



The Arc
of Essex County

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

The Guardian

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The Arc Partners with Oak Knoll School's

Softball Team for Parents Night Out

On Friday, May 17th six young volunteers from the Oak Knoll School's softball team attended The Arc of Essex County's Parents Night Out program which provided parents with an evening of respite care for their children, giving them the opportunity to refuel, recharge, and manage family life.

The young volunteers were able to sneak in some outdoor fun with program attendees before the sun went down and enjoyed playing board games and creating arts and crafts projects with the participants. They also provided snacks and refreshments for all of the evening's attendees. At the end of the night, the softball team donated the excess supplies they brought to The Arc of Essex County's children's services.

The Arc of Essex County's Parents Night Out program will return in the fall. Stay tuned to our social media channels as we announce further details. If your children are interested in attending, contact Children and Family Services Manager, Jennifer DeBarr, at jdebarr@arcsex.org or (973) 535-1181 ext. 1292.

Do you have a loved one between the ages of 5 and 18 years old interested in children's programs like Parents Night Out and social events? Additional services provided by our children's services department are listed [here](#).



The Arc's Saturday Group Respite Participates

in Fishing Derby



The Arc of Essex County's West Caldwell and Orange Adult Saturday Respite programs took advantage of the beautiful May weather on Saturday, May 11th, spending the day at Echo Lake Park in Mountainside for the Newark Bait and Fly Casting Club's (NBFCC) Annual Fishing Derby. Besides fishing, the groups enjoyed lunch provided by the NBFCC complete with prizes and giveaways.

Is your loved one interested in educational programming, community experiences, seasonally-themed events, and weekend group respite programs? Check out the wide range of programs offered to individuals with intellectual and developmental disabilities ages 18 and up in our 2019 Spring/Summer Catalog. Highlights include day trips to Point Pleasant and Mt. Airy Casino, a visit to the Silverball Museum, Summer celebrations, Farm-to-Table Cooking Classes, and more.

The Spring/Summer 2019 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.



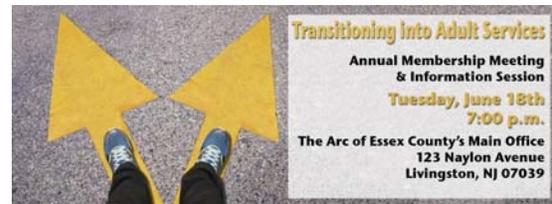
Annual Membership Meeting Scheduled

for Tuesday, June 18th

Join The Arc of Essex County on Tuesday, June 18th at 7 p.m. for our Annual Membership Meeting and Information Session focused on Transitioning into Adults Services. Parents, guardians, and siblings of individuals with intellectual and developmental disabilities are invited to attend, especially those with young adults ages 16 – 25.

All registered attendees will receive an Arc of Essex County tote filled with pertinent resources and a FREE 15 minute one-on-one phone consultation with an Arc of Essex County Transition Coordinator. Space is limited; RSVPs will be taken on a first-come, first-served basis. To register for the Annual Membership Meeting and information session, [click here](#) or contact Carmela Angelo at cangelo@arcsex.org or (973) 535-1181 ext. 1245 by Monday, June 10th.

Respite care will be available to service recipients of The Arc of Essex County during this meeting; please note your respite care needs when you RSVP.



Whether you are transitioning from high school to adult services for the first time or taking advantage of newly expanded state services, understanding eligibility requirements and how to navigate systems is key to your success. Join The Arc of Essex County for our Annual Membership Meeting and Information Session focused on Transitioning into Adult Services. Parents, guardians, and siblings of individuals with intellectual and developmental disabilities are invited to attend, especially those with young adults ages 16 – 25.

Attendees Will Learn:
Key Ages & Stages for Transition Planning
System Navigation
Initial & Ongoing Eligibility, Regulations, & Requirements
Service Options

All attendees will receive an Arc of Essex County tote filled with pertinent resources and a FREE 15 minute one-on-one phone consultation with an Arc of Essex County Transition Navigator.

Space is limited. To register, visit:
www.arcsex.org/annualmeeting
or contact Carmela Angelo at cangelo@arcsex.org or (973) 535-1181 ext. 1245 by **Monday, June 10th**.

**Respite care will be available to service recipients of The Arc of Essex County during this meeting and must be arranged in advance. Please note your respite care needs when you RSVP.



Stepping Stones Celebrates

Cinco de Mayo!

On Friday, May 3, students in the Transitional Kindergarten classes at The Arc of Essex County's Stepping Stones School celebrated Cinco de Mayo! The students helped make guacamole, each taking a turn to scoop the avocados from the



skin and mash them. Everyone enjoyed a special lunch of cheese quesadillas and of course, chips and salsa! The students loved dancing to Mariachi music and playing games with a sombrero.

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



The Arc Kicks off Best Buddies Program

with Seton Hall University

On Saturday, May 4th The Arc of Essex County excitedly kicked-off a partnership with the newly formed Best Buddies chapter at Seton Hall University. Best Buddies creates opportunities for one-to-one friendships and leadership development for individuals with intellectual and developmental disabilities.

To celebrate the formation of and partnership with the Seton Hall University chapter, a group of Arc of Essex County respite program attendees bonded with Seton Hall students at a pizza party, then broke off into teams for a campus-wide scavenger hunt. The Arc of Essex County participants enjoyed exploring the campus, getting to know their new friends, and posing for photos with the Seton Hall Pirate. The Arc looks forward to the Fall semester to continue the fun!



Do you have a loved one interested in educational programming, community experiences, seasonally-themed events, and weekend group respite programs like the Best Buddies program? If so, The Arc of Essex County's Spring/Summer 2019 Adult Community Inclusion, Recreation, & Respite Catalog is right up their alley! Check out the Spring/Summer 2019 Community Inclusion, Recreation, and Respite Catalog [here](#), then contact Dacia King-Sarkodie, Manager of Community Supports Services at (973) 535-1181 ext. 1272 or dking@arcessex.org with questions or to enroll.

We're off to a great start!

10+ boxes funded so far...



Learn About Our New Sensory Initiative

Thanks to contributions and grants, The Arc of Essex County was able to outfit sensory rooms at each day program more than 20 years ago, becoming an early adopter of the equipment and technology. 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.**

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

[Read this year's Spring Appeal to learn about The Arc of Essex County's "Sensory-to-Go Boxes".](#) Then, make a tax-deductible donation to ensure we have the supplies in place to start making a difference as soon as possible. Donations can be made online at www.arcessex.org/springappeal, via mail to 123 Naylor Avenue, Livingston, NJ 07039, or via phone by calling (973) 535-1181 ext. 1224.

A Day of Fun and Games

Annual Livingston Kiwanis Barry Ross/Arc Day Carnival

On Saturday, May 11th the Livingston Kiwanis held their Annual Barry Ross/Arc Day Carnival – opening the event to individuals with intellectual and developmental disabilities, and their families, free of charge. Named for Barry Ross – a long-time supporter of The Arc of Essex County – the event honors his legacy and civic endeavors.



The Arc of Essex County's group homes, Saturday respite programs, day program participants, Stepping Stones students, and their families took advantage of the gorgeous sunny weather, played carnival games; enjoyed rides such as the Scrambler, Tilt-a-Whirl, and carousel; and feasted on carnival favorites like hot dogs, hamburgers, and funnel cakes. In total, nearly 300 individuals and their families attended the event.

On behalf of program participants and their families, The Arc of Essex County would like to extend their thanks to the Livingston Kiwanis for their long-standing support and the opportunity for program participants and their families to make lasting memories.

The Arc of Essex County's Residential Corner

June Openings

For individuals seeking a community living placement, The Arc of Essex County has the following June 2019 openings:

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 with elevator
- Located steps from public transportation and South Orange's vibrant downtown

Maplewood Supervised Apartments (1 Female Vacancy)



- 24/7 Staff Supervision
- Condo-style living in a 2nd floor unit with elevator
- Located near public transportation and within walking distance to Maplewood's downtown shopping & restaurants

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

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

Stay Tuned for The Arc's Spring Art Contest!

Members of The Arc of Essex County's Adult Day Programs are busy channeling their inner Picasso in preparation for a spring, floral art contest. By mid-June, a selection committee will declare one winner from each Day Program, then you will have the opportunity to vote on the artwork you think should round out the top 10!

Later this year, the top 10 pieces of art will be turned into beautiful stationary which will be available for purchase. Be sure to like [The Arc of Essex County's Facebook page](#) so you can cast your vote and purchase the limited edition notecards while they are still available!

Do you have a loved one interested in The Arc of Essex County's Adult Day Services? Check out our Adult Day Services brochure, [available here](#), then reach out to The Arc of Essex County's Senior Director of Children and Adult Day Services, Laurie Best, to learn how you can enroll - lb主@arcsex.org or (973) 535-1181 ext. 1264.

Coming Soon!

Make a Difference While You Shop

this Father's Day!

Father's Day is just around the corner. Planning to buy the father figure in your life a gift online? If so, be sure to use Amazon Smile and make a difference while you shop!

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

Support us when you shop for

Father's Day

Buy your gifts at smile.amazon.com
and Amazon donates

amazonsmile



your charity of choice, your shopping purchases will only be tracked by Amazon if you begin each transaction in the smile.amazon.com site.

School-to-Summer Transition

This article was originally published on Autism Educates on April 21, 2019.

With summer just around the corner for many families, I wanted to share a few strategies that may make the transition much easier for you and your child.



1. Use a calendar to mark off the days. Write down the words Last Day of School and Summer Break Starts on a calendar. Let your child mark off the days leading up to this big transition. Also, be sure to mark down on your calendar when school starts back up, so your child knows that he will actually be going back to school.
2. Many families think that they should give their child a break from their routine during the summer. However, please remember, your child thrives off of structure and knowing what is happening in his day. Even though you may enjoy having no plan, this concept may totally stress your child out. So, if your child is not enrolled in a summer camp or other type of program, please be sure to use a visual schedule so he knows what to expect every day in your home.
3. Even if you go on a vacation with your child, use a schedule. Show him pictures of this place ahead of time so he knows what to expect.
4. If your child is going to camp, be sure to find out the rules and expectations ahead of time. Show your child pictures of the camp. If possible, bring him to camp beforehand and introduce him to the staff. Show him around the building. Find out the schedule and visually explain the day to your child.
5. Before school gets out, talk to the classroom teacher about which children your child has been connecting with. Give the teacher your phone number and ask her (or him) to share your info with other parents. Foster friendships and set up playdates over the summer.
6. Ask the teacher for a homework packet, or recommendations of strategies and activities that you should work on with him over the summer. We don't want your child to lose any valuable learned skills over the summer.
7. Have fun during the summer, but avoid challenging new routines. We want your child to relax, unwind, and disconnect from school. However, try your best to not get him in a routine that will be incredibly difficult to break before school starts. For example, if you let him stay up much later during the summer, how challenging is this going to be to break before school starts. If he gets more electronics time during the week, is this new habit going to be stressful to undo during the school year? Set you and your child up for success.

What is the school-to-summer transition like for your child?

Stay Connected!

