



Sweater weather is better together

"A journey of a thousand miles begins with a single step"

- Lau Tzu

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Art with Gwen

It was very nice to spend time recently with our friend Gwen from Somerset County Therapeutic Recreation (TR) doing something that many of us enjoy, ART! Gwen guided the group towards how to create a beautiful sunflower. All results were different and therefore wonderful! It is great to be able to get back to doing things that we enjoy with our friends. Thank you Gwen and the TR Department! Looking forward to more collaborative art programs with Gwen within the next few weeks.



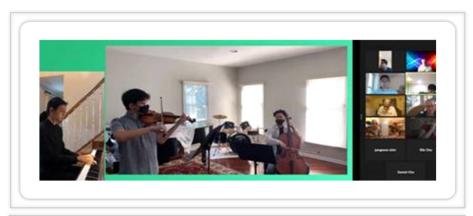


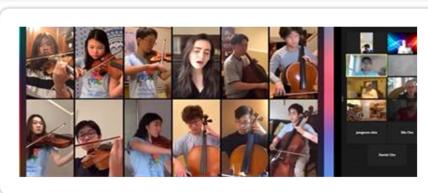


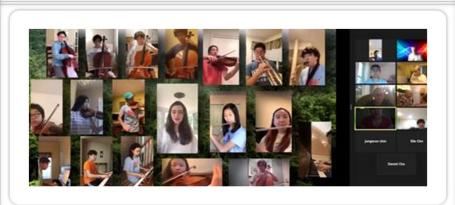


Bernards Ensemble Performance

A very gracious thank you to our dear, musically talented friends, The Bernards Ensemble, for coming virtually into our homes last week with another outstanding performance! We were able to enjoy music played on cello, violin, trumpet, piano and voice during this very captivating set: "Whispers", "Havana", "Isn't She Lovely", "When You Wish Upon a Star", "Somewhere Over the Rainbow" and a repeat performance of the beautiful compilation of "The Bare Necessities". These songs encouraged many of us to sing along and enjoy watching the videos that were choreographed with the music. As always, we are very happy to have such a wonderful community collaboration with The Bernards Ensemble and looking forward to more time for us to get together to enjoy music with friends in the future!







The BUZZ

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Looking for a fun
opportunity?

Be a guest contributor for
The BUZZ

Please contact: Karen Kowalski

Craftsman Corner

Ηi,

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 gasolinepowered 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 Oncall Administrator.

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

CARBON MONOXIDE (CO) POISONING



This Week in Literacy

This week in literacy we worked on letter recognition and consonant blends. A consonant blend is when words that start with the same two consonant letters and make the same sound when the word is pronounced. I wrote the letters BL on the whiteboard and asked if anyone knew a color that began with those words. Shawn raised his hand and "blue." Michael T. said black. Both of them were correct! Stephen V also had many answers. He was given the letters SM and given the clue that is something you see near fire. He said smoke, When he was given the letters SP, he said spin and spaghetti. All great answers!



Mary's BINGO Group



All winning names for September were put into Mary's purple bowl, one name was selected as the grand prize winner and that winner is...





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 5-16

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 5

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 6

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" -Guest Musician—Mary (Steinmetz)

> 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" - Virtual Tour of Puerto Rico w/ Alex

> 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 October 7

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 8

10:15-10:45: "Cool Collections" - Our plants & flowers 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" Name That Tune

Meeting ID: 481 232 8925 Password: 12345

3:00-3:30 "Hot Topics" - Trigger the therapy dog & a surprise

Meeting ID: 481 232 8925 Password: 12345

Friday October 9

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 43377014. 300000

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 5-16

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

Meeting ID: 956 878 9920 Password: 566600

Monday October 12

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 13

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" CoffeeHouse Project

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 Hawaii

Meeting ID: 481 232 8925 Password: 12345

Wednesday October 14

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

4:00-4:30: Patty Turse (music therapist) & friends special concert

> Meeting ID: 481 232 8925 Password: 12345

Thursday October 15

10:15-10:45: "Cool Collections" - Teddy Bears!

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 on the piano

Meeting ID: 481 232 8925 Password: 12345

3:00-3:30 "Hot Topics" - Laura's virtual trip to

Meeting ID: 481 232 8925 Password: 12345

Friday October 16

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

Christopher Columbus



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

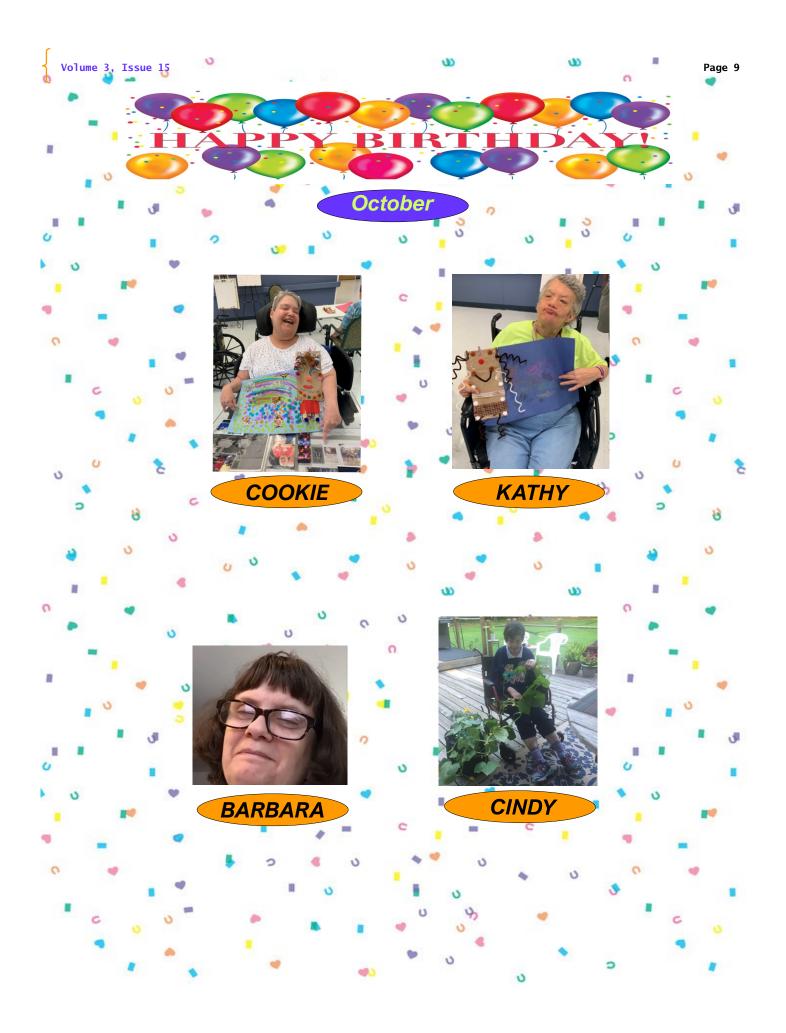
Find the following words in the puzzle.

Words are hidden $\land \lor \rightarrow \leftarrow$ and \lor .

DETERMINATION	ISABELLA
DISCOVER	ISLAND
EAST	ITALY
EUROPE	KING
EXPLORE	LAND
FERDINAND	MAP
GOLD	NATIVES
HERITAGE	NAVIGATOR

NEWWORLD	SAILOR
NINA	Santamaria
OCEAN	SHIP
OCTOBER	SPAIN
PINTA	STARS
PORTUGAL	TELESCOPE
QUEEN	TWELVE
ROUTE	VOYAGE



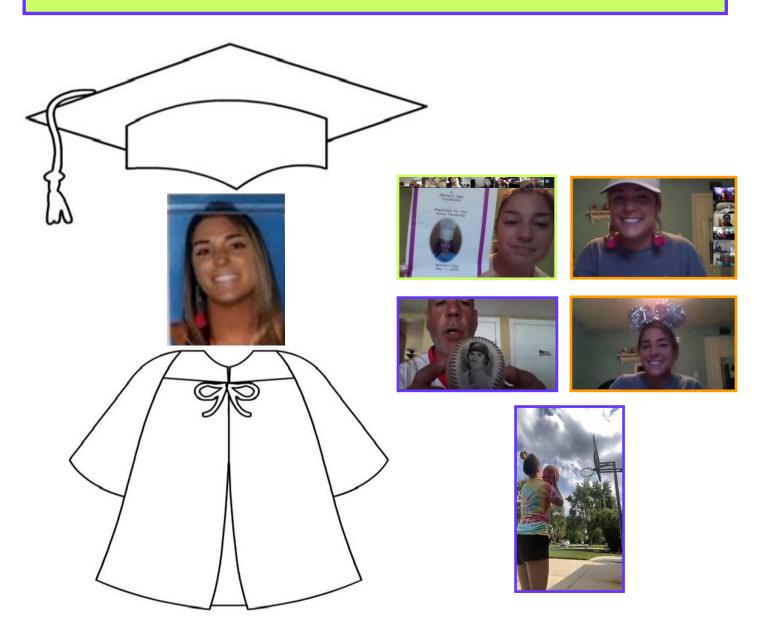


By: Jennifer Faccendo, OTAS

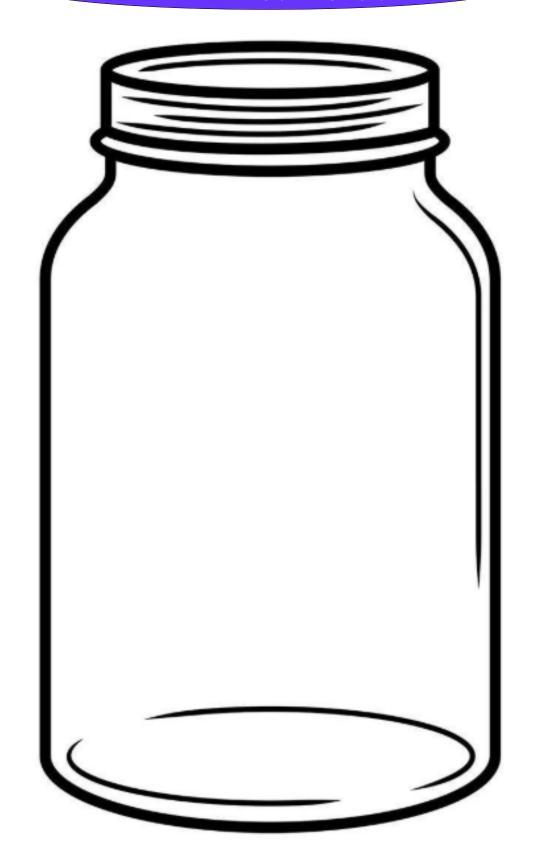
Thomas Jefferson University - Occupational Therapy Assistant Student

I wanted to personally thank each and every one of you at The Arc of Somerset for giving me the opportunity to grow as an occupational therapy assistant student and to complete BOTH of my Level 2 fieldwork placements with you all! It has been an amazing experience and I enjoyed every second of it. I will ~virtually~ be back soon! Below is a coloring page of me graduating (because again, you all led me closer to it)! There is also a picture of a jar, which I thought would be nice to turn into a "gratitude jar." You can color it and write things you are grateful for inside my jar would have "The Arc of Somerset" written inside because I am SO grateful to have been a part of such an amazing organization- I am truly grateful for you all!

Jenn Faccenda, OTAS



Gratitude Jar
Color and/or write the things you are grateful for inside!



Fun Facts: Christopher Columbus

Columbus Day is celebrated on the second Monday in October, which is a different date every year!



The first state to officially recognize Columbus Day as a federal holiday is Colorado in 1906.



Christopher Columbus did not realize he landed in America until his third voyage. The whole time, he thought he landed in Asia.



Nobody is sure what he looked like, as there is no portrait of him known to exist.



Fun Facts: Christopher Columbus

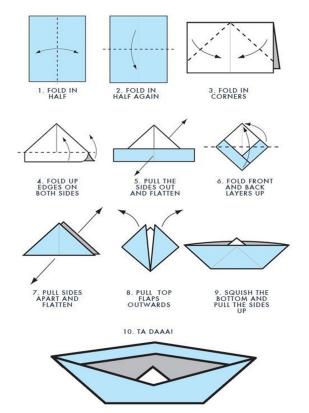
His burial place is a mystery as well because he was buried and reburied many times in different places around the world.



One of Columbus' ships, the Santa Maria, wrecked on the coast of the Americas and did not make the return voyage.



Origami Boat



Music for Hope & Inspiration

Sing Along with Felix

The "Music for Hope and Inspiration" group was joined with our talented friend, Felix! Felix played the guitar and sang some of our favorite songs, such as "Browneyed girl" by Van Morrison, "Be Bop A Lulu" by Gene Vincent, "Big Yellow Taxi" by Joni Mitchell, "All You Zombies" by The Hooters, "Rave On" by Buddy Holly, "Sweet Home Chicago" by The Blues Brothers, and "Baby Step Back" by Gordon Lightfoot. Felix was so engaging and mostly everyone in the group was singing and dancing along to each song he played. One group member commented that it was great, while another member enjoyed the songs so much that he started to search online for them. Felix was right- they were some oldies but goodies!





Coffeehouse Project

The "Music for Hope and Inspiration" are clear fans of The Coffeehouse Project (CHP) - always enjoy the music that they prepare for us to sing, sway, clap hands and generally have a great time with friends while reminiscing or learning about music! The theme of today's group was "Friends" with songs such as "Thank you", "Allstar", "Love Me Do", "You've Got a Friend In Me", "Sugar", "Lean on Me", and "These Boots Were Made for Walking" which was co-sung by Diana! CHP wrapped up the group with a wonderful song of friendship that surprised us all...the theme to "Golden Girls" which inspired thoughts of that classic show. Thank you Coffeehouse Project for coming virtual into our homes and reuniting us with songs that stimulate our minds and touch our hearts!



Music for Hope & Inspiration

Name That Tune

Our occupational therapy student friends, Michelle and Jenn, put together a really fun and interactive "Name That Tune" game today. The only problem that they had was...it was too easy for this outstanding group of musical ears!!! The group had a really great time identifying songs such as "Under Pressure", "Here Comes the Sun", "Eye of the Tiger", "Stand By Me", "Free Falling", "Dancing in the Moonlight" among many others. Participants were able to help others out if the song was "on the tip of their tongues" and Diane was kind enough today to both provide introduction and closing of the group. The music group decided that we need to play "Name That Tune" every month - on the calendar! Thank you Michelle and Jenn for starting this great tradition.

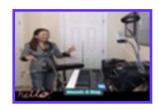




Shueh-li Ong

Music and science collided during a recent "Music for Hope and Inspiration" class featuring Shueh-li Ong and her captivating best friend, the theremin! Shueh-li entertained the group with performances of "The Swan", "Star Trek" theme and original piece "Working Title" while at the same time teaching the group about the origins of the theremin and how electromagnetic fields is what makes the theremin make sounds and therefore beautiful music! We watched a clip of "The Day the Earth Stood Still" which is one example of how the theremin can create a sci-fi feeling in movies. Shueh-li also let the group know that she traveled from Singapore and now in Nashville. She spoke with the group about the climate in Singapore wherein one of the participants let the group know that a family member had been to Singapore in the past. Thank you Shueh-li for bringing such a different aspect to the music class - such great learning!







Hot TopiX

Titanic

Today's "Hot Topix" group began with a group member singing "My Heart Will Go On" By Celine Dion. Many group members sang along and swayed as our friend sang. After, Jenn shared how her great grandmother was supposed to go on the Titanic the day the ship left, but instead, she had to go work at the ice-cream parlor. We watched a movie trailer for the Titanic and after, discussed the quote we heard that said "Life's a gift and I don't intend on wasting it." We talked about how it is important to make each day count! We saw pictures of the famous necklace in the movie called "The Heart of the Ocean" and we learned some fun facts about the movie. The one that shocked us all was that the water scenes were filmed in a giant pool located in Mexico's Baja studios. The pool contained 17 million gallons of water! We were all surprised and agreed we want to go visit and see it. The group ended by going on a virtual tour inside the Titanic. A few group members said "it was beautiful" and that they really liked it. What a cool, fun, and interesting group!





O Canada

Occupational therapy students, Jenn Faccenda and Michelle Eng, along with Mary S. took the group on a virtual trip to Canada! The group members enjoyed learning cool facts about Canada. Everyone was very surprised to find out that the Canadian national animal is the beaver instead of the moose! The group was also big fans of the National Anthem "O Canada". Some of the group members shared fun memories of when they traveled to Canada. One group member reminisced about his trip to Vancouver with his family while another group member remembered traveling by train. At the end of the virtual trip, one group member thought it was a "very nice trip".







Hot TopiX

Ellen's Garden

The "Hot TopiX" group enjoyed a relaxing afternoon with a virtual tour of our friend, Ellen's backyard. Ellen is Vinnie's wife whom we know as our multitalented accordion, concertina and harmonica friend! Ellen showed us the careful work that they have done for many years and the literal fruit of their labor to include petunias, snap dragons, zinnias, a butterfly bush, gorgeous large sunflowers that line the side of their house, bachelor buttons among many other delights! Ellen taught us the difference between annuals and perennials. Annuals only grow for the year and need to be replanted. Perennials come back every year. Ellen likes to plant items that attract bees, flowers and butterflies. The group discussed that bees are important for pollination of flowers. She said that deer can be a problem which is why she plants items that deer do not like to eat such as zinnias. There are many wonders in Ellen and Vinnie's backyard to include Vinnie's weather station that can indicate the direction of the wind!

Thank you Ellen and Vinnie for opening up your background virtually so that we can learn and enjoy the wonders of your beautiful garden!









Art with Michelle

The Art group was thrilled to have occupational therapy student, Michelle Eng, run a very engaging Pictionary group! The group was very quick to guess that Michelle was drawing a plane, a watermelon and a dog, then they all practiced drawing these pictures themselves. Thank you Michelle for starting a fun off a fun week with our artist group!



The School of Yoga

It is always a good week when we start out with our morning yoga with Jane from The Royal School of Yoga!







THANK YOU!!!

Lauriene Tschang from the Middlesex Mask Project who made our DSP's homemade masks recently upon our request.





Cool Collections

Cookbook

A recent "Cool Collections" memorabilia group was a Cookbook edition, co-led by the Occupational Therapy students, Jenn Faccenda and Michelle Eng, along with Barbara! Barbara showed the group her cookbooks and shared her most special one with us-the one given to her from Beverly! Barbara's personal favorite recipe is her crockpot chicken, which sounded delicious to all of us. A few of the group members said they wanted to try the turkey meatloaf and the green bean bake that Barbara shared too. The group really liked the Rachel Ray cookbook as well and one group member shared that they enjoyed watching Rachel Ray's T.V. show. Jenn and Michelle shared their cookbook collection after and then Barbara presented the group with one of her favorite activities, a word search! We all worked together as a group to find each of the 10 words, it was very engaging! What a fun group that made everyone hungry. Thanks, Barbara, for being a great co-leader and sharing your fun cookbook collection with us-we all enjoyed!

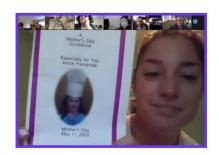
A Little about Barbara

- She has about 20 cookbooks

 Favorite meal to make chicken
- Favorite meal to make: chicken in the crockpot
- Favorite treat to make: Jello (cherry flavor!)
- This is her most special cookbook because it was from Beverly and has her favorite chicken recipe in there!







Disney Edition

Another great recent "Cool Collections" memorabilia group was a Disney Edition, colled by the Occupational Therapy students, Jenn Faccenda and Michelle Eng. The students shared their Disney collections, which consisted of magnets, mugs, movies, snow globes, and stuffed animals! The group took turns sharing their favorite Disney movies. One group member shared that his favorite is Beauty and The Beast, and two other group members shared that Dumbo was their favorite-both great choices! At the end of the group, we went on a virtual Disney ride, The Little Mermaid. It was so much fun and one group member sang along to all of the songs!

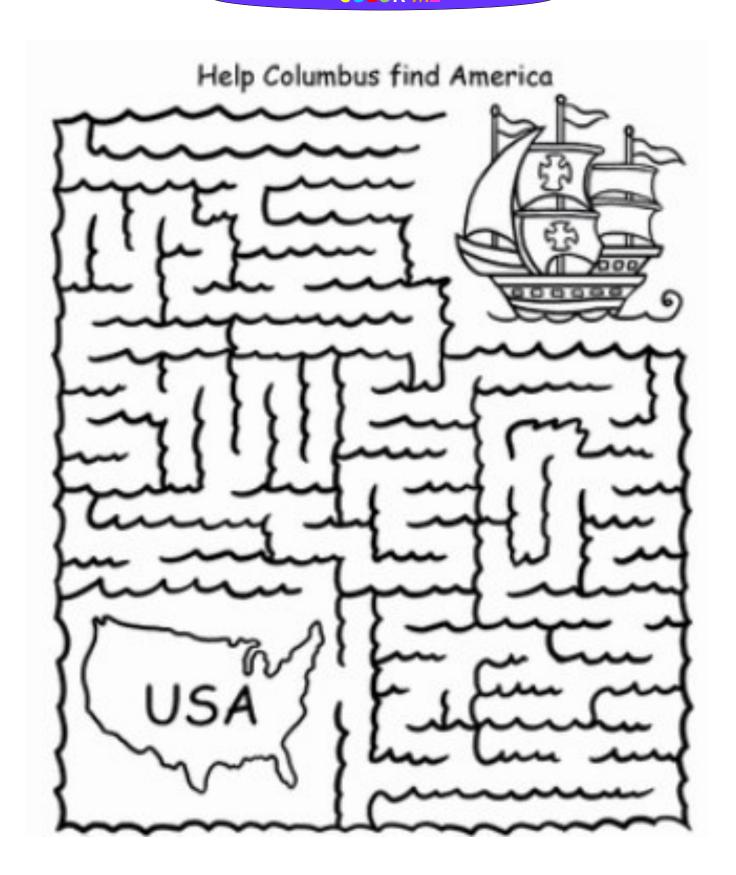








COLOR ME



Buzzwords

<u>Direct Support Professionals Appreciation Week</u>

Letter from the Executive Team & Board of Directors

The Week of September 13-19, 2020 has been declared as <u>Direct Support Professional Recognition Week.</u>

It is an excellent opportunity to highlight the dedicated, innovative direct support workforce that is the heart and soul of supports for individuals with intellectual and developmental disabilities. DSP's make a difference in not only the lives of those they support, but also to their families, friends and the community as a whole.

Nationally, DSPs are the unsung heroes who work tirelessly to ensure that those in their care are given every opportunity to enjoy all of what our communities have to offer.

This year, in particular, we have great reason to celebrate our DSP's. The Corona virus has challenged all of us in so many ways - and yet it is our DSP workforce that continues to ensure the health, safety and welfare of those we serve. It is in this time of crisis that we rely on our DSP's to remain a steadfast and consistent source of support and caring.

As every year, DSP Recognition Week reminds us of the many dedicated staff who support our consumers and make our services what they are. We look forward to public recognition and program by program thank yous on 9/15/2020.

In addition, please share the information below about The Coalition for a DSP Living Wage. On this page all our staff may join in the social media presence behind this important piece of advocacy. We hope to count every Arc of Somerset County employee among their Twitter and Facebook followers.

http://www.njdspcoalition.org/about/

The Executive Management and The Board of Directors want to express our heartfelt gratitude and appreciation to all of our DSPs, for their ongoing work and in particular, their extraordinary efforts during a challenging and difficult time in our history.

Thanks to each of you individually and as a member of The Arc of Somerset County Family.

Sincerely,

Lauren Frary

Chris Corvino

The Board of Directors