



HERALD

Message from the Executive Director

The Arc – new look, same values

As you can see from this issue of the HERALD, The Arc of Somerset County has a new, updated look and logo. This is the result of a 3-year study prompted by The Arc of the United States. The study looked at The Arc “brand” and how recognizable we are to the public. Results of the study demonstrated that although The Arc is the 9th largest national nonprofit organization, we are 96th in recognition. In order to close this gap, The Arc (local, state and



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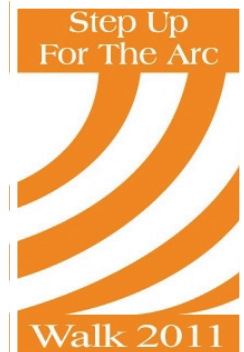
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Join The Arc as we “Step Up” for Individuals with Developmental Disabilities

The 2011 Step Up For The Arc Walk & 5K Run will be held on Saturday, May 21 at 10:00 am at Duke Island Park in Bridgewater.

The Step Up For The Arc Walk & 5K Run is a great way for friends, neighbors, classmates, and families to support The Arc and have fun while doing it. More than 500 people took part in the 2010 event, and we would like to top that this year! Walker and Runner Pre-Registration is quick and easy at www.firstgiving.com/arc-somerset. Registration fees of \$17/Runner and \$10/Walker are waived if you raise \$50 or more.

The Arc is also looking for youth volunteers to serve on our Junior Walk Committee. The committee will support The Arc in the planning of the walk/run, while gaining valuable experience and community service hours. Contact Tara Abbott at 908-725-8544 x610 or taraa@thearcofsomerset.org to get more information!



A Message from the President



Board membership – the key to success! Nearly 40 years ago, The Arc of Somerset County became incorporated as a nonprofit organization.

Our founding board was made up of dedicated and passionate family members and members of the community who shared a common interest in promoting the disability movement.

Although our organization is much larger and complex today, our mission and vision for the individuals and families served by The Arc is largely unchanged from its founding. The board of a nonprofit corporation has a fiduciary responsibility for the legal and financial conduct of the organization. Specific responsibilities vary but generally include oversight of policy, budgeting, planning, fundraising, human resources, program evaluation and board development. It is not a passive role but rather one that is active for the good of the organization and for the promotion of its mission. Our board is comprised of individuals with

varied talents and professions, and it is this diversity that has helped The Arc grow and accomplish our goals. Our board brings unique abilities and perspective to the organization and takes an active interest in the future of The Arc and the individuals we serve. Throughout the history of The Arc of Somerset County, our Board members have made significant contributions to the organization and our mission/vision for individuals with intellectual and developmental disabilities (I/DD). Most notable, however, is the contribution of our family members of individuals served – who make up 50% of our board membership. It was through the advocacy of our families that our first services were created and this advocacy continues to guide our work and future planning.

As we begin to plan for the next chapter at The Arc of Somerset County, we would like to invite you to consider lending your unique skills and talents to the Board of Directors. The strength of our success lies in the commitment and participation of our entire community. Lend your passion to our collective purpose-achieve with us!

The Arc of Somerset County MISSION

The Arc of Somerset County provides quality services and advocacy for individuals with intellectual and developmental disabilities and their families to support development and achievement at every stage of life.

The Arc Board Of Directors

President/SecretaryEric Mandelbaum
Vice President Ron Slahetka
Treasurer Edmond A. Brown
Officer Tarun Shah
Officer Eileen Bradbury
Officer Dallas Hetherington

The Arc Board Members

Norma Dunne	Brian O'Malley
Charles Huck	Marion Sommer
Belinda Malave	Allen Sondej
Jeanette McCarthy	Connie Walters

Member-at-large Fred Patterson
Executive Director Lauren Panarella
Associate
Executive Director Christopher Corvino

Department Leaders

Camp Jotoni Chris Reagan
Clinical Services Sharon McClellan
Development Tara Abbott
Employment Services Jim O'Rourke
Finance Jim Richart
Human Resources Toni Gamble
Maintenance and Safety Jason Scheib
Parents and Children Together
(PACT) Jeanne Guarnieri
Quality Lisa Intili
Residential Services Chris Gunning

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Lions Club brings Thanksgiving to The Arc

For the fourth year in a row, the Lions Club of Warren prepared scrumptious Thanksgiving baskets for Arc residents and families. This year, the Lions Club provided over 100 residents and families with a full complement of items to make a traditional Thanksgiving dinner. In addition, The Lions were able to accommodate special dietary requests for our families.

"It is so heartwarming to see our community come together to support the individuals

we serve," notes Executive Director Lauren Panarella. "The Lions Club has literally brought Thanksgiving to families who would not otherwise have been able to have a special meal on this special day. This is what Thanksgiving is all about."

The Lions Club has been a strong and consistent supporter of The Arc of Somerset County and we look forward to continuing our relationship with them for years to come!

Thank you, Lions!



EXECUTIVE DIRECTOR, *continued from page 1*

national) launched an agency-wide "rebranding" process. This process will involve the roll out of our new logo, tag line and several media events. Although our individual missions and programs serving individuals with intellectual and developmental disabilities (I/DD) will remain intact, the rebranding effort will ensure The Arc has a standardized "look" which will result in greater recognition on a local and national level.

Our new logo will represent The Arc as a strong and united organization that is:

EMBRACING – providing services, supports and advocacy for individuals with I/DD

EXPERIENCED – the oldest and largest national organization serving individuals with I/DD and their families

DETERMINED – as a human and civil rights organization.

Another important aspect of the rebranding is our name. We will remain The Arc—not ARC. Arc will never again be used as an acronym and will eliminate the use of the "R" word in our name. This change was prompted by the advocacy of individuals with I/DD throughout the country who felt the "R" word was offensive and outdated...and we agree!

This is an exciting time for The Arc and for those we serve in Somerset County. We are thrilled about our new and dynamic identity that shows the energy and movement of the work we do to help people with I/DD feel empowered and included. To view some of our promotional videos or to find out more about the rebranding process, please visit our website at: www.thearcofsomerset.org

The Arc Develops Collaborations to Address the Changing Needs of Persons Served

Mental Health

The Clinical Services Department is pleased to announce that they have joined with the Mental Health Association of NJ (MHANJ) to work towards furthering education in the area of “dual diagnoses”—co-occurring diagnoses of intellectual disabilities and mental illness.

Recognizing the need for staff training in this area, Bob Hulit, Support Specialist, engaged the services of Tony Strazza, Assistant Director of the Mental Health in NJ Inc.’s Career Connections Employment Resource Institute. Mr. Strazza and his colleagues, Eric Arauz, Employment Outreach Specialist and Gerard Radice, Trainer, presented a four part training series to Arc staff on mental illness. The training included diagnoses, symptoms, medications and the intersection of I/DD and mental health services. The training series was well-attended by staff and so enthusiastically received that MHANJ has graciously agreed to again provide this valuable service during the Spring of 2011.

“Our initial encounters with The Arc’s staff have revealed nothing but caring, competent, forward thinking professionals,” remarked Mr. Strazza. “We welcome the next steps.”

Mr. Strazza will be consulting with the Clinical Services Department in the development of a training series to address the needs of our Direct Support Professionals. We look forward to the sharing of knowledge between our agencies.

“A collaboration with a venerable agency such as The Arc is a unique opportunity for MHA to further advocate for persons with co-existing disabilities. And the first step is building a new vernacular, which can be the penetrating oil to debunk myths, reduce mistreatment, and clinically test paradigms in serving this population. But it’s not just words; it’s also simple math. If you have two chronic conditions that heavily tax your wellness, and you only get treated for one... you won’t get well.”

— Tony Strazza

Aging

The Arc’s Clinical Services Department is joining with Dr. Lucille Esralew, Program Director of Trinitas Hospital’s Statewide Clinical Consultation and Training Program to address the needs of those consumers who are experiencing cognitive decline, dementia or who are at high risk for developing this neurological disorder.

Recognizing the dire need for training in dementia services, Suman Paul, Support Specialist, reached out to Dr. Esralew for assistance. Dr. Esralew not only agreed to come to do a presentation for our staff and families, but offered to visit our main office monthly to provide “mini-clinics” and do psychological assessments for those consumers who seemed to be experiencing a cognitive decline as they age. Further, Dr. Esralew will be consulting with program staff to determine the service needs of these individuals and to ensure that their home and work environments continue to allow a safe, healthy and productive lifestyle as they age.

Many thanks to Dr. Esralew and Trinitas Hospital for their service to our consumers!

Annual Membership Meeting and Awards Ceremony

On June 20th, 2011, The Arc will hold its Annual Membership Meeting and Awards Ceremony at the Bridgewater Manor.

The evening will begin at 5:00pm with an impressive exhibit showcasing agency programs, services and accomplishments. The Membership Meeting and Awards Ceremony will begin at 6:00pm. During the awards ceremony The Arc of Somerset County will acknowledge the contributions of employees, volunteers and business partners who have made a significant contribution to the success of The Arc.

The meeting is open to the public; all are welcome to attend this fun and inspiring evening. Light refreshments will be served.

For more information, or to RSVP, please contact Laura Ziegler at 908-725-8544 x608 or via email at lauraz@thearcofsomerset.org.

Family Support Provides Resources and Services for the



Family Support Center Celebrates First Anniversary

The Arc of Somerset County's Family Support Center (FSC) was established in January 2010 in response to the need for a one-stop center for individuals seeking additional supports for their family member with disabilities. Its mission is to support and strengthen families in the community by creating a special space for families to meet, network and form their own support groups.

The FSC is located at the Jerry Davis Center for Children & Families in Manville. Families can relax in a lounge area to discuss supports, learn about current issues and meet other families. The center is equipped with an internet accessible computer, a kitchenette and a restroom. Family Support staff oversees the center during business hours or by appointment.

The FSC continues to offer workshops and seminars including: Special Needs Financial Planning, Ask the Advocate Day, dementia

assessments, special needs trusts and will include other topics in the future. The center currently partners with the Statewide Parent Advocacy Network (SPAN) and the Regional Family Support Council to provide meeting space. Parent groups also use this space to discuss current topics.

In an effort to meet the unique and changing challenges of parents of a child with intellectual and developmental disabilities, we held our first Spanish-speaking support group with an interpreter in partnership with Somerset Children's Treatment Center on January 20, 2011. Also, a Family Connections networking group had its first monthly meeting in March.

Families are invited to visit the FSC to discuss their unique needs, consult our resource files, and network with families and related agencies. We serve children and adults with intellectual and developmental disabilities and their families with and without disabilities. For more information regarding any of

our programs, please contact our Family Support Coordinator, Mary Atchey, at 908-725-8544, ext. 624.



Valuable Whole Family

Family Support Hosts a Variety of Events and Programs to Enhance the Quality of Family Life

Kids' Night Out Program offers fun and entertainment to children with intellectual and developmental disabilities (I/DD) and their siblings. Children participate in recreation and craft activities while their parents enjoy an evening out. This is a Fee for Service activity and is offered on the third Friday of the month on a first come first serve basis with registration starting 30 days prior to the scheduled event.



Ask the Advocate Day is offered annually to families to discuss their child's Individualized Educational Program with The Arc of NJ's Education Advocate. This event is offered FREE to parents of children in the special education system. Parents are encouraged to attend and learn about their rights under the special education laws and how to become an effective educational advocate for their child.

Caregivers Day is offered annually in the spring to acknowledge and honor our family members, neighbors, friends and caregivers. Through their compassion and love, they make such a positive difference in the quality of life for others. This event is a free, fun-

filled day of pampering, guest speakers, respite, and lunch.

'My Time' Sibling Group is offered quarterly and provides siblings of individuals with intellectual and developmental disabilities, ages 8 to 12, an opportunity to connect with other siblings of children with disabilities. The events include swimming, games, crafts and refreshments. This event is free and held at the Hillsborough YMCA. Registration in advance is required. The program is offered in January, April, July and October.

All events are supported by donor contributions and volunteer efforts. If you are interested in becoming a volunteer for Family Support, please contact Laura Ziegler at 908-725-8544 x608 or via email at lauraz@thearcofsomerset.org.

The Arc of Somerset County's Family Support Program assists individuals with I/DD and their families in their efforts to remain together in their homes and communities. The home is typically the best environment for the individual, so Family Support is often defined as "whatever it takes" to help an individual stay in his/her natural home. Family involvement and empowerment are crucial in determining the needs of the individual or family. Raising

a child with I/DD can challenge a family's ability to cope. Parents, siblings, caregivers and friends often feel overwhelmed. The Family Support staff works with the family to determine needs and assist with obtaining quality supports necessary to enhance the quality of life for the families and the individual with a disability.



Arc Consumers and Staff Enjoy the Holiday Season

Arc Consumers Enjoy a Trip to the Big Apple

Over 100 staff, consumers and family members descended on Radio City Music Hall in New York City in early December to take in the Christmas Spectacular. During the ride into the city everyone on the bus participated in singing a variety of Christmas carols in preparation for the day ahead. The show itself was as advertised: spectacular. Most of the group voted for the Rockettes and the arrival of Santa as the highlights of the show. There was an added treat on the way home as the bus driver took the group on a small tour of the city, passing the Christmas Tree in Rockefeller Center, St. Patrick's Cathedral and Times Square. The ride home to Somerset County was much quieter than the ride in. When asked how the trip was, family member Pat Carlson stated, "It was magical."

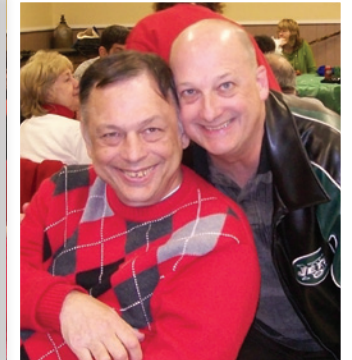
Grants and Donations Provide Program Support

ETHICON awarded The Arc of Somerset County with a \$20,000 grant to help support accessibility projects in our Residential programs. Specifically, funds will be used to offset the costs of renovating several bathrooms to ensure residents can "age in place" in their current home.

JOHNSON AND JOHNSON awarded The Arc of Somerset County with matching funds in the amount of \$10,000 from a previous donation. These funds will be utilized to support the mission and the activities of The Arc of Somerset County.

Residential Programs Celebrate Family and Friends During the Holidays

The holiday season is always a festive time in The Arc of Somerset County's Residential Department. Many of the group homes host parties with plenty of families, friends, food and carols. The larger programs, Union Ave and Commons Supervised Apartments, host holiday bashes with music, skits, food and guests galore. The VFW and American Legion in Manville both generously donate space for these festive events.



The Arc of Somerset County's Form 990 and audited financial statements for FY2010 are available on our website.

Arc Consumer Lands Dream Job

Many people spend their entire lives trying to find the perfect job – the job they were born to do. Phil Tellep, a consumer in The Arc's Supported Employment Program, did just that. A Lego™ aficionado since youth, Phil has a real passion for designing and building Lego structures, but never realized that this passion could lead to a job opportunity.

In late 2009, Joanne Kaiser, The Arc's Manager of Supported Employment, set up an interview for Phil at the Lego Store in the Bridgewater Commons Mall. After updating his resume and creating a portfolio that documented his Lego skills, experience, and passion, Phil was interviewed for a part-time holiday position. Not only was Phil hired

for the position, but because of his stellar work performance he was offered a permanent part-time position in the storeroom.



Phil's story portrays the value of the Supported Employment program in that Lego's has a dedicated employee, The Arc has a new community partner, and Phil has his dream job. Congratulations, all!

Did You Know...?

Did you know... Contract Services achieved 100% Satisfaction in all major categories on the annual Customer Survey? Customer quotes included "I always have been satisfied with The Arc's performance," and "I'm very happy with our relationship with The Arc, and I'm looking forward to a long-term partnership."

Did you know... The Arc of Somerset Shredding is expanding? Give us a call for all your shredding needs.

Did you know... Consumers will prepare more than 4.2 million cosmetic bottles this fiscal year for our customer, glass manufacturer Stoelzle-Oberglas, in support of L'Oreal's production line?

Did you know... We are always looking for additional projects for our production centers? Just call Britt Blomgren, Contract Sales Manager, at 908-707-0920 or at brittb@thearcofsomerset.org.

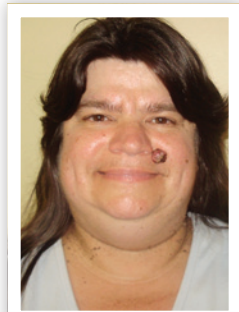
Celebrating the Life of Loved Ones

The Arc of Somerset County honors the lives of those who have recently passed.

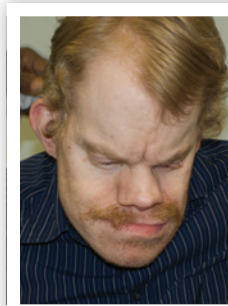


COREY COLEMAN (September 27, 1972 – November 10, 2010).

Everyone who met Corey was touched in a positive way. Corey was a special gentleman who enjoyed life, family, friends, music, sports and dancing. Corey attended Camp Jotoni and worked at the Branchburg OTC for over 10 years.



MARY ZANFINI (July 7, 1958 – December 23, 2010). Mary started at The Arc in 2009 as an overnight staff member at the Cambridge Group Home. Her coworkers and the residents of the home will miss her smiling face and caring attitude.



GLENN TORKILDSEN (February 18, 1966 – January 13, 2011). In the uniqueness of Glenn's life, he taught us how precious life and love are. Glenn was loved by all who cared for him and will be remembered for his infectious smile, giggle and easygoing personality. Glenn attended the Green Brook / Jill

Court ATC for the past 27 years and resided in the Rocky Hill Group Home since March 2003. A celebration of life was conducted by Jamie Dungey on February 15, 2011 at the Jill Court ATC.

ISABEL OWSIK (January 12, 1921 – January 17, 2011). Mother of Joe Owsik, resident of Griggstown Group Home. Isabel served as a devoted advocate for her beloved son Joe, which prompted her to spend countless hours volunteering and fundraising for The Arc of Somerset County.



For people with intellectual
and developmental disabilities.

141 South Main Street
Manville, NJ 08835



**Somerset County
United Way**
Affiliated Agency

The Arc of Somerset County is a
501(c)(3) organization.

Achieve with us.

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Save the Date!

Donor Recognition Event

The 2011 *Together We Achieve More* cocktail reception celebrating the impact of giving will be held on Thursday, April 28 at Lexus of Bridgewater. For additional information, contact Tara Abbott at 908-725-8544 x610.

Caring for Mothers and Others

The Arc will provide a day of respite, pampering, and relaxation for our caregivers of individuals with intellectual and developmental disabilities on Saturday, April 30 at the Holiday Inn of Somerset. To learn more, or to volunteer for this special event, please contact Mary Atchey at 908-725-8544 x624.

Step Up For The Arc Walk & 5K Run

The Arc will be holding its annual walkathon and sanctioned 5K race on Saturday, May 21 at Duke Island Park in Bridgewater. Registration at 9:00 am, Walk/Run at 10:00 am. Visit www.firstgiving.com/arc-somerset or contact Tara Abbott at 908-725-8544 x610 to register for the event or to become a sponsor.

Annual Membership Meeting and Awards Ceremony

The Arc will honor its volunteers, staff, consumers, supporters, and community partners on Monday, June 20 at the Bridgewater Manor at 6:00 pm. Join us for refreshments and exhibitions by program directors at 5:00 pm. Event is free and open to the public. Contact Laura Ziegler at 908-725-8544 x608 for additional information.