

Adult Services Presents

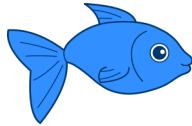
# THE BUZZ



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

*The Fresh Air Face contest is back!  
EVERYONE is eligible to join  
Go to page 6 for more details*

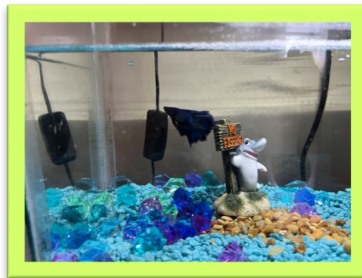
## Something is Fishy with Evelyn



By Evelyn



Hi from Lucky the Fish! Lucky is a twin tail betta half moon and blue and red male fish. He's very beautiful and friendly and eats twice a day and loves to exercise with his exercise mirror in his tank five minutes a day! I picked him out he because he was very active. Please welcome Lucky the Fish!



**Publisher & Editor**  
Cliff Leon  
Karen Kowalski

**Photographers**  
Cliff Leon  
Karen Kowalski  
Mary Scibelli

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

Please contact:  
Karen Kowalski  
or  
Cliff Leon

THANK YOU  
FOR ALL YOU DO  
DSPs

### Barbara's Online Easter Masterpiece

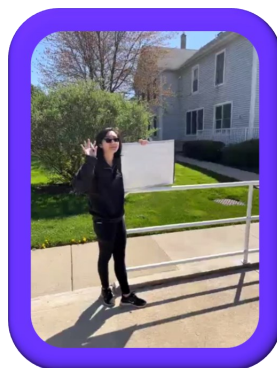
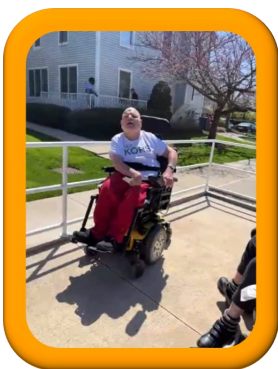
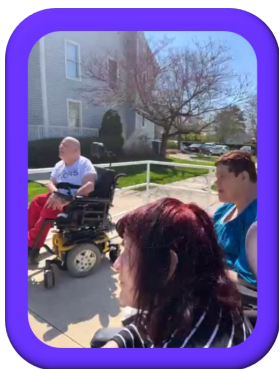




# Fantastic 4

By Susan Civitillo, OTS

We enjoyed the beautiful spring day outdoors while testing our knowledge about the “Most Magical Place on Earth” by answering fun Disney trivia questions during Fantastic Four! Jane knew the answer was “apple” to what Snow White took a bite out of that made her fall asleep, Gerry knew that Mickey Mouse’s dog name was “Pluto,” and Charlie knew that Pinocchio’s father name was Gepetto. Everyone also pitched in to name all of Snow White’s seven dwarfs! Afterwards, we shared cupcakes and sent our very best wishes to Kaitlyn since this was her final day at The Arc Of Somerset and she will be continuing on in her school program. We will miss you Kaitlyn, please come visit us when you can!





# Crafty Ladies

By Susan Civitillo, OTS

It was Easter-egg coloring time during Crafty Ladies Friday! Angie and Lynda chose the colors they wanted to use and carefully put their eggs in and out of the cups to color them. They also chose fun bands to wrap around their eggs, and applied stickers to them to add that extra creative touch! In addition, Angie and Lynda took advantage of the markers that were available to decorate their eggs. The creativity was flowing and we felt the spirit and energy of spring! 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!*



AMY B.





# Inspirational Quote

**Don't wait**  
until you've reached  
your goal to be  
proud of yourself.

**Be proud of**  
**every step**  
you take toward  
reaching your  
**goal.**



**The Arc Of Somerset Presents...**



# *The Arc's Fresh Air Face Contest*

Starting April 1<sup>st</sup>, The Arc is asking to go outside and send us your best “Fresh Air Face”!!!

In order to participate in the contest, you must take a picture participating in an activity **OUTSIDE** getting some fresh air and then submit your pictures for a chance to win...

**“Great Clips” gift card AND a “As You Like it” gift card**

**1 picture=1 submission into the raffle**

You can enter as many pictures as you want, the more pictures you enter the more chances to win.

**We are accepting submissions until May 4<sup>th</sup>**

Please contact Karen Kowalski or Cliff Leon for any questions or submissions. [Karenk@thearcofsomerset.org](mailto:Karenk@thearcofsomerset.org) or [Cliff1@thearcofsomerset.org](mailto:Cliff1@thearcofsomerset.org)

The winner will be revealed on *May 7th at The Arc Walk*  
**EVERYONE IS ELIGIBLE TO JOIN**



# *The Arc's Fresh Air Face Contest*



*Splashing into spring!*



*Mommy & Daddy's  
little helper!*



*Petting the dove in  
honor of papa.*





# *The Arc's Fresh Air Face Contest*



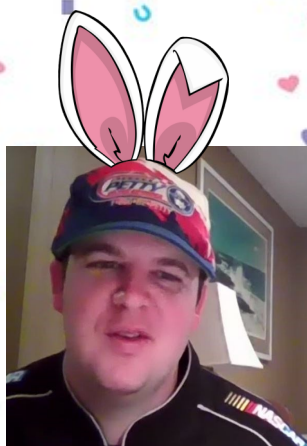
Enjoying Easter Sunday with my family  
Paula and our son Gordon in upstate NY.—  
*Daryle Patterson*  
(The Arc Of Somerset Board of Directors)

# HAPPY BIRTHDAY

## APRIL



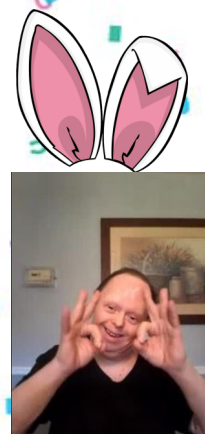
FREDA



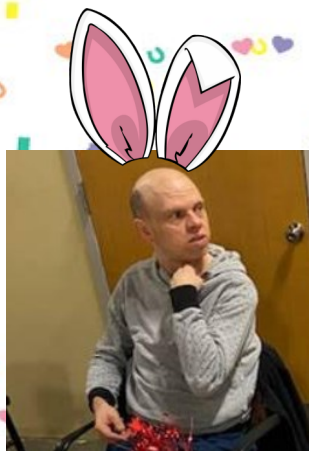
TREVOR



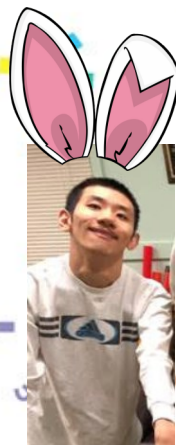
ELLIOT



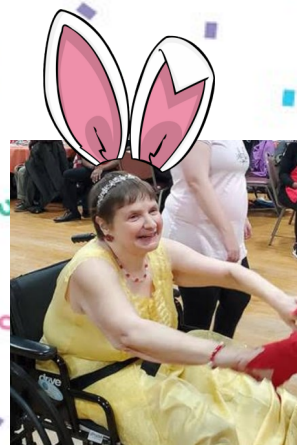
BOBBY



DANNY



QING



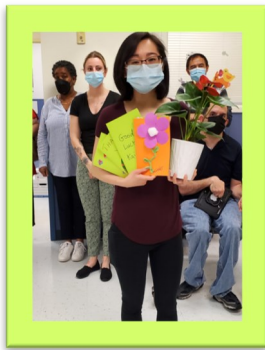
MARCIA



# Thank You Mary & Kaitlyn!!!

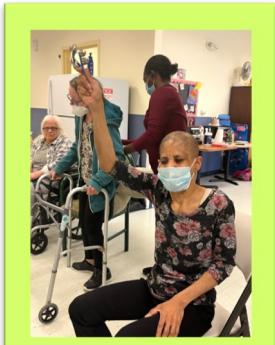
*Thank you Mary for your outstanding work within the agency wishing you all the best on your new adventures in retirement!*

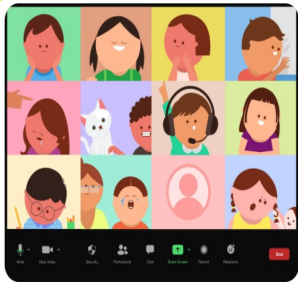
*Kaitlyn congratulations on finishing your fieldwork and best of all on the remainder of your OT education!*





# Having Fun with Tommy Strazza





# Hybrid Programming

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  
May 2nd**

**Friday  
May 13th**

# Hybrid Schedule

## Monday, May 2nd

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, May 3rd

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

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, May 4th

**NO CLASSES**

## Thursday, May 5th

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

Meeting ID: 701 845 7910  
Password: 12345

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

*At JCATC & virtual: Tommy Strazza*

Meeting ID: 481 232 8925  
Password: 12345

## Friday, May 6th

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, May 9th

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, May 10th

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

*At JCATC & virtual: Justin*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, May 11th

**NO CLASSES**

## Thursday, May 12th

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, May 13th

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

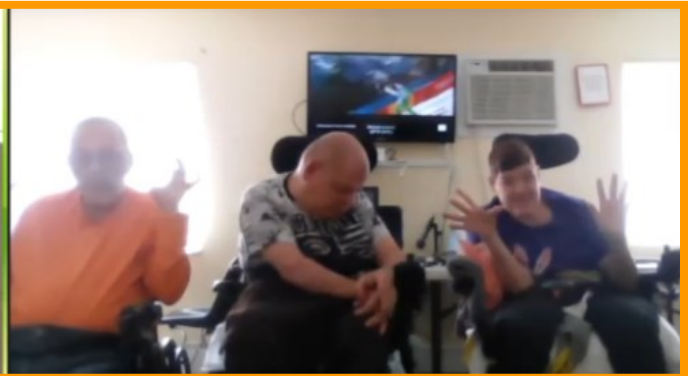
Meeting ID: 481 232 8925  
Password: 12345



**Mondays  
at  
1PM**

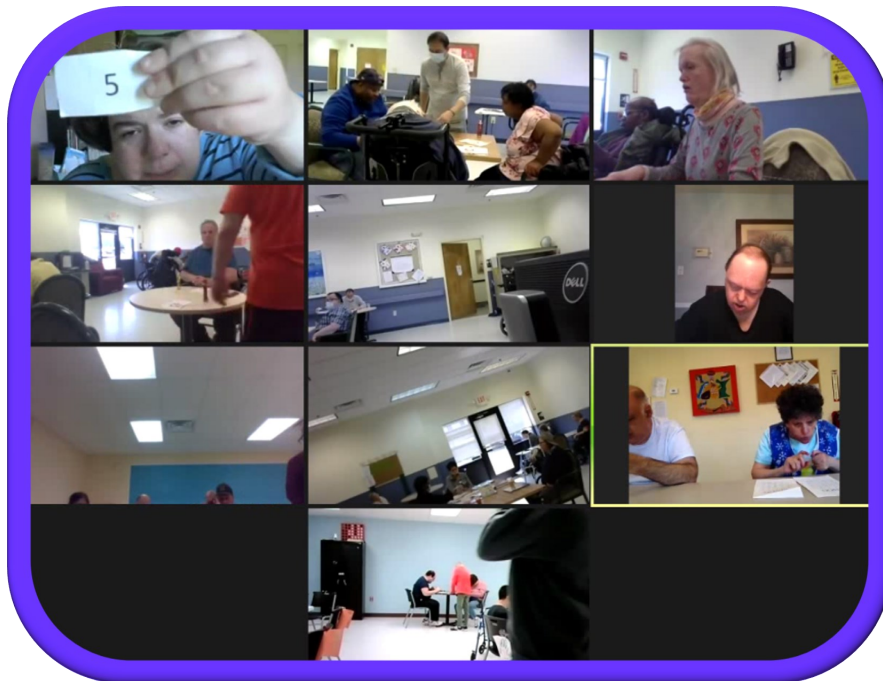
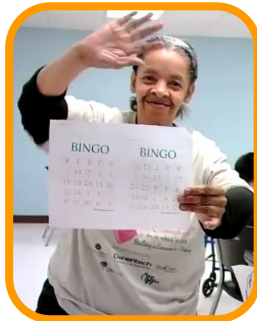
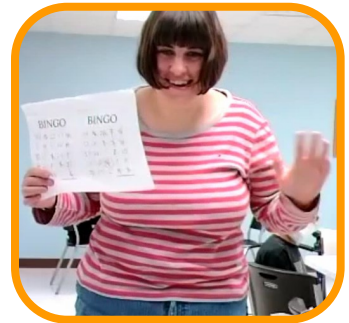
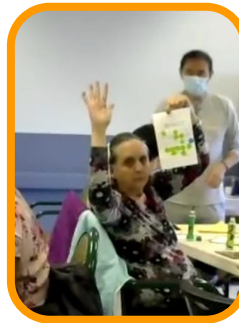
# Yoga with Jane

**THANK YOU JANE**



Mondays  
&  
Fridays  
at 10AM

# BINGO with Mary!!!





# This Week in Literacy

By Mary Scibelli



One of the poems we read this week was titled “About Time” by Judith Viorst. It talked about how time can feel like its going too slow when you are waiting for something or having a bad day, but when you are having fun it can feel like time is moving too fast. One of things we are waiting for is the start of summer so that we can go on a picnic. There is a line in the poem about creating a pause button so that you can pause time just like you can pause a movie. Everyone took turns saying examples of times which they wish could last a little bit longer. Donna said she would like to spend more time at the shore. When Cookie was asked when she would like to pause time, she said when she is with her sisters. Alex said when he is with his brother and Gerry said she would pause time when she visited her friend Sunny.

## Jill Court Computer Class



Here is a picture of Cookie using the trackball to work on the computer. She is using the yellow ball to move the cursor and pressing the blue button to select the pictures of the owls on screen. She practiced trying different hand positions to see which one would work for her the best. When she used her thumb to press down the blue button, she was rewarded with the owl on the website making music. Cookie said “She likes this” and will come back to computer class next week. Also in the picture is Cliff, Kamala and Barbara P who are working on different typing activities. Barbara P requested some math problems to work on where she answered 10 out of 10 correct. Good job everyone!

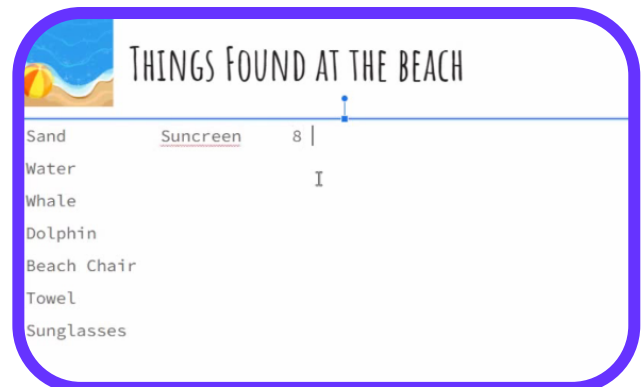
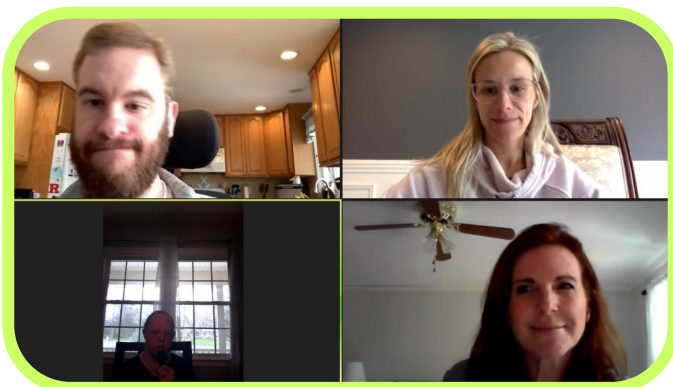


Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Nicole Weick, OTS

On Tuesday, April 26<sup>th</sup>, Shooting the Breeze met! Bobby started the session off greeting everyone with his microphone and singing, "God Bless America". The group was very impressed with Bobby's singing and how much he continues to improve each week! During the group, members participated in a game of "Scattergories". The different categories included the following topics; "Things found at the beach"; "Types of sports"; "Things you can drink"; "Types of music"; "Things That Are Round"; and "Types of Desserts." All players had a total of two minutes to come up with as many answers as they could for each category. Can anyone guess what category with the most answers was? If you guessed "Types of Desserts", then you are correct! All participants had a variety of very creative answers for each category! The group ended with a special song request, which was "We Will Rock You", by Queen.



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

By Nicole Weick, OTS

On Tuesday, April 19<sup>th</sup>, The Coffeehouse Project played incredibly interactive music at Jill Court while Camplain Road and Bobby listened and watched virtually! There were opportunities for collaborative singing, instrument play, and lots of dancing and movement. Music included a variety of genres such as; The Backstreet Boys, The Everly Brothers, Sister Sledge and many more! Does anyone remember the first song that The Coffeehouse Project played on Tuesday? If you guessed “Country Road” by John Denver then you are correct! Another fan favorite was the song “Somewhere Over the Rainbow” by Judy Garland, which everyone chimed in and sang all together as a group. Last but not least, the “Hokey Pokey” had many out of their seats, dancing and singing too!





# Celebrating OT Awareness Month

By Susan Civitillo, OTS

The Occupational Therapy (OT) Awareness Month celebration held at Jill Court on Wednesday started off with a game of hangman, and finished off with a huge dance party! First, everyone had to try and guess the names and phrases of some games and activities that OT students at The ARC enjoy doing with the adults at Jill Court. Barbara and Diana each received a gift card to Dunkin Donuts for correctly guessing the answers: "Dancing With Friends" and "Hangman." Speaking of "Dancing With Friends," that is exactly what we all did afterwards while DJ Chris played some great dance music! We had a lot of fun dancing, hitting some balloons back and forth, and even starting a conga line (all great OT activities)! Everyone had a great time!

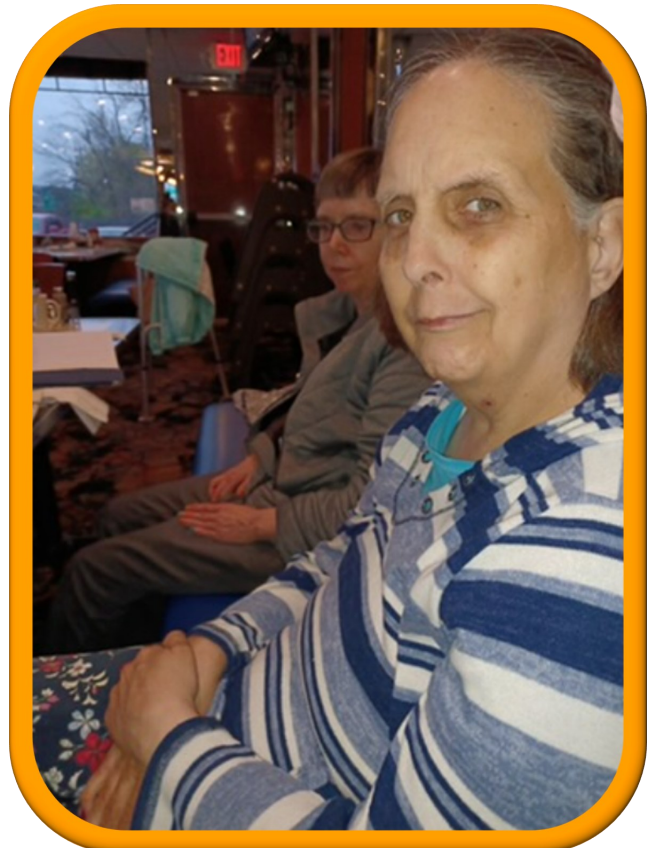




# Woman's Club

Sharon and Suman from the Clinical Department started "The Women's Club" back up again. Different groups of ladies go out twice a month for outings in the Community!

The ladies from Commons 1 & 2 chose to call their group "The Happy Women's Club" while enjoying dinner at Time To Eat Diner!

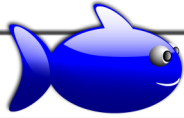


A X S Q T  
 A W I A R  
 E G O I O  
 R Z A R H A P  
 Y W H F D Q J  
 L P C O A S E



# Word Search

## Fishes



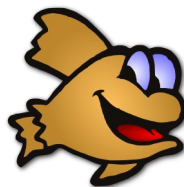
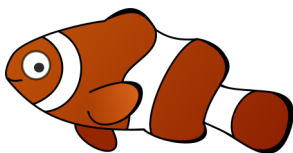
M I W G B M A L B A C O R E K V E H  
 X W J G R O U P E R L A E N P A C H  
 T I L A P I A W N X Z U T H Z N V A  
 E L Z G H O S T F I S H N F A X C D  
 Q N I U X T R O U T E A P G I M L D  
 U S O L E S A L M O N Y L M F S F O  
 M I N N O W P D A R T F I S H I H C  
 G F N C K D N U H A L I B U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

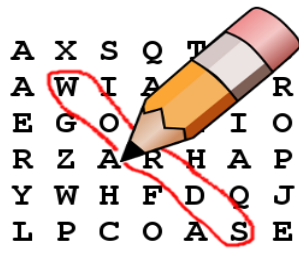
Find the following words in the puzzle.  
 Words are hidden → ↓ and ↘ .

ALBACORE  
 ANGELFISH  
 BASS  
 CATFISH  
 DARTFISH  
 EEL  
 GHOSTFISH

GROUPER  
 GUPPY  
 HADDOCK  
 HALIBUT  
 LUNGFISH  
 MAHIMAHI  
 MINNOW

RAINBOWTROUT  
 SALMON  
 SOLE  
 TILAPIA  
 TROUT





# LARGE Word Search

## Fishes

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

**Bowl**

**Scales**

**Fish**

**Trout**

**Flounder**

**Tuna**

**Salmon**

**Water**



# Upcoming Events



## ***“Step up for The Arc” Walk and 5K Run***

Saturday May 7th, 2022

Including a picnic for our residential folks



## ***Arc Angel Gala 50th Anniversary Celebration***

Friday June 10th, 2022

Cocktail Reception Begins at 7:00 pm

***“Celebrating Achievements, Building our Future”***



## ***The Somerset Patriots celebrate The Arc of Somerset Game Night***

Friday July 8th, 2022

TD Bank Ballpark

7 pm -9:30pm



Featuring Bobby S. singing God Bless America at the start of the game!