



*"It never gets easier,
you just get better"*

- Jordan Hoechlin

Inside this issue:

Hot TopiX	2-3
Art with Alec	3
The School of Yoga	4
Virtual Programing	5
Virtual Calendar	6-7
Familiar Faces	7
Wordsearch	8
August Birthdays	9
This Week in Literacy	10
BINGO with Mary	10
How Does Your Garden Grow?	11
Music for Hope & Inspiration	12-13
Buzzwords	14
aMazing Shot!!!	15

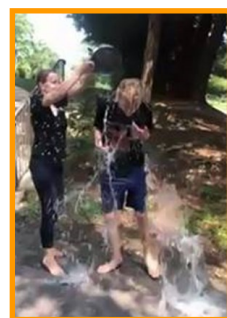
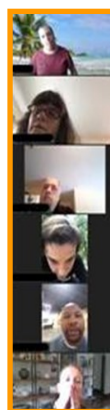
THANK YOU
DSPs
FOR ALL YOU DO



Play Like a Champion

Hot TopiX Basketball Edition

The "Hot TopiX" group decided a while ago that they would like to have a **LIVE** virtual and distanced basketball game and that is exactly what we did this week! The group cheered on Damandeep, Victor and new friends, Jack and Anthony, as they played a game of "OUT". Congratulations to all who made a variety of amazing shots to include free throws, slam dunks, backwards and even with eyes closed! The group had the pleasure of watching whomever got "OUT" have a bucket of water dumped on his head! Participants fully engaged in this activity by requesting whom should make shots, the types of shots as well as cheering on all of the players. The group decided that this should become a regular activity, so look out for basketball on the calendar for "Hot TopiX" again in September, there might be some additional new players to this distanced game!

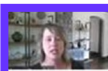


Hot TopiX

Vermont



The "Hot TopiX" group enjoyed a lovely virtual trip to Vermont with Karen Kowalski, her Mom, Ann and sister, Patti! The group learned a variety of things about Vermont to include Ben & Jerry's Ice Cream, Vermont Teddy Bear Factory and hospital, Smugglers Notch and even how syrup is made as well as a variety of delicious things made from syrup. The group learned that it takes forty buckets of sap in order to make one cup of syrup and that syrup can be used to make products such as bacon, butter, soap and even beer! Many in the group chimed in regarding their favorite ice cream flavors to include vanilla, strawberry, peanut butter, mint chocolate chip, peppermint and caramel! One participant said that she enjoys putting syrup in her oatmeal yum! Other Vermont items discussed were seasons, animals, water and snow sports and the Smugglers Notch resort. After the group today, a few people said that they would be interested in traveling someday to Vermont!



Ben & Jerry's Ice Cream

- (1983) Ben & Jerry's built the world's largest ice cream sundae weighing 27,102 pounds!
- (1987) Ben & Jerry's introduced "Cherry Garcia" named for Grateful Dead guitarist, Jerry Garcia!



Inside Vermont Teddy Bear Factory



Question: Do you have a favorite teddy bear?

Virtual Art Show

The "Hot TopiX" group thoroughly enjoyed the virtual art show grand opening! The afternoon was filled with enjoying each other's company as we viewed the show and listened to relaxing music. There were many comments regarding the beautiful pieces of work that were displayed as well as a discussion that art can come in many forms, pencil/paper, paint, working with other medium such as string, rocks and even puzzles. Participants enjoyed discussing each piece of art and congratulated the artists if he/she was present during this opening. The group unanimously agreed that there should be another art show in the fall, stay tuned!



The BUZZ

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Looking for a fun
opportunity?

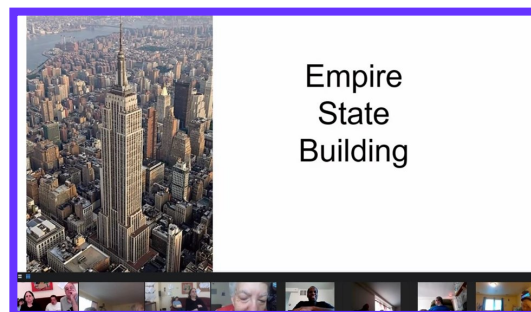
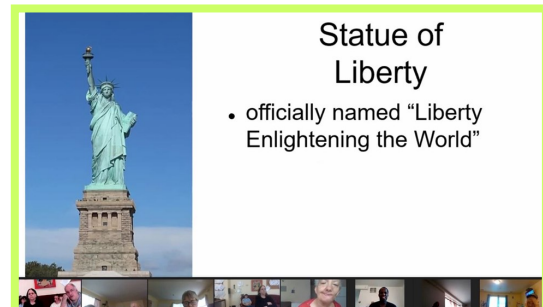
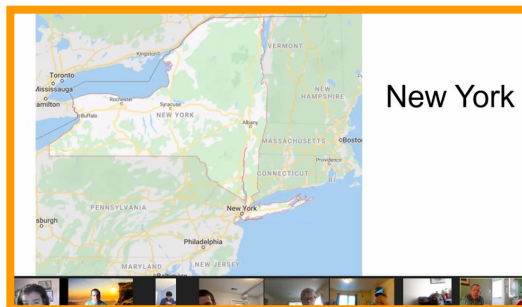
Be a guest contributor for
The BUZZ

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Hot TopiX

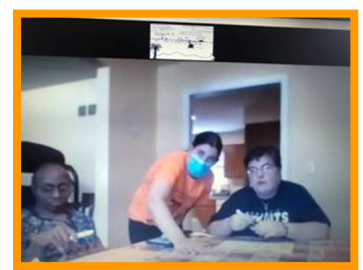
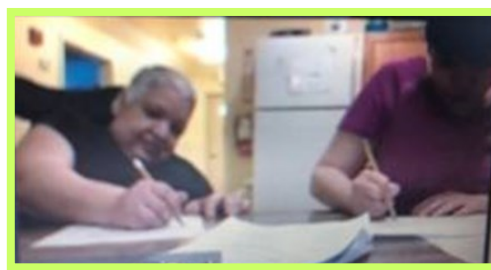
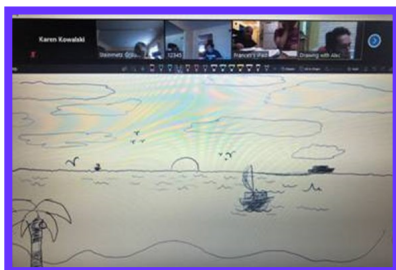
New York

The Hot TopiX group went on a trip to New York! We saw well-known landmarks like the Statue of Liberty, the Empire State Building and the Metropolitan Museum of Art. We learned that the Empire State Building has 73 elevators! There is more to New York than the city. We also visited Niagara Falls, the Finger Lakes and the Adirondacks. Barbara said she liked looking at the pictures of the waterfalls. When we saw the picture of the lake we talked about water activities including riding on a boat and swimming. Included in the lake pictures was the sight of a seaplane landing on the water!



Art with Alec

Very happy to announce the start of the “Art with Alec” group introducing our new friend, Alexander Lazeration, RVCC engineering student whom enjoys art as much as our individuals within the agency! The group was thrilled to meet Alec today and enjoy our first art class with a relaxing instruction regarding how to draw a sunrise/sunset scene. Alec encouraged the group to visualize what they were going to draw before they started drawing in order to have many different images designed.

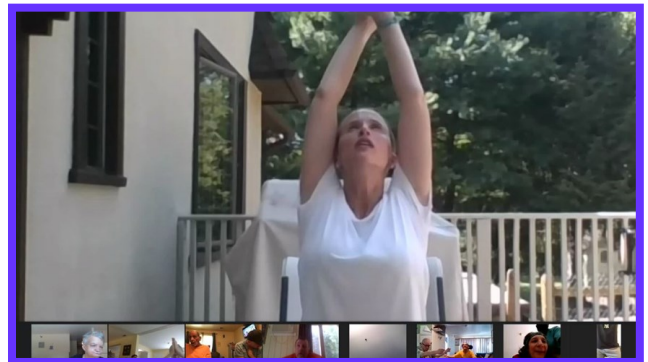
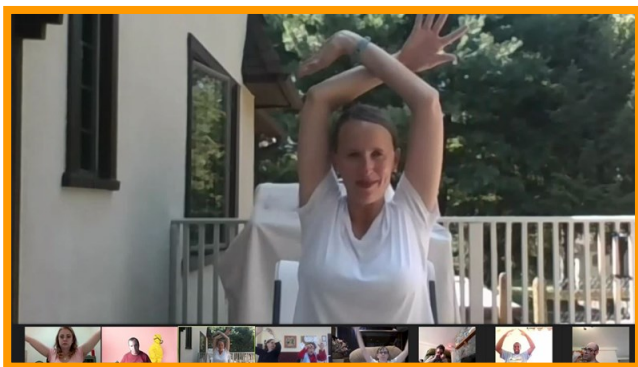


The School of Yoga

Another wonderful Zen start to the week with Jane and the popular yoga class. It is always nice to get together with friends as we do simple stretching, meditation and enjoy time with each other doing something that we all value and enjoy!



The yoga class had a special guest instructor, Director of Adult Services, Karen Kowalski! Karen and the yoga group worked together on remembering yoga poses that Jane has taught us. There was a lot of visualization of swimming and soaring in the sky like a bird during this class. There were a few new participants in this class. We welcome and look forward to spending more Zen time with Jane in future classes!



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 Zoom Schedule: August 24-31

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 24

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 25

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" - Vinnie on the Harmonica

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" - Costume design w/ Julia

Meeting ID: 481 232 8925
Password: 12345

Wednesday August 26

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 27

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

Meeting ID: 956 878 9920
Password: 566600

10:00-10:30: Literacy Class (Ardsley) all welcome!

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: Literacy Class (Cambridge) all welcome!

Meeting ID: 701 845 7910
Password: 12345

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

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 "Hot Topics" - Rosie, Trigger the Therapy Dog & Brutus

Meeting ID: 481 232 8925
Password: 12345

Friday August 28

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

1:00-1:30: Literacy Class (Commons 1)— all welcome!

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Literacy Class (Cleremont)— all welcome!

Meeting ID: 701 845 7910
Password: 12345

2:45-3:15: Let's Talk Food

Meeting ID: 956 878 9920
Password: 566600

Virtual Zoom Schedule: August 24-31

Monday August 31

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



Familiar Faces



Our friends Kathy and Jen stopping in for a picture "hello!"

Cliff showing off the awesome tie-dye shirt he made during an activity at Jill Court!



Damadeep enjoying one of his favorite past-times..golf!

Word Search

Basketball

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

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘ .

BANKSHOT
BASKET
BLOCK
COACH
COURT
DEFENSE
DRIBBLE
DUNK

FLOOR
FOUL
FREETHROW
GUARD
JERSEY
JUMP
LAYUP
NET

OFFENSE
PASS
PLAYER
POINTS
REBOUND
REFEREE
RIM
SCORE

SLAM
SNEAKERS
STEAL
SWISH
TEAM
TIMEOUT
TRAVELING
TURNOVER



HAPPY BIRTHDAY!

August



JILL



BILLY



STEVE



MARYLOU



ROLAND



CAROL



ELVINA



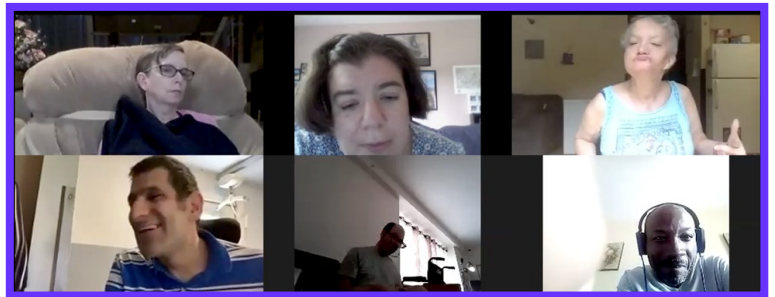
STEVE



TOM

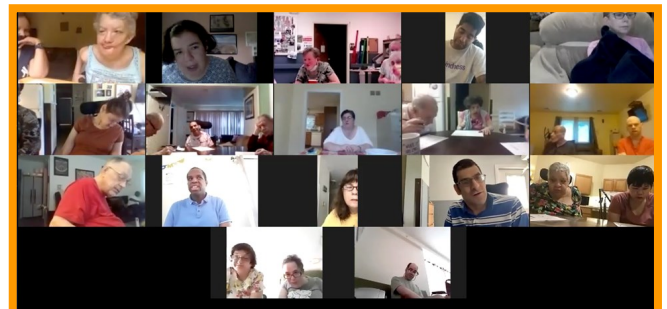
This Week in Literacy

We saw lots of faces we haven't seen in a while during literacy classes this week. Everyone continued to work on their vocabulary skills by taking turns answering questions starting with the phrase "something you can do with..." Ara captured the spirit of the moment when he was asked "What is something you do with your hand?" and he answered "wash them!" Other people talked about playing ball, eating, writing, painting and clapping. Kevin was full of answers when he was asked "What is something that you can open?" and responded with a whole list including door, windows, eyes and mail. In another literacy class, Lori and Sandra were asked about things that you can do at the beach. Lori talked about swimming and Lori and Sandra were shown how to move their arms like they were swimming through the water.



BINGO with Mary

Exciting new feature to Mary's Monday and Friday bingo classes....the names of all winners will be added to a raffle. At the end of each month, Mary will pick one name from her famous purple bingo bucket whom will win a prize which will be mailed to his or her home!



How Does Your Garden Grow?

The gardening grow bag group is now harvesting their veggies! Seen here are a few farm-to-table successes. We look forward to more pictures from the harvest in the future!



Trevor's tuna croissant with fresh, home grown cucumbers, yum!!!

Cindy's cucumber is ready to be picked! Kate reminds us to pick the cucumbers before they get too big. This is a perfect size for picking here.

COLOR ME



Music for Hope & Inspiration

Felix Reid

Felix once again delighted the “Music for Hope and Inspiration” group, this time with an Irish theme! He explained what each song meant prior to playing. One participant said that if she knew that it was an Irish themed music day, that she would have worn green! Felix thrilled the group with songs such as: “Goodbye Mrs. Dirkin”, “Goodbye Mick and Goodbye Pat”, and “The Orange and The Green” all by the Irish Rover as well as “The Mary-Ellen Carter” by Stan Rogers. We continue to be so gracious of the outstanding musicians whom come into our home virtually to uplift our spirits and minds such as Felix!



Jo Rich

A beautiful theme of music emerged during the “Music for Hope and Inspiration” class when the group hosted vocalist, Jo Rich, that although we are all far away now, the power and love of music is allowing us to get together! Jo provided us with an “Ode to the 70’s” with songs to include “Far Away” and “Get Together” after which the group reminisced about other music and bands from the 70’s era. Jo taught the group about “melody” and “harmony”. During this time, one participant volunteered to sing the “melody” for “You Are My Sunshine” while Jo sang the “harmony”. It was a beautiful rendition of the song. The group was surprised to hear a lesser known verse that the participant knew and happily sang! This is one talented group for sure thank you for sharing your love of music with our group, Jo!



Music for Hope & Inspiration

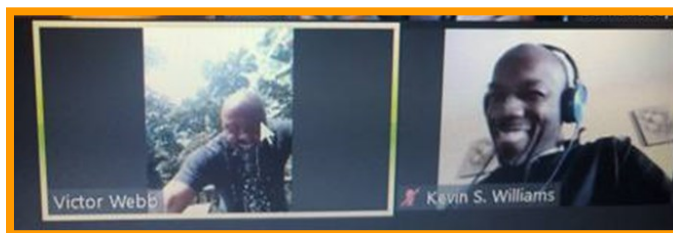
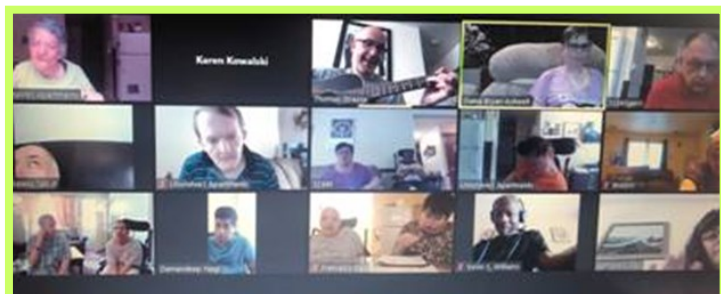
Coffeehouse Project

Coming in to brighten our lives and lift our spirits on a stormy day was our dear friends, The Coffeehouse Project! John and Becca provided music that was absolutely appropriate to the day to include: "Here Comes the Rain Again", "It's Raining Men", "Fire to the Rain", "Who'll Stop the Rain" as well as requests of "Jammin'" and "YMCA" to get the virtual group rocking and rolling! Cindy brought out her beautiful rainbow umbrella to celebrate the song "Raindrops Keep Falling on my Head". By the end of the group, a few people remarked that the sun came out! Thank you John and Becca for being a part of our lives and rocking our worlds!



Rockin' with Tommy

The "Music for Hope and Inspiration" class had a rocking good time with Tommy today working on continuing our repertoire of music with "Sweet Caroline", "My Girl", "Living on a Prayer" and learned today was "Twist and Shout". The group clearly is learning and progressing in musical abilities as there were many new voices that were heard today than ever on these songs. Also, participants were able to better stay in rhythm with the music which is so important as we continue to become better musicians and work collaboratively as a group. One participant was noted to keep rhythm by drumming on furniture! There are many suggestions for songs for future music classes with Tommy to include the possibilities of "Happy Together" and "Little Help from my Friends". This group of musicians is certainly gearing up for the virtual talent show in the fall, stay tuned for more details! With the heat of the day, two participants invited friend, Victor, to come onto the class and douse himself with water which was so much fun to watch!!! Thank you Tommy and Victor for all of the good times this afternoon. The laughter was contagious through the power of music and friendship!



Buzzwords

Arc Family and Friends:

Here is an embarrassing picture of me with my favorite pandemic haircut, a hat. I am also happily wearing a mask in support of #maskupforaHealthierSomerset a social media campaign from The Healthier Somerset Coalition to keep awareness of mask use front and center and personal. After 6 months of “new normal” we are all a little tired of masks, screenings, the news , etc, etc. But as Arc members we have a responsibility to our consumers, our coworkers, our housemates and the community we live in to maintain safe practices.

So we take a moment to remind and encourage one another to keep wearing that mask during EVERY moment we are in a program space, keep fresh copies of the screening tools at the front door and fresh batteries in the thermometer. These are regulations they are also what we do as friends, supporters and colleagues who care for one another's health.

I want to congratulate all consumers and staff who are keeping their safety practices front and center and thank everyone for their resilience as always.

With thanks,



Christopher J. Corvino
Associate Executive Director

THE ARC OF SOMERSET

aMAZing Shot!!!

Help the basketball through the net shaped maze to swoop into the net.

