



The Arc.
of Essex County

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

The Guardian

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Day Programs Compete

in Annual Fitness Run/Walk & Fundraising Competition

On Thursday, April 25th The Arc of Essex County's Day Programs laced up their sneakers for the annual fitness run and walk at Under Hill Park in Maplewood. The sounds of pep talks, team spirit, and encouraging cheers could be heard throughout the park as Day Program attendees competed in three categories: Slow Walkers, Fast Walkers, and Runners.



Congratulations to the following winners in their respective categories:

Slow Walkers

1. Gold – Anthony Montgomery, Main Street Hub
2. Silver – James Moore, West Caldwell Hub
3. Bronze – Albert Legro, Opportunity Zone

Fast Walkers

1. Gold – Michael Korieocha, West Caldwell Hub
2. Silver – Kevin Abade, Opportunity Zone
3. Bronze – Jose DeJesus, Opportunity Zone

Runners

1. Gold – Arnold Chery, Main Street Hub
2. Silver – Alex Radulski, West Caldwell Hub

3. Bronze – Marcia Murray, Main Street Hub

In addition to the annual Fit Walk, the Day Programs also competed for the title of Top Fundraising Team. Finishing in first was Bridges, followed by the West Caldwell Hub and Opportunity Zone. Collectively, the Day Programs raised nearly \$1,000 for The Arc of Essex County

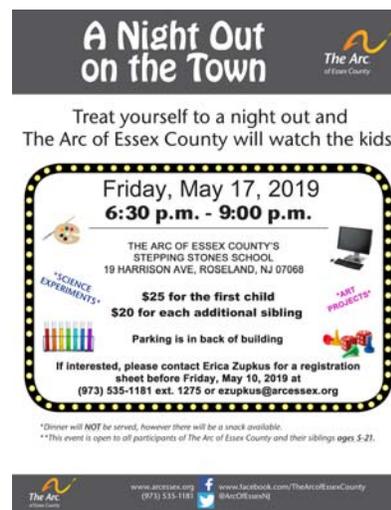
Do you have a loved one interested in The Arc of Essex County's Adult Day Services? Check out our Adult Day Services brochure, [available here](#), then reach out to The Arc of Essex County's Senior Director of Children and Adult Day Services, Laurie Best, to learn how you can enroll - lb主@arcessex.org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

Parents Night Out Program Returns

Friday, May 17

Parents, mark your calendar for a May date night! On Friday, May 17th, The Arc of Essex County will host a Parents Night Out. Drop your kids off at our Stepping Stones School for a night filled with arts and crafts, games, snacks, and a movie, and hit the town for a romantic date night.

The Parents Night Out program is hosted by The Arc of Essex County's Children and Family Services department and welcomes children with intellectual and developmental disabilities and their siblings ages 5-21. Snacks will be provided; \$25 for the first child and \$20 for additional children. For more information, please view the attached flyer. Contact Erica Zupkus with any questions at ezupkus@arcessex.org or at (973) 535-1181 x1275.



A Night Out on the Town 

Treat yourself to a night out and The Arc of Essex County will watch the kids!

Friday, May 17, 2019
6:30 p.m. - 9:00 p.m.

THE ARC OF ESSEX COUNTY'S STEPPING STONES SCHOOL
19 HARRISON AVE, ROSELAND, NJ 07068

\$25 for the first child
\$20 for each additional sibling

Parking is in back of building

SCIENCE EXPERIMENTS **ART PROJECTS**

If interested, please contact Erica Zupkus for a registration sheet before Friday, May 10, 2019 at (973) 535-1181 ext. 1275 or ezupkus@arcessex.org

*Dinner will NOT be served, however there will be a snack available.
**This event is open to all participants of The Arc of Essex County and their siblings ages 5-21.

 www.arcessex.org (973) 535-1181  www.facebook.com/TheArcOfEssexCounty @ARCOEssexNJ

The Arc of Essex County Crowns Victors

of 21st Annual Building Tomorrows Run /Walk

This article originally appeared on Livingston Patch, May 2, 2019.

The Arc of Essex County, a 501c3 organization dedicated to helping children and adults with intellectual and development disabilities (I/DD) such as Down syndrome and Autism, crowned Griffin Bergman, 16, of Walnut Creek, Calif. and Lindsay Bergman, 37, of Montclair, N.J. the victors of the 21st Annual Building Tomorrows 5K Run while raising more than \$60,000 to support the agency's programs and services. Griffin Bergman, the overall victor and men's division winner finished with a time of 18:59, while Lindsay Bergman finished 7th overall and first in the women's division with a time of 22:31.



The 5K-race held on Saturday, April 27th in Essex County's South Mountain Recreation Complex attracted a broad field of competitors. More than 600 participated in the 5K Run, Family Fundraising Walk, and Fun Fest. The Building Tomorrows event is part of The Arc of New Jersey's Annual Step Up for The Arc

statewide initiative of walkathons held locally by every county chapter. The Arc of Essex County is the state's largest provider of services and supports to the I/DD community with a wide variety of programs that serve individuals from birth through their senior years.

Finishing on Griffin Bergman's heels in the men's division were Shane Carroll, 25, of West Orange, N.J. with a time of 19:59 and Ted Mussano, 37, of Wayne, N.J. with a time of 20:37.

In the women's division, Debbie Nagpal, 51, of Short Hills, N.J. placed second with a time of 23:584 and Kimberly Theobald, 23, of Caldwell, N.J. placed third with a time of 24:02.

In addition to the 5K Run, members of the community gathered to participate in a fundraising walk. More than 20 teams and 400 individuals participated.

"We would like to congratulate all of the runners and walkers who took part in the 2019 Building Tomorrows 5K Run, Family Walk, and Fun Fest," said Linda Cancro Lucas, Chief Executive Officer, The Arc of Essex County. "As a result of everyone's fundraising efforts and the participation of the community, we raised needed funds which will enable The Arc of Essex County to continue to fuel vital programs and services for children and adults with I/DD."

The Arc of Essex County would like to thank the following sponsors for their generous contributions and support of the 21st Annual Building Tomorrows 5K Run, Family Walk, and Fun Fest: PSE&G, Bogush, Enterprise, William H. Connolly Insurance & Risk Management, Bird Pharma Consulting, NJM Insurance Group, Sax LLP, NJ Group Services, Philadelphia Insurance Co., Shop Rite, Stop & Shop, and Walsh, Pizzi, O'Reilly, Falanga.

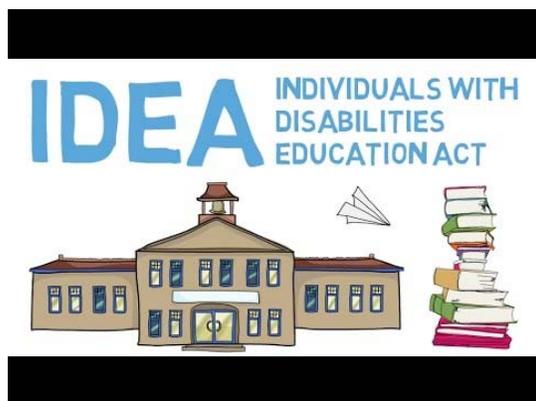
Additionally, the Fun Fest would not have been possible without the generous time and services donated by ACME, Bayer, Bricks 4 Kidz, Community Food Bank of NJ, Dancing DJs, Eazy Bubbles, Face Art by Jan, Fresh Pro Food Distributors, Gina's Facetag, Goodwin's Good Time Photo Booth, The Home Depot, Kristen Noble Photography, L3 Academy, Livingston Bagels, Lyric Performing Arts Center, NPD Bat-Man with Bat-Maró, Off the Wall Donuts, Once Upon a Princess Parties, Parties by Dylan & Company, ShopRite of Livingston, Six Sharp, Starbucks of Upper Montclair, Victoria's Sand Art Treasures, Zumba with Jaquetta, and the Essex County Police Academy.

A complete list of race results is available [here](#). Photos from the 5K Run, Family Walk and Fun Fest will be available on The Arc of Essex County's social media channels in the coming days.

Does Your Child Turn 21 After July 1?

The Individuals with Disabilities Education Act (IDEA) is a federal law that requires schools to serve the educational needs of eligible students with disabilities. Under this law, students with specific disabilities are provided free public education until the age of 21. **This means if your loved one turns 21 after July 1, they can remain in the school system for an additional year.**

If you'd like to speak with someone who can provide further information about entitlements resulting from IDEA or how to begin your transition to Adult Services, contact Melissa Soules at msoules@arcessex.org. To continue receiving services in your school district, contact your district's child study team.



Adult Recreation Program Experiences

Broadway Talent

On Sunday, April 14th The Arc of Essex County's Adult Recreation Program visited Kean University for a performance from the Doo Wop Project. Featuring stars of Broadway's Jersey Boys, a Bronx Tale, & Motown, attendees enjoyed a musical evolution of Doo Wop and some of the greatest music in American pop and rock history. Attendees especially enjoyed how interactive the performers were with the crowd, singing many of their songs from the audience, and chatting about the show with peers over a delicious meal following the show.



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 Spring/Summer 2019 Adult Community Inclusion, Recreation, & Respite Catalog is right up their alley!

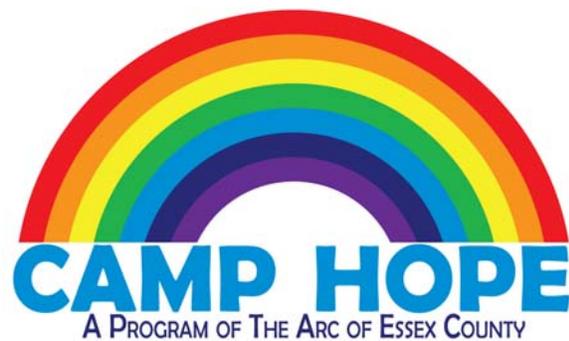
Check out the wide range of programs offered to individuals with intellectual and developmental disabilities ages 18 and up in our 2019 Spring/Summer Catalog. Highlights include day trips to Point Pleasant and Mt. Airy Casino, a visit to the Silverball Museum, Summer celebrations, Farm-to-Table Cooking 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@arcessex.org.

Orange Orphan Society Awards \$7,500 Grant

for Camp Hope Fee Assistance

The Orange Orphan Society recently awarded The Arc of Essex County a grant totaling \$7,500 to support the agency's Camp Hope Fee Assistance Project, which will cover camp fees for children up to 18 years of age living in the Oranges or Maplewood. The Arc of Essex County would like to thank Orange Orphan Society for their continued support of the Camp Hope program.



Camp Hope is an eight week summer day camp for children and adults with intellectual and developmental disabilities located in East Hanover. Operating since 1956, camp runs Monday through Friday, 9 am to 3 pm, starting in late June and ending in August, with transportation provided for campers living in Essex County and surrounding areas. Camp Hope provides campers with traditional camp activities including supervised swimming and outdoor fun with modified sports, arts & crafts, and music. While enjoying these activities, attention is also given to daily living skills, peer interaction,

socialization skills, and developing appropriate behaviors.

For more information, visit www.arccamphope.com. To request a tour and for questions regarding the application process, contact Laurie Best, Senior Director of Children & Adult Day Services at (973) 535-1181 x1264 or lbest@arcessex.org.

The Arc of Essex County to Host Annual Membership Meeting

and Info Session on June 18

Save the date for The Arc of Essex County's Annual Membership Meeting and Information Session on Tuesday, June 18th at 7 p.m. Hosted at The Arc of Essex County's Main Office in Livingston, this year's theme will focus on transition from school to adult life. All parents, guardians, and siblings are invited to attend, especially those with young adults ages 16 – 21. Stay tuned to The Arc of Essex County's website and Facebook page for additional details including registration information.



The Arc of Essex County's Residential Corner

May Openings

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

South Orange Supportive Living Apartment (2 Vacancies)



South Orange 2 Bedroom / 2 Bathroom Supportive Living Apartment

- 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.

Livingston Kiwanis Annual Barry Ross/Arc Day Karnival

Returns Saturday, May 11

Individuals with intellectual and developmental disabilities of all ages and their families are invited to attend the annual Barry Ross/Livingston Kiwanis Arc Day Karnival honoring children and adults with special needs on Saturday, May 11th from 11 a.m. to 1 p.m. Join The Arc of Essex County and the Livingston Kiwanis for free rides, games, food, and prizes!

To RSVP, provide your name, phone number, and the number of children and adults planning to attend to Carmela Angelo by Monday, May 6 via email at cangelo@arcsex.org or by calling (973) 535-1181 ext. 1245.

Livingston Kiwanis Arc Day Karnival





Saturday, May 11
11:00 a.m. - 1:00 p.m.

Livingston Kiwanis Karnival Grounds
On the corner of Northfield Ave. and Livingston Ave.
in Livingston, NJ

Individuals with intellectual and developmental disabilities and their families are invited to attend the annual Barry Ross/Livingston Kiwanis Arc Day honoring children and adults with special needs. Join The Arc of Essex County and the Livingston Kiwanis for free rides, games, food, and prizes!

To RSVP, provide the below information to Carmela Angelo by **Monday, May 6** via email at cangelo@arcsex.org or by calling (973) 535-1181 ext. 1245.

Name: _____ Telephone #: _____
of Adults: _____ # of Children: _____
Program Name (if applicable): _____
Email (in case of weather cancellation): _____



www.arcsex.org
(973) 535-1181


[@ArcoEssexNJ](https://www.facebook.com/TheArcoEssexCounty)

The Arc of the United States

Seeking Survey Participants

The Arc of the United States has partnered with [The Council on Quality and Leadership](#) to conduct research to find out where people with intellectual and developmental disabilities (I/DD) and their families live and why they decided to live there.

This research includes an [online survey](#), which takes approximately 10-15 minutes to complete.

Who qualifies for this survey?

- A person with I/DD
- A family member of a person with I/DD 18 years and older

Participants will be compensated with a \$15 gift card.

To take the survey, click [here](#). For questions, contact Carli Friedman at cfriedman@thecouncil.org or 407-733-6676.



Help Us Disseminate a Short Housing Survey!

A Win/Win Situation

Gifts of Stock

This article was originally published by The Arc of the United States on May 1, 2019.

With stock market indices close to historic highs, many investment portfolios include stock with large built-in gains, the sale of which would lead to an increased tax bill. Individuals who own appreciated stock and who want to give to charity might want to consider gifts of stock rather than cash.



Imagine a donor who purchased stock at \$20 that is currently worth \$100. If the donor sold that stock, after paying capital gains taxes she would likely have \$80 or less to donate to charity – and would only be able to take an \$80 (or less) income tax deduction on the gift of the after-tax proceeds to charity. If, however, the donor gifted that stock directly to the charity instead of selling, she would be eligible for a \$100 income tax deduction. Meanwhile, the charity would receive \$100 upon its sale of the stock because it is a tax-exempt organization and would not need to pay any capital gains tax. The end result is a win/win: the charity has more resources available and the donor receives a larger tax benefit.

Similarly, donors older than age 70 ½ who hold invested assets in a traditional Individual Retirement Account (IRA) are likely to receive an outside tax benefit from donating to charity directly from their IRA rather than taking a distribution from the IRA and then giving to charity. Distributions from an IRA to the account holder are taxed at higher ordinary income rates rather than at lower

capital gains rates – and the entire amount of the distribution is taxed, not just the capital gain portion. If instead a donor contributes to charity directly from her IRA, the donor will not be taxed on the distribution and, if the donor is over 70 ½, the amount of the donation will be considered part of their Required Minimum Distribution for the year in which the donation is made. People who are age 70 ½ or older can make up to \$100,000 of this type of tax-advantaged contribution to charity from their IRA each year.

Consider that donor with \$100 of stock – only this time imagine that she put \$20 in an IRA, and it has grown to be \$100 in the years since she made the contribution. If she takes a \$100 distribution from her IRA and is taxed at the top federal ordinary income tax rate of 37%, she will have to pay the \$37 of tax and will only have \$63 left to contribute to charity. Meanwhile, the charity will receive only \$63 of benefit. If she makes contribution of stock directly from her IRA to the charity instead, the donor will owe \$0 in tax and the charity will benefit from the full \$100 distributed from the IRA. Once again, making a tax-efficient donation benefits both the donor and charity.

Want to know more about giving stock? Please contact The Arc of Essex County's Senior Director of Development and Communication, Heather Comstock at hcomstock@arcessex.org. Potential donors are encouraged to consult with their tax or financial advisor.

Stay Connected!



[→ Donate Now](#)