

Adult Services Presents

THE BUZZ



The Arc
of Somerset County

141 S. Main Street
Manville NJ 08835
www.thearcofsomerset.org



MEMORIAL DAY EDITION

"Heroism doesn't always come in a burst of glory. Sometimes small triumphs and large hearts change the course of history"
-Mary Roach

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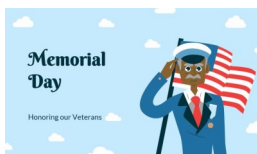
Photographers

Cliff Leon
Karen Kowalski

**Looking for a fun opportunity?
Be a guest contributor for The BUZZ**

Please contact:
Karen Kowalski

Hot Topix Solute to our Soldiers



Today's group focused on remembering those who have faithfully served our country for Memorial Day. Our small group learned about the different branches of the military where soldiers and sailors serve to protect us and guarantee freedom. We learned what to look for on Monday - join the Nation in a moment of silence to honor all those we have lost at 3:00 pm and notice the flags out at half mast all day. Although we don't know every soldier that served, many people have loved ones that were either lost in wars or lived through terrible wars. We remember them with honor and gratitude this holiday weekend and everyday!

National Anthem
<https://www.youtube.com/watch?v=Ph6z29Lurc8>

What's the title of our anthem?

- 1 Star Spangled Banner
- 2 God Bless America
- 3 Yankee Doodle



Branches of the Military

01 Army Largest and oldest branch. Serve on land	03 Air Force Planes, helicopters, air
02 Navy Water, boats, and sea	04 Coast Guard Law enforcement - land and sea
05 Marines Serve on land and water	





Congratulations Jenn!!!



*From all of us at The Arc of Somerset County:
Congratulations to Jenn Faccenda on graduating from Thomas Jefferson University as an
Occupational Therapist Assistant.
You have made us so proud.*



Damandeep's Adventures



Mondays
&
Fridays
at 10AM

Mary's BINGO Group



This Week in Literacy



One of the games we played in literacy last week was called "First letter, last letter - nature edition. To play the game, people take turns saying words that match the category but each word has to start with the last letter of the previous word. The category we used was nature, so the first word we started with was nest. The word was written on the board and the group was asked to say what the last letter in the word is. Joe was asked to read the letter that was pointed to and he said T. Next it was Alex's turn to say a word and he said turtle. Stephen helped us out with the spelling and told us that the next word should begin with E. That is when Shawn said elephant. When the group was looking for an L word, Doreen said Lake. For the letter S, Mary said salamander. Everyone had such great answers!



HAPPY BIRTHDAY

MAY



Danielle



Daniel



Evelyn



Scott



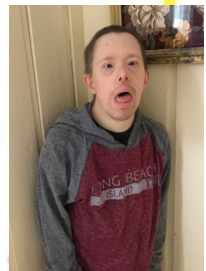
Donna



Amy



John



Gregory



Theresa



Jordan

Virtual Programming

The Arc of Somerset County is thrilled to be able to offer a wide array of virtual programming for individuals within residences *and* for those whom are served through our day habilitation programs. All individuals are welcome to attend any and all groups in order to catch up with friends and participate in fun and interactive activities. Please refer to the this months virtual calendar and feel free to contact Director of Adult Services, Karen Z. Kowalski, with any questions at: karenk@thearcofsomerset.org

- **Bingo:** Enjoy time with friends while playing “Bingo” with Mary Scibelli in this very popular group! Any new individuals interested in joining this group, please contact Karen Kowalski to coordinate so that you can receive bingo cards
- **“Art with Alec & Tonya”:** Join fellow artists as they learn about different types of pencil and paper drawings. Make sure to have paper, pencils and either colored pencils, crayons or markers
- **“Royal School of Yoga”:** Enjoy a relaxing start to the week with Jane and friends with yoga. Yoga poses can be done seated or in standing based upon ability level.
- **Literacy classes:** Join Mary Scibelli with her very engaging classes wherein literacy concepts are taught. Would be helpful for participants to have pencil and paper or someone to assist with this.
- **“Music for Hope and Inspiration”:** Join musicians and those whom just enjoy music for this varied music programs featuring guest musicians on a variety of instruments such as guitar, piano, voice, harmonica, accordion. Participants are encouraged to sing, clap, dance to the music or just smile, make comments and enjoy a good musical time with friends!
- **“Self-Advocacy Group”:** Join Suman and the Self-Advocacy Group to learn about current issues and events surrounding self-advocacy. Please contact Karen Kowalski for more information if interested.
- **“Shooting the Breeze with Friends”:** Spend time catching up with friends whom are both virtual and in-person so that we can keep up our community connections on a variety of topics that are important to us and just to say ‘hi



Virtual Zoom Schedule

June 1st—June 11th



Please note: Please join any activity that you are interested in. Every literacy class has been opened up to everyone, not just the home that is listed. Attend as many as you like!

Tuesday, June 1st

10:30-11:00: Literacy class

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: “Music for Hope and Inspiration” - *Outside at JCATC and Virtual Surprise Musical Guest*

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

3:30-4:00: Shooting the Breeze with Friends Special Guests: Bernards Ensemble

Meeting ID: 481 232 8925
Password: 12345

Wednesday, June 2nd

11:15-11:45: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

Thursday, June 3rd

10:00-10:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

11:15-11:45: Literacy Class—All Welcome all welcome!

Meeting ID: 701 845 7910
Password :12345

Friday, June 4th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

Monday, June 7th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Royal School of Yoga—Live & Virtual

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Art with Alec

Meeting ID: 481 232 8925
Password: 12345

Tuesday, June 8th

10:30-11:00: Literacy class

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: “Music for Hope and Inspiration” - *Outside at JCATC and Virtual Justin Brown*

2:00-2:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

3:30-4:00: Shooting the Breeze with Friends

Meeting ID: 481 232 8925
Password: 12345

Wednesday, June 9th

11:15-11:45: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

Thursday, June 10th

10:00-10:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

11:15-11:45: Literacy Class—All Welcome all welcome!

Meeting ID: 701 845 7910
Password :12345

Friday, June 11th

10:00-10:30: Bingo with Mary

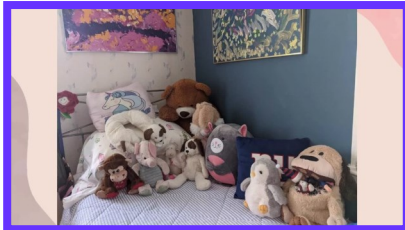
Meeting ID: 701 845 7910
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Thursdays
at
10:15pm

Cool Collections Group

Dee's Collection

We were honored to see all of Dee's Cool Collectables in today's group. Although she couldn't be with us, her pictures told an amazing story of loving memories and fascinating interests. Dee is a super collector! She has beautiful greeting cards, craft materials, stuffed animals, CDs, music posters, and more! Donna wanted to know where she could get a cool collection of CDs like that. Dee has inspired us to save our greeting cards and beloved books from childhood as cute keepsakes. We hope she keeps collecting all these wonderful things!



Cindy's Card Ministry



Cindy has always enjoyed using her artistic abilities to create cards for friends and family members. However, in March of 2020, when her day programs closed indefinitely, her Card Ministry became a part of her daily routine. Seated across the table from her sister - who then needed to teach virtually - Cindy would open her supply box filled with crayons and colored pencils, and ask, "Who can I make a card for today?" After transitioning to her apartment at Union Avenue, Cindy continues her card ministry by making Get Well Cards, Birthday Cards and Thank You Notes. "You Are My Sunshine" is one of Cindy's favorite songs. Lately, she has used this phrase as a heading on her cards when there is no special event to celebrate. Friends and family members love receiving a card in the mail to brighten their day!

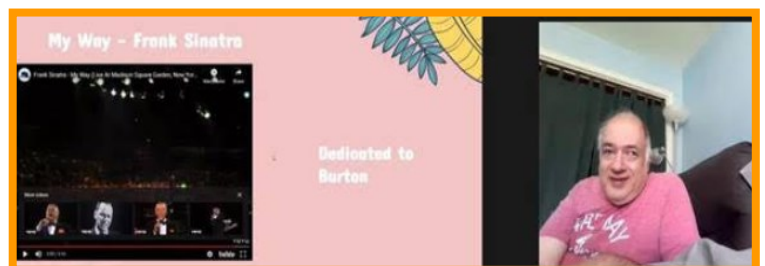
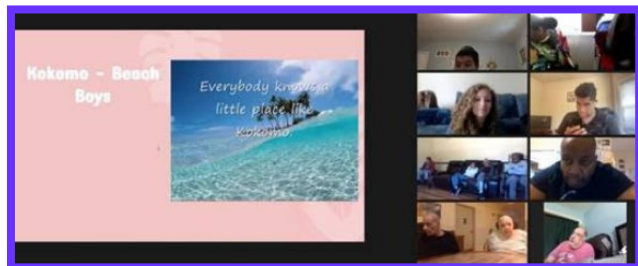


Tuesdays
&
Thursdays
at 1pm

Music for Hope & Inspiration Group

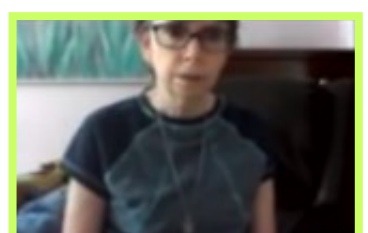
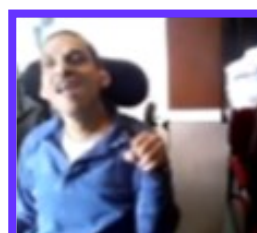
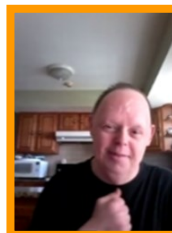
Summer Playlist

The “Music for Hope and Inspiration” group has started to put their summer playlist together proactively with a collection of chill summertime tunes that we dedicated to each other! The group moved and grooved to songs such as “Hound Dog” (dedicated to Donna), “Sunday Best” (dedicated to Damandeep), “Ring of Fire” (dedicated to Steve), “My Way” (dedicated to Burton) as well as the other songs dedicated to all in the group including “Kokomo”, “Sunflower”, “Put Your Records On” and “Sweet Caroline”! Thank you Andrea and all musicians for starting our good vibrations for summer which is on its way for sure!



Thank You Justin

The “Music for Hope and Inspiration” group certainly was inspiring! Through the power of music as guided by our friend and fellow musician, Justin Brown, we all came together and “leaned” on each other for musical inspiration and comradery! Justin led us in the following songs which we all knew the lyrics for and sung whole-heartedly to include “Brown Eyed Girl”, “Hey Jude” and of course “Lean On Me”. We had took a fun poll of whom had brown or blue eyes as Steve sang, “Don’t It Make Your Brown Eyes Blue”. The group excitedly discussed that some people on the virtual group today will be in-person for the music group next week (but the musical guest will be virtual of course!) as individuals within the agency residences will be spending time at Jill Court starting next week! Lots of music and excitement in the air for sure!



Tuesdays
&
Thursdays
at 1pm

Music for Hope & Inspiration Group

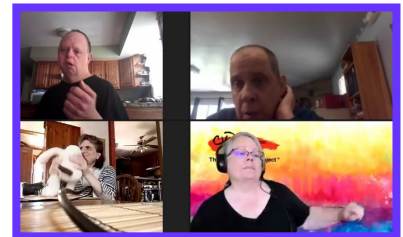
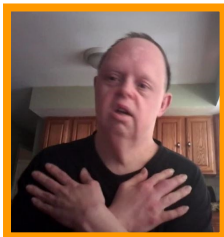
Mood Music

The “Music for Hope and Inspiration” group enjoyed feeling all of the moods through the power of music! From happy, pumped up and uplifted to easy, relaxed and even sad, the group were able to identify ideas about how songs such as “Shape of You”, “Mandy”, “Uptown Funk” and others made us feel. The group all sang along to “Bohemian Rhapsody” and got really pumped up with “Living On a Prayer”. Special thank you to Damandeep for suggesting such great songs to include in this playlist and providing us with the inspiration to showcase our many moods!



Thank You Coffeehouse Project

A huge thank you to “Coffeehouse Project” for spending the afternoon with their “Music for Hope and Inspiration” fans! We all had a rocking good time singing along to classics such as “I’m Not Your Stepping Stone”, “Do You Want to Dance”, “Johnny B. Goode” as well as bringing up fun memories of the movie/play “Annie” with “Hard Knock Life”! The group are all clear Elvis Presley fans so we all enjoyed “Jailbird Rock” and “Blue Suede Shoes” featuring Bobby on air guitar. Thank you Coffeehouse Project for always knowing how to bring such a fun musical time into our lives!

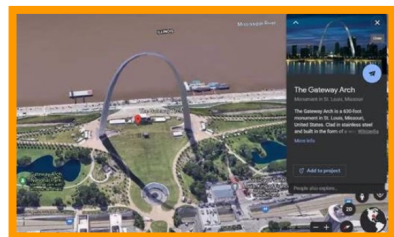


Tuesdays
&
Thursdays
at 3:30pm

Hot Topix Group

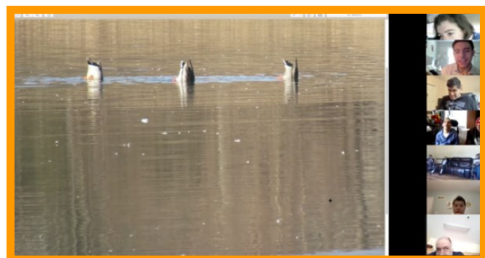
Virtual Trip to Missouri with Alex

Alex took us back to one of his favorite places today, Missouri! He shared how he lived there with his friend Charlie for 10 years! While he was living there he got to visit some famous places like the St. Louis Gateway Arch! Our group got to see it up-close with a virtual tour on Google Earth. It looks like such a cool National Park to visit! We learned a bit about where Missouri is on the map and important cities like the capitol, Jefferson City and Kansas City, the home of the Chiefs. It was so fun to explore this state with Alex as our tour guide!



Mary's Look and See Nature Adventure

Mary took us on a look and see nature adventure from the comfort of our own homes for "Hot Topix"! We got to see pictures of animals in nature like birds, mushrooms, ducks, and turtles. And even a bear, oh my! She helped us zoom in and find all the different animals and landmarks like waterfalls. Damandeep, Latricher, Burton, and Frannie helped us use so many description words to point out the various beautiful things in the pictures. We learned about camouflage and how animals like to blend in with the colors around them making it hard for us to see. Mary's pictures were so fun to explore and had great details like the red, bald head of a turkey vulture and the stripes and patterns on a frog. In some of her nature pictures, we got some surprises like seeing the sharp claws on a turtle and getting a peak at a nearby snake! She gave a us the reminder to slow down and look around when we are out walking in nature. Remember to participate in the Fresh Face competition and look for critters and creations in nature when you're outside! See if you can get some cool pictures of your own.

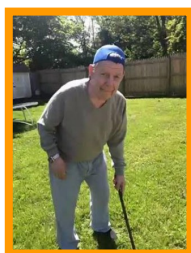


Tuesdays
&
Thursdays
at 3:30pm

Hot TopiX Group

LIVE Virtual Croquet at Cedar Grove

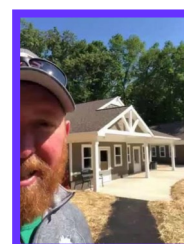
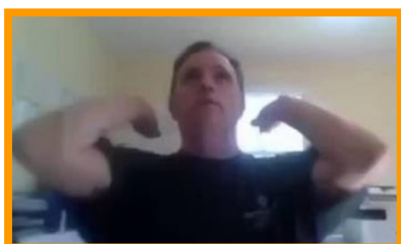
The "Hot TopiX" group enjoyed a lovely LIVE virtual game of croquet featuring Alex, Ray and Tony from Cedar Grove! The men chose ball colors based upon their outfits - Alex with a red ball/red outfit, Ray with an orange ball/orange shirt and Tony with a blue ball/blue hat - always so well coordinated! The group cheered the men on as they coordinated hitting their ball between the metal targets along the course that lead to the eventual finish post! Under the beautiful blue skies with puffy clouds, there could not have been a better day for such a wonderful game of croquet. All men were champions! We then enjoyed looking at the start of the famous Cedar Grove garden. In a couple of months, we will remember what it started out as. The men let us know that there will be crops to include zucchini, cucumbers, tomatoes and many, many others - stay tuned for a future "Hot TopiX" for the progress on the garden!



Let's Talk Sports



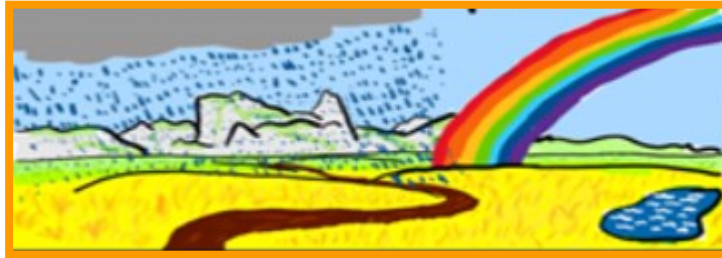
The "Let's Talk Sports with Jason and Josh" group was at it again speaking with all things....sports of course! Damandeep proudly wore his Golden State Warriors jersey as the basketball finals starts heating up and Scott showed us how to air dunk a basketball! Anthony let us know that he really likes to wear sports shirts - way to go to support your team, Anthony! Fishing was on the mind of the group this time with Barbara reminiscing about how she use to go snapper fishing when she was little and Josh said that he enjoys tuna fishing. Thank you Josh for a sneak peek about how the new cabins are looking at Camp Jotoni! The group has made a plan for the next group in July which will be LIVE virtual demonstration regarding how to throw a Frisbee! Never know what this group will do but always a 100% hit!



**Mondays
at
2PM**

Art with Alec

The “Art with Alec” group brought some bright and beautiful color into a kind of cloudy day through the love of mutual interest in...art! Alec guided the group to creating a scene with a cloud and rain but then a beautiful rainbow alongside of a river that reminded the group of delicious chocolate milk! Alec started the group out by encouraging us to close our eyes and picture a rainbow, then the group worked together to remember the colors that are in a typical rainbow; however, any/all colors are welcome for our creative artists. The process of making art is a really fun one especially when we are able to do it together as friends!



Familiar Faces



Welcome Evelyn's new fish, Ricardo!!!



ToonMe



Enjoy seeing different people from The Arc of Somerset being magically transformed into cartoons!!!

WHO WILL BE NEXT?



CLIFFORD P.



JORDAN



DIANA



WORD SEARCH



Memorial Day Last Monday in May

S	M	N	S	C	O	M	M	E	M	O	R	A	T	E	R	B
S	A	A	E	J	W	P	L	A	I	R	O	M	E	M	S	E
B	B	C	O	A	C	E	R	E	M	O	N	Y	I	H	N	N
Q	O	I	R	N	T	Y	A	D	I	L	O	H	R	O	A	P
D	S	R	E	I	X	Z	W	W	C	E	H	F	I	R	R	N
C	R	E	H	G	F	Y	W	E	Y	R	E	T	E	M	E	C
I	E	M	D	M	J	I	V	N	Y	V	A	C	M	L	T	S
T	W	A	A	N	U	S	C	N	D	R	N	O	L	P	E	R
O	O	Y	Z	E	P	C	S	E	O	A	D	A	P	T	V	E
I	L	M	A	Y	U	S	H	C	R	E	F	Y	A	V	W	I
R	F	J	E	W	I	A	E	B	E	Z	N	P	R	N	Z	D
T	Z	Y	O	H	L	D	M	R	C	L	S	E	Q	S	F	L
A	F	S	D	F	T	E	F	S	I	S	V	E	V	A	R	O
P	E	G	M	D	M	N	G	D	V	A	E	T	U	L	A	S
H	Q	A	F	E	C	N	A	V	R	E	S	B	O	T	J	L
X	S	L	R	I	F	D	Z	G	E	A	K	Q	R	J	S	I
T	X	F	Z	P	L	B	Q	H	S	N	V	G	K	L	O	V

AMERICAN
 ANTHEM
 CEMETERY
 CEREMONY
 COMMEMORATE
 DECORATION
 FALLEN
 FLAGS
 FLOWERS

FREEDOM
 GRAVE
 HALF MAST
 HEROES
 HOLIDAY
 HONOR
 MAY
 MEMORIAL
 OBSERVANCE

PATRIOTIC
 REMEMBRANCE
 SACRIFICE
 SALUTE
 SERVICE
 SOLDIERS
 TAPS
 VETERANS
 WAR



June Holidays

June 1st—June 15th



Tuesday, June 1st



Global Day of Parents



International Tabletop Day



National Olive Day



National Say Something Nice Day



World Milk Day

Wednesday, June 2nd



Global Running Day

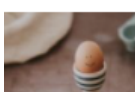


Italian Republic Day

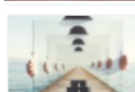


National Leave the Office Early Day

Thursday, June 3rd



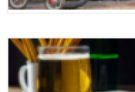
National Egg Day



Repeat Day



World Bicycle Day



World Cider Day

Friday, June 4th



National Cheese Day



National Donut Day



National Hug Your Cat Day

Saturday, June 5th



National Prairie Day



World Environment Day

Sunday, June 6th



D-Day



National Cancer Survivors Day



National Eyewear Day



National Gardening Exercise Day



National Yo-Yo Day

Monday, June 7th



National Chocolate Ice Cream Day



Prince's Birthday



June Holidays

June 1st—June 15th



Tuesday, June 8th



National Best Friends Day



World Oceans Day

Wednesday, June 9th



National Donald Duck Day

Thursday, June 10th



National Iced Tea Day

Friday, June 11th



National Corn on the Cob Day



National German Chocolate Cake Day

Saturday, June 12th



National Loving Day



National Peanut Butter Cookie Day



National Rosé Day

Sunday, June 13th



National Sewing Machine Day

Monday, June 14th



Army Birthday

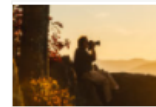


Flag Day

Tuesday, June 15th



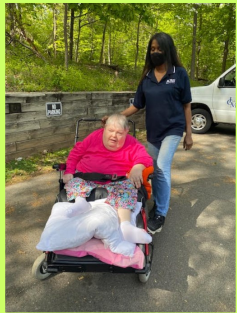
National Bug Busting Day



Nature Photography Day

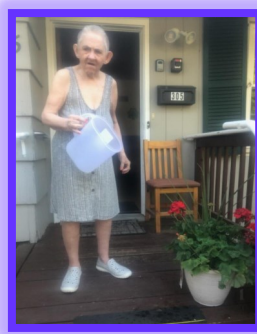


Show Us Your Fresh Air Face



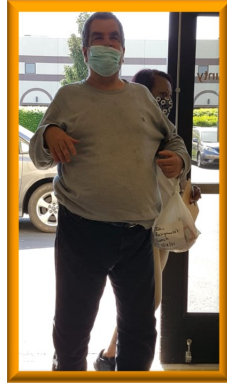


Show Us Your Fresh Air Face





Welcome Back to Jill Court!!!



Step Up For The Arc (In-Person) Walk Event

Come Out and SING-A-LONG with
Special Guest Musician
Tommy Strazza!



Sunday June 6th 2021
10:30-12:00pm

Duke Island Park, Bridgewater NJ 08807
Please arrive before 10:30am!

Questions:

E-mail: camerons@thearcofsomerset.org

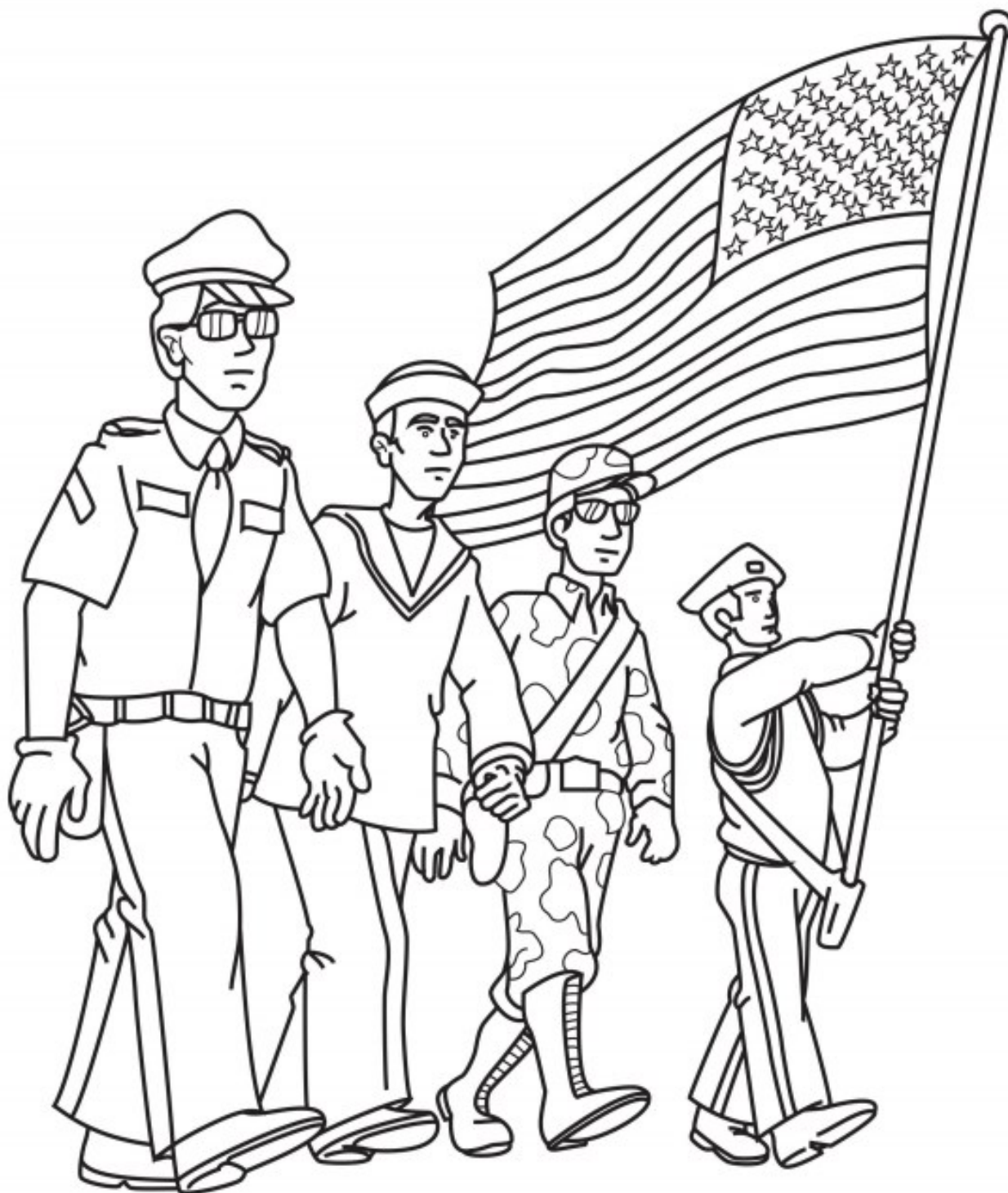


Made possible by funds from the Somerset County Cultural & Heritage Commission, a partner of the New Jersey State Council on the Arts.



Memorial Day

Color this Memorial Day coloring worksheet using appropriate colors.





Buzzword



Arc Friends and Family:

We along with everyone are excited about the progress of vaccinations and the soon to be loosened regulations for us as citizens. It has truly been a long year +. As an agency we are so pleased to be hosting our first in person event in all this time. ***Our Step up for The Arc 5k and Walk Event will be June 6th at 10am, Duke Island Park.***

Please note that FOR NOW, we as an agency are still abiding by COVID regulations for Residential consumers/staff, Day Program consumers/staff. This means that attendance at our walk event for any group home and/or consumer family visitors will be treated accordingly. While further relaxation of Covid guidelines from our Governor are exciting, we have not as of this time received any change from our regulators at The Department of Human Services. We will update if there are later changes. Please note these important items below:

FOR RESIDENTIAL PROGRAM CONSUMERS AND STAFF

- Any Residential program or Residential Program resident attending the walk must stay within their residential bubble to include consumers and staff
- Minimum social distance of 6 feet between bubbles will have to be maintained
- Masking and all other PPE regulations still remain in effect
- Seating areas at the park for the music event will be marked to accommodate each program
- Maintenance of this social distance during other activities, use of facilities and the walk itself will also have to be maintained

FOR FAMILY MEMBERS OF CONSUMERS

- Family member visits/participation at the walk will be treated like a residential visit. This means that an appropriate visit form must be filled out, any visiting members not previously on an approved list must be added for the day.
- Any family member who wishes to visit their loved one at the walk must adhere to the regulations surrounding residential visits including distance from others, PPE, etc. Forms will be available on the event day if family members are not able to schedule in advance. Please go to the check in table to see Chris Corvino to check in.
- If a family wishes to be with their loved one *in their care* for the day we will ask only that social distance is maintained from our other service recipients and staff for the duration of the visit.

We are so very excited to come together after a year apart. We appreciate everyone's adherence to the above to help us have a successful outdoor gathering with friends and family! If we become aware of changes to any of this information we will communicate as soon as able.

Be well.

With thanks,

Chris Corvino
Associate Executive Director
