

Adult Services Presents

# THE BUZZ



141 S. Main Street  
Manville NJ 08835  
www.thearcofsomerset.org



Happy New Year



## Jerry Davis Center's Special Guests

Jill from Jerry Davis Center for Children and the Families (JDCCF) and the kids had special visitors today—Jingle and Jangle surprised them with this visit to their classroom!! The children had a lot of questions for Jingle and Jangle such as whom is making the toys during their visit, why one has a hat and the other does not as well as reminding Jill not to touch them so that they keep their elf magic!



*"Discover new roads to success as you step into another great year."*  
- Unknown

**Publisher & Editor**  
Cliff Leon  
Karen Kowalski

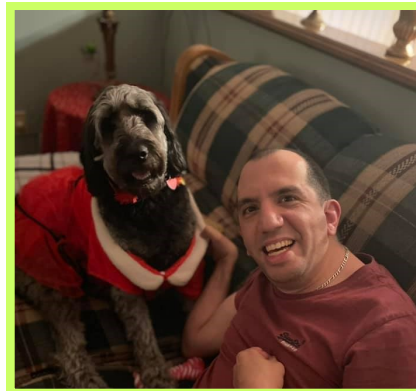
**Contributing Writers**  
Karen Kowalski  
Mary Scibelli  
Jason Scheib  
Chris Corvino  
Lauren Frary

**Photographers**  
Cliff Leon  
Karen Kowalski

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

Please contact:  
Karen Kowalski

## Familiar Faces



THANK YOU  
DSPS  
FOR ALL YOU DO

# This Week in Literacy

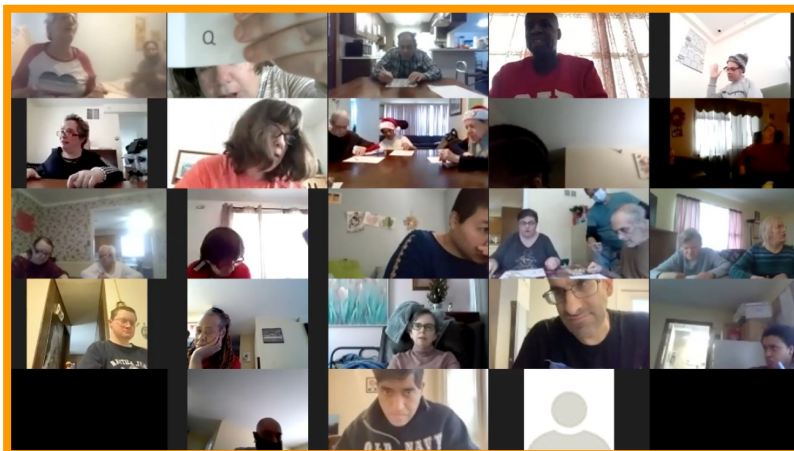


This week in literacy we talked about prepositions. These are words that are used to describe where something is. Across is one of these words. For example, Tom was asked to complete the sentence “He swam across the what?” He said “the river.” When he was asked “a neighbor lives across...” He said “the street.” He used the word correctly both times. Prepositions are also used to tell someone where to look for something. When you are asking for the salt, Tracey said it was “next to the napkin holder and pepper.” The preposition in that sentence is “next to.” We also talked about how to use the words near and far. Elvina said the moon is far. Words are great tools that we use when we communicate!



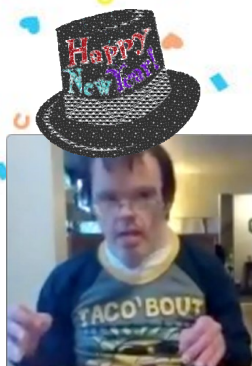
## Mary's Bingo Group Mondays & Fridays at 10am

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



# HAPPY BIRTHDAY

## JANUARY



**TOMMY**



**LISA**



**MICHAEL**



**CHARLIE**



# The Holidays with Damandeep



## Bernards Ensemble Christmas Zoom Concert

Wow! The Bernards Ensemble blessed our ears with the most beautiful music this afternoon. They are all such insanely talented musicians who have truly mastered their craft. We could tell that a lot of hard work and determination went into making this Christmas concert so special. We enjoyed listening and singing along to songs like, "Little Drummer Boy," "Orange" from the Japanese animation, "New York, New York," "O Holy Night," "White Christmas," and more. The music was played through a variety of instruments, including piano, violin, cello, viola, flute, and trumpet. We hope to see the Bernards Ensemble again very soon!

**Bernards Ensemble**  
**Christmas Zoom Concert**  
 The ARC of Somerset County  
 @7PM on Wednesday,  
 December 23, 2020

Little Drummer Boy Dain You (Piano)	K. Davis
Orange from the Japanese Animation David Cho (Piano)	A. Blane
Carillon de Fribourg Jacques Jason Lee, Adrian Kim, Michael Park, Joseph Cho (Pianos)	C. Gaudin
Avu Maria Helen Cho, Karen Gal (Flute), Joseph Cho (Piano)	D. Sushakovitch
Five Pieces for Two Violins and Piano I Prelude & II Gavotte Minji Kim, Emily Jung (Violins), Jason Lee (Piano)	J. Kander
New York, New York The Bernards Ensemble	P.I. Yohankovsky
Dance of the Sugar Plum Fairy The Bernards Ensemble	A. Adam
O Holy Night Alexandra Gualterio (Violin), Minji Kim, Emily Jung (Violins), Sven Lee (Viola), David Yi (Cello), Adrian Kim (Piano)	J. Berlin
White Christmas Alexander Moon, Brandon Lee, Ethan Hong, Noah Choi (Cellos)	C. Tardiff
Joy to the world Minji Kim, Sungkan Jo (Violins), Helen Cho (Flute), Philip Choi (Trumpet), Adrian Kim (Piano)	

## Virtual Programming

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 this months 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.
- **“Morning Exercise with Friends”:** Start the morning right with gentle stretching and exercise with friends. Exercise can be done in seated or standing position.
- **“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!
- **“30 Minute Mystery”:** Join friends in a mystery group which will have different themes for each session! The mystery awaits you!
- **“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

### January 4th—January 15th



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 January 4

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

Meeting ID: 701 845 7910  
Password: 12345

#### 1:00-1:30: 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 January 5

#### 10:30-11:00: Literacy class (Griggstown)

Meeting ID: 701 845 7910  
Password :12345

#### 1:00-1:30: Literacy class (RHGH)

Meeting ID: 701 845 7910  
Password :12345

#### 1:00-1:30: "Music for Hope and Inspiration" Guest: *Theremin with Shueh-Li*

Meeting ID: 481 232 8925  
Password: 12345

#### 2:00-2:30: Literacy class (UA2)

Meeting ID: 701 845 7910  
Password: 12345

#### 3:00-3:30: "Hot TopiX" *Time Travel Through Decades!*

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday January 6

#### 10:15-10:45: Morning Exercise with Friends

Meeting ID: 956 878 9920  
Password: 566600

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

Meeting ID: 701 845 7910  
Password :12345

#### 1:00-1:30: Let's Talk Food

Meeting ID: 956 878 9920  
Password: 566600

### Thursday January 7

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

Meeting ID: 956 878 9920  
Password: 566600

#### 10:00-10:30: Literacy Class (Ardsley)

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" Guests: *Colleen & Dee*

Meeting ID: 481 232 8925  
Password: 12345

#### 3:00-3:30 "Hot TopiX" *Math with Evelyn*

Meeting ID: 481 232 8925  
Password: 12345

### Friday January 8

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

Meeting ID: 701 845 7910  
Password: 12345

#### 11:00-11:30: Morning Exercise with Friends

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: 30 Minute Mystery

Meeting ID: 956 878 9920  
Password: 566600



## Virtual Zoom Schedule

### January 4th—January 15th



### Monday January 11

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

Meeting ID: 701 845 7910  
Password: 12345

#### 1:00-1:30: 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 January 12

#### 10:30-11:00: Literacy class (Griggstown)

Meeting ID: 701 845 7910  
Password :12345

#### 1:00-1:30: Literacy class (RHGH)

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

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

Meeting ID: 701 845 7910  
Password: 12345

#### 3:00-3:30: “Hot TopiX” *Trip to Outer Space with Mary*

Meeting ID: 481 232 8925  
Password: 12345

### Wednesday January 13

#### 9:30: Sports Talk with Josh & Jason

Meeting ID: 956 878 9920  
Password: 566600

#### 10:15-10:45: Morning Exercise with Friends

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

#### 3:00-3:30: Med Talk with Rutgers Medical Students. *Let’s Learn about COVID Test*

Meeting ID: 956 878 9920  
Password: 566600

### Thursday January 14

#### 10:15-10:45: “Cool Collections” *Cabbage Patch Collection*

Meeting ID: 956 878 9920  
Password: 566600

#### 10:00-10:30: Literacy Class (Ardsley)

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

Guest: **Felix on the Guitar & Storytelling**

Meeting ID: 481 232 8925  
Password: 12345

#### 3:00-3:30 “Hot TopiX” *The History of Martin Luther King Jr.*

Meeting ID: 481 232 8925  
Password: 12345

### Friday January 15

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

Meeting ID: 701 845 7910  
Password: 12345

#### 11:00-11:30: Morning Exercise with Friends

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: 30 Minute Mystery

Meeting ID: 956 878 9920  
Password: 566600

#### 3:00: Advocacy Meeting

Meeting ID: 508 810 0273  
Password: 9A4nFe

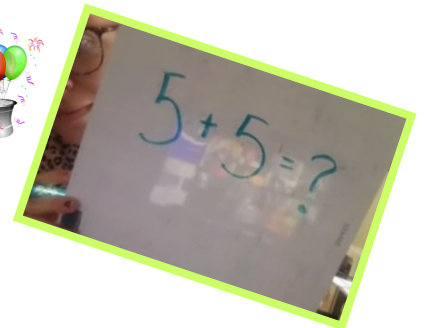
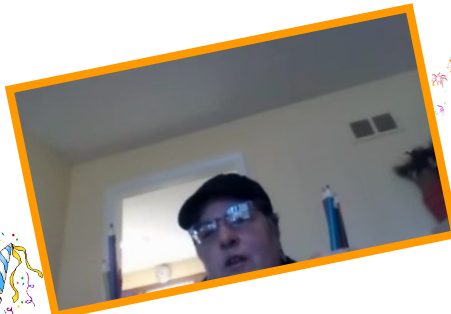
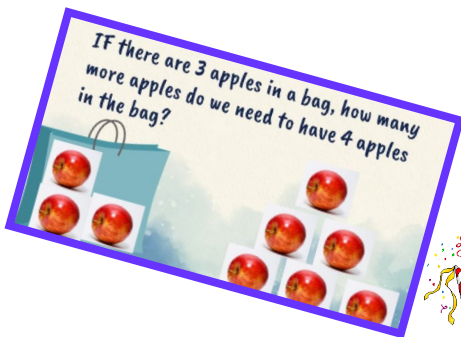
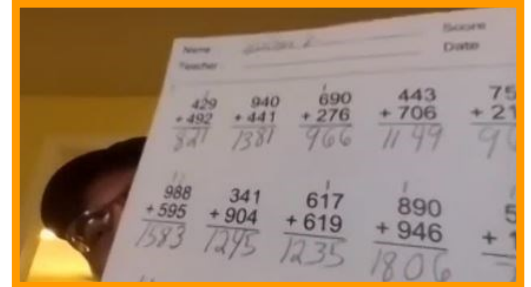


Thursdays  
at  
10:15

# Cool Collections Group

## Evelyn's Math Class is in Session!!

Today in "Hot Topix," we were enlightened by math extraordinaire, Evelyn! Evelyn demonstrated her expertise of addition during her math lesson today with the group. She led the group in counting various objects like colored pencils, marshmallows, hats, and snowmen. She even created word problems and a PowerPoint presentation with assistance from Rutgers Social Work student, Elana! The most impressive part was when Evelyn displayed her proficiency with addition of three digit numbers. In one example, Evelyn explained how  $940 + 441 = 1381$ . Next time Evelyn teaches a math lesson, she will come on to conquer subtraction! Thank you, Evie!



## Scenes from Jill Court Diner & Creamery





Tuesdays  
&  
Thursdays  
at 1PM

# Music for Hope & Inspiration Group

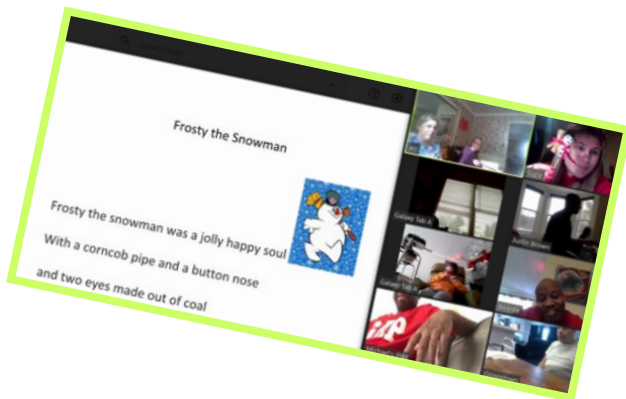
## Music for Holiday Hope & Inspiration

Today's music class was titled, "Music for Holiday Hope and Inspiration." The group enjoyed participating in more holiday festivities as we went "caroling," virtually. Firstly, we learned about the history of the song, "White Christmas," and how it has been sung by many artists over the years, including Bing Crosby, The Drifters, Michael Bubl , and many more. Suzie shared a special video of her signing "White Christmas" in sign language. The group had fun singing Christmas carols like "Frosty, The Snowman," "Rudolph, the Red Nose Reindeer." Our ears were graciously blessed to hear a beautiful solo of "Silent Night" by one of our group members this afternoon. Lastly, the group learned how to sign "Merry Christmas" and the song "Jingle Bells" and in American Sign Language.



## Holiday Singing with Justin

The "Music for Hope and Inspiration" group very much got into the holiday spirit with the help of pianist and friend, Justin Brown! Justin led the group in "Santa Claus is Coming to Town", "Frosty the Snowman" and "Rudolph the Red Nosed Reindeer". The group of course already knew the words and therefore there were a number of requests for solo performances of each of these songs which was done by Diana, Frances, Alex, Cliff as well as the performance group of Donna, Ronnie and Lisa! The music group is definitely getting ready for the "Holiday Hangout" for the caroling portion and certainly will be able to lead the agency in song! Thank you Justin for such a wonderful and festive music class!

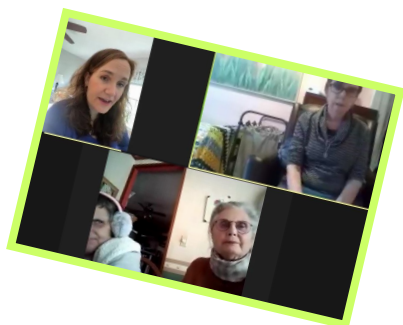


**Tuesdays  
&  
Thursdays  
at 1PM**

## Music for Hope & Inspiration Group

### Jody & "The Great American Songbook"

The "Music for Hope and Inspiration" group certainly were uplifted by spending time with vocalist and friend, Jody, as she guided us in singing and learning more about the composers and music of "The Great American Songbook". Jody performed songs by great composers such as George Gershwin, Richard Rodgers, and Bob Haymes to include "That's All", "Our Love is Here to Stay", "A Cockeyed Optimist" and "My Favorite Things". Even though some people might not have recognized the name of the composers, they were able to know the song once Jody sang which was fun! Steve suggested that he would like to sing a duet next time and the group also suggested that Karen play piano to accompany Jody! Colleen and Denise will be giving Jody some other suggestions for the future also. Jody, we are very glad that you are here to stay in our lives for sure!



### Shueh-li and the Theremin

The "Music for Hope and Inspiration" group enjoyed a relaxing afternoon filled with beautiful music and discussion about seasons and colors with our friend, Shueh-Li and her theremin live from Nashville! As we know, the theremin is the only instrument that plays without someone even touching it. We learned more about the history of theremin to include the transformation of the instrument from a large object to the size of a lunch box as well as some of the first theremists to perform this lovely instrument. Shueh-li entertained us with seasonal music such as "Autumn Leaves", "Merry Christmas to You" and "What Are You Doing New Years Eve". The group agreed that sometimes music without words is a very nice opportunity to reminisce about memories and put your own words to the music! Also...we learned that Denise enjoys listening to Led Zeppelin music so we might hear some of those sounds when Shueh-li joins us next - we never know where our musical adventures will take us!



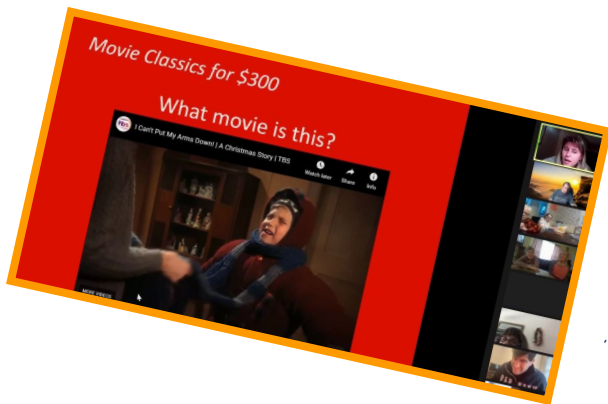
Tuesdays  
&  
Thursdays  
at 3PM

# Hot TopiX Group

## Holiday Jeopardy

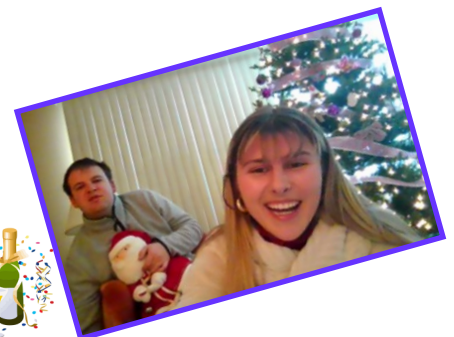
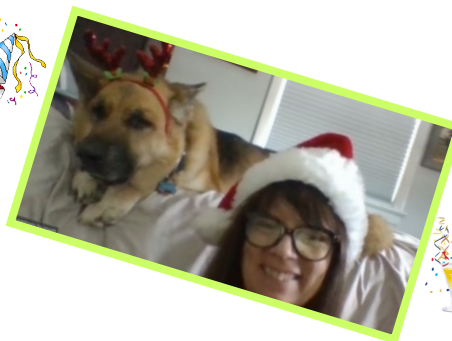
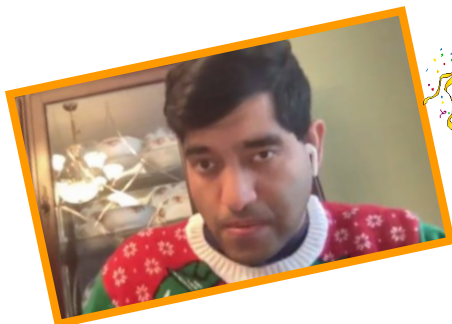


The Hot TopiX group members were right on the money today during Holiday Jeopardy! They answered several, tricky questions under the following categories: Treats and Sweets, Holiday Lyrics, Movie Classics, Hanukkah, and Christmas Traditions. Some group members enjoyed playing with their tone of voice/volume while submitting answers to the questions, whispering or shouting out. To the group's surprise, we learned that Hanukkah means "dedication" in Hebrew, and that Tim Allen and Jamie Lee Curtis starred together in "Christmas with the Kranks." Most importantly, the Holiday Hangout was, of course, a *hot topic* of conversation this afternoon.



## Hot Holidays

Our festive group participated in "Hot Holidays" instead of "Hot TopiX"...ha ha ha. Or shall we say, "ho ho ho!" The group had an amazing time answering holiday trivia questions and playing a game of, "Name That Tune - Holiday Edition!" Group members were quizzed on questions like, "how many lights are on the Rockefeller tree in New York City?" (50,000) And, "how tall is a reindeer?" (About 42 inches). A huge thank you to Rosie and Trigger for the holiday Q&A content! We all relished in the holiday spirit by singing along to songs like "Dreidel, Dreidel, Dreidel" and "Frosty, the Snowman." Everyone added to the jolliness by wearing their pajamas and wacky holiday sweaters. At the end of the group, we were delighted with a surprise visit from Buddy, the elf! So nice to see you, Buddy!

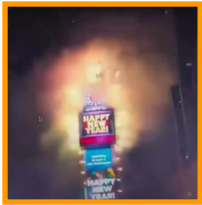




Tuesdays  
&  
Thursdays  
at 3PM

# Hot TopiX Group

## Ring in the New Year!



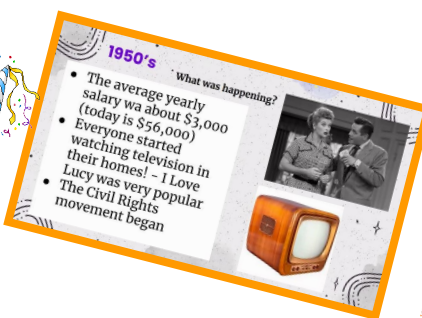
We rang in the New Year today during “Hot TopiX!” To start, everyone shared their New Year’s resolutions. There were some goals related to health and personal growth, as well as hopes that next year will be a little more “back to normal.” One of the group members shared that he would like to get married to his girlfriend in 2021! And someone shared that they want to continue drinking soda! :) Everyone agreed that while this year was very different from others, we all got to experience new situations and discover new things about ourselves; there is always a silver lining! The group enjoyed practicing their NYE countdown as we counted down from 10 while watching a video of the ball drop in Times Square. To finish, the group reminisced on positive memories from 2020 by watching a slideshow of pictures from the last year. Luckily, we have lots of photos from virtual programming thanks to Cliff!! 2021, we are ready for you!



## A Blast from the Past



“Hot TopiX” was a BLAST from the PAST this afternoon! The group was escorted on a virtual time machine through the decades from 1920 all the way through 2020! We discussed everything from how people dressed, what music they listened to, and major events from each decade. The group seemed to have a particular liking towards the 1980s decade, as there was lots of music from Michael Jackson and Bon Jovi! Once we time travelled back to 2021, we enjoyed singing “Happy Birthday” to The Arc’s Michael Bain!





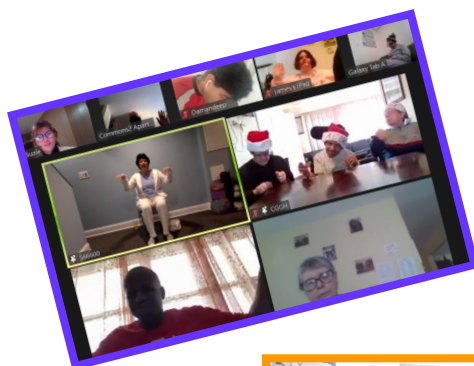


# The Royal School of Yoga

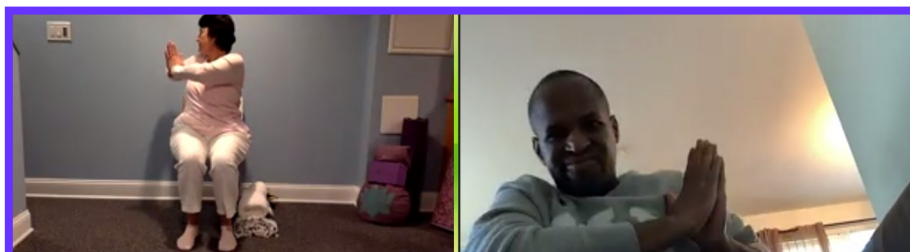
## Mondays at 1pm



A huge thank you to Jane at the Royal School of Yoga for enlightening the class that today is actually the shortest day of the year, with the shortest amount of sunlight. Usually on the shortest day of the year, people celebrate with lots of bright lights (for example, Christmas trees, menorahs, etc.). This year's shortest day will be very special because this evening, around 5:30pm, will be the winter solstice. Jupiter and Saturn will overlap each other, creating a jointure. It will display 14 rays of light, creating the star of Bethlehem. They say that this is the same star that led the 3 Wise Men to the manger in the Christmas tradition. Jane informed us that this is very special since it has not happened in 800 years! Perhaps this will be one of the silver linings of the year 2020. The group was encouraged to visualize the star and to think of peace and love to send to all beings.



Yoga with Jane is always such a delight! We began the class by closing our eyes and delving into a guided meditation. Jane led us to think about all the silver linings from this year - maybe it is that we all have a little more downtime, or more time with family. Maybe we have picked up new hobbies or learned something new. Jane brought us to focus on peace, blessings, and gratitude, encouraging us to connect with our internal selves. The class focused on their the third eye thought by some to lead us to awakened consciousness and connection to self. The class then allowed their bodies to soften, relax, and release any muscle tension or strain. The yogis breathed deeply into their bellies to cleanse their respiratory systems and activate a parasympathetic response. The group worked on postures like the butterfly, the Prince of Peace, and the tree pose. We concluded by manifesting a bright New Year ahead!



# WORD SEARCH

## Happy New Year



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

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

- |             |           |           |           |             |
|-------------|-----------|-----------|-----------|-------------|
| BABY        | CLOCK     | FIREWORKS | HOURGLASS | RESOLUTION  |
| BALL        | CONFETTI  | FIRST     | JANUARY   | SPARKLER    |
| BALLOONS    | COUNTDOWN | FRIENDS   | KISS      | STREAMERS   |
| BEGINNINGS  | DANCING   | GOALS     | MIDNIGHT  | TIMESSQUARE |
| CALENDAR    | DECEMBER  | GOWN      | MUSIC     | TOAST       |
| CELEBRATION | DRINKS    | HAPPY     | NOISE     | TRADITION   |
| CHAMPAIGN   | EVE       | HAT       | PARTY     | VOW         |
| CHEERS      | FAMILY    | HOPE      | PLANS     | YEAR        |





# Holiday Hangout



## Craftsman Corner

### COLD WEATHER PREPARATION/TIPS

Brrr!!! Cold temperatures are upon us and it'll only start to get colder as we enter the early months of the New Year. Please take the time to review this information and share with all.

All windows need to be closed and locked. Often times the top part of the window is overlooked and is open a few inches letting cool air inside.

Keep all doors including closets, pantry and garage door closed and locked.

If your window or screen door is equipped with storm windows please close it.

Set the thermostat to heat the house to 70-72F degrees. Always have the thermostat Fan set to AUTO.

Keep curtains and blinds Open during day to let sunlight in; Keep curtains and blinds Closed at night to keep cold air out.

Check around windows and door frames for cracks or leaks where cold air could be seeping in. Report any deficiencies by sending a detailed Property Work Order Request.

Any "no heat" issues should be reported immediately. Follow the Emergency Procedure you've been provided. The EP can also be found at the bottom of the Property Work Order Request form.

Never use a stove or oven to heat the building.

Alternative heating devices such as space heaters, oil lamps, kerosene heaters, pellet stoves, candles, etc are **Not** permitted for use in Arc group homes, training centers and apartments.

Stay inside if you can! Do not travel if not necessary. Wear the appropriate amount of clothing (layers, hat, gloves, boots, scarf, winter jacket) if traveling outdoors to help prevent the loss of body heat. Keep hydrated with water as you may become de-hydrated in severely cold weather.

Never leave a consumer unattended.





## Buzzwords

Dear Family, Friends and Supporters,

As we approach the end to a very challenging year, I believe it is important for you to know what a truly outstanding team we have at The Arc of Somerset County.

You've read our messages and updates throughout the pandemic. Stories of protocols, precautions and sadly the passing of some of our Arc family members. The awfulness of the COVID-19 virus has impacted all of us in some way, be it to our health, livelihoods, or social networks.

In March the whole world came to a halt. We went from going about our work in pursuing our mission and vision for those with disabilities on a day to day basis to being in the position of figuring out how to protect the health, safety and welfare of over 750 individuals served and 300 employees. Our priority throughout this time was and will continue to be - to always move forward; to continue our services to individuals and families in the best way possible. We adapted our services to provide virtual programs which continue to expand in both quantity and creativity. We collaborated with our community partners and volunteers to provide much needed resources such as food, PPE, supplies and other necessities. We worked closely with our state and county officials to ensure the most up to date information and guidance was available and assimilated into our business practices. Our Directors and Trustees "adopted" a group home to ensure the festivities of the spring and winter Holidays continued without disruption. If not for this support from the broader community, we would not have been able to continue our work to serve those in our Arc family.

Of particular note, our employees and Department Leadership truly "stepped up to the plate" and used their individual and often collective determination and commitment to ensure our programs and those we serve continued their daily routines - with modifications, but also with the resources and supports needed to overcome the seemingly endless burdens of the Pandemic.

I am both grateful and humbled by the true grit our employees have demonstrated in their unwavering desire to serve and support those who live with a disability in our communities. I look forward to the future when we can once again celebrate our accomplishments in person.

In the mean time, I wish you and your families the best and most joyous of Holidays and a bright and cheerful 2021.

Sincerely,

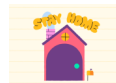
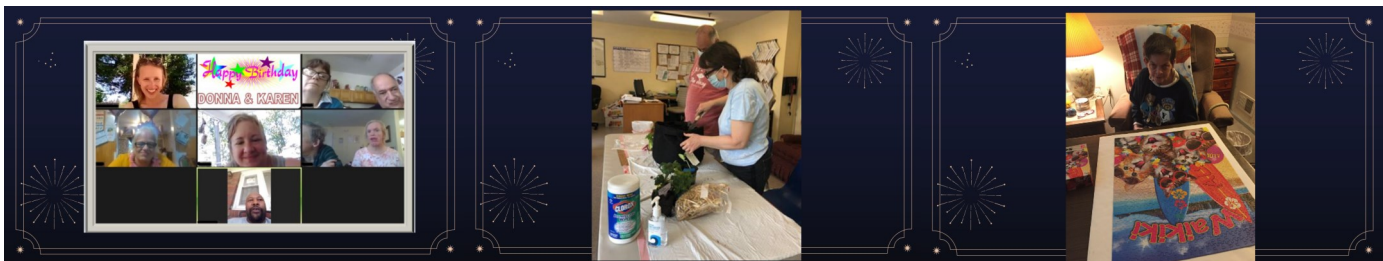
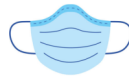
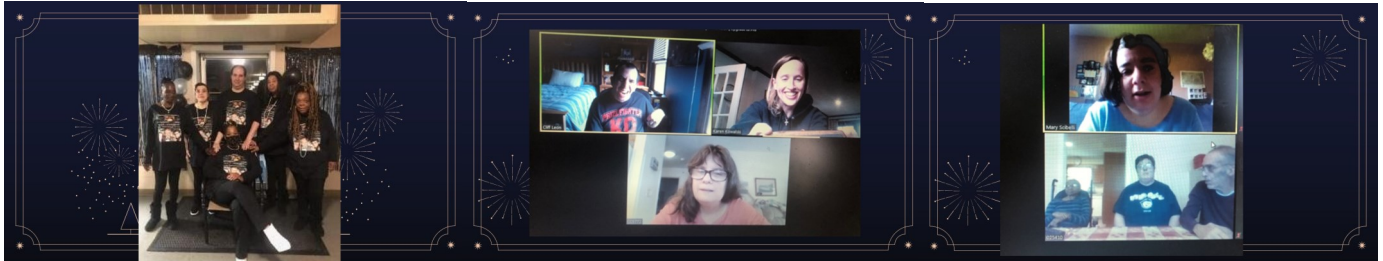
*Lauren Frary*

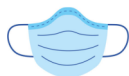
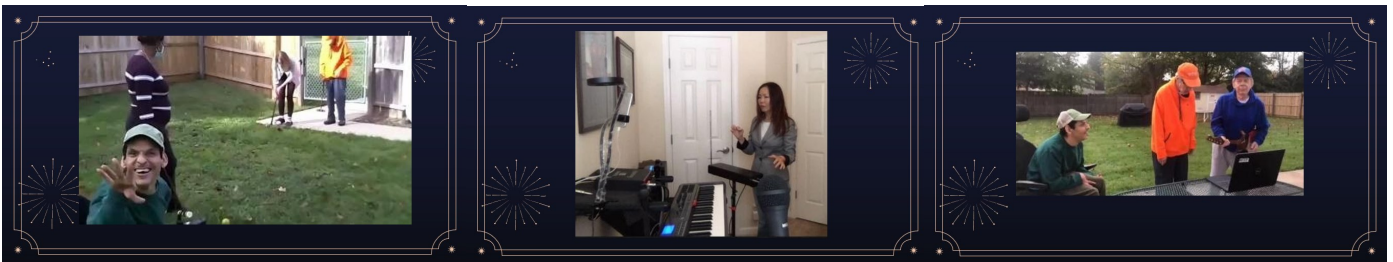
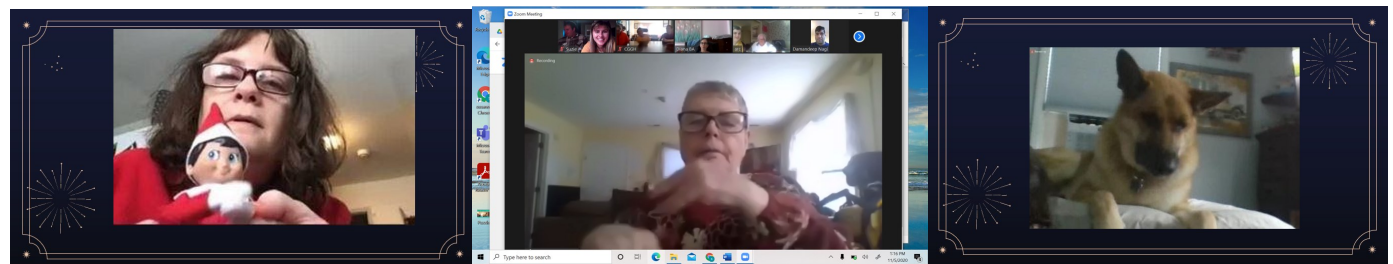
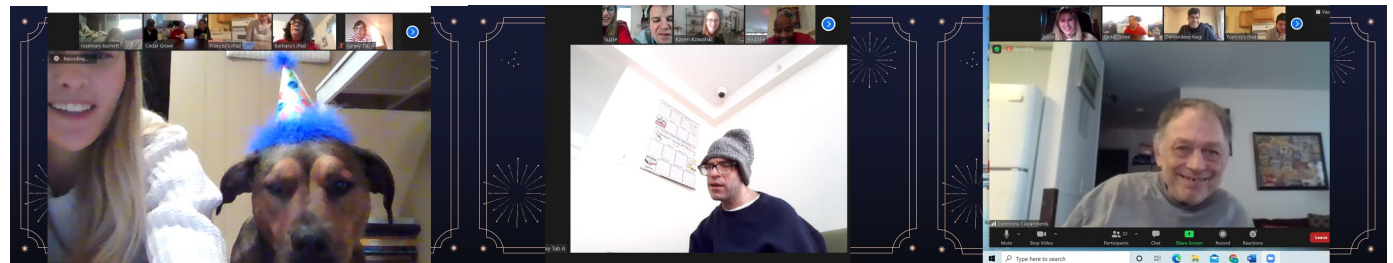
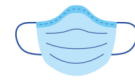
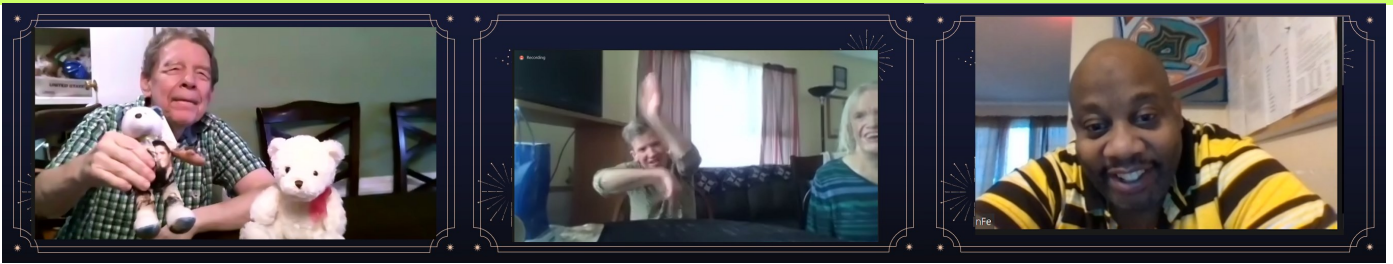
Lauren Frary,  
Executive Director

---

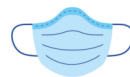
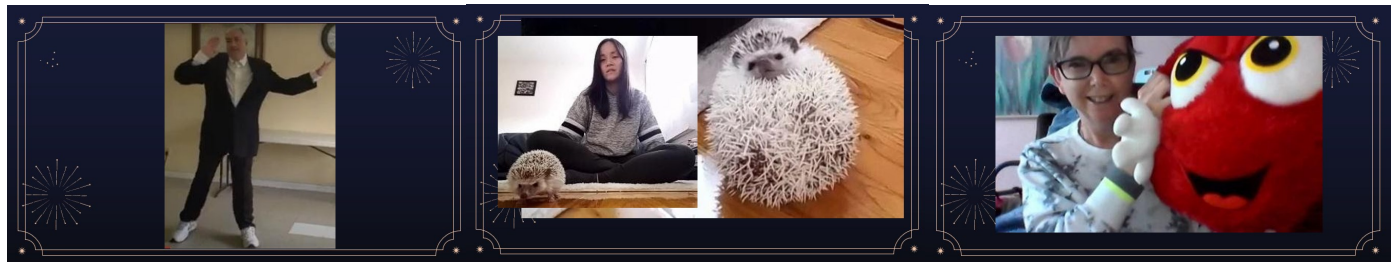
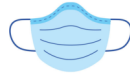
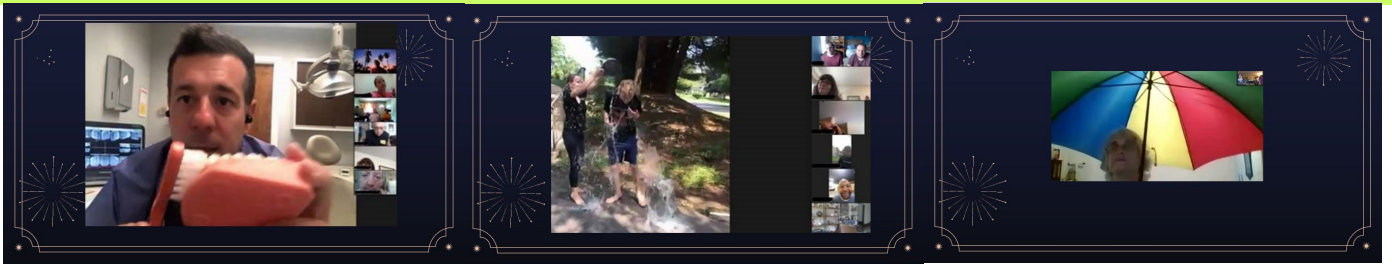
# THE YEAR OF

# 2020













## What A Year!

**This year, I learned...**

---

---

**The hardest part of this year was...**

---

---

**My favorite memory from this year was...**

---

---

**My goals for 2021:**

---

---