



The Buzz

Volume 1, Issue 4

January 2019

Issue focus on Gratitude

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them."

-John F. Kennedy

Our gratitude goes to the following community partners:

**St. Joseph's Parish
and Becca's Friends**

**Somerset County
Library System**

**Immaculate
Conception Church**

Ethicon Technology

Henkel

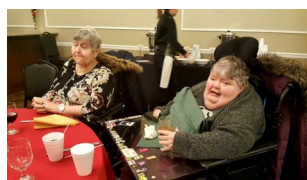
June O'Neil

Catelant Pharma

Party Time at Somerville Elks!!

The Annual Holiday Party was held at the Somerville Elks in November. All homes attended and had a wonderful time. DJ Valerie Knight entertained everyone until the striking hour of 9pm. The Self Advocacy Group, in collaboration with Pamela Michael Rhaesa determined the menu for the party. A huge thank you to Somerville Elks for preparing the delicious food and the staff chopping and pureeing meals for our residents. It was a magical evening, all were dressed to impress and had a wonderful time!

-Pam Michael Rhaesa



Employee Recognition

The Employee Recognition committee recognized the following programs for meeting their goal of increased efficiency, having no missed punches during the period of Aug 19th-Sept. 1st:

Daycare
Maintenance

Quality
Cambridge
Cedar Grove
Commons 1&2
Franklin
Griggstown
Lindsley
Respite
Steinmetz
Steven's Lane
SLP
Gannett and Camplain Road

Please accept our appreciation for the excellent job!



The Arc's Got Talent

The Arc of Somerset County had the outstanding opportunity to collaborate with friends at St. Joseph's Parish to present the 2018 The Arc's Got Talent show at the St. Joseph's Parish Center on November 9th. This event brought out 160 audience members and approximately 40 performers ranging from vocalists, dancers, instrumentalists including a drummer, violinist, pianist and even someone with amazing basketball skills! The event culminated with a large group improvisation performance of "We Are the World". Performers represented both

The Arc of Somerset County, Becca's Friends of St. Joseph's and within the community. A special thank you also goes to Mark Winfield Wetherbee (photographer) and Raymond Clinkscale (videographer) who captured this event so beautifully for all to continue to enjoy:

<https://bit.ly/2LPEQCc>

Congratulations to all performers and thank you to the supportive individuals who assisted in making the event such a success!



Halloween Mash-Up

The Maintenance and Clinical Departments held their Annual Mash-up Halloween Party at the VFW. The residents enjoyed delicious food, a photo booth, costume contest and a special visit from Sparkee from The Somerset Patriots.



Mash-up Costume Winners:

Best Individual costume:

Billy C. (Commons 1), Jayne M. (Commons 1), Marcia J. (UA)

Scariest Costume:

Charlie S. (GGH), David R (community), Joe O. (GGH)

Best Staff Costume:

Finance Department, Laura Ziegler, Moni Joshi

Most Creative Costume:

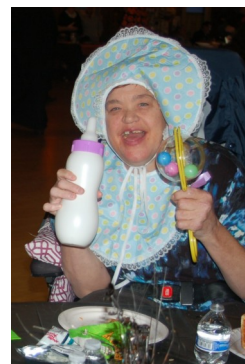
David M. (OSGH), Donald B. (GGH), Nick N. (BBATC), Paul P. (UA)

Best Group Home Costume:

OSGH, RHGH, SGH

Best Couple Costume:

Frances C. and Anthony R. (RHGH)
Liz R. and Nick W. (Achievement Center)



New Friends and New Experiences at Day Programs

As many of you know, our Dayhab ["Employment Centers"] long-held emphasis on contract work ended recently in order to maintain compliance with state of New Jersey regulations. We have been in conversation with all consumers and continue to support them in directing their advocacy voice on this matter.

Change can be challenging for all of us. And while the importance of paid work is not a message we will abandon, we are equally excited to present an ever growing list of activities, educational experiences and opportunities for our many consumers. Please look on the last page of this issue of "The Buzz" for new and

expanding activities within our Dayhab programs. We hope that they represent new interests for the men and women we support.

Activity programming at the day programs continues to expand and reach beyond the walls of the day programs to afford our individuals opportunities to meet new friends and have new experiences.

Programming includes exercise, computer, art, current events and music classes. Additionally, our individuals are now bridging opportunities out in the community with already existing programs for adults at The Somerset County Library to include music, therapy dogs and game clubs.

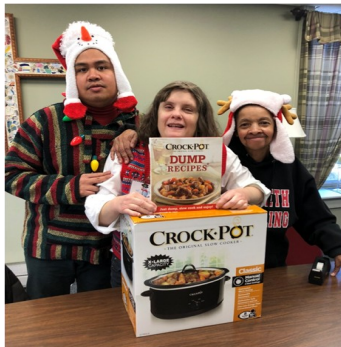
Three individuals were asked to assist wrapping gifts at Immaculate Conception Church for those

less fortunate. The Manville Public Library came to CRATC for a "Make a Gift/Wrap a Gift" activity which was very well received. Additionally, the BBATC "Traveling Chorus" music group came to CRATC for an engaging holiday performance with piano accompanist, Justin Brown.

Look for activities calendars coming home detailing the exciting upcoming events each month that will be occurring at our centers.



BBATC Traveling Chorus member, Kevin, and piano accompanist, Justin Brown



Gift wrapping at Immaculate Conception Church



A big win at dominos!



Making and wrapping a gift with Manville Library



Therapy dog visit at Manville Library



Knitting blankets for the less fortunate at Immaculate Conception's Linus Ministry

Health & Wellness Fair and....Safety Champions!

The annual Health & Wellness Fair was held on October 26th and staff had the opportunity to win raffle prizes including Target, Walmart, Shoprite gift cards as well as Arc of Somerset merchandise.

Free Flu shots were available as well as Horizon Biometric screenings. Information from 15 other vendors were available to all staff.



The employee recognition committee recognized the following staff as safety champions for the month of November, Gwendolyn Faggan from Branchburg ATC & Brianne Stevens from the Jerry Davis Center. Have fun at The Nutcracker, Gwendolyn and Brianne!



Update on Attendance/Utilization

.IMPORTANT! Are you or a loved one attending a Day Program part time? Received a call or letter recently about absences or utilization? Please contact the Day Program Assistant Director for your loved one's Day Program so that we may better plan attendance in Day Programs.

This process will be an important part of compliance in our new Fee For Service funding



Looking for a fun opportunity? Be a guest contributor for "The Buzz"

Please contact:
Karen Z. Kowalski
or
Kathleen Shimmel

Person Centered Good Day/Bad Day Tool

A good day is a day which the person enjoys, finds meaningful, feels they have achieved something or connected with other people. It is a day where much of what is important to the person is present, and where they have stayed healthy and safe in a way that makes sense to them. A bad day is a day which the person does not enjoy or find meaningful, where they feel nothing has been achieved, where they have not

been healthy or safe, or where they have been kept healthy and safe in a way that does not make sense for them.

Think together with the person served and the people who know and care about the person most about:

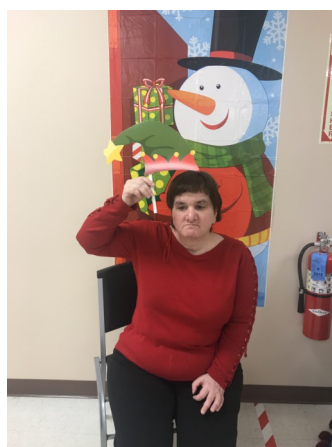
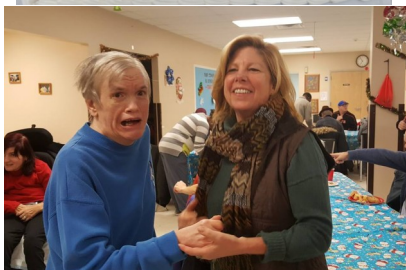
What makes a good day, who is usually there on good days, what kinds of things does the person do, what places

does the person go and are there any important objects or routines that help make a good day? Then think about the same questions for a bad day.

Make a plan together about ways to have more good days and fewer bad days-write this down. Make sure you know who will do what by when.

-Kathleen Shimmel

Holiday party time with our outstanding community partners!
(Continued on last page)



Holiday party time with our outstanding community partners!



Thank you and looking forward to more fun in 2019!