

# Spring Activities At The Arc of Somerset



## 2015 Step Up For The Arc Walk & 5K Run

Saturday, June 6, 2015  
8:30 am  
Duke Island Park, Bridgewater

The deadline to register and receive a t-shirt is a t-shirt is Tuesday, May 19th!

Click on the link below and register NOW!

<https://www.firstgiving.com/arc-somerset/2015>

Registration fees of \$15/Adult Runner, \$10/Student Runner, \$15/Adult Walker, and \$10/ Student Walker are waived if you raise \$50 or more. All ages are welcome!

Sponsorships are still available until May 19th!

For more information, please contact Lisa Marie Arieno at 908-725-8544, x 610.

**Thank You To Our Gold Medal Walk & 5K Sponsors!**

## Exercise for Life and The Special Olympics

By Lisa Marie Arieno

Jennifer Gordon is a 46 year old woman with developmental disabilities who resides at Bethel Ridge group home in Basking Ridge. For over 15 years, Jennifer has made a point to be active in her home and community with her love for the outdoors and speed walking.



Godelieve Babey, owner of Be Fit Anywhere, LLC, is a Personal Fitness and Movement Trainer based in Hillsborough, New Jersey. She offers training designed for

each and

every abled body. In 2007, Godelieve was introduced to Jennifer by a family member with hopes that as a client, Godelieve would have Jennifer stay on a daily nutrition and activity regime. From there, Jennifer's ambition to be fit grew bigger with her specific training that included softball, speed walking, relay racing and jav throwing. Since 2007, Jennifer has committed to the Somerset County Track & Field Festival in early May and participating in the Special Olympics of New Jersey each June.

Over the years, Jennifer has steadily increased her medal athletic performance including last year where she received a gold medal at the New Jersey Special Olympics for her perfect throw during the Turbo Jav Throw activity.



Receiving a gold medal was a dream come true for her and she has not stopped dreaming. This year, Jennifer is going for two gold medals!

"Exercise should be an activity in which everyone can participate and have fun. By offering exciting



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and challenging exercise programs that fit Jennifer's unique needs and preferences, I can help her embrace her potential and help her be her very best!" says Godelieve.

Jennifer and her fellow house mates have been dedicated to physical fitness for it is part of their culture. Godelieve plays an important role in keeping Jennifer ready to be on her best game. "Jennifer's endurance has not only improved immensely, as well as the daily workouts helping her physically, but most importantly mentally" added Godelieve. Jennifer looks forward to each and every day and serves as an inspiration in her house for others to achieve success.

Godelieve Babey will be the "Warm Up" host at this year's Annual "Step Up for The Arc" walk and 5K event on Saturday, June 6th. She will get both walkers and runners fully stretched and she will spend some quality activity time at the fellowship tent with the folks we serve at The Arc.

For more information about the Special Olympics of New Jersey, please visit <http://www.sonj.org/> and for more information about Godelieve Babey or to reach her directly, please [click here](#).

## Jerry Davis Center Receives Nutrition Grant From Stop & Shop

Stop & Shop has awarded a grant of \$1,000 to The Arc of Somerset County's Jerry Davis Center for Children Families. This grant will support the Developmental Daycare "Veggies and Fruit Friends" program which will

help bring enhanced nutrition and education to the center this spring.

The program was kicked off on April 22nd at the Stop & Shop in Raritan New Jersey as the Assistant General



Manager, Bill Gulden and Store Employee, Tammy Weber greeted the children who took a field trip to learn about the variety of colorful fruits and vegetables that the produce department offers.



## Annual Meeting & Awards Ceremony

Please join The Arc of Somerset County as we celebrate this year's successes providing advocacy and services to individuals with intellectual and developmental disabilities in Somerset County.

The Arc will hold its 2015 Annual Meeting and Award Ceremony on Tuesday, June 9, at the Olde Mill Inn in Basking Ridge.

Department displays will be available to view at 5:00 pm and the meeting will begin promptly at 6:00 pm. Cocktails and light refreshments will be available.

RSVP is requested to Laura Ziegler at 908-725-8544, 608.

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"Adequate nutrition is a critical component of the preschool program", said Jennifer Orlick, Director of

the Jerry Davis Center for Children & Families. The funds granted will support our food budget and allow



fresh produce food preparation to be combined with a curriculum around a veggie and fruit friend of the week in May and June".

The educational program continued on Monday, April 27th, when the Daycare and Preschool children held a Farmer's Market in the hallway of their school. Chris Deshane, General Manager, and Bill Gulden from the Raritan Stop and Shop stopped by to bring grocery bags and participate in the event.

Children, wearing the Stop and Shop name badges, manned the produce section, while others were at the cash register and others were bagging the purchases.

Fruit and veggies including blueberries, strawberries, carrots, and cauliflower were sold. Arc employees

stopped by the market to purchase healthy snacks.



"This event was a wonderful experience for children to practice social skills, communication skills and so many other skills," comment Orlick. "Their interactions with the others is an integral part of learning and processing the world."



Due to the overwhelming success of the event, the Farmers Market is going to be a regular occurrence at the school.



## Grant Awarded Generator

The Arc of Somerset County received a grant for over \$28,000 from the Somerset County HOME Investment

Partnership Program, which has the mandate of expanding the supply of safe and affordable housing for low and moderate income individuals. The funds will be used for the purchase and installation of an automatic generator at Old Stirling Group Home. Some of the residents of the Old Stirling Group Home have complex health needs that could be negatively affected if the power was out in the home for any length of time.

