

## *Project First Step Celebrates 35th Anniversary*



*Barb doing what she did best.*

**Reservations for Sept.14 to:**

Janine Pratt, [jpratt@arcwarren.org](mailto:jpratt@arcwarren.org) or  
by calling PFS at 908-689-4541 by  
Sept.10th. Hope to see you there!

The Arc's early intervention program, Project First Step (PFS), celebrates its 35th anniversary in 2014, and we plan a "family reunion" to commemorate the occasion!

Families currently enrolled in PFS, as well as those who have participated in the past, are invited to join us on Sunday, Sept.14 from 1 to 4 pm at Hawk Pointe Golf Club, 294 Rt 31 South, Washington, for an afternoon of ice cream, memories, shared experiences, and more as they reconnect with one another and with current and past PFS staff.

The anniversary reunion is dedicated to the memory of Barbara Salamy, R.N., who served as PFS nurse for many years. Barbara worked hard with the PFS team to provide the best in evaluations and therapies for infants and toddlers with developmental disabilities and delays, and did so in a thoroughly calm, professional, and warm manner. She was an inspiration to all who knew and worked with her, and is missed in many ways. Her husband, George, and family continue to support The Arc and Project First Step in her honor.

### **From the Desk of Robert A. Pruznick, CEO**

The Long Term Impact of Project First Step:  
Celebrating 35 Years of Effective Early Intervention

*"An ounce of prevention is worth a pound of cure."* – Benjamin Franklin

Technically speaking early intervention can be considering a tertiary form of prevention. The prompt involvement of highly trained special educators and physical, occupational and speech therapists with a child diagnosed with developmental delays can mitigate the lifelong impact of intellectual disability. On rare occasions such early childhood specialists can even provide secondary prevention when their interventions put children back onto typical developmental milestones for the long haul. Over my thirty three year tenure here I have witnessed the heartwarming results of both varieties of good outcomes. Accordingly, I have always been extremely proud of the work accomplished by Project First, year in and year out.

This essential program had just been inaugurated by Carolyn Wolf just before my arrival in 1981 and when I began my Arc career I shared the small office on 13 Broad Street with a very capable PFS Director, Ellen Harvey. Since my field experience had been primarily with adults, I had a lot to learn about this exciting function of The Arc, Warren. In my mind, a service with such wonderful potential defined why the agency existed.

Ellen had recently received her Master's degree in Special Education from the University of Washington – a school with a nationally recognized reputation for excellence in this academic area. She quickly applied her stellar preparation in a very practical manner when a local child entered the program with a rare genetic anomaly called Rubinstein Taybi syndrome. First described by the two doctors for whom the syndrome is named in 1963, only 400 individuals since have been identified with the specific pattern of physical features and developmental disabilities that define this condition.

*(Continued on page 2)*

## *Recreation Services Sees Big Changes*

The Arc offers congratulations and best wishes to Carolyn Wolf as she begins a new chapter in her dedication to The Arc and its recreation program, and welcome Meghan Moyer as new Director of Recreation Services. She will be assisted by Marci Gubich, Asst. Director of Recreation Services as she looks to expand sports and leisure recreation programs for people with disabilities throughout Warren County.

One of the ways YOU can help is by sending her your email address. Recreation is always looking for ways to get you the most up to date information (and save on mailing costs). Reply to: [mmoyer@arcwarren.org](mailto:mmoyer@arcwarren.org) or [mgubich@arcwarren.org](mailto:mgubich@arcwarren.org).

This department has developed a wonderful newsletter of its own, complete with all the information you need in order to get the most out of recreation programming. Just drop a line to the email addresses above—it's easy!

### *“Step Up for The Arc” Walkathon Sept.6 NY Red Bulls Game Oct.19*

Contact recreation services if you are interested in participating in the “Step Up for The Arc” Walkathon Sept.6 at Meadow Breeze Park, Washington Twp., and/or the NY Red Bulls soccer game Oct.19th—both great offerings for the entire family! There's lots more fun to be had, too: Check your copy of “Recreation Review” for more activities..



### **Grand Harvest Wine & Music Festival** Sunday, September 21 from Noon to 5 pm

Four Sisters Winery, Belvidere, NJ

Tickets \$20 age 16 and older

SAVE \$5 by purchasing tickets online by Sept. 16:

**[Grandharvestwinefestival.com](http://Grandharvestwinefestival.com)**

For the Benefit of NORWESCAP and The Arc

### **Long Term Impact of Project First Step, continued from front...**

Needless to say Cef and Ginny Garcia were thrilled to find a competent professional to assist with their unique child caring responsibilities right here in Washington. Ms. Harvey quickly and thoroughly researched the syndrome (in a pre-digital era when knowledge was not instantaneously available through the internet). Ellen was able to support the Garcias by answering a whole host of questions about Rubinstein-Taybi: How is it defined? Can it reoccur in other offspring? What can parents expect during the newborn period? Are there medical or behavior problems one can anticipate? Should my child be immunized? What can we expect in terms of personality and development through puberty?

Because The Arc, Warren had the capacity to respond with accurate information, effective therapy and emotional support we were able to give the Garcias a real helping hand that translated very quickly to a firm basis for hope. Three decades later Matthew is an extremely happy, healthy, and productive citizen who is a joy to all who know him. An equally important product of PFS, Ginny Garcia evolved into a terrific advocate, who in June was inducted as the President of the Board of Directors of our local Chapter. Obviously, Project First Step has been an invaluable investment in good outcomes for people.

**The Arc is Having a Party, and Look Who's Coming!!!**



**The Arc of Warren County Presents  
The Radio City Music Hall Rockettes Alum  
Saturday, November 1, 2014**

Join us as we celebrate the 60<sup>th</sup> Anniversary of The Arc of Warren County!

**Honorary Chair: Deirdre Bryant  
ABC Radio Network News Correspondent**

Established in 1954, The Arc has a proud history of quality service and support for children and adults with intellectual disabilities. Helping people to have better lives is our mission and our passion.

For tickets and information, please contact The Arc Foundation  
908-689-7525 x212 or: [kguyette@arcwarren.org](mailto:kguyette@arcwarren.org)

**THE ARC OF WARREN COUNTY**

319 W. Washington Avenue  
Post Office Box 389  
Washington, New Jersey  
07882



**SINCE 1954,  
PROVIDING QUALITY  
SERVICE AND SUPPORT  
TO PEOPLE WITH  
INTELLECTUAL AND  
RELATED  
DEVELOPMENTAL  
DISABILITIES.**

Phone: 908-689-7525  
Fax: 908-689-4898  
E-mail: [info@arcwarren.org](mailto:info@arcwarren.org)



*The Arc Foundation*

Many, many thanks to all who lent their support to The Arc Foundation's fundraising activities recently, including the July "Music at The Hall" concert at Rutherford Hall, Allamuchy, and the August "Golf Classic for The Arc" at Hawk Pointe Golf Club, Washington. Both of these events will provide funding for a number of Arc programs and services, as will September's "Grand Harvest Wine & Music Festival" at Four Sisters Winery, Belvidere, and our December "Festival of Trees" event at Rossi Chevrolet Buick GMC in Washington.

Please note: In 2015, our new, permanent home for "Grand Harvest" will be at Rutherford Hall as it becomes a Wine and Beer Festival featuring upscale food truck—and great music, of course! Mark Sun., Sept.27, 2015 on your calendar now!

The Arc Foundation continues to search for ways to keep our families informed about estate planning, charitable giving, and other programs to benefit the individuals and families served by The Arc. If you have questions about providing for the future of your child with a disability, or wish to make a charitable gift to The Arc Foundation that will provide a tax incentive to you as it helps ensure the future of Arc programs, please contact Arc Foundation Director Kevin M. Guyette at 908-689-7525 x212.

The Arc Foundation Board of Directors welcomes members to its standing committees as well as to the board. Please contact the office if interested.