



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

The Guardian

January 2019 • Volume 70 No. 1



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Day Program Attendees

Celebrate with Holiday Express

On Wednesday, December 12th, The Arc of Essex County's Day Program attendees were treated to a special holiday celebration courtesy of Holiday Express. The amazing afternoon was filled with delicious food, live music from Holiday Express' 9-piece band, decorations, holiday character meet-and-greets, face painting, and gifts! Attendees especially enjoyed meeting The Grinch, Rudolph, Frosty, and, of course, Santa.



The Holiday Express mission is to deliver music, food, gifts, financial support and friendship to those with the greatest need for the gift of human kindness during the holiday season and throughout the year. This year marked the first year that Holiday Express selected The Arc of Essex County as a benefactor and both organizations are already looking forward to the 2019 celebration.

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 & Adult Day Services, Laurie Best, to learn how you can enroll - lbest@arcsex.org or (973) 535-1181 ext. 1264.

A Month of Fun at

Stepping Stones School

The month of December was full of fun for students at The Arc of Essex County's Stepping Stones School. The December festivities began when the Transitional Kindergarten class took a trip across the street to mail letters to Santa at Roseland



Borough Hall. Every year, the students create wish lists using pictures from store circulars. Thanks to Roseland Recreation Department the students took turns putting their letters in Santa's red mailbox which were delivered directly to The North Pole!

Then, on Thursday, December 13th Santa visited the students and their families during the school's annual holiday celebration. Everyone enjoyed holiday snacks, a performance by Music Mary, dancing, and mingling while they waited their turn to see Santa and receive a special holiday gift. A special thank you to the employees of Frette North America who generously donated toys for this year's celebration.

Finally, on Monday, December 17th students were treated to a special performance of A Year with Frog and Toad by the Papermill Playhouse's Children's Theater Troop. The students were riveted by the song and dance of several animal characters of frog, toad, snail, squirrel, and more! After the performance, the Paper Mill crew spent time meeting the students and showing them backstage. Many of the students loved the vibrant and soft costumes of the actors.

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 of Essex County hopes everyone had a wonderful holiday season and we wish you all the best in 2019.

We're Just \$1,400 Away!

2018 Annual Appeal

The Annual Appeal campaign is in full swing and thanks to the generosity of our families and donors we have already surpassed last year's results and are blazing towards our ambitious \$55,000! Will you help us raise the remaining \$1,400 needed to add a new adaptive vehicle to our fleet?

While the new fee-for-service system has enabled The Arc to broaden our scope of services in 2018, there remains limited funds for transportation. Without reliable transportation that accommodates all needs, access to engaging community activities diminishes. **We need your help.**

Read the full [2018 Annual Appeal](#) to learn how you make a difference in the lives of children and adults with intellectual and developmental disabilities, then [click here](#) to make your contribution.



97% of Goal

\$55,000 goal

By making a donation today, you'll help us ensure all service recipients have the opportunity to engage in activities in the community.

Donations can be made online at www.arcessex.org/annualappeal, via mail to 123 Naylon Avenue, Livingston, NJ 07039, or via phone by calling (973) 535-1181 ext. 1224.

A December to Remember for the Arc's Adult Recreation & Respite Program

The month of December was filled with fun activities and holiday favorites for participants in The Arc of Essex County's Adult Recreation & Respite Program. On Sunday, December 2nd, the adult recreation program took a trip to Great Adventure for the Holiday in the Park celebration. The group had a wonderful afternoon enjoying the Christmas lights, shopping, and the indoor, magical performance of Wonder: A Cirque Spectacular. Following the show, the group met some of the characters.



On Sunday, December 9th, the recreation program traveled north to Skylands Stadium in Augusta, NJ where they enjoyed the Christmas Light Show. Participants were driven through the mile-long light show with more than 2 million dazzling lights along the route. Afterwards, the group stopped at the Christmas Village to meet Santa, watch carolers and other performances, shop, play games, and enjoy hot beverages.

Finally, on Sunday, December 23rd, the group took a trip to Livingston Mall, spending the afternoon picking out the perfect gift for loved ones and enjoying a light meal after all that shopping.

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 Winter 2019 Adult Community Inclusion, Recreation, & Respite Catalog is right up their alley!

Check out the wide range of programs offered to individuals with intellectual and developmental disabilities ages 18 and up in our 2019 Winter Catalog. Highlights include a Saint Patrick's Day Party, a trip to Historic Smithville, B-The Underwater Bubble Show at the State Theater of New Jersey, Farm-to-Table Cooking Classes, and more.

The Winter 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@arcessex.org.

The Arc Partners with Montclair Kimberly Academy's

Fencing Club for Parents Night Out

On Friday, December 7th nine young volunteers from Montclair Kimberly Academy's fencing club 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.

Throughout the night the fencing club members helped attendees craft snowmen, wreaths, and reindeer made out of pipe cleaners. They also provided snacks and refreshments for all of the evening's attendees. At the end of the night, the fencing club donated the excess supplies they brought to The Arc of Essex County's children's services.

The Arc of Essex County's next Parents Night Out program will take place on Friday, February 15th at our West Caldwell Hub. 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@arcessex.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](#).

Bathroom Renovations at Crisis Group Home Made Possible by

The Hyde and Watson Foundation

Thanks to a generous \$10,000 grant from The Hyde and Watson Foundation, The Arc of Essex County was able to renovate a second floor bathroom in the Respite Group Home in Newark. The original bathroom was gutted in the late Fall of 2018 and a new, handicap-friendly design implemented. Construction wrapped just prior to the new year.

The Arc of Essex County's Respite Group Home is designed to provide a caring and supportive stay during planned or unplanned respite occasions for up to six residents. This project is the fifth capital improvement project funded by The Hyde and Watson Foundation since 2004. The Arc of Essex County extends its appreciation to The Hyde and Watson Foundation for their unwavering support and investment in our capital improvements.



Community Organizations Spread Holiday Cheer for

Residents of The Arc

Residents of The Arc of Essex County got in the holiday spirit thanks to the generosity of community organizations throughout Essex County. On Sunday, December 9th the West Essex UNICO hosted their annual holiday party at Notre Dame Church in North Caldwell for residents and Day Program attendees of The Arc of Essex County. The party featured an Italian meal from Forte's, singing, dancing, and of course a visit from Santa!



Then, on Saturday, December 15th the West Orange PBA and Special Education Parent Advisory Council (SEPAC), supported by volunteers from West Orange High School, treated residents from West Orange and surrounding communities to a holiday meal complete with gifts. Food was donated by Benji's Taqueria Mexican Grill, Fortissimo Osteria/Pizzeria, Jersey Mike's, Johnny's

Pizzeria, and Sam's Place. Gifts were contributed by Bed Bath & Beyond, the National Football League, and the West Orange Police Department, Recreation Department, and SEPAC.

Holiday celebrations are highly anticipated and enjoyed each year. The Arc of Essex County and the individuals with intellectual and developmental disabilities we serve are so appreciative of the support we receive from community organizations like these.

If you or a loved one are interested in pursuing an independent living placement with The Arc of Essex County, please contact The Arc's Senior Director of Residential Service, Rebecca Lorusso via email at rlorusso@arcessex.org or by calling (973) 535-1181 ext. 1270. For additional information about The Arc of Essex County's residential services, [click here](#).

Home Assistance Program Holiday Party a

Community Collaboration

The Arc of Essex County hosted a holiday celebration for members of the Home Assistance Program (HAP) on Tuesday, December 11th at the Stepping Stones School in Roseland. Families gathered to enjoy a night of delicious food, winter themed arts and crafts, a visit from Santa, and festive cupcakes lovingly created by a local high school student.



This annual holiday party received tremendous support from the local community. Members of the Livingston Rotary volunteered at the event and provided underwriting for the party, ShopRite donated turkeys for each family to take home, Sax LLC and Rutgers Big Chill donated toys, winter coats were donated by The Arc of Essex County staff and the public, and The Arc's Day Programs held a food drive.

The HAP program provides services to low income families whose child and/or parent has an intellectual or developmental disability in the areas of transportation, community resources, housing, navigating school systems, recreation, and at times skill trainings. The goal is to maintain the family unit, attain independence, and assist parents and families in becoming more self-sufficient both economically and personally.

If you or a loved one is interested in joining the HAP program, please contact Laurie Best, Senior Director of Children & Adult Day Services, to see if you qualify. Laurie can be reached at (973) 535-1181 ext. 1264 or lbest@arcessex.org.

Main Street Hub Wins Annual Day Programs Food Drive Competition

Throughout the months of November and December, The Arc of Essex County's adult Day Programs competed to see who could gather the most non-perishable food items for our Home Assistance Programs (HAP). This year, the title returned to The Arc's Main Street Hub. For their efforts, the Main Street Hub attendees and staff will enjoy a pizza party.

Thank you to everyone who contributed to the food drive competition! Our HAP programs are extremely grateful to have received such wonderful donations during the holiday season. Tune in this time next year to see who claims the title as 2019 champion.



Do you have a loved one interested in attending 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 & Adult Day Services, Laurie Best, to learn how you can enroll - lbest@arcessex.org or (973) 535-1181 ext. 1264.

Gingerbread Craft a Group Favorite During Annual

Winner Break Child Care Program

The Arc of Essex County hosted the annual Winter Break Childcare Program Wednesday, December 26th through Friday, December 28th at the Stepping Stones School in Roseland. Children ages 5-21 with developmental disabilities and their siblings joined The Arc for full days of engaging, themed activities including sensory time in the Stepping Stone ball pit, decorating gingerbread men, and indoor and outdoor recreation time.

Do you have a loved one between the ages of 5 and 18 years old interested in children's programs like Winter Break Child Care and social events? Check out additional services provided by our children's services department are listed [here](#), then reach out to Children and Family Services Manager, Jennifer DeBarr, at jdebarr@arcessex.org or (973) 535-1181 ext. 1292 to learn more about future opportunities.



The Arc of Essex County Residential Corner -

January Openings

For individuals seeking a community living placement, The Arc of Essex County has the following January 2019 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 2nd Floor Unit with Elevator
- Located near public transportation and within walking distance to Maplewood's downtown shopping & restaurants

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 (1 Vacancy)



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

Online Registration Coming Soon for The Candle Lighters

Annual Tricky Tray in February

The Candle Lighters' 25th Annual Tricky Tray will take place on Sunday, February 24th at Mayfair Farms in West Orange, NJ. This is always an exciting event with amazing baskets, fantastic grand prizes, and lots of fun raffles!

If you are interested in attending, be sure to stay tuned to [The Candle Lighters website](#) for online registration as the event is expected to once again sell out. All proceeds from the event will go towards The Candle Lighters' mission to support unfunded and underfunded programs of The Arc of Essex County like Stepping Stones Early Intervention and Camp Hope. Past prizes include:

- \$1,000 Amazon Gift Card
- \$1,000 Gift Card to Maialino Restaurant in The Grammercy Park Hotel with an overnight stay in New York City
- Four Disney Park Passes
- Designer Hand Bags

Cannot attend but want to contribute? Consider purchasing a basket or prize for The Candle Lighters' Tricky Tray by visiting their [Amazon wish list](#).



Stay Connected!



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