

Adult  
Services  
Presents

# THE BUZZ



**The Arc**  
of Somerset County

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



*Thank you for participating in the pizza counting contest. All the guesses were gathered and the winner for a pizza party for your group home is...!*

**Publisher & Editor**

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Karen Kowalski

**Contributing Writers**

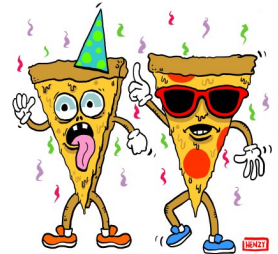
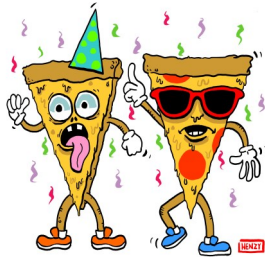
Karen Kowalski  
Mary Scibelli  
Jason Scheib  
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Lauren Frary

**Photographers**

Cliff Leon  
Karen Kowalski

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

Please contact:  
Karen Kowalski  
or  
Cliff Leon



# ALEX

**Guessed: 242 Total: 243**

# CONGRATULATIONS

# What's the Buzz?



*Charlie and his special puzzle from his friend Jake*



*Damandeep at Short Hills Mall*



*Elvina getting her nails done!*



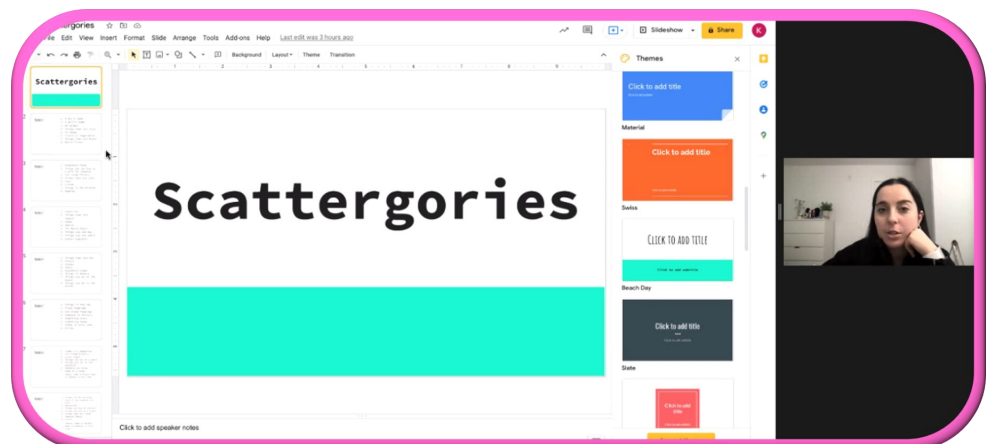
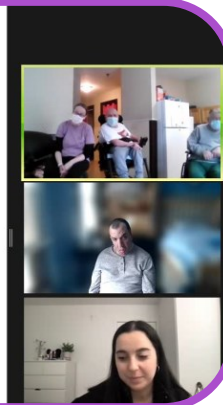
# The Fantastic Four

By Kaitlyn Vinals, OTS

This week's Fantastic Four group focused on putting our thinking caps on and working together as a team to complete each round. This week we played Scattergories where we had to spin the letter wheel that determine which letter we would be using to fill out the category list. Geri, Jayne, Charlie, and Steve worked as a team to complete each round for the letters M, P, and S. There were a bunch of laughs during today's group and lots of hard work that really paid off when we finished the game, we can't wait for next week!

## ROUND 1

1. A boy's name
2. A girl's name
3. An Animal
4. Things that are cold
5. TV Shows
6. Fruits or Vegetables
7. Things that are Black
8. Movie Titles







# The Fantastic Four

## GUESS THE PICTURE

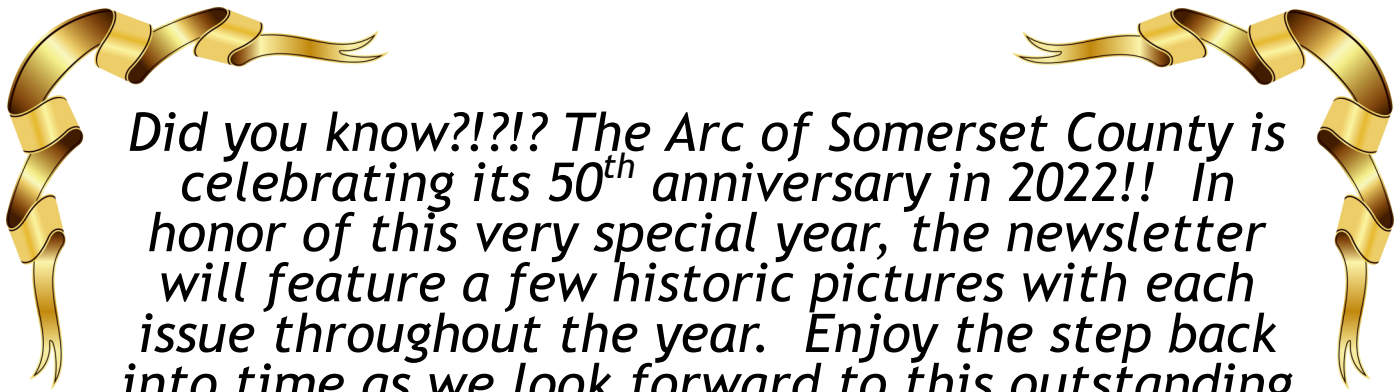
By Ejiroghene Okopie, OTS

Geri, Jayne, Charlie, and Steve were working hard in this week's Fantastic Four group! Everyone worked well together in our activity guess the image. Everyone was giving great hints and clues to help each other guess what the picture hidden behind their heads was! There was some great teamwork, problem-solving, and laughs in today's group, we can't wait for next week!

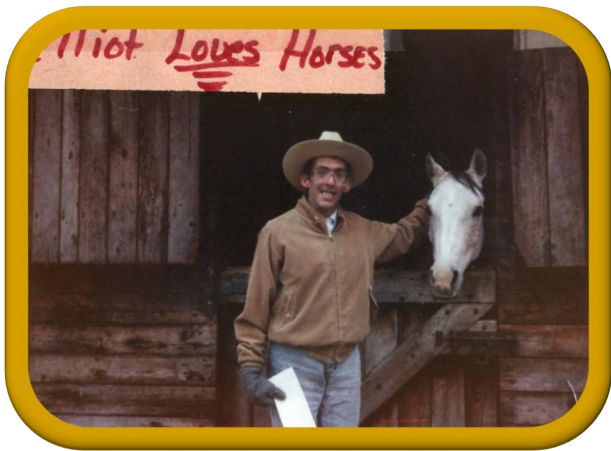




# The Arc's 50th Anniversary



*Did you know?!?!? The Arc of Somerset County is celebrating its 50<sup>th</sup> 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!*



ELLIOT Z.



GERRI B

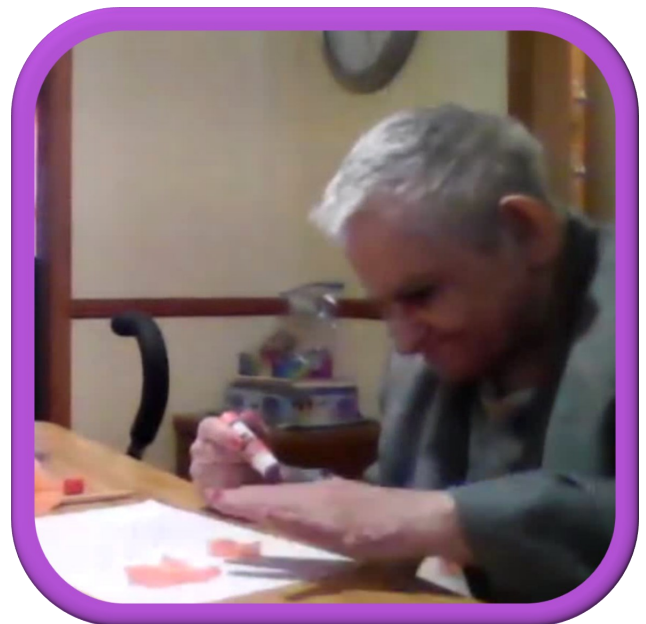
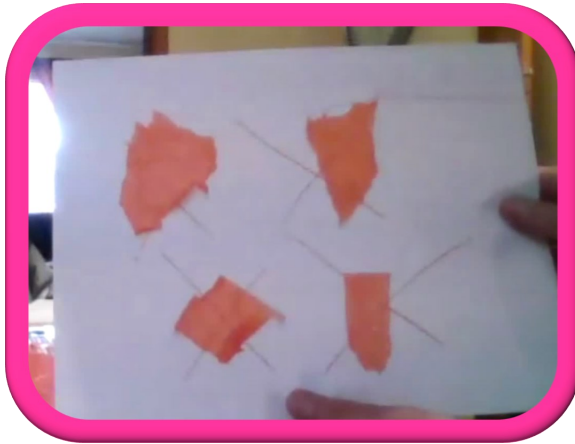




# Crafty Ladies

By Kaitlyn Vinals, OTS

Linda and Angie had a blast with this week's group with a fun and creative arts and crafts project. This week, the Crafty Ladies were busy drawing and creating some of their favorite things using crafts like tissue paper, glue, and big variety of colored pencils. Linda focused on creating a beautiful orange and purple flower because she loves nature and Angie made us the an amazing Christmas tree because she loves the holidays! We all had so much fun talking about some of our favorite holidays and favorite things about nature and worked together to plan the activities for next week! We can't wait to be back together next week!



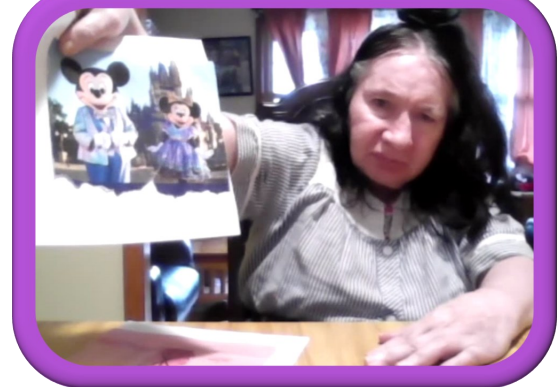




# Crafty Ladies

By Kaitlyn Vinals, OTS

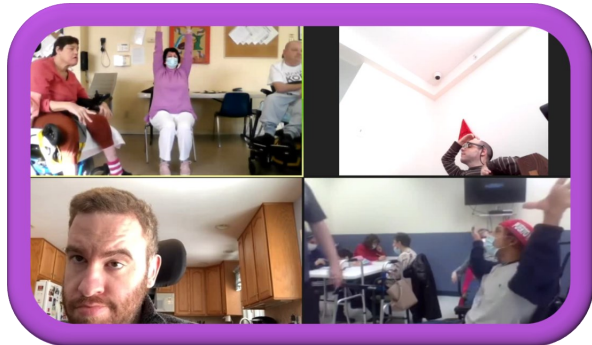
For this week's Crafty Ladies Group we practice a different form of arts and crafts using magazines, paper, and glue to make a beautiful collage. Linda worked so hard this week to flip through the different pages of the magazine to decide which pictures she wanted to include in her art. We learned that Linda loves Micky and Minnie Mouse after choosing a picture of them to put in her collage and also that she loves nature and wanted to include a beautiful picture of flowers in a vase! We had so much fun talking about some of our other favorite things and crafts we would like to do in the future. We can't wait for next week!



Mondays  
at  
1PM

# Yoga with Jane

THANK YOU JANE







## This Week in Literacy

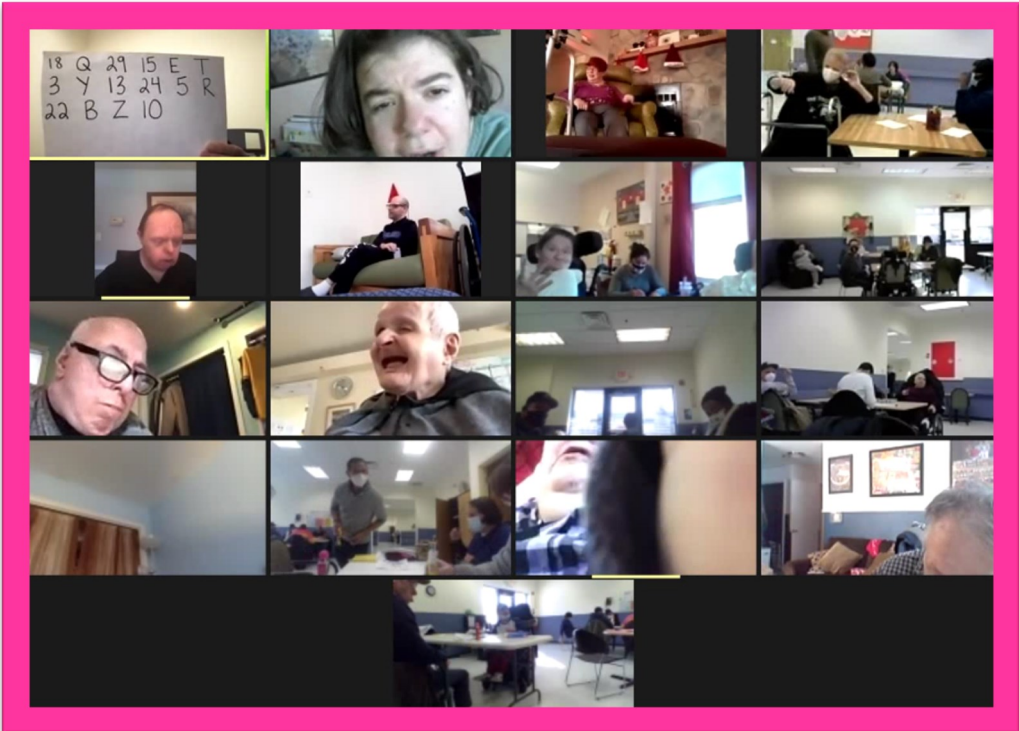


This week in literacy, each reading group took turns reading about an enchanted hat. This was no ordinary hat, this was a magic hat. In their group, Charlie, Jayne, Gerry and Stephen V talked about the meaning of the words “enchanted,” “instantly” and “granted. Stephen V laughed at the end when the author of the poem wrote that he was “getting tired of escaping from my tiny dinosaur.” At Jill Court, Mary, Kamala, Steve B and Alex talked about the things they would ask the enchanted hat for. Kamala said she would wish for sweet potato pie, while Mary said she would wish for a fish dinner. Steve B read his part of the poem loud enough for everyone to hear. Mary Lou and Frances also seemed to have fun with the poem and enjoyed talking about the dancing kangaroo!



Mondays  
&  
Fridays  
at 10AM

# BINGO with MARY!!!



# January BINGO Winner!!!



# AMY!!!

# HAPPY BIRTHDAY

## FEBRUARY



Patricia



Adam

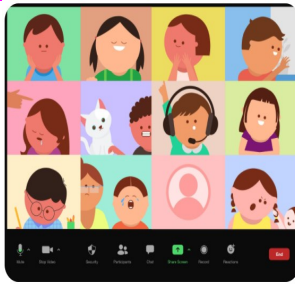


Mary



Latricher





# Hybrid Schedule

The Arc of Somerset County is thrilled to be able to offer a wide array of hybrid 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 hybrid 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
- **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  
February 7th**

**Friday  
February 18th**

# Hybrid Schedule

## Monday, February 7th

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 8th

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

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, February 9th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, February 10th

1:00-1:30: **Music for Hope & Inspiration**

*At JCATC & virtual: Tommy Strazza*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, February 11th

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, February 14th

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 15th

1:00-1:30: **Music for Hope & Inspiration**

*At JCATC & virtual: Coffeehouse Project*

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 16th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, February 17th

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

Meeting ID: 701 845 7910  
Password: 12345

5:00-6:00pm: **General Advocacy Meeting**

Meeting ID: 508 102 0273  
Password: 9A4nFe

## Friday, February 18th

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

Meeting ID: 481 232 8925  
Password: 12345

Tuesdays  
at  
3:30PM

# Shooting the Breeze with Friends

## GUESS THAT PICTURE!

By Kaitlyn Choy, OTS

Today during Shooting the Breeze with Friends, Bobby beautifully sang along for us “God Bless America!” He said next time he’ll sing “We Will Rock You” by Queen! Then we put our thinking caps on for a game of “What’s the Picture,” where we were shown a series of zoomed-up photos and had to guess what the items were. It was very challenging and fun! It’s amazing how differently things look up closely! We look forward to our next game during our get-together!





Tuesdays  
at  
3:30PM

# Shooting the Breeze with Friends

## GUESS THAT ARTIST

By Kaitlyn Choy, OTS

Today during Shooting the Breeze with Friends, we all talked about when our birthdays are. We found out that Cliff's birthday is coming soon on Friday, February 4<sup>th</sup>, so mark your calendars! Katie joined us just in time for us to all do the Chicken Dance, which we all learned today that it's a polka song just like the ones Vinnie performed in Music earlier! Finally we all played a game of Guess the Artist, where we guessed the musical artists of different songs including "Vienna" by Billy Joel, "Carry On My Wayward Son" by Kansas, "Crazy Little Thing Called Love," "Livin' On a Prayer" by Bon Jovi, and "I'm Still Standing" by Elton John! Everyone did great, especially our friend Matt who blew us all away with his musical knowledge! We can't wait to see what's in store for next time!



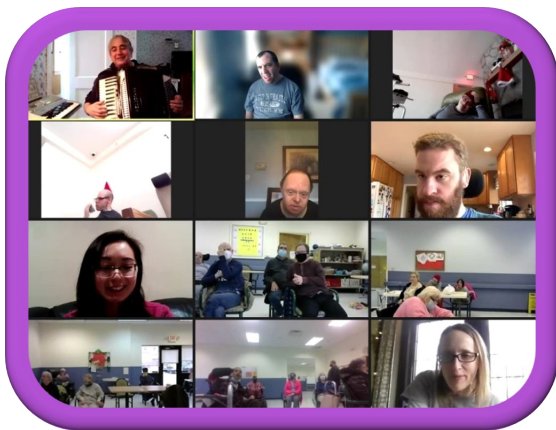
Tuesdays  
at  
1PM

# Music for Hope & Inspiration Group

## POLKA WITH VINNIE

By Kaitlyn Choy, OTS

What an educational Music day we had today! Today we had Vinnie teach us all about polka music, while he played with his beautiful accordion! Some of the polka songs he played for us included “Hopscotch Polka,” “Just Because,” “Liechtensteiner Polka,” “Music, Music, Music,” and “Tick Tock Polka”. He gave us a preview of love songs to play next time he joins, by playing the songs “Crazy” and “Till There Was You.” Next month he’ll be playing love songs for Valentine’s Day, so let Cliff, Karen, or Kaitlyn know what songs you would like to hear him play!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration Group

**JUSTIN BROWN**


By Kaitlyn Choy, OTS

Music was so fun today with Justin playing the keyboard and singing us love songs for Valentine's Day this month! Scott played his guitar as well and even broke out his wooden flute! Some of the songs performed today include "My Funny Valentine," "L.O.V.E.," "Uptown Girl," "Yesterday," and "Hey Jude." Fran got up to sing and dance to a couple of them! A big congratulations to Alex for winning the pizza counting contest! Amazing job! We can't wait to see what's in store for next time!





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

## Ground Hog Day

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

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

BURROW  
 CLOUDY  
 COLD  
 EARLY  
 FEBRUARY  
 FESTIVAL  
 FORECAST  
 GROUNDHOG

HIBERNATE  
 HOLE  
 LATE  
 MAMMAL  
 MORNING  
 NATURE  
 PREDICT  
 SECOND

SHADOW  
 SIX  
 SNOW  
 SPRING  
 SUNSHINE  
 TRADITION  
 UNDERGROUND  
 WEATHER

WEEKS  
 WINTER  
 WOODCHUCK





# Large Word Search

## Groundhog Day

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

**Cloudy**

**Early**

**Hole**

**Late**

**Nature**

**Shadow**

**Spring**

**Winter**

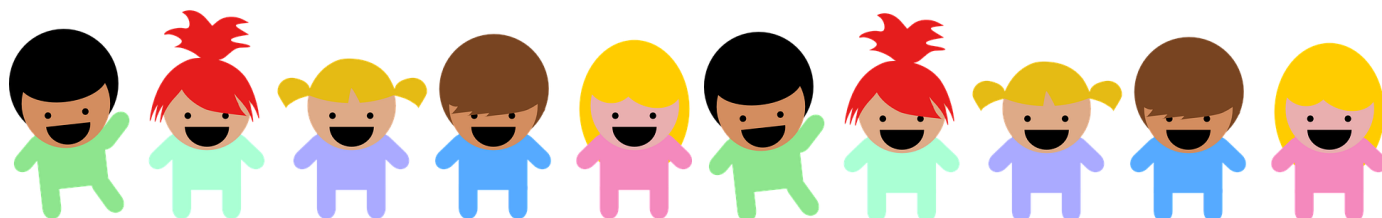
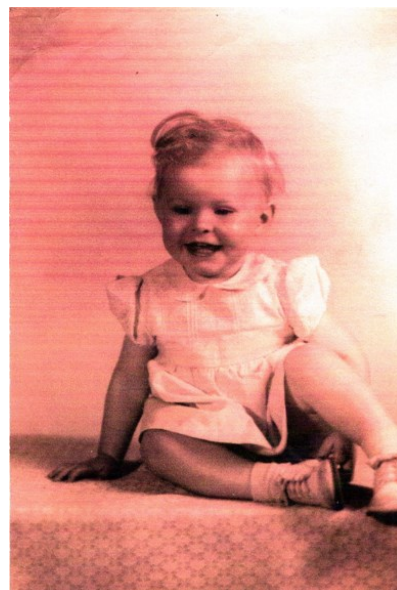


# Guess That Baby!

- 1. Loves to ride a motorcycle
- 2. Loves her 4 dogs
- 3. Is always on the phone

## WHO AM I ?

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



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

## WHO AM I ?



**Cindy**







# Craftsman Corner

## There are 14 dangerous things in this picture

Can you spot all of them?



## Stay safe!

- Stairs without handrail
- Deactivated fire alarm
- Cloth on space heater
- Overloaded outlets
- Loose extension cords in traffic areas
- Smoking. Cigarettes left unattended
- No automatic shut-off on coffee maker
- Open bottles of medicine
- Outdated medications in cabinet
- Loose rugs
- Flip-flop slippers
- Clutter on staircase
- Newspapers too close to lamp
- No handle and no deadbolt on door

# Find the Difference

Can you find 10 things that are different between the two pictures?





# Buzzword

Dear Families, Friends and Supporters,

I am happy to announce that this month of January 2022 will be the kick off of the 50<sup>th</sup> anniversary of The Arc of Somerset County. We will have many communications and events to help celebrate our 50 years of outstanding services to our communities.

As we look back and reflect, we will do it through a lens of celebration, collaboration, communication and success.

Let's talk about success, because our story at The Arc of Somerset County keeps getting better.

In 1972, we started with 16 children and two staff in a preschool program that was later to become our Jerry Davis Center for children and families.

We have certainly grown through the years, and currently have over 25 programs; over 300 employees and serve over 1400 children, adolescents and adults each year. As we celebrate our 50 years of service in the community, it is important to see where we have been and even more important to look forward. Our 50<sup>th</sup> anniversary will bring many reasons to celebrate, including our full range of programs in the community, our new strategic plan and new leadership opportunities.

My 32 years at The Arc and 15 years as Executive Director have been personally and professionally fulfilling. I am grateful for the opportunity to work with our amazing employees, families and most importantly those we serve. Together we have made great strides in advocacy, access and opportunity for individuals with intellectual and developmental disabilities.

With our 50<sup>th</sup> anniversary and our new journey towards a visionary path and our new strategic plan, it is also time to look at the leadership that will take us into the future. As such, I have decided to transition out of my position as the Executive Director this summer and welcome Chris Corvino into the organizations leadership role. I am positive that Chris will continue our journey and expand on our successes and vision for The Arc in the future. I hope you will welcome Chris into his new role as you did with me 15 years ago. The transition of leadership will occur deliberately over the course of the next 6 months and we will communicate with you along the way.

The Arc of Somerset County will always have a special place in my heart and I look forward staying engaged and involved during and after and this leadership transition.

Sincerely,

**Lauren Frary**  
Executive Director

