

«AddressBlock»

North Brunswick, NJ 08902

Suite 1

219 Black Horse Lane

Middlesex County



SAVE THE DATE!

Event: 16th Annual Step Up For The Arc Walkathon

Date/Time: Saturday, May 14, 2016 at 9:00am

Location: Roosevelt Park, Edison

Contact us for more information!



T 732-821-1199

F 732-247-5590

www.arc-middlesex.org

VISIT US ON:



In our attempt to become more **green**, we ask that you contact us with your email address.
Please respond to Melissa O'Brien at 732-821-1199 x 134 or mobrien@arc-middlesex.org



Achieve with us.

The Advocate

2016 Edition I

My Dear Friends,

Please join me in congratulating and welcoming Mr. Frank Adu as the new Chief Executive Officer of The Arc Middlesex County. As of January 1, 2016 Frank will become the CEO and guide the organization as it moves toward improving the lives of people with intellectual and developmental disabilities and their families.

In January Frank will celebrate his twentieth year working at The Arc Middlesex. He started as an overnight direct support professional in a group home hoping to earn extra money for his family. He moved to working days and eventually became a group home manager. To this day he is remembered as a person who has set a standard for excellent operations in the community.

From residential Frank moved to a supervisory position in day programs. He worked on taking large centers in industrial parks to small storefront establishments on Main Streets. Frank has also been responsible for developing and managing the agency supported employment program and for supervising family support.

Today as Chief Operating Officer, Frank is responsible for directing finance, HR, computer technology, transportation and general administrative services.

Having worked successfully within every operation of the agency there is no one more suited to be the Chief Executive Officer.

Please give him your continued support.

As for me I will hang around for a while and help with the transition.

Thank you and have a wonderful New Year.

Sincerely,

Richard F Sheridan
Executive Director



Frank Adu
Chief Executive Officer

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For people with intellectual and developmental disabilities.



What's been happening at The Arc?

Our 2015 Overview!

This 2016 Winter Edition newsletter will reflect on all the wonderful things that have happened at The Arc in 2015 and what's to expect in 2016.

Over the past year, many exciting things have happened at The Arc! We held two spectacular events last year that raised funds to support the programs and services we provide. Funkaar Beatz,

“...helping them to gain the skills to live the life they want is something I have always believed in. That inspiration is what continues to drive me.”

a group of community members, also held a great event that raised money and awareness. Altogether, these three events raised over \$38,000!

Our seven Career Centers participated in a countless number of volunteer opportunities within Middlesex County.

Our Supported Employment Program helped many individuals gain career planning and job readiness skills which helped them find jobs within the community!

The groups homes are so essential to the amazing individuals we serve. Not only does it allow them to be a part of the community, but it gives them a sense of independence. Everyone deserves quality of life and that's what we strived for in 2015 and will continue to strive for in 2016.

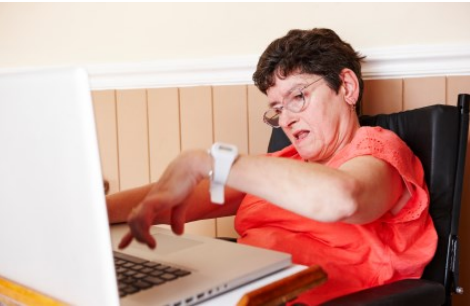


While we have seen lots of success this year, we also experienced many challenges. Last year, The Arc received news that our state funding will be changing to “fee for service.” This change requires us to perform services before receiving state funds. Although some might see this change as a bad thing, we are ready to face this challenge head on and turn it into an opportunity to grow and thrive in a new funding environment!

This year has already started off on a great note! Frank Adu, our former Chief Operating Officer, stepped into his new position as the Chief Executive Officer! He is very excited and eager to take on this amazing opportunity.

“It is an incredible honor for me to lead and serve this agency as the Chief Executive Officer. Providing support to people with intellectual and other disabilities, and helping them to gain the skills to live the life they want to live is something I have always believed in. That inspiration is what continues to drive me.” -Frank Adu

We will continue to stand by our mission and hope that you will join us in changing the lives of those that need us the most!



MEMBERSHIP INFORMATION

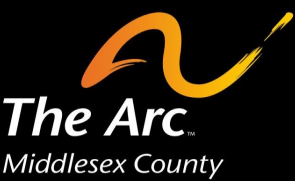
YOUR ARC MEMBERSHIP ENTITLES YOU TO:

- ◆ Opportunities to contribute time and talent through volunteering
- ◆ Participation in the affairs of The Arc of the local, state and national levels
- ◆ Representation in local, state and national policy forms
- ◆ Informational newsletters from your local, state and national chapters with up to date information on the organization and issues concerning people with intellectual and developmental disabilities and their families.
- ◆ Opportunities to join committees dealing with your issues of concern
- ◆ Membership in a network of families and professionals with a common mission
- ◆ Opportunities to obtain informational publications, videotapes and other resources
- ◆ Term life insurance for people with intellectual and developmental disabilities
- ◆ The Arc Credit Card program- a cost saving national credit card with free registration, travel insurance and other benefits

YOUR SUPPORT THROUGH MEMBERSHIP ENABLES THE ARC TO:

- ◆ Monitor national progress made in the areas of inclusion, such as education, employment, community living, and recreation.
- ◆ Conduct a national public awareness and education campaign on the prevention of developmental disabilities to include Fetal Alcohol Syndrome and alcohol related birth defects.
- ◆ Promote the research necessary to help children and adults with intellectual and developmental and to her disabilities
- ◆ Pioneer innovative programs and services to meet the changing needs of people with disabilities and their families.
- ◆ Encourage progressive local, state and national government policy
- ◆ Inform more people of the needs and potential of individuals with intellectual and developmental

If you would like to become a member,
please email Melissa O'Brien at
mobrien@arc-middlesex.org for an application.



MEMBERSHIP APPLICATION

Achieve with us.

Your membership and contribution should accompany the form below. Your check, a tax-deductible donation may be made out to:

The Arc Middlesex County
219 Black Horse Lane North Brunswick, NJ 08902
(732) 821-1199

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

E-mail Address _____

☐ New Member

☐ Renewal

Please check type of membership:

- ☐ \$20 Individual
- ☐ \$30 Family
- ☐ \$50 Sponsor
- ☐ \$100 and above, Patron
- ☐ \$250 and above, Corporate Sponsor

Please check the appropriate membership category:

- ☐ I am a parent, guardian or family member of a person with a developmental disability.
- ☐ I am a person with a developmental disability.
- ☐ I am a professional in the field.
- ☐ I am a concerned citizen.
- ☐ Please check here if you are interested in volunteering at our organization.

For people with intellectual and developmental disabilities.

How To Get Involved...



There are many ways that you can get involved and support The Arc Middlesex.

- ◆ **Volunteer at our events**
- ◆ **Become part of the Fundraising Committee**
- ◆ **Become a Member of The Arc**– Information is on the next page
- ◆ **Donate**
 - ◇ You can donate online through our website or by mailing a check made out to The Arc Middlesex County
- ◆ **Sign up on igive.com**
 - ◇ You shop online at your favorite stores and a percentage of your total will go towards The Arc!
Sign up here —> <http://www.iGive.com/TheArcMiddlesexCounty>

**For more information on how to get involved, please contact:
Melissa O’Brien (732)-821-1199 x 134 or mobrien@arc-middlesex.org**

Have You Thought About The Future?

The Arc Middlesex County has developed a **Planned Giving Program** that is now available to view on our website. Planning for your legacy is an exciting time for you and your family. Our planned giving website features valuable ideas on ways to plan for the future and receive benefits such as tax savings and life income. There are also helpful articles on personal planning with tips for organizing your finances and estate.

If you want to receive the latest planning information, we offer a free weekly e-newsletter with many helpful ideas for you both now and in the future. You can subscribe to the e-newsletter on the front page of our website. Also, be sure to view the online Wills Planner, where you can create your legacy and share your information with a qualified attorney to finalize your lifetime plans.

Feel free to contact us for confidential advice. We are here to assist you in making the right decisions at the right time for you and your family.



Making A Difference in So Many Lives!

**Our ultimate goal is to provide quality of life to those that we serve.
Below you will see just how many individuals we provided services for in 2015.**

403	Individuals served throughout the year of 2015
7	Career Centers throughout Middlesex County
105	Individuals served in our adult day programs
30	Businesses and non-profits where we volunteer at as a pre-vocational activity
100	Individuals in our Supported Employment Program
98	Individuals utilize our Residential Services
2	Used bookstores operated by participants
201	Individuals in our Family Support Program

**We rely heavily on donations and support from the community.
Don’t YOU want to make a difference in someone’s life?
Help us make 2016 an even better year!**

To learn more about our programs and services, visit our website at www.arc-middlesex.org

The Arc of Middlesex County's 15th Annual Walkathon

On Saturday May 16, 2015 we held our 15th Annual Step Up For The Arc Walkathon and raised nearly \$17,000! About 150 participants attended and helped raise money and awareness. Volunteers from J.P. Stevens High School, Goldman Sachs and Middlesex County College all helped make our walkathon successful. Everyone was able to take pictures with Sparkee from the Somerset Patriots, play games and dance to the music!



Please support us at our 16th Annual Walkathon!!

Our walkathon for 2016 will be held on
Saturday, May 14th at Roosevelt Park

SURON KI BAHAR

Funkaar Beatz held their 2nd Annual Mega Musical and Dance Event that got everyone on their feet and dancing! Funkaar Beatz put together a great show all while raising money for The Arc Middlesex. The performers sang popular Bollywood songs and put on some great dance performances.

Approximately 75 people from surrounding communities came out and enjoyed themselves. These amazing group of individuals, one being a Board Member for The Arc, not only put on a fantastic show but they raised \$6,000 for The Arc! We are sure that this year's event will be great, if not better than last year!



Wine WITH US

'Wine With Us' was held on December 5, 2015. It was a fun-filled night that included wine, beer, non-alcoholic beverages and some great food! There were approximately 75 attendees who were family, friends, co-workers and sponsors.



There were many great prizes including a 40in. Flat-screen TV, Walt Disney Park Hopper tickets, gift cards to restaurants, wine baskets, sports memorabilia and lots more! We were able to raise \$15,360, which will go towards the programs and services that we provide.

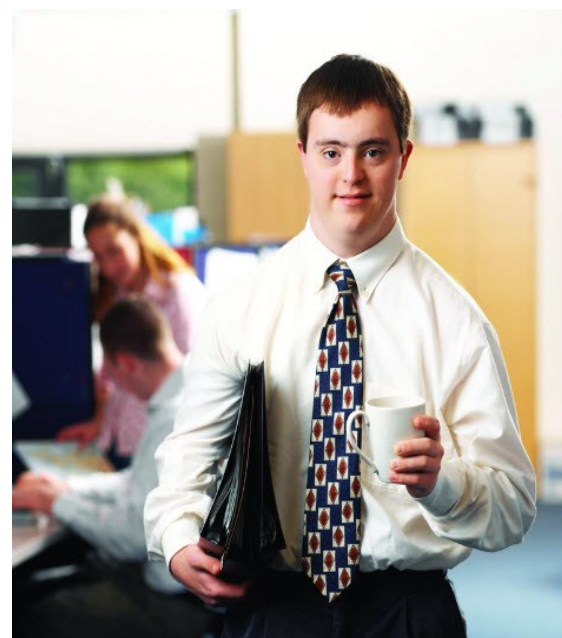


Our Career Centers Love Getting Involved!

Right now, The Arc currently has 7 Career Centers throughout Middlesex County. These centers help individuals with intellectual and developmental disabilities learn many different useful skills that can be applied to everyday life. The Career Centers emphasize the development of skills for social, physical, emotional and vocational growth. Individuals have the opportunity to interact through task training, education and community integration. We also offer job exploration. The Career Centers assist participants to achieve their goals in the following areas: independent living skills, community integrations skills, educational development, career planning, interpersonal relations, communication skills, etc.

In our T.E.C.H. Center, they also learn how to use computers and ipads for sending emails, writing letters, using social media, finding information on the web and much, much more!

We also have two used bookstores that are operated by the participants in the Career Centers. This provides them retail/sales training experience which is very helpful when searching for a job!



The Jamesburg Page Turner

47 East Railroad Ave
Jamesburg, NJ 08831
732-605-0005

The Main Street Page Turner

114-C Main Street
Woodbridge, NJ 07095
732-326-9381

Our Career Centers also do a lot of volunteer services within the community. Everyday each Career Center participates in a volunteer opportunity. They pick up surplus food from local restaurants and then deliver it to soup kitchens and food pantries within Middlesex County. Our participants also visit senior centers and nursing homes. Planting beautiful flowers at Danielle's Garden at Waterfront Park is also one of their favorite

volunteer activities to do. Community inclusion is so imperative and our goal is to get them involved with the community as much as possible!

We also like our participants to have some fun as well. They go to many special events year-round. The Career Centers go to Minor League Baseball Games, Liberty Science Center, Grounds for Sculpture, Middlesex County College, Princeton walking tours, the aquarium, planetarium and boardwalk amusements.