



*"Pleasure in the job puts
perfection in the work"*

- Aristotle

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THANK YOU
DSPs
FOR ALL YOU DO

Volume 3, issue 13

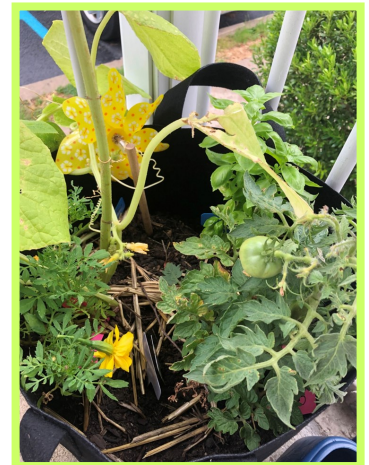
September 2020



Make it a September to Remember

How Does Your Garden Grow?

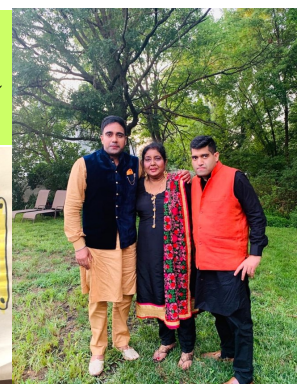
As the end of summer nears, we want to say congratulations to all of the "In Yer Hands" grow bag participants whom explored new roles through the joint love of gardening this season! It is hoped that all enjoyed spending time caring for their garden and enjoyed their delicious vegetables! This final picture is of Burton and Barbara's beautiful tomato getting ready to ripen. Looking forward to more "In Yer Hands" gardening classes in the fall as gardening continues throughout the year!



Familiar Faces



Damandeep keeping
very busy with art and a
wedding!



Art with Alec

Since we are very limited in our ability to travel currently, it was wonderful that our friend Alec was able to take the group on a virtual airplane trip during art class!

While they were gently guided through the art process, the group was able to visualize locations that they have either been to or would like to in the future.

Thank you Alec for a very thoughtful art lesson!



The BUZZ

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Looking for a fun
opportunity?

Be a guest contributor for
The BUZZ

Please contact:
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Craftsman's Corner

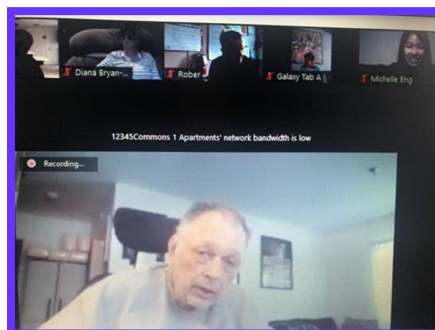


Hi Everyone, Jack Jones here. I've been with the Arc as a Maintenance Technician coming up on 3 years this November. I'm a lifelong resident of Somerville. My family consists of wife Barbara, son Ryan, daughters Lindsey & Amanda, and 5 grandchildren. I've been an active member of the Somerville Volunteer Fire Department 42 years and counting. Some of my hobbies include motorcycle riding, fishing, watching NASCAR, attending annual Daytona 500 races, trips to Wildwood for the Fireman's Convention, and camping in Pennsylvania. Word on the street is I make a mighty fine tea.. I also spend time helping my son on his 80 acre upstate NY organic vegetable and livestock farm. I enjoy my job at the Arc as it relates to what I like to do: Fixing things and figuring out challenges to make the correct diagnosis or repair, as these are things I've been doing my whole life.

Music for Hope & Inspiration

Sing Along with Justin

Justin Brown once again delighted the “Music for Hope and Inspiration” class with his beautiful, diverse, highly skilled and engaging piano performance! Justin performed pieces such as “Maple Leaf Rag” by Scott Joplin, Beethoven’s “Moonlight Sonata”, first movement and “Halleluiah”. The group spoke with Justin about the different genres of music from 20th Century, easy listening and classical. There was a lovely duet that was performed by Steve on voice with Justin as the accompanist for “Can’t Help Falling in Love”. During that song, other participants sang along another outstanding example of how this music group is continuing to explore music as a leisure time activity with friends! Remember...the virtual talent show will be coming up in the fall, stay tuned for more details!



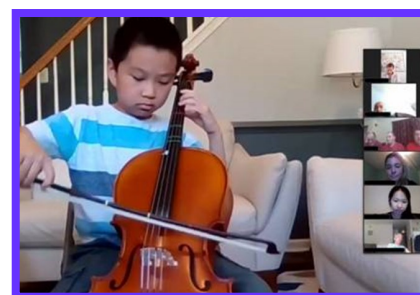
Solo Pianist, Dylan

The “Music for Hope and Inspiration” class thoroughly enjoyed a solo piano and cello performance by our friend and young musician, Dylan! Dylan is a multi-talented musician who performed pieces such as La Cinquantaine, Arabesque (Dylan’s favorite after the group asked him this question), Humoresque, Excalibur, Medieval Fair, In the Hall of the Mountain King (with variations composed by Dylan) and “Hedwig’s Theme” which a few audience members were able to correctly identify as a song from “Harry Potter”! There were many thumbs up, smiles and questions for this clearly talented young musician who inspires our group! One audience member said that she was reminded of the time that she would learn piano from her father.

Thank you Dylan for bringing your beautiful talents to uplift us and being our musical friend!



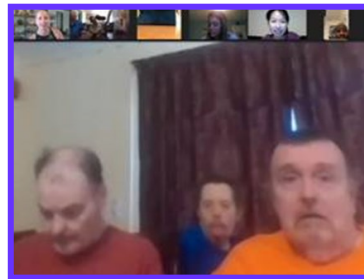
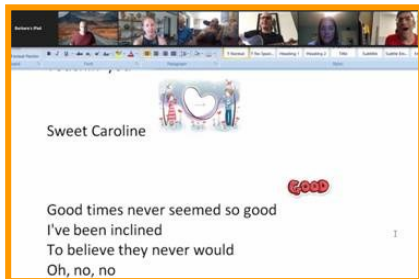
Dylan will be performing the piano and the cello today!



Music for Hope & Inspiration

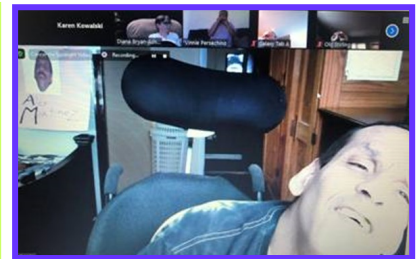
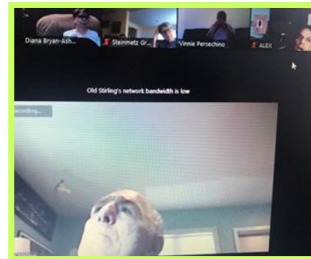
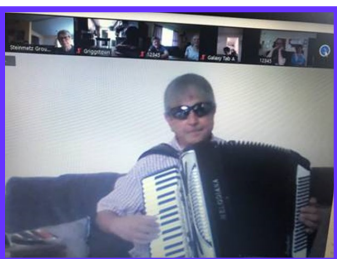
Tommy Strazza

As always, it was so nice to welcome our dear musician friend, Tommy Strazza, to spend time with the “Music for Hope and Inspiration” group. Music groups with Tommy are always engaging to include opportunities to learn new songs that we are interested in with today the additional learning opportunity to learn about a musical instrument that is with us all of the time...how to whistle! Some people were able to show that they already have the ability to whistle; however, Tommy reminded the group that if they cannot whistle, they can hum or make a funny trumpet sound - music is everywhere! There was a lot of smiles and laughter as this great group of musician friends sang songs such as “Sweet Caroline”, “My Girl”, “When the Saints Go Marching In” as well as “Happy Birthday” to Steve whom was celebrating his birthday on this day! Reminder to all...virtual talent show will be coming up in the fall. More details with date to come!



Vinnie

The “Music for Hope and Inspiration” class was thrilled to invite our multi-musically talented friend, Vinnie to the class today wherein he taught us more about the accordion, concertina and today...the harmonica! The group actively sang along to favorites that they were easily able to identify such as, “Bibbidi Bobbidi Boo”, “Oh Susanna”, “Amazing Grace” and “Morning Has Broken”. Vinnie explained that the accordion, concertina and harmonica are all a part of the “wind” instrument family and not the keyboard family because wind has to come in and out of the instrument in order for it to be played. There was such excitement regarding the group that one of the participants stated that he wants to buy a harmonica and would like to learn how to play! Thank you Vinnie for creating such musical stir here - looking forward to more music education through Vinnie and our group!



Virtual Programing

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 August 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”:** 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.
- **“Soft Music Social Time”:** Enjoy time listening to relaxing music and catching up with friends.
- **“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.
- **“Hot Topics”:** Join friends as they participate in a variety show program that features topics, people within the community and generally things of interest that we want and need to know about! Previous topics have included virtual tours, Trigger the Therapy Dog, beekeeping, balloon sculpting, dental care, photography, virtual live tours of flower store and local dog bakery. The sky is the limit with what can and will be learned in this group!
- **“Let’s Talk about Food”:** Join friends as we discuss an activity that will be sure to be interesting food!
- **“Cool Collections”:** Join friends as they learn about each others’ memorabilia! One collection is featured each week to include items such as baseball/basketball cards, magnets, remembering years that people were born, Swarovski crystals.

Virtual Zoom Schedule: September 7-18

Please note: Please join any activity that you are interested in. Every literacy class has been opened up to everyone, not just the home that is listed. Attend as many as you like!

Monday September 7

Happy Labor Day!!!

Tuesday September 8

**10:30-11:00: Literacy class (Griggstown)
everyone welcome!**

Meeting ID: 701 845 7910
Password :12345

**1:00-1:30: Literacy class (RHGH)
everyone welcome!**

Meeting ID: 701 845 7910
Password :12345

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

Meeting ID: 481 232 8925
Password: 12345

**2:00-2:30: Literacy class (UA2) -
everyone welcome!**

Meeting ID: 701 845 7910
Password: 12345

**3:00-3:30: "Hot Topics" - Hedge Clipping
with Michelle**

Meeting ID: 481 232 8925
Password: 12345

Wednesday September 9

10:15-10:45: Soft Music Social Time

Meeting ID: 956 878 9920
Password: 566600

**1:00-1:30: RWJ Barnabus Health- Healthy
Crockpot Cooking Class SPECIAL!!!**

Meeting ID: 481 232 8925
Password: 12345

Thursday September 10

**10:15-10:45: "Cool Collections" - Charlie's Wind
Chimes**

Meeting ID: 956 878 9920
Password: 566600

10:00-10:30: Literacy Class (Ardsley) all welcome!

Meeting ID: 701 845 7910
Password :12345

**11:00-11:30: Literacy Class (Cambridge)
all welcome!**

Meeting ID: 701 845 7910
Password :12345

**1:00-1:30: "Music for Hope and Inspiration" -
Great American Song Book with Jody**

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 "Hot Topics" - Ellen's Garden Tour

Meeting ID: 481 232 8925
Password: 12345

Friday September 11

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: Soft Music Social Time

Meeting ID: 956 878 9920
Password: 566600

2:45-3:15: Let's Talk Food

Meeting ID: 956 878 9920
Password: 566600

Monday September 14

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: Royal School of Yoga

Meeting ID: 956 878 9920
Password: 566600

2:00-2:30: Art with Tonya

Meeting ID: 956 878 9920
Password: 566600

Virtual Zoom Schedule: September 7-18

Tuesday September 15

10:30-11:00: Literacy class (Griggstown)
everyone welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: Literacy class (RHGH)
everyone welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: “Music for Hope and Inspiration” -
Coffee House Project

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy class (UA2) -
everyone welcome!

Meeting ID: 701 845 7910
Password: 12345

3:00-3:30: “Hot Topics” - What Does an
Occupational Therapist Do?

Meeting ID: 481 232 8925
Password: 12345

Wednesday September 16

10:15-10:45: Soft Music Social Time

Meeting ID: 956 878 9920
Password: 566600

11:00-11:30: SGH Literacy Class— all welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: Let’s Talk Food

Meeting ID: 956 878 9920
Password: 566600

Thursday September 17

10:15-10:45: “Cool Collections” Coupons with
Steve & Barbra

Meeting ID: 956 878 9920
Password: 566600

10:00-10:30: Literacy Class (Ardley)
all welcome!

Meeting ID: 701 845 7910
Password :12345

11:00-11:30: Literacy Class (Cambridge)
all welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: “Music for Hope and Inspiration” -
Guitar & Storytelling with Felix

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 “Hot Topics” - Laura Virtual Trip to
Maine

Meeting ID: 481 232 8925
Password: 12345

Friday September 18

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: Soft Music Social Time

Meeting ID: 956 878 9920
Password: 566600

1:00-1:30: Literacy Class (Commons 1)—
all welcome!

Meeting ID: 701 845 7910
Password :12345

2:00-2:30: Literacy Class (Cleremont)—
all welcome!

Meeting ID: 701 845 7910
Password :12345

2:45-3:15: Let’s Talk Food

Meeting ID: 956 878 9920
Password: 566600

Word Search

Labor Day

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

AMERICAN
 BARBECUE
 ETHICS
 FALL
 HOLIDAY
 HONORABLE
 JOB
 LABOR

MONDAY
 MOVEMENT
 OBSERVE
 OCCUPATION
 ORGANIZE
 PARADE
 PARTY
 PICNIC

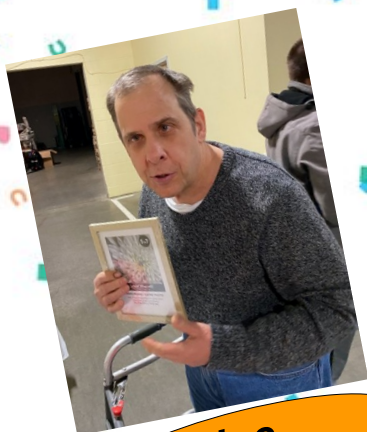
RALLY
 RIGHTS
 SCHOOL
 SECURITY
 SEPTEMBER
 STRENGTH
 TRIBUTE
 UNION

WORKERS





September



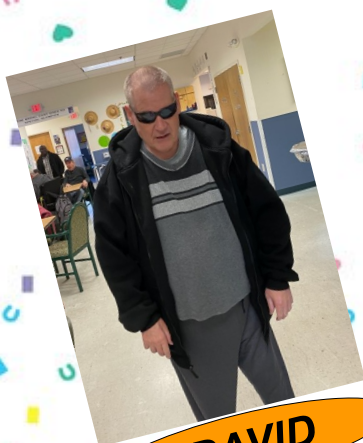
Joe



Robert



JILL



DAVID



LINDA



WILLS

Origami

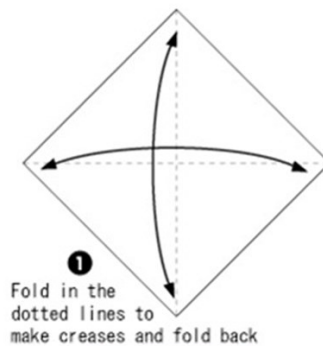
By: Jennifer Faccendo

Thomas Jefferson University - Occupational Therapy Assistant Student

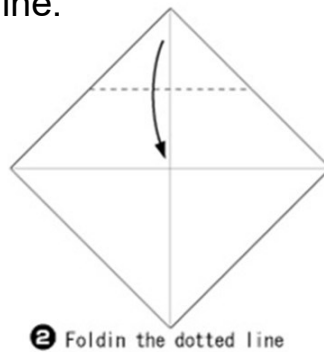
“Origami” is the Japanese art of folding paper into decorative shapes and figures !

Happy Labor Day! Let's show some “love” to all of the workers by making an origami heart! You will need one piece of square paper to do this.

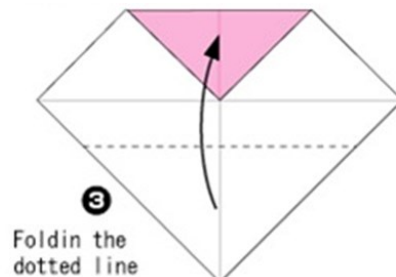
1. Fold in the dotted lines to make creases and fold back.



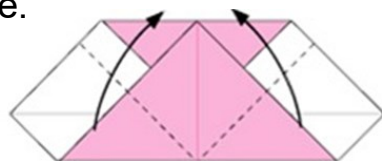
2. Fold in the dotted line.



3. Fold in the dotted line.

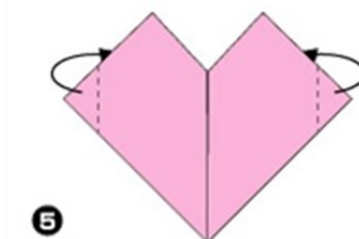


4. Fold in the dotted line.



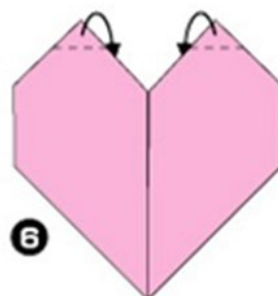
4 Fold in the dotted lines

5. Fold backward in the dotted lines.



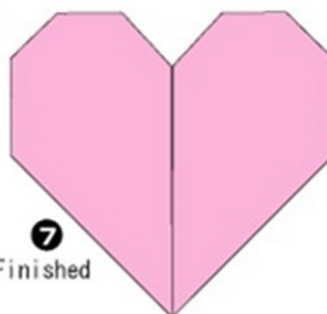
5

6. Fold backward in the dotted lines.



6

7. Does yours look like a heart?



7

Finished

I SPY

By: Michelle Eng

Stockton University - Occupational Therapy Student

I SPY construction

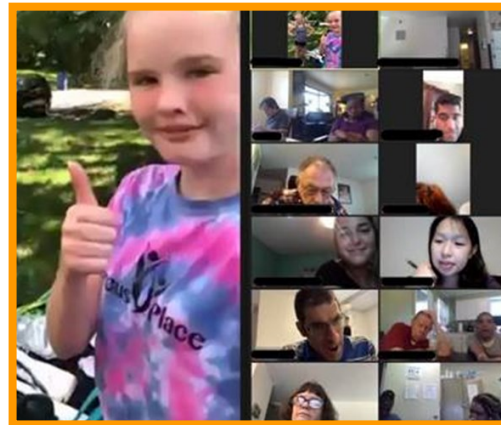
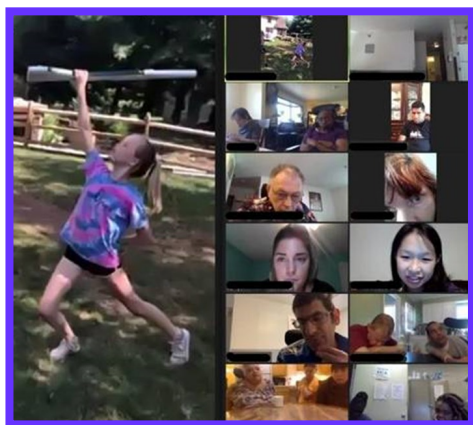


- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 5 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 5 |
| 3 | 3 | 4 | 6 | 2 | 7 | 5 | 9 | 6 | 3 |

Hot TopiX

LIVE Color guard

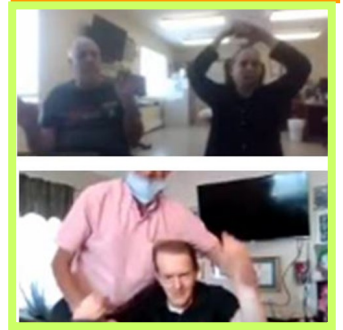
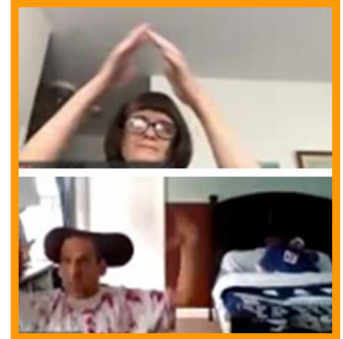
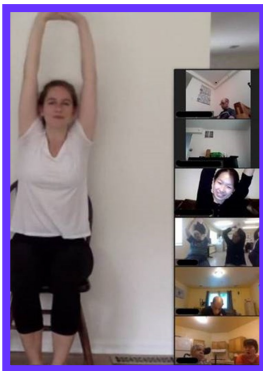
The “Hot TopiX” group was treated with a LIVE display of color guard routines to include flags, wooden guns (*not real!*), and swords (*not real!*) with new friends Selina and Hannah. The group learned that it takes a lot of time, strength, coordination and concentration in order to participate in a color guard group. The girls showed the group how they coordinate twirling their wooden guns and the different levels of twirling ability. Selina said that the most that a wooden gun can be twirled in the air is seven times! Participants reminisced about times that they have gone to football games or marching band exhibits and have seen color guard performances. One participant said that “twirling a baton is probably easier than the wooden gun or swords”. One participant suggested that both girls be “treated to ice cream as a thank you” for their outstanding display today!



Hot TopiX

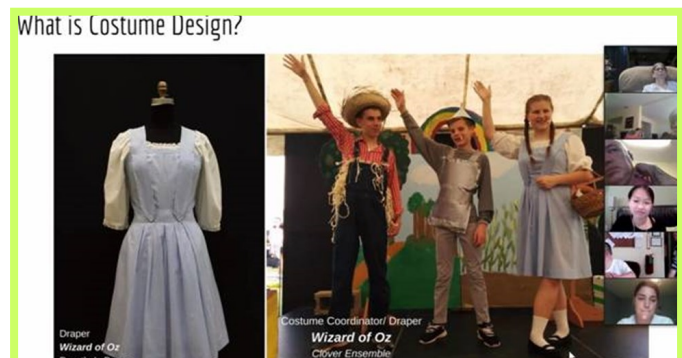
Zumba with Juana

Our dear friend, Juana Guglielmino, OTR, came to energize our afternoon with seated, adapted zumba during the “Hot TopiX” class! Juana engaged the group in a variety of cardiovascular exercises as well as a cool down section at the end choreographed beautifully to music! Juana was an Occupational Therapy student at the Camplain Road Day Habilitation Program two years ago. It’s always nice to reconnect Juana with her friends in this very interactive class.



Costume Design

The “Hot TopiX” group was very pleased to host Julia Meier, Costume Technician, whom not only explained the process of costume design but also showed her beautiful designs to our very interested group! Julia discussed the process from creating a mood board for inspiration all the way to the final rendering of a dress that she made for Cinderella that was used during a play during a 4H performance. The group was very interested to learn how Julia was able to design the Cinderella dress that “magically” changed from pink to blue! The group had many questions about and enjoyed looking at Julia’s intricate work for the special hats that she designed to include beading. One participant was very interested to learn how a cape was fastened at the back. There were many gasps of “how beautiful!” throughout the group. Thank you Julia for introducing this beautiful world of costume design - we are now certainly able to appreciate costumes when we go to shows in the future!



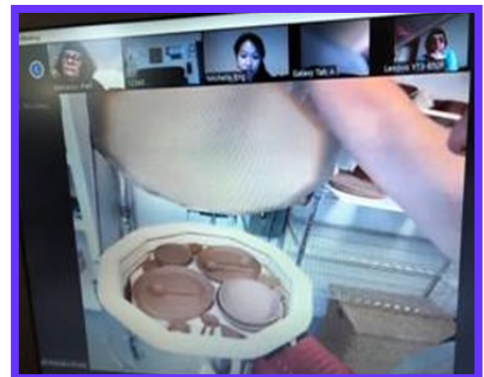
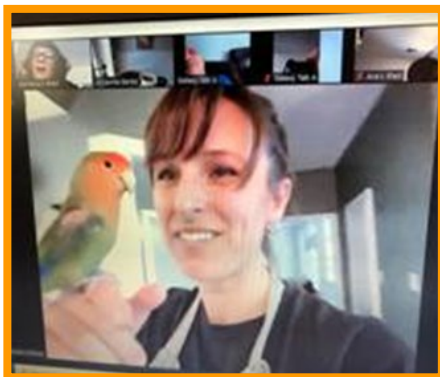
Hot TopiX

Pottery with Amanda

The “Hot TopiX” learned yet about another different leisure time or work activity today...the art of pottery making! The group was pleased to welcome Amanda Bartel, occupational therapist and owner of White Lotus Pottery. Amanda has traveled to many places making her beautiful creations from pots to wind chimes and bird feeders among others to include locations such as Berlin and Russia. Amanda was very kind to take us through the steps of making a pot on a pottery wheel from clay all the way through the process of glazing. She took the group on a tour of her personal studio and teaching studio. The group learned that while a glaze may appear red in it's liquid form, when it is placed into the kiln at a very high temperature, it turns black - the chemistry of pottery! Amanda explained that her hands get really messy when making her pottery and showed us the tools that she uses from a wooden knife to scrape excess clay (the recycle), a leather flap to smooth the top so it is not rough for lips and a common mason jar top to place on top as a material to stabilize while smoothing out the bowl. At the end of the class, Amanda selected one person at random from names placed into a pot whom will win the pot that she made! The lucky winner will be receiving the pot to have in her home. Congratulations all and thank you Amanda for your thoughtful education regarding the world of pottery!



Karen and the beautiful pot that she won!



This Week in Literacy

You never know what new faces you are going to see during literacy class. In the past few weeks we saw people from Old Stirling Group Home participate in class. In this picture you can see Randy identifying letters as they are written on the whiteboard. Everyone also took turns saying words that start with the letter. After someone read the letter D, Lori talked about dinosaurs! In other classes we solved riddles about things that are different colors and shapes. For example, what is brown and falls off of a tree? Diana answered acorns and pine cones. Both answers are correct!



BINGO with Mary



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

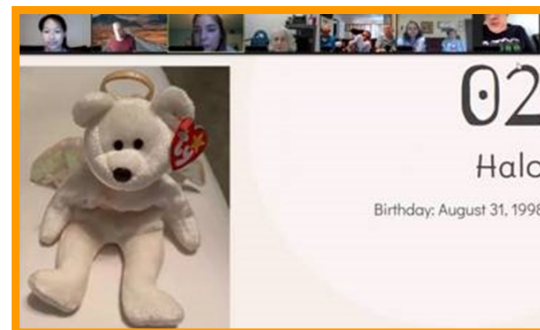
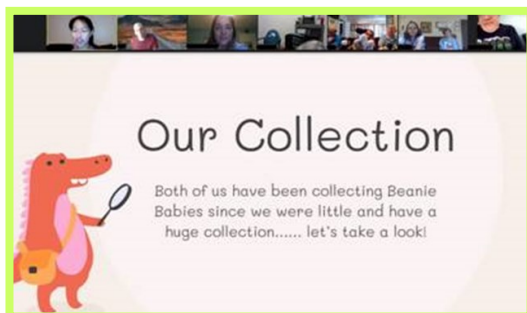
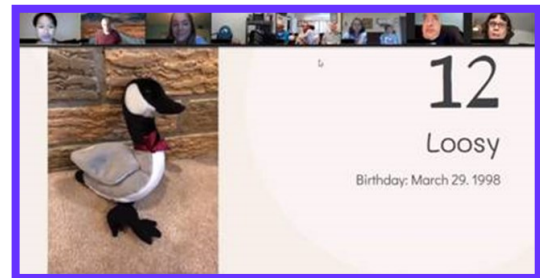
BARBARA



Cool Collections

Beanie Babies

One recent “Cool Collections” memorabilia group was all about Beanie Babies, hosted by Jenn Faccenda and Michelle Eng, the two Occupational Therapy students. They shared their Beanie Babies collections and informed the group how they are made with plastic pellets (which is why they are flexible) and how they are worth a lot of money now if the tag is still on! One group member had his own Beanie Baby to share, which was a black panther named Velvet. Another member shared his stuffed animals that were from presidential elections- it was a fun group!



X-mas in August

Another recent “Cool Collections” memorabilia group was a Christmas in August edition, hosted by the Occupational Therapy students, Jenn Faccenda and Michelle Eng, along with Burton! Burton shared his favorite Christmas movies that he collects and his personal favorite was “Home Alone.” We shared other Christmas collectibles, such as plates, ornaments, and small Christmas trees. One participant said that he collects Christmas Cards as well. We are already getting in the holiday spirit!



COLOR ME

Labor Day celebrates American workers and how hard work has helped this country to do well and prosper.





Buzzwords

Arc Family and Friends:

As we near our 50th year of service to our communities, I reflect on our past. We began with just one program - our preschool that is still in operation today.

Much of our early years were focused on advocacy efforts to ensure every child, adolescent and adult had equal opportunity and access to all of the resources that our community had to offer. We made great strides and the fact that we are celebrating the 30th anniversary of the Americans with Disabilities Act is a testament to the work of The Arc's across the nation.

30 years ago, President George H.W. Bush signed the Americans with Disabilities Act (ADA) into law. The ADA has transformed American society and enabled a generation of Americans with disabilities to thrive and to enjoy the same opportunities and access that those without disabilities enjoy. At the same time, we recognize that many barriers to equal opportunity still remain.

Certainly, the pandemic has made us acutely aware of the areas the opportunity and access that continue to be a challenge for those with disabilities. Our advocacy efforts have shifted to ensure all individuals with disabilities continue to have access to the services and supports that are vital to their health, safety and welfare. Legislation has already been drawn to address the need for individuals with disability to have access to their support staff/ family while in the hospital or in a residential facility. In addition educational support for those who cannot access or use virtual platforms for learning and recreational/ social opportunities for those with a disability are important advocacy topics.

One of the most pressing advocacy matters is the need to ensure that our most vital asset, our workforce, is treated and compensated in an appropriate manner. Without a strong, reliable and consistent team of Direct Support Professionals and other team members, our progress towards a fully inclusive community for those with disabilities will be difficult to achieve. As such we work with advocacy leaders such as The Arc of NJ and the Coalition for a DSP Living Wage to help present a united voice for all of our advocacy efforts.

During this historic anniversary of the Americans with Disabilities Act, we recommit to our work of making the promise of the ADA a reality, enabling all Americans with disabilities to achieve their dreams and reach their full potential.

Please see the websites below to learn more about the advocacy efforts in NJ:

The Arc of NJ www.arcnj.org

The Coalition for a DSP living wages www.njdspcoalition.org

Please join us in our continued efforts towards advocacy for and with our citizens with intellectual and developmental disabilities! Feel free to contact me directly for more information.

Be safe, Be well and stay strong!

Lauren Frary
Executive Director