Volume 3, issue 16 October 2020

Adult Services Presents

THE BUZZ

www.thearcofsomerset.org

The Arc of Somerset County

Lights, Camera, Action!

"Everyday may not be good but there's something good in everyday"

- Alice Morse Earle

Inside this issue:

Art with Tonya	2
The School of Yoga	2
Craftsman Corner	3
This Week in Literacy	4
BINGO Winner is…..	4
Virtual Programing	5
Virtual Calendar	6-7
Wordsearch	8
October Birthdays	9
Virtual Talent Show	10
Union Avenue 2 Talent Show	11
Hollywood Walk of Fame	12
Word Scramble	13
Music for Hope & Inspiration	14-15
Hot Topix	16-18
Cool Collections	19
Color Me	20
Buzzwords	21

THANK YOU DSPs FOR ALL YOU DO

Adventures with Damandeep

Damandeep keeping busy with art, fun family trips and ***another*** wedding!

The BUZZ

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Looking for a fun opportunity?
Be a guest contributor for The BUZZ

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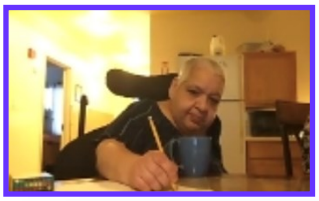
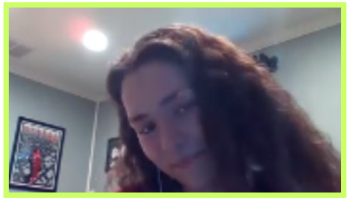
Art with Tonya

The art class learned how to draw a beautiful picture of driving off into a horizon with Tonya recently! The group came with pencil and paper ready and had a lot of fun creating their own interpretations of this beautiful scene. Thank you Tonya for bringing the love of art into our homes and our lives!





The School of Yoga

"It is great to give yourself a hug", one individual stated today during the Royal School of Yoga class with Jane. What a great way to start the week with this thought, an opportunity to actively participate in gentle seated yoga poses and time with friends! Each week, the group continues to demonstrate improvement in ability to imitate poses during this fun and relaxing group.

Craftsman Corner

Hi,

This month's Safety theme is "Carbon Monoxide Safety." Carbon Monoxide, also known as CO, is a colorless, odorless, poisonous gas. You may have heard about it in the news. Or perhaps you saw Karl, the Arc's Preventative Maintenance Technician testing devices that are mounted to walls in hallways, bedrooms, and other areas of the building. These devices, known as carbon monoxide detectors, ensure the gas is not inside the building. Karl tests these devices every month. Local fire inspectors visit each year to make sure our buildings are safe and have these devices present.

Some Safety Tips to share:
Never use a gas oven or range to heat a room. This can deplete oxygen from the air and cause asphyxiation or severe carbon monoxide poisoning.

Do not allow vehicles, lawnmowers, snow blowers, generators, or any gasoline-powered engine to idle in a garage attached to a house. Carbon monoxide can drift into the living space and create a hazardous situation.

Symptoms of CO Poisoning can occur immediately or gradually. These symptoms are headache, dizziness, weakness, nausea, vomiting, and confusion.

If a CO detector goes off, get everyone out of the building. If there is a medical emergency call **911** immediately. After everyone is safely moved outside follow the Arc's Emergency Response Procedure:

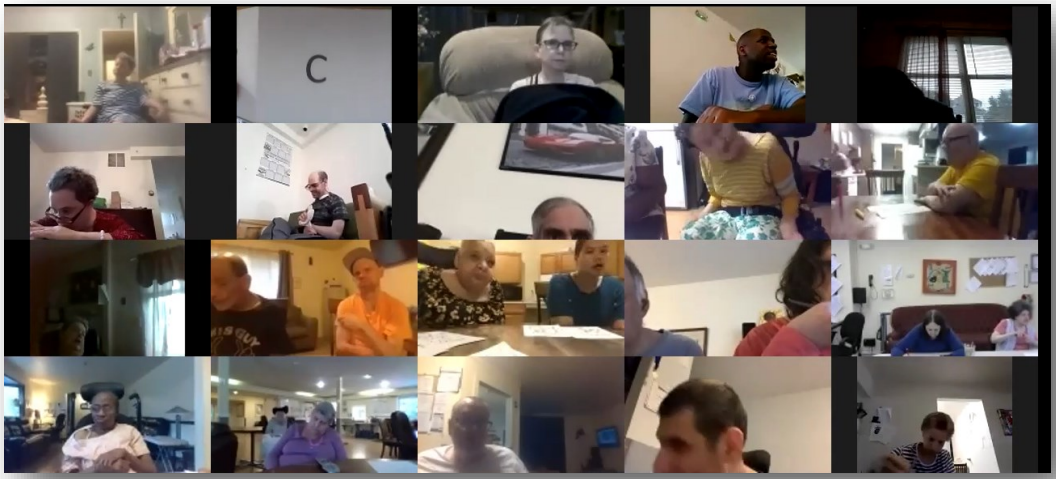
If you have a Property Emergency or Vehicle Breakdown/Emergency during normal working hours please contact the Main Office Attendant @ 908-725-8544 ext. 0. In the event an emergency occurs during off hours please contact your designated On-call Administrator.

If the presence of carbon monoxide is confirmed, do not return until the problem is corrected.

This Week in Literacy

Our literacy classes remain highly attended as more people are engaging with the learning activities. It also provides a great opportunity for everyone to learn from each other. For example, during the lesson about the letter Q, one of the questions was “What is something that keeps you warm that starts with Q?” Diana correctly answered quilt. After he heard the answer, he asked his own question wanting more information about the word. On a different screen, Lesley answered him and compared it to a blanket. These questions and answers show that the participants are paying close attention to what is being said and making connections on their own!

Mary’s BINGO Group



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: October 19-30

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 October 19

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 & Tonya

Meeting ID: 956 878 9920
Password: 566600

Tuesday October 20

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

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: Literacy class (RHGH) everyone welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: "Music for Hope and Inspiration" - Guitar and Storytelling with Felix

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy class (UA2) - everyone welcome!

Meeting ID: 701 845 7910
Password: 12345

3:00-3:30: "Hot Topix" - Geri presents "The sound of Music"

Meeting ID: 481 232 8925
Password: 12345

Wednesday October 21

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 October 22

10:15-10:45: "Cool Collections" - Funkopop with Michelle"

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 on Guitar and Vocals

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 "Hot Topix" - Learn about horses with Melissa

Meeting ID: 481 232 8925
Password: 12345

Friday October 23

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

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

Meeting ID: 701 845 7910
Password: 12345

Virtual Zoom Schedule: October 19-30

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

Meeting ID: 956 878 9920
Password: 566600

Monday October 26

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 & Tonya

Meeting ID: 956 878 9920
Password: 566600

Tuesday October 27

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 the accordion

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 Topix" - Live virtual croquet at Cedar Grove

Meeting ID: 481 232 8925
Password: 12345

Wednesday October 28

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 October 29

10:15-10:45: "Cool Collections" - Ray's model car

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" - TBD

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 "Hot Topix" - Let's go to the dog park with Luna and Frankie

Meeting ID: 481 232 8925
Password: 12345

Friday October 30

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

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

Word Search

Words to Live By

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

Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .

ACCEPTANCE
APOLOGY
APPRECIATION
BELIEVE
CARE
CHALLENGE
COMPLIMENT
COOPERATION
COURAGE
COURTESY
EMPATHY
EMPOWERMENT
FORGIVE
FRIEND
HELPFUL
HONESTY
INTEGRITY
LISTENING
MANNERS
NICE
OPTIMISM
PASSION
PATIENTS
PLEASE
PRACTICE
RESPECT
RESPONSIBILITY
SUCCEED
THANKS
TRUST
TRUSTWORTHY
WILLING

October

COOKIE

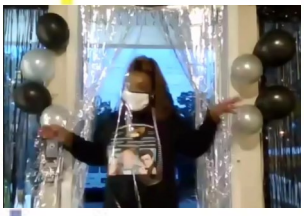
BARBARA

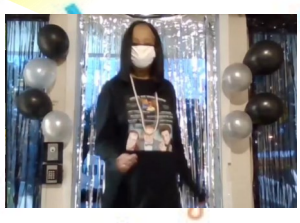
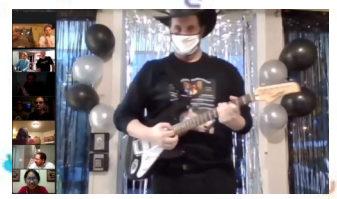
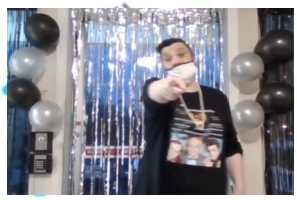
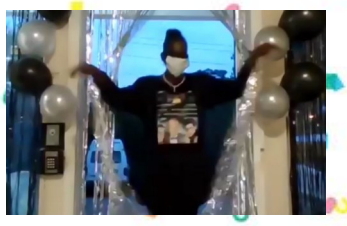
KATHY

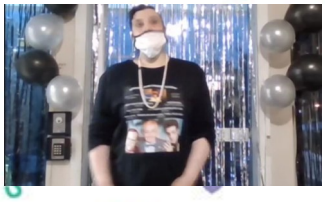
CINDY

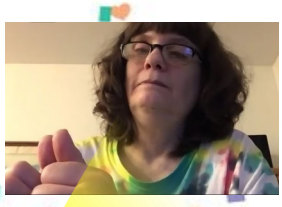
The Arc of Somerset County
Presents:
"The Arc's Got Talent"
Virtual Show!
Nov. 6th 2020
Via Zoom
6:00 PM
RSVP to Karen Kowalski at
karenk@thearcofsomerset.org
By: Oct. 26th, 2020
Zoom Information
Meeting ID: 481 232 8925 | Password: 12345

Union Avenue 2 Talent Show







Hollywood Walk of Fame

By: Michelle Eng, OTS
Stockton University - Occupational Therapy Student

Put Your Name on the Walk of Fame!

Write next to the star what you would be famous for.

Word Scramble

By: Michelle Eng, OTS
Stockton University - Occupational Therapy Student

These are all words related to the theme of "Lights....Camera....Action!"

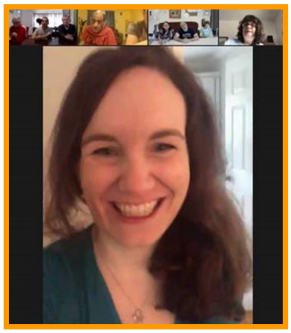
1. OUSFMA _____
2. EDR EPRCTA _____
3. ATNCOI _____
4. DIORTECR _____
5. ARACEM _____
6. MESVOI _____
7. CEELTYRBI _____
8. OLOHOYDLW _____

Answers: 1) Famous 2) Red Carpet 3) Action 4) Director 5) Camera 6) Movies 7) Celebrity 8) Hollywood

Music for Hope & Inspiration

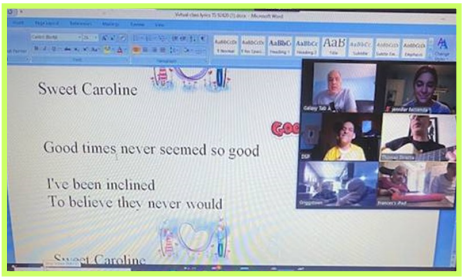
Jody Mullen

The "Music for Hope and Inspiration" class happily welcomed a new musician friend today, vocalist Jody Mullen! Jody comes to us with a wide array of professional experience to include previous performances at NJ Performing Arts Center, Grammercy Theater and "Don't Tell Mama" night club in NYC. Jody brought to us familiar songs from one of her favorite collections "The Great American Songbook" to include "Always", "Someone Who'll Watch Over Me", "When I Fall in Love" and "My Favorite Things". During her performance, Jody also brought us fun and interesting stories related to her career as a vocalist as well as a mother of three young children with comments from participants to include" singing is beautiful", "soothing", "relaxing" and even "you look as if you belong on television!" One of the participants searched Jody up on the internet during the group and showed everyone one of her performances that is available online! Thank you Jody, for coming into our lives as a wonderful addition to our musical group of friends. Looking forward to your next performance!



Tommy Strazza

As always, the "Music for Hope and Inspiration" group was rocking, rolling and genuinely have a great time actively engaging with the music class with Tommy Strazza. Our class today reviewed the following songs that we continue to perform better each session to include: "Free Falling", "My Girl", "Living on a Prayer" and "Sweet Caroline". A big thank you to Barbara for assisting with the fun and always funny pictures to go along with the songs! During the last music class, the group decided that they wanted to learn "With a Little Help From My Friends" and we did just that today as well as enjoyed watching pictures of ourselves on the lyric sheet. Amy suggested that the group should learn "Rockin' Robin" for the next group with Tommy – looking forward to continuing to add to our musical repertoire. Music classes with Tommy leave our group with music in our hearts and smiles on our faces – thank you!



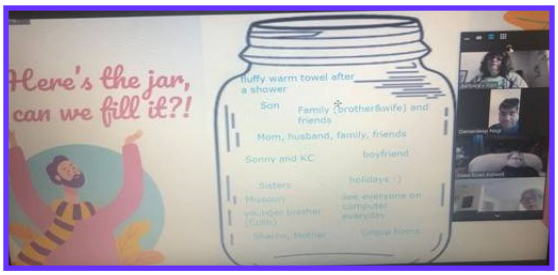
Music for Hope & Inspiration

Ellen & Vinnie

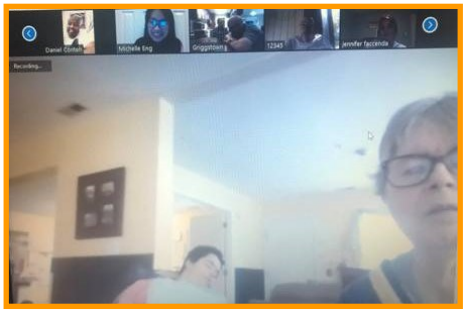
The "Music for Hope and Inspiration" group once again learned new concepts related to music with gracious thanks to our friends, Ellen and Vinnie! Ellen and Vinnie worked together to teach the group three musical terms that come from the Italian language: "piano", "forte" and "tremolo" with Vinnie demonstrating on the accordion or harp and Ellen displaying a sign with each term as Vinnie played it within the context of a song! The group quickly learned these three words and at the same time enjoyed musical selections such as "Isn't She Lovely", "That'll Be the Day", 'Love is a Rose" and "This Land is Your Land". A number of the group participants were able to identify the following songs from "Sound of Music" such as "Maria" and "Edelweiss" and then one participant decided that she wanted to have a future "Hot TopiX" group on her interest with "Sound of Music"! Vinnie closed with a beautiful rendition of "Ashokan Farewell" which Vinnie explained was featured in the "Civil War" series. Thank you Vinnie and Ellen to bring such outstanding music education right into our homes to stimulate our minds and provide a fun afternoon with friends!

Vocal Solos & Gratitude

Musical talents once again sparkled brightly during the "Music for Hope and Inspiration" with two featured soloists! Mary got us right into the holiday spirit with "Rudolph the Red Nosed Reindeer" and Cliff sang an impromptu of "Yankee Doodle". There are a lot of words in both of these songs and they both sung these acappella (without instrument accompaniment) flawlessly!



After that treat, the group spent time putting their personal gratitudes into a virtual "gratitude jar" to include family, living in Missouri, husband, sisters, staff members, seeing everyone on the computer, and a warm fluffy towel after a shower. This was a very fun way to spend an afternoon with friends!

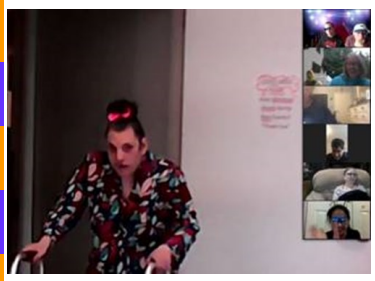


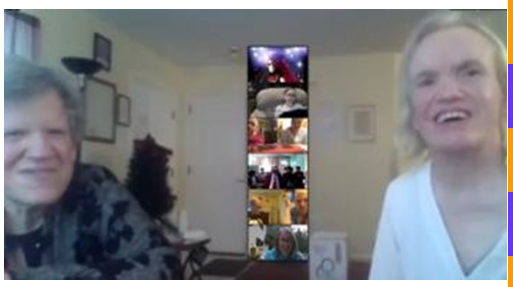
Remember…virtual Talent Show is coming up on Friday November 6th at 6:00pm – get your talents ready!

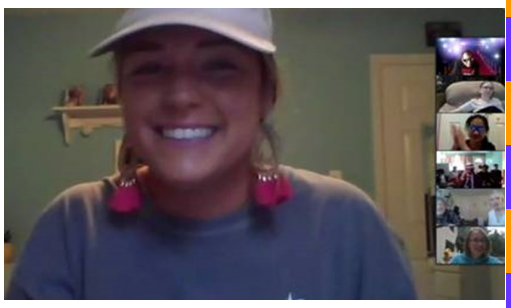
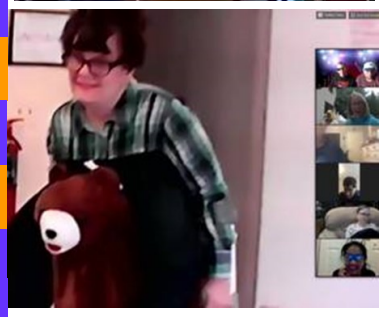
Hot TopiX

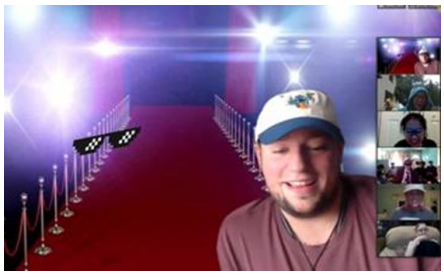
Fashion Show

The “Hot TopiX” group was runway ready during a recent group wherein they modeled off beautiful, fun or funny clothing attire to a captivated and receptive audience! Fashion included beautiful dresses, cowboys, a mobster, a police officer, a bear, cookie monster, sports fan, a scarecrow, a chicken, funny hats and earring accessories as well as a special appearance made by the invisible man. Thank you to all models and audience members whom made this event so much fun to be a part of. looking forward to our next fashion show!





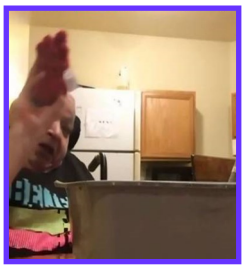



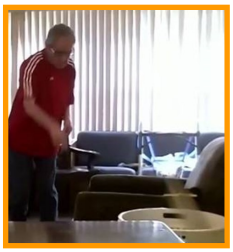


Hot TopiX

Virtual Basketball

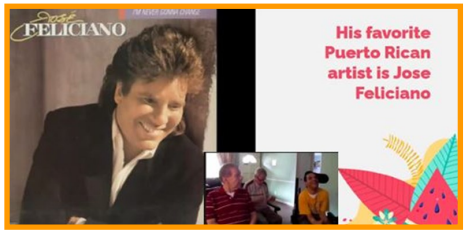
The “Hot TopiX” LIVE virtual basketball game was another clear SLAM DUNK! Based upon popular demand and an obvious love of the sport, this is the third time that the group has enjoyed playing basketball virtually with each other. Not everyone has access to a basketball hoop, so an adaptation that was used was a large bucket as a hoop and balled up socks as a basketball! As a result of this basketball adaptation, there were many more participants in this fun game. When a shot was scored, the rest of the group had a good time making a heart shape with his/her hands or approximate in order to congratulate the success of friends! Looking forward to the next LIVE virtual basketball game in November.





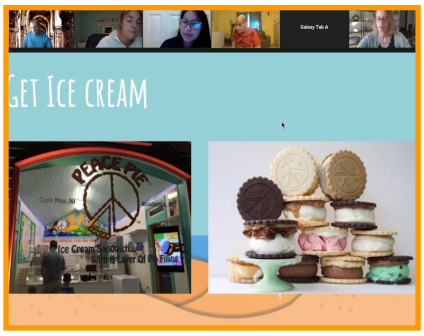
Puerto Rico

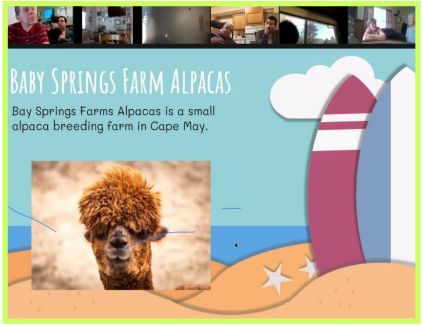
The Occupational therapy students, Jenn Faccenda and Michelle Eng, along with Alex from Cedar Grove, took the group on a virtual tour to Puerto Rico! The group members learned different facts about Puerto Rico, such as what their national animal and flower are. They also were able to virtually explore cool places in Puerto Rico, such as El Yunque National Rainforest, Flamenco Beach, Bioluminescent Bay, and Old San Juan. The group liked the umbrella street in Old San Juan! We danced along to Alex's favorite Puerto Rican artist, Jose Feliciano, and at the end of the group, we discussed if we would like to go to Puerto Rico-the answer was yes, of course!



Hot TopiX

The "Hot TopiX" group had a very fun virtual visit to Cape May with Burton as the tour guide! Burton showed us some of his favorite places and activities in Cape May to include: the lighthouse, Washington Street Mall, The Cape May Zoo, Whale Watching tour and a trolley tour. Burton suggests that you can "Shop till you drop" at Washington Street and that he saw a dolphin on the whale watching tour! Marlene said that there are 199 steps to walk up/down in the lighthouse. Burton just enjoyed from the outside. The group stated that there are other fun trolley rides in other locations such as Florida, marveled at the cute alpacas similar to the ones that can be seen at the Somerset County 4H fair and of course there was a lively discussion regarding favorite types of ice cream flavors as this is a very important part of going to Cape May! Also…a very special thank you to Brian for showing us a great picture of his favorite car!

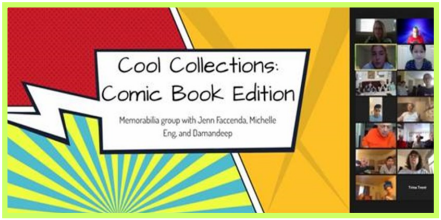


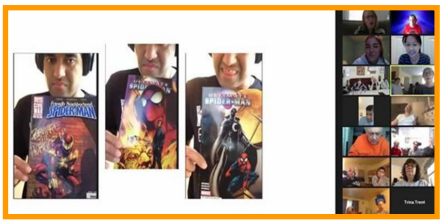


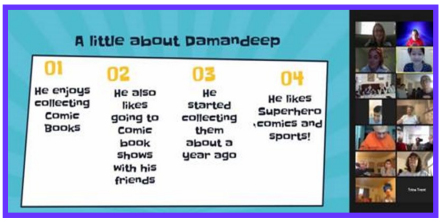
Cool Collections

Damandeep's Comicbooks

Damandeep and occupational therapy students, Michelle and Jenn put together a great "Cool Collections" memorabilia group focusing on Damandeep's ever growing comic book collection! Damandeep shared his comic books, that consisted of super-heroes and sports. At the beginning of the group, a member stated that she did not know where to get any comic books, but Damandeep shared that he gets his comics at comic book conventions and shows. The group enjoyed his Batman, Superman, and Nightwing comics. Michelle shared her sister's comic collections as well and one group member said "I love the Star Wars comics." When looking at the sport's comics, we learned that many group members enjoy basketball! A group member raised her hand each time a different sport's comic was shown and said "I'm a sport's lady"! What a fun group that allowed us to explore a cool collection and learn more about each other's interests-Thanks, Damandeep for sharing!

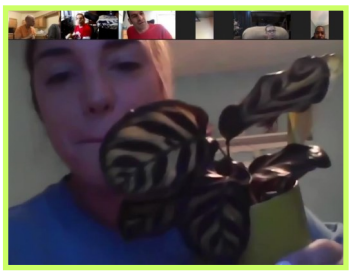






Plant Edition

The "Cool Collections" memorabilia group enjoyed a Plant edition, co-led by the Occupational Therapy students, Jenn Faccenda and Michelle Eng. Jenn and Michelle shared their plant collections, consisting of cacti, spider plants, and aloe plants. Karen surprised the group and sent us videos of a virtual tour of the outside of her house and inside, sharing her different plants. Many of the group members loved the turtle succulent she had. When she shared her tallest plant, one group member said "wow"- we were all impressed! A group member suggested that she could cut it. Damandeep shared his plants that he had outside, and we talked about how they were fall colors, such as orange and yellow. This was a fun group learning about different plants and seeing how many people love plants!



Buzzwords

Good news from Trenton,

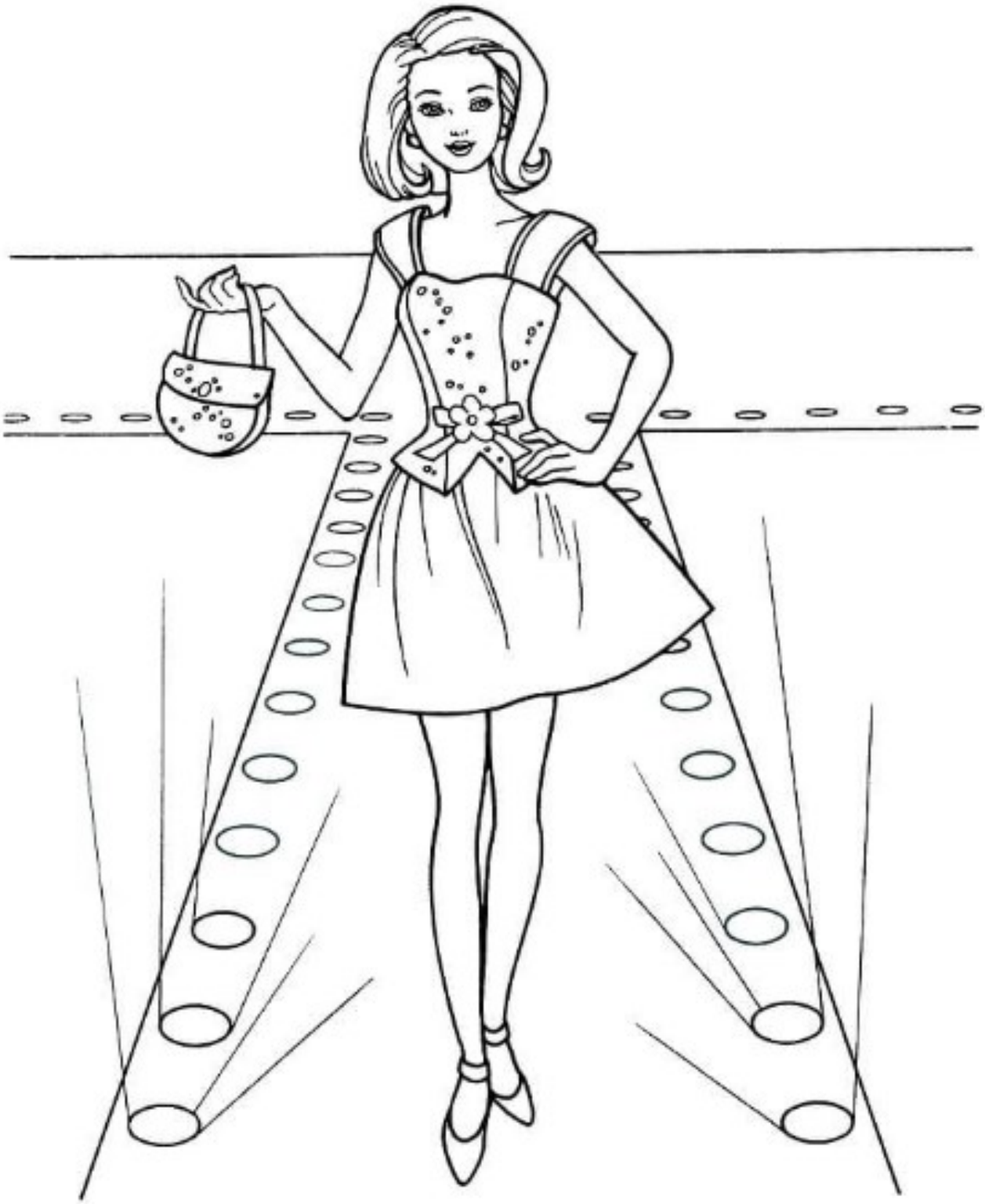
On 9/29/2020, Governor Murphy signed the FY21 Revised Budget which makes no cuts to DHS services for people with I/DD and which also includes money to increase wages for Direct Support Professionals. This is a tremendous outcome in light of the incredible financial strains on the State as a result of COVID-19. We are grateful for everyone who advocated to support this effort, and in particular we thank Tom Baffuto and his team from The Arc of NJ for their tireless and consistent work with our legislators to promote our services. Thank you to everyone who made calls, sent emails, participated in our action alerts and helped spread the word. We realize this was an unconventional budget season, but the voice of our community was strong and it's what brought us to this great outcome.

Arc NJ Executive Director Tom Baffuto was invited to the Governor's Budget Bill signing at the War Memorial in Trenton. It is an honor to attend a bill signing and we were very excited that The Arc of NJ was among the groups included in this important event.

During this difficult time, we are pleased to know that our work and our mission for individuals with intellectual/ developmental disabilities has been recognized as a vital and an essential service that enhances the lives of those we support and is an asset to the community as a whole

Thank you again for your tireless advocacy. We are grateful for your dedication and support and we are very happy that the Budget includes a variety of appropriations that will support people with intellectual/ developmental disabilities, their families, service providers and our communities in Fiscal Year 2021.

Lauren Frary,

Executive Director

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