

Achieve with us!

We're making a difference in lives all over Hunterdon County, join us!

Moving Forward

Vol. 2 No. 4

Arc of Hunterdon

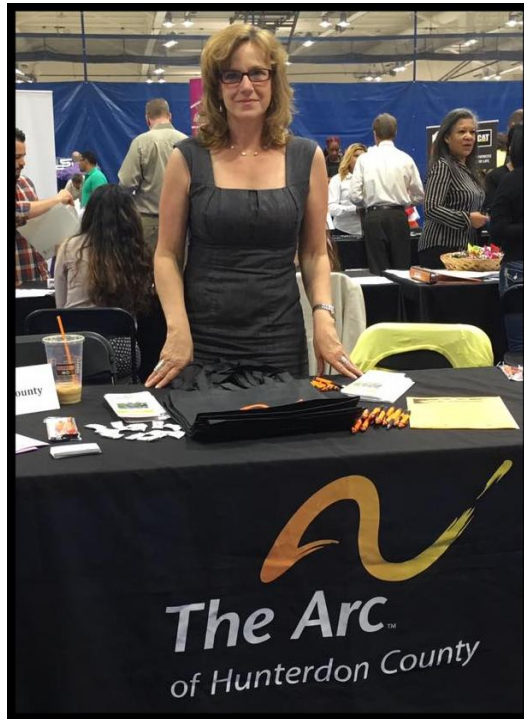
December 2017

F.A.Q. for Families

Meet Denise, she has many roles, and works in our Family Support Department. She fights crime as an Assistant Director of her Program, a Case Manager for families, and an Intake Coordinator for people seeking services. What she wants you to know is, **YOU ARE NOT ALONE.**

'The system' is hard to maneuver for families; there's paperwork, and websites, and help desks, and program coordinators, and all sorts of other 'field jargon' that families shouldn't be expected to understand on their own. That's why *The Arc* has someone like Denise available. She's tapped in to how processes work in NJ, she has connections at local organizations, and knows professionals in the field.

If we can be of assistance to you and your family, even if it is just for information sharing or referrals, please [contact us](#). Denise has agreed to offer a quarterly contribution to our newsletter with answers to frequently asked questions from families just like yours. Stay tuned for more, or [visit our website](#) for further contact information. You can even [submit your question](#) to be featured in our next newsletter.



Denise, meeting the community at a Career Fair for *The Arc*

Have a warm, happy, and safe holiday season!



--From your friends at The Arc



Self-Advocates demonstrating at People First

Disability Rights are Human Rights

The Arc of The United States offered up a free box of swag to any agency that would use it to make a difference in the community. We were absolutely up for the challenge!

We handed out t-shirts, lanyards, and pins to everyone we knew and got our faces out in the community! The swag was designed to send a message to congress and the world, that 'disability rights matter'.

Participants and staff from ArcWorks wore the shirts to last month's *People First* meeting in Flemington. We sent a picture of everyone wearing the shirts, along with a letter, to our congressman, Leonard Lance. Fingers crossed that our pleas are heard, and our battle will continue to support this worthy cause.



Did you receive gifts this holiday season you're just never going to use or don't like? Don't let them sit in your closet for years, untouched! Let us take them off your hands. Your tax-deductible contribution could really brighten someone's day! Call us at 908.730.7827!

Siblings Together

The Arc of Hunterdon is starting a Sibling Support Group for siblings who have a brother or sister with a disability.

Gatherings will be held in a relaxed and social atmosphere. The goal for the group is to provide a free and open environment for social engagement. Meetings are facilitated by adults who also have siblings with a disability.



Our first meeting will be held on Wednesday, January 10th, from 5:30pm to 7:30pm in our Annandale office 'Community Room'. Dinner will be served. Reserve your spot at our website.

If you're interested in joining, but Wednesdays are not convenient, please contact us. Dates and times can be modified to meet demand.



Gift Cards, Year Round

Did you know we have gift cards for sale for tons of businesses? You can order your gift cards with us, have them shipped right to you, and shop just as you typically would... all

while supporting a great cause! Shop for your holiday gifts or use them for your own spending throughout the year.

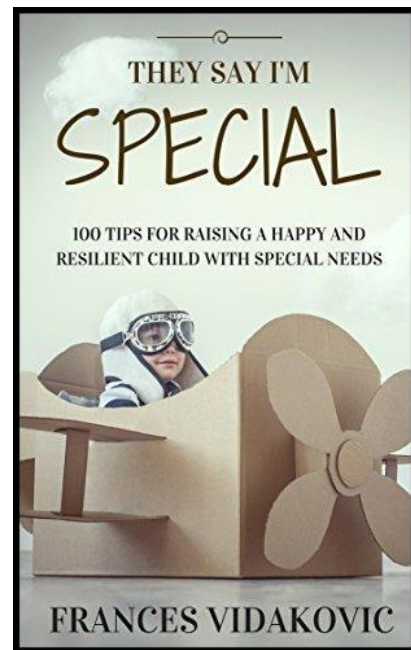
We place orders monthly, so call our main office (908.730.7827) to get your order in. Tons of stores, any denomination! Buy cards for your everyday shopping, upcoming back to school and holiday shopping, year-round gifts, and more!

They Say I'm Special: 100 Tips for Raising a Happy and Resilient Child with Special Needs

This book is by Frances Vidakovic, a parent advocate with a degree in psychology.

She says, "If you have a child with special needs then you and I are more alike than you may think. Whether your child has a behavioral, cognitive, or physical disability, the same truth applies. We both know fear, panic, and sadness. We both have shed tears over that scary seed planted in the garden of our mind- that things can go wrong with children. Not everyone grows up to be healthy and mobile."

This book, published in 2016, has 100 useful, constructive and inspirational tips. It's a [must-read book](#) for parents.



Take the Pledge to end the R word

Our friends at [The Arc of Northern Virginia](#) put together a wonderfully uplifting video about replacing 'the r-word' with a much better one; RESPECT.

[Give it a watch here!](#)

A giant thanks from *The Arc*! Our appreciation goes out to everyone who made our **#GivingTuesday** ventures a success! We're honored that you chose us as your worthy cause.



Disability in the Mainstream

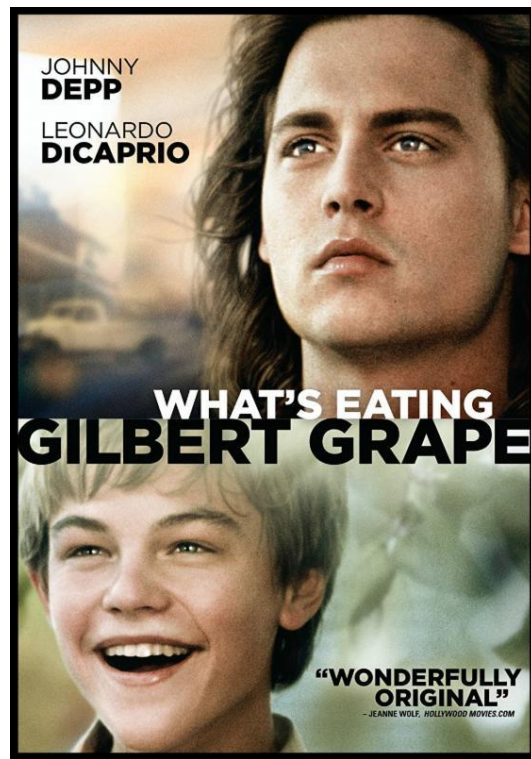
What's Eating Gilbert Grape?

This movie came out in 1994 and is set in small town Iowa, where being different is not always a good thing. Gilbert is in his early 20's and cares for his morbidly obese mother, two sisters, and a brother Arnie who is developmentally disabled.

Gilbert works at the local grocery store and due to his mother's obesity is largely responsible for his younger brother who likes to be independent and do things that make him happy. But the things that make him happy can get him in to trouble at times. Gilbert has a lot going on in his small town life between his responsibilities and his need for a 'normal life'. He struggles with being pulled in different directions.

When a new woman, Becky, comes to town, Gilbert and Arnie enjoy getting to know her. Although Gilbert is reluctant to tell Becky about his personal life, they start to form a friendship with hopes of more. As the movie progresses, Gilbert must make some choices that affect how his family functions.

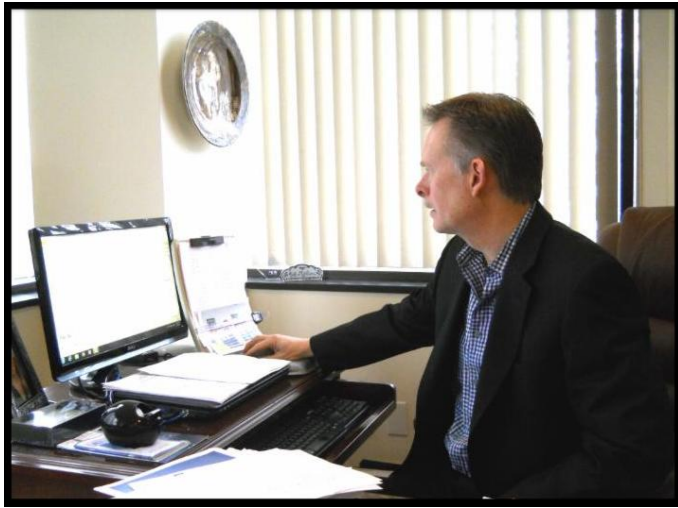
Starring Johnny Depp as Gilbert, Leonardo DiCaprio as Arnie, and Juliette Lewis as Becky, this star-studded cast does a phenomenal job. Leonardo DiCaprio was nominated for an Academy Award for his acting in the role of Arnie. See it with older children as this movie is rated PG-13, but it's sure to warm the hearts of the entire family.



The Arc Across a Lifetime

Check out this incredible [short video](#) about the services provided by agencies like ours and how many lives are touched. It's a nice glimpse of everything *The Arc* provides to so many individuals.





Jeff Mattison, Executive Director

From the Corner Office

As I write this, today is "Giving Tuesday". Let's see, we have Thanksgiving, Black Friday, Small Business Saturday, Sunday is a day of rest in between, then Cyber Monday and now Giving Tuesday. Isn't that enough? What will we do

tomorrow with just another plain old Wednesday?

Drifting away from the commercialization of everything for just a moment, did you know your support of *The Arc's* annual appeal this year helps bridge a pretty significant gap between our actual program costs and the dollars we receive via our contract with the State of NJ? Stated simply, this means every dollar received through our appeal goes directly to sustaining the programs we currently have in place to support individuals with intellectual/developmental disabilities.

Some examples... a young man gets to visit his favorite zoo; a group of four ladies volunteer at Meals on Wheels; staff support two young adults employed at a local supermarket; four gentlemen move into a new home; a close knit group of participants continues a longtime tradition of Thursday night bowling and square dancing; a young man volunteers at a pet adoption shelter. These, I assure you, are just a few examples. Each and every day we engage nearly 200 individuals in both structured group activities and individualized day services. Another 100 individuals are supported residentially, many with 24/7 staffing. Hundreds of families throughout Hunterdon County receive much needed information and referral services, together with in-home counseling.

At this busy time of the year, please pause for a moment and consider playing an important role in the lives of those we support by giving to this year's campaign. By doing so, you contribute greatly toward helping others realize engaged, meaningful, and rewarding lives. It means so much to *The Arc* and, much more importantly, it means everything to them.

All of us thank you! Achieve with us!

Teen Cafe' Open for All

The Arc of Hunterdon offers a Teen Cafe' for youth ages 13-21 to get together one Friday night per month.

Friends meet at our Beaver Brook location to play board games, listen to music, screen the latest movies, battle in video games, and more!



Every other month, we even travel out to a special event during the cafe'. It's only \$5 per person to join and it's tons of fun!

Upcoming dates: December, 8th at 6pm, meet at the main office, enjoy pizza, then hit the movies to see CoCo.

January, 26th at 7pm, at the main office for fun in-house.

Bring a friend, or come meet new friends by registering with [Dara, our Manager of Self-Directed Services](#).



Seven Years Going Strong

Can you believe we are about to tackle our 7th year of our *Bouquets of Baskets and Bags Tricky Tray* event? Tickets will be on sale soon, so stay tuned for details.

As always, we'll be planning to have Coach, Kate Spade, Longaberger, and Michael Kors. And you know all of our name brand bags are always teamed with something fabulous like an iPad, big screen TV, restaurant gift certificates, or a vacation package!

Visit our [website](#) for event details or to become an event sponsor!

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shop this holiday*

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shop at smile.amazon.com.

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The Arc of Hunterdon County | 908.730.7827 | www.archunterdon.org

See what's happening on our social sites:



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