

Achieve with us!

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

Moving Forward

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Arc of Hunterdon

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Who Supports Who Here?

-written by Alyssa Lacey, sibling advocate and Arc employee

When you first begin an adventure as an employee or volunteer at *The Arc*, you're told

that over time the people you support will feel less like 'clients' and more like family. I didn't know how true that statement was until I met a very special woman named Betty Ann.

Betty Ann moved into the residential program where I had been working in December 2013. I had only been with the agency for a few months at this point, and she was the first person I supported who was difficult to understand; her verbal language is a bit different than a typical person's. I can't even count the times she'd yell at me because I didn't understand what she was trying to say. It was intimidating at first, and I was concerned I wouldn't be able to support her.

Over the years, the speech differences seemed to melt away and a true friendship blossomed. A friendship with me, and my family. For four years, I had the privilege of supporting Betty Ann, but what



Betty Ann with Alyssa and her mom, Lisa

we don't realize is that she supported me just the same. Betty Ann and I saw each other through employment changes, new residents moving in and out, medical struggles, relationship break ups, and even my temporary relocation for college.

On every outing together, she would scope out potential "men" for me, but I was never allowed to find her one, of course. She also NEVER approves of my clothing. Every chance she gets she will scold me for not wearing a sweater or wearing a dress or even for wearing pants instead of shorts. She would even call me in Florida to make sure that I was wearing a sweater. Yes, in Florida, where it's 90 degrees. If I wasn't wearing one...oh boy! She evens threatens to call my mother to tell on me! And she's actually called a few times. She's always looking out for me.

See, she doesn't just support me, she is always there for my family, too. If someone isn't feeling well, she makes sure I pass along good wishes. If someone doesn't show up to a picnic, she makes it very clear that she's missing them. When I lost someone I loved, she was there to rub my back and get me through it. To this day, she still talks about the time when she and my mother were in the hospital together and their rooms were next door. My father would welcome himself into her room and stand in between her and the TV just to get a rise; definitely like a member of the family.

So, yes, my job here at *The Arc* is so much more than a job. I believe the message now when we tell the new employees and volunteers. I have made not only friends but family members. At the beginning, I just wanted to support people to the best of my ability but little did I know that Betty Ann would be there for me and my family in more ways than I could ever be for her.



Betty Ann out to dinner with The Lacey family



Self-Advocates meeting & cheering on the runners

Carrying the Torch

-written by Karen Ferroni,
Arc Manager

As a Group Home Manager, this is the second year that I have been privileged to participate as a member of *The Arc of Hunterdon* family with the Law Enforcement Torch Run for the Special Olympics.

On race day, we all met at Riley and Jake's to greet the participants and cheer them on. The runners genuinely appreciated seeing the great support from their Arc partners. It is a win-win for both sides! Our individuals felt like champions that afternoon, the runners embraced them, shared photo opportunities, and thanked them for the support. This was especially gratifying for those who don't directly participate in the sporting events of the Summer Olympics. They are still made to feel part of the great team spirit that forms the Olympics.

Our individuals and their support staff united together wearing the "Torch Run" donated t-shirts. We made signs for the runners to cheer them on and yelled in excitement as they took off down Route 31. It was exciting to see the "Flame of Hope" torch get lit for the first time. The torch was then passed on at each stop throughout the 750 mile Garden State run, where it then ignited the cauldron at the Opening Ceremony of Summer Games. We all feel inspired to have been apart of this special event.



Look for future announcements regarding estate planning, charitable remainder trusts, and bequests. We will be providing these free of charge to interested families. The seminars will be conducted at our Annandale offices and presented by investment and estate planning professionals.

A Day of Caring

-written by Chris Mundy, parent advocate and Arc employee

This summer we celebrated a *Day of Caring*, an annual event that brings together employees from local businesses to volunteer through United Way of Hunterdon County partnered agencies. Volunteers from Exxon came to *The Arc* Adult Day Program to help with a craft as their special event this time.



Our individuals partnered with Exxon employees to create a craft that was fun, simple, and yet impressive. We tied strips of colored plastic to a wire form to create a patriotic wreath. Thanks to our creative *Arc* employee, Kim Horner for creating and preparing this terrific activity! Everyone had an opportunity to socialize and get to know the volunteers. It was fun to listen to everyone joking around and interacting.

Dottie, one of our self-advocates, remarked how much she liked the t-Shirts the volunteers were wearing, and by the time we were finished, someone from United Way had found an extra one for her. She was delighted. Everyone enjoyed themselves, and thanks to our volunteers, they made a huge difference in the lives of our folks that afternoon. Everyone is looking forward to next year's *Day of Caring*.





Gift Cards, Year Round

Did you know we have gift cards for sale for hundreds 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!

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!

Comic Book Has Super Hero with Disabilities

Superb, a comic book, with a superhero who has Down syndrome, was launched in July 2017.

Jonah, a teenager, comes into contact with a piece of a meteor, and develops the ability to temporarily mute and paralyze people with rays that shoot out of his eyes. How he learns to use this power in his daily life as a teenager who goes to school and deals with the teasing of his classmates is the center of this comic book.



Co-authored by David F. Walker and Sheena C. Howard, the book is published by Catalyst Prime. Howard is a professor of communications at Rider University in New Jersey.



Shop For a Cause

On Sunday, September 17th from 1pm-4pm in the main lobby of our administrative offices, we'll be hosting a multi-stylist LuLaRoe shopping event for

the public. The event is free to attend and family friendly. Any shopping done will ensure a generous donation to The Arc and its programs. Please consider attending and spread the word to others in the area.

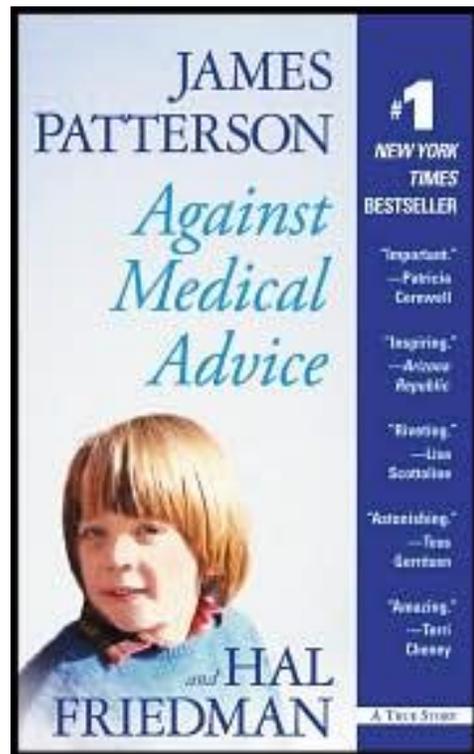
Disability in the Mainstream

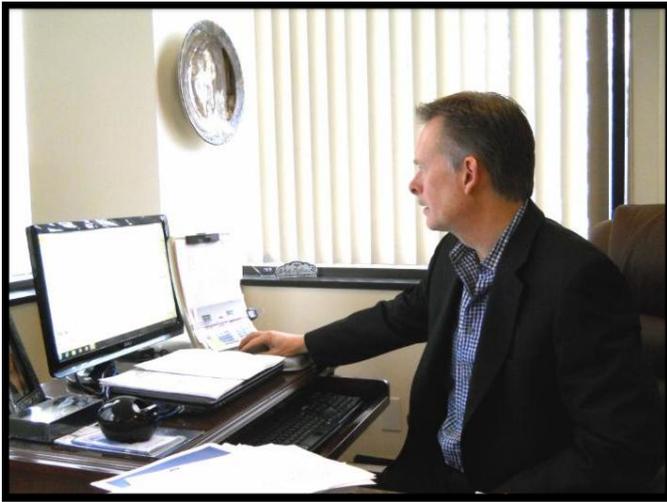
Against Medical Advice

by James Patterson & Hal Friedman is the true story of Cory Friedman's battle for survival in the face of extraordinary difficulties in a sometimes maddening medical establishment. Written by his father, Hal, and with the relentless pace of a Patterson thriller, this is a heart-wrenching story of one family's courage, determination, and ultimate triumph.

One morning when he was almost five years old, Cory Friedman woke up with the uncontrollable urge to shake his head. From that day forward his life became an agony of irrepressible tics and involuntary utterances. Cory embarked on a fifteen-year odyssey of medication upon medication, treatment upon treatment. A constantly changing regimen that left him and his family feeling like guinea pigs in and out-of-controlled experiments.

It soon became unclear which tics were symptoms of his condition and which were side effects of the countless combinations of drugs. The only certainty was that it kept getting worse. Subjected to debilitating treatments and continuous ridicule, Cory became devastatingly aware of how he appeared to others. With the love of his family and the support of a few steadfast teachers and medical professionals, he fought for his very life, and you will cheer his amazing successes.





From the Corner Office

It's been a good summer for our DSP coalition. Thanks to the voices of many supporters, \$20 million has been secured in to the NJ state budget to increase wages for Direct Support Professionals in Fiscal Year 2019.

"This was not an easy battle," say Tom Bafutto from *The Arc of NJ*, but the developmental disability community came together and together, we were able to make a difference." It's certainly a moment to celebrate.

We have further to go, but this is quite an accomplishment. To be a part of the ongoing battle, and to stay in the loop with community updates, join our e-mail list at our website:

www.archunterdon.org.

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!

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



A Local Autism-Friendly Theater

The Paper Mill Playhouse, Milburn, NJ offers special performances for families with children with autism or other developmental disabilities. At these performances, the theater environment is altered, providing a comfortable and judgment-free space.

This includes: 1) house lights on, but dimmed, inside the theater, 2) consistent sound level and lower volumes, 3) BYO reinforcements and motivational systems, 4) kids are free to talk and to leave their seat under parental supervision, 5) BYO snacks & drinks, 6) gender-neutral family bathrooms, 7) Activity Area with Chill-Out zone provided, 8) On-site support teams, and 9) "MEET YOUR SEAT" free open houses before the shows expressly for children to visit the theater space on a previous day.

Online resource materials: character guides, puzzle activities, sequenced social stories and videos on PaperMill.org. For More Information: visit their website at: <http://www.papermill.org/about-us/outreach/autism-programs.html>.

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See what's happening on our social sites:



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