

# Adult Services Presents **THE BUZZ**



Donna & Burton Edition

Volume 3, Issue 7

June 2020

*"Yesterday is history,  
tomorrow is a mystery,  
today is a gift, which is why  
we call it the present."*

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## Donna celebrates 40 years at Cambridge group home!



Donna moved into the Cambridge Group Home less than 8 years after The Arc of Somerset County came into existence and has been happily residing there ever since. She is a very friendly person who typically greets everyone she encounters with a smile. She likes to help out around the house doing such things as setting the table or assisting new staff with becoming familiar with the home. Donna has attended the Branchburg Day Habilitation Program for the last 32 years, completing contract work and more recently, participating in the varied activities the program has to offer.

Donna is the oldest of two sisters and she wanted readers to know her relationship with her sister and her sister's family is important to her. When possible, she spends major holidays and her birthday visiting with them. Donna recently celebrated her birthday on May 30 at home with her roommates and staff who made her day special by attaching colorful balloons to her wheelchair and providing her with a crown to wear. She participated in a Zoom Birthday Celebration where the friends sang 'Happy Birthday'.

Donna enjoys participating in community outings including going to the Bridgewater Mall, and eating at the Olive Garden and IHOP with her housemates. Wheel of Fortune and I Love Lucy are two of her favorite television shows and learning how to make simple meals and meatballs are things she'd like to do in the future.

Donna is an accomplished Special Olympics athlete who participates in bowling and wheelchair races. She has won many county and state medals, including several gold medals.

Over the years, Donna has taken Guided Tour Vacations, visiting places such as Elvis Presley's house in Memphis and riding the Tunica Queen in Mississippi. Her home is decorated with has many of her vacation photos of vacations.

Asked about the future, Donna stated she is looking forward to going out and attending a party.



Looking for a fun opportunity? Be a guest contributor for "The Buzz"

Please contact:  
Karen Kowalski  
or  
Kathleen Shimmel

## Burton celebrates 40 years living at the Arc!



Burton moved from his mom's house in his late teens into the Ardsley Group Home in 1980. He later moved to the Union Ave Supervised Apartments and finally to the Commons 2 Supervised Apartments where he has lived for the past 27 years. Although he moved out of her house, he continues to have a close and loving relationship with his mother.

Burton has held many jobs in the community over the years including positions at Merck Pharmaceuticals, Charlie Brown Restaurant, as well as an usher/cleaner at the AMC Movie Theaters in Bridgewater and janitor/cleaner at the Ranger Station in Griggstown and DMV Office in Somerville. For the past three years he has been working at The Goodwill Store putting clothes

on hangers. When not working in the community, Burton attends The Arc's Branchburg Day Hab Program where he completed contract work and now participates in the program's various activities.

Burton is a willing participant in any of the activities offered at Commons including going shopping at WalMart, attending the movies, or going out to eat. Burton wants the readers to know that he enjoys living at the Commons and interacting with the residents and staff, all whom he thinks of as friends. He also has participated in Guided Tour Vacations to Atlantic City and the Poconos, making friends with everyone he encounters with his friendly smile and warm personality.

Since 1993, Burton has been an active member of The Arc's Self-Advocacy Group - Advocates for Change. He held the office of Treasurer and has attended the bi-annual Statewide Self-Advocacy Events for many years.

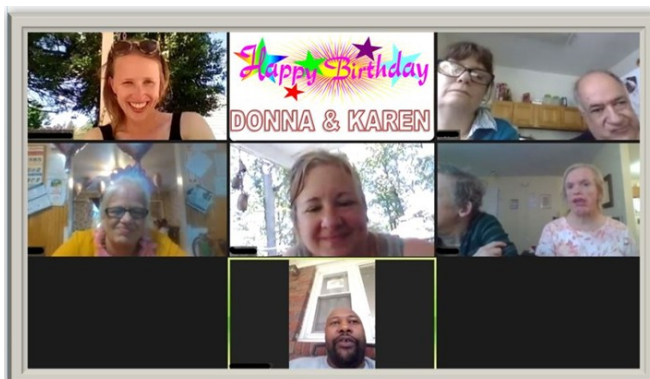
In 2019 the Rutgers School of Public Health, Community Living Education Project included Burton in their annual 'A Day in the Life Of...', a short film that documents a day in the life of three individuals with disabilities. The film is meant to demonstrate that individuals with disabilities are all unique individuals with their own choices, hopes and dreams. In the Fall of 2019, Burton received the "Halo Award" at The Arc of Somerset County's Arc Angel Gala for his contributions to The Arc of Somerset County and the community at large.



When asked what he wanted the readers to know about him, Burton replied 'that I'm a good person'. All who know him would certainly agree! Congratulations Burton, we look forward hearing about to your future adventures.

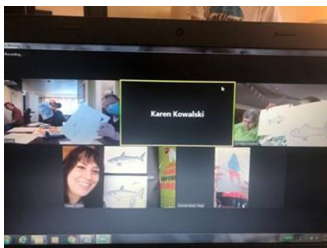
## May Birthday Party

Pleased to announce that our monthly virtual birthday celebrations have begun!! A huge thank you to Assistant Director of Residential Services, Victor Webb for being the birthday coordinator for these parties. During this first zoom call, we celebrated Donna. The group had a great time talking about fun and funny Donna memories, about how she was spending her birthday, remarking on her beautiful and appropriate birthday crown and of course serenading her with the birthday song!



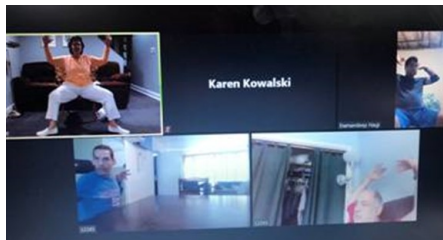
## DRAWING WITH CASEY

Casey led the drawing group to learn how to make a...shark! This great request was made by a participant recently. As you can tell from the picture here, everyone had different



interpretations of the shark and all amazing! The group has ideas for future drawing classes to include a crab, the beach and a firefighter! The group is starting to get a good collection in preparation for the virtual art show...stay tuned for more information on this event!

## ROYAL SCHOOL OF YOGA



The group very much looks forward to starting the week with a good stretch and meditation! One participant told instructor, Jane

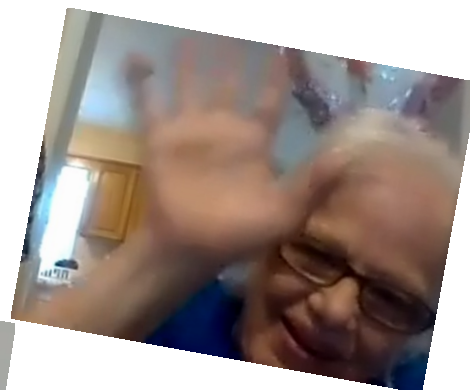
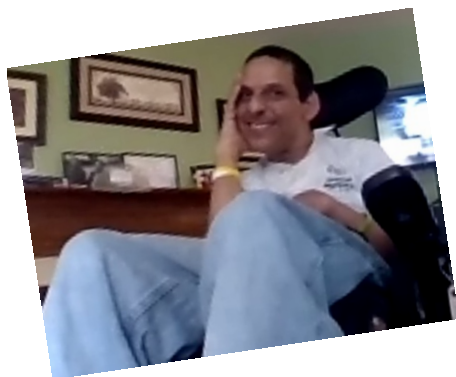
that he "does these stretches everyday!" and another participant said that he was, "looking forward to some relaxation". As always, thank you Jane and The Royal School of Yoga!

## *This Week in Literacy*

Literacy continues to visit everyone at home! This week Alex read a story about the different seasons and talked about how summer is coming soon. He mentioned watermelon, picnics, hot dogs and hamburgers. Alex says he loves reading and always has a smile on his face after reading each story!

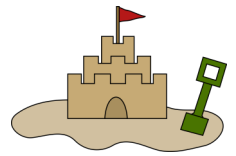
Evie and Latricher continued writing sentences. When they were shown a word, they would write the word down and use it in a sentence. Evie even found different ways to use the same word! For example, when she was shown the word bounce she wrote "I bounce the ball outside." and "I put bounce in my laundry." Latricher said "I stretch in the morning when I wake up" for the word stretch.

Mary has expressed an interest in Robert Frost poems and this week she read "The Road Not Traveled" and "Stopping by the Woods on a Snowy Evening." After reading the poems she talked about how "miles to go before we sleep" means that we are still far from home and can't stop for long. She also read to a group of children from The Jerry Davis Center virtually!





## Summertime Fun



WORDS ARE HIDDEN FORWARD, BACKWARDS, UP & DOWN

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

BASEBALL

BATHINGSUIT

BBQ

BEACH

FIREFLIES

FUN

HAMBURGER

HAT

HEAT

HOT

HOTDOGS

HUMID

ICECREAM

JUICEBOX

LEMONADE

MUGGY

OCEAN

POOL

POPSICLE

SANDALS

SANDCASTLE

SHADE

SHORTS

SUNFLOWER

SUNGLASSES

SUNSHINE

SWELTERING

SWIM

TAN

VACATION

WATER

WATERMELONE

# Music for Hope & Inspiration

The “Music for Hope and Inspiration” group continues to enjoy rich and diverse music education and engagement. Within the past couple of weeks, the following occurred:

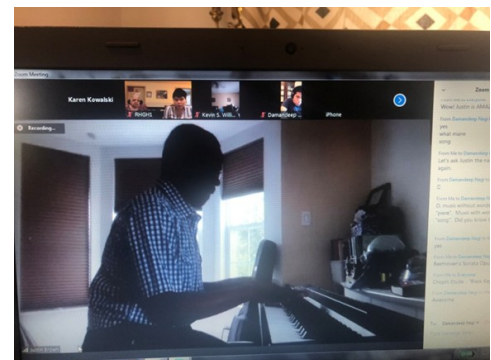
The Coffeehouse Project rocked the house with songs to move and groove to such as “The Twist”, “Locomotion” and “Watusi”. “What’s New Pussycat” by Tom Jones featured Leah’s cat which was fun to see. The group really enjoyed singing “Fly Away” which was enthusiastically sung by Cliff from Lindsley!



New musician friend, Felix Reid, wove wondrous stories set to beautiful guitar and vocals that provided us with a relaxing afternoon. Song selections included: “Norwegian Wood”, “Homeward

Bound”, “Margaritaville” and the hysterical, “Ghost Chickens from Outer Space” featuring...a chicken! One of the participants reflected after the group, “I feel very comfortable after this performance. Especially after listening to ‘Homeward Bound’”. It makes me feel relaxed which is important during these hard times.” We are looking forward to Felix returning again to our music class with requests to include Frank Sinatra and....Led Zeppelin! What a combination!

Justin Brown provided our group with a very relaxing afternoon of beautiful and expertly performed piano music. During this performance, Justin explained that he maintains a daily practice routine of two hours per day wherein he focuses on a specific aspect of a piece of music to master. He said that he began learning the piano at the age of eight. His favorite composer is Beethoven. Justin performed a number of pieces to include a breathtaking Beethoven Sonata and Chopin’s “Black Key” etude. Audience members remarked that it was “relaxing”. Damandeep said that he was going to now explore learning the piano on his phone as a start. One of Justin’s piano students, Kevin, expressed his pride in his piano teacher’s performance. We are looking forward to another relaxing piano performance afternoon with Justin in the future!



## Virtual Schedule

**JUNE 12-30**

### FRIDAY JUNE 12

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30pm: Commons 1 Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**2:00-2:30: Claremont Literacy class**

Meeting ID: 701 845 7910 Password: 12345

### MONDAY JUNE 15

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**11:00-11:30: "Joy of Drawing" with Casey**

Meeting ID: 481 231 8925 Password: 12345

**1:30-2:00: Royal School of Yoga**

Meeting ID: 481 231 8925 Password: 12345

### TUESDAY JUNE 16

**10:30-11:00: GGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: RHGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 481 231 8925 Password: 12345

**2:00-3:00: Self Advocacy Group**

(Please refer to e-mail from Suman)

**3:00-3:30: "Hot Topics" - Mary's Virtual Trip to Maine!**

Meeting ID: 481 231 8925 Password: 12345

### WEDNESDAY JUNE 17

**11:00-11:30: SGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-2:00: YMCA virtual live "Adapted Fitness"**

(Please refer to e-mail or contact Karen K.)

### THURSDAY JUNE 18

**10:00-10:30: AGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**11:00- 11:30: Cambridge Literacy Class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: "Music for Hope and Inspiration" -  
Regina & Kenny on guitar and voice**

Meeting ID: 481 231 8925 Password: 12345

**1:30-2:00: CCGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**3:00-3:30: "Hot Topics" - Young piano players  
perform featuring Dylan, Austin and Eduardo**

Meeting ID: 481 231 8925 Password: 12345

### FRIDAY JUNE 19

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30pm: Commons 1 Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**2:00-2:30: Claremont Literacy class**

Meeting ID: 701 845 7910 Password: 12345

### MONDAY JUNE 22

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**11:00-11:30: "Joy of Drawing" with Casey**

Meeting ID: 481 231 8925 Password: 12345

**1:30-2:00: Royal School of Yoga**

Meeting ID: 481 231 8925 Password: 12345

### TUESDAY JUNE 23

**10:30-11:00: GGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

## Virtual Schedule

### JUNE 12-30

**11:00-12:00: “In Yer Hands” Adaptive Gardening Class**  
Veggie scraps to plants!

Meeting ID: 481 231 8925 Password: 12345

**1:00-1:30: RHGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: “Music for Hope and Inspiration”**  
Featured Musician—Louie Tirol on the keyboard

Meeting ID: 481 231 8925 Password: 12345

**2:00-3:00: Self Advocacy Group**

(Please refer to e-mail from Suman)

**3:00-3:30: “Hot Topics”**

Meeting ID: 481 231 8925 Password: 12345

### WEDNESDAY JUNE 24

**11:00-11:30: SGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-2:00: YMCA virtual live “Adapted Fitness”**

(Please refer to e-mail or contact Karen K.)

### THURSDAY JUNE 25

**10:00-10:30: AGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**11:00- 11:30: Cambridge Literacy Class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: “Music for Hope and Inspiration”**  
guest musician Tommy Strazza

Meeting ID: 481 231 8925 Password: 12345

**1:30-2:00: CGGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**3:00-3:30: “Hot Topics” - Brian Horton and the**  
Wildlife of Barnegat Bay

Meeting ID: 481 231 8925 Password: 12345

**6:00pm-7:30pm - Band of Brothers**

Meeting ID and Password to be emailed prior to date

### FRIDAY JUNE 26

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30pm: Commons 1 Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**2:00-2:30: Claremont Literacy class**

Meeting ID: 701 845 7910 Password: 12345

### MONDAY JUNE 29

**10:00-10:30: Bingo with Mary**

Meeting ID: 701 845 7910 Password: 12345

**11:00-11:30: “Joy of Drawing” with Casey**

Meeting ID: 481 231 8925 Password: 12345

**1:30-2:00: Royal School of Yoga**

Meeting ID: 481 231 8925 Password: 12345

### TUESDAY JUNE 30

**10:30-11:00: GGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: RHGH Literacy class**

Meeting ID: 701 845 7910 Password: 12345

**1:00-1:30: “Music for Hope and Inspiration”**  
Coffee House Project

Meeting ID: 481 231 8925 Password: 12345

**2:00-3:00: Self Advocacy Group**

(Please refer to e-mail from Suman)

**3:00-3:30: “Hot Topics” - Trigger the Therapy Dog’s**  
Virtual trip to Disney World!

Meeting ID: 481 231 8925 Password: 12345

# Familiar Faces



"Hi Everyone! Miss you all...I just wanted to share with you my new hair cut yesterday and my younger sister Brooke cut my hair.

Here I am getting ready with my sisters, Brooke and Inah and Brooke's husband, Moji. We were heading to the Round Valley Reservoir!"

Hope to see you guys soon.



## Sonny's New Ride

Sonny was thrilled to receive her new power wheelchair as you can tell by her beautiful smile here. She and her staff are looking forward to many trips outside in her new ride! Congratulations Sonny!!!



## Thank You!!!

A **HUGE** thank you to the Watchung Elks for the delicious delivery of food to our homes!



## Keeping Our Minds on Community Employment

- by Jen Cutino, Manager Supported Employment

Eleven individuals have been meeting virtually through Zoom with the Supported Employment department weekly. They have been doing a great job on skills to either increase skills for a new job or to review work and safety skills for their current job to which they are eagerly awaiting to return!



Congratulations to all of the recent winners of Mary's Bingo group!!!



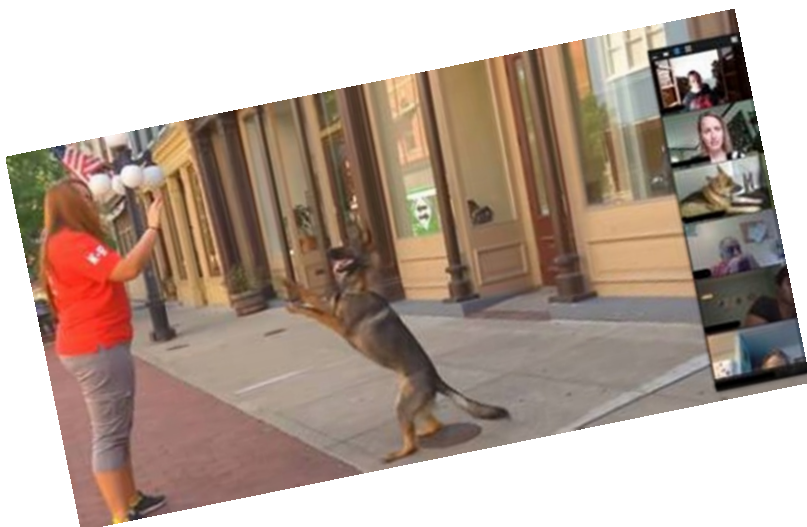
# HOT TOPICS

Our “Hot Topics” group continues to enjoy a variety of educational activities about people in the community, hobbies, jobs, and many other areas!



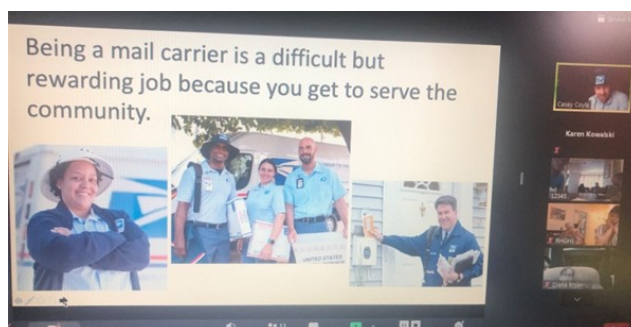
Recently, the group enjoyed a very educational, fun and furry afternoon with our friends, Trigger the Therapy Dog and Rosie. Trigger and Rosie taught us about German Shepherds in a “dogumentary” as well as enjoyed a lot of laughter watching the funny things that German Shepherds can do! Trigger showed us his special talent...he can sing along to Goyte’s “Somebody That I Used to Know” - this is

the **only** song that he will sing along to. Maybe he should join our “Music for Hope and Inspiration” class? Trigger and Rosie have a special plan for our group in June...a virtual trip to Disneyworld - cannot wait! Thank you Trigger and Rosie!!!

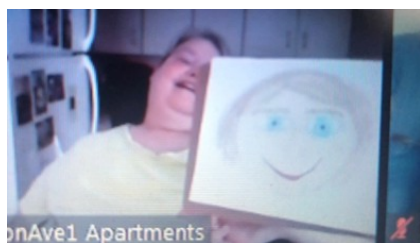


# HOT TOPICS

The group had the pleasure of meeting and thanking a mail carrier in person for the front-line work that he does. Brian, the mail carrier taught us about what the daily tasks are for people in his profession. He answered a variety of questions from “what happens when the writing on a letter is hard to see”, “are only packages delivered in the mail truck or letters?”, “do you have to work on holidays” and of course the one that is probably asked regularly of mail carriers...what is the deal with the relationship between mail carriers, dogs and cats? Yes...Brian did say that some cats and dogs are nice but he has been chased before! Brian told us that he had to continue working even with the public health crisis and sometimes needs to work long days, seven days per week. Thank you SO much Brian, for your service to our community!



## “What’s In A Face?” drawing group with Marian



Artists are blossoming during these virtual times with a variety of wonderful art based programming! This week, the group welcomed a new artist friend, Marian, who provided education regarding how to draw a face. There were many discussions during this group pertaining to emotions, how to draw different emotions on faces and what color shading could be done to express certain emotions. Examples included: “pink” or “yellow” for happy; “blue” for sad; and “red” for surprised. The group let Marian know that they would be interested in learning about collages as well as how to make a simple collage in a future class. All faces that were created were as unique as each individual!



## Patio Music Therapy

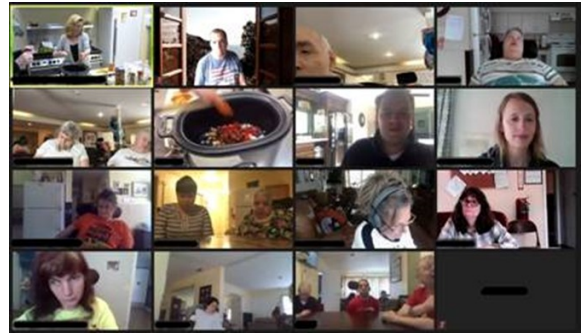
By- Patty Turse, Music Therapist

Ardasley and Franklin Group homes are able to have live outdoor music therapy sessions on their patios. They come out with their instruments as a group, or as individuals. The friends have had a lot of new songs on their minds that they want to sing and dedicate to each other. They all have smiles on their faces and are becoming adept at playing their instruments. It is so nice to see them in person again! The quarantine has not taken away any of their positive vibes and kindred spirit. Let's keep singing joyfully!



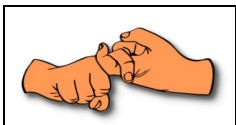
## Cooking It Up with Chris & Lauren— Crock Pot Edition

Lauren and Chris C. were at it again in the Jerry Davis kitchen, this time creating crock-pot delicacies to include Aloo Gobi and Slow Cooker Chicken Tacos! Cooking in a crock-pot or slow cooker is not only delicious but also makes the house smell wonderful! The group learned a number of interesting things such as fruit can be added to tacos as Lauren made a taco with a mango; cinnamon can be added to taco mix to cut the spice; coriander is the seed of cilantro and... cauliflower looks like a little brain! Looking forward to this next edition of programming.



## Band of Brothers

The Band of Brothers Men's Group resumed its monthly meetings via Zoom on Thursday, May 28, 2020, after a two-month break. The meetings continue to be held virtually through at least August 2020. The 'brothers' from Cedar Grove, Commons 1, Commons 2, Franklin, Griggstown, Lindsley, and Union Ave 2 spent the beginning of the meeting exchanging greetings and talking about what they've been doing during the last 2 months. Volunteers Suman Paul, Jason Scheib, Roy Lawrence, and Laura Ziegler also participated in the meeting. Bob Hult, Coordinator of the Band of Brothers, began the meeting as he always does by asking everyone to sign the word 'Friendship'.



Afterwards recent and upcoming member birthdays were acknowledged: Scott S - May 21, Daniel F - May 26, and Tony R - June 2.

Memories of their 'brothers' who passed since the last meeting in March 2020 were shared: Donald B who joined the group in 2011, Charlie H who joined the group in 2012, and Kyle M who was one of the original members from 2010. The 'brothers' enjoyed sharing fun memories from the past. Since the members were attending from home, each member was asked to show something that was important to them. Some of the items shared were a framed photo of family members, a guitar, a Lionel train locomotive, family pet, and autographed sports memorabilia. The next virtual meeting will be held on Thursday, June 25 at 6:00 pm and the group is hoping more of their 'brothers' will be able to attend!

# Words from Executive Staff

All:

We are pleased to inform that we will be formally opening opportunities to visit with loved ones in person at our residential programs and are doing so with the guidance of our state partners. To this end some important items to ensure continued safety:

- Social distancing as recommended by the CDC will be mandatory as will the use of face masks. If personal protective equipment is not available to a family we will provide it IF available
- Visits will be limited to 2 family members at a time
- Visits will take place outside on program property only - visitors must be 6 feet apart from their loved one at all times.
- Because we cannot support visits for all of our consumers at the same time we will be arranging schedules with each program on a rotating basis. We can accommodate no more than 3 visits per day and will ask that timing is respected. Visits will be set at no more than one hour in length
- For any person who may have a challenge understanding safe social distancing especially when re-connecting with loved ones, we may ask for team discussion on how best to preserve distance and safety and will ask for family understanding in any extra precautions
- Visits must be arranged through Adult Services Director Karen Kowalski to allow for scheduling and monitoring
- Visits will begin 6/10/2020
- We are considering this our initial steps toward facilitating more contact with your loved ones. Shortly it is our hope to open more visitation times to accommodate our many families.

While we know these visits will not replace the type of contact you and your family are used to we hope it provides some comfort and uplift as we maintain the safety of our operations. We look forward to assisting in your reunions.

With thanks

**Christopher J. Corvino**  
Associate Executive Director