

Adult Services Presents

# THE BUZZ

Pets Edition

Volume 3, Issue 6

June 2020



"Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is "

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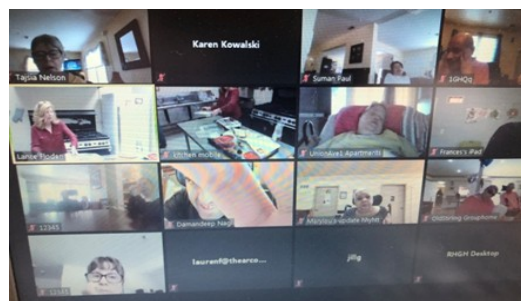
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Looking for a fun opportunity? Be a guest contributor for "The Buzz"

Please contact:  
Karen Kowalski  
or  
Kathleen Shimmel

## Cooking it up with Lauren & Chris...(Baking Edition)

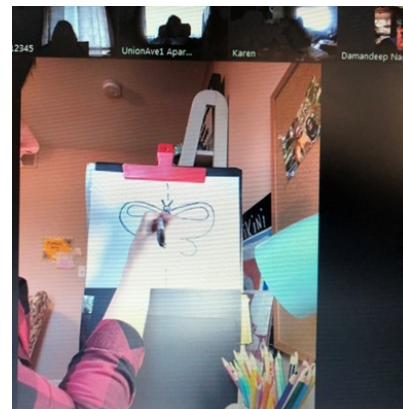
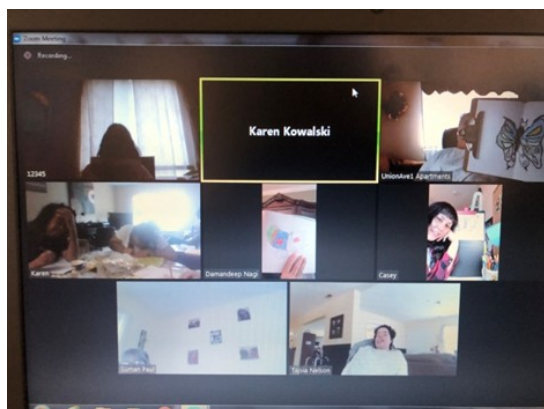
Lauren and Chris C. broadcasted live from the Jerry Davis Kitchen again this time...with delicious ideas regarding baked goods! Lauren provided a nod to Memorial Day with a red, white and blue parfait and a beautifully designed flag cake. Chris C. combined lemon and coconut in order to produce a wonderful lemon coconut cake. All baked goods were expertly taste tested by Jeanette McClew from PACT after which she thought and gave BOTH TWO THUMBS UP!!!



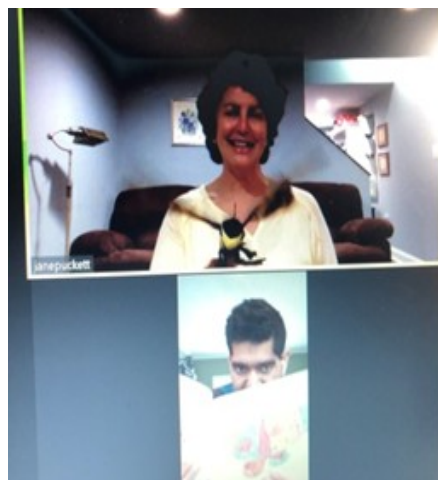
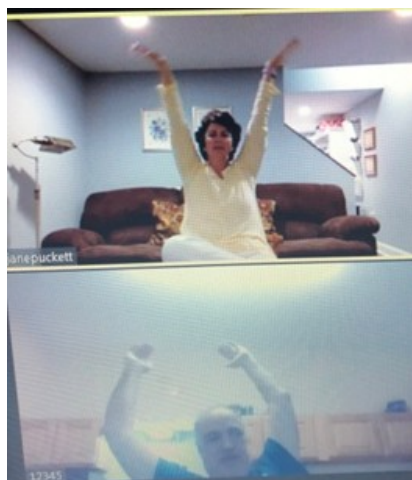
## For the Love of Butterflies

In preparation for the upcoming virtual art show in July (more details to come!), our friend Casey taught the drawing group how to design their own butterflies during the “Joy of Drawing” weekly group. A HUGE thank you to Cookie for suggesting butterflies during the last drawing class! There was a beautiful transition from the drawing class to the yoga class regarding butterflies on that day. Jane from The Royal School of Yoga, led the yoga class in butterfly based movements as encouraged by her butterfly friend. See in this picture here that Damandeep showed Jane the picture of the butterfly that he drew in the drawing class that day. Hope that everyone sees a butterfly when outside enjoying this really nice weather!

# DRAWING WITH CASEY



# ROYAL SCHOOL OF YOGA





**HAPPY BIRTHDAY!**

**JUNE**



**Michael**



**Anthony**



**Doreen**



**James**



**Veronica**



**Andrea & Victor**



**Katherine**  
(from Steinmetz)

# Pets

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

ANTS  
 BIRD  
 BUNNY  
 CAT  
 DOG  
 FERRET  
 FROG  
 GERBIL  
 GOLDFISH  
 GUINEAPIG  
 HAMSTER  
 HORSE  
 KITTEN  
 LIZARD  
 PARAKEET  
 PARROT  
 PUPPY  
 SNAKE  
 SPIDER  
 TURTLE



## People and Their Pets



Evelyn and Gorden the Fish

Hi! I am writing to you about myself and my pet fish, Gorden. He is a very special fish who is a Betta and loves people, too. I have had Gorden for about two years now and he's good company. Gorden eats once a day and plays in



Trevor, Suzie & Louie



Newly born chicks on Cliff's deck



Cliff's sister Veronica and Luna "bear"



Cliff and Luna



Cute dogs from Barbara



Vicky **LOVING** Trigger the therapy dog



Karen K.'s daughter, Catie, and their dog, Frankie



Cindy and Kooper

## Virtual Schedule for June

### Monday June 1

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910

Password :12345

**11:00-11:30: "Joy of Drawing" with Casey**

Meeting ID: 481 232 8925

Password: 12345

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

Meeting ID: 481 232 8925

Password: 12345

### Tuesday June 2:

**10:30-11:00: GGH Literacy class**

Meeting ID: 701 845 7910

Password :12345

**11:00-12:00: Cooking It Up with**

**Lauren and Chris**

Meeting ID and Password  
to be emailed prior to date

**1:00-1:30: RHGH Literacy class**

Meeting ID: 701 845 7910

Password :12345

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

**The Coffeehouse Project**

Meeting ID: 481 232 8925

Password: 12345

**2:00-3:00: Self Advocacy Group**

Refer to email from Suman

**3:00-3:30: "Hot Topics" - Live Stream of  
Power-washing at UA!**

Meeting ID: 481 232 8925

### Wednesday June 3

**11:00-11:30: "What is in a face" drawing class  
with Marian**

Meeting ID: 481 232 8925

Password: 12345

**1:00-2:00: YMCA virtual live "Adapted Fitness"**

Refer to email from Karen K.

### Thursday June 4

**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"  
piano performance by Justin Brown**

Meeting ID: 481 232 8925

Password: 12345

**1:30-2:00: CCGH Literacy class**

Meeting ID: 701 845 7910

Password: 12345

**3:00-3:30 "Hot Topics" - Meet Essential Frontline  
Worker: Brian the Mail Deliverer**

Meeting ID: 481 232 8925

Password: 12345

### Friday June 5

**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



## Virtual Schedule for June



### Monday June 8

#### **10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910

Password :12345

#### **11:00-11:30: "Joy of Drawing" with Casey**

Meeting ID: 481 232 8925

Password: 12345

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

Meeting ID: 481 232 8925

Password: 12345

### Tuesday June 9

#### **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" – Guest Musician TBD**

Meeting ID: 481 232 8925

Password: 12345

#### **2:00-3:00: Self Advocacy Group**

Refer to email from Suman

#### **3:00-3:30: "Hot Topics"**

Meeting ID: 481 232 8925

Password: 12345

### Wednesday June 10

#### **11:00-11:30: SGH Literacy class**

Meeting ID: 701 845 7910

Password: 12345

### Wednesday June 10

#### **1:00-2:00 YMCA virtual live "Adapted Fitness"**

Refer to email from Karen K.

### Thursday June 11

#### **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

#### **1:30-2:00: CGGH Literacy class**

Meeting ID: 701 845 7910

Password: 12345

#### **3:00-3:30 "Hot Topics" – virtual tour of the "Hungry Hound" bakery in Somerville**

Meeting ID: 481 232 8925

Password: 12345



## Virtual Schedule for June

### Friday June 12

#### 10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910

Password: 12345

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

Meeting ID: 701 845 7910

Password: 12345

#### 2:00-2:30: Claremont Literacy class

Meeting ID: 701 845 7910

Password: 12345

### Monday June 15

#### 10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910

Password :12345



#### 11:00-11:30: "Joy of Drawing" with Casey

Meeting ID: 481 232 8925

Password: 12345

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

Meeting ID: 481 232 8925

Password: 12345

### Tuesday June 16

#### 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" – Regina and Kenny on Guitar!

Meeting ID: 481 232 8925

Password: 12345

#### 2:00-3:00: Self Advocacy Group

Refer to email from Suman

#### 3:00-3:30: "Hot Topics" – Mary's Virtual Trip to Maine!

Meeting ID: 481 232 8925

Password: 12345

### Wednesday June 17

#### 11:00-11:30: SGH Literacy class

Meeting ID: 701 845 7910

Password: 12345

#### 1:00-2:00 YMCA virtual live "Adapted Fitness"

Refer to email from Karen K.

### Thursday June 18

#### 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 – Justin Brown

Meeting ID: 481 232 8925

Password: 12345

#### 1:30-2:00: CGGH Literacy class

Meeting ID: 701 845 7910

Password: 12345

#### 3:00-3:30 "Hot Topics" – Young piano players perform featuring Dylan, Austin and Eduardo

Meeting ID: 481 232 8925

Password: 12345





## Virtual Schedule for June



### Friday June 19

#### **10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910

Password: 12345

#### **1:00-1:30pm: Commons I Literacy class**

Meeting ID: 701 845 7910

Password: 12345

#### **2:00-2:30: Claremont Literacy class**

Meeting ID: 701 845 7910

Password: 12345

### Monday June 22

#### **10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910

Password: 12345

#### **11:00-11:30: "Joy of Drawing" with Casey**

Meeting ID: 481 232 8925

Password: 12345

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

Meeting ID: 481 232 8925

Password: 12345

### Tuesday June 23

#### **10:30-11:00: GGH Literacy class**

Meeting ID: 701 845 7910

Password: 12345

#### **11:00-12:00 "In Yer Hands" Adaptive Gardening Class gardening program – veggie scraps to plants!**

Meeting ID: 481 232 8925

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"**

**Guest Musician TBD**

Meeting ID: 481 232 8925

Password: 12345

#### **2:00-3:00: Self Advocacy Group**

Refer to email from Suman

#### **3:00-3:30: "Hot Topics" - Juana's adapted Zumba class**

Meeting ID: 481 232 8925

Password: 12345

### Wednesday June 24

#### **11:00-11:30: SGH Literacy class**

Meeting ID: 701 845 7910

Password: 12345

#### **1:00-2:00 YMCA virtual live "Adapted Fitness"**

Refer to email from Karen K.

### Thursday June 25

#### **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

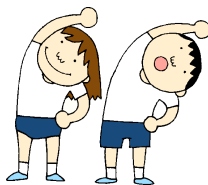
Password: 12345

#### **1:00-1:30: "Music for Hope and Inspiration" guest musician Felix Reid**

Meeting ID: 481 232 8925

Password: 12345

## Virtual Schedule for June



### 1:30-2:00: CCGH Literacy class

Meeting ID: 701 845 7910

Password: 12345

### 3:00-3:30 “Hot Topics” – Guest TBD

Meeting ID: 481 232 8925

Password: 12345

### 6:00pm-7:30pm – Band of Brothers

Meeting ID and Password to be  
emailed prior to date

## Friday June 26

### 10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910

Password: 12345

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

Meeting ID: 701 845 7910

Password: 12345

### 2:00-2:30: Claremont Literacy class

Meeting ID: 701 845 7910

Password: 12345

## Monday June 29

### 10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910

Password: 12345

### 11:00-11:30: “Joy of Drawing” with Casey

Meeting ID: 481 232 8925

Password: 12345

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

Meeting ID: 481 232 8925

Password: 12345

## Tuesday June 30:

### 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”

Meeting ID: 481 232 8925

Password: 12345

### 2:00-3:00: Self Advocacy Group

Refer to email from Suman

### 3:00-3:30: “Hot Topics” – Guest TBD

Meeting ID: 481 232 8925

Password: 12345



# Adopt A Home

Again our programs have been the beneficiary of food and well-wishes from our dedicated board members. It is so encouraging to have their involvement directly with programs during this time. We have heard from appreciative staff and consumers who (of course) loved the food but also appreciated being “seen” by our board leadership. A heartfelt thanks to all!





## LIVE from Singapore: Theremin performance

Our agency was treated to a morning performance LIVE from Singapore featuring Sheuh-Li Ong on the theremin. We learned about the difference in time change and weather between the United States and Singapore in addition to listening and learning about the theremin. The theremin is the only instrument that you do not touch to play. Sheuh-Li taught us about sound waves and how very simple, small movements can make changes in the way that the theremin is played. We even learned how to play the “air theremin”!

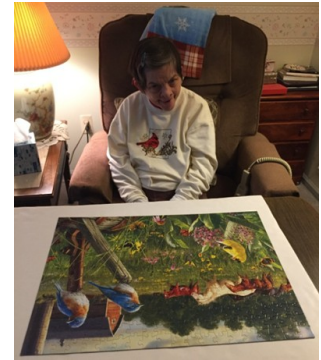
Looking forward to learning about a variety of different instruments and having more relaxing performances in the future.



## Familiar Faces



Our friend, Cindy, from Camplain Road Day Habilitation, has taken on a “mail ministry” wherein she mails 1-2 cards to individuals each day. Receiving letters in the mail is such a fun thing and Cindy is certainly putting smiles on people’s faces with this ministry. Here is a picture of her working on a card and also her other favorite past-time...doing puzzles!

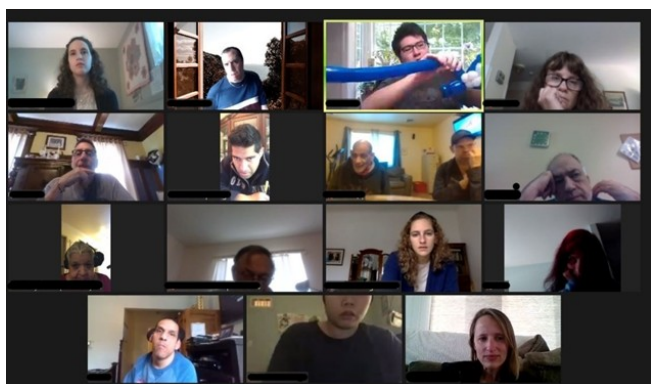


Damandeep at the beach

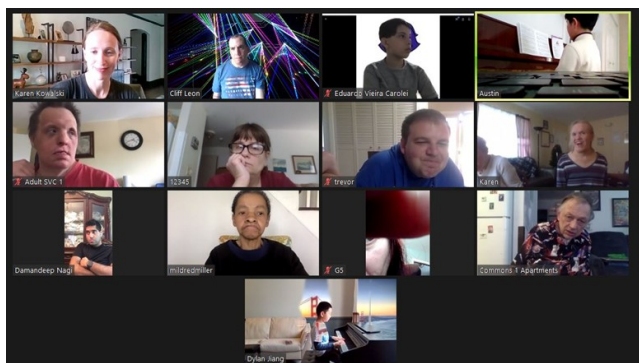
# HOT TOPICS

“Hot Topics” is just that...learning about a variety of interesting topics and people in the community in collaboration with friends! Recently, the group had the pleasure of featuring the following:

Eddie Lin, balloon sculptor, who is living with autism spectrum disorder and has a life mission of creating intricate balloon sculptures specifically now for essential first responders. Eddie has been sculpting balloons since he was ten years old and took classes both in Taiwan and NYC. He was even able to demonstrated how he could create a balloon dog with his hands behind his back!

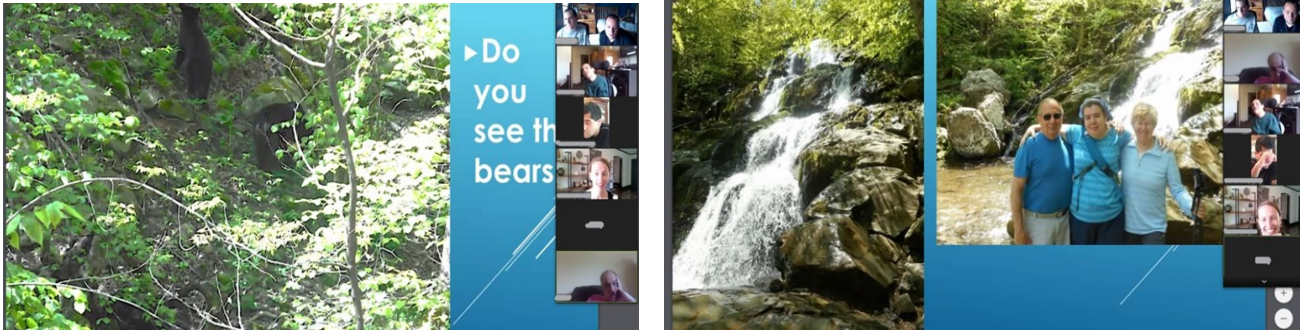


The group enjoyed a relaxing afternoon of beautiful piano music courtesy of three amazing, young pianists - Eduardo, Dylan and Austin! Pieces included: “Blue Danube Waltz”, “Liebestraum”, “Beethoven Sonata in D - first movement” duet and “Rise of Skywalker”! Eduardo, Dylan and Austin thank the group for being such a great audience as they really like to perform for groups. They are now looking forward to the next performance for “Hot Topics” on June 18<sup>th</sup>!





Mary Scibelli took the group on another virtual adventure...this time to the Shenandoah Mountains! Mary showed us pictures from her trip to even include pictures of bears (through a zoom camera!) During this group, participants said that they would like to go to the following places in the future: Maine, Puerto Rico, Portugal, Missouri, California and even to the moon! Where will Mary take us next?



# BINGO

Former occupational therapy students, Juana and Colleen, arranged for a very fun afternoon of "Leisure Time Bingo" which was filled with a lot of laughter as we all played. Juana came to us live from Argentina! The group had to search for pictures of things that we do or might be interested in doing as a leisure time activity such as reading, listening or playing music, dancing, art. Congratulations to ALL winners but especially to Tony from Cedar Grove for his FIRST PLACE WIN!





# *This Week in Literacy*

It was another busy week on zoom with individuals engaging with a variety of reading and writing activities from the comfort of their home. Evelyn and Latricher have been working on their writing skills. They are shown a picture and respond with their own sentences about the picture. This week the topic was “things we see outside” and when she was shown a picture of a bird Evelyn wrote the following sentences in her notebook “The bird was in the tree. The bird has babies in the nest.” Her sentences get longer every week!

At another home, they took turns reading stories about the different places animals live and using their memory skills to remember details from the story. After reading the story, Frances talked about which animals live in the forest and which ones lived in the ocean. Anthony, Daniel, and Mary Lou listened along and also added to the conversation.

## BINGO

Congratulations to the many weekly winners of Mary’s virtual bingo!!!



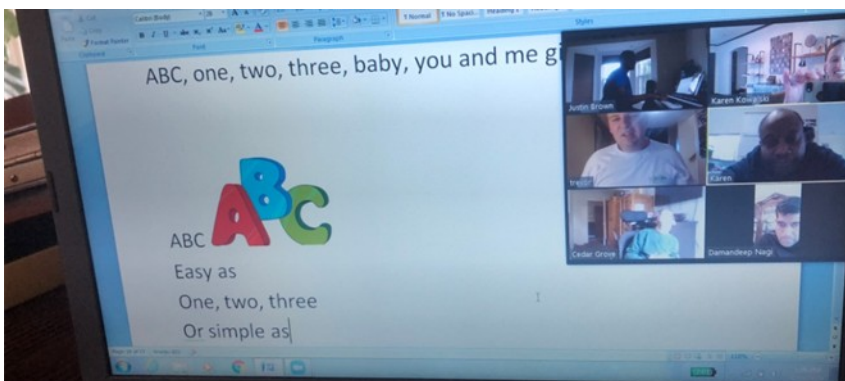
# Music for Hope & Inspiration

The “Music for Hope and Inspiration” class continues to fill their Tuesday and Thursday afternoons with music and an opportunity to reconnecting with friends through this common interest! Featured musicians within the past few weeks were:



Coffeehouse Project engaging the group in “Three Little Birds” and “Sunny” by Marvin Gaye with a beautiful solo by Gerri for her friend Sunny!

Tommy Strazza performing a high energy version of “Sweet Caroline” with many fist pumps!



Justin Brown teaching “ABC” by the Jackson Five which is a song that the group has been interested in learning!

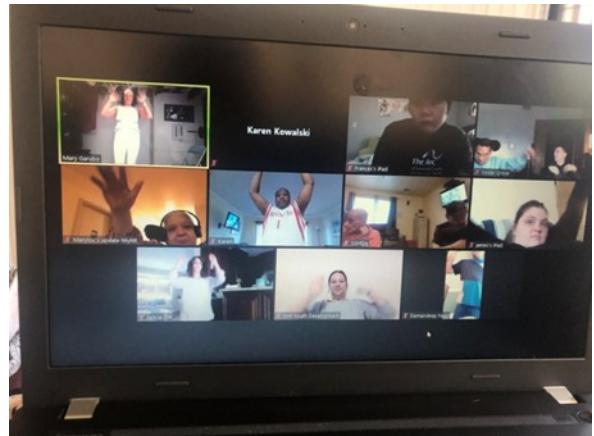
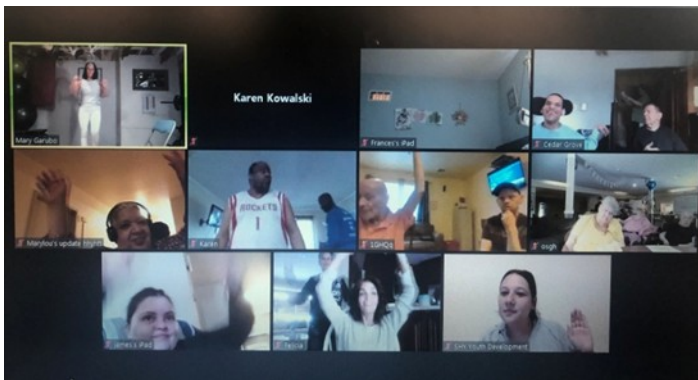
## *Music for Hope & Inspiration*

And....a special performance by our new friend, Vinnie the accordion player! Vinnie has over 40 years of experience playing the accordion and has even marched in the Mummers Parade in Philadelphia. He taught us about how the accordion is played and thoroughly entertained with songs such as “You are My Sunshine”, “Moon Dance”, “Piano Man” and of course “The Chicken Dance”! As you can see from the picture here, all participants gave Vinnie and his music two thumbs up - looking forward to our next performance with song recommendations already made by the group.



## *YMCA Adapted Fitness Class*

The Somerset Valley YMCA has graciously coordinated for a weekly Adapted Fitness class (Wednesdays @1:00pm) which involves chair exercises in addition to adaptations for individuals who may be able to do some exercises in standing. The class was set to music and very engaging for all participants. Participants all gave a “thumbs up” sign at the end of the class to indicate their enthusiasm to participate again next week!





# Words from Executive Staff

As the pandemic continues to run its course, I am happy to say that The Arc along with the rest of the state has experienced some positive signs. We currently have no positive cases among our employees or individuals served, and we have been enjoying some limited time outdoors.

However, we must not let our guard down and we must remember the possibility of a resurgence of the virus if we do not continue our vigilance with social distancing, hand washing and sanitizing. It is with the idea of a resurgence that was in the background of one of the most heart-breaking decisions we have made during this pandemic.

After 43 continue summers of service, Camp Jotoni's summer program will be suspended this year. Covid-19 has created a situation none of us expected, but it will not stop the Camp Jotoni spirit from thriving! In the coming weeks will be rolling out our plans for virtual options for some recognizable programming and well-wishes for any who want to participate. These will be available to all camp families and will provide some ideas for activities, Zoom opportunities with staff, other campers, and more. We are aware that camp and respite are not virtual services but we do hope to stay connected to the many who consider Camp Jotoni vital to their summer.

We are a resilient organization and our Camp program will continue to bring joy and excitement to our Campers, even if virtually.

Stay safe and be well,

**Lauren Frary**

Executive Director



**Watchung Elk's Lodge # 885**— Donated meals for 2 more weeks

**Serena Collado - RWJB**— 100 N95 masks

**Tom Applegate**- Dropped off several Dunkin Donuts gift cards