



Cool fun in the summertime

*"Summertime and the
livin' is easy"*

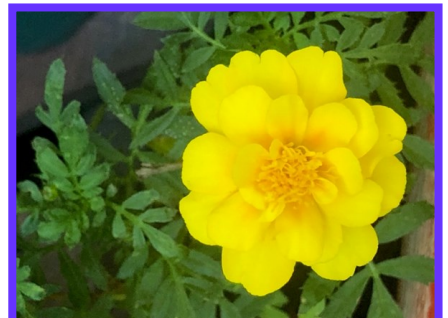
- George Gershwin

Inside this issue:

Immaculata Volunteers	2
Craftman Corner	2
Cool Collections	3
The School of Yoga	4
This Week in Literacy	4
Virtual Programing	5
Virtual Calendar	6-7
Wordsearch	8
August Birthdays	9
Hot TopiX	10-11
Music for Hope & Inspiration	12-13
Buzzwords	14
Color Me	15

How Does Your Garden Grow?

The "Garden Grow Bag" group continues to see amazing progress with their plants. Some people have said that their cucumbers are growing! Some have the beginning of a cucumber or at least a flower. Kate reminds the group to make sure that the cucumber plant has something to grow on a trellis or the side of a fence. Trevor said that he is excited that there is a tomato starting to grow. Kate said that her dwarf sunflower is actually becoming quite large! Remember to pick the basil and clean before eating - enjoy on salads or as a creative topping to any other dish. Looking forward to learning about the continual progress and will be interested when people can start harvesting their veggies to eat! Here are a few pictures of the beautiful progress:



Trevor's garden needed to be moved to a flower bed because growing so much!

THANK YOU
DSPs
FOR ALL YOU DO

Immaculata High School Gardening Volunteers

A huge thank you to the Immaculata High School Campus Ministry volunteers for graciously giving of their time in order to come to Warren, Old Stirling, Ardsley and Cedar Grove to plant beautiful annual and perennial plants that can be now cared for by residents and enjoyed for years to come!



The BUZZ

141 S. Main Street
Manville NJ 08835

www.thearcofsomerset.org

Publisher & Editor

Cliff Leon
Karen Kowalski

Contributing Writers

Karen Kowalski
Mary Scibelli
Jason Scheib
Chris Corvino
Lauren Fray

Photographers

Cliff Leon
Karen Kowalski

Looking for a fun
opportunity?

Be a guest contributor for
The BUZZ

Please contact:
Karen Kowalski

Craftsman Corner

Our Arc journey started in 2013, It's one of the best journeys that I've ever seen. I have a loving family, grandkids, and wife, who are the best attributes of my life. We have two dogs, One's big and one's small. They both come running, whenever we call. Safety and friendships and things to repair, With consumers and staff who all really care. Be careful, be kind, and pick up your things, Neatness and happiness is what safety always brings.

"I'd like to thank all of you for sharing one of my greatest journeys ever!"



“Cool Collections” Memorabilia Group

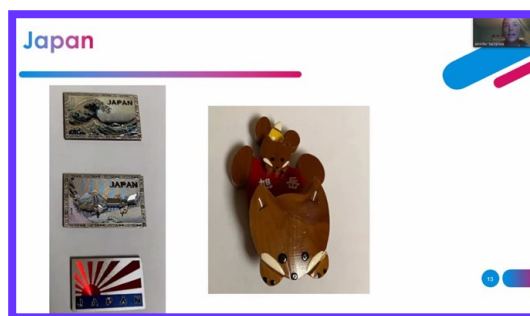
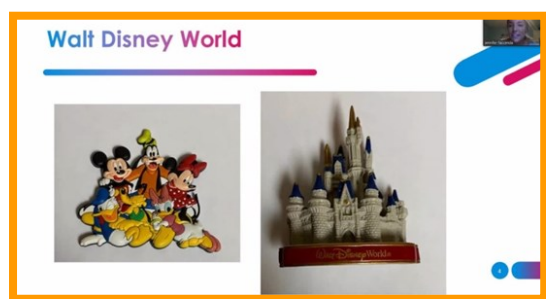
Happy Birthday Alex!

A recent “Cool Collections” memorabilia group was co-lead by Jenn Faccenda, the Thomas Jefferson Occupational Therapy Assistant Student, and by a friend from Cedar Grove (who was also the birthday boy) Alex! Because it was Alex’s birthday week, we decided to make this week’s group a birthday edition. We reminisced on different TV shows, movies, songs, slang words, and prices of things back in the year Alex was born-1965! We also looked inside a Woodstock Candy box collection and talked about which candies were in Alex’s box based on his birth year. The group members were able to share their favorite candy after. One member said his favorite was Twizzlers and another member said Snickers! The group sang happy birthday to Alex and we listened/danced to the 1965 popular song “I Can’t Help Myself” by Four Tops after!



Vacation Edition

Today’s “Cool Collections” memorabilia group was a Vacation Edition, hosted by Jenn Faccenda, the Thomas Jefferson Occupational Therapy Assistant Student. Jenn shared her mom’s magnet collection of magnets from places her family/friends have traveled to over the years, such as: Florida, Bahamas, Jamaica, New Orleans, and Japan. The group discussed places they either have been or would like to travel to after the magnet collection was shared. One group member said they have been on a Disney Cruise to the Bahamas and another group member shared that she has been to Colorado and Chicago. Puerto Rico was another place that one of the group members have traveled to!



The School of Yoga

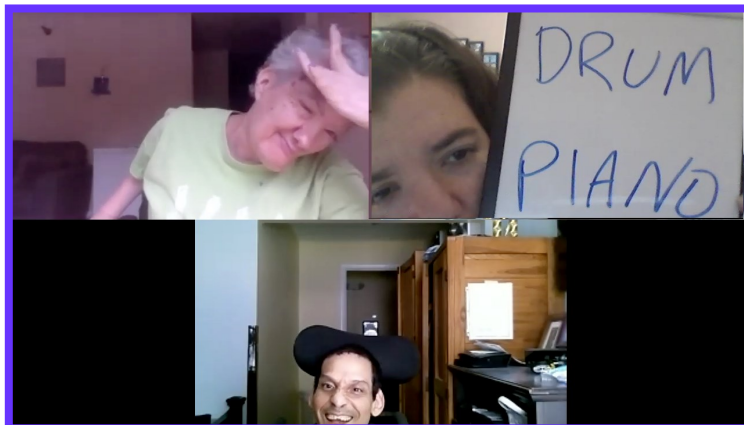
Thank you Jane for our weekly Zen moments! As seen here, the group is becoming more able to complete movements through weekly time and practice. Many have said that they carry over these poses during the week between sessions.



This Week in Literacy

New faces are popping up in literacy class! This week Kathleen Flood joined a class with Alex. They took turns reading different sets of words off of the board and then adding a word that fit the list. Kathy read the words "apple and banana" out loud and then added "peaches." Alex read the words "drum and piano," said that they were instruments and then added guitar.

Mary and Diana took turns reading the poem "The Open Window" by Edward Sill. Ara joined us so that he could listen. We had a discussion after the poem to talk about some of the words that were used. The poem is about a man who lives in a room with a closed window, once he finally opens the window, he doesn't close it again. In the poem, the author mentions a rusty window frame. Diana answered that the window frame is rusty because it isn't used often. Mary commented that when the window is open, sunshine and nice smells can come in the room. Ara added to the conversation by saying that he loves fresh air.



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 Schedule: August 10-21

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 August 10

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

Meeting ID: 956 878 9920
Password: 566600

Tuesday August 11

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" - guitar and storytelling with Felix

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" - Mary's Virtual Trip

Meeting ID: 481 232 8925
Password: 12345

Wednesday August 12

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

Meeting ID: 956 878 9920
Password: 566600

1:00-1:30: Let's Talk Food

Meeting ID: 956 878 9920
Password: 566600

Thursday August 13

10:15-10:45: "Cool Collections" memorabilia group

Meeting ID: 956 878 9920
Password: 566600

1:00-1:30: "Music for Hope and Inspiration" - Justin Brown piano performance

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: CGGH Literacy class - all welcome!

Meeting ID: 701 845 7910
Password: 12345

3:00-3:30 "Hot Topics" - Zumba with Juana

Meeting ID: 481 232 8925
Password: 12345

Friday August 14

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 August 17

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

Meeting ID: 956 878 9920
Password: 566600

Tuesday August 18

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

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: RHGH Literacy class - all welcome!

Meeting ID: 701 845 7910
Password :12345

Virtual Schedule: August 10-21

**1:00-1:30: "Music for Hope and Inspiration" -
Guest Musician: TBD**

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" - LIVE color guard with Selina

Meeting ID: 481 232 8925
Password: 12345

Wednesday August 19

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 August 20

**10:15-10:45: "Cool Collections" memorabilia
group**

Meeting ID: 956 878 9920
Password: 566600

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

Meeting ID: 701 845 7910
Password: 12345

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

Meeting ID: 701 845 7910
Password: 12345

**1:00-1:30: "Music for Hope and Inspiration" -
Tommy Strazza**

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: CGGH Literacy class - all welcome!

Meeting ID: 701 845 7910
Password: 12345

3:00-3:30 "Hot Topics" - Pottery with Amanda

Meeting ID: 481 232 8925
Password: 12345

Friday August 21

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

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

Meeting ID: 701 845 7910
Password: 12345

**2:00-2:30: Literacy class (Claremont) -
everyone 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

Arc Names

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

ALEX
ANTHONY
BARBRA
BILLY
BURTON
CHARLIE
CHRIS
CINDY

CLIFF
COOKIE
DAMANDEEP
DIANA
ELVINA
FRANCES
GERI
HERBERT

JASON
KAREN
KEVIN
LAUREN
MARYLOU
SELENA
STEVE
TOM

TREVOR
TRINA
ULANA
VICKY
WOLFIE

HAPPY BIRTHDAY!

August



JILL



BILLY



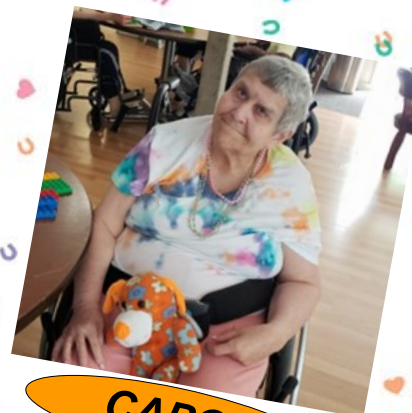
STEVE



MARYLOU



ROLAND



CAROL



ELVINA



STEVE

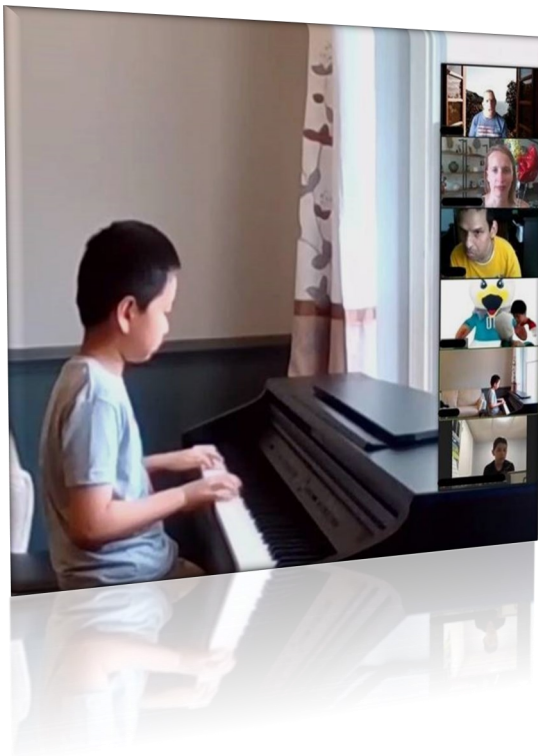
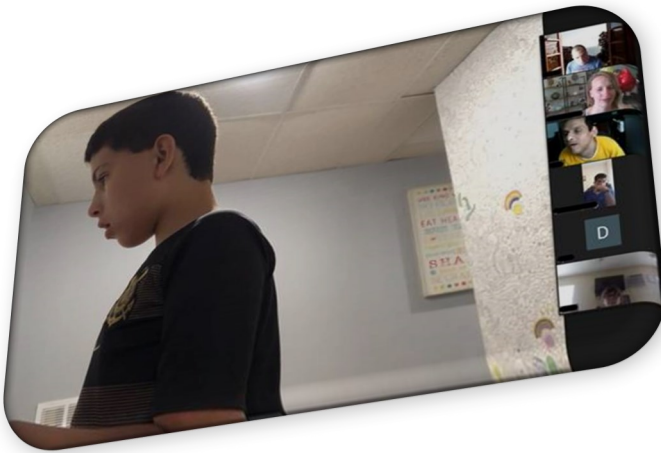


TOM

Hot TopiX

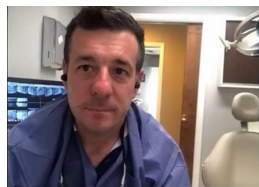
The Future Beethovens

The “Hot TopiX” group had a birthday piano party celebration today in honor of July birthdays!!! Our musical friends, Eduardo, Dylan and Austin, joined us for a lot of smiles and laughter as we all watched in amazement as they performed pieces such as “Adagio and Allegro”, “Pachelbel Canon”, “Sonatina in C”, “Scientist” by Coldplay, “Flute of Andes”, “Gypsy Dance” and many others! Dylan performed a surprise “Happy Birthday” song on the piano for the following July birthdays in the group: Frances, Alex and pianists Eduardo and Austin! Of course Swoop from the Eagles made a fun appearance always nice to see Swoop, the Eagles mascot! Thank you Eduardo, Dylan and Austin for coming to uplift us today with your music and we look forward to more performances in the future!!!

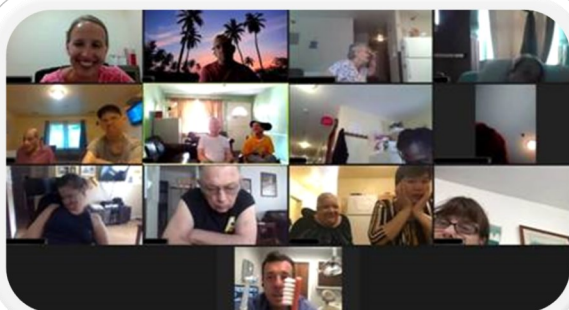


Hot TopiX

Dr. Louis Scibelli

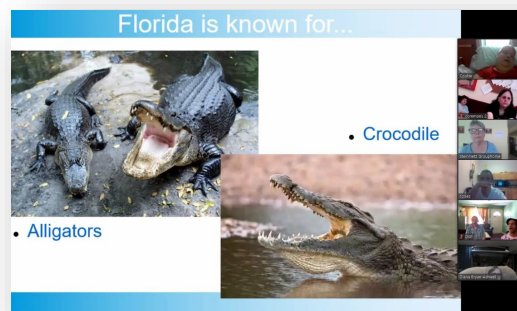
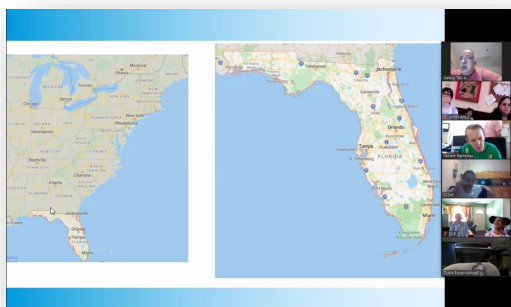


The “Hot TopiX” group enjoyed time spent learning and engaging with Dr. Louis Scibelli as he toured us through his dental office and taught us a wide array of information related to care of our teeth. Participants were able to identify that brushing needs to be done twice per day. Dr. Scibelli then let the group know that brushing should last for two minutes; should have head up when brushing; make sure to hear the “swish” sound of the brush across the teeth gently and not to forget to gently brush the tongue. One of the participants correctly reminded the whole group, “we only have one pair of teeth - we need to take care of them.” Thank you Dr. Scibelli for taking the time to reinforce our knowledge and teach us new information as well regarding dental care!



Mary's Virtual Trip to Florida

The hot topics crew went on another virtual trip. This time we went to Florida! We looked at pictures of some of the things that Florida is known for including orange trees, alligators and of course Disney World! The group took turns naming their favorite Disney characters. Gerri was excited to tell everyone that her favorite character is Tigger! We also looked at views of the Miami skyline, the Kennedy Space Center, and the bridges that connect the Florida Keys. We learned about the swamps of the Everglades and some of the interesting trees that grow there including a Mangrove tree. The swamp is a forested wetland which provides a habitat for many different kinds of animals. Afterwards, everyone participated in a discussion about all of the things they learned! Stay tuned for our next adventure!



Music for Hope & Inspiration

Herbert McMullen



The “Music for Hope and Inspiration” class was pleased to welcome today Director of Finance, Herbert McMullen but **today** as a musician! We learned that Herbert has been playing the guitar and singing for 35 years, has played in bands and currently in his church folk group. Herbert’s theme for his music today was perfect as he has an opportunity to meet new friends...as the theme of “Friends”! The group thoroughly enjoyed “You’ve Got a Friend In Me”, “Count on Me”, “True Colors” and “You’ve Got a Friend”. In true “Music for Hope and Inspiration” form, the group sang along and otherwise engaged by dancing. Herbert taught the group that a “capo” is used on the “frets” of a guitar in order to change the key signature or to make the song sound different. Thank you, Herbert, for coming onto the program today and for being our new



Felix Reid

The “Music for Hope and Inspiration” class was thrilled to welcome back our friend, Felix Reid, on guitar and vocals. Felix was so kind to be able to learn “Maybe Baby” by Buddy Holly for one of our audience members from the last group whom said she is a “huge Buddy Holly fan”! Additionally, the group thoroughly enjoyed songs such as “Last Dance for Mary Jane” by Tom Petty and “Memories” by Maroon Five. There was a lot of clapping, smiling, swaying to the music and a general great time by all. Looking forward to spending another afternoon with Felix soon!

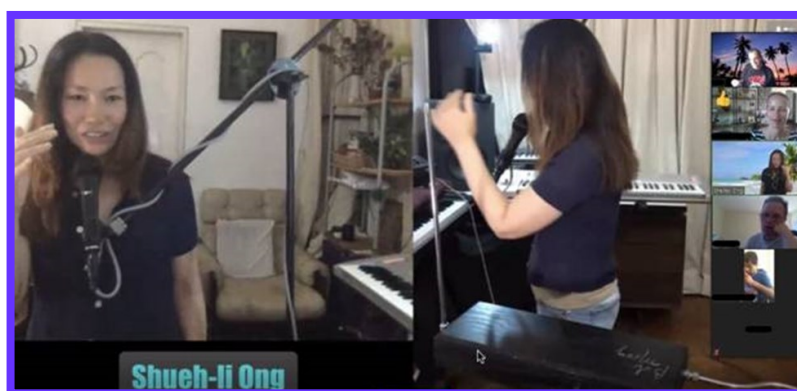
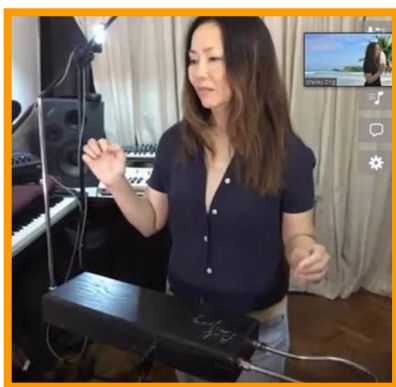


Music for Hope & Inspiration

Shueh-li

Our music group had a special LIVE performance from Singapore today with our new friend, Shueh-li Ong. Shueh-li was pleased to return again for a class today regarding the wonders of her theremin instrument. She reminded the group that this instrument is like no other that it is played through sound waves with the vertical antennae controlling the pitch and the horizontal antennae controlling the volume of the music. Shueh-li told the group that it took a long time for her to learn how to keep her body still while only using gentle movements of her arms to play this special instrument. The group discussed that it sounds like “sci-fi” music and enjoyed speaking about the fact that Sheldon from “Big Bang Theory” also plays the theremin! Pieces performed included “Somewhere Over the Rainbow” and “Summertime” which is very appropriate with the very hot weather! One person assisted Shueh-li by conducting the music. Another person inquired when she will be in New Jersey so that he can watch her live! Shueh-li said that she will eventually want to come back to New Jersey to perform, but right now she can be seen live on: <https://www.youtube.com/playlist?list=PLwY0RTXpqtDCou6X0ggjyyorm3a28xDdg>

It is always a pleasure having Shueh-li come for early morning performances we had fun meeting someone whom lives in the future since Singapore is twelve hours ahead of New Jersey!



Coffeehouse Project

Always happy to spend a rocking afternoon with “Coffeehouse Project”! The group recently danced and carpet surfed to “Wipeout” by The Surfaris, did our best mariachi band impression with The Tijuana Brass and saluted the heat wave by singing “Summertime Blues” and then saluted ourselves by rocking out to “All Star”!



Buzzwords

It is no surprise to any regular readers of The BUZZ that our virtual calendar is BOOMING. Each issue I am amazed at the places we are going, activities we are doing and stories we are sharing. Virtual “dayhab” is now an official offering that The State of New Jersey recognizes and service plans are already being updated. What does this mean for us here at The Arc of Somerset? Some information below as well as answers to some early questions from consumers, families and staff:

1. We regard attendance at our virtual events as seriously as we would in person dayhab. Those we serve have a right to the service they have chosen. We are here to assist if there are barriers to participation.
2. Do consumers “lose their spot” in regular dayhab when we open if they choose to participate virtually? NO
3. Do I have to do every single thing on the calendar? No, just like in-person programming we hope that our consumers find a lot to like and participate in but all have the right to choose.
4. My loved one can have difficulty seeing/hearing/paying attention - is this right for them? We think that everyone should give it a shot - who knows what might be of interest...this is not TV, there are familiar faces and voices here and we are obligated to try and offer something that inspires participation. All are free to try even if it seems like an unlikely match. We hope to see you!
5. I don't know how to use ZOOM can you help? YES, reach out to us we would be happy to assist.
6. I do not have a computer or smart phone - I can't attend. All are welcome to join activities by phone as well. IF we know you are there we will be sure to communicate with you! Please ask if you need help trying to access technology.

We will continue to advocate and assist you and your family to access programming. We have been very pleased to troubleshoot virtual attendance with many already. As time goes on we are hopeful of course that there is a way to meet in person again. Until such time though, we are committed to making a virtual dayhab work as much as possible for our consumers. Please reach us with any questions.

See you on screen

With thanks,

Christopher J. Corvino

Associate Executive Director

THE ARC OF SOMERSET

COLOR ME

