

Adult  
Services  
Presents

# THE BUZZ



141 S. Main Street  
Manville NJ 08835  
[www.thearcofsomerset.org](http://www.thearcofsomerset.org)



## How many apples can you find?

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

## AND THE WINNER IS...

### Publisher & Editor

Cliff Leon  
Karen Kowalski

### Contributing Writers

Karen Kowalski  
Mary Scibelli  
Jason Scheib  
Chris Corvino  
Lauren Frary

### Photographers

Cliff Leon  
Karen Kowalski

Looking for a fun  
opportunity?

Be a guest contributor for  
The BUZZ

### Please contact:

Karen Kowalski  
or  
Cliff Leon



## ELVINA!!!

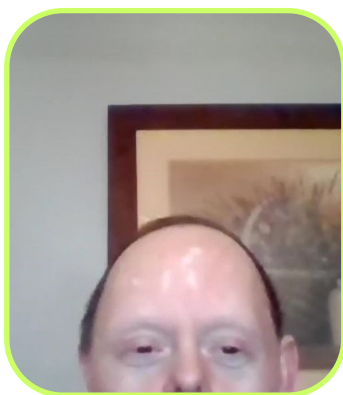
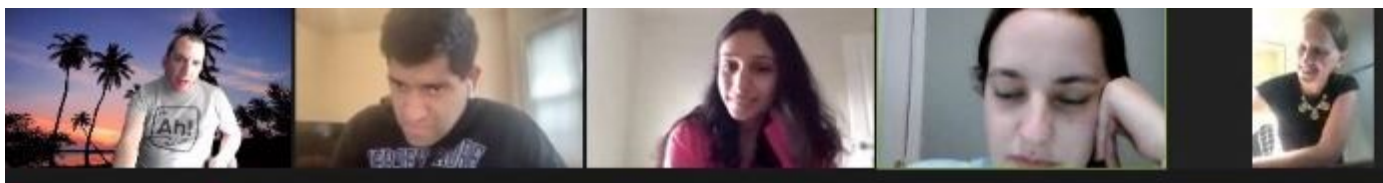
## Guessed: 93 Total: 107

THANK YOU  
DSPs  
FOR ALL YOU DO

# Shooting the Breeze with Friends

By Audrey Sharpe, OTAS

This week during Shooting the Breeze with Friends, Damandeep filled us in on how his job at the school is going. He is doing an amazing job making lunches for all the students! He also told us about how we took another trip to Philly to watch the Phillies game! He is turning into quite the traveler! We were also joined by Bobby who sang "The Star Spangled Banner"! It was so awesome to have him join us and hear him sing!



## Familiar Faces



Cookie and Charlie dresses as each other from 1987!!!!



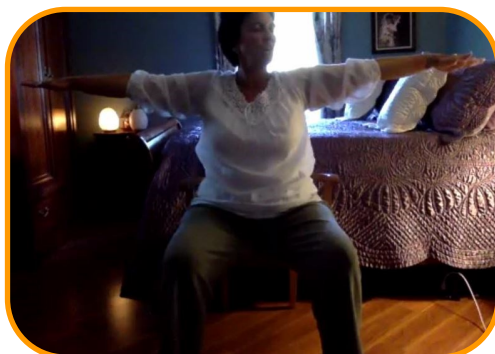
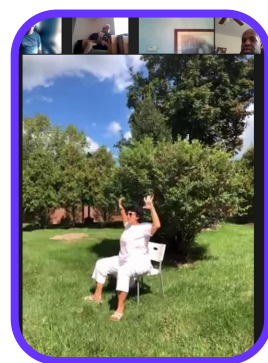
Damandeep at the Movies!!!

**Mondays  
at  
1PM**

# Yoga with Jane

***Welcome Back Jane!!!***

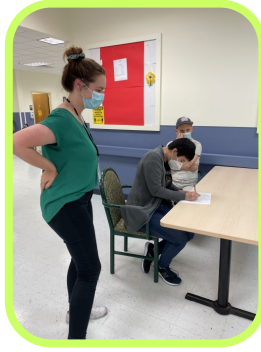
We were thrilled to resume our weekly Yoga with Jane class held live at Commons with ability to have our virtual friends join in on the relaxing fun.



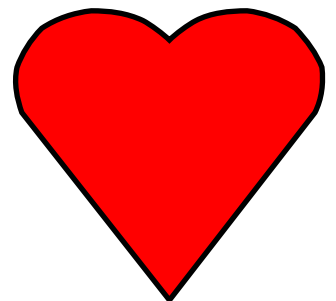


# Jill Court

Thank You Audrey, OTAS!



THANK YOU  
Audrey  
FOR ALL YOU DO



# Inspirational Quote

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Never regret a  
day in your life.  
Good days  
give you  
happiness  
& bad days  
give you  
experience.

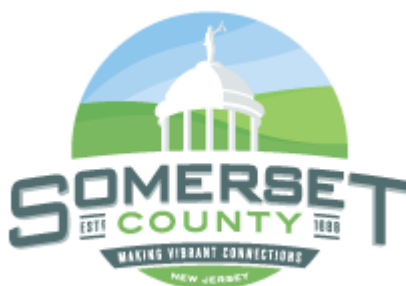
FEARLESSMOTIVATION.COM





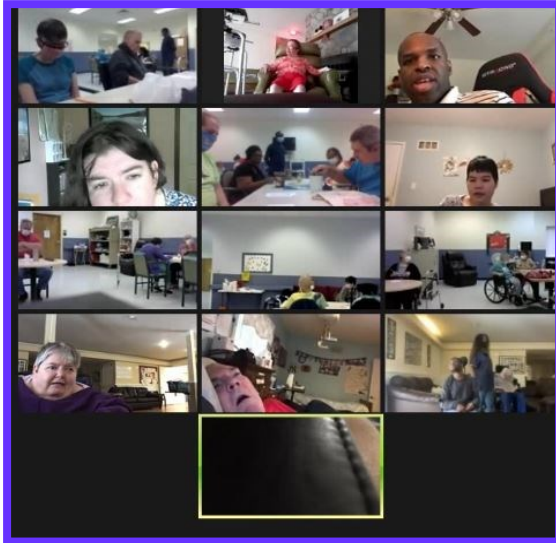
# Congratulations Marcia!!!

2021 Excellence in the Arts Award from the Somerset County Cultural & Heritage Commission in the category of Arts in Education



**Mondays  
&  
Fridays  
at 10AM**

# Mary's BINGO Group



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



# DIANA

## This Week in Literacy

We talked all about FALL words in literacy class this week to celebrate the first day of fall! We worked together to answer riddles that we used to help us spell different words that are related to the new season. To get the letter F, the group was asked to name something that birds have. Shawn correctly said feather. For the letter L, everyone was asked to name the animal that roars and has a large mane. Doreen helped us out with the word lion. After the word FALL was spelled out, people took turns saying other fall words they could think of. Doreen talked about the leaves turning red and falling to the ground. David was asked if he had a jacket for when it gets colder outside and he said yes. Randy and Wills watched along with their peers. Happy Fall everyone!



# HAPPY BIRTHDAY

## OCTOBER



COOKIE



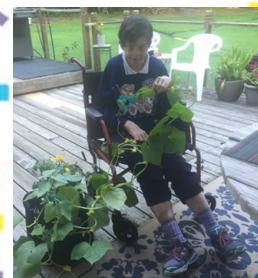
KATHY



KAMALA



BARBARA



CINDY



# 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

## (October 4th—October 15th)



### Monday, October 4th

**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, October 5th

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

*Outside at JCATC and Virtual*  
**Justin Brown!!!**

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday, October 6th

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

Meeting ID: 701 845 7910  
Password :12345

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

Meeting ID: 701 845 7910  
Password :12345

### Thursday, October 7th

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

Meeting ID: 701 845 7910  
Password :12345

### Friday, October 8th

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

Meeting ID: 481 232 8925  
Password: 12345

### Monday, October 11th

**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, October 12th

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

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday, October 13th

**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, October 14th

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

Meeting ID: 701 845 7910  
Password :12345

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

*Outside at JCATC and Virtual*  
**Tommy Strazza**

### Friday, October 15th

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

Meeting ID: 481 232 8925  
Password: 12345

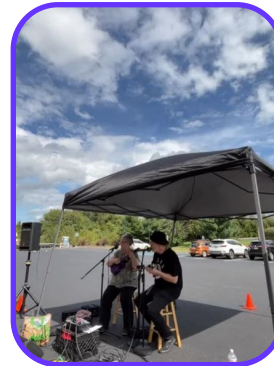
**Tuesdays  
at  
1pm**

# Music for Hope & Inspiration

## *Thank You Coffeehouse Project!!!*

By Audrey Sharpe, OTAS

It was a beautiful day for Music for Hope and Inspiration!! We got to be outside and enjoy one of our favorite groups- The CoffeeHouse Project!! We were joined by both John and Becca who brought their ukuleles with them. It was awesome! They sang some of our favorites, including "Teenage Kicks" and "Born to be Wild" and some crowd favorites from the Beatles! Some of our very own from Jill Court got into the spirit and sang some solos. Shoutout to Mary Lou, Mary, Ronnie, and Frances!! Leave it to the CoffeeHouse Project to get us moving, grooving, and singing along!!



## *Thank you Vinnie!*

By Mary Shanehsaz, OTS

Today during Music for Hope and Inspiration we were treated by the amazing Vinnie! He used his cool accordion to play us some wonderful nostalgic songs including "Making Whoopee," "Mister Sandman," "Mandy," "Shine on Harvest Moon," "Found a Million Dollar Baby in a 5 and 10 Cent Store," "The Best Things in Life are Free," and more. It was so cool to learn about what years these songs were from and to sing/dance to all these songs! Thank you Vinnie for such an amazing performance!







# Word Search



## Hello Fall

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

ACORN  
APPLE  
AUTUMN  
BROWN  
CHILLY  
CIDER  
CORN  
CORNSTALK

CRISP  
CROPS  
CROW  
FEAST  
FOOTBALL  
GOLDEN  
HARVEST  
HAY

JACKET  
LEAF  
LEAVES  
MAPLE  
NOVEMBER  
OCTOBER  
ORANGE  
ORCHARD

PUMPKIN  
RAKE  
RED  
SCARECROW  
SQUASH  
SWEATER  
WIND  
YELLOW



# Large Print Word Search

## Hello Fall

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

**Apple**

**Brown**

**Chilly**

**Corn**

**Crops**

**Jacket**

**Leaves**

**October**

# October Holidays

(October 1st-October 15th)

## Friday, October 1st



International Coffee Day



International Day of Older Persons



National Black Dog Day



National Fire Pup Day



National Hair Day



National Homemade Cookies Day



National Poetry Day



World Smile Day

## Saturday, October 2nd



National Custodian Day



National Name Your Car Day

## Sunday, October 3rd



National Boyfriend Day



National Kevin Day



National Unity Day

## Monday, October 4th



National Child Health Day



National Cinnamon Roll Day



National Golf Lovers Day



National Taco Day

## Tuesday, October 5th



Amazon Prime Day



National Be Nice Day



National Do Something Nice Day



National Get Funky Day

## Wednesday, October 6th



National Coaches Day



NATIONAL GERMAN-AMERICAN DAY



National Mad Hatter Day



National Noodle Day



National Transfer Money to Your Daughter Day



National Walk and Bike to School Day



World Cerebral Palsy Day

## Thursday, October 7th



National Depression Screening Day



National Frappe Day

## Friday, October 8th



National Fluffernutter Day



National Pierogi Day



# October Holidays

(October 1st-October 15th)

## Saturday, October 9th



CURIOUS EVENTS DAY

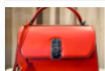


World Post Day

## Sunday, October 10th



National Cake Decorating Day



National Handbag Day



World Mental Health Day

## Monday, October 11th



Cardi B's Birthday



Columbus Day



National Kimberly Day



National Sausage Pizza Day

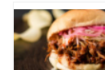
## Tuesday, October 12th



Farmers Day



National Gumbo Day



National Pulled Pork Day

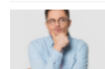


National Savings Day

## Wednesday, October 13th



British Yorkshire Pudding Day



International Skeptics Day



Metastatic Breast Cancer Awareness Day



National Fossil Day



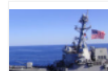
National Pet Obesity Day



National Stop Bullying Day



National Transfer Money to Your Son Day



Navy Birthday

## Thursday, October 14th



National Dessert Day

## Friday, October 15th



Global Handwashing Day



National Cheese Curd Day



National Grouch Day



National I Love Lucy Day



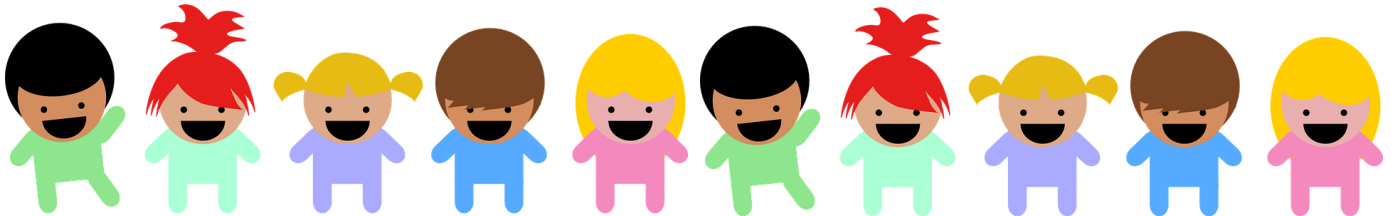
# Guess That Baby!



1. I work full time filling children's stomachs with delicious lunches
2. I am very active in the community - always having adventures that many of you have read about
3. I make friends everywhere that I go!

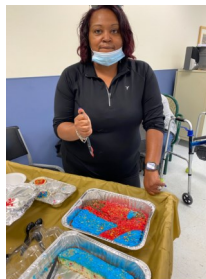
**WHO AM I?**

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



1. She loves taking vacations in different countries.
2. She has been with the Arc for 20 years.
3. She loves the clients she works with.
4. She is originally from Virginia

**WHO AM I?**



**TRINA**



# Craftsman Corner

## How to Prevent Falls

30% of falls can be prevented. Here's how:

Make Your Home a Safer Place:

-  Install handrails on staircases
-  Pick up clothes
-  Clear away loose cords
-  Use non-slip mats in shower
-  Add more lighting
-  Declutter Kitchen

Stay Healthy:

-  Check prescription side effects
-  Get regular vision checks
-  Exercise regularly
-  Wear shoes with traction
-  Improve your diet

Centers for Disease Control and Prevention. "Stay Independent: Prevent Falls," last modified October 12, 2016, <https://www.cdc.gov/steadi/patient.html>

lifetime daily







# COLOR ME

