

A Big Day for Camp Hope



Mark Gerson and son Joshua team-up for the Ribbon Cutting portion of the ceremony.



Al Ianacone (center), Associate Executive Director, poses with campers while holding a gift presented to him in gratitude for his fundraising efforts regarding the Pool Project.



Dr. Bruce Bird, President of The Arc of Essex County, welcomes all of those in attendance.



Linda Lucas, Executive Director, extends a thank you on behalf of the agency to all involved with the Camp Hope Pool Project.

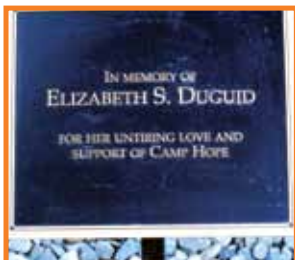


Campers take a break from swimming to listen to the speakers.



During the Dedication, a camper enjoys the pool's cool water on a hot day.

Wednesday, July 13, 2011 was a special day at Camp Hope; a Dedication Ceremony was held for the camp's newly refurbished pool. The undertaking of the Pool Project required a year of planning and a lot of hard work and support from friends, foundations and local businesses. The pool was dedicated in memory of Mrs. Betty Duguid, a longtime supporter of Camp Hope. Her daughter Mary and son-in-law Steve Margeotes attended the special ceremony. In addition, many friends of The Arc were present for the event and the following individuals who were involved in making the new pool a reality were publicly thanked. They included **Mark and Rabbi Erica Gerson, The Blanche and Irving Laurie Foundation, Bruce Bird, the Fryhoff Family, The Healthcare Foundation of New Jersey, The Hyde and Watson Foundation, Louis Michael Pools and Landscapes, Meg and Anthony Domino, Orange Orphan Society, Pfizer Foundation, the Bergman Family, John McKeon, the Lev Family, Steve and Theresa Roberts, and the Township of East Hanover.** With the generosity and kindness of the local community and businesses, campers of all ages will continue to enjoy the summer camp experience that Camp Hope provides for many years to come.



This plaque was presented in memory of Betty Duguid, to whom the pool was dedicated.



Generous contributors (from left-front row): Thelma Rose, Irvington C.D.B.G.; Dr. Bruce Bird, Arc of Essex County Board President; Marsha Atkind, Executive Director, The Healthcare Foundation of NJ; Lee Bergman; Mark Gerson and son Elijah; Barbara VanDoren, Orange Orphan Society; Rebecca Linn, President, Orange Orphan Society; Michael Giordano, Louis Michael Pools and Landscapes; Mark Mocaluso, Director of Public Works, East Hanover. (Back Row) Herb Lev, Arc of Essex County Board Member.



In appreciation, a plaque mounted on a large rock, near the pool site, lists the names of all who donated to the Pool Project.

STEPPING STONES VOLUNTEER AND STAFF APPRECIATION LUNCHEON



Renee Kahn, a 20 year awardee, smiles for the camera along with Sue Brand, Director of Children, Family, and Community Services.

The annual Stepping Stones event, where parents take the time to appreciate staff and recognize those volunteers who have milestone anniversaries, took place on Wednesday, June 1, 2011. This is always a fabulous day and we have the parents of the children who attend Stepping Stones to thank. This year the delicious luncheon was catered by Calabria's and the parents baked many of the scrumptious desserts.

Eileen Hahn and Trish Boylan volunteered as chairpersons and thanked all the parents who generously contributed to this luncheon. The room came alive with a color scheme of light blue and yellow. There were yellow flowers on each table with a blue ribbon wrapped around the vase and each volunteer and staff member received a magnet stating "Hands that Serve – Hearts that Care." The guest speakers included Linda Lucas and Marnie McNany who were very inspirational and lifted everyone's spirits.

Maryann Dorer, Nancy Finkelstein, Ethel Smith, Miriam Goldberg, Dianne Pondiscio and Barbara Werts take time to pose with their certificates expressing The Arc's appreciation for their dedication and all of their hard work.



For the many acts of kindness and giving of self, The Arc of Essex County and the Stepping Stones families thanked our volunteers and gave special recognition to the following:

TWENTY YEARS

Renee Kahn
Sally Meyer

FIVE YEARS

Matthew Cannizzo
Georgianna Gialanella

TEN YEARS

Gail Goldblat
Susan Gordon
Rachel Weiner

ONE YEAR

Mary Ann Dorer
Nancy Finkelstein
Miriam Goldberg
Roberta Horowitz
Dianne Pondiscio
Ethel Smith



Several volunteers take the opportunity to chat before the luncheon officially begins.

The Affordable Care Act: One Year Later

On March 23, 2010, President Obama signed the Affordable Care Act into law putting into place comprehensive health insurance reforms that positively impact the daily lives of people with intellectual and developmental disabilities. Elements of the Act forbid insurers from denying coverage of pre-existing conditions, allow adult children to remain on their parent's policies past the age of 18, and prohibit lifetime benefit limits. The Arc has long advocated for these changes and continues to urge lawmakers to preserve it in the face of political and budget pressures. Find out more about the importance of the Affordable Care Act and the issues surrounding affordable health care for people with I/DD at www.thearc.org and www.thedpc.org.

Bloomingtondale's Shopping Event

The annual **Bloomingtondale's Shopping Event** is scheduled for **Saturday, December 10, 2011**. This year's event, **Shopping Works Wonders**, will take place only at the **Short Hills** store. The format has been changed from previous years. There are no tickets to purchase. Customers will receive a \$15.00 Bloomingtondale's Money Card for almost every \$150.00 spent. At the completion of your shopping, present your invitation and receipts at the redemption desk located on Level 3. The Arc of Essex County will receive 10% of the sales from the total purchases made during this event. This is a wonderful opportunity for you to do your holiday shopping and help The Arc at the same time.

For more information closer to the event and to receive an invitation, contact Bernice Engel at (973) 535-1181, ext. 1227.

Summer Activities

The Livingston Community Resource Center participants enjoyed several activities in July including strawberry picking at Fairview Farms and visiting the butterfly tent at the Environmental Center in Roseland.



Timothy Philbrook and David Hicks show off their strawberry harvest.



Julia Randolph looks ready to sample the pineapple squares.



On June 26th, three Claremont Ave. group home residents, Greg D'Arcy, John Schettine, and George Walker, helped prepare and give out water to 1,000+ runners during the **Glen Ridge Community Fund's 5k Fitzgerald's Lager Run**. This community event helps to fund some of The Arc's programs and services.



PLAY BALL! The summer heat wave didn't hamper The Arc of Essex vs. Arc of Union Annual Softball Game on July 27. Fans came out to cheer and fun was had by all.



Golf Classic XXIII Is Coming

There is still time for you to be a part of **Golf Classic XXIII** on **September 26, 2011** at **Rock Spring Club** in **West Orange**. There are spots available for golfers and opportunities for sponsorship at various levels. For non-golfers, consider joining us for the cocktail/dinner buffet portion of the evening where you can also participate in our raffles and auction items. Perhaps you will be one of the lucky winners of a great prize, auction item or even the cash prize from The Candle Lighter raffle. It is not too late to reserve your place in this annual event. Join us at whatever level is right for you and have a great time while supporting The Arc of Essex County.

Please contact **Kristy Hartman, Director of Fundraising and Communications** at (973) 535-1181, ext. 1224 or khartman@arcessex.org.

The Arc of Essex County's Stepping Stones School & Early Intervention Program Has a New Home



A new spacious classroom, almost ready for the first day of school.



Roseland Mayor John Duthie reads to Stepping Stones students during his visit in June.



Children enrolled in the Stepping Stones Extended School Year Program are the first to explore the school's new home. Students: (L-R) Jeffrey McGowan, Stephen Westervelt, Frankie Hilario, David Smeragliuolo, Micah Ware, and David Rios. Teacher: Shabana Khan

This September, 2011, not only starts a new school year for Stepping Stones, but also a new beginning! The Stepping Stones School and Early Intervention Program has moved to their new home on the second floor of the Roseland Town Hall Building, which was previously an elementary school. Stepping Stones School and Early Intervention are unique special educational programs for children from birth through 9 years with developmental and intellectual disabilities. These programs are specially designed to provide the most up-to-date therapy and educational supports for the children and their families.



A student in the Stepping Stones' Extended School Year Program takes a spin around the school's new surroundings.

"The Arc has been seeking a new location for Stepping Stones for many years," said Kathleen Hinnigan-Cohen, Arc Associate Executive Director. "We are so excited for this amazing opportunity to move to our new home. We are grateful to Mayor John Duthie and the entire Roseland Administration involved for making this a welcoming and successful venture."

In June, Mayor John Duthie had the opportunity to meet the Stepping Stones' students, teachers, volunteers and families and welcomed them, in person. He also had a chance to spend some time in the classroom to read one of the students' favorite books. When he was done, they all asked for more.

"It was a real treat for me to meet with the students and their families, faculty, and staff of The Arc's Stepping Stones program" said Roseland Mayor John Duthie "I am excited that The Arc has chosen Roseland for their new home, and I am looking forward to welcoming The Arc as a valued member of our community."

Over the summer, the teachers and staff have been happily preparing their new classrooms for the students when they arrive on September 6, the first day of school. The school is planning an Open House in early fall; visit our website for more details at www.arcessex.org.



Roseland Mayor John Duthie gets acquainted with Stepping Stones students before their move to their new location in Roseland.

Stepping Stones Graduation



Sal Piserchio receives a hug from mom as teacher Barbara Ashurst looks on.



Former Stepping Stones students Rachel Weiner, Lisa Markey and Jesse Robinton were presented with flowers for their help during the ceremony.

Graduation this year was bittersweet for the Stepping Stones children and staff. It was our final year celebrating at Trinity Covenant Church in Livingston. For over 30 years, Stepping Stones has called Trinity home. Graduation was held Thursday, June 16, 2011 to an audience of family, friends and staff. This event showcased all the hard work our students have done throughout the school year. Students performed their favorite songs and enjoyed a slideshow of pictures featuring activities of the past school year.

Graduating this year were students **Isaac Torres** and **Casey Burke**. Students "stepping up" to the primary grades included **Sal Piserchio**, **David Smeragliuolo Jr.** and **Andrew Poole**. Congratulations and good luck to our graduates. We at Stepping Stones would like to thank all the people who have supported us over the past year and have made it such a fun and successful one. We look forward to our new home and future celebrations in Roseland.



Graduate Casey Burke leads the audience in the Pledge of Allegiance and The Star Spangled Banner.

Stepping Stones Extended School Year



Students sing songs and "toast" marshmallows to celebrate the summer Western theme.



James Hahn is excited about our new playground!

It has been a busy summer here at Stepping Stones. Students returned for the extended school year at our new location in Roseland. The kids were very excited about the school and quickly began exploring the new classrooms. Once everyone settled in we were ready to have some fun.

Water play and the playground were the hit of the summer. The kids got to let loose and run through sprinklers to cool off from the heat and play with water toys in a small pool. The new spacious playground has swings, climbing walls and slides galore. It was great to see the kids running around and enjoying time with their friends.

In July, we took a field trip to the St. Barnabas Teddy Bear Clinic. With stuffed animals in hand, students visited the clinic to get familiar with what to expect when staying at or visiting the hospital. The children had an "Around the World" experience! Each child and animal visited stations that included checking weight, blood pressure, looking for germs under a microscope, and bandaging a burn. Passports were stamped at each station. It was a great experience for everyone.

The topics this summer included Beach and Western. Each week the students learned something new about each theme. After completion of each unit the children gathered together to celebrate. A beach party and hoedown were both hits with the kids. Everyone enjoyed ice pops, games and dancing at both parties. It was a great summer and we all look forward to an even better school year. See you in September!



Step III students pose with their stuffed animals at the St. Barnabas Teddy Bear Clinic.



Having summer fun in the playground at our new location in Roseland.

Summer Fun at Arc Programs



Good Food & Good Company - SYA consumers Joseph Romaniello and Chad Gallagher join Annie Rotonda, SYA Manager, for an enjoyable lunch at the Park Diner in Nutley.



Happy Birthday To You – Debbie Pecora, wearing a lovely hat, celebrates her 55th birthday with SYA friends and staff. Annie Rotonda, SYA Manager, joins in the picture with a smile.



Marisa Nodine, a participant at SYA, has fun practicing the sport of fishing indoors!



Billy Escott, from SYA, tries his luck at fishing during an outing at one of Nutley's Parks.

Caring for Others



Participants in the SYA Community Companion Club visit the elderly, do light house work, run easy errands, and walk the seniors' dogs when needed. During a recent visit, Evelyn Kavinski and Carmela Azzinnari, SYA participant, are enjoying each others company.



Sue Wright, SYA parent, and son William practice teamwork.

Making Pizza

In early August, nine SYA participants and staff members enjoyed a trip to Pizzeria Uno, located in Clifton. Everyone had a fantastic time making and eating their own individual pizzas. For the adventurous, Uno offered a wonderful selection of pizza toppings from cheese to pepperoni. A big "Thank You" to the Uno's employees helping out that day. They were perfect hosts and fun was had by all!



James Imperatrice looking forward to his first bite of homemade pizza.

COOKING UP SOME FUN!



Lamont Anderson enjoying his strawberry treat made in class.

On June 6th, the Community Link Day Center participants enjoyed a fun Cooking Class. Staff and consumers shopped together for food items that included hot dogs, fresh strawberries, low fat whipped cream and small sponge cake bowls. Dessert making was the highlight of the class and many enjoyed making their own fresh Strawberry Shortcake Delights while others, with the staff's assistance, whipped up a batch of Strawberry Smoothies. The fun Cooking Class was enjoyed by all and the end results were delicious!



Glenn Hall keeping an eye on some tasty looking hotdogs.

Arc Annual Meeting

The Arc Annual Membership Meeting held on June 20, 2011 included a presentation on Financial Planning and Guardianship geared to families with a family member who has a developmental disability. There was a good turnout for this program and the information was valuable to those planning for the future of their family members. The Arc thanks **Hinkle, Fingles & Prior, P.C.** and **Ameriprise Financial** for providing this valuable and worthwhile service to our families. We look forward to more programs that will provide useful and helpful information to our families.



An attentive audience listens to the speaker.



Kristy Hartman, Director of Fundraising and Communications accepts check from Lisa Orefice from Wells Fargo.



Gift from Wells Fargo

The Arc of Essex County recently received a \$1,000 gift from **Wells Fargo**. **Lisa Orefice**, the manager of the South Newark branch personally came and delivered the check. We appreciate this generous donation and thank Wells Fargo for their support.

Family Day at Community Link

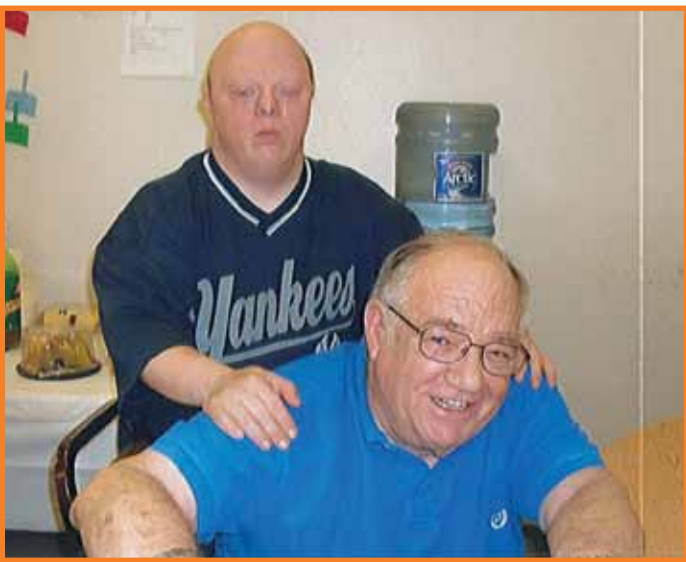


Justin Matthews and his mother Tanya Matthews are enjoying the day.



Robert (Bobby) Bowles and his mother Marlyn Bowles try their luck at bingo.

On May 27th, Community Link celebrated Family Day. Everyone enjoyed playing bingo and, if you were lucky, you might have won a mug of candy wrapped with a bow creatively assembled by consumers and staff. A light lunch was served and enjoyed in between conversations with family members, staff, and others savoring the day.



Father and son, Nick and Joseph Manfra pose for the camera.



Alma Fung-a-fat and her sister Joann Fung-a-fat are enjoying the day together.

How you can help...VEHICLE DONATION



The Arc of Essex County will gratefully accept donations of your used cars, vans or trucks.

Vehicle donations made to a charitable non-profit organization are tax deductible.

Benefits:

- Free Towing
- Hassle free way to get rid of your unwanted vehicle
- Tax deductible
- Support the mission of The Arc of Essex County

Donate your vehicle 877-ARC-2270

Please remember to designate our chapter and we will receive 90% of the net proceeds from your vehicle donation.

Let's Do Lunch!

On June 15th, Maureen Esposito and Kathleen Hernandez, sisters of Joseph Manfra, a Community Link participant, donated the food and created a delicious lunch for the Community Link consumers and staff. Maureen was the cook and prepared Italian sausage with peppers and onions, as well as, hotdogs, cheeseburgers, baked beans, and macaroni and cheese. Kathleen assisted her sister and also brought some good old fashioned Italian bread to the feast. To top off the yummy lunch, the sisters served chocolate and caramel sundaes for dessert— HOW SWEET!

The consumers and staff truly appreciated the sisters' hard work and time, and on behalf of everyone at Community Link "THANK YOU."



Saying "Cheese" to the camera are Marie Naporano, Community Link participant, Maureen Esposito and Kathleen Hernandez, sisters of Joseph Manfra, and Marion Haig, Program Manager.

Enjoying the Sights and Sounds of Nature

On June 15th, Consumers from Community Link Day Center enjoyed a perfect day outside. Everyone enjoyed having their pictures taken with tall, full trees in the background. Curious participants asked questions about the birds they heard chirping and other sounds of nature.



Counter clockwise, L-R — Demetria Pickett, Marie Naparano, Chris Tredwell, Greg Simonsen, James Newby and Shawn Battle.

Fire Department Visits Camp Hope

In August the **East Hanover Fire Department** paid a visit to Camp Hope to instruct the campers on fire safety and emergency procedures in the event of a fire. The campers also had the chance to try on the firefighters' clothing and check out the equipment, including the fire engine. Thank you to the East Hanover Fire Department for combining an educational experience with fun for the campers.



Carmine from the East Hanover Fire Department helps outfit camper Brian Latrielle.



Kaitlyn Schellberg models the latest in firefighter gear.

Healthcare Foundation Grant

The **Healthcare Foundation of New Jersey** awarded The Arc of Essex County a grant of \$46,674 for one year. This allows us to continue to provide nursing services to a group of our seniors. This is the second year of this effort which has had a significant impact on improving lives through additional medical attention, family contacts and staff trainings. We are grateful to The Healthcare Foundation of New Jersey for awarding us this grant.



THE HEALTHCARE FOUNDATION OF NEW JERSEY

Founded by the Jewish Community

Tributes

Thank you for so many tributes! Tributes are a beautiful way to acknowledge those you care for, and at the same time, help those in need. To purchase a tribute, please call Bernice Engel at (973) 535-1181, ext. 1227.

Tributes from May 9, 2011 - August 12, 2011

In Memory of:

William Christman

Maureen & John O'Brien

Judith Ann Fatigati

Jane Ulaki

Patti Gardner

Tom, Mag & Thomas Sheridan

Cathy James

Elizabeth & James Blumetti

Anne Kaufman

Lee & Arthur Bergman

Michael Miele

Tom, Mag & Thomas Sheridan

Michael Mullin

Jacqueline Juster

Florence Oravetz

Lee & Arthur Bergman

Michael F. Stefanelli

Lee & Arthur Bergman

Welcome to New Employees

We are pleased to welcome the following new employees to The Arc of Essex County:

Adult Day: Kierre Kaiser, Azara Lugard

Adult Residential: Gordon Springer, Chanta Bishop, QiYana Perry, Joane Pierre, Natesha, Jaquanah Thompson, Esther Sterling

Children, Family & Community Services: Stephanie Edwards, Ljiljana Rovcanin, Felicia Crawford, Melissa Jacobs, Robert Eke, Stenie Malayil. Camp Hope Counselors: Adam Miller, Jennifer McHale, Lila Sevener, Ariella Gizzi, Joseph Nathan, Nicole White, Arline Tejada, Marissa Zuckerman.

Quality Assurance And Clinical Support Services: Karen Ennis

Maintenance Technician: Donald Waters



Guardian Angels

The Arc of Essex County has received funding from the following foundations from May 2011 – July 2011.

If you know of any networking opportunities for funding, please contact Al Ianacone at (973) 535-1181, ext. 1239.



FOUNDATION

The Healthcare Foundation of N.J.

The Healthcare Foundation of N.J.

The Willis Foundation

Novartis Pharmaceuticals Corporation

N.J. Transit

Pfizer Foundation Matching Gift

PURPOSE

Health Monitoring for Seniors with I/DD

Camp Hope Pool Renovation Project

Overnight Respite Program

Camperships

12-passenger Van

Camp Hope Pool Renovation Project

Many Thanks to The Willis Foundation



Pictured from left: Albert Ianacone, Arc Associate Executive Director; Richard Wright, Willis; Kristy Hartman, Director of Fundraising and Communications; Linda Lucas, Arc Executive Director and Daniel Hajjar, EVP, Managing Partner, Willis of New Jersey.

On July 13, The Arc of Essex County received a grant for \$3000 from The Willis Foundation for the Overnight Respite Program. Daniel Hajjar, EVP, Managing Partner of Willis of New Jersey was on hand to present the check. Also present from Willis of New Jersey was Richard Wright, Senior VP, Willis Captive Consulting Practice, who was instrumental in helping The Arc receive this contribution. The overnight respite program emphasizes recreational and socialization opportunities while providing a needed break for caregivers.

Matching Gifts to The Arc of Essex County

Matching Gifts are an easy way to make your contribution go farther. Matching Gifts comes from your company at no cost to you. If you have made or are planning to make a contribution to The Arc this year, ask if your employer has a Matching Gifts program. Some of the companies that support The Arc of Essex County with Matching Gifts are:

- Pfizer Foundation
- Goldman Sachs
- The Prudential Foundation
- ADP
- Chevron Corporation

You contact your Human Resource Department and, in most cases, you just have to complete a simple form and we will take care of the rest. Some companies (i.e. Exxon/Mobile) also match hours spent as a volunteer with a financial gift. This is an employment benefit that is too often overlooked at the end of the year.

Let us help you make your money worth more with a Matching Gift. Please call (973) 535-1181 ext. 1224 with questions.

Novartis Comes to Camp Hope



Photo from L-R — Albert Ianacone, Associate Executive Director, Wanda Sims, Associate Director of Alliance Development and Philanthropy, Laurie Best, Assistant Director of Children, Family and Community Services, and Sue Brand, Director of Children, Family and Community Services.

During the second week of camp, Wanda Sims, Associate Director of Alliance Development & Philanthropy for the Novartis Pharmaceuticals Corporation, spent time visiting at Camp Hope with campers and staff. Ms. Sims was greeted by Albert Ianacone, Associate Executive Director, Sue Brand, Director of Children, Family & Community Services, and Laurie Best, Assistant Director of Children, Family & Community Services. For several years, Novartis has generously provided grant funds for children to attend a week or more of fun at Camp Hope.

Thank You Catholic HEART Workcamp

Catholic HEART Workcamp was started in Florida about 15 years ago by youth ministers; nearly 100 youths were involved. They have grown since then to approximately 40 worksites throughout the US with nearly 10,000 volunteers. This year, 250 teens and adults from as far away as Maine, Indiana, and Minnesota stayed at the Archdiocesan Retreat Center in Kearny, NJ, from August 1 through August 4. Each work crew typically consists of 6 teens and one adult chaperone.

With the assistance of Tim Ganning, Director of Asset Management, and his department, work projects were identified, materials purchased, and sites prepared for the students. This year the Wedgewood Community and Washington Avenue Residences were designated as worksites. Weeds were pulled, hedges were cut and trimmed, and the grounds cleaned-up for planting at the Wedgewood site. The work crew assigned to the Washington Avenue site repaired drywall damage, painted two bathrooms, and cleaned the windows throughout.

How can we thank Catholic HEART Workcamp for all they have done for us these past four years? It is always a positive experience partnering with the students and we eagerly await their return each year. We are so fortunate to be the recipients of the volunteer services this organization provides.



The Arc™

of Essex County

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SAVE THE DATE

Monday, September 12, 2011

6:30 p.m.

Wednesday, September 14, 2011

7:30 p.m.

Monday, September 26, 2011

Wednesday, October 19, 2011

7:30 p.m.

Monday, November 14, 2011

6:30 p.m.

Thursday, November 17, 2011

7:30 p.m.

Saturday, December 10, 2011

Wednesday, December 14, 2011

7:30 p.m.

Arc of Essex County Board Meeting

123 Naylor Avenue, Livingston, NJ

The Candle Lighters Meeting

123 Naylor Avenue, Livingston, NJ

Golf Classic XXIII

Rock Spring Club, West Orange, NJ

Call Kristy Hartman (973) 535-1181, ext. 1224

The Candle Lighters Meeting

123 Naylor Avenue, Livingston, NJ

Arc of Essex County Board Meeting

123 Naylor Avenue, Livingston, NJ

The Candle Lighters Meeting

123 Naylor Avenue, Livingston, NJ

Bloomington's Shopping Event

The Candle Lighters Meeting

123 Naylor Avenue, Livingston, NJ



The Arc™

of Essex County

123 Naylor Ave., Livingston, NJ 07039

www.arcessex.org

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Minelly Cummings

Senior Director Financial Operations

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Wendy Keyes, *Development Associate*

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Find The Arc on Facebook

The Arc of Essex County is now on **Facebook**. If you are a Facebook user, we hope you will become our friend and also spread the word to those you know who will benefit from our information.

We will be using Facebook to highlight our programs and share relevant and important information, as well as to promote upcoming events. We hope you will visit our page often and provide helpful, positive comments. Remember, the more friends we have, the more successful this will be. See you on Facebook!

We Want to Keep You Informed

Please provide us with your updated e-mail address.

This will allow us to communicate quickly and efficiently when the need arises. Call Bernice Engel at (973) 535-1181, ext. 1227 or send it to her at bengel@arcessex.org.



Let's Go Green Together The Arc of Essex County is trying to do our part to be environmentally conscious, and cut costs. Our publications are always posted on our website (www.arcessex.org). If you prefer to read the Guardian newsletter on line rather than receiving it by mail, please let us know by sending us an e-mail. Please include your full name, address and e-mail address. In the subject line, put "Going Green" and send this to bengel@arcessex.org. You will receive e-mail notification each time our current Guardian is available on-line. **Thank you for "going green" with us.**



Scan this QR code with your smartphone for direct contact to The Arc.