

Adult
Services
Presents

THE BUZZ



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

Guess the closest number of pizzas in the newsletter and have an opportunity to win a pizza party for your group home!

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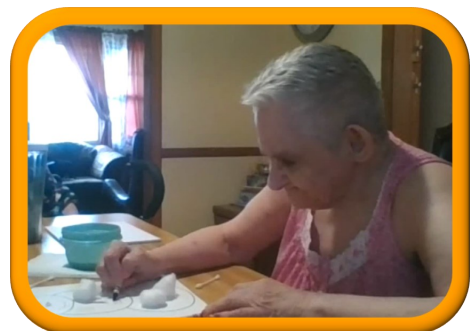
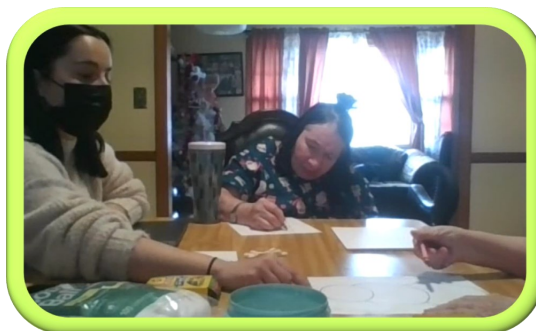
Photographers
Cliff Leon
Karen Kowalski

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

Please contact:
Karen Kowalski
or
Cliff Leon

Crafty Ladies

What a fun way to end the week with a fun and creative arts and crafts project. This week for the Crafty Ladies, this group was busy making a fun winter themed craft! We talked about all our favorite activities to in the winter and building a snowman was everyone's favorite thing to do! With the teamwork in choosing which craft to make, Linda and Angela chose to make cotton ball snowmen using cotton balls and other decorations! We can't wait to see which awesome craft they get into during Crafty Ladies next week!





The Fantastic Four

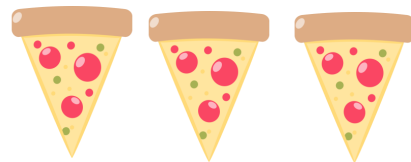
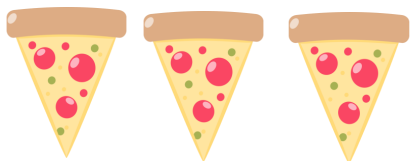


HANGMAN



By Ejiroghene Okopie, OTS

Fantastic Four at the commons was fun and exciting today! There was a large showing for today's Hangman activity. Geri, Jayne, Charlie, Steve, Barbara, and Diana all worked well together problem-solving to decipher the missing letters of our words. With the phenomenal teamwork everyone displayed today, they were able to determine all our words! We can't wait to see what's in store in the Fantastic Four next week!





The Arc's 50th Anniversary

Did you know?!?!? The Arc of Somerset County is celebrating its 50th anniversary in 2022!! In honor of this very special year, the newsletter will feature a few historic pictures with each issue throughout the year. Enjoy the step back into time as we look forward to this outstanding year of celebration!



CHRIS CORVINO



DANIELLE R.

Inspirational Quote

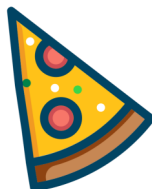


Mondays
at
1PM

Yoga with Jane



THANK YOU JANE





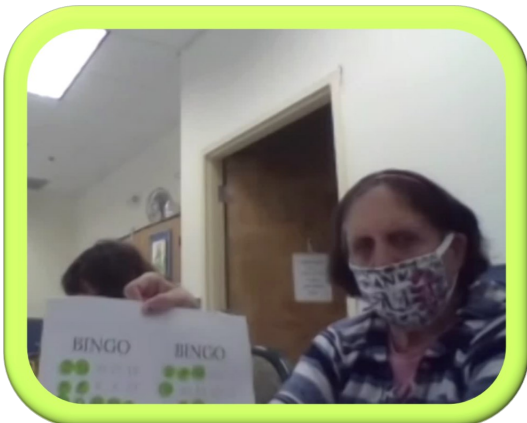
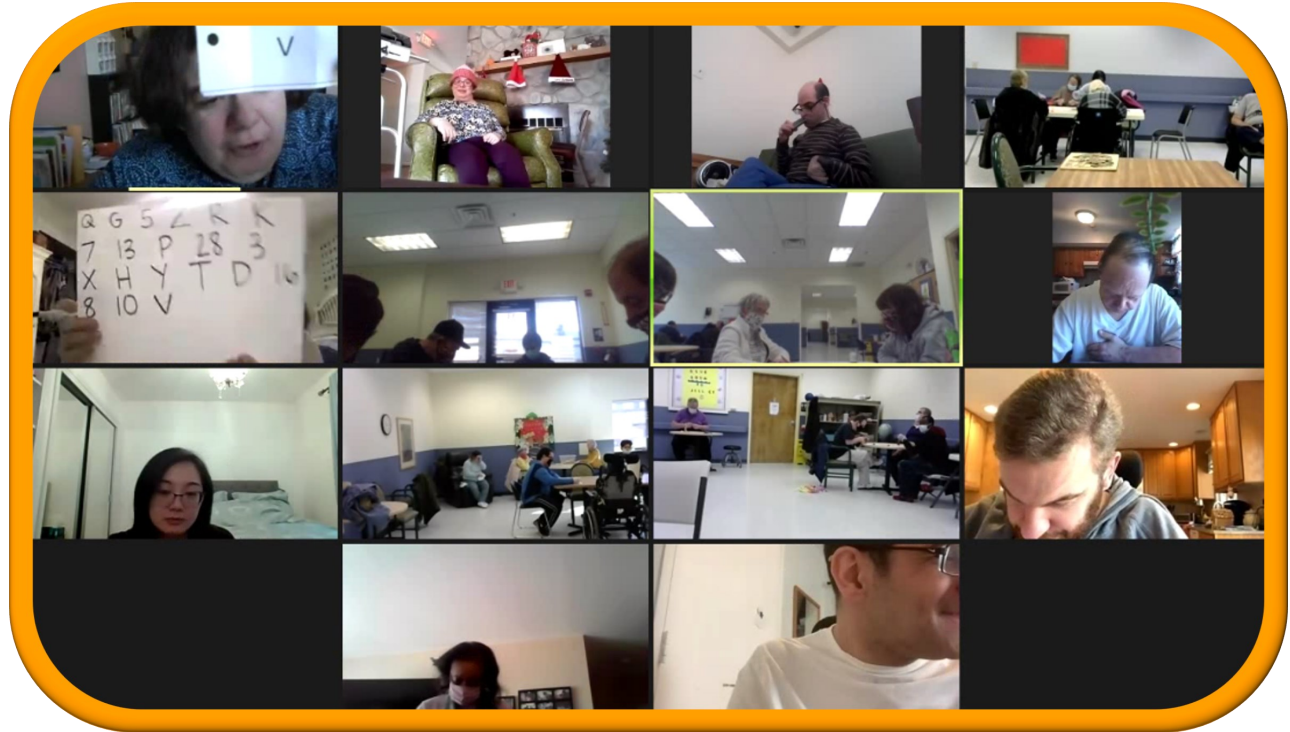
This Week in Literacy

It sure is cold outside! This week the Commons reading group took turns reading two poems about the season of Winter. One poem was about the snow and the other poem was about all the different types of clothes we have to put on to stay warm if we go outside. Gerry read about shirts and sweaters, Jayne read about scarves that go around your neck and Charlie read about the character in the poem deciding to stay inside instead. Not only is reading fun, it is also a great way to learn about new words. One of the words from this week's poem was "insulated." We discussed how the word was used to describe some pants that are warmer than others because they have an extra layer. We all agreed that we were happier to stay inside where it is warm!



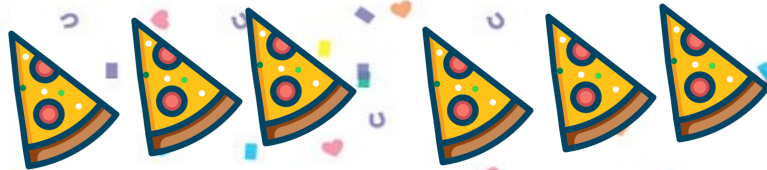
Mondays
&
Fridays
at 10AM

BINGO with Mary!!!



HAPPY BIRTHDAY

January



CHARLIE



LISA

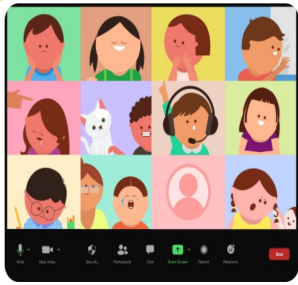


TOMMY



MICHAEL





Hybrid 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

- **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
- **Yoga with Jane:** 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.
- **“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.
- **“Shooting the Breeze with Friends”:** Spend time catching up with friends whom are both virtual and in-person so that we can keep up our community connections on a variety of topics that are important to us and just to say ‘hi
- **“Stressbusters” Open Discussion—**Share your experiences with stress and/or anxiety. Discuss coping skills and how to use them.



**Monday
January 24th**

**Friday
February 4th**

Hybrid Schedule

Monday, January 24th

10:00-10:45: **BINGO with Mary** - *all welcome*

Meeting ID: 481 232 8925
Password: 12345

11:15-11:45: **Stressbusters**

Meeting ID: 412 415 5729
Password: 794009

1:00-1:30: **Yoga with Jane**

At the Commons & virtual:

Meeting ID: 481 232 8925
Password: 12345

Tuesday, January 25th

1:00-1:30: **Music for Hope & Inspiration**
virtual only: Vinnie

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925
Password: 12345

Wednesday, January 26th

9:30-10:00: **Literacy Class—All Welcome**

Meeting ID: 701 845 7910
Password :12345

Thursday, January 27th

11:15-11:45: **Literacy Class** - *all welcome*

Meeting ID: 701 845 7910
Password: 12345

Friday, January 28th

10:00-10:45: **Bingo with Mary**

Meeting ID: 481 232 8925
Password: 12345



Monday, January 31st

10:00-10:45: **BINGO with Mary** - *all welcome*

Meeting ID: 481 232 8925
Password: 12345

11:15-11:45: **Stressbusters**

Meeting ID: 412 415 5729
Password: 794009

1:00-1:30: **Yoga with Jane**

At the Commons & virtual:

Meeting ID: 481 232 8925
Password: 12345

Tuesday, February 1st

1:00-1:30: **Music for Hope & Inspiration**
At JCATC & virtual: Justin Brown

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925
Password: 12345

Wednesday, February 2nd

9:30-10:00: **Literacy Class—All Welcome**

Meeting ID: 701 845 7910
Password :12345

Thursday, February 3rd

11:15-11:45: **Literacy Class** - *all welcome*

Meeting ID: 701 845 7910
Password: 12345

Friday, February 4th

10:00-10:45: **Bingo with Mary**

Meeting ID: 481 232 8925
Password: 12345

Tuesdays
at
3:30PM

Shooting the Breeze with Friends



THANK YOU EJ!



By Kaitlyn Choy, OTS

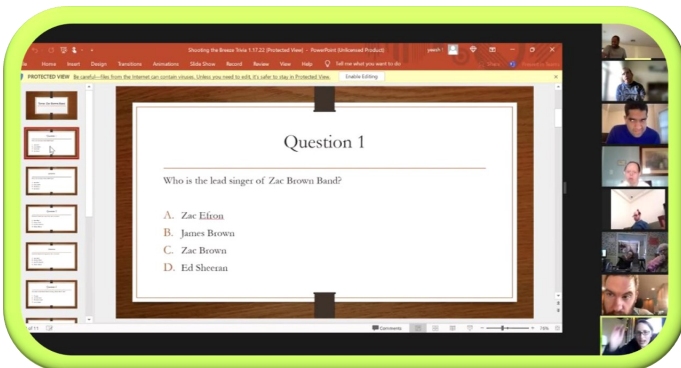
Thank You EJ

Thank you for
rocking our world,
EJ.....get ready to
rock other's
worlds!



The Arc of Sonoma County

Today during Shooting the Breeze, Damandeep and Rosie were able to join us for music and trivia! Rosie and Kaitlyn introduced us to their furry friends, Trigger and Bella! Bobby sang the "Star-Spangled Banner" beautifully to us. Today's trivia was about the band we listened to last week, Zac Brown Band, who sings "Chicken Fried." The trivia questions were so fun and Bobby even helped read them out! We ended the session by listening to "We Will Rock You" by Queen and saying our farewells to EJ. Thank you, EJ, for all that you've done. We will miss you!



Tuesdays
at
3:30PM

Shooting the Breeze with Friends

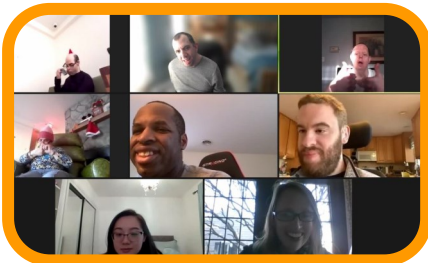


CHICKEN FRIED



By Karen Kowalski

“Chicken Fried” brought our group of friends together for a very warm and fun celebration during a recent “Shooting the Breeze with Friends” group on a very, very cold winter day outside. Our newest friend, Matt, gave us the amazing suggestion of listening to “Chicken Fried” by The Zac Brown Band as something that he likes to listen to when he wants to be comfy as this is a song all about things that might make you feel really good and it did exactly that! Michael stood up and did a wonderful job at energetic dancing and our friend Jill Glassman joined us for the rousing good time!! This brought to mind other things that we do to feel comfy on a cold day such as, “fuzzy blankets!” (Leslie/Shawn); “hiding under the covers” (Bobby); “hot chocolate/hot cocoa” (Jill and Cliff); and Karen showed off her comfy mittens with the tops that can be removed if fingers need to be used and then tucked back in to stay warm. AND we met new friend, Kaitlyn Choy, who is an occupational therapy student who told us that she likes a bowl of hot soup on a cold day - sounds delicious! A huge thank you to Matt for introducing our group to “Chicken Fried” and we are looking forward to Matt leading our group next time with a “Zac Brown Band” dance party - all please come to enjoy the fun with friends...never know what the group will do but always a good time!



Tuesdays
at
1PM

Music for Hope & Inspiration

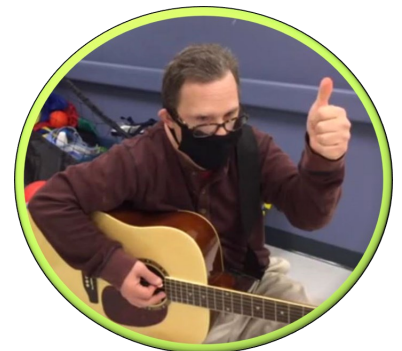


TOMMY STRAZZA



By Kaitlyn Choy, OTS

We had so much fun in our music group today! Tommy played his guitar and sang today while we shook our shakers to the rhythm and sang along! Lots of classics that were performed included “When the Saints Go Marching In,” “You Are My Sunshine,” “Free Fallin’,” “I’m a Believer,” “With a Little Help From My Friends,” “Sweet Caroline,” “Crazy Little Thing Called Love,” and more! Scott even broke out his guitar at one point! Our new friend Matt sang along the whole time from the virtual world! Thank you Tommy and Scott for the fabulous performance!



Tuesdays
at
1PM

Music for Hope & Inspiration

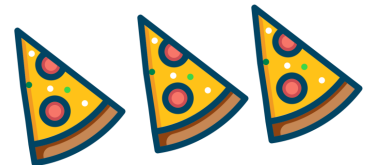
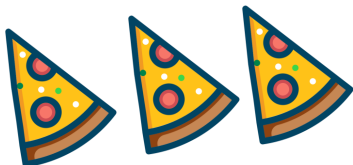


TOMMY STRAZZA



By Ejiroghene Okopie, OTS

Music with Tommy Strazza today was phenomenal today! Everyone was dancing out of their chairs and singing along to some of our favorite songs. Tommy dancing and playing his guitar is always a great sight to see! Some of the songs we sang along to today were Brown Eyed Girl, Free Fallin', Sweet Caroline, My Girl, You Are My Sunshine, A Little Help from My Friends, Crazy Little Thing Called Love, and many more. Thank you again, Tommy, for performing great music for us today, we cannot until the next time!



Tuesdays
at
1PM

Music for Hope & Inspiration

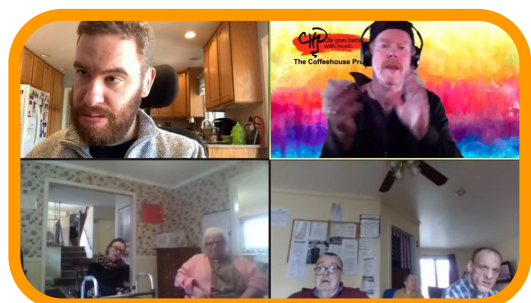
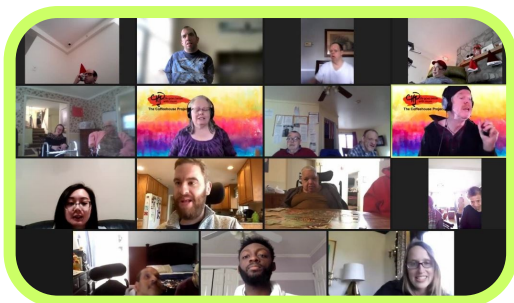


COFFEEHOUSE PROJECT



By Kaitlyn Choy, OTS

John shook his shakers today to the music he played for us over Zoom! Some of the songs we listened, sung, and danced to included “U Can’t Touch This,” “Ice Ice Baby,” “No Sleep Till Brooklyn,” “Rocket Man,” “Life is a Highway,” “Under Pressure,” “Another One Bites the Dust,” “Rock Steady,” and “Irreplaceable.” John broke out his kazoo at the end which was so fun! We can’t wait to see what’s in store for next week!

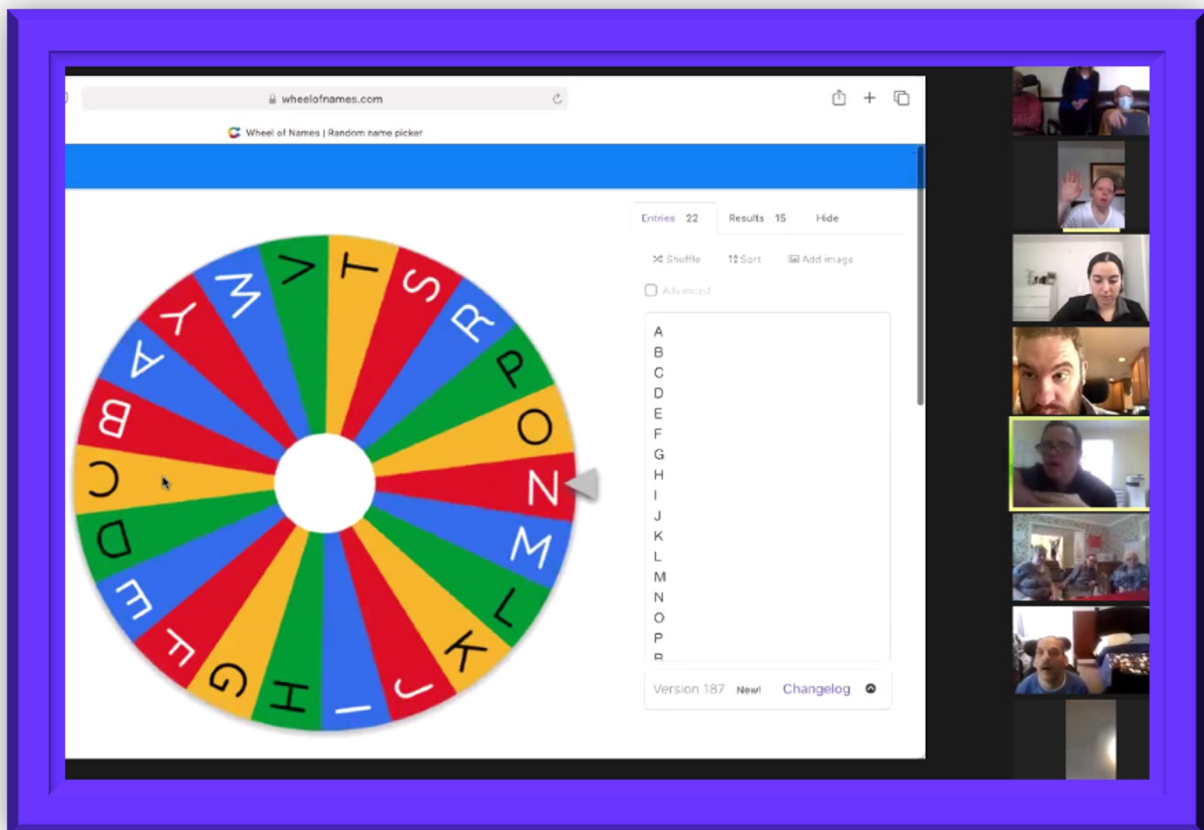


ABC

Alphabet Extravaganza!

By Kaitlyn Vinals, OTS

Alphabet Extravaganza was a blast! In today's virtual group, everyone was challenged to spin the wheel that would land on a specific letter. We had so much fun putting our thinking caps on to quickly think of a word that started with the letter that the wheel landed on! Everyone was able to use amazing teamwork to work together to think of as many words as we could before moving onto the next letter. We all had so much!



A X S Q T
 A W I A R
 E G O I O
 R Z A R H A P
 Y W H F D Q J
 L P C O A S E



Word Search

Name: _____

Date: _____



PIZZA Word Search Puzzle



u l h r d e l i v e r y s r s y w t
 m p e a r s s f x y y c k o d r s o
 v u i h w c a u c s z x z u o o a p
 p y y z l a k u c w b o o s u u l p
 s e v v z b i o c a x h a b g b a i
 a h p m r a n i j e m n b w h w m n
 j n k p k b a w a j o d j k u a i g
 a x c b e k y z g n z f q q a e l s
 m g n h t r s b f f z r b y o g w l
 u l d q o q s c t v a p i s b o x g
 s y m f b v c a b n r e n n i o h o
 h i g d c g i l c h e e s e h t x u
 r m k s x r a e i r l o n i o n s j
 o t o m a t o e s j l c r u s t a z
 o u x h y s o s f s a r e q h j k i
 m w d i z q i u h q f b y o a m h r
 s y p e p p e r o n i v m k m p f z
 p i n e a p p l e g e j q p a n e f

Find these words.

pineapple
 pepperoni
 mozzarella
 sauce
 pizza
 toppings
 delivery

hawaiian
 onions
 salami
 crust
 cheese
 pan

peppers
 tomatoes
 box
 ham
 mushrooms
 dough
 anchovies



Color the slice of pizza.

(The words may be hidden vertically, horizontally or diagonally.)

What's the Buzz?

We had a snow day today!!! But that did not stop the fun. Friends from Jill Court gathered virtually as we played BINGO which resulted in 5 winners!. Next we brought back "Let's Talk Food" as Selena shared with us her favorite Cookbooks. The group also talked about what's our favorite food to eat on a cold day. Soup! was the clear winner in this conversation. We finished off the day by playing Hangman. We had so much fun! Thank you Selena and everyone who joined in for making this snow day extra special.



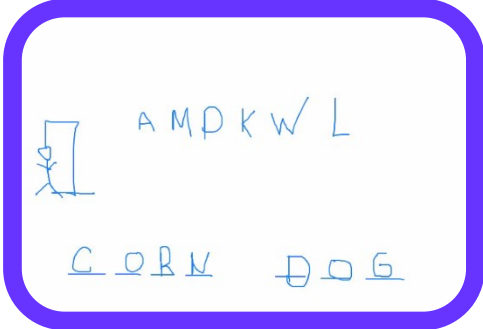
BINGO!



Let's Talk Food!



Hangman!



A	X	S	Q	T
A	W	I	A	R
E	G	O		I
R	Z	A	R	H
Y	W	H	F	D
L	P	C	O	A



LARGE Word Search



PIZZA!!!



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

**Pepperoni
Cheese
Pizza
Crust**



**Sauce
Slice
Pie
Box
Toppings**



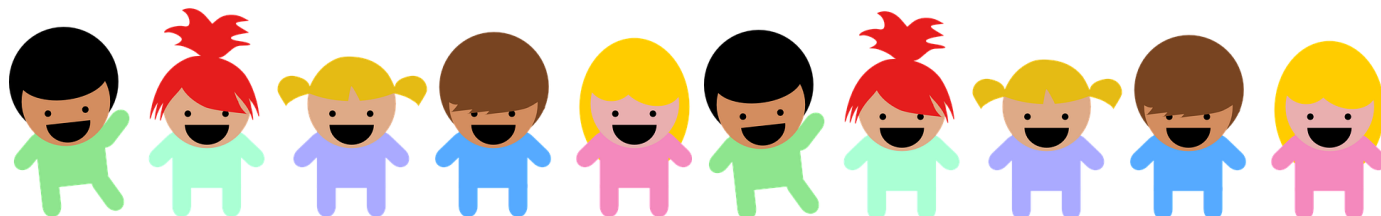
Guess That Baby!



- 1. LOVE, LOVE doing puzzles
- 2. Makes up funny and cute names for people
- 3. Has a sister named Pat

WHO AM I ?

Find out the answer in the next issue of **The Buzz!!!**



- 1. I've been with the Arc for 14 years
- 2. I love candy corns, cupcakes Tostitos (with a hint of lime)

WHO AM I ?

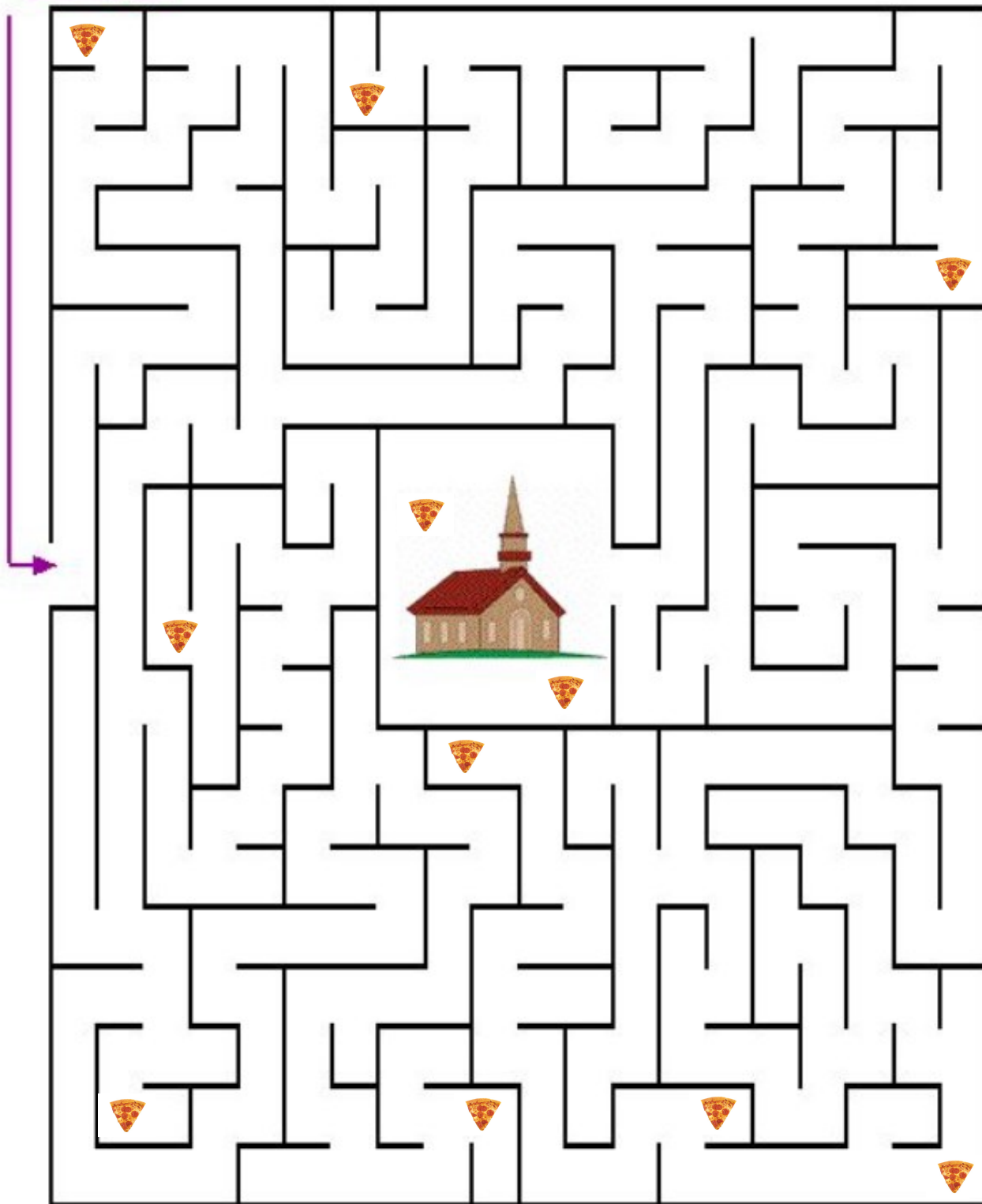


Felicia



Amazing Fun!

Help Martin Luther King find the church.





Buzzword

Dear Employees, Friends, Families, Partners and supporters,
2022 will mark a milestone anniversary for The Arc of Somerset County. This year we will celebrate our 50th anniversary!

I am both honored and proud to be a part of the celebration of our Golden Anniversary. Throughout the year we will have many opportunities to celebrate our past and to look forward towards the next 50 years. Some activities will include:

- A monthly disability advocacy moment" write up on our social media platforms
- Our 5K run and walk will feature a 50th anniversary commemorative T-Shirt
- The Foundation will hold our 50th anniversary GALA on June 10th
- We will be the featured guests of the Somerset Patriots at the July 8th 2022 ball game and fireworks

In addition, we will be launching a new strategic plan to kick off The Arc's new direction in 2022.

We have so much to look forward to during this next year, however as we kick off our 50th anniversary, I would like to pause to look back at our Journey.

The Arc of Somerset County was started in January 1972 as a spin off of the Raritan Valley Arc; which later became the Arc of Middlesex County. The Somerset County "unit" was born out of the determination of local mothers to find a program for their young children with disabilities. This first program (a pre-school) was started with just 2 employees a several children in the Good Shepherd Lutheran Church, Somerville, NJ. Two of the original children served in this program are currently being served in our residential programs (Jill C. and Trish The program was our foundational program and is still in operation today as our Jerry Davis Center for Children and Families. Our first Day program (The Gannett Center) opened shortly thereafter, and our first group home (on route 202) opened in 1984. In 1976 Camp Jotoni was purchased by The Arc and has provided summer camp to children and adults every year continually (except in 2020 due to Covid) since then. Currently The Arc has over 30 separate programs throughout Somerset County, with a staff of over 300 dedicated employees. Our original Executive Director, Joan Sapienza (Director form 1972 – 1987); is credited with much of this growth; but she is remembered mostly for her being the driving force of advocacy for individuals with intellectual and developmental disabilities in NJ and across the nation. She worked tirelessly to ensure all children with disabilities had early supportive and therapeutic services (now our Early Intervention program) and that adults with disabilities received the services they needed. She is responsible for helping to bring many, many individuals who were living in institutions back into their communities with their families.

Joan Sapienza was a visionary in her day, as she set the tone for not only The future of The Arc, but also the future advocacy for full inclusion of children, adolescents and adults with intellectual and developmental disabilities. Her values will continue to drive our mission and vision today and in the future.

Laura Fry,
Executive Director

How Many Pizzas Can You Find?

Instructions: Count how many pizzas you see in this issue of “The Buzz”. Whoever guesses the **closest or the exact number** of pizzas wins a PIZZA PARTY for their *group home*!

You can submit your guesses by: contacting Karen Kowalski or Clifford Leon, telling an Occupational Therapist student, telling a staff at Jill Court or your group home.

Tiebreaker: If guesses are the same and if they are close or the exact number of pizzas the names will be put into a raffle with a drawing with one **ULTIMATE WINNER!!!**

Please submit your guesses by *February 1st*. The winner will be announced in the next issue of “The Buzz”.

