

Happy Thanksgiving



SportsTalk

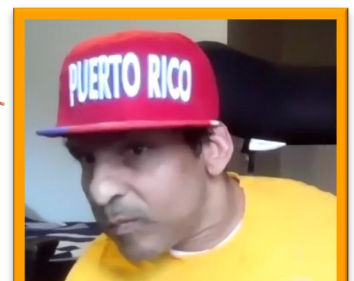
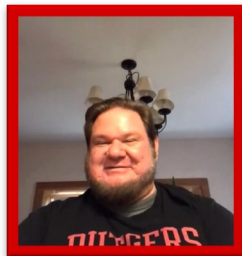
"The best and the most beautiful things in the world cannot be seen or even touched—they must be felt with the heart."

- Helen Keller

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The first official "Let's Talk Sports with Josh and Jason" was a clear success! The group enjoyed light banter regarding favorite teams, sports and athletes in addition to learning more about sports interests of others. The group learned that Diana is a big Nascar fan with her favorite being Chase Elliott. Burton identified that his favorite Giants #10 athlete will always be Eli Manning. After Damandeep let the group know that he likes to play golf, Josh reminded the group that the Masters golf tournament will be occurring this weekend. Alex let the group know that he has been to a demolition derby, to Yankees Stadium and also proudly flew his Puerto Rico flag. Mets and Yankee fans were identified with some fun statistics thrown around! Thank you Josh and Jason for this relaxing morning of something that many value and enjoy...sports!



The Royal School of Yoga

The BUZZ

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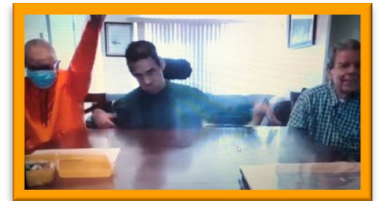
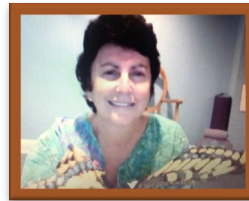
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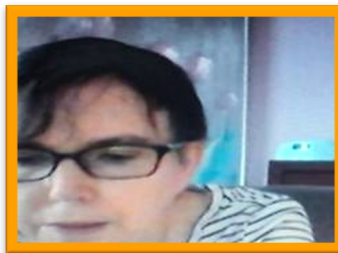
Please contact:

The yoga group engaged in their favorite poses along with friends and under the instruction of our friend from "The Royal School of Yoga", Jane this morning! This very popular group continues to develop improved ability to move in and out of poses, practice relaxing breathing exercises and enjoy meditation to start out the week on a positive and mindful tone.



Art with Tonya

The art class enjoyed learning from our friend, Tonya, today how to draw a beautiful fall scene complete with a bright colored barn, gorgeous sky, colorful leaves and cute little pumpkins! Tonya guided the group with this process through conversation regarding the changing of seasons and the beautiful imagery that it brings with it. Individuals were then able to come up with his or her own interpretations of this scene. Thank you, Tonya, for guiding our artistic abilities on a day as beautiful as this art work!



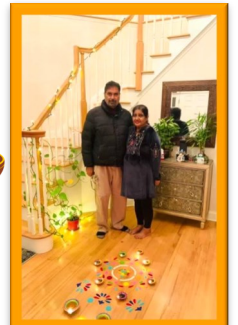
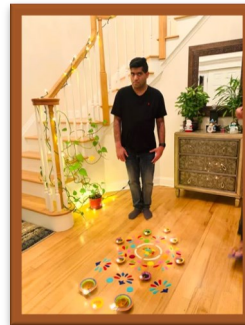


Damandeep Celebrates Diwali



Diwali (also: **Deepawali**) is one of India's biggest festivals. The word 'Deepawali' means rows of lighted lamps. It is a festival of lights and Hindus celebrate it with joy. During this festival, people light up their houses and shops with Diyas (small cup-shaped oil lamp made of baked clay). They worship the Lord Ganesha for welfare and prosperity and Goddess Lakshmi for wealth and wisdom.

This festival is celebrated in the Hindu month of Kartika Masam which falls sometime during October or November. It is celebrated to mark the return of Lord Rama after 14 years of exile and his victory over the Demon Ravana. In many parts of India, Deepawali is celebrated for five consecutive days. Hindus regard it as a celebration of life and use the occasion to strengthen relationships. In some parts of India, it marks the beginning of a new year. People clean and decorate their house before the festival. They do colorful rangoli art works on floors.



Day Habilitation at Jill Court

Remembering our gratitude's by making gratitude turkeys at JCATC





This Week in Literacy



During one of the classes this week, we talked about transportation including different types of vehicles, boats, things that fly and road signs you might see on the highway. When asked to name something other than a plane that flies and begins with an H, Mary said helicopter. She also said ferry when asked for a form of transportation that uses water. Deborah's answer to something that floats on the water was canoe. Donna talked about being stuck in traffic in a car. Lesley reminded everyone that red means stop and green means go. We also talked about signs we have seen on the road including stop, one way and right turn only.



Mary's BINGO 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.
- **“Morning Exercise with Friends”:** Start the morning right with gentle stretching and exercise with friends. Exercise can be done in seated or standing position.
- **“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: November 25-30

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!

Wednesday November 25

10:15-10:45: Morning Exercise with Friends

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

Friday October 27

Program Closed

Monday November 30

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 Alec & Tonya

Meeting ID: 956 878 9920
Password: 566600

Thursday November 26



Program Closed



Thank You

COVID-19 NJ Medical Student Coalition - PPE donation



Fun Facts About Thanksgiving



1. There are four towns in the United States named “Turkey.” They can be found in Arizona, Texas, Louisiana, and North Carolina.

2. The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present.

3. The first Thanksgiving was eaten with spoons and knives – but no forks! That's right, forks weren't even introduced to the Pilgrims until 10 years later and weren't a popular utensil until the 18th century.

4. In 1953, Swanson had so much extra turkey (260 tons) that a salesman told them they should package it onto aluminum trays with other sides like sweet potatoes – and the first TV dinner was born!

5. President Abe Lincoln said Thanksgiving would be the fourth Thursday in November, but in 1939 President Roosevelt moved it up a week hoping it would help the shopping season during the Depression era. It never caught on and it was changed back two years later.

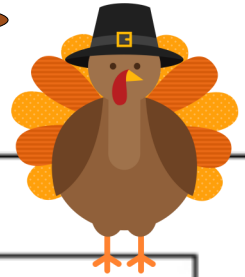
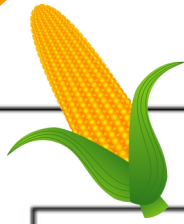
6. The snoopy balloon has appeared more than any other balloon in the Macy's annual parade for this celebration.

7. The President pardons a turkey every year which is guaranteed to spend the rest of its life living freely.

8. The woman behind "Mary Had a Little Lamb" Sarah Josepha Hale is also responsible for Thanksgiving's recognition as a national holiday.

Word Search

Thanksgiving



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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

AUNT
AUTUMN
BROTHER
CARVE
CORN
COUSIN
CRANBERRIES
DINNER

DRUMSTICK
EAT
FALL
FAMILY
FATHER
FEAST
GOBBLE
GRANDMA

GRANDPA
GRATITUDE
GRAVY
INDIANS
LEFTOVERS
MAYFLOWER
MOTHER
NOVEMBER

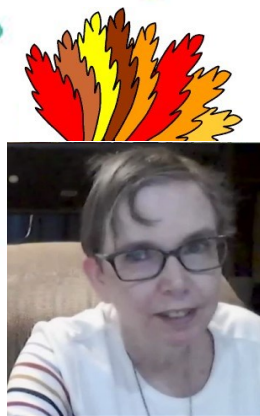
PIE
PILGRIMS
PLYMOUTH
PUMPKIN
ROLLS
SISTER
SQUASH
STUFFING

THANKFUL
THANKSGIVING
TRADITIONS
TRAVEL
TURKEY
UNCLE
WISHBONE
YAMS

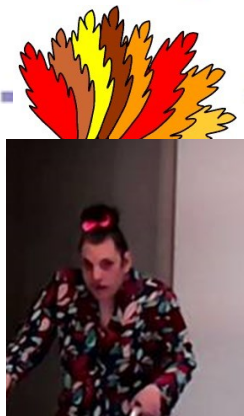




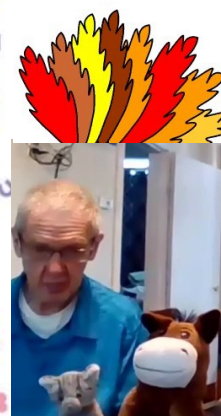
November



DIANA



BARBARA



RAY



SANDY



NICK



VICKY



ANTHONY



Gratitude Tree



Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA



ETRSHVA



MEVRNOEB



ILIGPMR



KUTEYR



BCNERRRAY



YRAOMEFWL



TMOLPYUH



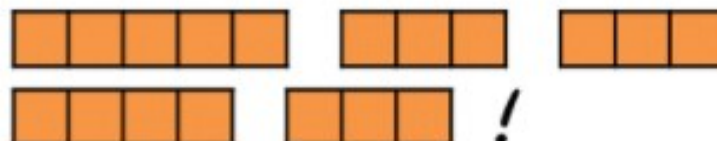
AYHLIOD



GWNMPAAAO



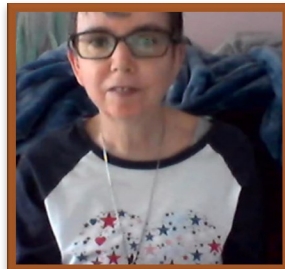
INKPMUP



Music For Hope & Inspiration Group

Thank You Felix

The "Music for Hope and Inspiration" enjoyed a treasure trove of musical goodies from our friend Felix today with some surprises that we learned about the musical interests of some of the participants! Steve readily sang a duet with Felix on Johnny Cash's "Folsom Prison Blues" after which was revealed that Steve has listened to this song a large number of times. After Felix sang the song, "South Australia", a participant asked if this was an Irish song. Felix said that many people from Ireland actually travelled to Australia and that it was an Irish song. Diana enjoyed dancing and singing along to this tune that she recognized. Additionally, Felix and the group enjoyed other tunes such as "3 Mile Island", "Grandma's Featherbed", and "Have You Ever Seen the Rain" by Creedence Clearwater Revival. Finally, the group swooned over "Dreaming" by The Everly Brothers. Thank you Felix, for bringing such fun musical treasures and education into our lives today for a great afternoon! Looking forward to a Johnny Cash duet with Felix and Steve next month!



Rocking & Rolling Justin

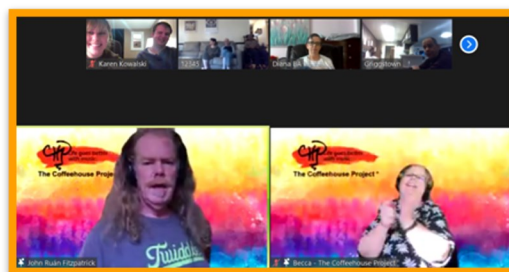
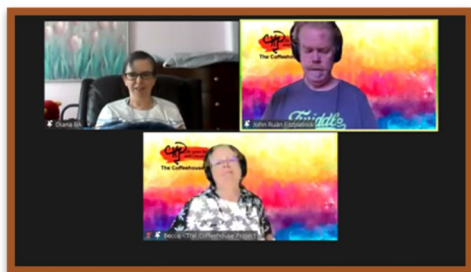
The "Music for Hope and Inspiration" group enjoyed an afternoon of rocking/rolling and moving/grooving with Justin on the piano! The group enjoyed rolling their arms during "Proud Mary", air punching as a boxer would to "Eye of the Tiger" and raising arms in the shape of a sun to "Here Comes the Sun" as they sang along. One of our group members sang a solo during "Eye of the Tiger"! The group spent time talking about Tina Turner and Sylvester Stallone and reminiscing about "Rocky" movies. Thank you Justin for such a fun time rehearsing our songs and learning this great new one!



Music For Hope & Inspiration Group

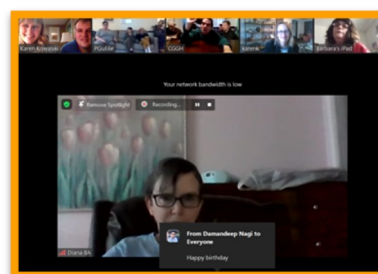
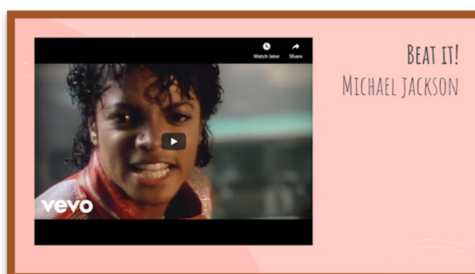
The Coffeehouse Project

Once again, "The Coffeehouse Project" came virtually into our homes and rocked our world with such catchy and engaging music! The music group today enjoyed a variety of music from the 50's and early 60's to include "Rock Around the Clock", "Blue Suede Shoes" and "Be Bop a Lula" with Denise joining in on her tambourine and many, many backing vocals. A special treat were songs that were dedicated to people in the music group such as "Donna", "Diana" and "Carol" - so much fun to celebrate each of these ladies through song. Thank you Coffeehouse Project for bringing the joy of music and a fun time reminiscing on these classic tunes!



80's Dance Party

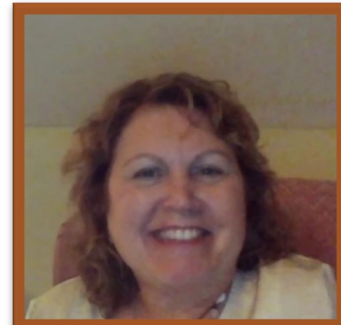
The "Music for Hope and Inspiration" group celebrated the 80's along with co-host Diana, whom chose many of these great and danceable songs! The group enjoyed reminiscing about pop tunes such as "Come On Eileen", "Kiss", "Take On Me", "Girls Just Want to Have Fun" and "Beat It". The timing of this group that Diana co-hosted today was great because it was the day before her birthday so at the end, we all sang her "Happy Birthday!" Thank you Diana for these great song suggestions.



Hot TopiX

Thank You For Your Service

The "Hot TopiX" group celebrated Veteran's Day by meeting and learning about the amazing work that Air Force Sergeant, Jennie Thorne, provided to our country. Jennie decided after graduating high school, that she wanted to travel the world and felt that being a part of the military was an exciting way to fulfill this dream of hers! The group enjoyed learning about Jennie's schooling in California and then when she was stationed in Berlin. While in Berlin, she lived in a dormitory within the air force hanger in the Tempelhof Central Airport. One of the participants asked if this is currently in use which Jennie said for other purposes now. The group enjoyed looking at pictures of buildings in Berlin in the early 1980's and then during a recent trip that Jennie took with one of her best friends whom she was in the air force with. We enjoyed learning that many of the members of our "Hot TopiX" group have family members whom were in the military. Suzie showed us a piece of the Berlin wall before it was taken down. Jennie finally reminded us that veteran's are often thought of as males; however, there are many, many female veterans such as our friend Jennie. A gracious thank you to Jennie and all of the veterans whom have or currently served our country!



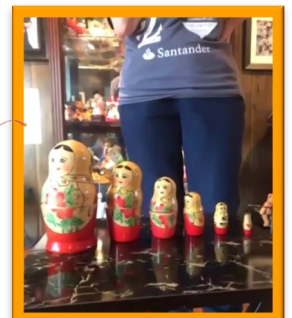
Ann's Doll Collection

The "Hot TopiX" group enjoyed a LIVE virtual tour of our new friend, Ann, and her doll collection! Ann started collecting her first doll 74 years ago when she was told by her mother that "I will buy you more dolls if you take care of this one". Clearly, this is exactly what Ann did based upon her very extensive doll collection! Ann showed us many dolls that she has collected from places such as Spain, Japan, Switzerland, Poland, Cuba, Mexico and Alaska just to name a few. She demonstrated her Russian Stacking Dolls that were actually six dolls contained in one large doll, the doll that was beautifully made out of an old fashioned clothespin, a doll made out of a mop and even one that transformed from a yarn purse into a baby in a bassinette! As we went through Ann's doll collection, we discussed the various countries and our cultures.

Yarn Doll



Minnie Mouse





Hot TopiX



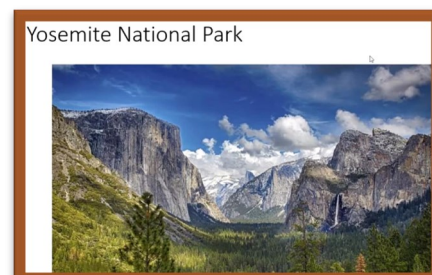
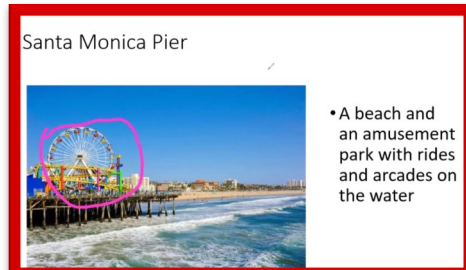
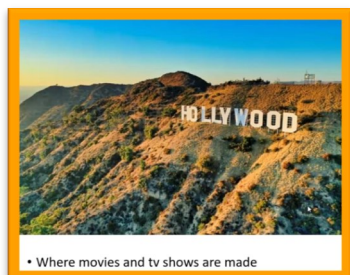
Annie & Potato the Hedgehog

The “Hot TopiX” group spent another afternoon virtually getting to know another kind of animal this week; however, this time, not the snuggly kinds as the dogs that we visited last week..but a **HEDGEHOG!!!** Potato the Hedgehog brought her owner, Annie, to the group today to spend the afternoon learning about this very different type of a pet. We learned that hedgehogs, while similar to porcupines, are different breeds of animals. Hedgehogs are nocturnal, which means that they are up all night and sleep during the day. They are not snuggly because they have “quills” on their bodies making them spiky feeling. Hedgehogs do not bite typically and generally are nervous and shy when there are loud noises or sudden changes in position as they then go into a very tight ball with their body. Potato the hedgehog does not do any tricks except for sleep and eat and be cute! We were able to watch Potato walk around her home and also take a bath in a sink. Thank you Annie and Potato the Hedgehog for the relaxing afternoon learning all about the wonders of hedgehogs!



Virtual Trip to California

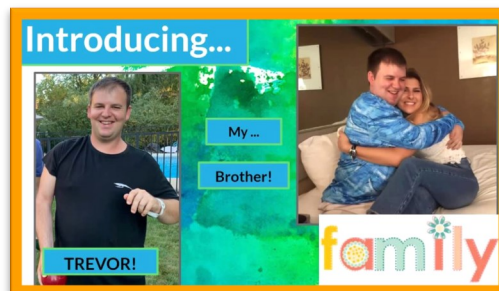
The “Hot TopiX” group enjoyed going on a virtual trip from our east coast to the west coast to California with tour guide, Mary Scibelli! During the tour, the group marveled at the giant redwoods (and then practiced spelling “redwood” and were shocked to learn that redwoods can be up to 380ft tall!), the beautiful Santa Monica Pier with a lively discussion regarding the difference between a ferris wheel and a merry-go-round, as well as learning about nature. The group enjoyed the game “name that Californian nut”, suggested songs that were related to California and learned about wildlife that inhabits the state including the California condor, leatherback turtle and black bear. Some people suggested activities that they like to do on the beach such as collecting seashells and making sand castles. At the end of the tour, the group made plans for future virtual trips with suggestions that ranged from Jersey City to Ireland!



Cool Collections

Trevor's VHS Collection

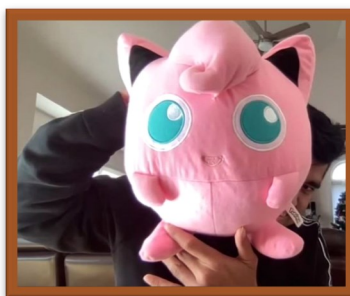
During a recent "Cool Collections," Trevor and Suzie presented Trevor's VHS tape collection with the group. His collection includes over 50 VHS tapes, plus more that may have been misplaced over the years. Trevor and Suzie explained to the group that his collection is very special because VHS tapes are no longer manufactured, and that production was stopped altogether in 2008 after the invention of DVDs. Trevor's favorite movies included a mix of action and science fiction genres - E.T., Jurassic Park, and Star Wars. He also shared a few of his favorite Disney movies, movies starring Jim Carrey, classic movies, Christmas movies, and movies about dogs. The group's favorite part of the presentation was the clip from E.T. that showed the magical scene where E.T., Elliot, and his friends ride their bikes into the air, flying. One of the group members even shared that E.T. stands for extraterrestrial! When discussing Trevor's #1 favorite movie, Star Wars, one of the group members disclosed some Star Wars history, explaining that the first Star Wars movie was made in 1977, and the most recent one was made in 2019. Trevor's presentation would not have been complete if he did not share his favorite Star Wars mug with the group. He was proud to show the cup that he drinks his black coffee out of every morning. Thank you for sharing your amazing VHS tape collectibles, Trevor!



Cool Collections

Tony's Teddy Bear Collection

Today's "Cool Collections" group was so lively, and all the group members were so engaged! We had the pleasure of viewing Tony's stuffed animal collection, and we got a special treat at the end when Alex and Ray also shared their fuzzy friends with the group. Tony's collection included a wide variety of 10 stuffed animals: a duck, a few pink bears, a dog, a bunny rabbit, and most importantly, an Elvis beanie baby! This group would not have been complete without the quick and effervescent Elvis dance party that was had, featuring "Jailhouse Rock." How fun! Next, Ray shared with the group his stuffed animal donkey, "Boo Boo." The group laughed aloud while making donkey noises and watching videos of donkeys frolicking on a farm. This prompted Karen to share with the group a special picture of a wild donkey from many years ago out west; one of the group members said that it was "so cute!" And last but not least, Alex shared three of his favorite stuffed animals - a white horse, an elephant, and another donkey. During closing remarks, a group member ran to find her favorite stuffed animal to share with the group, "Marvin." This prompted another group member to go find their favorite stuffed animal, a Pokemon named "Jigglypuff." Smiles could be seen all over the screen! Thank you to Tony and friends for sharing!





Craftsman Corner



Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

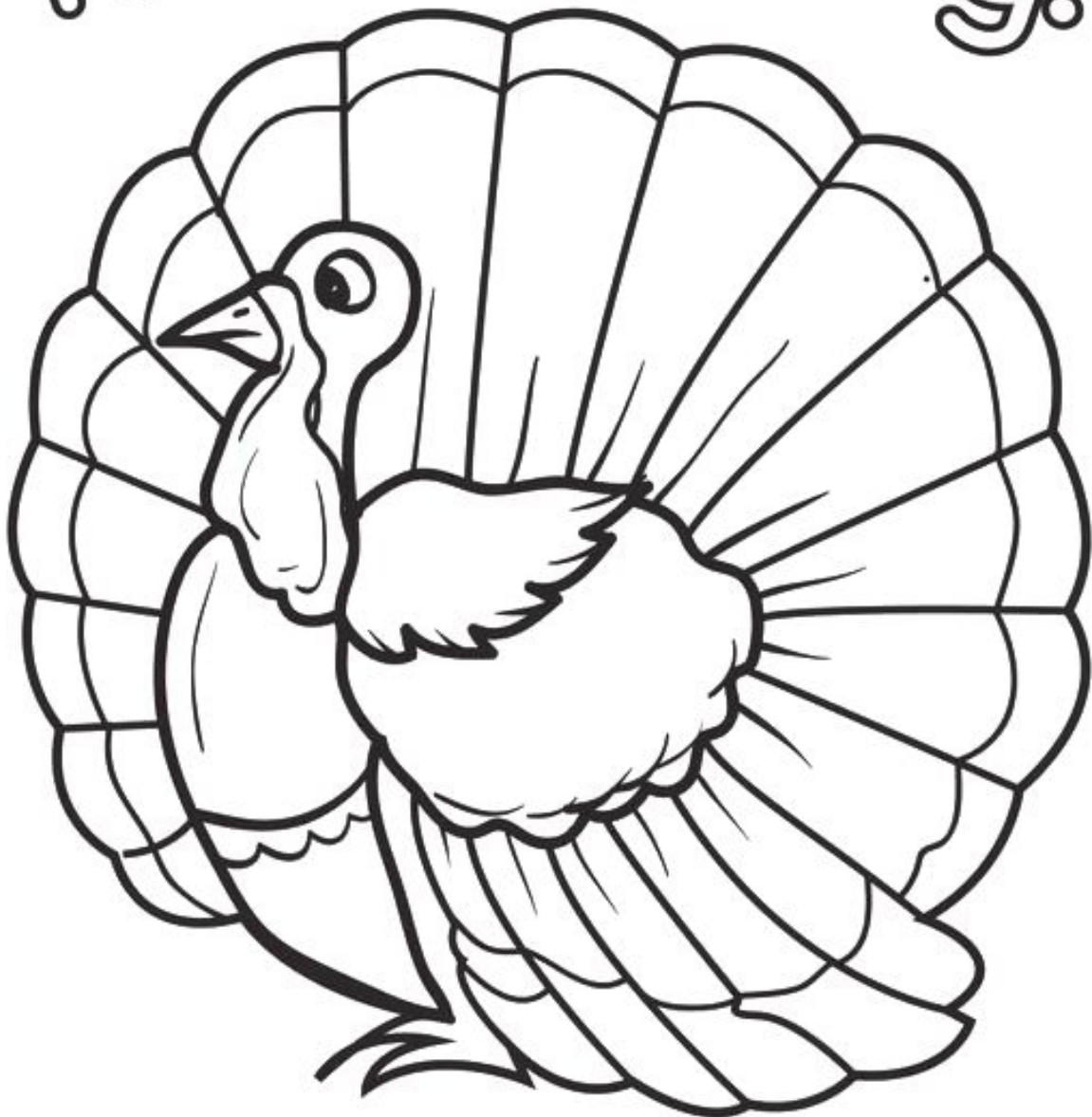
Have activities that keep kids out of the kitchen during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



NATIONAL FIRE PROTECTION ASSOCIATION
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Happy Thanksgiving!





Buzzwords



11/19/2020

Dear Family, Friends and Guardians,

As we watch the latest news on the pandemic and the surge in positive cases, we wanted to update you on our current status.

Daily, we receive updated guidance from the Department of Health, the Department of Human Services, the Division of Developmental Disabilities and the CDC. As this guidance is received, we modify our practices, process and policies to ensure we are observing best practices with regards to the prevention of COVID -19.

As of today we are not aware of any positive COVID - 19 cases amongst our Adult Services Employees and individuals served. We would like to keep it that way.

The following steps have been taken to optimize the health, safety and welfare of the individuals we serve and our dedicated workforce:

- A comprehensive SURGE PLAN has been created at the direction of The Division of Developmental Disabilities and will be made available to all staff members. Our department leaders will be trained on the SURGE PLAN
- Our Surge plan contains specific information regarding our residential services and options for relocation/ isolation/ quarantine of individuals or services should an outbreak occur in a particular program
- For any home that experiences a positive COVID -19 Test, we have outlined the reduction or temporary suspension of all visitors (family, vendors, therapists, etc....) for a period of 14 days post symptom or as advised at that time by The Department of Health
- We will begin a round of testing for all individuals (With guardian consent) and staff post holiday. Further information regarding this initiative (Funded by NJ DDD) will come out shortly
- Finally, guidance from the NJ Division of Developmental Disabilities as of 11/18/2020 states: **All Division-funded in-person congregate day service facilities are directed to close again effective close of business November 25, 2020 through at least January 19, 2021.**

The link below will provide additional information regarding the closure:

<https://www.nj.gov/humanservices/ddd/documents/covid19-temporary-closure-congregate-day-services.pdf>

We will continue our Virtual programming with an ever expanded menu of offerings and opportunities for individuals to connect with friends and supporters.

We appreciate everyone's partnership as we alter services to maximize safety for all in our care. Additional information will be forthcoming as it is received.

Sincerely,

Lauren Frary

Lauren Frary, Executive Director



New Jersey Department of Human Services
Division of Developmental Disabilities

COVID-19 Response

Date: 11-20-2020

Topic: Holiday Visitation Guidance for Licensed Community Residential Settings

The 2020 holiday season is upon us and, unfortunately, New Jersey is experiencing increases in COVID-19 positivity across the State. Many individuals, families and friends are inquiring about visitation for those who reside in licensed community residential settings during this time.

The Department of Human Services' Division of Developmental Disabilities (Division) supports an individual's right to engage with family and friends in visitation outside of the licensed community residential setting they call home, but is asking everyone to work together to help reduce the spread of COVID-19.

The virus that causes COVID-19 is easily transmitted, especially in group settings. Many residents of licensed community residential settings have underlying health conditions that make them particularly vulnerable to suffering the most serious complications of COVID-19 infection, including death. Additionally, those individuals who do not have underlying health conditions often reside with housemates or work with staff who do and who may un-intentionally expose them to the virus.

Therefore, the Division strongly recommends against individuals and the staff that support them from engaging in in-person holiday celebrations and gatherings with those they do not live with.

It is understood that, as a result of COVID-related restrictions, many individuals, families and friends feel disconnected from one another, and the absence of those we care about during this cherished time of year does not make that any easier. In recognition of that, the Division is directing all residential service providers to provide as many opportunities as possible for visitation that adheres to [Guidance for Residential Providers on Visits with Family and Friends](#).

For those who weigh the benefit of visitation outside of a licensed community residential setting with those they do not live against the possible negative outcomes that can be severe, the following guidance is issued:

1. **The Department of Human Services and the Division strongly recommends against individuals and the staff that support them from engaging in in-person holiday celebrations and gatherings with those they do not live with.** The CDC has [reported](#) that a significant driver of the recent increase in cases is small family gatherings. The [CDC](#) and [NJDOH](#) recommend that individuals at increased risk of severe illness from COVID-19 avoid in-person gatherings with individuals with whom they do not live with.
2. Instead of visits with family and friends off-site of a licensed community residential setting, the Division recommends visitation outdoors, or possibly indoors so long as it is permitted per existing standards. Telephone and video conferencing visits are also an option. For more information

please review [Guidance for Residential Providers on Visits with Family and Friends](#).

3. Families and friends who elect to take an individual off-site of a licensed community residential setting must contact and make arrangements with the residential provider. Any individual who attends an off-site celebration or gathering must be quarantined upon their return in accordance with CDC guidance as follows:
 - a. The individual must be quarantined for 14 days upon return to the licensed community residential setting;
 - b. If the individual resides in their own private residence not shared by another individual or lives in a residence with others but does not share a bedroom, they may be quarantined there. However, they should still be separated from other residents and not interact with them for 14 days. The capacity of an individual to comply with this must be considered;
 - c. If the individual has a bedroom shared with one or more individuals, they should be quarantined in an alternate location away from others for 14 days upon their return. Please note that this may not be possible in all instances;
 - d. If another location is not available, the licensed community residential provider shall notify the family that the individual will not be able to return to the program until an alternate location to quarantine for 14 days becomes available. All efforts shall be made to provide a timeframe in which another quarantine location may be available. In some cases, the residential agency may not be able to provide a realistic alternate location;
 - e. **Licensed community residential settings should develop and implement a plan, in preparation for the return of residents whose family or friends who engage in holiday visits/gatherings, that includes the following:**
 - i. Based on available space, estimate how many residents can be isolated for 14 days in their own unshared bedroom or alternate location from November 25, 2020 through January 1, 2021. Consider PPE, available staffing and the ability of the individual to cooperate with isolation.
 1. If an unshared bedroom or alternate space is absolutely not possible to provide for quarantine, this shall be communicated to the individual and the family/friend requesting the visit. At no time shall an individual be barred from participating in a holiday event or gathering. However, restrictions that may exist on readmission shall be communicated so that an informed decision can be made by those involved.
 - ii. Establish a sign-up process for residents and families to make reservations before taking the individual off-site of the licensed community residential setting. Reservations should be available up to the number of individuals for whom quarantine can be accommodated for 14 days upon return. The individual/family/friend will be required to provide specific dates, including the number of hours if less than a day or the number of days requested to be off-site. This must be confirmed at least 36 hours before the off-site visit is to take place.
 - iii. Create a waiting list for those who request a reservation after the established limit has been reached. Individuals who leave without a reservation or who are on a waiting list may not be guaranteed readmission to the location at the end of their scheduled off-site visit. Individuals/families/friends shall be informed of this before taking the individual off-site.
 - iv. Require 36 hours'-notice of cancellation/change in plans before an individual is taken off-site.

- v. Require the individual/family to certify that:
 - 1. They are aware of the possible dangers of exposure to COVID-19 for the individual/family/friend and those the individual resides with;
 - 2. They will follow masking, social distancing and hand hygiene practices pursuant to CDC and NJDOH directives during the off-site visit; and
 - 3. They will notify the licensed community residential setting if anyone present at the holiday celebration and/or gathering tests positive for COVID-19 or exhibits symptoms within 14 days of the off-site visit.
- vi. The licensed community residential settings should obtain a signed certification from the individual and their family member and/or friend taking them off-site memorializing the above. If the individual is unable to consent then consent from their guardian is required. A copy of the certification shall be provided to the individual/family/friend and maintained by the residential agency.
- f. Prior to taking the individual off-site, family members and/or friends picking them up should contact the licensed community residential provider to make sure that they are able to quarantine the individual upon return on the established date. Family members and/or friends may be required to care for the individual until there is room for them to be quarantined. Families/friends must plan for this and be prepared to provide the care for the length of time it may be needed.

