



# Adult Services presents... *The Buzz*

Volume 1, Issue 1  
February 2018

Winner of  
"Name the Newsletter"  
contest:

RICH ABURAM—OSGH  
Thank you for ALL who  
submitted a vote!

## Moving and Grooving in Branchburg

With the support of Clinical Services, Support Specialists, Branchburg DSP's and management staff, individuals have been active with contract related work and also with innovative programming on a daily basis. Each morning, Support Specialists lead the entire group in thirty minutes of exercise facilitating active range of motion, light cardiovascular conditioning and relaxation. The American Heart Association indicates that exercise done for thirty minutes each day, five days per week has advantages including: increase energy level, stimulate cognitive functioning, relaxation, prevent muscle loss, maintain strength, and generally promote happiness. Individuals are



enjoying this refreshing start to their day and some have even started to integrate it into their daily life style. According to one participant, *"I love it. It helps me stretch and gives me upper body strength. When I have to transfer, it doesn't hurt anymore. I need these taped to work*

*on at home."* Each afternoon, individuals participate in activities to promote energy and attention including dance, charades, Family Feud and the Circles program, which teaches social skills. Branchburg also benefits from weekly computer class and music program. *(Continued pg. 2)*

### Employee Fun Corner

Match the following:

1. A pastor of a Christian Church \_\_\_\_
2. Planning a 50th wedding anniversary trip \_\_\_\_
3. Loves camping \_\_\_\_
4. Member of Alpha Kappa Alpha \_\_\_\_

Choices:

- a. Reba Blake
- b. Mary Tilson
- c. Barbara Lutzky
- d. Innocent Ozokpor

## What's the scoop about person centered thinking?

What if individuals with intellectual and developmental disabilities had positive control over their lives, with the ability to self direct their life within their own homes and communities? To make this happen,

those who are involved with the individual need to have good skills in PCT. You as the employee will become an important part of the PCT process and will realize at the core of Person Centered Thinking is an

attitude of respecting individuals, striving to understand who they are and what they want in life and learning the best ways to support them. More to come on PCT in future newsletters!

## SLP Resident

Our friend, Brian O'Malley, has started a new adventure. After watching a local dance school production of the play "Mary Poppins", he became inspired to take up dance. When he expressed his newfound interest in exploring this new activity with the support staff, they cheered him on and assisted him in joining the Chez Renee Dance School. This gives Brian the opportunity every Tuesday to participate in classes that include jazz, ballet and hip hop. Brian says this is a great way to lose weight and proudly added that he has lost nine pounds.

Kudos to Brian for trying new things and to the SLPs for listening to him when he began speaking about trying something new. This is a wonderful example of person centered listening and thinking. Have fun Brian and let us know when you will be appearing in the new play or dance recital!

### Employee Fun Corner

Answers:

1. Pastor of a Christian Church = Innocent Ozokpor
2. Planning a 50th anniversary trip = Barbara Lutzky
3. Loves camping = Mary Tilson
4. Member of Alpha Kappa Alpha = Reba Blake

### Looking for a fun opportunity?

Be a guest contributor for *The Buzz!*

Please contact:  
Karen Z. Kowalski, MPH, OTR  
or Kathy Shimmel

## New hires

Josephine Ajilowura—OSGH  
Sandra Akinfolarin—Valley Park  
Mary Samba—Commons Apts.  
Annamaria Convery—Daycare  
Dejha Robertson—Branchburg ATC  
Niasha Twine—Branchburg ATC  
Assuntah Njuguna—Clinical Services  
Uhunoma Ewere—Commons Apts.  
Karen Kowalski—Director Adult Services  
Mary Kahaki—Commons Apts.  
Holly Roman—Administration  
Jack Jones—Maintenance  
Carol-Ann Levers—Daycare

Gwendolyn Faggan—Branchburg ATC  
Rashaad Watkins—Branchburg ATC  
Kathleen Boczon—Commons Apts.  
Thomas Powells—Commons Apts.  
Ibilola Nixon—Camplain Road

Special thank you to Thomas Brannon and Mohamed Kamara for incredible support of an individual and his family at Lindsely during a difficult time.

## Milestone

Retiring (pictured here):  
Piravmthottiyil T. Joseph  
(a.k.a. Thomas) - Cedar Grove  
Group Home Manager



## Moving and Grooving in Branchburg (cont. from pg. 1)

We are thrilled that the consumers have embraced these new programs. Branchburg continues to unveil and will eventually integrate these programs within other employment sites. In order for continual development and refinement of these programs, the following donations would be appreciated:

- microphone and headset

- standing easel
- Flip chart paper
- Movie screen and projector
- **UPCOMING EVENTS:**
  - **Support Coordinator Open House** at Branchburg:  
Feb. 23, 2018 at 10:00am  
Families, please invite your support coordinators to this event

- **Fee for Service Information Session:**  
March 2, 2018 at 10:00am—  
Manville Conference Room