



# Guardian

Winter 2010  
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A publication of The ARC of Essex County, a non-profit agency serving persons with mental retardation and their families since 1948.

## *Moving on to the Future...*

### *Meet Linda Lucas Executive Director, ARC of Essex County*

**O**n October 1, 2009, Linda Cancro Lucas became the Executive Director of The ARC of Essex County. Linda began her career at The ARC over 31 years ago as an assistant day program manager. After graduating from William Paterson College with a Masters degree in Education, Linda said, she was looking for a career that would offer something new and different rather than being in a classroom setting. Linda was drawn to The ARC because The ARC was working with adults with disabilities in new and exciting ways. She wanted to work with people with disabilities. She was impressed by the meaningful approach to care and service provided by The ARC at work sites, in homes and in the community. As opportunities became available within the organization, Linda rose to the executive management level and served as an Associate Executive Director for over 15 years.

Linda feels that her greatest accomplishment at The ARC is her longevity. She has always found something exciting and challenging to keep her engaged and motivated. There are always opportunities to do something good, to be creative and innovative, to identify a need and develop a plan to meet that need. A perfect example of one of those needs and The ARC's response that Linda is especially proud of is the Crisis Intervention/Respite Home in Newark. This home was opened more than 20 years ago when the Department of Developmental Disabilities came to The ARC with a need. The Crisis Intervention/Respite Home is for individuals in crisis or emergency situations to live temporarily until their circumstances stabilize. In



response to this need, The ARC developed the first home of its kind in the state of New Jersey and has been successfully operating this program and continuing to meet the need even today.

Linda is proud of The ARC of Essex County's reputation as a provider of quality services and supports to individuals with developmental disabilities and their families. This reputation is recognized among our consumers, our constituents, our colleagues and our funding

sources. As the new Executive Director, Linda's vision for the future of ARC is to promote and enhance The ARC of Essex County's stellar reputation even as The ARC faces challenging fiscal times and changing service paradigms. The way The ARC does business in the future may look very different, but the mission, which has been the driving force for The ARC, will not change. The ARC will always find ways to continue to provide quality services and supports to our consumers and their families.

Linda is excited to become the Executive Director of The ARC of Essex County. "The ARC is a wonderful agency," said Linda. "I know given the times we are facing that it will be a challenge. However, we have a solid foundation with good people that work here so I know that we will be strong in the face of those challenges."

Linda has been married to John for 26 years. They have two children, Jeff who is 23 and Jillian who is 19. Also considered one of the family is Callie, their Black Lab. Linda was born and spent her childhood in New York City and loves to cook.

## Golf Classic XXI

The ARC Essex Foundation **Golf Classic XXI** was held on Monday, September 14, 2009 at Rock Spring Club in West Orange. This popular annual event is a major fundraiser and the planning starts months in advance. Again, this year, the weather was spectacular and the golfers had a perfect day out on the green. At registration we greeted many old friends who were returning to play at this annual event. Golfers had time to practice their putting before having lunch, and then heading out to the course for 18 holes of golf. By 6:00 p.m. the golfers were back and ready to enjoy cocktails and an expansive dinner buffet.

A special feature of the evening was a plaque presented to **Ron Carr, Sr.** for his years of guidance, service and support as Golf Co-Chair of this event. Rick Wright, this year's Golf Chairperson gave out the awards for day of play to various golfers. During the evening there were opportunities to buy raffle tickets for an array of prizes, plus a chance to bid on sealed bid and silent auction items. At the conclusion of the evening, the winners of The Candle Lighter Fair Share Raffle were announced. **Rich Callaghan, George Sodowick** and **Eileen Moran** were the winners, receiving 25%, 15% and 10% of the money brought in by sales of The Candle Lighter raffle tickets.

By the end of the evening, many people were leaving with prizes they had won and auction items they had been the top bidders of. With prizes or without, a good time was had by all. We thank photographer **Bev Weiss** who was out on the course taking pictures of the corporate foursomes. These pictures were presented to our corporate sponsors later in the evening. Thanks to all our sponsors, golfers, donors and volunteers for making this another successful Golf Classic Tournament. Next year's date for **Golf Classic Tournament XXII is September 20, 2010**. Think about joining us!



The Mack foursome looks ready for action.



Lee Bergman presenting Ron Carr, Sr. his award as Rick Wright looks on.



ARC Foundation Board member Robin Suskind (third from left) and the members of her foursome.



The Pratt foursome, Margot's Team, looks ready to play.



Paul and Regina Maurer, Leslie Skurla and Henry Seelbinder.

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ARC staff, Joseph Dimino, Kathy Hinnigan-Cohen and Linda Lucas enjoy lunch with golfers Stuart Applebaum and Mike Franchino.



ARC consumer, Larry Connolly, a golf fan, enjoyed some practice time on the green.



A little practice before the Golf Classic begins is a good idea.

**We appreciate the generosity of the following individuals, corporations and businesses for their support of Golf Classic XXI.**

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**Hole-In-One Cars**

Prestige Volvo  
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**The following donors supplied auction and raffle prizes for the event.**

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Benvenuti Ristorante, East Hanover  
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Capalbo's Gift Baskets  
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Tabor Road Tavern, Morris Plains  
The Barclays PGA Tour  
The Daily Show  
The Grand Café, Morristown  
The Salon at Warren  
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**The following provided the Golfer Goody Bag Gifts.**

Air France  
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Justin Lavoie  
M&M Mars  
Rosenthal  
Rothstein, Kass & Company, PC  
TD Bank  
Udderly Smooth  
Verizon Wireless



Thanks to our corporate sponsors.



A hole-in-one and you can drive off in this Trailblazer from Wigder Chevrolet, Inc./Wigder Leasing Corp.



A hole-in-one could win this Volvo from Prestige Volvo.



Everything looks delicious!

## Come Run/Walk with ARC

**Saturday, April 17, 2010** is the date of **The ARC of Essex County's 12th Annual Building Tomorrows 5K Run/2 Mile Walk** at Brookdale Park in Bloomfield. If you have never come to this event, you have missed a great morning. We have food, music, t-shirts for participants and a great atmosphere whether you are a participant or a spectator. There are opportunities at many levels for sponsorship. Volunteers are needed the day of the Run to help coordinate the smooth flow of events. We hope you can support this event in whatever way works for you: be a participant, sponsor, volunteer, or pledge your support to a walker or runner. For additional information, contact Kristy Hartman, Director of Fundraising and Communications at (973) 535-1181, ext.1224.



## Products by ARCompany

Consumers at ARCompany worked hard on a donation for the United Way of Milburn/Short Hills for a fundraising event on October 10, 2009. They decided to stuff a duffel bag with Yankee merchandise such as a baseball and Yankee glove and t-shirt. Consumers Linda Sgro, Alicia Fromfield and Mary Timko finished the basket, and Keith Alleyne, Greg Darcy and Kevin White delivered it to the United Way for their event.



*Chris Kay, Collete Quiron, Gerry Randolph (staff), Peggy Dial and Kenny McClain with Thanksgiving centerpieces.*



*A basket for the Yankee fan.*

Consumers Chris Kay, Denise Morrison, Colette Quiron, Kenny McClain, Nick Mercado, Peggy Dial and Elizabeth Naples worked very hard making beautiful fall centerpieces for Thanksgiving. Gift

baskets are for sale and can be made to order as well. If you would like to purchase an item, please contact ARCompany at (973) 674-2278.

## Survey Website

The Arc of New Jersey is conducting a survey to gather information to better guide its advocacy efforts in regard to what families of individuals with developmental disabilities need and to increase its outreach efforts. The website address for this survey is [www.surveymonkey.com/arcfamilyadvocacy](http://www.surveymonkey.com/arcfamilyadvocacy). There will also be a link to this on The ARC of Essex County website, [www.arcessex.org](http://www.arcessex.org).

## ARC Staff Member Selected for Board



**Melissa Soules**, Director of Adult Services/Day Programs, has been appointed by Essex County Executive Joseph N. DiVincenzo, Jr. to serve on the Essex County Workforce Investment Board. This is a volunteer advisory board made up of professionals who have the expertise, experience and commitment to help Essex County find solutions to its problems and improve the quality of life.

Congratulations to Melissa on this appointment.

## LACD invites you to our annual Holiday Party

**Saturday Dec 19, 2009  
12:00 noon - 2:00 pm**

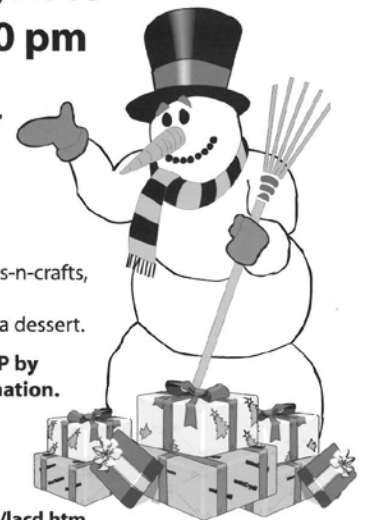
At the: **Livingston Senior and Community Center  
204 Hillside Ave  
Livingston, 07039**

Celebrate with food, beverages, arts-n-crafts, dj music and a visit from Santa!  
We kindly ask that everyone bring a dessert.

**Please call 973-970-4441 to RSVP by December 9th & for more information.**

**Please visit: [www.livingstonnj.org/lacd.htm](http://www.livingstonnj.org/lacd.htm)**

Presented by:  
**The Livingston Advisory Committee for Disabilities**



## Bidding Farewell to Joseph Dimino



**Consumer Diane Garrett gives Joseph Dimino a farewell hug at his retirement party.**

Joseph Dimino, Executive Director of The ARC of Essex County for almost 37 years, retired as of September 30, 2009. There were several opportunities for people to wish him well on his retirement. A reception was held at The ARC's main office on September 30, 2009, which allowed office and program staff and consumers to stop by and offer their good wishes to Joe and to thank him for his many years of service.

A more formal retirement party was held at Mayfair Farms on October 21, 2009, where 150 people gathered to honor Joe. In the spirit of fellowship and friendship, Joe was "roasted" and "toasted" by many friends and colleagues including Executive Directors of several Arcs throughout New Jersey, a number of past ARC/Essex Presidents and former and current ARC/Essex colleagues. There was much laughter and many fond remembrances of people and events that were part of this decades long journey. One evening cannot do justice to a lifetime career, but it did highlight some special moments of Joe's years with The ARC of Essex County.



**Joseph Dimino with Linda Lucas, ARC Executive Director and Albert Ianacone, ARC Associate Executive Director.**

As befits the conclusion of a lengthy and accomplished career, there were proclamations in Joe's honor, newspaper coverage and local television exposure. Gifts were given by The Candle Lighters, The ARC of Essex County and by The ARC Board and the ARC Essex Foundation Board. Joe's leadership of The ARC will be recognized at the main office where a plaque will be placed naming the building in his honor. The ARC of Essex County offers thanks and appreciation to Joe and wishes him health, happiness and enjoyment in his well-earned retirement.



**ARC of Essex County President, Robert Laurino and ARC Essex Foundation Board President, Stephen Falanga present a special plaque to Joseph Dimino.**



**Linda Franchino and Lee Bergman presenting a gift to Joseph Dimino.**



**Joseph Dimino getting ready to cut his cake.**



**Special entertainment by John O'Brien, a past President of The ARC of Essex County.**



**Joseph Dimino with wife, Pat and son, Damien.**



**ARC staff members Kammy Figueroa and Minerva Delgado with Joseph Dimino.**



**ARC staff members Karen Knipper, Maureen Murray, Melissa Soules, Scott Feingold and Sandra Stokes enjoying the festivities.**



**Judy Bellina presents The Candle Lighters gift to Joseph Dimino.**

## Employee Recognition Luncheon

The Hanover Manor was the setting on Friday, September 18, 2009 for The ARC of Essex County's Employee Recognition Day Luncheon. This annual event is an occasion for ARC employees to have an opportunity to spend time with their colleagues in a social setting, enjoy a nice meal together and acknowledge milestone years of service. There was a special aspect to this year's luncheon which honored Joseph Dimino, who was retiring as ARC Executive Director after almost 37 years. This was the last time he would be addressing almost all the ARC/Essex staff, and he had a rapt, attentive audience. In his address, he praised the staff for having "given your time to secure a meaningful life to persons with disabilities" and thanked them for their vital role in the successful functioning of The ARC.

Many people qualified for awards based on their years of service. Five year honorees were **Adebayo Atunrase, Laurie Best, Kesona Bolden, Sonia Braswell, Philomena Eneh, Amy Evans, Ayesha Gordon, Stacia Hay, Anthony Irvin, Wendy Keyes, Marisa Knight, Stacey McDowell, Pamela Meadows-Osayande, Ester Mensah, LaVern Myles, Roseline Oyefeso** and **Elvis Sona**. Ten year honorees were **Elizabeth Araromi, Jean Aristide, Dwan Armstrong, Lenora Hurdle, Toshonda Johnson, Mary Jones, Phyllis Kleckley, Lyn Danson Smith, Stacey Stephens** and **Diane Thornton**. Fifteen year honorees were **Irene Burchette Hemingway, Jayne Gaer, Gail Fasano, Lorraine Harris, Gordon Hill, Joseph Paris, Meleta Stewart, Jermayne Tims, Troy Thomas** and **Wendy Thomas**. Twenty year honorees were **Dorothia Brooks, Brenda Eley, Pauline Goodman, Victoire Jean-Charles, Geraldine Randolph** and **Thomas Reed**. The twenty five year honoree was **Candes Reid**. Thirty year honorees were **Linda Lucas** and **Maureen Murray**. The final honorees for thirty five years of service were **Joseph Dimino and Albert Ianacone**. Congratulations to all on their milestone anniversaries. The ARC is fortunate to have so many people who have been part of The ARC/Essex family for this many years.



*Joseph Dimino and Albert Ianacone being congratulated by Robert Laurino on 35 years of service.*



*Maureen Murray and Linda Lucas are recognized for 30 years of service by Joseph Dimino and Robert Laurino.*



*15 year honorees with Joseph Dimino and Robert Laurino.*



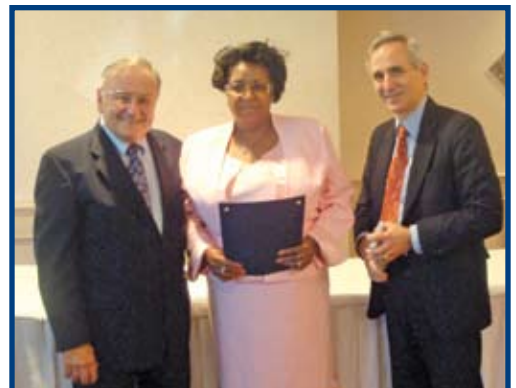
*Ten year honorees receive congratulations from Joseph Dimino and Robert Laurino.*



*A group of 5 year honorees with Joseph Dimino and Robert Laurino.*



*Candes Reid receives her award for 25 years of service from Joseph Dimino and Robert Laurino.*



*Victoire Jean-Charles being congratulated on her 20 years of service by Joseph Dimino and Robert Laurino.*



Joseph Dimino, honoree Bruce Bird and Albert Ianacone at the Community Law Health Project Annual Dinner.

## Bruce Bird Receives Award

On October 22, 2009, Bruce Bird was honored by receiving the 22nd Annual Ann Klein Advocate Award. Bruce is a former President of The ARC of Essex County and the immediate past President of the Arc of New Jersey. This award was given to Bruce because of his long history of advocacy for those with developmental disabilities. We congratulate Bruce on receiving this prestigious award and are proud of his association with The ARC of Essex County.

## REACH Holds Open House

REACH, a Community Resource Center in West Caldwell, recently held an Open House to show off their newly renovated building. Staff and consumers are happy with their redone space.



Getting a tour of the newly redone facilities.



ARC staff and parents get a first-hand look at REACH during the open house.

## Thanks for Shopping

The Bloomingdale's Shopping day held on October 29, 2009, was once again a most successful event for The ARC of Essex County. Out of about 80 charities, we came in second in the number of supporters who presented tickets at Bloomingdale's that day. Between the number of tickets we sold, the additional \$5.00 received for each ticket turned in and the share of same day ticket sales, we made about \$8,900.

Thanks to all who purchased tickets and participated in this fun and worthwhile event.



LACD After School

# SPORTS

PROGRAM





For Children with Special Needs

Every **Wednesday** Beginning October 14, 2009  
Through June 2, 2010!  
(Excluding 11/25, 12/23, 12/30, 2/17, 3/31, 4/7)

**3:30 - 4:30 PM**

At: **Monmouth Court Community Center**  
**25 Monmouth Court, Livingston NJ 07039**

FREE of charge!

Please call 973-970-4441 for more information

In case of inclement weather, program will be cancelled if school is closed, or call 973-535-7925, select option 4 to check on program status for a specific day.

Please visit: [www.livingstonnj.org/lacd.htm](http://www.livingstonnj.org/lacd.htm)

Presented by:  
**The Livingston Advisory Committee for Disabilities**

## Fall Activities at Stepping Stones

A brand new school year has begun at Stepping Stones, filled with all types of activities and special events. During September and October students participated in programs such as Fall Festival, Fire Prevention Week, Grandparent's Day, a visit from Livingston Library and a Halloween Parade.

Even the rain couldn't stop the students at Stepping Stones from enjoying this year's Fall Festival! This annual event was held October 9th and was a hit. Students



*Cianti Flood takes a swing at this year's Fall Festival piñata while students and staff look on.*

enjoyed a visit from Music Mary as well as various games and activities. Due to the rain, events were held in the school gym. A pumpkin patch, piñata, obstacle course,

temporary tattoos and a beanbag toss added to the excitement of the day.

Students at Stepping Stones have spent the month of October learning about fire safety and prevention. The Burn Center at St. Barnabas Hospital's Fire Safety House

and Livingston Fire Department visited the school to teach students the importance of fire safety. The Safety House gave students the opportunity



*Nick Blougouras smiles for the camera with Livingston Firefighter Rob Bucich and Assistant Fire Chief Kevin Francione.*



*Casey Burke enjoying the day with her family members.*

to walk through a mobile trailer that recreated a home environment and allowed students to recognize and correct household hazards. Students also learned the importance of creating an escape plan and practiced stop, drop and roll. The Livingston Fire Department taught student about calling 9-1-1 and how a fire truck is used. Students enjoyed trying on the firefighter's gear and spraying the fire hose. Thank you firefighters Kevin, Rob and Ralph for teaching us these important skills!

Grandparent's Day is a much-loved tradition at Stepping Stones. Grandparents were invited to spend the morning observing and participating in various activities with their grandchildren.

They interacted with students and staff to learn more about their grandchild's typical school day. Students were thrilled to see their loved ones! The children prepared special snacks to share with their family

members. A great day was had by all!

Linda Simpfordorfer, Head of Children's Services at Livingston Public Library, recently visited Stepping Stones. Miss Linda read stories, taught finger plays and sang songs with the children.

Students enjoyed listening and were continually engaged by Miss Linda. We hope to



*Stepping Stones student Nicky Alvarez spends time with the animals before the rain.*



*William DeBellonia shares a story with his grandfather.*

take a field trip to the Livingston Library soon!

Trick or Treat! Another Halloween

at Stepping Stones was full of silly and spooky sights! Students and staff were dressed in costumes ranging from superheroes to rock stars! Children marched outside while family, friends and staff looked on. After the parade, everyone entered the gym to celebrate with special Halloween snacks. Balloons, ghosts, pumpkins and spider decorations set the "spooky" scene. Thanks to all the family and staff that made this day such a treat!



## Tea, Anyone?

A lovely afternoon tea was held at Opportunity Zone in Maplewood. Staff member Shawonda Brown planned the event, which was attended by a number of the women who participate in the program. The ladies dressed especially nicely, and all wore matching hats. The event, called *Elegant Ladies*, was a delightful afternoon and enjoyed by all.



*Alicia Lipscher relaxes over tea.*



*Enjoying afternoon tea are Jewel Wilkins, Katish Davis, Susan Fink, Tanya Reddrick and Ishan Woods.*

## Positive Work Experience for Consumers

SWOP (Supportive Work Opportunity Program) has received a new contract with Good Will in Fairfield. Four consumers, Helen Brown, Arlene Esposito, Darnell Graves and William Graham are now working twenty hours a week sorting and hanging clothes donated to Good Will. The group is supervised by SWOP staff member Senequa West. With everyone's enthusiasm and Senequa's job coaching experience, the group has been working very well and is receiving much praise from the employer.

## Scrabble Whiz Kid



Danny Perez at the Scrabble board.

Danny Perez, a participant in the In Home Respite Program, loves words, and he regularly enjoys several games of Scrabble each time he meets with his one-to-one worker, Kathy James. He routinely makes words of five and seven letters, and often says to his counselor, "I think we have time for one more game of Scrabble." Danny shares his enthusiasm for words with the day care children at the childcare center in Livingston where he works.

### 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



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

It's that easy!  
Thank you for your support.

## Adult Social Hour

On Tuesday, October 6, 2009, The ARC of Essex County started an Adult Social Hour with a big bang at its Bingo night at the Livingston Public Library. This program creates a great social network for adults with developmental disabilities to meet, mingle and munch.

The program meets the first Tuesday of every month from 7:00-8:00 p.m. where a themed activity is planned for consumers to participate in. At the first meeting there were 15 consumers along with staff for assistance. They played Bingo which everyone greatly enjoyed. The consumers loved the anticipation of shouting "Bingo" and winning cool prizes such as hats, gloves, change purses, picture frames, mirrors and footballs. The men loved the hats and footballs, while the ladies' favorites were the change purses and card games. A great time was had by all who attended. Juliana, from one of our group homes, confirmed that everyone had a great time and planned on coming back, as she said, "see you in November" with a big smile on her face.

The next sessions are on November 3rd and December 1st where a craft night and winter ice cream dance is scheduled respectively. We are looking



Verona Group Home residents Robert Otterbine, Philip Milici, Darnell Graves, staff member, Roselyn Paul, Karriem Kauther, Scott McCleese and Charles Pflaumer enjoy activities at the Livingston Public Library.

forward to having a much bigger turnout on craft night where everyone will enjoy the Thanksgiving activity planned. Refreshments are available at these meetings as our participants unwind and enjoy an hour away from their daily routine.

If you would like more information about this program, please call Dacia King-Sarkodie at (973) 535-1181, ext. 1247.



# 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**  
**August 12, 2009 - November 13, 2009**

### SPECIAL OCCASIONS:

**Congratulations to Bruce Bird on receiving the Ann Klein Award at the Community Law Health Project Annual Dinner.**

Albert Ianacone

**Congratulations to Barbara Calderone on her new position as Associate Executive Director of The ARC of Essex County.**

Kristy Hartman

**Congratulations to Jill & Wayne Canastra on the marriage of their daughter.**

Linda & Ivan Geldzahler

**In honor of Joseph Dimino on his retirement as Executive Director of The ARC of Essex County.**

Kristy Hartman

**Congratulations to Kathleen Hinnigan-Cohen on her new position as Associate Executive Director of The ARC of Essex County.**

Kristy Hartman

**Congratulations to Linda Lucas on her new position as Executive Director of The ARC of Essex County.**

Kristy Hartman

### IN MEMORY OF:

**Carol Berry**

Tom, Meg & Thomas Sheridan

**Eleanor Dickson**

Kathleen & Stephen Warwick

**Frances Rose Ferraro**

Maureen Murray  
Annunziata Pontoriero  
Rose & Frank Pontoriero  
Grace Purdue  
Joyce & Barton Risoli  
Rosemarie & Stephen Sharkey

**Paul Jamison**

Lee & Arthur Bergman

**Rosemary Leonardo**

Lee & Arthur Bergman  
Dawn Bonelli  
Barbara Calderone  
Kathleen Hinnigan-Cohen  
Albert Ianacone

**Catherine Masterson**

Dawn Bonelli  
Kathleen Hinnigan-Cohen  
Kristy Hartman

**Helen Muller**

Lee & Arthur Bergman

**Celia Roffer**

Jamesbeck Global Partners

**Joseph Sanders**

Frances Dzendzel  
Lawana & John Layfield

**Fela Urman**

Lee & Arthur Bergman  
Albert Ianacone

**Edith Valvano**

Robert & Margaret Intile  
Anthony Valvano

**Donald Vance**

Lee & Arthur Bergman

**Benjamin Wieler**

Lee & Arthur Bergman

**Frank Zimmerman**

Kathleen Hinnigan-Cohen



## “GUARDIAN ANGELS”

The ARC of Essex County

has received funding from  
the following foundations from  
September 2009 - October 2009.

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

### FOUNDATION:

The Edward W. and Stella C. Van Houten  
Memorial Fund

### PURPOSE:

Stepping Stones Early Intervention  
Tuition Reduction Fund

## Employee News

Welcome to the following new employees who have recently joined The ARC of Essex County: **Yajaira Acevedo** – Weekend Aide; **Shatira Baldwin** – Technician; **Marie Baptiste** – Counselor; **Graig Berkowitz** – Information Systems Manager; **David Brieva** – Program Manager; **Denise Cataldo** – Benefits Coordinator; **Gayle Eklund** – Consumer Support Specialist; **Disha Godhani** – Weekend Aide; **Edward Hall** – Counselor; **Joanne Hung** – Human Resources Clerk; **Joya Ingalls** – Respite Worker; **Saar Kamanda** – Overnight Aide; **Ramona Matthews** – Substitute; **Ebony McClain** – Overnight Aide; **Jazmine Parker** – Overnight Aide; **Naimah Smith** – Counselor and **Latasha Turner** – Program Aide.

Congratulations to the following on their promotions: **Susan Brand** – Director of Children, Family & Community Services; **Barbara Calderone** – Associate Executive Director; **Kathleen Hinnigan-Cohen** – Associate Executive Director; **Mikisha Little** – Director of Residential Programs and **Linda Lucas** – Executive Director.

*Congratulations to all!*

The ARC of Essex County Department of Children, Family and Community Services Presents:

## SUPPORT GROUP FOR FAMILIES

Facilitated by:

Kelly Levinstein Ph.D. and Susan Knipper

Monday January 25, 2010

6:30-8:00pm

### “Couples Group”

Having a child with a disability puts a tremendous strain on a household, including romantic partnerships. Come and share your struggles and discuss some solutions for successful partnerships in high stress situations.

Monday July 19, 2010

6:30-8:00pm

### “Grandparents Group”

Are you raising a grandchild who has a developmental disability? This sacrifice presents particular struggles and challenges. Come and Share with other grandparents in your situation.

Monday April 12, 2010

6:30-8:00pm

### “Sibling Group” (age 14-17)

Families where a sibling has a developmental disability, the siblings who do not have a developmental disability share common feelings-envy, guilt, fear and anxiety about the future and this on top of just plain dealing with adolescence. Come and share with other teens experiencing the same stressors.

Monday October 25, 2010

6:30-8:00pm

### “Life Skills Training”

Speaking to your child with developmental disabilities and/or intellectual disabilities, just as speaking to any child, about sexuality can be difficult. There are many resources that can help in this task. Come and learn how you can talk and educate your child about sexuality.

### PLEASE REGISTER IN ADVANCE

Please indicate which Group(s) you will be attending

All Groups to be held at: 1285 Broad Street, 1st Floor, Bloomfield, NJ 07003

Please provide the names of all attending and a phone number in case we need to reach you with any changes.

Register by e-mail [erespitemgr@arcessex.org](mailto:erespitemgr@arcessex.org) • Register by phone (973) 771-0580 x 20

The facilitators for these sessions will be Kelly Levinstein, Ph.D., who is beginning her 11th year at ARC/Essex and currently serves as the Clinical Coordinator for Family Support and Susan Knipper who has worked at ARC/Essex for over 16 years and has provided training for individuals with intellectual disabilities in the area of sexuality and relationships.



123 Naylon Avenue  
Livingston, NJ 07039

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[www.arcessex.org](http://www.arcessex.org)



## SAVE THE DATE

**Thursday, December 10, 2009**

7:30 p.m.

**Monday, December 14, 2009**

5:30 p.m.

**Wednesday, January 6, 2010**

7:30 p.m.

**Monday, January 11, 2010**

6:00 p.m.

**Friday, February 5, 2010**

5:30 p.m.

**Monday, February 8, 2010**

5:30 p.m.

**Thursday, February 25, 2010**

7:30 p.m.

**Monday, March 8, 2010**

6:00 p.m.

**Wednesday, March 24, 2010**

7:30 p.m.

**Monday, April 12, 2010**

5:30 p.m.

**Saturday, April 17, 2010**

Registration: 8:15 a.m. – 9:45 a.m.

Start Time: 10:00 a.m.

Awards: 11:15 a.m.

**Monday, April 19, 2010**

7:30 p.m.

**The Candle Lighters Meeting**

123 Naylon Avenue, Livingston, NJ

**ARC Essex Foundation Board Meeting**

123 Naylon Avenue, Livingston, NJ

**The Candle Lighters Meeting**

123 Naylon Avenue, Livingston, NJ

**ARC of Essex County Board Meeting**

123 Naylon Avenue, Livingston, NJ

**The Candle Lighter's Tricky Tray**

Hanover Manor, East Hanover, NJ

Call Diane Yanosh (973) 535-1181, ext.1230

**ARC Essex Foundation Board Meeting**

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**The Candle Lighters Meeting**

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**The Candle Lighters Meeting**

123 Naylon Avenue, Livingston, NJ

**ARC Essex Foundation Board Meeting**

123 Naylon Avenue, Livingston, NJ

**The ARC of Essex County**

**12th Annual Building Tomorrows Run**

Brookdale Park, Bloomfield

Call Diane Yanosh (973) 535-1181, ext.1230

**The Candle Lighters Meeting**

123 Naylon Avenue, Livingston, NJ



123 Naylon Avenue

Livingston, NJ 07039

[www.arcessex.org](http://www.arcessex.org)

A United Way Member Agency

### EXECUTIVE MANAGEMENT STAFF

Linda C. Lucas

Executive Director

Albert C. Ianacone

Associate Executive Director

Barbara Calderone

Associate Executive Director

Kathleen Hinnigan-Cohen

Associate Executive Director

### GUARDIAN STAFF

Kristy Hartman,

Director of Fundraising and  
Communications

### Editor:

Bernice Engel, Donor Manager

### Editorial Staff:

Diane Yanosh, Event Coordinator

Wendy Keyes, Development Associate

### Graphic Design:

Sarah Rudisill



## 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](http://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](mailto: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.

## 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](mailto:bengel@arcessex.org).