

Friends



"True friends are never apart, maybe in distance but never heart"

- Helen Keller

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TOR ALL YOU

Arc's Anniversaries

Congratulations to the residents below who have reached a milestone anniversaries living at The Arc!

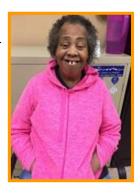
Joe has live in the Griggstown Group Home for 31 years, almost his entire time at The Arc. Joe is the youngest of 5 children and moved from his mother's home to Respite and then Ardsley, before settling into his current home where he has lived with the same roommate, Charlie. Joe currently attends Camplain Road ATC and enjoys attending many Arc functions, such as Tuesday Times and Brand of Brothers. He also enjoys the Seton Hall Carnivals and Special Olympics Bowling.



Tracey has lived on the second floor of the Union Avenue Apartments since she came to The Arc She first lived with a roommate and then had the opportunity in 2015 to move into her own apartment. She currently works at the Goodwill store and attends Branchburg ATC when she's not working. Tracey likes roller-skating, bowling, dancing, Light FM music, socializing, and shopping. Tracy enjoys visiting family and friends, especially her grandmother, and spending time with her fiancé Curtis.



Elvina is one of four sisters and spent time singing in the church choir during her childhood. She keeps her apartment very clean and when she cleans her apartment, she will ask staff to join her in singing a song. She has lived at the Union Ave Apartments since moving to The Arc and currently attends Branchburg ATC. She is a fan of Donna Summer and the Supremes and loves to polish her nails. She is a Special Olympics athlete and has competed in the local and state games. Community outings are enjoyable for her, but prefers to go out to eat and to sight-see. She has vacationed in the Pocono's, Atlantic City, Camp Jotoni, and Florida.



Arc Anniversaries (cont'd)

The BUZZ

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

> Please contact: Karen Kowalski or Kathleen Shimmel

Angela grew up with her parents in Bound Brook and is an only child. After a brief stay at Respite Group Home she moved to Mobus Group Home where she currently resides. She attended Branchburg ATC for over 20 years and now enjoys retirement. Angela likes to listen to music, watch the weather channel, dance, read magazines, paint her nails, take walks and go out to eat. She prefers to have one-on-one time with staff and doesn't attend many group activities. She maintains contact with her cousins, going out with them occasionally and talking to them on the phone.



oland- Franklin Group Home - 35 years

He is the oldest of three brothers and is close with his mom, stepdad, and brother Marcus and his family. Spending time with them and seeing them over the holidays is something he enjoys. Roland enjoys living at Franklin Group Home with his 4 roommates and attending Midland Adult Services. Roland has participated in the Softball Throw and 100m walk and in the past has won gold medals in those events. He likes to socialize, hang out with friends, attend Camp Jotoni, spending time on his swing, listening to music on his radio, watching comedy shows and walking around the park and neighborhood.



osemary - Supported Living Program - 15 years

Rosemary moved into The Arc's Supported Living Program after living with her family. She has been a member of The Arc's Self-Advocacy Group, serving as the Sergeant of Arms, attending conferences, and visiting the State House to advocate for individuals with disabilities. Her interests include bingo, movies, shopping, going out to eat and the mall for walks. She displays her creative side with her knitting, ceramics, and making arts and crafts projects. She enjoys taking day and overnight trips with her SLP friends. She also attends Tuesday Times and has participated in Special Olympics.



Arc Anniversaries (cont'd)

isa - Cambridge Group Home - 5 years

Lisa grew up with a brother, sister, and parents in New Jersey. She maintains close contact with her immediate family and spends holidays and special occasions at her mother's home. Lisa has lived at Cambridge Group Home since joining The Arc and enjoys the company of her three housemates. She participates in the Camplain Road ATC Programs during the week. Lisa spends her free time watching movies on her portable DVD player (such as Brady Bunch), telling knock-knock jokes and watching 70's sitcoms on T.V. She also enjoys participating in activities in the community such as enjoying meals out, going to the movies, and playing bingo.



Familiar Faces





Damandeep and his family at the beach







Jeffrey enjoying a nice cup of coffee during a visit to Jill Court!



Word Search



Michael Jackson

D Х E Ν G В Е В 0 M M Е 0 0 G G L D Ν Ε G Ε Х Ε S U S С Ν В Ε Ε Е C Ν Н Τ 0 O S G Х В Ρ D S I Ν G Ε R U 0 D R Ε Ν 0 В Е Ε Е T В Ε S G Υ S Χ S Α M S G 0 Ν 0 Ε R C S Ε C J Κ O Ρ Е 0 G Е S O 0 Е Ρ G 0 0 ٧ Z O S Е Т G M Ν G Q В S S С R Н Z

Find the following words in the puzzle.

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

ABC
ACTOR
BAD
BEATIT
BILLEJEAN
BLACKORWHITE
DANCER
DANGEROUS

ENTERTAINER
GLOVE
GRAMMY
HAT
JACKSONFIVE
JANET
KINGOFPOP
LEGEND

MOONWALK MUSICIAN NEVERLAND PERFORMER POPULAR PRINCE SHOES SINGER SMILE SMOOTHCRIMINAL THRILLER WEARETHEWORLD ZOMBIE



Show What You Love

huge thank you to Casey Coyle for her innovative group "Show What You Love" that provided an opportunity for just that...showing what interests us and having a chance to speak about it! During the group today, we learned that Scott is not only a guitar player, but a drummer and a tap dancer - a multi-talent! Scott showed off his tap dancing ability and we hope that in the future, we'll see him drumming and playing the guitar. John showed the group his quite extensive baseball card collection with such a great system of organization that he maintains! He identified to the group that baseball cards can be found online and showed the group where these can be found.

Additionally, he let the group know about the piano teaching app that he has been using regularly and performed a piece! Karen gave the group a tour of the inside of her Steinway M baby grand piano and explained how pedals work along with the strings and hammers to make a longer sound. It is so much fun getting to know everyone - quite a talented group of individuals within The Arc of Somerset County and a positive aspect of this time is that we are able to demonstrate our resilience through a variety of new activities!



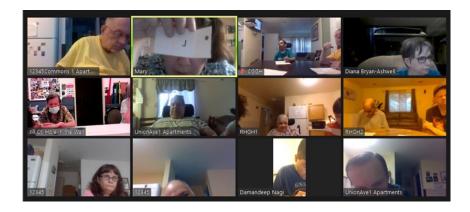






BINGO!

Congratulations to all of the recent winners of Bingo with Mary!



Virtual Schedule: July 13-30

1:00-1:30: Commons 1 Literacy class **MONDAY JULY 13** 10:00-10:30: Bingo with Mary Meeting ID: 701 845 7910 Password: 12345 Meeting ID: 701 845 7910 Password: 12345 2:00-2:30: Claremont Literacy class 1:30-2:00: Royal School of Yoga Meeting ID: 701 845 7910 Password: 12345 Meeting ID: 481 232 8925 **MONDAY JULY 20** Password: 12345 10:00-10:30: Bingo with Mary **TUESDAY JULY 14** 10:30-11:00: GGH Literacy class Meeting ID: 701 845 7910 Password:12345 Meeting ID: 701 845 7910 Password:12345 1:30-2:00: Royal School of Yoga 1:00-1:30: RHGH Literacy class Meeting ID: 481 232 8925 Password: 12345 Meeting ID: 701 845 7910 Password: 12345 **TUESDAY JULY 21** 10:30-11:00: GGH Literacy class 1:00-1:30: "Music for Hope and Inspiration" Guest Musician-Justin Brown Meeting ID: 701 845 7910 Password:12345 Meeting ID: 481 232 8925 Password: 12345 1:00-1:30: RHGH Literacy class 2:00-3:00: Self Advocacy Group Meeting ID: 701 845 7910 Password: 12345 Refer to email from Suman 1:00-1:30: "Music for Hope and Inspiration" Guest Musician: The Coffeehouse Project 3:00-3:30: "Hot Topix" - Cliff & Kevin's trip to Portugal & Six Flags Safari Meeting ID: 481 232 8925 Password: 12345 Meeting ID: 481 232 8925 Password: 12345 2:00-3:00: Self Advocacy Group **WEDNESDAY JULY 15** Refer to email from Suman 11:00-11:30: SGH Literacy class 3:00-3:30: "Hot Topix" - Mary's Virtual Trip to Florida Meeting ID: 701 845 7910 Password: 12345 Meeting ID: 481 232 8925 Password: 12345 **THURSDAY JULY 16 WEDNESDAY JULY 22** 10:00-10:30: AGH Literacy class 11:00-11:30: SGH Literacy class Meeting ID: 701 845 7910 Password: 12345 Meeting ID: 701 845 7910 Password: 12345 10:00-10:30: "Cool Collection" memorabilia **THURSDAY JULY 23** Meeting ID: 481 232 8925 Password: 12345 10:00-10:30: AGH Literacy class 11:00- 11:30: Cambridge Literacy Class Meeting ID: 701 845 7910 Password: 12345 Meeting ID: 761 8744 1990 Password: 12345 10:00-10:30: "Cool Collection" memorabilia 1:00-1:30: "Music for Hope and Inspiration" Meeting ID: 481 232 8925 Password: 12345 Guest Musician - Herbert on guitar and vocals 11:00- 11:30: Cambridge Literacy Class Meeting ID: 481 232 8925 Password: 12345 Meeting ID: 761 8744 1990 Password: 12345 2:00-2:30: CGGH Literacy class 1:00-1:30: "Music for Hope and Inspiration" Meeting ID: 701 845 7910 Password: 12345 Guest Musician - TBD 3:00-3:30: "Hot Topix" - Piano concert with young Meeting ID: 481 232 8925 Password: 12345 musicians Austin, Dylan & Eduardo 3:00-3:30: "Hot Topix" - Rosie & Trigger the Therapy Dog Meeting ID: 481 232 8925 Password: 12345 Meeting ID: 481 232 8925 Password: 12345 FRIDAY JULY 17 **FRIDAY JULY 24**

2:00-2:30: CGGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

Virtual Schedule: July 13-30

MONDAY JULY 27

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

1:00-1:30pm: Commons 1 Literacy class

Meeting ID: 701 845 7910 Password: 12345

2:00-2:30: Claremont Literacy class

Meeting ID: 701 845 7910 Password: 12345

TUESDAY JULY 28

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

1:30-2:00: Royal School of Yoga

Meeting ID: 481 232 8925 Password: 12345

10:30-11:00: GGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

1:00-1:30: RHGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

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

Storytelling on the Guitar with Felix

Meeting ID: 481 232 8925 Password: 12345

2:00-3:00: Self Advocacy Group

Refer to email from Suman

3:00-3:30: "Hot Topix" Let's meet Louis the Dentist

Meeting ID: 481 232 8925 Password: 12345

WEDNESDAY JULY 29

9:00-10:00: Live virtual Theremin performance

Meeting ID: 481 232 8925 Password: 12345

11:00-11:30: SGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

THURSDAY JULY 30

10:00-10:30: AGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

11:00- 11:30: Cambridge Literacy Class

Meeting ID: 761 8744 1990 Password: 12345

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

Meeting ID: 481 232 8925 Password: 12345

2:00-2:30: CGGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

3:00-3:30: "Hot Topix" - Virtual Art Show

Meeting ID: 481 232 8925 Password: 12345

FRIDAY JULY 31

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910 Password: 12345

1:00-1:30pm: Commons 1 Literacy class

Meeting ID: 701 845 7910 Password: 12345

2:00-2:30: Claremont Literacy class

Meeting ID: 701 845 7910 Password: 12345

THANK YOU

CompoSecure - donated face shields, mask adjusters, cleaning supplies

Kathy Manese - donated kitchen items

Jennifer Faccendo

Thomas Jefferson University - Occupational Therapy Assistant Student

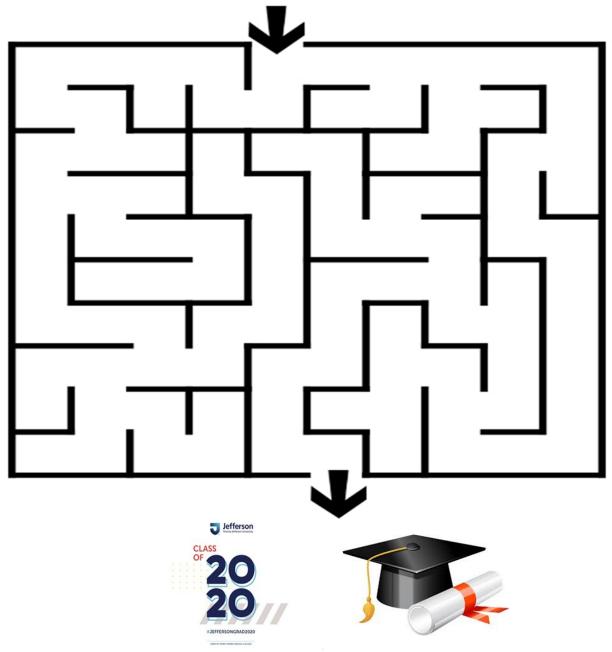
I wanted to personally thank each and every one of you at The Arc of Somerset for being so welcoming and making my time (virtually) here a great and memorable experience! For my last contribution to The Buzz, I thought it would be funny (and accurate) to have you all complete a maze that leads me to graduation....since being here with you all lead me closer to it! I will 100% be coming back to visit-thank you again for everything!

Jenn Faccenda, OTAS

Jennifer Faccendo

Thomas Jefferson University - Occupational Therapy Assistant Student





Hot TopiX

Touring Mary's flower & Vegetable Garden



The "Hot TopiX" group spent a very enjoyable afternoon with Kathy Scibelli in her backyard touring her flower and vegetable gardens! Kathy and her husband spend a great amount of touring her flower and vegetable gardens! Kathy and her husband spend a great amount of time cultivating their crops throughout the year to include tomatoes, zucchini, mint, string beans, grapes, cucumbers and a wide array of beautiful flowers such as zinnias and mums. While hummingbirds are around in the backyard, Kathy explained that they are too fast to be able to take a picture or video of. The family, along with Mary, works together to take good care of their backyard garden friends with many traditions that surround this process. Kathy described one tradition wherein the family gives thanks to their crops to include string beans during Thanksgiving dinner each year. The family looks forward to not for making wine. They also enjoy preparing the tomatoes into canned sauce which they enjoy with their Italian meals. Gardening is a valued tradition at a few of the homes within the agency - one of the homes showed off their bountiful cucumber and zucchini crops! Thank you to the Scibelli Family for taking the time for this outstanding tour - looking forward to the possibility of a fall harvest tour!



June 21

June 21













Hot TopiX

TikTok Dance with Greta

he "Hot TopiX" group thoroughly enjoyed meeting and learning from rising YouTube sensation, Greta! Greta introduced us to her Canine Companion, Midas, whom is able to provide amazing assistance to Greta by helping her to open/close doors, open/close automatic doors (in pre-COVID times), guide her through narrow walkways and even pick up her cell phone from the ground! The group had many questions about the role of a canine companion and Greta made sure that we were aware that Midas is also her best friend! Greta also taught us about the tiktok sensation and showed us some of the adaptations that she does for some of the moves. The group learned that tiktok dances can be tricky to learn but that there are ways to make it easier such as slowing down the song and having a written guide regarding what move to do such as clap hands, wave, body roll. Looking forward to seeing how Greta does learning the complicated tiktok that she is currently working on.

Thank you so much Greta and Midas for such a fun afternoon!!!!

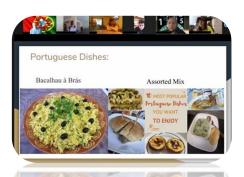




Virtual Trip to Portugal & Great Adventure Safari

he "Hot TopiX" group went on both a virtual trip to Portugal and to Great Adventure Safari yesterday courtesy of Cliff and his friend Kevin! Cliff and Kevin led the group through pictures of communities in Portugal, explained about cultures to include the system wherein the people gather water from a specified area, the importance of dance and costumes as well as the mouth watering tour of delicious Portuguese cuisine! Kevin explained that while he was not born in Portugal, he has a lot of family still living there so frequently visits. Cliff let the group know that he has been to Portugal once. It is really exciting to be able to learn about places in the world that we might not have had a chance yet to visit as well as cultures and traditions!

Cliff and Kevin then took us on an amazing tour of Great Adventure Safari from their recent drive-through trip. The group learned about interesting facts about zebras, giraffes, elephants, kangaroo, ostrich and an animal called an aoudad. Who knew that elephants were afraid of bees, zebras sleep standing up and a group of giraffes is called a tower! The Great Adventure drive through safari is a really fun thing to do - thank you Cliff and Kevin for letting us know about it!







Music for Hope & Inspiration

Hayden Verbanas

very gracious thank you to Hayden Verbanas for bringing as he said, "the power of love and happiness through music which speaks to everyone" to the "Music for Hope and Inspiration" group. Hayden is currently focusing his studies in college on music performance and theater and is quite talented as the group commented on today! Hayden provided a very engaging afternoon singing "Eleanor Rigby" and "Let It Be" while playing the ukulele, which he said that he is teaching himself this summer. Hayden then led two participants in singing the chorus of "Let It Be" - hopefully will be able to feature these two musicians in the future.





The Bernards Ensemble

t is always nice to spend an afternoon with our friends, The Bernards Ensemble! The group does not let anything stop them as we learned that all have been working very hard on continuing their rehearsals both individually and within the group or in order to continue their mission to uplift and engage individuals with a variety of genres of music. The "Music for Hope and Inspiration" group were treated to music performed on the piano, cello, violin, ukulele and also vocals to include pieces such as Chopin Nocturne in E flat major, "Somewhere Over the Rainbow", "Lovely Rosemary", a Bach sonata, and a sweet rendition of "Don't Let the Good Pass You By" on the ukulele and vocals. The performance ended with a breathtaking display of a group performance of "The Bare Necessities" which was very carefully edited and orchestrated into such an amazing social distance compilation!

Thank you very much to The Bernards Ensemble for coming to our homes virtually to touch our hearts, engage our minds and bring smiles to our faces through the power of music! We certainly look forward to more performance in the future.



Music for Hope & Inspiration

Sing Along with Justin

he "Music for Hope and Inspiration" class yesterday happily welcomed back friend and fellow musician, Justin Brown. Justin taught the group "One Love" by Bob Marley. A few of the participants asked if they could sing solo along with Justin on piano and wow it was a success! It is amazing to hear such strong and beautiful voices. The group also enjoyed singing along to "Can't Help Falling In Love" and "Stand By Me" - two songs that Justin taught us a while ago that many now know the words to in order to better sing along. Thank you, Justin, for lifting our voices and souls through the power of music!





This Week in Literacy

fter the lesson about opposites, everyone took turns thinking about words that are similar. A big part of literacy is knowing how different words relate to each other. Union Ave 2 did an activity where they were shown a word and then said other words that were similar to the word on the board. After the group was shown the word "happy," Daniel replied "cheery" and Tracey replied "smiley." Thoughts of Halloween were found after Kamala read the word scary from the board and added the words "afraid" and fright. When it was Elvina's turn she provided the word "quick" as another word for "fast."

There was also a discussion about special words called verbs. These are action words used to describe action. After reading sentences and stories that someone else wrote, Steve at Claremont took a turn at creating his own

sentences after reading an action word off of the board. For example, after he read the word dug he said "The rabbit dug the hole." and after he read the word climb he said "The bear climbed the tree." Everyone has been doing a great job with their creative thinking skills in all of the literacy classes!

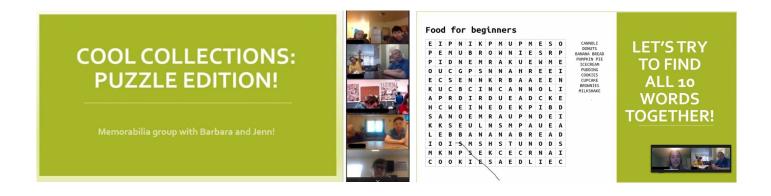


"Cool Collections" Memorabilia Group

aura Ziegler joined the memorabilia group "Cool Collections" today to share her Swarovski crystals with us! Laura informed the group about the history of the Swarovski crystals, what they are made of, and how to properly care for them. She had so many different crystal animals, such as cats, cows, ocean animals, panda bear, mice, and chickens. As a group, we were able to share which crystal we liked the best. One participant said "I like the blowfish" and another shared that "the cat collection was her favorite." This was another fun week of learning about meaningful items people collect-thank you Laura!



oday's "Cool Collections" memorabilia group was co-led by Jenn Faccenda, the Thomas Jefferson Occupational Therapy Assistant Student, and by a friend from Commons 2, Barbara!! This week was a Puzzle Edition since Barbara enjoys word-find puzzles and collects many books. Together, Barbara and Jenn picked out some of their favorite desserts and turned them into a word-find puzzle that they completed together in the group. One group member said "I found pumpkin pie backwards" in the first few minutes! It was another group member's first time completing a word-find puzzle and she was able to find the word brownie-so exciting!! This was a very fun and engaging group that required each member to focus, scan/track the scrambled letters for words, and work together!







For more information and Zoom Details, please contact Karen Kowalski at Karenk@thearcofsomerset.org

Virtual Art Exhibit Update

ndividuals from separate homes continue to enjoy coming to Jill Court to see friends and engage in fun activities to include preparations for the upcoming Virtual Art Exhibit Opening Ceremony. People from day habilitation programs who live at home have also been contributing. Here is a sneak peek at a few works of art. Tune into "Hot TopiX" on Thursday July 30th at 3:00pm for the official Virtual Art Exhibit Opening Ceremony for the complete show!











The School of Yoga

very gracious thank you to Jane from Royal School of Yoga for the relaxing start to our week. As the weeks continue, more people have been observed to complete poses easier and therefore even more actively participate in the gentle yoga poses that Jane leads. Jane encourages our group to drink water and provided us with a really yummy recommendation of placing basil, cucumbers and lime into fresh water for a delicious and healthy treat - something that she enjoys! Jane sets the tone of our whole week well with meditation and reminding us to "give peace into the world".





How Does Your Garden Grow?

he "In Yer Hands" gardening grow bag group is excited to observe their plants grow! The group continues to provide support to their plants through watering, careful placement in the sun, trimming leaves as necessary and of course speaking to their plants to encourage their growth. Kate reminds the group to make sure that since the cucumber plant is getting large to make sure that the leaves do not cover the tomato plant - do not want to block the sun from the growing tomato. Basil leaves should be ready for harvest, wash and place in salads or in cooking. Be careful to make sure to pick the basil leaves before any flowers start on the plant. Once the flowers occur on the basil plants, there will be a bitter taste.

Here are a few gardening pictures. Looking forward to the continual progress here - stay tuned to the next newsletter for an update!

Trevor's Garden - replanted cucumber into garden area.





Commons Garden-Burton & Barbra



Cindy's Garden

BUZZwords

Dear Family, Friends and Supporters,

It seems to me that the news about the pandemic and our progress towards normally changes daily, sometimes hourly. While many states are making progress, many are seeing a devastating increase in COVID-19 cases and more horrifically deaths.

These times remind me of Aesop's fable the "The Tortoise and the Hare". This fable reminds us that being over confident and reckless in our ability to move quickly is often a losing proposition; while the "slow and steady" approach to a challenge is the way to overcoming obstacles. The moral lesson of the story is that you can be more successful by doing things slowly and steadily than by acting quickly and carelessly.

Although this approach can seem overly cautious and even burdensome to our families and supporters, our success is demonstrated by the lack of new COVID-19 cases in our employees and individuals served for well over 6 weeks.

With that success behind us and a renewed sense of diligence with regards to our protocols, we are slowly beginning to see some opportunities for increased service delivery. Some examples include:

- The Adults we serve have begun limited outings into the community (with masks) for recreation, walking in the park and even haircuts! In addition, our group homes (one at a time), are spending a few hours in our day program for some movement based and other activities.
- Our families have begun to enjoy (socially distant) visits with their loved ones in outdoor locations.
- Our child care center just finished its second week of day care at a reduced capacity, which we hope to expand in a few weeks. The children were delighted to be back at The Jerry Davis Center for Children and Families.
- Our Camp Jotoni program, although suspended, is offering a 8 week virtual camp program (Camp REMOToni).
- The Achievement Center at Raritan Valley Community College, is preparing for a regular (in person) semester this fall with full enrollment (and socially distanced desks).

Our steady progress has help to reinforce that our approach (although slow) has led us to the path of reopening in a steady and sure manner. What tomorrow brings is anyone's guess and we are quite prepared to take a step back if circumstances warrant it. In the end, it is the health, safety and happiness of the children, adolescents and adults that we work for and we will continue to do so through and beyond this pandemic.

Be well!

Lauren Frary,

Executive Director

COLOR ME

