Dear Parents and Guardians,

I hope you are all staying safe and healthy during these difficult times. I know these are trying times with the schools and businesses closed. I want you to know that The Arc of Union County is busy following every protocol. While we are working from home, our maintenance and custodial staff are busy sanitizing all of our building and the equipment inside. We are taking every precaution necessary to ensure a safe and healthy environment for when programs resume.

Colleen, Samantha and I are busy planning new activities for when the programs do re-open. We will be keeping close contact with you to keep you updated on what’s going on here at The Arc of Union County. Even though we are not in the office, we can always be reached through email...

Colleen – cpalmela@arcunion.org  
Samantha – swhittaker@arcunion.org  
Donna - dkell@arcunion.org

We are here, Do Not Hesitate to contact us. Until we see each other again, please stay safe and healthy.

Donna Kell  
Director of Family Support

The Arc of Union County is now using the Remind App. This app sends out text messages/alerts to keep everyone up to date on the most current program related information. Please contact Colleen or Donna for more information or to join this informative program.
We're busy preparing for the 2020 camp season. As a friendly reminder, Performcare/CSOC offers assistance to those who are eligible. PERFORMCARE requests that all applications must be received or postmarked no later than April 30, 2020 to be considered for funding. For any questions about Camp Star, please contact Donna Kell at dkell@arcunion.org.

**CAMP STAR 2020**

for children, teens, & young adults 5-21

We're busy preparing for the 2020 camp season. As a friendly reminder, Performcare/CSOC offers assistance to those who are eligible. PERFORMCARE requests that all applications must be received or postmarked no later than April 30, 2020 to be considered for funding. For any questions about Camp Star, please contact Donna Kell at dkell@arcunion.org.

**After School**

21 and under

If you didn't already know, the After School program runs in The Arc Family Center in Mountainside which shares their space with Kohler Academy. This program runs throughout the year following a child's school schedule. The program runs Monday through Friday from 3:00-5:45pm.

During this time of social distancing, we have assured the program areas and supplies have all been sanitized. We are also preparing our activities for when we resume programs. If you have any questions about After School, please contact Donna Kell at (908) 232-0388 or dkell@arcunion.org.

**After Work**

21 and over

We also have an After Work program for our individuals who are 21 and older. This program runs out of our Main Office in Springfield. This program also runs Monday through Friday from 3:00-5:45pm.

During this time of social distancing, we have made sure the program areas and supplies have all been sanitized in preparation for our return. We are also working on new activities for our participants to engage in. If you have any questions about After Work, please call Colleen Palmela at (908)232-0037 or cpalmela@arcunion.org.
**Children's Saturday Program**

21 and under

Twice a month we have a Children's Saturday Program that runs inside The Arc Family Center. The program schedule is set on a quarterly basis and runs from 9:30am-2:45pm. While participants are responsible for bringing their own lunch and having transportation to and from the program, we are responsible for bringing the fun.

We can't wait until the warmer months arrive and we can spend more time together! If you have any questions about Children's Saturday Program, please contact Donna Kell at (908)232-0388 or dkell@arcunion.org.

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**Adult Saturday Program**

21 and over

The Adult Saturday Program runs twice a month on predetermined Saturdays from 9:30am-2:45pm. Program participants need to assure they have transportation and need to bring their own lunch, but everyone always has a fun time! We can't wait to get back to program to see our friends!

If you have any questions about Saturday Program, please call Colleen at (908)232-0037 or cpalmela@arcunion.org.

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**Teen Recreation**

16-21 years old

Teen Recreation is one of our new programs! The program will begin once we are able to resume to our normal routines. We invite teens to join in some of our various recreation activities that will be held throughout the week!

Contact Colleen Palmela at (908)232-0037 or cpalmela@arcunion.org for more information on recreation programs for teens or to be put on our mailing list.

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**Adult Respite/Recreation**

21+ years old

Adult Respite/Recreation is one of our most popular programs! We have a variety of events held throughout the week and sometimes on weekends to for our individuals to get out and have fun with their peers.

If you're interested in Adult Respite/Recreation, please contact Colleen Palmela at (908)232-0037 or cpalmela@arcunion.org to be added to the mailing list.
Just for fun!
Things to do While Social Distancing

Stay in Touch
- use technology to keep in contact with friends and family. Facetime, Google Hangouts, Emails, and Text messages are a great way to do it!

Take a Walk
- enjoy the springtime by getting outside for a walk, it's very important to keep moving to stay healthy.

Knock Out That To-Do List
- use this extra time to take care of the things you've been putting off!

Bond with Your Pet
- take your dog for a walk, teach them a new trick, or maybe cuddle with your cat, use this time to enjoy your pet.

Get Creative
- paint a picture, make a card, write a journal, the opportunities are endless.

Take a Virtual Field Trip- Google some of these ideas
- visit a museum
- visit a zoo (San Diego Zoo has a wonderful tour)
- visit an aquarium (the jellycam at Monterey Bay Aquarium is SO relaxing)
- visit a planetarium
- visit a volcano
- visit Yellowstone National Park
- visit Boston's Children's Museum
There are so many different "trips" you can take by simply searching the internet.

Learn Something New
- use this time to better yourself, learn a new hobby, a new sport, learn to cook, take this time to better you.

Social Distancing
Take this time to learn, relax, and have fun. We need to make the best of the difficult times and hope for everything to return to normal soon.