





"Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitudes determines how well you do it."

- Lou Holtz

The Arc's Got Talent!



Ardsley Group Home I Love NY



Steve B. Who Sees the Wing



Umbrella



Deborah B. Tracey C. & Kamala C. Why Do Fools Fall in Love



Burton F. I Love NY



Daniel F. Wake Me Up When **September Ends**



<u>Elvina G.</u> **Baby Love**



Trevor I, Dog Trainer Extraordinaire!



Danielle L. Dreams



Alex M, Living on a Prayer



<u>Diana M.</u> Amazed



Vicky M. I Don't Know How to Love Him



Latricher M. Hero



Damandeep N. Basketball **Skills**



William N. Poetry Reading



Evelyn R. Angel



The Arc's Got Talent!



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

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Mary S. Looking for a Sunset Bird in Winter



Scott S. Musical Performance



Steve V. Solute to Nurses

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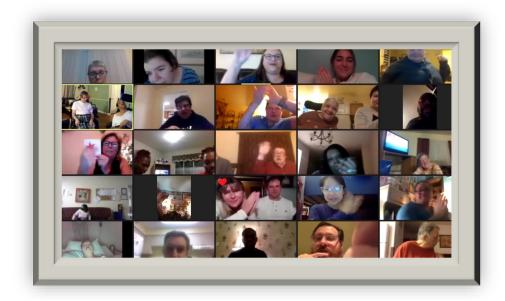
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The Men of Cedar **Grove** 409



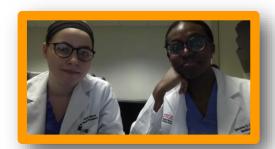
Elaine S. Twinkle, Twinkle Little Star



********** The first annual "Arc's Got Talent" VIRTUAL talent show was a clear success! Twenty one very talented individuals took to the virtual stage on Friday November 6th to an audience of approximate 45 people. Talents highlighted included singing, dancing, basketball skills and even a dog trainer! Judges Trina Trent, Lauren Frary and Victor Webb presided over the show with words of congratulations to 🙀 all whom participated. Congratulations to all participants for shining your stars so brightly!

MedTalk

The first "MedTalks" group was a success today! "MedTalks" is a group that will be occurring one time per month and led by Rutgers Medical Students on a variety of important health related topics. The group today learned about "Health, Hygiene and Hand-washing" in a very fun and engaging way with Ijeoma and Hannah! The group decided between "fact" and "fiction" many areas related to COVID and everyone was correct! This also included review of information regarding the importance of washing hands for twenty seconds to a favorite song or count of twenty, how to wear a mask completely over nose and mouth as well as a discussion regarding high risk and low risk activities. One participant stated that "it is low risk to walk a dog but high risk to go to a party or fly on an airplane". Ijeoma and Hannah also provided information regarding the importance of daily flossing of teeth for cardiovascular (heart!) health, having short nails and to completely dry off the body to prevent yeast infections and overall itchy skin. Looking forward to our next "MedTalks" in December with the topic of "oral hygiene" with our Rutgers medical school friends!











Thank You

Lauriene Tschang and Middlesex Mask Project - face masks

A youth from Vision and Pathways of Bridgewater

Rita from Somerset for furniture donation

Manville Pizzeria - thank you for the generous donation of pizzas delivered to each of our homes for the "Mash Up"

This Week in Literacy

Oo and ow words

This week in literacy we put our lips together to make the "oo" sound and talked about words with the letters oo and ow. People took turns saying the words out loud after receiving verbal clues. For example, Shawn was given the clue "If you have a warm sweater, it might be made out of what?" He said wool. When it was her turn, Mary was given the verbal clue "top of the house" and said "roof." Thinking of Halloween, Brian said that a witch rides on a "broom and a ghost says boo! Literacy class is also a good time for friends to see each other and catch up!



Mary's BINGO Group

All winning names for August were put into Mary's purple bowl, one name was selected as the grand prize winner and that winner is...







Virtual Programing

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 August 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": 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.
- "Soft Music Social Time": Enjoy time listening to relaxing music and catching up with friends.
- "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.
- "Hot Topics": Join friends as they participate in a variety show program that
 features topics, people within the community and generally things of interest that
 we want and need to know about! Previous topics have included virtual tours,
 Trigger the Therapy Dog, beekeeping, balloon sculpting, dental care, photography,
 virtual live tours of flower store and local dog bakery. The sky is the limit with
 what can and will be learned in this group!
- "Let's Talk about Food": Join friends as we discuss an activity that will be sure to be interesting food!
- "Cool Collections": Join friends as they learn about each others' memorabilia!
 One collection is featured each week to include items such as baseball/basketball
 cards, magnets, remembering years that people were born, Swarovski crystals.

Virtual Zoom Schedule: November 16-30

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!

Monday November 16

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

11:00-11:30: Royal School of Yoga

Meeting ID: 956 878 9920 Password: 566600

2:00-2:30: Art with Alec & Tonya

Meeting ID: 956 878 9920 Password: 566600

Tuesday November 17

10:30-11:00: Literacy class (Griggstown) everyone welcome!

> Meeting ID: 701 845 7910 Password: 12345

1:00-1:30: Literacy class (RHGH) everyone welcome!

> Meeting ID: 701 845 7910 Password:12345

1:00-1:30: "Music for Hope and Inspiration" -Jody & "The Great American Songbook"

> Meeting ID: 481 232 8925 Password: 12345

2:00-2:30: Literacy class (UA2) everyone welcome!

> Meeting ID: 701 845 7910 Password: 12345

3:00-3:30: "Hot TopiX" - Virtual Trip to California

Meeting ID: 481 232 8925 Password: 12345

Wednesday November 18

10:15-10:45: Soft Music Social Time

Meeting ID: 956 878 9920 Password: 566600

11:00-11:30: SGH Literacy Class—all welcome!

Meeting ID: 701 845 7910

Password:12345

1:00-1:30: Let's Talk Food

Meeting ID: 956 878 9920 Password: 566600

Thursday November 19

10:15-10:45: "Cool Collections" - Tony's Teddy Bear Collection

> Meeting ID: 956 878 9920 Password: 566600

10:00-10:30: Literacy Class (Ardsley) all welcome!

Meeting ID: 701 845 7910

Password: 12345

11:00-11:30: Literacy Class (Cambridge) all welcome!

Meeting ID: 701 845 7910

Password: 12345

1:00-1:30: "Music for Hope and Inspiration" -Tommy Strazza

> Meeting ID: 481 232 8925 Password: 12345

3:00-3:30 "Hot TopiX" - Rosie, Trigger the Therapy Dog & Brutus

> Meeting ID: 481 232 8925 Password: 12345

Friday November 20

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

11:00-11:30: Soft Music Social Time

Meeting ID: 956 878 9920 Password: 566600

1:00-1:30: Literacy class (Commons 1)

Meeting ID: 701 845 7910 Password: 12345

2:00-2:30: Literacy class (Claremont)

Meeting ID: 701 845 7910 Password: 12345

Virtual Zoom Schedule: October 16-30

2:45-3:15: Let's Talk Food

Meeting ID: 956 878 9920 Password: 566600

Monday November 23

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

11:00-11:30: Royal School of Yoga

Meeting ID: 956 878 9920 Password: 566600

2:00-2:30: Art with Alec & Tonya

Meeting ID: 956 878 9920 Password: 566600

Tuesday November 24

10:30-11:00: Literacy class (Griggstown)
All welcome!

Meeting ID: 701 845 7910 Password:12345

1:00-1:30: Literacy class (RHGH) everyone welcome!

Meeting ID: 701 845 7910 Password: 12345

1:00-1:30: "Music for Hope and Inspiration" - Vinnie and many of his fun instrument

Meeting ID: 481 232 8925 Password: 12345

2:00-2:30: Literacy class (UA2) - everyone welcome!

Meeting ID: 701 845 7910 Password: 12345

3:00-3:30: "Hot TopiX" - Thanksgiving Jeopardy

Meeting ID: 481 232 8925 Password: 12345

Wednesday November 25

10:15-10:45: Soft Music Social Time

Meeting ID: 956 878 9920 Password: 566600

11:00-11:30: SGH Literacy Class – all welcome!

Meeting ID: 701 845 7910 Password: 12345

1:00-1:30: Let's Talk Food

Meeting ID: 956 878 9920 Password: 566600

Thursday November 26



Friday October 27

Program Closed

Monday November 30

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

11:00-11:30: Royal School of Yoga

Meeting ID: 956 878 9920 Password: 566600

2:00-2:30: Art with Alec & Tonya

Meeting ID: 956 878 9920 Password: 566600

Word Search



Talent Show

S Е S 0 D S Т C D Е M 0 C Τ J Κ Z S C В O S G 0 S Е Ρ В Е 0 D D Τ S C D Ε S Ε G T Τ R C T S Е U S S G Х Е Ρ S L G Ε Н Ε G D Ε S S G G G Е Е S Е Ν Е Χ G G T Ν S Н Н D Х Е ECGQECN Е

Find the following words in the puzzle.

Words are hidden $\land \lor \lor \to \leftarrow$ and $\lor \lor$.

ACT
ACTION
APPLAUSE
AUDIENCE
COMEDY
COMPETITION
CONTESTANT
COSTUMES

COURAGE
CREATIVITY
CURTAINS
DANCING
DRAMA
INTERMISSION
JUDGES
JUGGLING

LIGHTS
MICROPHONE
MUSICALS
RESILIENCE
RESULTS
SINGING
SKILL
SPOTLIGHT

STAGE STARS SUCCESS TALENTED VOTE WINNER







Adventures with Damandeep







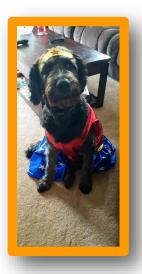


Fall scene!

Spooky-cute Pets



Jenn's new puppy, Addie! Dressed up as a pumpkin

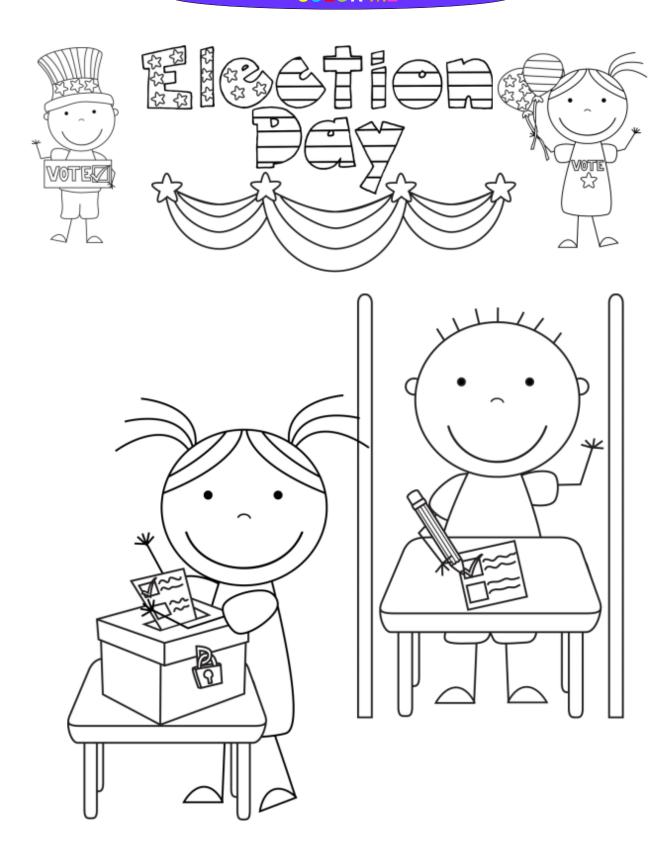


Luna, the Wonder Dog!!!



Dr. Barker

COLOR ME



Music for Hope & Inspiration

Name That Tune: Halloween Edition

The "Music for Hope and Inspiration" class enjoyed another fun round of the very popular "Name That Tune" with a Halloween themed edition. Once again, the group was very quick to guess songs such as "Monster Mash", "Superstition", "Put a Spell on You", "Addams Family Theme", "Love Shack" and "Thriller" among other engaging songs! The group was even able to identify "Get By With a Little Help from My Friends" without the words - that is getting more advanced! One of the most popular songs today was "Ghostbusters"! A fun and relaxing afternoon was enjoyed by all musicians!









Thank You Vinnie

The "Music for Hope and Inspiration" enjoyed a relaxing and educational afternoon with our friend, Vinnie! We started out the group by congratulating Vinnie on his new accordion! Vinnie explained that his new accordion is not electric and therefore lighter. He also explained that there are bigger chambers which made for greater opportunity for the sound to resonate! We also noticed that Vinnie has a nice new hair cut and all gave him thumbs up on both the new accordion and his new hair cut! Vinnie taught us today about tempo. Tempo is essentially the heartbeat of music. There can be a variety of tempos which makes the pulse of the music. He played examples of music in 4/4 tempo, 3/4 tempo and 2/4 tempo. He reviewed with us previous terminology to include: forte (loud), piano (soft), tremolo (shaking sound) and the new musical terminology today was tempo! Vinnie also entertained the group with "Candyman" in honor of Halloween that is upcoming! Vinnie, thank you for not only the beautiful music but also the music education that you provide to us to really help us to understand what we are listening to and therefore greater appreciate music! Looking forward to our next group with you!





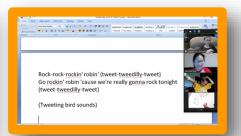


Music for Hope & Inspiration

Tommy Stazza

The "Music for Hope and Inspiration" group again thoroughly enjoyed spending an afternoon singing, dancing, clapping and reminiscing with guitarist, vocalist and dear friend, Tommy Strazza! The repertoire of music continues to expand as we practiced previous songs such as "My Girl", "With a Little Help with My Friends", "When the Saints Go Marching In" and then learned a new song "Rockin' Robin". We were able to practice our whistling that we learned during the last group during "When the Saints Go Marching In" and there was a group discussion regarding the suggestion for the next song to learn which will be a lot of fun! The group keeps getting better and better each time that we rehearse with Tommy with remembering the words and the melodies for each song. Thank you to Barbara for helping to suggest really funny pictures to put into the lyrics that gets a lot of laughter during the songs!







Shueh-Li on her Theremin

The "Music for Hope and Inspiration" class enjoyed a very relaxing afternoon with our friend Shueh-li Ong as she performed a variety of beautiful music on the theremin. Shueh-li challenged the group to remember what the term "tempo" means from a previous music class with responses such as "how the music goes up and down" and "the heartbeat of music". Prior to playing the theme to "Somewhere in Time", which is a movie about time travel, the group figured out that the name of the actor was Christopher Reeve and that the year that it was released as a film was 1980. Shueh-li performed original piece "Calor" (which means heat) which is part of a "concerto" which is a large piece of music. We also enjoyed "When I Fall In Love" and then discussed how listening to music can change our emotions. Thank you Shueh-li for providing us with an opportunity to express our emotions and learn more about a variety of music types with friends!







Hot TopiX (Election Day Edition)

VOTE!

Election Day can be a stressful day for some, so the "Hot TopiX" group decided to have some fun during this day with a different kind of voting. Once the virtual polls opened, the group had to make some tough decisions, through a lot of laughter, on voting choices including "favorite ice cream flavor", "favorite snacky food", "favorite season", "favorite 80's action show" and "favorite muppet"! It was sometimes difficult to make these choices, but with support of our guests at the polling booth, Patti and Selina, we were supported to make only one vote and to make our most informed decision. Suzie, the occupational therapy student, tabulated each vote and provided us immediately with the voting results. What a fun and tabulated each vote and provided us immediately with the voting results. What a fun and very engaging way to spend the afternoon!

What is your favorite.....vacation location?







WINNER: The Beach

What is your favorite......farm animal?







WINNER: Horse

What is your favorite......80's action show?







WINNER: "Knight Rider"

What is your favorite......TV talk show host?







WINNER: Pat Zajak from "Wheel of Fortune"

What is your favorite......furry animal?







WINNER: Dog

What is your favorite......cookie?







WINNER: Oreos

What is your favorite.....soda?





WINNER: Pepsi

What is your favorite......color?







WINNER: Blue

What is your favorite......Brady Bunch character?







WINNER: Alice

What is your favorite......eggs?







WINNER: Scrambled

Hot TopiX (Election Day Edition)

What is your favorite......table top activity?







WINNER: Video Games

What is your favorite......facial hair type?







WINNER: Clean Shaven

What is your favorite......Hot Drink?







WINNER: Coffee

What is your favorite.....quick food?







WINNER: Pizza

What is your favorite.....kind of day?







WINNER: Sunny

What is your favorite.....muppet?







WINNER: Kermit

What is your favorite.....style of music?







WINNER: Rock N' Roll

What is your favorite......crunchy snack food?







WINNER: Potato Chips

What is your favorite.....ice cream?







WINNER: Chocolate

Hot TopiX

Croquet at Cedar Grove

A very gracious thank you to our friends at Cedar Grove for taking the "Hot Topix" group literally into their backyard for a game of croquet! All men had coordinated their clothing to match their mallets and croquet balls and demonstrated the game very well! The group learned about how to play the game, what the tools are of the game (mallet, wicket, croquet ball) and Chris so well explained to us how the croquet game is positioned on the ground and how to navigate the ball with the mallet through the course. We learned that Gloria can play quite a good game of croquet! The men at Cedar Grove frequently spend time in the backyard engaging in fun activities such as croquet and now we also have learned a new fun way to exercise and the best is that this is a social distance game! Thank you Cedar Grove - we look forward to more fun in your backyard in the future!





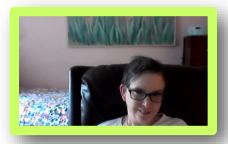




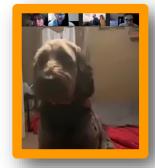
Celebrating with Dogs

The "Hot Topix" group had plenty to celebrate today...saying goodbye and good-luck to Occupational Therapy student, Michelle; a new home for a friend and spending time with many dogs! The group enjoyed spending a relaxing afternoon with Cliff's sister's dog, Luna; Rosie's dogs Trigger and Brutus; and Karen's dog, Frankie. There was a lot of discussion regarding the personalities of dogs, whether cats or dogs are preferred and just how cute they are! We also celebrated the last week of fieldwork for Michelle. We have had twelve wonderful weeks with her and we know that she will come back to see us again - we wish her the best as she finishes school and becomes an outstanding occupational therapist! Then...we celebrated Diana's new beautiful home. It is wonderful to be able to celebrate these experiences with friends!











Hot TopiX

Horses with Melissa

The "Hot TopiX" group thoroughly enjoyed the afternoon meeting new friends, Melissa and her Mom Jennie, as they taught us all about horses! Melissa showed us a slide show of the beautiful horses in her life such as Luna, Dixie, Cookie Dough and Levi. We learned about many different types of horses such as a "quarter horse", a "miniature horse" which is different than a "pony" and through a question asked by one participant, we learned about the "palamino" horse. Melissa explained that horses look as if they are wearing socks, that they enjoy having showers and anything with water (although then enjoy rolling in the mud!), and the different markings of horses. Jennie let the group know that if there is a horse around, Melissa will find it as she has always enjoyed riding and caring for horses. Jennie also let us know that horses have emotions very similar to people and can often express this through the position of their ears. For example, we saw a picture of a horse with its ears up. Melissa said that a horse with its ears up is "paying attention". The group reminisced about cowboys and also enjoyed reading a quote by Ronald Reagan as well as remembered that he, like Melissa, also enjoyed riding and being with horses! A bonus during the group is that Melissa introduced us to her two really cute dogs that they recently adopted, Turner and Arora!

Thank you Melissa and Jennie for this really fun afternoon filled with a variety of learning about horses with friends!







Band of Brothers

Congratulations to Charlie and Joe from Griggstown for their ten year anniversary as members of the Band of Brothers Men's Group!





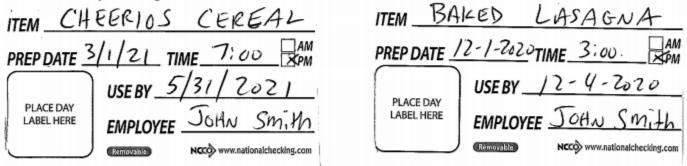
Craftsman Corner

Part of a good health and safety plan includes proper food storage and labeling in your home or building.

After a bag of cereal, box of sugar, package of cookies, snack or other food has been opened it must be stored in a sealed plastic container or zip lock sealed bag.

<u>For instance</u>: You purchase a box of Cheerios cereal. You open the bag inside of it to pour the cereal into a bowl for breakfast. After the bag has been opened you **can't** crumple it up and place it back in the cereal box. Insects, air and other impurities may seep into the bag over time. Instead, one must place the cereal preferably in a hard plastic container or a sealed zip lock bag if a plastic container is not readily available.

Once the food has been stored properly a label must be placed on the plastic container or zip lock bag.



On the label you must include the **Item** (Cheerios Cereal). **Prep Date & Time** (The date & time you opened the bag and placed it into container).

In addition, you must include the "Use By" (Expiration date). You can find this information on the package or boxes so don't recycle or discard the box until you have added the "Use By" date on the label.

You can ignore the "Place Day Label Here" on the label until further notice.

After the food has passed the "Use By" (expiration) date, Don't eat it, cook it or freeze it. The food could be unsafe to eat or drink, even if it has been stored correctly and looks and smells fine.

If you prepare a home cooked meal that contains meat it may last 3-4 days after being prepared. Please mark the label appropriately.

All of our programs have received food labels provided by Ashley P. from our Finance Dept. If you need more labels or to order plastic food storage containers please contact Ashley.

If you have any questions feel free to email or call Jason from the Arc Maintenance Dept.

Cool Collections

Ray's Car Collection

This morning in "Cool Collections," Ray showcased his Model Cars Collection, complete with lots of cars from the past and lots of unique vehicles! Some of the group's favorites included a yellow striped 1976 Camaro, a red 1976 Camaro, and a unique white camouflage Hummer. One of the group members shared that she really liked the 1957 Chevy Bel Air model car because it looked like a "getaway car." Ray also shared with the group an old-time photo of himself at the Englishtown Car Show; he was happy to mention that his brother took the photo. Ray's presentation would have been incomplete without a high-quality video of a Corvette in action! Some of the group members conveyed that the video reminded them of "Grease," a classic. He also showcased some of his other treasures, including his impressive bowling trophies and a large poster of our local little-league baseball team, the Somerset Patriots! This brought the group to reminisce about Sparkee, their mascot. All Zoom attendees were delighted by the photos of Ray and his roommate smiling at the end of the presentation. Ray, what a *Cool* Collection!







Puzzles Edition

This morning in "Cool Collection," Frances and Mary Lou came together to present their extensive and impressive puzzle collection! Together, they shared with the group a wide variety of 14 different puzzles that we had taken pictures of for the presentation. For an extra surprise, they brought out some more puzzles to share with the group in real time, including one of Donald Duck and Mini Mouse, as well as a puzzle featuring some animated furry friends. Some of the group's favorites from their collection included a puzzle of the Yellowbrick Road scene from The Wizard of Oz, a beautiful portrait by Thomas Kinkade. The group also discussed a 500 piece puzzle made from a portrait, "Love in the Rain," by artist Olena Art - a romantic scene of two people sharing an umbrella under bright, shining lights. The group thought this looked like it came from a commercial and could provide great advertising opportunities for umbrellas! We also got to view Michelle and Suzie's puzzle collections. Michelle's collection featured a variety of Disney puzzles, and Suzie's puzzle collection showcased a display of puzzles that had been glued together and hung up for decoration. It is no doubt that puzzles are a valued pastime for many of the Cool Collectors. One of the members from the group even shared that he has completed puzzles with 3000 pieces in the past! A huge thank you to Mary Lou and Frances for allowing us to showcase their amazing puzzles...what a COOL collection!







Buzzwords

2020 Thanksgiving message:

Dear Family, Friends and Supporters,

During this time of global uncertainly and concern, it is important to find the time and opportunity to express our gratitude for those people who continue to provide us with support and encouragement. Our work depends on your ongoing dedication and commitment now more than ever.

We are thankful for those of you who have offered your time, talent, resources and thoughtful expressions to enhance our continued work towards our mission and vision of those we serve.

"It is not happiness that brings us gratitude. It is gratitude that bring us happiness"

Thank YOU for continuing to travel this journey along with us - together we will not just survive, but we will **thrive** together.

Sincerely,

Lauren Frary

Lauren Frary,
Executive Director

COLOR ME



...a star!