



Adult Services Presents The Buzz

October 2019

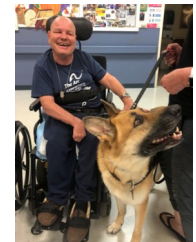
"Courage is found in unlikely places"

-J.R.R. Tolkien

Collaborations and Partnerships

Welcome Trigger!

Individuals within the day programs have been joined by a new four legged and furry friend named Trigger and his owner/trainer and friend, Rosie Burnett, OTR. Trigger is a therapy dog who has been visiting each day program one time per month since June. Trigger spends time either individually or in groups with those who are comfortable interacting with dogs. For some people, just having Trigger in the environment is a very positive result. Trigger really enjoys being pet, spoken to and sometimes lying down next to his new friends - he always has such a big smile on his face! We are looking forward to more fun visits with our new friends Trigger and Rosie!



Upcoming Dates:

10.22.19: Halloween Mash Up Party

10.25.19: St. Joseph's Halloween Party

11.1.19: The Arc Angel Gala

11.15.19: "The Arc's Got Talent"

11.30.19: Super Saturday—Friendsgiving Cultural Cuisine Contest

12.6.19: Holiday Brunch

1.4.20: Snowball and Bingo Night



Pictured above:
Alexis Levine, OTS
(Ithaca Occupational
Therapy student)
with Rosie,
"Cookie" and
Trigger



Walking With Celebrities— Summer 2019

The Walking Program continues every Wednesday from 9:30am-11:00am at Duke Island Park in collaboration with walkers from the community. This summer, the featured “celebrity” walkers were Burton/Lauren (July) and Tommy/Moni (August). Looking forward to this weekly health promotion activity in the fall!



Super Saturday Success

Saturday September 7th was certainly a SUPER SATURDAY with a fun filled event at Jill Court to include friends getting together to enjoy a variety of activities and delicious food. Activities included a dance room, opportunities for competitions playing horse-shoes, toss a cross, a giant tic-tac-toe board as well as relaxing dominos, uno and mindful coloring. Everyone thoroughly enjoyed a variety of food expertly prepared by Victor Webb and of course topping it all off with an ice cream social coordinated by Jeanette McClew and Nick Wright. Thank you to all who came out to enjoy this wonderful event and for everyone else, please make sure to mark your calendars for the next “Super Saturday” on November 30, 2019 which will feature a “Friendsgiving Cultural Cuisine Contest”!



Jill Court Zen Moments

Welcome New Hires
from July 2019 to
September 2019:

Nicholas Wright
Sheik Fofanah
Sarah Macauley
Becky Luna
Robert C Duffy
Chukwuka H Ibida
Judy-Ann Toussaint
Raenelle S Middleton
Alice N Gachohi
Jackline Nyakina
Ben Akengo
Bobby Roach
Jennifer Benaglio
Hannah Song
Sherri Issacs
Deborah Nazaire
Sara Rodgers
Andre Silver
Gabriela Bonilla

Individuals at Jill Court have been feeling at little more Zen recently with the introduction of the yoga class through a program coordinated by Center for Special Needs, Inc. This was a ten session program that occurred one time per week for a large group of very interested and engaged individuals. In order to continue to spread the good feeling, this program will be occurring at the Branchburg day program for ten sessions starting in October.



Vicky demonstrates two yoga poses

Decision making profile

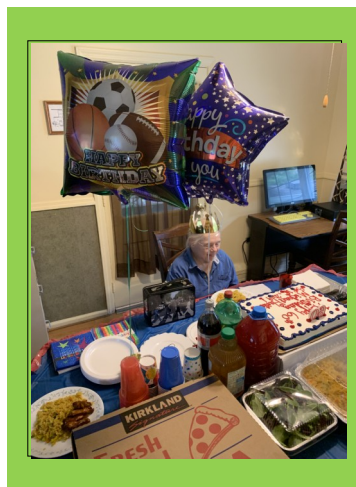
The decision making profile creates a clear picture about how a person makes a decision and how they want to be supported in decision-making. It can help people to have choice and control in their lives. It describes how to provide information in a way that makes sense to that person, this could be how they want you to structure your language, if they want written words, symbols or pictures or perhaps an audio format. On a page insert the following headings in 5 columns: How I like to get information, how to present choices to me, ways you can help me understand, when is the best time for me to make decisions and when is a bad time for me to make a decision.

Best Buddies Mentorship Program

Jill Court was pleased to host two Rutgers “Bridging the Gaps” students during the summer, Jacob Beebe (Rutgers PharmD Candidate) and Ijeom Unachukwu, MS (Rutgers MD Candidate). During their time at Jill Court, Jacob and Ijeoma developed the “Best Buddies Mentorship Program” which paired four individuals from the Jill Court day program with four individuals from the Branchburg day program in order to encourage social interactions and communication through fun and engaging activities. Activities included variations on “family feud”, marshmallow creations, collaborative paintings, “two truths and a lie” as well as others. While the individuals at Jill Court were sad to see their new friends leave at the end of their fieldwork experience, it is positive to know that this mentorship program will continue in the future. Thank you Jake and Ijeoma!



Happy 60th Birthday Michael!!!



Please contact:
Karen Z. Kowalski
or
Kathleen Shimmel

Looking for a fun
opportunity? Be a
guest contributor for
“The Buzz”

Congratulations on Success with CARF and Residential Licensing by Lauren Frary and Chris Corvino

We are pleased to congratulate our staff and consumers on a successful CARF accreditation for our Supported Employment and day services Dept. and a successful Office of Licensing Inspection for Residential Programs. Our three year CARF accreditation caps off a review containing no recommendations for our direct service to Supported Employment consumers and a recommendation to grow the service in the coming years. Great job all.

Our Residential licensing review comes at a time of great change in our service system as everyone knows. New documents, new legislation and the new needs of our consumers have all made for a challenging year. We are pleased to report that all inspections went well with recommendations for full licenses as expected.

As we continue to work in this new system supporting consumers, we congratulate all team members for *going beyond* compliance in our programs and working closely with our regulatory and quality improvement partners.

Person Centered Thinking

This month we are introducing The PCT tool: What is working/Not working. What does it do? This is an analytic tool that looks at a snapshot in time from multiple perspectives, It is a way to analyze an issue or situation across many different perspectives to capture what is working or making sense within that situation as well as what is not working or not making sense. In using this tool with an individual ask that everyone participate in identifying what is working/not working. Discuss if the team can change the things that are not working to create action steps.

In using the tool for action planning:

Use this tool to continue what is working in a person's life and to change what is not working by developing formal goals or outcomes for the person centered ISP plan. In using the tool in a team or meeting: Use to discuss what working/not working is about the team or a meeting and then develop plans to follow-up on issues to make change. Use during a staff or house meeting to analyze a situation.

Benefits for the Individual: Results in greater clarity about what needs to stay the same and what needs to change in each person's life; Helps in determining goals/outcomes that help the person move toward a desired life.

Benefits for the employees and the agency: Teaches critical thinking; promotes better problem solving; leads to clarity about what needs to change and what needs to stay the same; supports a learning culture; helps people gain perspective; supports negotiation efforts; finding a common ground and people feel listened to.

Think about your own lives—what is working/not working for you?

Neighborhood Celebrity Day

Jill Court ATC program hosted a "Neighborhood Celebrity Day" April 2019. Mayor Frank Delcore from Hillsborough with Police Chief Darren Powell and Fireman John Bassie were recognized as Jill Court celebrities. In addition, the NJ Recruiting Color Guards of East Brunswick stopped by to perform. Many thanks to our community helpers and celebrities for their time.



Branchburg Getting Their Move On: Hip Hop!

Branchburg has been moving and grooving to a new beat: hip hop! Through the education of professional dancer, Tom McKie, individuals at Branchburg have been learning this art form weekly since August with the goal of a small hip hop troupe performance during "The Arc's Got Talent". Individuals learn moves either in standing or seated position. Tom's background is as a dancer and performer for venues such as Walt Disney World's Magic Kingdom to New York's Apollo Theater. He has also choreographed dance for

productions of Sesame Street Live, Towson University's Dance Team as well as many others with the ultimate goal of spreading knowledge of hip-hop culture to anyone willing to learn it. This weekly group is a highlight for Branchburg and a very good fit for the promotion of health and wellness.



Thank you to grant provider, Henkel, for their support in bringing this wonderful resource to The Arc.

Coming soon....Second Annual "The Arc's Got Talent"

The performers are getting ready, the red carpet is getting prepared to be rolled out...make sure to rsvp today so that you do not miss this spectacular talent-filled event!

rsvp: karenk@thearcofsomerset.org



“In Your Hands” Adapted Gardening Class

Individuals at the Branchburg program have begun to learn about the wonders of gardening by creating their own leafy designs under the guidance of occupational therapist, Catherine “Kate” Colucci of “In Yer Hands” adapted gardening program. Kate will be coordinating gardening events throughout the year at the day program site with a focus on not only the product but the process of gardening. The first class of 12 individuals that was held in Branchburg generated a small terrarium that was able to be brought home to be cared for in that environment. Stay tuned for more details and for any families that are interested in learning more about participation in this class, Please contact Karen Z. Kowalski at: karenk@thearcofsomerset.org



“Day in the Life of Burton” Rutgers CLEP Premiere



The Commons Apartments has a star in their midst! Within the past year, Burton has been working with Rutgers Community Living Education Project (CLEP) to create a video entitled, “....A Day in the Life of Burton, Neva and John” which premiered in June at the Rutgers Theater. The short film, which was created in partnership with iTV at Rutgers, follows the lives of these three individuals providing a glimpse into their everyday lives. The film, which was produced by Emmy award winner producer, Hébert Peck, highlights the importance and value of community living for individuals with I/DD. Please see the link to view this film: https://youtu.be/3bB8_eoEphY

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Asbury Park Fever Band



Pam, BP and SB enjoying a lovely evening with the Asbury Fever Band

Day Services Picnic 2019



Enjoying the great outdoors with great friends at our annual end of the summer picnic!

Swimming with Ronnie: Manville Pool Swim Lessons

Through a collaboration between Assistant Director of Residential Services, Mary Tilson and the Manville Pool, Ronnie participated in swimming lessons as she has long expressed a sincere interest in learning this valuable and fun skill!

Looking forward to more collaborations with the Manville pool in Summer of 2020!

