



September 2016

Registration Opens for Annual Self-Advocacy Conference



Pictured above, Self-Advocates at the 2015 Conference.

The New Jersey Self-Advocacy Project will host their 33rd Annual Fall Conference on Saturday, September 17 at the DoubleTree Hotel and Executive Meeting Center in Somerset, New Jersey. The event, which will run from 8:30 am to 3 pm, is an opportunity for learning, socializing and networking. Registration forms are due by Friday, September 9. A copy of the form can be downloaded by clicking [here](#). Questions about the conference? Call or email Dennis Donatelli at 732-743-8345 or DDonatelli@arcnj.org.

Check Out Webinars Hosted Throughout September

Caring for Myself - A Health Promotion Program for Family Caregivers of Persons with I/DD

The majority of children and adults with I/DD live with their families. This is especially true for people with I/DD from Latino and other minority households. The primary caregivers in these households, who are usually mothers, face significant challenges with their own emotional and physical health. In this webinar hosted by The Arc's Center for Future Planning, Sandy Magaña, Miguel Morales, and Judith Rocha will present information about an evidenced-based intervention, "By Caring

UPDATE FROM THE STATE HOUSE

The Arc Testifies About Statewide Transition Plan



Executive Director Tom Baffuto, top left, speaks about the Statewide Transition Plan Addendum at a DDD listening session in August.

Executive Director Tom Baffuto testified about the pros and cons of New Jersey's Statewide Transition Plan Addendum at a listening session hosted by the Department of Human Services last month. The Statewide Transition Plan (STP) outlines how New Jersey will come into compliance with the Home and Community Based Settings Rule by March 2019. This rule was published by the Centers for Medicare & Medicaid Services (CMS) and the recent Addendum serves as the State's response to follow up questions and requests for changes that they received from

CMS. We were pleased to see that changes were made in the Addendum to help rectify some of our original concerns. To continue reading, [click here](#).

Get Connected to County Chapters with Podcasts



for Myself, I Can Care Better for My Family." This intervention engages community health workers who are also family caregivers of persons with IDD to deliver the curriculum. They will discuss cultural aspects and other components of the intervention, how to set up a similar project in your area, and how to adapt it to other cultural groups.

[Wednesday, September 14 at 2 pm](#)

Self Advocacy: An Overview for Students, Parents and Teachers

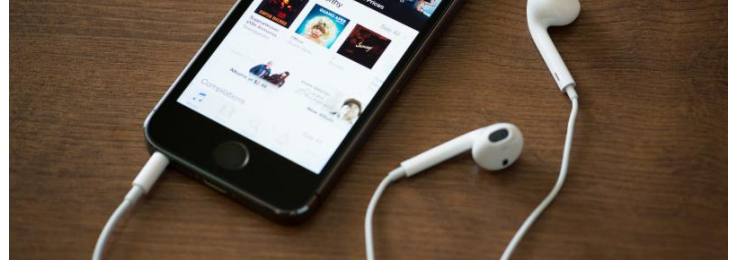
The ability to understand and communicate your needs and wants to others is a skill all people need. Individuals who know how to Self-Advocate are more likely to have a sense of control over their lives and feel more confident and competent. Join The Arc of New Jersey Family Institute as we discuss Self-Advocacy, how to promote it and tips for increasing parent and student involvement during an IEP meeting.

[Tuesday, September 27 at 6 pm](#)

Webinar Wednesdays: "If I Knew Then What I Know Now: A Parent's Experience"

Join the Planning for Adult Life Program as we discuss with a parent and professional in the field about how you can help prepare for life after your student leaves high school. The presenter will share their own stories of success, difficulties, and lessons learned. This webinar is geared for students, their families and professionals in the field.

[Wednesday, September 28 at 6 pm](#)



The Arc of New Jersey Family Institute wants to connect you with our local County Chapters and the wide array of services and supports that they offer. With that in mind, they recently launched the "10 in 10" podcast series which includes 10 questions in 10 minutes with the executive director or a staff person at the local County Chapter. These conversations can be found [here](#) and can be either streamed or downloaded. Conversations with staff from The Arcs of Atlantic, Ocean, Monmouth, Essex, Union, Camden and Middlesex County are available now. Check back often as additional podcasts will be posted in the weeks and months to come!

PLANNED GIVING CORNER

Understanding Gift Taxes

Last month we started talking about Gift Taxes. This month we will answer some questions about this important topic.

Why Did Congress Pass a Gift Tax?

Following the passage of the estate tax, Congress realized that a gift tax is also necessary. If there were no gift tax, creative CPAs and estate attorneys would urge their clients to make deathbed gifts. Rather than waiting until they pass away and paying estate tax, if there were no gift tax the transfer tax could be entirely avoided by making death-bed gifts.



As a result, Congress determined that it needed to pass a gift tax in order to make the estate tax effective. Now, even if a person makes gifts on their death-bed the tax will be payable on the transfer to children.

How Does a Gift Tax Work?

A person who makes gifts to children, grandchildren or other heirs will be taxed on the fair market value of the gift. The first part of the gift is allocated to the annual exclusion. But if the gift is more than that amount, then the cumulative gifts over the donor's lifetime are added up and compared with the lifetime gift exemption. If your

total gifts (over annual exclusions) during your lifetime exceed the gift exemption, then you must pay gift tax.

To continue reading, click [here](#). If you have any questions about the information provided or if you would like to talk about making a gift, please contact us at cfortin@arcnj.org.

The Arc Publishes Get Out the Vote Guide, Web Site

The Arc of New Jersey is hard at work on our 2016 Get Out the Vote (GOTV) Guide which aims to help families and self-advocates in advance of Election Day. At the polls this year, New



Jersey residents will cast a vote for President of the United States and Representatives in Congress. Our Guide will include important dates, vote by mail information and will outline your rights in the voting booth. We will also feature an "In Their Own Words" section where family members and self-advocates explain why casting a ballot is a must this November. We expect the GOTV guide to be ready by mid-September, but in the meantime, be sure to check out our [voting web site](#) for updates and news.

Shop. Earn. Donate. with KULA and Help The Arc of NJ

Wouldn't it be nice if you could simply donate by shopping, booking travel, or eating out - something you were already planning on doing! With the KULA fundraising

platform, supporters can easily donate to The Arc of New Jersey by shopping with one of the hundreds of popular retailers, loyalty

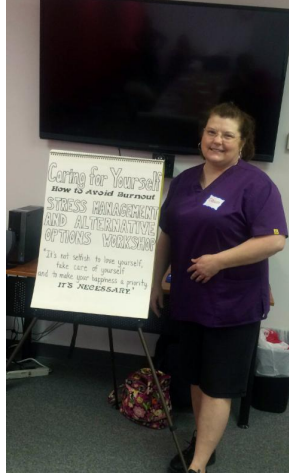


The Arc of NJ Family Institute Hosts Caregiver Workshop

Caring for a loved one can put a strain on even the most resilient person. If you're a caregiver, you must take steps to preserve your own health and well-being.

Join The Arc of New Jersey Family Institute and Bayada for a workshop designed to help you, the caregiver, learn different ways to alleviate stress. The presenter at the event will be Dawn Mitten, a massage therapist and Reiki Practitioner. Dawn is also the parent of a child with special needs.

This event will take place at The Arc of Somerset County on Saturday, September 24 from 10 am to 12 pm. For additional details and to register, [click here](#).



Dawn Mitten provides techniques for caregivers at a recent event.

programs, and travel providers that partner with KULA. When you Shop.Earn.Donate through KULA, a percentage of every purchase goes directly The Arc of New Jersey - at no extra cost to you. Just pay for your purchase and The Arc of New Jersey gets cash! KULA partners with popular brands like Macy's, Bed Bath & Beyond, Carnival Cruise Line, and My Coke Rewards so you can shop like you always do and earn money for The Arc of New Jersey. KULA makes donating easy! Just [click here](#) to Become a Fan and start shopping today!

Help Us Keep The Arc of NJ Strong!

The Arc of New Jersey relies on charitable contributions to continue our strong advocacy. Please help keep our efforts moving forward by making a donation to The Arc of New Jersey.

There are several ways you can help us:

1. Make a donation at www.arcnj.org.
2. If your company has a matching gift program, be sure to register your gift so you can double your contribution.
3. Make your donation count all year long by becoming a monthly Sustainer. All you have to do is note on your online donation that you would like it to be a monthly contribution.
4. Donate a vehicle by calling (877) 272-2270.
5. Shop through Amazon Smile. Simply select The Arc of New Jersey from the charities at [Amazon Smile](#), and shop like you always do at Amazon.

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