

Adult Services Presents

THE BUZZ



141 S. Main Street
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www.thearcofsomerset.org



Don't wait for a perfect moment, take the moment and make it perfect.

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

Please contact:
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A Life on Canvas Art Show



THANK YOU
DSPs
FOR ALL YOU DO



Adventures of the Fantastic Four

Written by Kaitlin Hasher, MOTS

What a fabulous day for a Fantastic 4 group! Today we started the session with some modified chair yoga - depending on the number each person chose, we had to do a movement with it while seated in our chairs! With groups starting like this, we'll be professional 'Yogi's in no time! The rest of the group consisted of picking category questions out of a tin and then collaborating as a group to get them answered - it was so fun hearing everyone's different ideas on the same question! When asked to 'name things found in the shower' Gerry, Jayne, Charlie, and Steve took turns shouting things like "a shower!" "toilet paper!" or "a mirror!" When asked "Name things that are green!" everyone took turns shouting things like "trees!" "plants!" and "green beans!" It was a blast! We said goodbye to our friend Kait today as she finishes her placement with The Arc of Somerset Country, but we know we'll keep in touch with her in the future!



Written by Audrey Sharpe, OTAS

What a great day to have our Fantastic Four group! For group today, we started by tossing a ball into a cupcake tin. Each spot on the tin had a different question to answer. It was fun talking as a group to hear everyone's different answers to the questions! We got to talk about the group's favorite animals, breakfast foods, movies, and things to do outside! Stay tuned for next week as we finish this activity and continue with our group discussions. It always is a fantastic group!!



Jill Court

Fresh Air Face Pizza Party



Written by Audrey Sharpe, OTAS

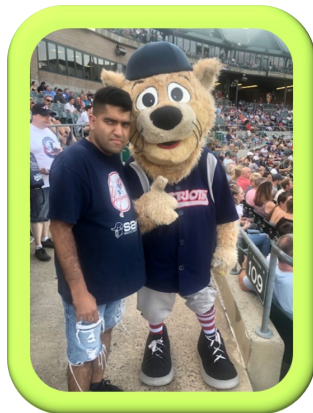
This week at Jill Court, we played a new game- the Cupcake Toss! The goal of the game was to toss the ball into a cupcake tin filled with questions. Then, we went around the room and discussed some answers to the questions. We found out some of our friends' favorite desserts, movies, and things to do outside! Ice cream and cupcakes were popular answers for some of our favorite sweet treats!



Steve's 70th Birthday At Buffalo Wild Wings

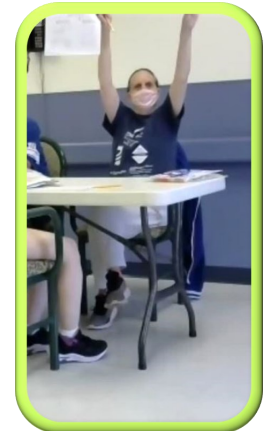
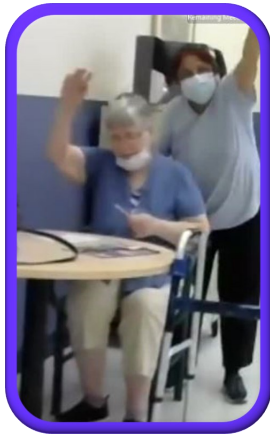


Damandeep's Adventures



Mondays
&
Fridays
at 10AM

Mary's BINGO Group



This Week in Literacy

During one of our literacy classes this week we talked about the sound of the letter B and words that start with that letter. We started with words that started with the "ba" sound. Everyone was asked to make the "ba" sound and say words that start with that sound. Shawn said barn, Damandeep said bag and Doreen said banana. For our next sound, Shawn was asked to say the next vowel after a. He said E! After he made the "be" sound, Shawn said beep. When it was his turn to speak, David was given the verbal prompt "Ring the door what?" He said the word bell loudly and clearly. For the "bir" sound, Doreen was asked what her housemate just celebrated. She said birthday. The group was asked who had a birthday and it was Bill! Bill was asked if he had a good birthday and he said "yeah." We will have more fun with words next time!



HAPPY BIRTHDAY

AUGUST



JILL



BILLY



STEVE



ROLAND



MARYLOU



TOM



ELVINA



STEVE

Virtual Programming

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

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



Hybrid Schedule

(August 23rd—September 3rd)



Monday, August 23rd

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

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

Meeting ID: 481 232 8925
Password: 12345

Tuesday, August 24th

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

Meeting ID: 481 232 8925
Password: 12345

Wednesday, August 25th

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, August 26th

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

Meeting ID: 481 232 8925
Password: 12345

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

Meeting ID: 701 845 7910
Password :12345

Friday, August 27th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

Monday, August 30th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

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

Meeting ID: 481 232 8925
Password: 12345

Tuesday, August 31st

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

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 Group

Thank You Austin, Dylan & Eduardo

Nothing can stop the power of music and the "Music for Hope and Inspiration" performance featuring our friends, Austin, Dylan and Eduardo proves it! The performance was the perfect example of hybrid programming with all at Jill Court enjoying the performance inside virtually and each performer enjoying the performance in their family's car until it was their turn to perform under the exciting big tent! The musicians wowed their virtual audience with pieces such as "Imperial March", "Whirlwind", "Bearcat Boogie", "St. Louis Blues", "When the Sun Rises", "Pomp and Circumstance", "Rise of Skywalker", "Waltz in E Flat" and many, many more! Eduardo led the group in singing "Happy Birthday" for July and August birthdays - thank you Eduardo! Each musician received a star balloon at the end for being such star performers! Thank you to all for cheering on these amazing young artists until we see them again.



Thank You Coffeehouse Project

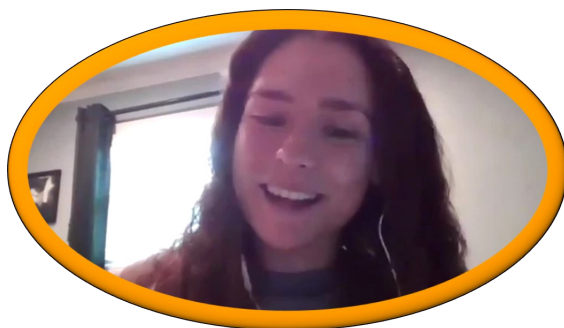
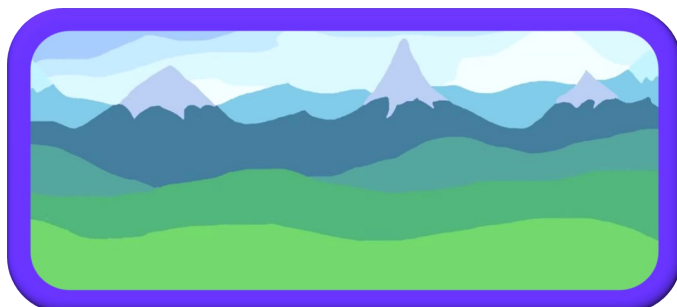
What a nice, sunny day for "Music for Hope and Inspiration"! We were joined by one of our favorites- THE COFFEE HOUSE PROJECT!! Not only did we sing along to some awesome songs like "Shake your Groove Thing", "Halo", "Na Na Na Na Hey Hey-ey Goodbye", and more, but we got to shake, shake, shake our noise makers!! Our friend John knew how to get us moving and dancing along. Later, our very own Frances, Diane, and Alex gave us some solo performances featuring Scott on the guitar!! What a day!!



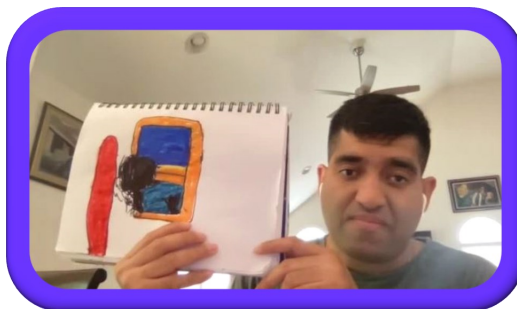
**Mondays
at
2PM**

Art with Alec & Tonya

Beautiful Landscape Mountains
Thank you **TONYA**



Girl Looking Out of an Airplane Window
Thank you **ALEC**





Word Search



Name: _____

Ocean Animals Word Search



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

SHARK

STARFISH

STINGRAY

WHALE

CORALS

OTTER

TURTLE

SQUID

CRAB

OCTOPUS

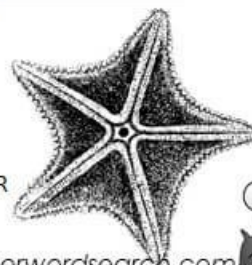
SEALS

POLAR BEAR

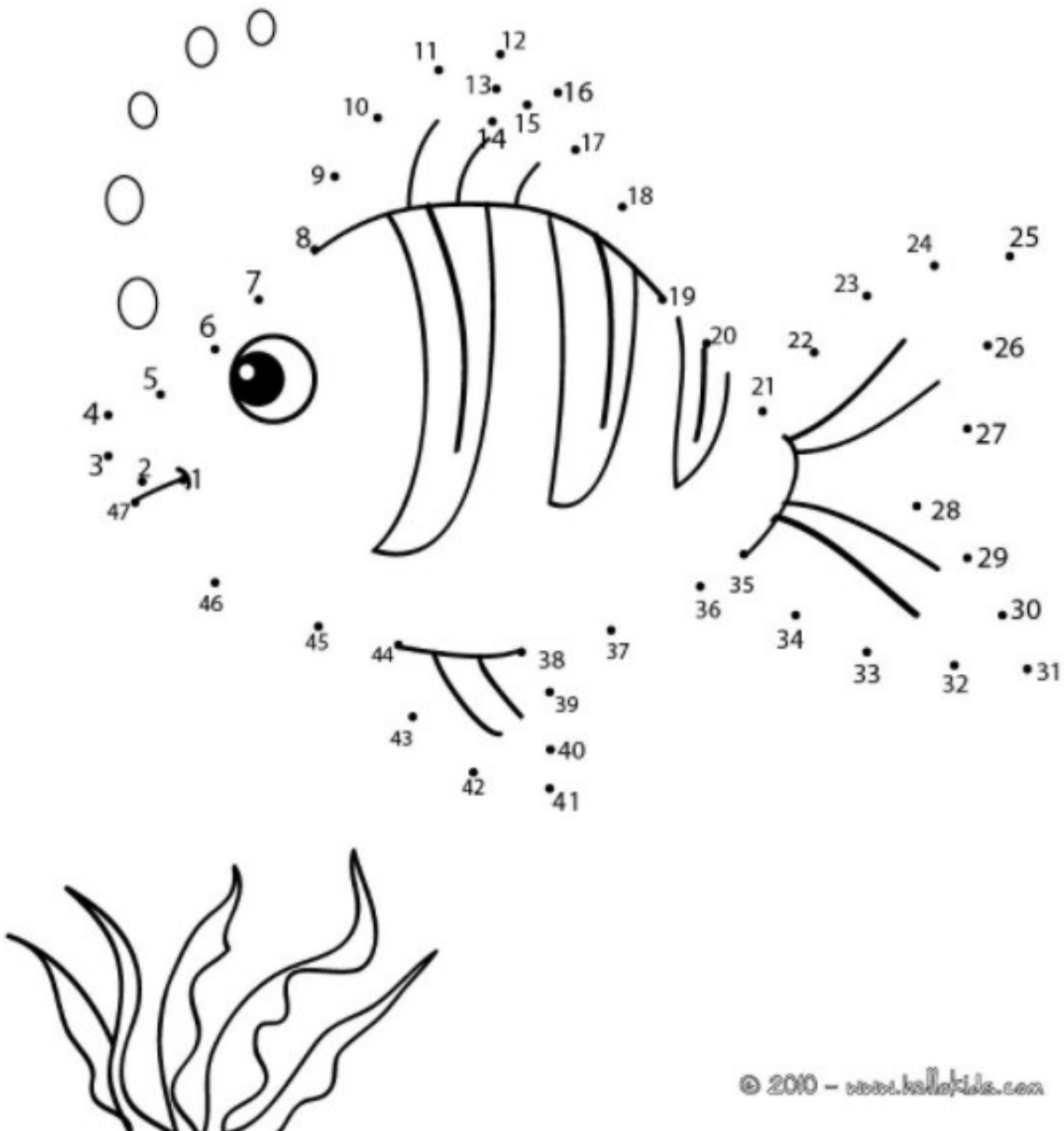
DOLPHIN

LOBSTER

SHRIMP



Connect The Dots



August/September Holidays

(August 22nd–September 4th)

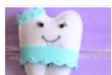
Sunday, August 22nd



Be An Angel Day



National Take Your Cat to the Vet Day



National Tooth Fairy Day

Monday, August 23rd



Cheap Flight Day



Health Unit Coordinators Day



National Cuban Sandwich Day



National Heroes' Day



National Sponge Cake Day

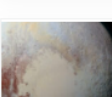
Tuesday, August 24th



Kobe Bryant Day

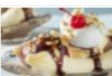


National Waffle Day

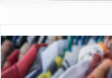


Pluto Demoted Day

Wednesday, August 25th



National Banana Split Day



National Secondhand Wardrobe Day

Thursday, August 26th



National Dog Day



National Toilet Paper Day



Women's Equality Day

Friday, August 27th



International Lottery Day



National Just Because Day



National Pots De Creme Day



Tracky Dack Day

Saturday, August 28th



Crackers Over The Keyboard Day



National Bow Tie Day



National Cherry Turnover Day

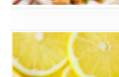
Sunday, August 29th



More Herbs, Less Salt Day



National Chop Suey Day



National Lemon Juice Day

August/September Holidays

(August 22nd–September 4th)



Individual Rights Day

Monday, August 30th



Frankenstein Day



National Beach Day



National Grief Awareness Day



National Holistic Pet Day

Tuesday, August 31st



Eat Outside Day



Independence Day



National Trail Mix Day

Wednesday, September 1st



American Chess Day

Thursday, September 2nd



World Coconut Day

Friday, September 3rd



National Lazy Mom's Day

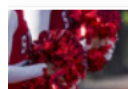


National Skyscraper Day

Saturday, September 4th



Beyoncé's Birthday



College Colors Day



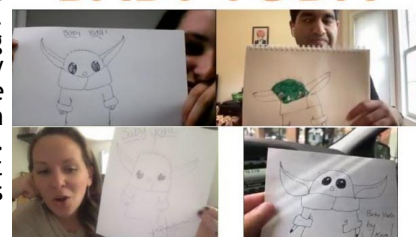
National Wildlife Day



Shooting the Breeze with Friends

Today as we met up for "Shooting the Breeze" we introduced Damandeep and Cliff to Audrey, the new OTA student! Damandeep caught Audrey up on his most recent masterpiece he created this morning - it looked like a mountain scene. This sharing of artwork prompted us all to participate in a YouTube drawing tutorial for the character 'Baby Yoda'! Baby Yoda is from the Disney Plus show called 'The Mandalorian' and we all discussed and agreed how cute he is! As we followed the tutorial we made sure to pause the video and check in with each other and see how each drawing was coming out - they all came out AWESOME. Everyone added their own personal spin to the drawing, which made it that much cooler! You'll never know what will come out of meeting with friends during Shooting the Breeze, but it's usually ALWAYS fun.

BABY YODA





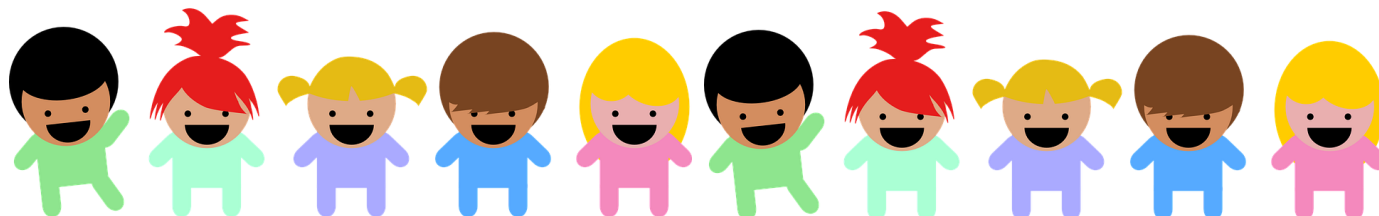
Guess That Baby!



1. This lil tike was into cars at a young age.
2. Wanted to be a fireman when he grew up
3. Once told his mom he knew where the Bat Cave was and that she (his mom) should go marry Batman

WHO AM I?

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



1. moved into a beautiful new home in 2020
2. I am a huge NASCAR fan
3. I can beat anyone in a race in the pool!

WHO AM I?



Diana



Craftsman Corner

| HEAT-RELATED ILLNESSES | |
|--|--|
| WHAT TO LOOK FOR | WHAT TO DO |
| HEAT STROKE | |
| <ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) | <ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink |
| HEAT EXHAUSTION | |
| <ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) | <ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour |
| HEAT CRAMPS | |
| <ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms | <ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems |
| SUNBURN | |
| <ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin | <ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters |
| HEAT RASH | |
| <ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) | <ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash |

