



*"Autumn shows us how beautiful it is to let things go"*

- Unknown

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THANK YOU  
DSPs  
FOR ALL YOU DO

Adult Services Presents

# THE BUZZ

[www.thearcofsomerset.org](http://www.thearcofsomerset.org)

## Fall Breeze & Autumn Leaves

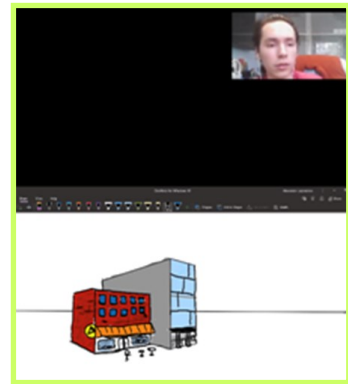
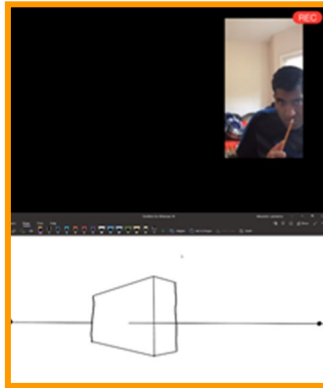
### RWJ Barnabus Healthy Crock-pot Cooking

A very heartfelt thank you to our friends at RWJ-Barnabus Health for coming virtually into our homes to teach us how to make a delicious Spicy Moroccan Chicken dish! Chef Pete and Tia guided the group on how to prepare this dish which can be prepared along with rice, riced cauliflower, or beans for example. While this dish uses a lot of different spices, it is not necessarily spicy so you can adjust to your spice preference. Tia provided good information to the group regarding the importance of eating a balanced meal with all food groups. We were reminded that foods lower in fat are better for the health of the heart, that we should be eating five to nine servings of vegetables per day as well as some fun facts about food such as that carrots are good for eyes and that olives have omega 3 fats which helps to lower cholesterol! One of the participants was excited to tell Chef Pete and Tia that he has a huge garden in his backyard where many vegetables are growing to include peppers, zucchini, okra and eggplant. Thank you Chef Pete, Tia and all of our friends at RWJ Barnabus Health for this continually outstanding collaboration centered around health and wellness!



## Art with Alec

Once again, Alec took us places around the community with the gift of art during the "Art with Alec" group! This time, he taught the participants how to draw a 3D building from a simple line all the way to include dimension, shape and colors. The group was ready with pencil and paper in hand to join with Alec on this adventure - thank you Alec!

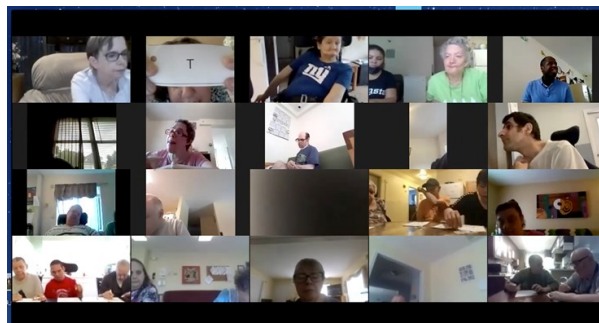


## Familiar Faces



*Jeffrey enjoying his  
NEW BED!!!*

## Mary's BINGO Group



### The BUZZ

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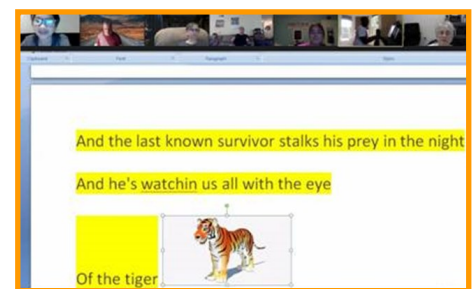
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## Music for Hope & Inspiration

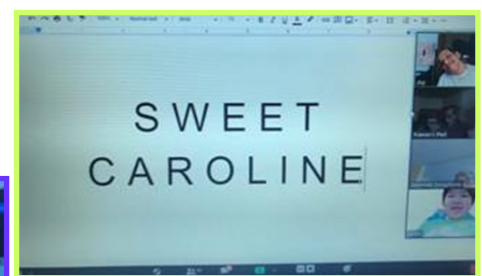
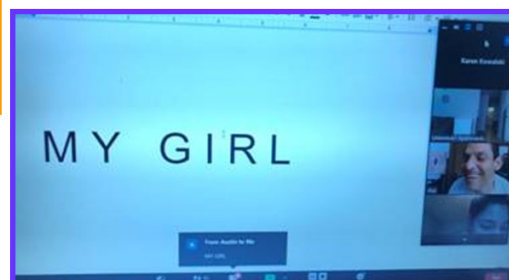
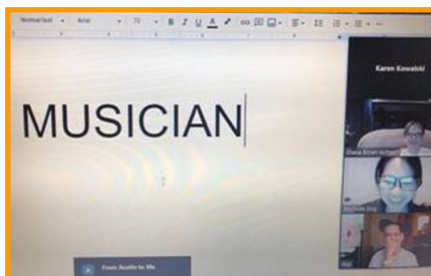
### Sing Along with Justin

It is always a pleasure spending a musical afternoon with Justin Brown for our "Music for Hope and Inspiration" class. For this group, Justin pumped the group up with our rendition of "Eye of the Tiger" as well as some very fun memories of the Rocky movies. It seemed as if most of the musicians in the group knew the words and actively sang, danced and fist pumped throughout our performance. Justin also engaged our group through our practice with "Hallelujah" and "Can't Help Falling in Love" - two of our favorite songs from previous groups. Diana again provided a wonderful introduction to the group. One member requested that Justin teach us how to sing "The Candyman" by Sammy Davis Jr. during our next class - what a great idea!



### GAME DAY!!!

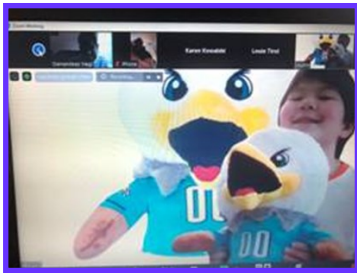
Occupational therapy students, Michelle and Jenn, guided the group on their first GAME edition of "Music for Hope and Inspiration" that was an immediate success! The group, joined by one of our featured music guests, Austin AND Swoop, enjoyed time together figuring out music concepts, instruments and names of songs that we have learned in past groups. This group of musicians clearly knows their stuff as there was many times that there was only a couple of letters that were on the board and the word or phrase was still guessed - amazing!!! This is a nice way to really make sure that our musicians remember what they have learned. Jenn and Michelle need to make it harder next time based upon the success of the group today!



## Music for Hope & Inspiration

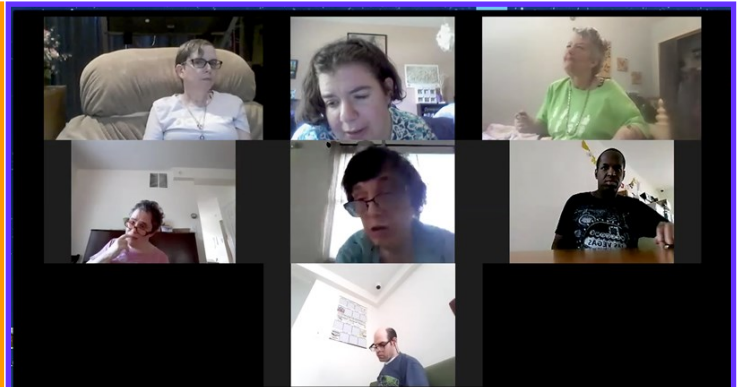
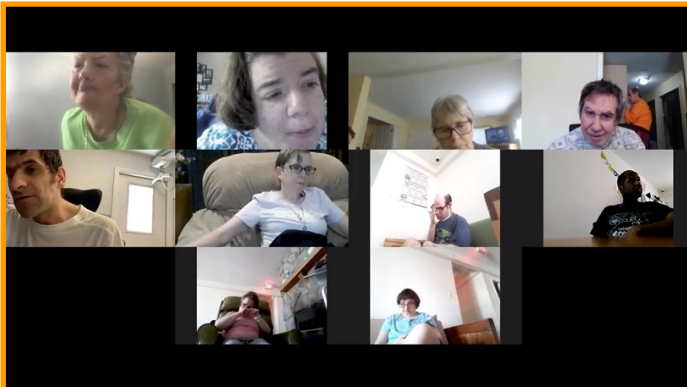
### Tommy Strazza

The "Music for Hope and Inspiration" group were very happy to welcome back friends and fellow musicians, Austin and Louie! Louie wowed the crowd with the original composition, "Autumn's Calming Wind" which led to a discussion regarding when the first day of autumn is...which is September 22<sup>nd</sup>. Austin brought his other friends, Swoop and Pac-Man to enjoy his piano performance which included "Allegro Grazioso", "Moonlight Sonata", "Medieval Fair", "Greensleeves" and "Strawberry Malt" which had the audience bee-bopping! This group of musicians chatted about music to include concepts such as trills, glissandos and Beethoven as well as other things such as whom has ever worn braces, what happened to Burton and Barbara's cucumber (it turned orange!!!) and did anyone know the name of the mascot of the Philadelphia Eagles (answer is...Swoop of course!) Special thank you to Diana for providing a wonderful introduction to the group! Always nice to get together to enjoy music with friends!



## This Week in Literacy

This week in literacy, everyone worked on their calendar skills. We worked on learning the days of the week. Joe reminded everyone on the first of September that it was a new month and everyone should change their calendars. Diana helped us spell the word September. When asked what happens in September, Shawn talked about Labor Day and the first day of fall. We talked about how leaves change colors and fall from the trees. Mary said that Fall is also called Autumn. We also read stories about apple picking, cowboys that live on a ranch, and animals that live in the jungle.





## 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](mailto: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: September 21-30

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 September 21

#### **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 September 22

#### **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" - Shuel-Li on Theremin**

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 to Canada**

Meeting ID: 481 232 8925  
Password: 12345

#### **3:30-4:30: Art with Gwen**

Please contact Karen Kowalski to register. Space is limited, zoom information to be provided when registration is complete.

### Wednesday September 23

#### **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 September 24

#### **10:15-10:45: "Cool Collections" - Barbara's cookbooks**

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" - Tommy Strazza**

Meeting ID: 481 232 8925  
Password: 12345

#### **3:00-3:30 "Hot Topics" - Fashion show with Trigger & Rosie**

Meeting ID: 481 232 8925  
Password: 12345

### Friday September 25

#### **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)**

Meeting ID: 701 845 7910  
Password: 12345

## *Virtual Zoom Schedule: September 21-30*

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

Meeting ID: 701 845 7910  
Password: 12345

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

Meeting ID: 956 878 9920  
Password: 566600

### Monday September 28

**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 Tonya**

Meeting ID: 956 878 9920  
Password: 566600

### Tuesday September 29

**10:30-11:00: Literacy class (Griggstown)  
All 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 accordion, harmonica and  
concertina**

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" - Rosie, Trigger and  
Brutus**

Meeting ID: 481 232 8925  
Password: 12345

**3:30-4:30: Art with Gwen**

Please contact Karen Kowalski to  
register. Space is limited, zoom  
information to be provided when  
registration is complete.

### Wednesday September 30

**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

# Word Search

## Hello Fall

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

Find the following words in the puzzle.

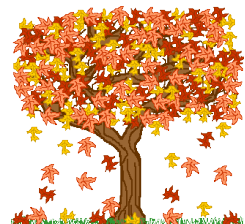
Words are hidden ↑ ↓ → ← and ↘ .

ACORN  
APPLE  
AUTUMN  
BROWN  
CHILLY  
CIDER  
CORN  
CORNSTALK

CRISP  
CROPS  
CROW  
FEAST  
FOOTBALL  
GOLDEN  
HARVEST  
HAY

JACKET  
LEAF  
LEAVES  
MAPLE  
NOVEMBER  
OCTOBER  
ORANGE  
ORCHARD

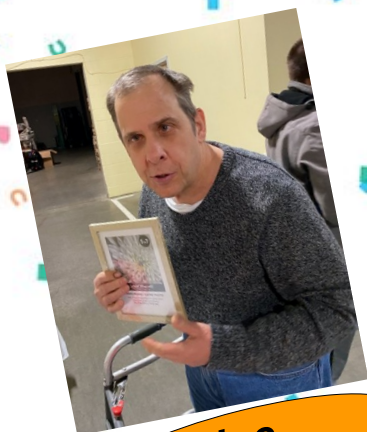
PUMPKIN  
RAKE  
RED  
SCARECROW  
SQUASH  
SWEATER  
WIND  
YELLOW







**September**



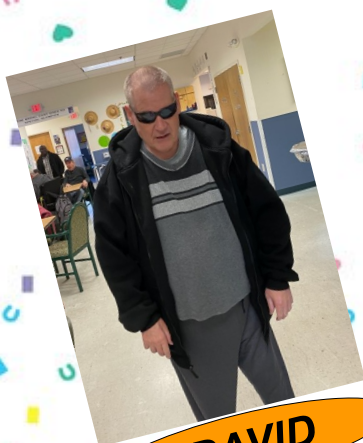
**Joe**



**Robert**



**JILL**



**DAVID**



**LINDA**



**WILLS**

By: Jennifer Faccendo

Thomas Jefferson University - Occupational Therapy Assistant Student

# Fall Fun

Can you find these 19 hidden objects?



Illustrated by Marilee Harrauld-Pilz



needle



snake



glove



crescent moon



fish



toothbrush



ax



clover



crown



elf's hat



slice of pie



canoe



muffin



mug



fan

Hidden Pictures®



carrot



envelope



tent



fried egg



## Fun Facts about Fall

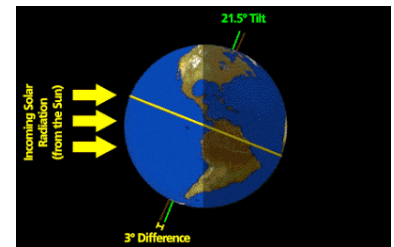
1. Americans typically refer to this time of year as “fall,” while the British use the word “autumn.”

Historically, Fall was called “harvest” because of the “harvest moon” that occurs close to the autumn equinox.



2. Fall is caused by the Earth's tilt, not our distance from the sun.

When the northern hemisphere tilts towards the sun, we get warmer. When it tilts away, we get colder. Fall and spring are the times of transition.



3. Weight gain around this time of year may not be from all the food.

Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.



4. Pumpkin spice has nothing to do with pumpkins.

Pumpkin spice is actually the spice mix used for pumpkin pies. It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves. You can make it at home or buy it pre-mixed at the grocery store



## *Fun Facts about Fall*

### 5. Fall colors are caused by the amount of sugar in leaves.

The more red in the leaf, the more sugar that leaf is storing. That is why Maple trees are so vibrant. Evergreens don't change because their leaves have a thick wax covering that protects the chlorophyll (green) in the leaves.



### 6. Ancient people wore Halloween costumes to hide from ghosts

The Celtic tradition believed that ghosts roamed the earth on Halloween. Wearing a disguise would help you hide from these spirits.



7. You're bound to see pumpkins as part of autumn decor. The pumpkin was first named by the Greeks. They called this edible orange item "pepon," which means "large melon."



## Hot TopiX

### Basketball

The “Hot TopiX” group had a really fun time yesterday cheering on peers and special guests during a **LIVE** virtual basketball game! On the basketball roster was Damandeep; Occupational Therapy student, Jenn; Cliff’s friend Kevin; and musician Tommy Strazza whom played adaptively with an R2D2 garbage can and balled up socks. All players worked very hard on their shots but the winner with three points total was Jenn! Based upon the success of this group, a number of other people have stated that they would like to participate during the next **LIVE** virtual basketball group especially with the adaptation that Tommy had thought up! Thank you all basketball players for giving it your best shots!

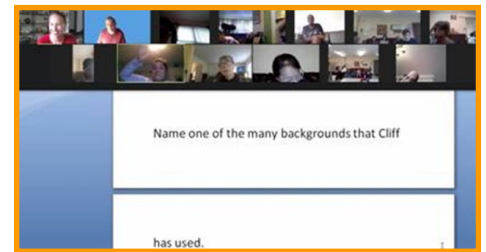
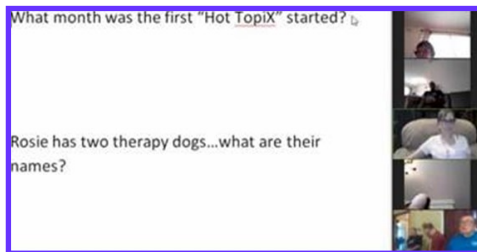




## Hot TopiX

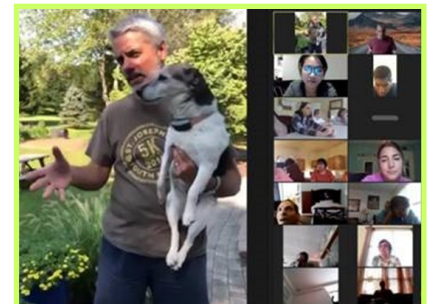
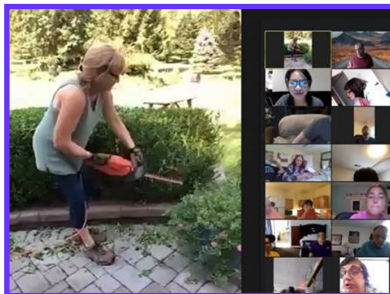
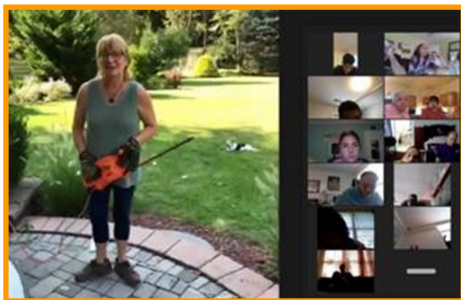
### A Trip Down Memory Lane

The “Hot TopiX” group today celebrated **FIVE MONTHS** of virtual programming with a trip down memory lane by looking at pictures, talking about the virtual places we have gone, people we have met to conclude with a game show at the end with a lot of excited engagement. There were a lot of fun memories of past programs and the group also made plans for future “Hot TopiX”! Looking forward to the future of this great group made up of friends getting together to learn about people, places and activities within the community and **beyond!**



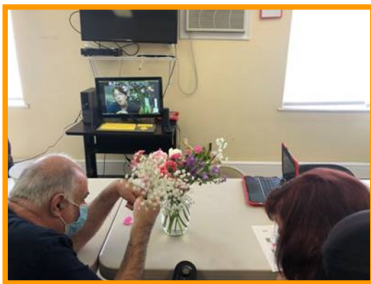
### Hedge Clipping

The “Hot TopiX” group is certainly on the virtual move, learning about a wide variety of activities and people within the community and beyond. During a recent class, the group took a virtual trip to Michelle and Chris Laffoon’s backyard in order to learn about Michelle’s love of pruning her hedges - we learned that this is a very valued activity for Michelle! Michelle explained and showed the group about the safety precautions that she takes in order to use electric hedge clippers to include proper footwear, gloves, planning her movements carefully, the proper tool and assistance from her husband, Chris, in order to make sure that she does not cut the cord! Michelle explained and showed the group her process of pruning with the ultimate goal so that her family is better able to see their beautiful backyard while sitting on the porch area. We also had the fun opportunity to meet Hailey, the terrier! Hailey is one special dog as a few years ago, she had a spinal stroke which left her with limited use of one of her legs. The group saw first hand that this limitation does not stop little Hailey. She was really hard to keep up with in the Laffoon’s backyard! A very grateful thank you to Michelle, Chris and Hailey for letting us spend the afternoon with you - looking forward to more virtual time spent together in the future!



## "In Yer Hands" Floral Design

Many individuals enjoyed learning how to make a beautiful floral design during a recent "In Yer Hands" gardening group with our friend, Catherine "Kate" Colucci, MA, OTR. This was a hybrid class wherein Kate provided everyone with flower materials and then instruction virtually. Kate led the group not only in how to create a beautiful floral design but also encouraging time spent enjoying the smell of the flowers, what each flower type meant and then an opportunity for each to identify which is his/her favorite flower. Kate gave each participant a handout with a picture, name and meaning of each flower that was used. At the end of the group, the group took a virtual picture of their creations and now can enjoy in their homes! Thank you Kate for bringing the love of our floral friends into our lives and our homes!

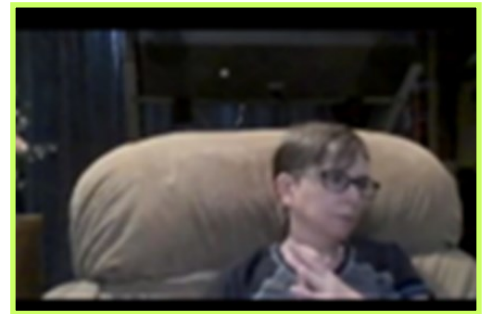


*Trevor's sunflowers sprouted up out of nowhere even after the deer ate them back when they were first planted.*

*Another beautiful sign of resilience!*

## The School of Yoga

A wonderful start to the week with Jane and Royal School of Yoga! The group continues to grow in attendance through this valued time spent with friends while stretching, meditating and enjoying each other's company. One of the participants reminded the group that there will not be yoga next week as it is Labor Day. Jane reminded the group that they can continue to do their stretches and yoga at anytime, even when they are not together. The class is certainly learning to be able to integrate these concepts into their daily lives.



Thank you Jane and Royal School of Yoga!



## Good Times at Jill Court

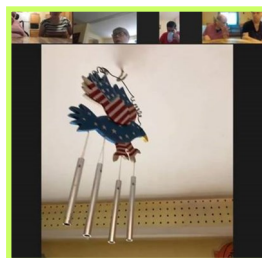
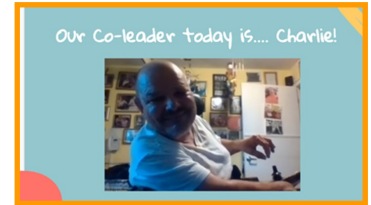




## Cool Collections

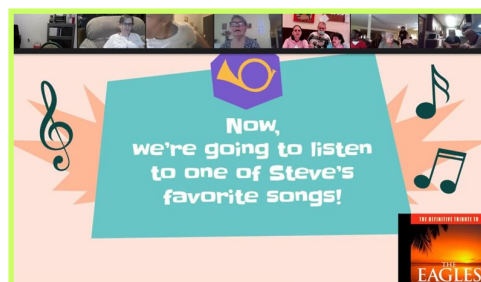
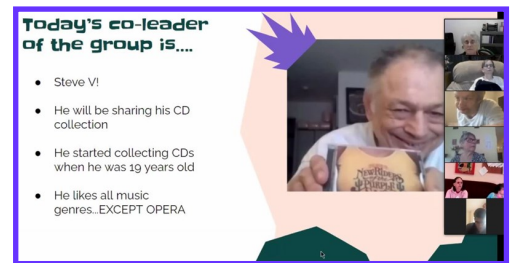
### Wind-chimes

Today's "Cool Collections" memorabilia group was a Wind-chime edition, co-lead by the Occupational Therapy students Jenn Faccenda and Michelle Eng, along with Charlie! Charlie has been collecting wind-chimes for almost 28 years and has about 24 of them. Karen took us on a virtual tour to see Charlie's collection, where he shared each one and where he got them from. Charlie personally could not choose a favorite because he really likes them all but some of the group members shared their favorites, which included: the patriotic wind-chime, the sea-shell wind-chime, and the beehive wind-chime! We were able to hear the different beautiful/calming sounds that each wind-chime made, which we all enjoyed! Thank you for sharing Charlie, this was a great group!



### Steve's CD Collection

Another recent "Cool Collections" memorabilia group was a CD edition, co-led by the Occupational Therapy students, Jenn Faccenda and Michelle Eng, along with a friend from the commons, Steve V! Steve has been collecting CDs since he was 19 years old and was excited to share some of them with us. One group member said the Electrical Light Orchestra CD was their favorite and another group member said Diana Ross and The Supremes was theirs! At the end of the group, we listened to Steve's favorite song called Heartache Tonight by The Eagles-it was a hit! Almost every single group member was singing, dancing/swaying, and pretending to drum!



COLOR ME







## Buzzwords

All: As many of you may know by now - The State of New Jersey has given permission for Dayhab centers to reopen!! We are cautiously excited to begin the long process of welcoming back friends to Dayhab activities and socializing with the many people we have missed during this time - even if it is from a distance.

There are many rules and regulations that go along with this exciting news. Just some of the items we will be working on with you as our partners are:

- Centers may only host 25% of their capacity

- Consumers and guardians will participate in a risk assessment with our staff to determine if a return is safe for each person

- There will be designated times and places to wash our hands

- There will be specific areas of our centers set aside for different groups of attendees to maintain safe distances

- We will all practice health and safety items daily as part of new group activities

- All consumers/guardians will have documents that must be signed and returned before services can re-start

Soon if not already, you or your family/guardian will receive a call from one of our eager Day Program staff to answer any questions you may have and begin the process determining if you would like to return and if doing so is a match for you right now.

I spoke last evening to a very famous Day Program leader - Trina Trent who is more than excited to start working together in person again. I know there is a lot to learn still ahead as we make this new start together. I look forward to everyone gathering again - cautiously, safely and to seeing old friends.

**Christopher J. Corvino**

**Associate Executive Director**

**THE ARC OF SOMERSET**