

# Adult Services Presents **THE BUZZ**



## Families Edition

Volume 3, Issue 8

June 2020

*"Family is not an important thing - it is everything."*

— Michael J. Fox

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## Families!

**Eveie:** My Aunt Chris (Aunt Chief) and Uncle Jeff (Uncle P.) are my guardians for 14 years. My Uncle Jeff and I are very close too. But my Aunt Chris is special because she is my real Mom's sister. The boys names Jeffery and Marc are my Aunt Chris' sons and Uncle Jeff. They are married and have a family too.



Also my Mom's Family the Vitales there are four sisters and one brother but my Mom is deceased. Right now with my Grandpa and Grandma Anita. But they are loving to me and I am the first grandchild.

## Jill



## Damandeep



(Painting of picture that Damandeep and his sister-in-law made)



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

Please contact:  
Karen Kowalski  
or  
Kathleen Shimmell



## Families! (cont'd)

Cliff and his sister  
Veronica



Mary Scibelli and  
her family



Mary's parents, three siblings and ten nieces and nephews!

Ulana and her sister  
Kalyna



Barbara and her sisters,  
Linda and Lorraine



## CRAFTSMAN CORNER

Hi, Roy Lawrence here. I've been with the Arc for 8 years now as the Vehicle Fleet Manager. I've been married to Mary 33 years & have three kids' & two dogs. Some of my achievements are 38 years with Somerset Fire Rescue Company, Band of Brother Honorary charter member. Somerset Patriots member/fan 23 years & Vice President of the Fan Club. I've also served as President of the Knights of Fire MC for 4 years. I enjoy NASCAR, Football, Bowling, but what I look forward to the most is the Smiling faces of our residents within the Arc and interacting with them. That fulfills my day and makes working for the Arc a Blessing. Be attentive and drive responsibly.







JULY



Alex



Jane



Lori



William



Frances





# Fourth of July.



WORDS ARE HIDDEN FORWARD, BACKWARDS, DIAGONAL, UP & DOWN

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

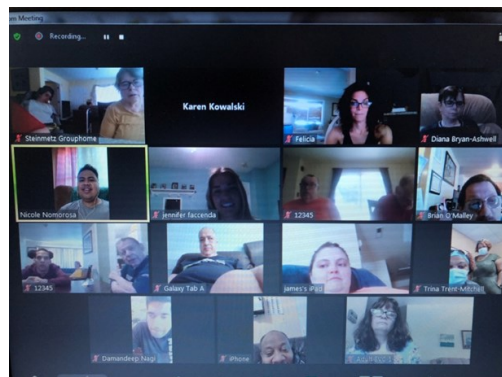
AMERICA	JULY
ANTHEM	LIBERTY
BALDEAGLE	NATION
BARBECUE	PARADE
BENFRANKLIN	PARTY
BETSYROSS	PATRIOTIC
BLUE	PHILADELPHIA
CAKE	RED
CARNIVAL	REVOLUTION
CELEBRATION	STARS
COLONIES	STREAMERS
CONCERTS	STRIPES
DECLARATIONS	THIRTEEN
DECORATIONS	THOMASJEFFERSON
FIREWORKS	UNCLESAM
FLAG	USA
FLOATS	WHITE
FREEDOM	WHITEHOUSE
GREATBRITAIN	
HAMBURGERS	
HEROES	
HISTORY	
HOLIDAY	
INDEPENDENCE	
JOHNADAMS	



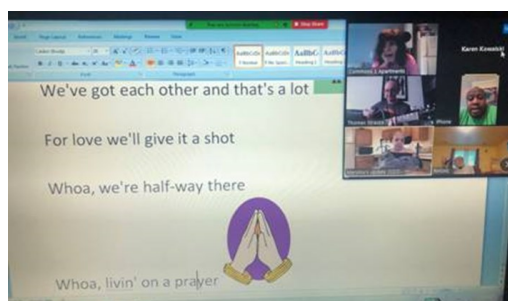


# Music for Hope & Inspiration

The group welcomed a familiar face and voice to the “Music for Hope and Inspiration” class with Nick N. from BBATC as the featured musician! Not only was the group very excited to reunite with Nick, they thoroughly enjoyed his performance of “This Little Light of Mine”, “Star Spangled Banner” and “Greatest Love”. Cliff from Lindsley said that he is interested in being a guest musician as well as Mary from Steinmetz. We have so many amazing musicians in our programs looking forward to more amazing musical Tuesday and Thursday afternoons!



The “Music for Hope and Inspiration” group also rocked out with featured guest musician, Tommy Strazza on vocals and guitar. During the last class with Tommy, the group requested to learn “My Girl” by the Temptations and “Living on a Prayer” by Bon Jovi! There was so much singing and laughter this afternoon - good for our hearts and souls! Looking forward to our next class with Tommy to add more music to our repertoire to include “Twist and Shout” and “I Can’t Help Falling In Love”. During this class, Cliff and Steve both agreed to be featured musicians in the future - can’t wait!



In another class, the group was thrilled to see and hear the familiar voices of Regina and Kenny Smoler! Regina and Kenny have come to provide performances at the Branchburg Day Habilitation Program in the past and were requested by a number of people to have them return virtually. Regina and Kenny performed **LIVE** from Las Vegas wherein they let the group know that the temperature could rise to 105 degrees today in Las Vegas! They certainly uplifted our spirits today with beautiful songs to include “Secret of Life” by James Taylor, “Here Comes the Sun” by the Beatles which Alex was **PLEASED** to hear, Blue Bayou by Roy Orbison and “It’s So Easy” by Linda Ronstadt.





## Virtual Schedule

**JULY 1-17**

### **WEDNESDAY JULY 1**

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

Meeting ID: 701 845 7910 Password: 12345

### **THURSDAY JULY 2**

**10:00-10:30: "Let's Remember" Memorabilia group**

Meeting ID: 481 231 8925 Password: 12345

**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" -  
featuring Vinnie on the concertina**

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" – Juana's adapted Zumba class**

Meeting ID: 481 232 8925 Password: 12345

### **FRIDAY JULY 3**

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

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 701 845 7910 Password: 12345

### **MONDAY JULY 6**

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

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 481 232 8925 Password: 12345

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

Meeting ID: 481 232 8925 Password: 12345

### **TUESDAY JULY 7**

**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 TBD**

Meeting ID: 481 232 8925 Password: 12345

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

Refer to email from Suman

**3:00-3:30: "Hot Topics" – "In Tune with  
Nature with the Scibelli family"**

Meeting ID: 481 232 8925 Password: 12345

### **WEDNESDAY JULY 8**

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

Meeting ID: 701 845 7910 Password: 12345

### **THURSDAY JULY 9**

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

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 761 8744 1990 Password: 12345

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

Meeting ID: 481 232 8925 Password: 12345

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

Meeting ID: 701 845 7910 Password: 12345

**3:00-3:30: "Hot Topics" – Midas the Therapy Dog and  
Learning How to TikTok with Greta!**

Meeting ID: 481 232 8925 Password: 12345



## Virtual Schedule

### JULY 1-17

#### FRIDAY JULY 10

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

Meeting ID: 701 845 7910 Password: 12345

##### 1:00-1:30pm: Commons I Literacy class

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 701 845 7910 Password: 12345

#### MONDAY JULY 13

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

Meeting ID: 701 845 7910 Password: 12345

##### 11:00-11:30: "Joy of Drawing"

Meeting ID: 481 232 8925 Password: 12345

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

Meeting ID: 481 232 8925 Password: 12345

#### TUESDAY JULY 14

##### 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: 481 232 8925 Password: 12345

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

Refer to email from Suman

##### 3:00-3:30: "Hot Topics" – Cliff and Kevin's Virtual trip to Portugal!

Meeting ID: 481 232 8925 Password: 12345

#### WEDNESDAY JULY 15

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

Meeting ID: 701 845 7910 Password: 12345

#### THURSDAY JULY 16

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

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 761 8744 1990 Password: 12345

##### 1:00-1:30: "Music for Hope and Inspiration" – Guest Musician – Herbert on guitar and vocals

Meeting ID: 481 232 8925 Password: 12345

##### 2:00-2:30: CGGH Literacy class

Meeting ID: 701 845 7910 Password: 12345

##### 3:00-3:30 "Hot Topics" – Let's learn about a culture with Jen the OTA student (culture and featured guest TBD)

Meeting ID: 481 232 8925 Password: 12345

#### FRIDAY JULY 17

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

Meeting ID: 701 845 7910 Password: 12345

##### 1:00-1:30pm: Commons I Literacy class

Meeting ID: 701 845 7910 Password: 12345

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

Meeting ID: 701 845 7910 Password: 12345



## Guess the movie!

Can you use the emoji hints to guess the movie? The answers will be on the next page when you are finished have fun!

- **By Jennifer Faccenda**

Thomas Jefferson University  
Occupational Student

1. 🏐 🌴

2. 🔍 🐟

3. 🏊 🏊 🏊 🏊

4. 👁 📞 🏠

5. 🌍 🐵

6. 🧑 ✂ 👐

7. 🐉 🐆 🐵

8. 🍴 🙏 ❤

9. 🏰 🏰 🧔 🔦 🐵

10. 👁 🤖



## Guess the movie! (Answer Key)

1. Cast Away

2. Finding Nemo

3. Forrest Gump

4. E.T.

5. Planet of the Apes

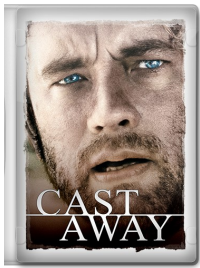
6. Edward Scissorhands

7. Aladdin

8. Eat, Pray, Love

9. Night at the museum

10. I, Robot



EATPRAYLOVE



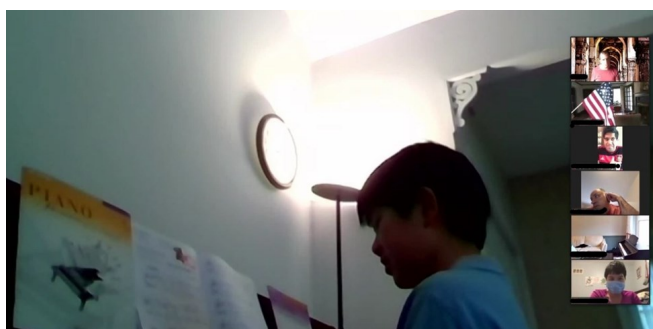
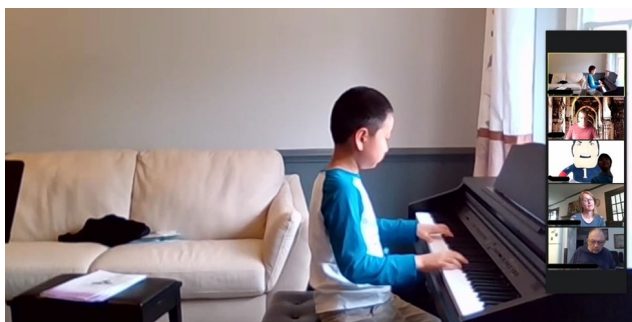
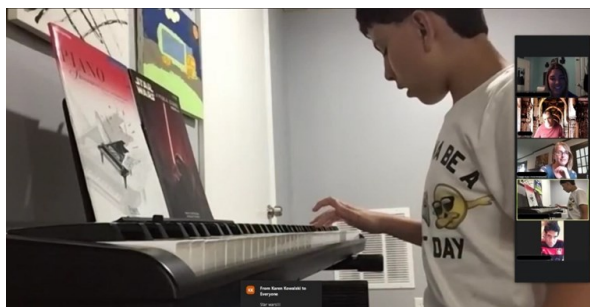


# HOT TOPICS

The “Hot Topics” group had an awww...kind of an afternoon where they learned about kittens, the process of fostering kittens and had plenty of time to just watch them jump and play around the room! Thank you to Ruth Prothero, Emily Prothero and their three super cute foster kittens, Harry, Hermine and Ron!



The “Hot Topics” group was thrilled to watch so many fingers playing the piano! The group welcomed back Eduardo, Dylan and Austin to the virtual stage as they performed pieces such as “Bagatelle”, “Imperial March”, “Swing Low Sweet Chariot”, “Maple Leaf Rag” “Kite in the Sky”, “Wings of Song” and many others! The boys showed everyone how they can adjust their background screen and even Austin’s “Swoop” mascot from the Patriot’s made an appearance! Steve was curious about the composer of “Maple Leaf Rag” and we discussed that Scott Joplin composed that as well as the popular “Entertainer”. Damandeep continues to start his piano learning using an app and does this regularly. The boys let the group know that it takes a lot of practice to learn and then memorize music - but it is worth it! Looking forward to another performance in the future with these talented young musicians. Was an afternoon of music, laughter and friends - could not ask for any better!



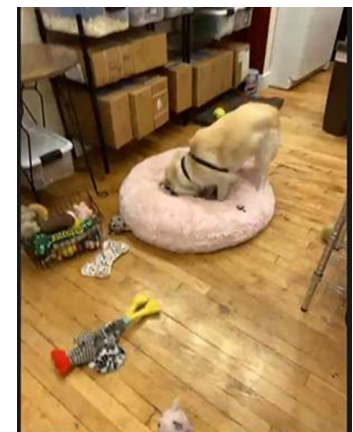
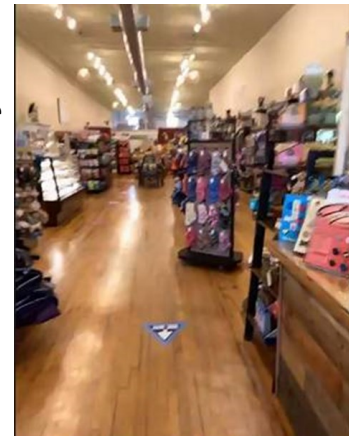


# HOT TOPICS

The “Hot Topics” group went on yet another exciting virtual adventure with Mary Scibelli, this time to...Maine! During this time, the group was able to exchange information regarding trips that they have also taken and learn about beautiful sites in Maine - a great way for the group to explore places that they might want to visit in the future. Thank you Mary - looking forward to our next virtual trip with you!



The “Hot Topics” group had the pleasure today of taking a LIVE virtual tour of “The Hungry Hound” in downtown Somerville with owner, Penny Milligan. Charlie and Barbara both had expressed a sincere interest in having an opportunity for this virtual tour and were so grateful that Penny was able to set time today to make this happen! Penny was able to show us the inner workings of the bakery, watch a birthday cake being iced, look at the items that are available for sale at the store and of course to meet Penny’s dog, Dolly and see her do some pretty cool tricks!





# HAPPY BIRTHDAY DANIEL!!!



## Gardening Tour at Commons and Union Avenue

The gardening tour bus stopped recently at the Union Avenue Apartments and Commons apartments where each group planted a variety of herbs - parsley, oregano and chives. Each person now has his/her own herb to enjoy watching grow and hopefully then be able to use in home cooking.





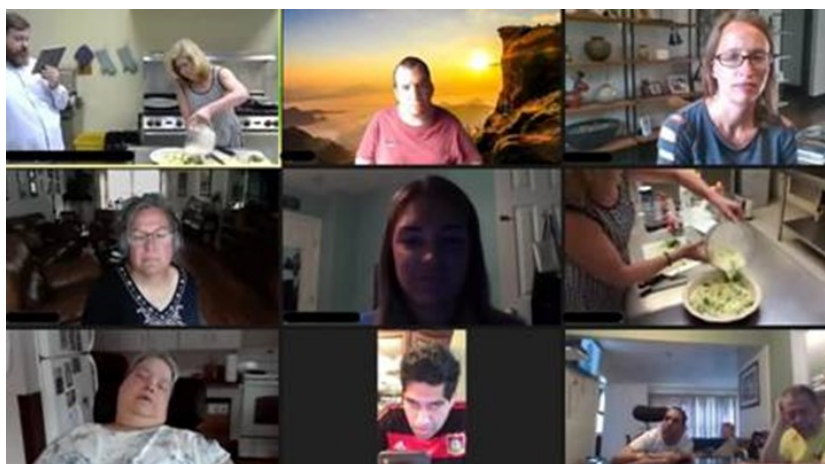
# COOKING IT UP WITH CHRIS & LAUREN

## Breakfast Edition

Lauren and Chris C. invited the “Cooking It Up” group back virtually into the Jerry Davis Kitchen to teach us two delicious ideas for breakfast treats - Easy Ham and Cheese Quiche and also Avocado Toast!

There were many interesting things that we learned during this group. Jill suggested that an egg and/or sea salt could be added to the top of the avocado toast. Lauren revealed that the secret to her delicious quiche is that Bisquick is added. And Chris C. provided a much safer version of how to remove a pit from an avocado - with a spoon!

Looking forward to the next edition of this highly popular cooking class!





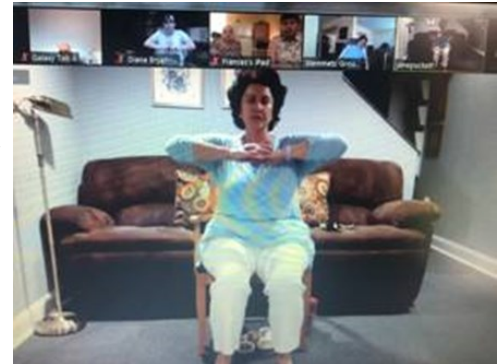
# DRAWING WITH CASEY

The art group continues to prepare for the July virtual art show with Casey providing education regarding how to design flowers. The group made a variety of beautiful ones as you will see in this picture. One participant was eager to show his flower designs to Jane from "The Royal School of Yoga" during a later class that day.



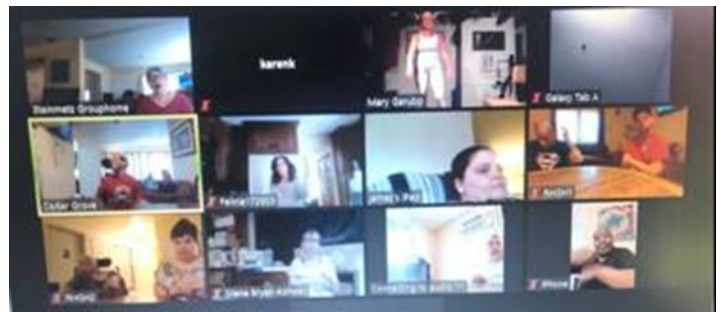
# THE SCHOOL OF YOGA

"The School of Royal Yoga" continues to provide our group with a focus on stretching, breathing, meditation and reflection on the positive aspects of our lives. It is nice to see more people from our day habilitation program participating in our yoga group recently so that we all can reconnect and enjoy this peaceful time together.



# YMCA Adapted Fitness Class

The "Adapted Fitness" group had a *very good* work-out with instructor, Mary Garubo from the Somerset County YMCA! This group surely understands the importance of physical exercise on mental health. The last YMCA class will be at the end of June; however, we are very grateful for the YMCA for providing us with these afternoon exercises and look forward to more collaborations in the future!





## COVID-19 Education collaboration with RWJ-Somerset and Dr. Nahass

A very gracious thank you to Dr. Nahass, Infectious Disease Specialist who is the epidemiologist for Robert Wood Johnson University Hospital Somerset, for taking the time from his busy work schedule to speak with a group of individuals on the topic of COVID-19 education. Dr. Nahass provided the group with information including the current statute update in New Jersey regarding COVID-19; social distancing; the importance of washing hands and sanitizing, recommendations for the best place to get accurate information about COVID-19 among a number of other topic areas pertaining to this public health concern. Dr. Nahass fielded a number of excellent questions from the group to include: when will this health concern end; when can I see my loved one again; as well as an audience member who was interested in learning when Dr. Nahass began his practice. This was a very informative session and our agency certainly appreciates the collaboration with RWJ-Somerset.



## *This Week in Literacy*

This week in literacy class Rocky Hill and Union Ave 2 teamed up to play word games. Everyone was given a category and the first letter of a word and took turns guessing the word. One of the categories was "Ocean" and the clues were W, B and F. Tracey answered w for waves, Kamala answered F for fish, and Frances answered B for beach. This led to a discussion about all of the things we like about summer!

Over at Claremont, Steve read stories about Neil Armstrong, the Wright Brothers, Amelia Earhart and Chuck Yeager. After the readings, he talked about the dates and places from each story including Kitty Hawk, North Carolina. He then talked about how he flew on a plane to Nashville, Tennessee!

At Commons 1, Stephen read a story about deep sea fishing and talked about how enjoys going fishing. After reading the story, he was asked about which letters were capital and why. He correctly answered the C in Catalina because it is the name of an island. He also said that he learned something new!





## Little/Big Reading

A new connection was made on Monday June 8th when Big and Little joined for story-time on Zoom! Mary from Steinmetz read a poem called "Birds in Summer" to a group of families from Jerry Davis. Mary loves to read and has been reading stories and poems during literacy class every week, so she was asked if she would like to read a poem to a group of young children. She said yes and was very excited for the opportunity to share the gift of reading with others.. Mary was given the reading beforehand to practice. While they were listening to the poem, the children responded to the illustrations of birds that Mary held up to the camera. When asked about reading to the group, Mary said she would like to do it again sometime soon. Thank you Mary.



# THANK YOU

Maida Ahmad - made posters for our DPS healthcare heroes  
Ryan Baurkot - will be donating plants tomorrow for some group homes  
Rob Delaney - \$1500 for OGSB Kitchen Appliance replacements  
Jay Reyes - donated 30 masks  
Barbara Lutzky - ear protectors



# Words from Executive Staff

All:

Slowly but surely - we are cautiously hopeful that the world is getting a little more open and a little more fun! Last week we were so pleased to open family visits to our outdoor spaces and arrange for many to see their loved ones in person for the first time in far too long. This however is still a time to be vigilant and careful. Our programs still remain separate and all protocols for PPE, hand washing, facility cleaning, etc remain in place. We are thankful to our partners at Robert Wood Johnson Barnabas Hospital Somerset for assisting with an informative webinar and Q&A for consumers from Dr. Nahass about continuing these important safety precautions, trusted sources of information and an extra push to get outside and get some fresh air! In the coming weeks we hope to allow single home visits to an identified day program for a change of location and some new programming for part of the day. While this is not a reopening of day habilitation, we look forward to shaking up the schedule that we have been living with since March and hope it is another breath of fresh air for our residents. As always, we thank and congratulate our consumers, staff, volunteers and families for their patience, resilience and flexibility as partners in this important moment.

With thanks

**Christopher J. Corvino**  
Associate Executive Director