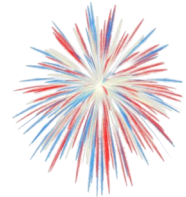
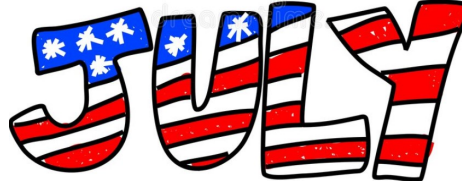
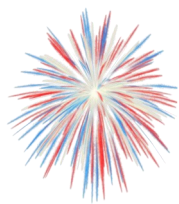


**Adult
Services
Presents**



141 S. Main Street
Manville NJ 08835
www.thearcofsomerset.org

THE BUZZ



T - Together

E - Everyone

A - Achieves

M - More

Publisher & Editor

Cliff Leon
Karen Kowalski

Contributing Writers

Karen Kowalski
Mary Scibelli
Jason Scheib
Chris Corvino
Lauren Frary

Photographers

Cliff Leon
Karen Kowalski

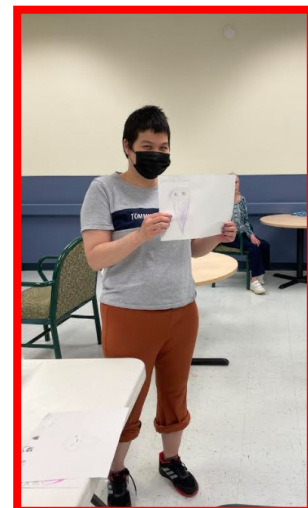
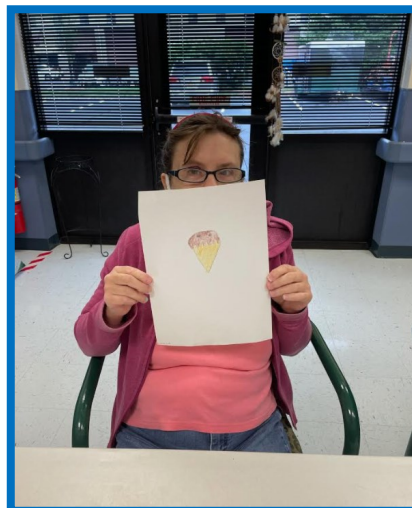
**Looking for a fun
opportunity?**

**Be a guest contributor for
The BUZZ**

Please contact:
Karen Kowalski

Jill Court Pen Pal Program

A small group of individuals at Jill Court have been active with a very special step-by-step drawing volunteer project. The group will be sending their amazing drawings- ice cream in an ice cream cone, to their fellow friends at Old Stirling and the Commons Apartments by mail as a surprise! Everyone was so creative, especially when it came to coloring their ice cream! Franny colored her ice cream blue for blueberry and Barbara colored her ice cream brown for chocolate. We look forward to addressing the envelopes and then mailing these special treats to our friends and having others at Jill Court contribute as well in the future.



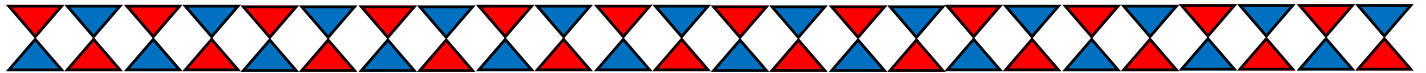
**THANK YOU
DSPs
FOR ALL YOU DO**

Congratulations!!!



From all of us at The Arc of Somerset County:
 Congratulations to **Michelle Eng** on graduating from Stockton University
 with a Bachelor in Science-Occupational Therapy

You have made us so proud.



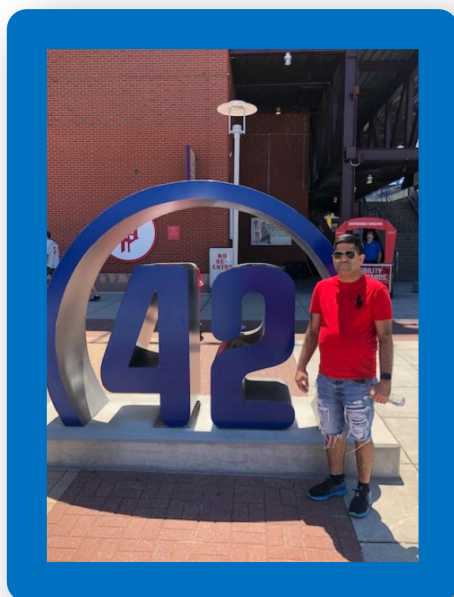
The Adventures of the Fantastic Four

Written by Kara Milke, OTAS

It was a beautiful day for the "Fantastic Four" group! We started off with a 4th of July themed Bingo while listening to our favorite artists including Kenny Rogers, Willie Nelson, Led Zeppelin, and Jimmy Buffet! Our first Bingo winner was Steve- following Jayne, Charlie, and Geri! After, we worked on hand-eye coordination and stretching our upper body by tossing a ball into a basket and imitating arm motions! We ended with a fun activity- peeling tape off the top of a basket to free the ball inside! We all shared some great laughs and it was a great way to start the holiday weekend!



Adventures of Damandeep



Jill Court



Jill Court's Garden



Beautiful home grown beans.



**Mondays
&
Fridays
at 10AM**

Mary's BINGO Group

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

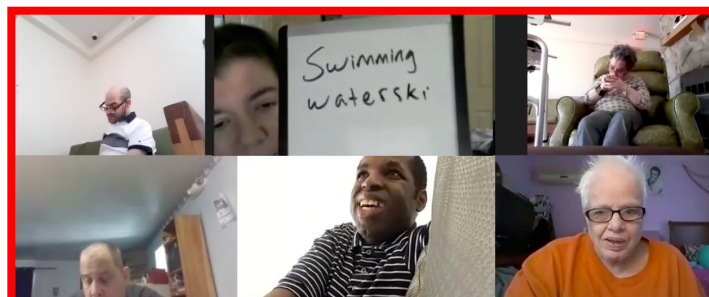


MARY



This Week in Literacy

Summer is officially here! In literacy class, we talked about words that we associate with summer. Shawn talked about going to camp and he even spelled the word for us! We also talked about the beach and all the activities that people do in the ocean. Michael told us about fishing, and we also talked about boats and water skis. During the conversation about what we wear in the summer, Lesley talked about the red hat she wears when it is hot outside. Joe and Donna also had a fun time answering questions. We all agreed it was important to make sure you drink extra water when it is hot outside. Stay cool everyone!



HAPPY BIRTHDAY

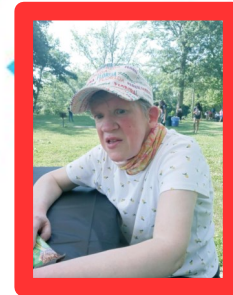
JULY



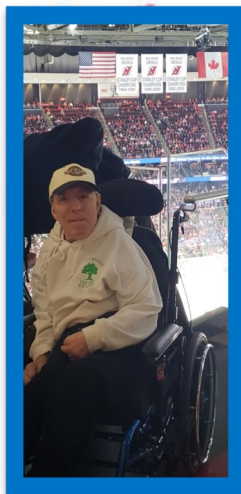
JAYNE



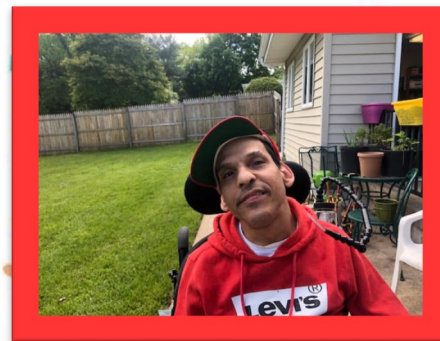
FRANCES



LORI



William



Alex

Virtual Programming

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 this months 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 & Tonya”:** 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.
- **“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.
- **“Shooting the Breeze with Friends”:** Spend time catching up with friends whom are both virtual and in-person so that we can keep up our community connections on a variety of topics that are important to us and just to say ‘hi



Virtual Zoom Schedule

(July 12th—July 23rd)



Monday, July 12th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Art with Alec/Tonya

Meeting ID: 481 232 8925
Password: 12345

Tuesday, July 13th

**1:00-1:30: "Music for Hope and Inspiration" -
Outside at JCATC and Virtual
Special Violin Performance**

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

3:30-4:00: Shooting the Breeze with Friends

Meeting ID: 481 232 8925
Password: 12345

Wednesday, July 14th

10:00-10:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Thursday, July 15th

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Friday, July 16th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

Monday, July 19th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Art with Alec/Tonya

Meeting ID: 481 232 8925
Password: 12345

Tuesday, July 20th

**1:00-1:30: "Music for Hope and Inspiration" -
Outside at JCATC and Virtual
Coffeehouse Project**

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: Shooting the Breeze with Friends

Meeting ID: 481 232 8925
Password: 12345

Wednesday, July 21st

10:00-10:30: Literacy Class—All Welcome

Meeting ID: 701 845 7910
Password :12345

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Thursday, July 22nd

**11:15-11:45: Literacy Class—All Welcome
all welcome!**

Meeting ID: 701 845 7910
Password :12345

Friday, July 23rd

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Literacy class—All Welcome

Meeting ID: 701 845 7910
Password: 12345

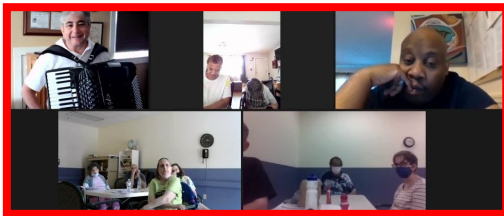
**Tuesdays
at
1pm**

Music for Hope & Inspiration Group

Thank You Vinnie!!!



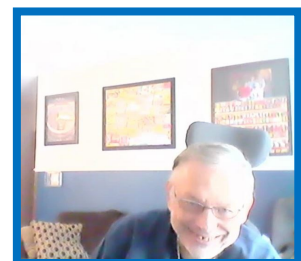
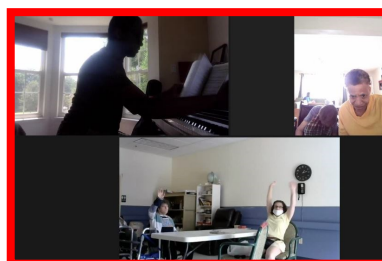
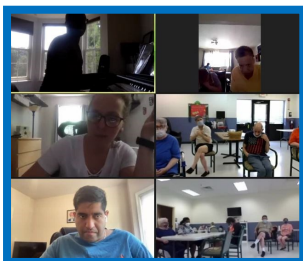
The "Music for Hope and Inspiration" cooled off with some outstanding musical selections on the accordion with our friend, Vinnie! Vinnie played a selection of tunes to include some Beatles favorites. The group had a lot of fun identifying the song and then letting the group know after each song was finished - the group was very good at song identification. The group enjoyed listening to and singing along with the Beatles classic "When I'm 64" as well as "Happy Birthday in honor of Vinnie's birthday in June!!! At the end of music today, there was an additional surprise...the "Fresh Air Face" wheel was spun to reveal the winner of the June contest which was Cliff...but then Cliff had another surprise in mind as he then said that he is donating the pizza party to his friends at Jill Court. Everyone at Jill Court cheered and were so excited - thank you Cliff as well as thank you to all who participated in the "Fresh Air Face" challenge. We will look forward to this challenge again next year.



Thank You Justin!!!



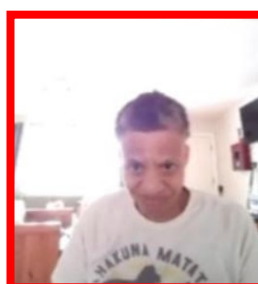
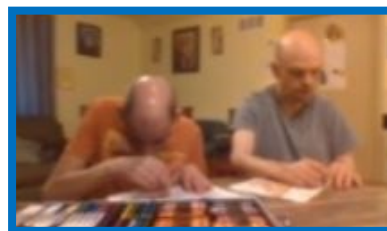
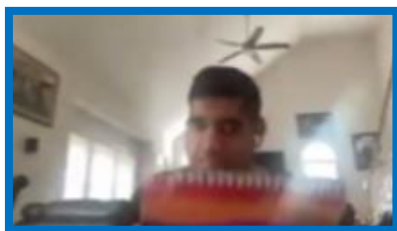
Music for Hope and Inspiration' today was a jammin' good time! We were pleased to have one of our most favorite guests today, Justin Brown! He played great tunes for us on his piano, and we all were all amazed at his talent. Justin began music today with an American classic in honor of Independence Day this past July 4th weekend - God Bless America. To top off the patriotism within our music, all our Jill Court friends were wearing red, white, and blue. Alex had a red shirt on, Ray had a blue shirt on, and some other friends such as Scott, John, and Anthony were wearing fireworks or flags on their shirts - so festive! Some of the other songs Justin played included "Under The Boardwalk" "Stand By Me" and "Yesterday". We always look forward when Justin pays us a visit, and we'll all be counting down the days till he joins us again! Thank you, Justin, and Happy Birthday America!



**Mondays
at
2pm**

**Art with
Tonya**

A beautiful waterfall scene to cool a group of talented artists on a hot first day of summer in June - thank you Tonya for guiding us through this process!



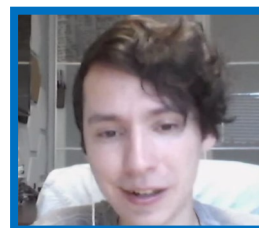
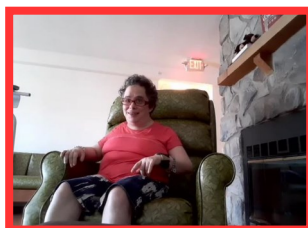
*Damandeep's
completed art work*



Fireworks at night! What a fitting picture as we see that July is on the horizon. Thank you Alec for facilitating this beautiful artistic experience!



*Damandeep's
completed art work*

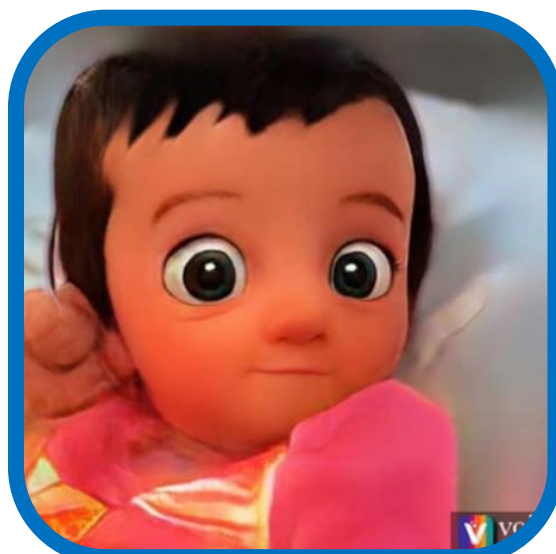
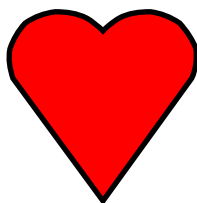


Toon Me

Enjoy seeing different people from The Arc of Somerset being magically transformed into cartoons!!!



CLIFF L.



MELANIE
(Cliff's Niece)

Word Search

Fourth of July

Word Search Puzzle



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



ADAMS
AMERICA
BARBECUE
CELEBRATION
COLONIES
CONGRESS
FAMILY
FIREWORKS

FLAG
FOURTH
FREEDOM
HOLIDAY
HOT DOGS
INDEPENDENCE
JEFFERSON
JULY

LIBERTY
MUSIC
PARADE
PATRIOTIC
PICNIC
REVOLUTION
STATES
SUMMER

July Holidays

(July 10th—July 24th)

Saturday, July 10th



National Kitten Day



National Piña Colada Day

Sunday, July 11th



Cheer Up the Lonely Day



National Free Slurpee Day



World Population Day

Monday, July 12th



National Different Colored Eyes Day



National Eat Your Jello Day



National Pecan Pie Day



National Simplicity Day

Tuesday, July 13th



Cow Appreciation Day



Embrace Your Geekness Day



National French Fry Day

Wednesday, July 14th



National Mac and Cheese Day

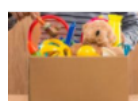


National Tape Measure Day

Thursday, July 15th



National Clean Beauty Day



National Give Something Away Day



National Gummi Worm Day



National Pet Fire Safety Day

Friday, July 16th



National Cherry Day



National Corn Fritter Day

Saturday, July 17



National Lottery Day



National Tattoo Day



World Emoji Day



Yellow Pig Day

July Holidays

(July 10th—July 24th)

Sunday, July 18th



National Caviar Day



National Ice Cream Day



World Listening Day

Tuesday, July 20th



National Lollipop Day



National Moon Day

Wednesday, July 21st



National Hot Dog Day



National Junk Food Day

Thursday, July 22nd



National Hammock Day



Selena Gomez's Birthday

Friday, July 23rd



National Gorgeous Grandma Day

Saturday, July 24th



National Amelia Earhart Day



National Cousins Day



National Day of the Cowboy



National Drive-Thru Day



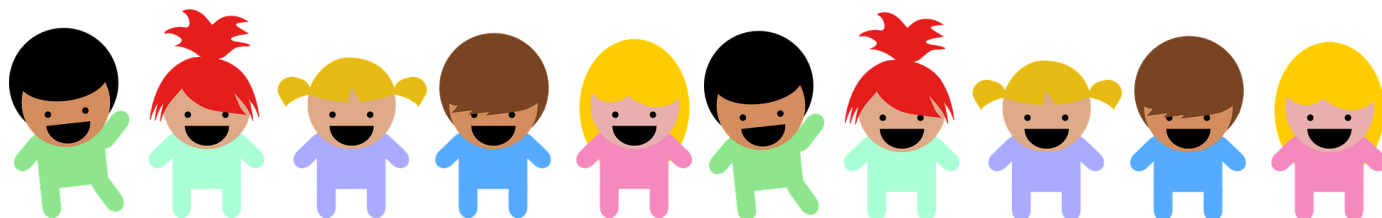
Guess That Baby!



1. I spend my days playing with kids.
2. I have three older kids of my own.
3. I have an office in Manville.
4. I love getting my hands in the dirt gardening!

WHO AM I?

**Find out the
answer in the
next issue of
The Buzz!!!**



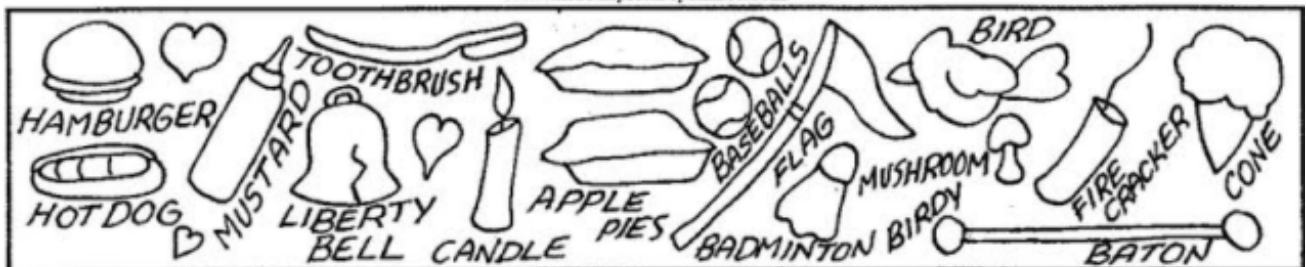
STEVE



4th of July Hidden Pictures



www.hiddenpicturepuzzles.com



Craftsman Corner

Some Appliance Care Tips for your Home

Don't use dish soap in the dishwasher. This can hamper the machine's performance with gunky buildup. Use only dish detergent.



Rinsing dishes before putting them in the dishwasher can prevent clogs.

Scrape off plates

Food debris can clog dishwasher pumps. It's going to stop up the spray arms and, in the case of emptying the water out, it's possibly going to make the pump ... fail prematurely.

Don't overload your clothes washing machine

Doing so adds strain on the motor, tub bearings and other parts, besides not getting your clothes clean if water and detergent can't swish between them. This practice can shorten the life of the machine.

Instead, follow the owner manual instructions on how much to load. Hint: If your machine is banging around under the weight of all of your laundry, you've gone overboard.

Improve your dryer's circulation

Often forgotten, the lint screen needs to be cleaned after each load. Failing to do or allowing your dryer vent to become clogged will force your dryer to work overtime and can present a serious fire hazard.

Our Preventative Maintenance Technician checks the dryer's exhaust system monthly.

Buzzword

What a great summer issue of The Buzz - I for one am excited to see the reports of BBQ's, outdoor events and even the harvests from some hard fought gardens at programs and homes! Recently, we have seen safety tips from our Maintenance Department for keeping cool and using our grills alongside tips for other appliances in this issue. I would like to highlight another summer safety item as we hopefully continue to get out and about more - Footwear. Exciting? Maybe not, but for our consumers, staff and visitors it can mean the difference between a good day and a ...less good day. While the heat outside certainly leads many of us to sandals, flip flops and all manner of open shoes we do not allow their use among staff in our programs and politely caution visitors on the subject. Our environments are busy, often full of people and movement and in many cases mobility devices such as chairs, scooters and other equipment like hospital beds and lifts. These items can easily cause injury if accidentally kicked, rolled over an open toe shoe or otherwise put in contact with us. For the safety of our staff and consumers, our program areas require closed toe shoes from all employees - visitors and guests take note for your comfort and safety. We hope that everyone is excited to keep the summer fun coming - stay cool, drink some water and check your shoes.

Sincerely,
Christopher Corvino
Associate Executive Director

The Arc Of Somerset County

