of the school so they can preemptively get more comfortable with the environment before it starts bustling with activity. Note where the bathrooms are, the cafeteria, etc. Note any movable walls in particular - that can really throw a child off if suddenly the cafeteria is half the size because the room separator is out!
- If you have the child's schedule ahead of time, do a practice walk through the school with him/her. Visit the classrooms and other areas in the order as the child will during school.
- Go to meet the teacher beforehand.
- Discuss unexpected noises that they may hear (fire alarm, school bell ringing, people talking over loud speaker, etc.)

DURING TRANSITIONS AT SCHOOL

- Allow the child to wear earbuds during transitions if necessary.
- Have the child wear his/her backpack during all transitions as added weight to assist with

calming.

- When forming lines, have the child be either the first or last person in line - this will decrease the chances of being bumped or touched by other children.
- If transitions between classes are too much, ask if the child can transition a bit early or a little later than the other children to reduce anxiety/noise/crowds.

IN THE CLASSROOM

- See if the teacher will allow the child to pass out papers or collect items from the other children when the occasion arises. This will give him/her the opportunity to get up and move for a bit, which may then help increase attention when they sit back down. .
- Give the child a stress ball, hand putty, fidget toy, etc. to manipulate during the day to decrease anxiety and self-calm. .
- Tie a theraband (or any stretchy band) to the legs of the child's desk so that he/she can push/pull against it with his/her feet.
- A weighted pencil (or a weighted + vibrating pencil) may help increase focus when writing.
- Ask to have the child sit on a ball to reduce movement and fidgeting.

FOR ANYTIME

- Have the child push his or her hands together in a "prayer" position and count to 10-20 as a self-calming strategy.
- Have the child place his/her hands underneath their chair and attempt to pull the chair off the ground while they remain seated. Count to 10 or 20. .
- Deep breathing may help, too. Take 5 deep, slow breaths.
- Give the child a safe outlet to chew on. Chewing can be very calming, focusing, and regulating (check out the concentration in the picture above!), so it's perfect for both in the classroom and out. Gum may work if the teachers allow it, and/or chewable jewelry as discreet way to chew. Chewable pencil toppers are also a convenient sensory solution for the classroom.

Some of the above strategies might need to be listed on the child's IEP (individualized education program) to be done, but remember - parents can ask for an IEP meeting any time of the year if adjustments need to be made, changes occur, etc. It doesn't have to only be at the beginning or end of the school year.

And as always, be sure to discuss the child's needs with his/her occupational therapist.

Seeking Volunteers for Stepping Stones School

The Arc of Essex County's Stepping Stones School, a school for children with intellectual and developmental disabilities, is seeking volunteers for the 2018-2019 school year. Stepping Stones, located in Roseland, NJ, serves children from birth to ten years of age. A unique aspect of this program involves a one-on-one student to volunteer ratio for many of the children. This is accomplished with the assistance of volunteers from local communities.



Volunteers are needed for weekday mornings and afternoons. A commitment of ½ day per week (the same day each week from September to June) is required. If interested in volunteering, please contact Judy Bellina, The Arc of Essex County's Volunteer Coordinator, at jbellina@arcessex.org or 973-535-1181 ext. 1223. Individual orientations will be scheduled and held at Stepping Stones, located at 19 Harrison Avenue (Roseland Municipal Building), prior to the start of the school year.

[➔ Donate Now](#)

Stay Connected!

