

Adult  
Services  
Presents

# THE BUZZ



141 S. Main Street  
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Looking for a fun  
opportunity?  
Be a guest contributor for  
The BUZZ

Please contact:  
Karen Kowalski  
or  
Cliff Leon

## How many turkeys can you find?

Guess the closest number of turkeys in the newsletter and have an opportunity to win an STARBUCKS gift card!

## The Crafty Ladies

This week, we caught up with our friend Lynda, for the Crafty Ladies group! Lynda has been creating decorations for her room and for friends for Halloween! Last week she created a scarecrow with paint, popsicle sticks, and straw! This week she drew and colored a scarecrow and gave it to her good friend! Lynda enjoys giving to others, as she likes to make people feel good. Lynda loves participating in different crafts and wants to continue to create decorations for the upcoming holidays. Can't wait for next week!

THANK YOU  
DSPs  
FOR ALL YOU DO

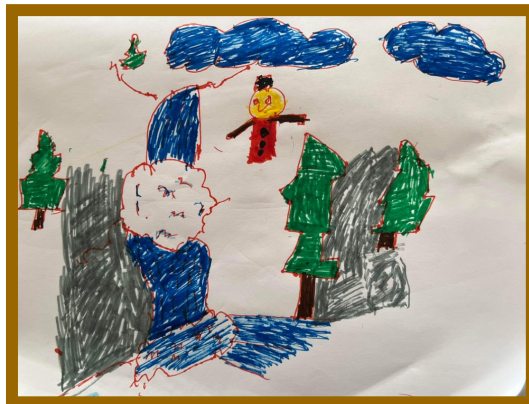


Tuesdays  
at  
3:30PM

# Shooting the Breeze with Friends

By Amber Schlosser, OTS

"This week in "shooting the breeze," we caught up with our good friend Damendeep! We each drew a waterfall, with trees, hills and rocks following along to a step-by-step tutorial from YouTube! It was so much fun, Damendeep even added a snowman to his picture! We all shared how our pictures came out and it was beautiful to see how everyone's was just a little different and unique. We also celebrated our rock star occupational therapy student, Mary Shanehsaz's last week at The Arc of Somerset! We all took the opportunity to share something we appreciated about Mary and how she has impacted our lives. Some of the things we will miss most about Mary is how kind, thoughtful, organized and hardworking she is. She has touched so many lives in a positive way and promises to keep in touch! Best of luck to you Mary on the rest of your journey and we hope to see you soon! Can't wait for next week to catch up with everyone!





# The Fantastic Four

By Amber Schlosser, OTS

This week in the Fantastic 4 group, we learned all about Jayne! Jayne shared with us her interests, things she would like to learn, and how she likes to spend her day. Keep reading below to learn facts about our good friend!

## 10 Facts About Jayne

Jayne's favorite breakfast is waffles and syrup with a cup of coffee and Splenda

Loves to play the game Hawaii match on the computer

Loves yoga

Enjoys listening to poems

Would like to learn how to bake

Favorite singer is Kenny Rogers

Loves to talk to her brother everyday

Would like to learn how to play badminton

Enjoys bowling

Loves spending time with friends





**Mondays  
at  
1PM**

# Yoga with Jane

*Thank You Jane!!!*



**Happy Diwali From Damandeep**







The Arc Of Somerset County Presents...

# THE ARC'S GOT TALENT

## *Virtual Show*

Please join us as we cheer on the greatest talents that the Arc has to offer!

When:  
Wednesday,  
November 17

ZOOM INFO:  
Meeting ID: 481 232 8925  
Password: 12345

Time:  
6:30 PM  
to  
8:00 PM

*Please RSVP to Karen Kowalski and Clifford Leon  
by October 15th*

[karenk@thearcofsomerset.org](mailto:karenk@thearcofsomerset.org) & [cliffl@thearcofsomerset.org](mailto:cliffl@thearcofsomerset.org)



# Jill Court





# Inspirational Quote







# This Week in Literacy

It is the time of year where the trees put on a show with their changing colors and this was the theme of the poem we read this week. Steve, Gerry, Charlie and Jayne all took turns reading "Gathering Leaves" by Robert Frost. Charlie mentioned that when they fall from the trees they turn brown and Gerry talked about how they can make a crinkling sound. The group has been reading poems that other people have written for about two months, so they made a group decision to think of their own poems about themselves. We learned about what an acrostic poem is, which is a poem where each line starts with a letter from the name or thing the poem is about. This week's poem was about Gerry, so the group worked together to think of something for each letter of her name. Gerry received help from her hallway neighbor Steve to think of ideas for her poem.

See Next Page



# A Poem About Gerry



Good at smiling



Excited about Thanksgiving



Really likes Tetris



Ready to Roll



Yogurt, Strawberry flavor



**Mondays  
&  
Fridays  
at 10AM**

# BINGO with Mary!!!



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

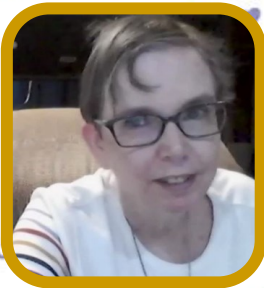
**Kamala**



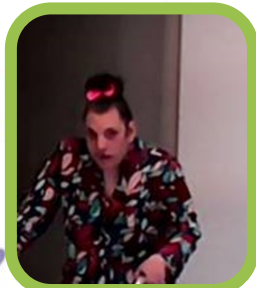




# NOVEMBER



DIANA



BARBARA



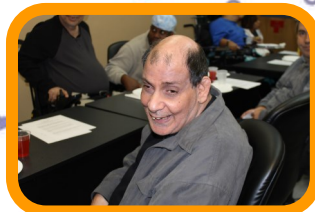
RAY



SANDRA



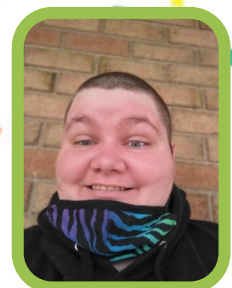
VICKY



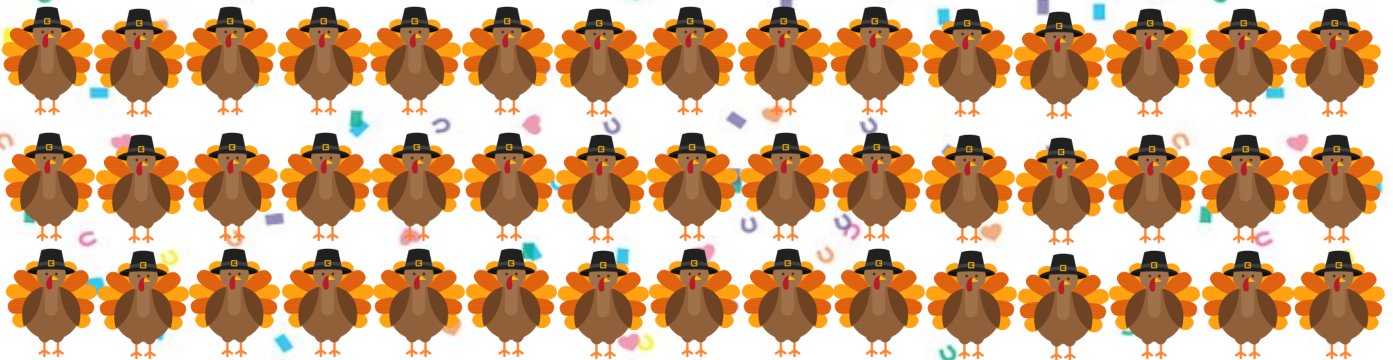
ANTHONY

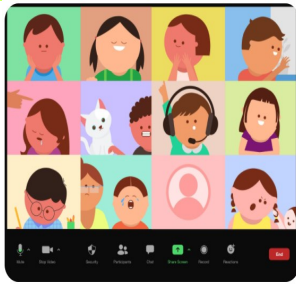


NICK



CRYSTAL





# 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](mailto: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
- **Yoga with Jane:** 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
- **“Stressbusters” Open Discussion**—Share your experiences with stress and/or anxiety. Discuss coping skills and how to use them.



# Hybrid Schedule

## (November 15th—November 30th)

### Monday, November 15th

**10:00-10:45: Bingo with Mary**

Meeting ID: 481 232 8925  
Password: 12345

**11:15-11:45: Stress Busters**

Meeting ID: 412 415 5729  
Password: 794009

**1:00-1:30: Royal School of Yoga**

*Outside at Commons and Virtual*

Meeting ID: 481 232 8925  
Password: 12345

### Tuesday, November 16th

**1:00-1:30: "Music for Hope and Inspiration" -**

*Outside at JCATC and Virtual  
Coffeehouse Project!!!*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday, November 17th

**6:30-8:00: Arc's Got Talent**

### Thursday, November 18th

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

Meeting ID: 701 845 7910  
Password :12345

### Friday, November 19th

**10:00-10:45: Bingo with Mary**

Meeting ID: 481 232 8925  
Password: 12345

### Monday, November 22nd

**10:00-10:45: Bingo with Mary**

Meeting ID: 481 232 8925  
Password: 12345

**11:15-11:45: Stress Busters**

Meeting ID: 412 415 5729  
Password: 794009

**1:00-1:30: Royal School of Yoga**

*Outside at Commons and Virtual*

Meeting ID: 481 232 8925  
Password: 12345

### Tuesday, November 23rd

**11:00-11:30: "Music for Hope and Inspiration" -**

*Dance Party & Name That Tune*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday, November 24th

**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

### Thursday, November 25th

Thanksgiving- No Program

### Friday, October 26th

No Program

### Monday, November 29th

**10:00-10:45: Bingo with Mary**

Meeting ID: 481 232 8925  
Password: 12345

**11:15-11:45: Stress Busters**

Meeting ID: 412 415 5729  
Password: 794009

**1:00-1:30: Royal School of Yoga**

*Outside at Commons and Virtual*

Meeting ID: 481 232 8925  
Password: 12345

### Tuesday, November 30th

**1:00-1:30: Virtual only!**

**Vinnie and his many musical instruments**

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345



Tuesdays  
at  
1PM

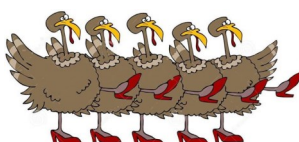
# Music for Hope & Inspiration



## Thank You Justin!!!



Today during Music for Hope and Inspiration we got a special treat by the extremely talented Justin!! We had so much fun singing and dancing to some cool songs he played on his piano including "Come Together," "Can You Feel the Love Tonight," "Can't Help Falling in Love," "Somewhere Over the Rainbow" "Africa" and "Brown-Eyed Girl," among so many other cool songs! Thank you Justin for such an amazing performance!! It was SO much fun and we all had a blast!



A X S Q T  
 A W I A R  
 E G O I O  
 R Z A R H A P  
 Y W H F D Q J  
 L P C O A S E

# Word Search

## Swimming

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

BACKSTROKE  
 BREASTSTROKE  
 BUTTERFLY  
 CANNONBALL  
 DEEP  
 DIVE  
 FISH  
 FLIPTURN

FLOAT  
 FLUTTER  
 FREESTYLE  
 GOGGLES  
 HEAT  
 KICK  
 KICKBOARD  
 LIFEGUARD

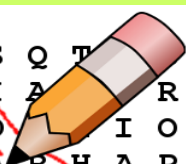
OCEAN  
 PADDLE  
 POOL  
 RELAY  
 SHALLOW  
 SIDESTROKE  
 SNORKELING  
 SPLASH

SPRINGBOARD  
 SPRINT  
 STROKE  
 SWIM  
 SWIMCAP  
 SWIMSUIT  
 TOWEL  
 TREADWATER

VEST  
 WATER



A X S Q T  
A W I A R  
E G O I O  
R Z A R H A P  
Y W H F D Q J  
L P C O A S E



# LARGE Word Search



## Swimming

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

## Dive

## Float

## Goggles

## Splash



## Swim

## Swimsuit

## Towel

## Water







# November Holidays

## (November 13–November 29)



### Saturday, November 13th



World Kindness Day



National Hug a Musician Day



National Indian Pudding Day

### Sunday, November 14th



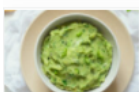
World Diabetes Day



Remembrance Sunday



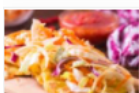
Operating Room Nurse Day



National Spicy Guacamole Day



National Pickle Day



National Pupusa Day



Loosen Up Lighten Up Day



Children's Day



National American Teddy Bear Day

### Monday, November 15th



Steve Irwin Day



Odd Socks Day



National Recycling Day



National Raisin Bran Cereal Day



National Bundt Day



National Drummer Day



America Recycles Day



National Clean Out Your Fridge Day



I Love to Write Day



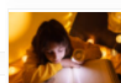
American Education Week



Book Week Scotland



Geography Awareness Week



National Young Readers Week





# November Holidays

## (November 13–November 29)



### Tuesday, November 16th



National Entrepreneur's Day



National Fast Food Day



National Button Day



International Day For Tolerance

### Wednesday, November 17th



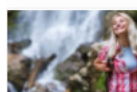
National Educational Support Professionals Day



National Hiking Day



National Homemade Bread Day



National Take a Hike Day

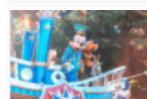


National Unfriend Day

### Thursday, November 18th



Minnie Mouse's Birthday



Mickey Mouse's Birthday



Married to a Scorpio Support Day

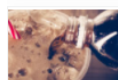
### Friday, November 19th



International Men's Day



National Camp Day



National Carbonated Beverage With Caffeine Day



National Integration Day



National Play Monopoly Day



World Toilet Day

### Saturday, November 20th



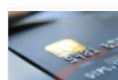
Universal Children's Day



Transgender Day of Remembrance



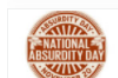
National Peanut Butter Fudge Day



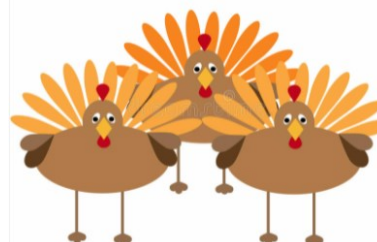
National Pay Back Your Parents Day



National Adoption Day



National Absurdity Day





# November Holidays

## (November 13–November 29)



### Sunday, November 21st



National Stuffing Day



Stir-Up Sunday



World Fisheries Day



World Hello Day

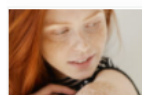


World Television Day

### Monday, November 22nd



Go For A Ride Day



Love Your Freckles Day

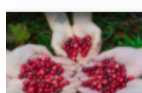
### Tuesday, November 23rd



National Espresso Day



Fibonacci Day



Eat A Cranberry Day

### Wednesday, November 24th



Celebrate Your Unique Talent Day



DrinksGiving

### Thursday, November 25th



Shopping Reminder Day

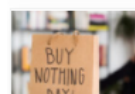


Thanksgiving

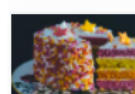
### Friday, November 26th



Black Friday



Buy Nothing Day



National Cake Day

### Saturday, November 27th



National Bavarian Cream Pie Day



Small Business Saturday

### Sunday, November 28th



Hanukkah



National French Toast Day

### Monday, November 29th



Chadwick Boseman Day



Cyber Monday



# Monster Mesh Up!

On Thursday, November 4<sup>th</sup> the Mashup Committee hosted a Mashup at the Movies event at the Reading Cinemas of Manville. Our service population gathered to watch Halloween classic Hocus Pocus starring Bette Midler, Sarah Jessica Parker and Kathy Najimy. Attendees were treated to hot popcorn, cold beverages and ice cream. This event was well received and attendance was high. The Mashup Committee is poised to host another event in the fall of 2022. Hope to see you there!





# Monster Mesh Up!



## Damandeep!!!



# Halloween at Jerry Davis

JDCCF and the Arc of Somerset Employees enjoyed a day of many Treats. It started with a parade through the main office, a visit from our New Roads Friends, an interactive, exciting story time by Noah from the Manville Library and a yummy in the tummy pizza lunch for all.

It was a day full of joy and happy smiles. Wishing everyone a safe and happy Halloween.



Happy Halloween!!!  
From the Finance Department







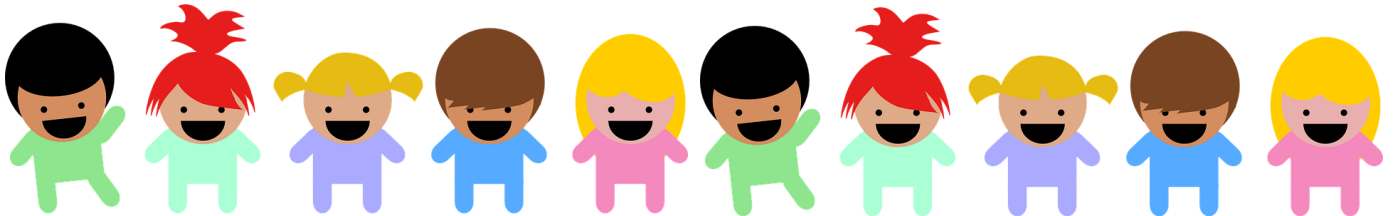
# Guess That Baby!



1. Huge "Piano Man" Fan
2. A fish in the Water
3. Loves walks with friends

**WHO AM I?**

Find out the  
answer in the  
next issue of  
**The Buzz!!!**

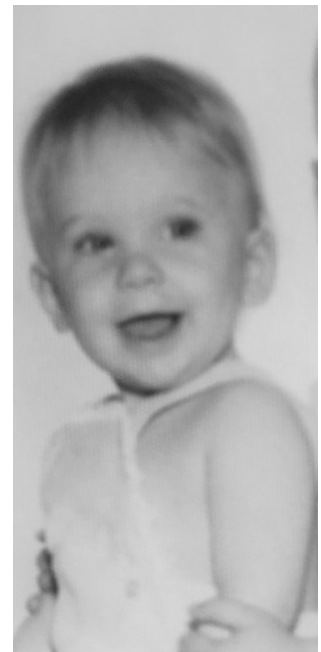


- 1) Growing up I always liked to help people feel better.
- 2) I enjoy being creative doing crafts and decorating for holidays with friends here at work and with family.
- 3) I have enjoyed working here at The Arc of Somerset for 16 years last month.

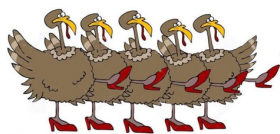
**WHO AM I?**



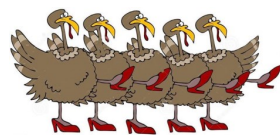
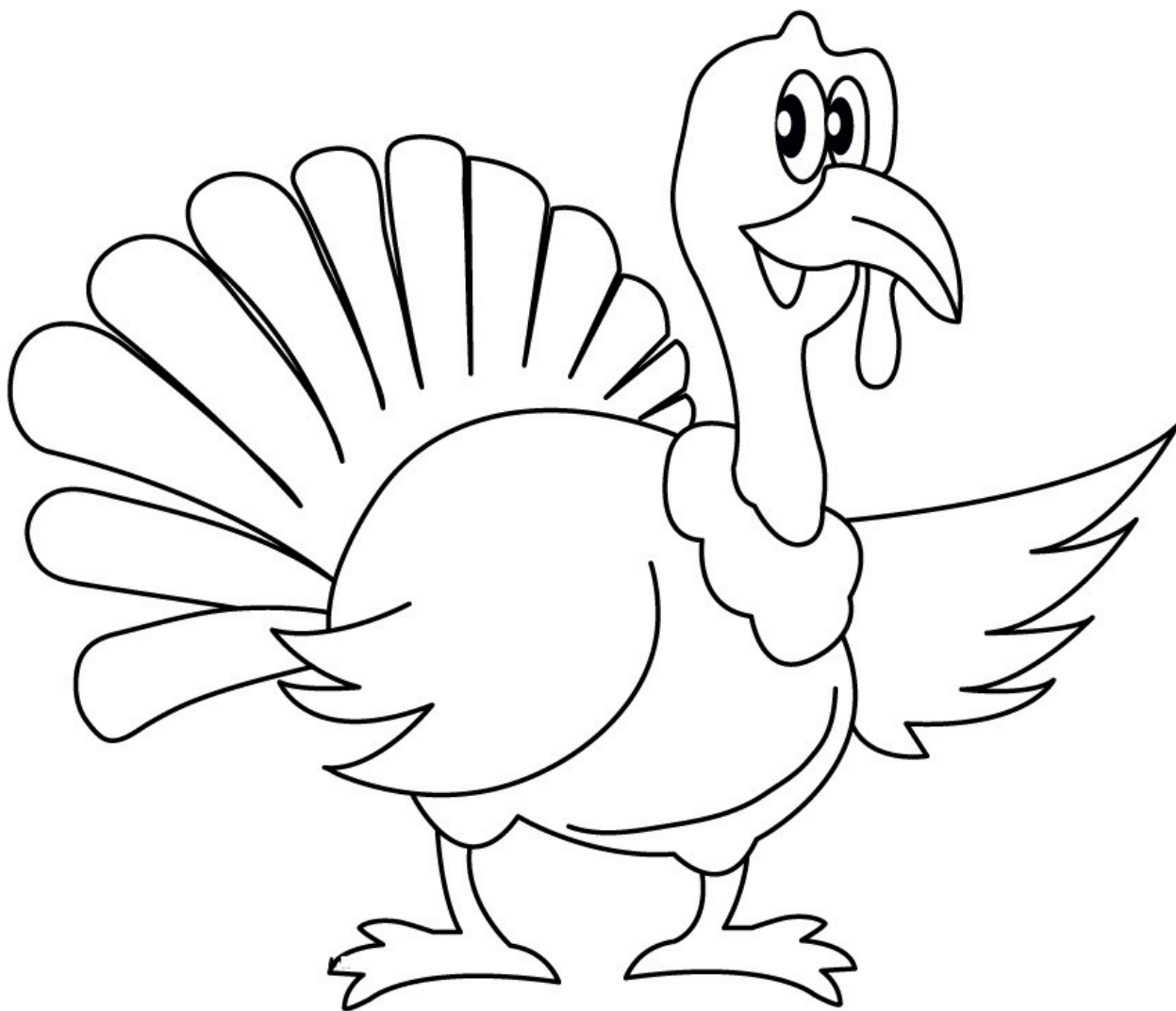
**Annmarie**







# COLOR ME



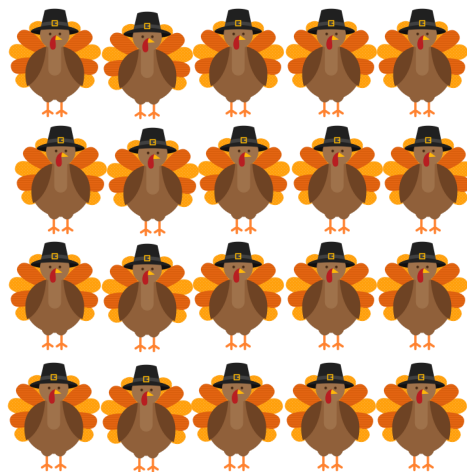


# Craftsman Corner

Kirill “K” Gomofov recently joined The Arc of Somerset County’s Maintenance, Safety & Security Dept. as a Maintenance Technician. Hailing from Moscow he moved with his family to northern New Jersey in the mid-1990s. Kirill is married to his wife Tara and they have a young daughter named Zora. In his spare time Kirill enjoys mountain biking, trail blazing and hikes with his family. Kirill is known around his household for his love of coffee, hot weather and his sweet tooth! Kirill told me he enjoys his job here at for its wide variety of challenges and meeting new people. “Every day is different and I enjoy solving problems with creativity” he proclaims. If you see “K” out in the field please wish him a warm welcome to The Arc of Somerset County community.



*Here he is pictured putting on the finishing touches to the entrance to the wheelchair accessible ramp at Steinmetz Group Home.*



# Buzzwords

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Dear Family and Friends,

As we approach the colder months, we also approach cold and flu season. In addition we are continuing to monitor the Covid 19 infection rates.

We are happy to announce that the State Department of Human Service has once again partnered with Walmart to provide Covid 19 boosters to our employees and service recipients.

All guardians will receive a call from Arc leadership staff to inquire as to the wishes of the guardian for their loved one to receive the booster shot.

At this time it is not mandatory, but rather a voluntary initiative. At the same time, we are also offering our group home residents the opportunity to receive the flu vaccine.

Our goal is to provide the best opportunities for those we serve to enjoy a happy and health holiday season though health and wellness initiatives and options for vaccination.

We will provide updates as they are available.

Be well,  
Lauren Frary  
Executive Director





# How Many Turkeys Can You Find?

**Instructions:** Count how many turkeys you see in this issue of “The Buzz”. Whoever guesses the **closest or the exact number** of leaves wins a gift card to **STARBUCKS!**

**You can submit your guesses by:** contacting Karen Kowalski or Clifford Leon, telling an Occupational Therapist student, telling a staff at Jill Court or your group home.

**Tiebreaker:** If guesses are the same and if they are close or the exact number of apples the names will be put into a raffle with a drawing with one **ULTIMATE WINNER!!!**

Please submit your guesses by **November 23th**. The winner will be announced in the next issue of “The Buzz”.

