



# FAMILY SUPPORT SERVICES

The Arc of Middlesex



Spring, 2010

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## Save the Dates!

- 3/6, 3/20: Raritan
- 4/3, 4/17: Raritan
- 5/1, 5/14: Raritan
- 3/13, 3/27: Jamesburg
- 4/10, 4/24: Jamesburg
- 5/8, 5/22: Jamesburg
- 3/11: School Fair
- 5/22: Arc Walkathon

As you will flip through the pages of this newsletter, you will find important information that can affect your family for the better. We love keeping it positive. Keep your eyes peeled for **parenting classes; become proactive in shaping DDD's newest policy regarding day programming; and educate our newest policymakers in the Legislature and the new**

**Administration about the reality of your lives. The Rally for Respect is set for Tuesday, March 23rd from 10:00 a.m. to 12 noon at the Rutgers University Busch Campus Center in Piscataway.** Thank you for contributing to these efforts and for forging ahead with change!

**Our Second Annual School Fair** will be held at The Arc administration

building on Thursday, **March 11, 2010 from 4:00 p.m. to 8:00 p.m.** Parents and children, as well as advocates, will be visiting our building to learn as much as they can about various educational opportunities available to them. And those of you who are committed to physical fitness and/or earning money for a great cause, consider participating in *our Walkathon on 5/22/10!*

## Monday—Friday @ Black Horse

We started out the year working on our New Year's resolutions. We've been cooking healthy snacks to encourage healthy eating habits. We've had chocolate covered pretzels and quesadillas. Our ex-

tended day took us to TGIF to eat some awesome food. Our winter party at Raritan was lots of fun, as we socialized with the other a/s program. We are asking parents to send in baby pictures of their

children. Please get them in to the program. Our art projects help the room look so colorful. Our bulletin board will soon be changing.

Eilyn Aguilar,  
Coordinator

## A Letter from the Family Support Coalition of NJ

### Sample List

**6:30** Wake up 18 yr old daughter. Coax her out of bed. Put pills in her mouth and hold cup of juice so she doesn't nod off and drop cup. She has toileting accident at kitchen table. Put her in shower to wash her. As she steps out of shower she gets bloody nose. Sit her on toilet with a towel around her for warmth and hold tissue to her nose until bleeding stops, put deodorant on and comb her hair, bring soiled laundry to basement to put in washing machine, brush her teeth, help her put her jacket on, get myself dressed for work, check her backpack, see her out the door, put clothes in dryer and realize sink is backed up, ask husband to deal with it so I can leave for work.

As you know, NJ is in extremely difficult financial straights, and many of us are very concerned about what that might mean for developmental disability services. To educate policymakers in the Legislature and the new Administration about the reality of families' lives, we are asking that families make a list of the caregiving details of a typical day or part of the day. This isn't anything that should involve a lot of

writing. People don't even have to write in complete sentences! They can just keep a piece of paper somewhere handy, like the kitchen counter, and add to it throughout the day. You can choose to write about one whole day, a part of a day or a composite picture of many days. It would be helpful to include things like time spent making doctor appts, talking to school personnel, managing behaviors (how many

tantrums in a typical day) . Include the age of the child (changing diapers is a different thing at 18, than at 2). It would be good to have contact info, but it isn't necessary. You can bring your lists to the next meeting on March 25 at the Mercer County Library or mail them to Kathy Roberson The Boggs Center 335 George Street PO Box 2688 New Brunswick, NJ 08901. Or email at [kathy.roberson@umdnj.edu](mailto:kathy.roberson@umdnj.edu)

*South Brunswick  
Public Library  
110 Kingston  
Lane  
Monmouth Jct.  
NJ 08852*

## Parenting Workshops

This program is for parents and caregivers of kids with **Autism Spectrum Disorder**. This parenting series is a 15 hour course that focuses on teaching behavioral approaches to parent-

ing. The topics include **Educational Rights, How to Assess and Change Behavior, How to Teach New Behaviors and How to Track Progress**. The program meets 10 a.m. to 1 p.m. on

**Saturdays: Feb. 27, March 6, March 13, March 20, March 27**, in the **South Brunswick Public Library-Library Meeting Room A/B**. For questions, call the Children's Dept. at 732-329-4000, ext. 7285.

## Instructions for Life in Family Support



1. Keep your First Aid and CPR current.
2. Surprise a new neighbor with one of your home-made dishes and include recipe.
3. Be a good loser and a gracious winner.
4. Spend less time worrying about who's right, and more time deciding what's right.
5. Never give a gift suggesting improvement.
6. Start meetings on time regardless of who's missing.

## Monday–Friday at Raritan

The last few months have been a really fun time for the Raritan after school program. Because of the wintery conditions, we have had to think of new and exciting ways to have fun indoors. We played a lot of group bonding games like Trouble, Battleship,

Uno, and Bingo! We also watched some new movies: UP !, Alvin and the Chipmunks, Bridge to Terabithia, and Cloudy with a Chance of Meatballs. They were all great! When we got hungry we made nachos, personal pizzas and even took a trip to

Dunkin Donuts. Our group hosted The Winter Party and everyone danced and ate lots of great food! We are definitely looking forward to the spring so we can go outside and play sports and other outdoor activities in the park!

Cosku Taalu, Coordinator



## Today's Cliché—Fall Head Over Heels

To be won over or enter an activity so thoroughly as to be almost helpless. The head is normally over the heels, so the terms would seem to make more sense as “heels over head,” and indeed that is what it was. As early as the 14th cen-

tury, it appeared as “hele ouer hed” in a poem (quoted much later in *Early English Alliterative Poems*). The *Oxford English Dictionary* says the modern version is a “a corruption of heels over head.” The corruption has been around for a long time,

appearing in *Contemplative Man* (1771) as “he gave (him) such a violent involuntary kick in the Face, as drove him Head over Heels.” Once one is in a somersault, of course, it is first the head and then the heels that are on top.



## RALLY FOR RESPECT !

Join the New Jersey Statewide Self-Advocacy Network, the New Jersey Self-Advocacy Project and hundreds of New Jersey citizens to speak up for dignity and respect for people with developmental disabilities by taking a stand against the hurtful

use of the, “retard”, and “retarded”. As part of National Developmental Disabilities Awareness Month, representatives from every NJ county will call for: *People with developmental disabilities to be recognized as contributing members of society, Pledging to stop the hurt-*

*ful use of the words, “retard” and “retarded” in everyday language, and Support to remove these words from all state government documents.*

Event is free but registration is required. 732-246-2525, ext. 30 or email: [njsap@arcnj.org](mailto:njsap@arcnj.org)



*Even our name has been officially changed to The Arc of Middlesex County.*



THE ARC OF MIDDLESEX

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**PLEASE NOTE  
FAMILY SUPPORT  
HAS THEIR OWN  
FAX:  
732-247-5493**

## DDD's New Policy—Very Important

The Arc of NJ is very concerned about DDD's recent announcement that, due to budget constraints, **only individuals who can show they have an "emergency need" for day services will be able to receive them.** Individuals whose situations are not considered an emergency, will now go on a waiting list for day services. The Arc NJ is particularly concerned about what this will mean for the students who are about to graduate from high school and may not be able to access employment and other day services from DDD. It is our understanding that DDD intends to conduct an assessment of the gradu-

ates to ascertain who meets the criteria to qualify as an emergency. The Arc NJ is respectfully requesting that DDD conduct all of those assessments before May 15, 2010 to ensure that day services will be available upon graduation to the students who are deemed emergencies. Furthermore, they are calling upon DDD to identify funding to restore day program services to all individuals who need them now and in the near future, including the upcoming graduates. We are urging all families who have a child graduating this year to immediately make a request, in writing, to their DDD case manager for day services

and ensure that an assessment is conducted as soon as possible to determine emergency status. We also advise families to start thinking about how not having a day program will affect their son or daughter and to begin pulling together records (school, doctor, therapist, etc.) that will help their case manager fully understand the possible implications to their family if day services are not provided after graduation. Additionally, families may want to consider the possibility of receiving employment-related services from the Division of Vocational Rehabilitation Services (DVRS) as an alternative to DDD day ser-

*In an attempt to determine how many individuals this is going to impact, **Denbigh Shelton, Director of Family Advocacy Program at The Arc of NJ**, is collecting the names and contact information of anyone who needs these services but is told they do not meet the criteria outlined by DDD to be classified as an emergency. If your family needs day services and you are denied access by DDD, please contact her so that she can track who this is affecting and work toward ongoing advocacy strategies to address this potential crisis. Denbigh's information is:  
**732-246-2525, ext. 49**  
[dshelton@arcnj.org](mailto:dshelton@arcnj.org)*