

Adult
Services
Presents

THE BUZZ



The Arc
of Somerset County

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



Damandeep's Trip to Canada

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

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Fantastic 4

By Tori Fuerst, OTS

This week, the “Fantastic Four” took part in a Winnie the Pooh-themed scavenger hunt! Charlie, Gerry, and Jayne all took turns searching for their next question by moving throughout the room. Once a question was found, each individual read their question out loud for the rest of the group to help find an answer. Some questions were easily solved and the team knew the answer right away. While some questions were a tad bit more challenging which left everyone stumped. The group had a great time solving the questions and talking all about their love of the sweet bear and all of his friends. Next week the group is looking forward to participating in another scavenger hunt with a new theme!

8. Who is Winnie the Pooh's best friend?



Because they take his honey.

Answer:





Fantastic 4

By Tori Fuerst, OTS

This week, the Fantastic Four took part in a Wizard of Oz themed scavenger hunt! After last weeks activity, Gerry made the excellent suggestion to do a Wizard of Oz theme. Together, Jayne, Charlie, and Gerry worked together to search and answer a variety of questions. The team took turns searching for their next question by moving throughout the room. Once the question was found, everyone read the question out loud for the group to hear and then take guessing answering. Some of the questions were a no brainer, while others were more tricky and took teamwork to solve. The group did an excellent job solving the questions and had a great time talking about the classic film. Next week, the group is looking forward to participating in a crafting activity.

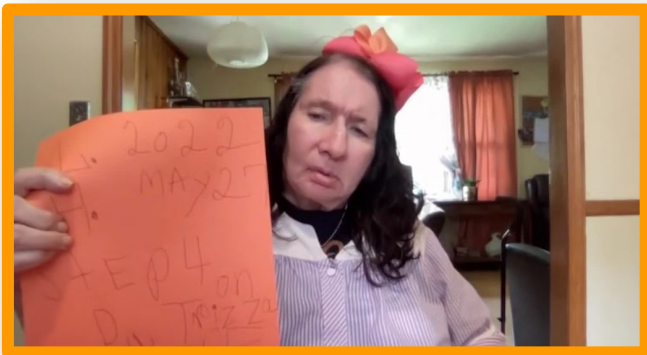




Crafty Ladies

By Kimberly Mueller, OTS

This week in Crafty Ladies, Lynda learned a new recipe for making pizza. We read each step of the recipe carefully and Lynda copied the steps onto paper. She enjoyed practicing her handwriting! Next, we created construction paper “pizzas” by gluing together pieces for crust, sauce, and cheese. Lynda had a special request for sausage on her pizza! After our pizzas were finished, we put our pizza and recipe together into a book. We missed seeing Angie this week, but we are excited for another fun group together next time!





Crafty Ladies

By Nicole Weick, OTS



This past week the “Crafty Ladies” worked on identifying seasonal attire. We started by coloring in the different types of clothing worn during the spring season. Angela designed a beautiful spring outfit and drew a picture with red and blue flowers. Lynda chose to color in a black blouse and discussed how gloves could be worn in the spring for gardening. Both Angela and Lynda shared that they enjoy the spring weather, but do not like when it is too hot outside. We are looking forward to next weeks group and discussing more seasons!



Fun Fashion Fridays

RED, WHITE & BLUE

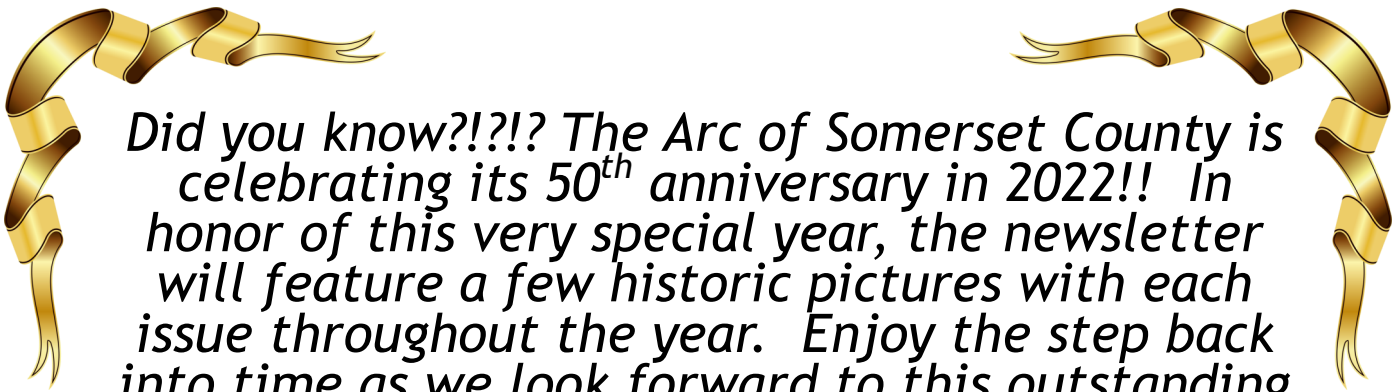


Polka Dots





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!

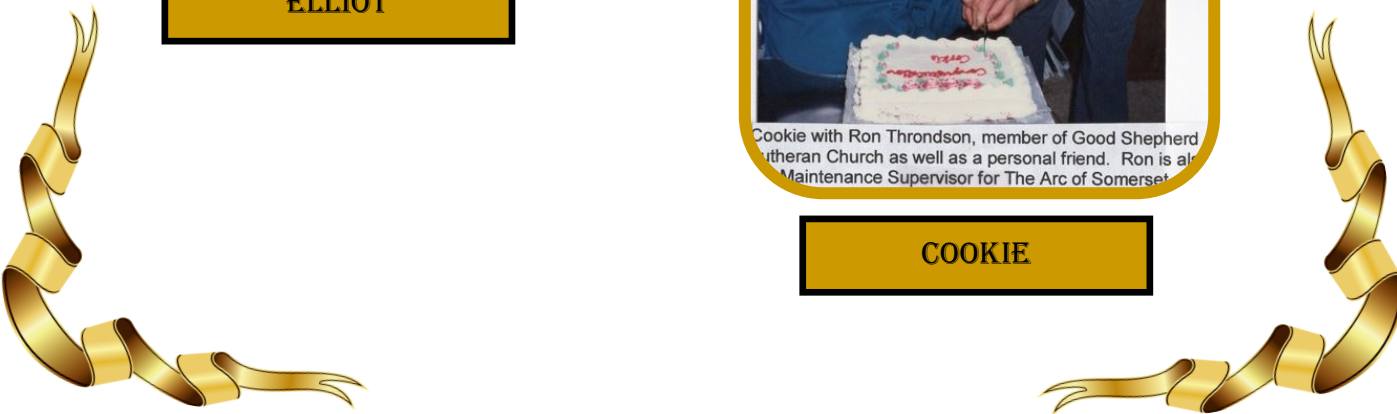


ELLIOT



Cookie with Ron Thronson, member of Good Shepherd Lutheran Church as well as a personal friend. Ron is also Maintenance Supervisor for The Arc of Somerset.

COOKIE



What's the Buzz?



Puzzle at Charlie's Framed and hung outside my door in the main hall. Thank you everyone who had a helping hand in it!



Damandeep at a Car Show in Cherry Hill!



HAPPY BIRTHDAY

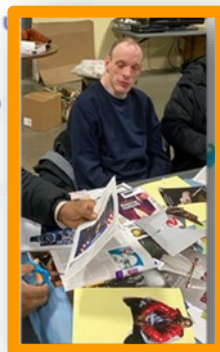
June



Jeffrey



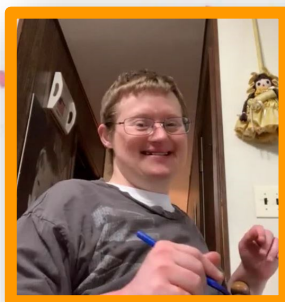
Doreen



Michael



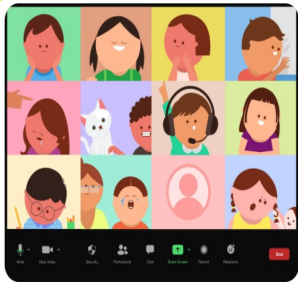
Veronica



Bobby



Anthony



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

- **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
June 13th**

**Friday
June 24th**

Hybrid Schedule

Monday, June 13th

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**
Virtual Only:

Meeting ID: 481 232 8925
Password: 12345

Tuesday, June 14th

1:00-1:30: **Music for Hope & Inspiration**
At CRATC & Virtual: Coffeehouse Project

Meeting ID: 481 232 8925
Password: 12345

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

Meeting ID: 481 232 8925
Password: 12345

Wednesday, June 15th

NO CLASSES

Thursday, June 16th

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

Meeting ID: 701 845 7910
Password: 12345

Friday, June 17th

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

Meeting ID: 481 232 8925
Password: 12345

Monday, June 20th

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, June 21st

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

Meeting ID: 481 232 8925
Password: 12345

Wednesday, June 22nd

NO CLASSES

Thursday, June 23rd

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

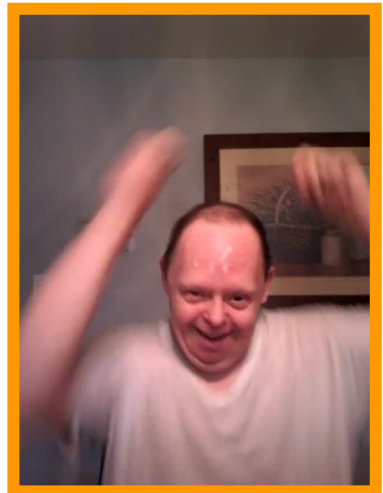
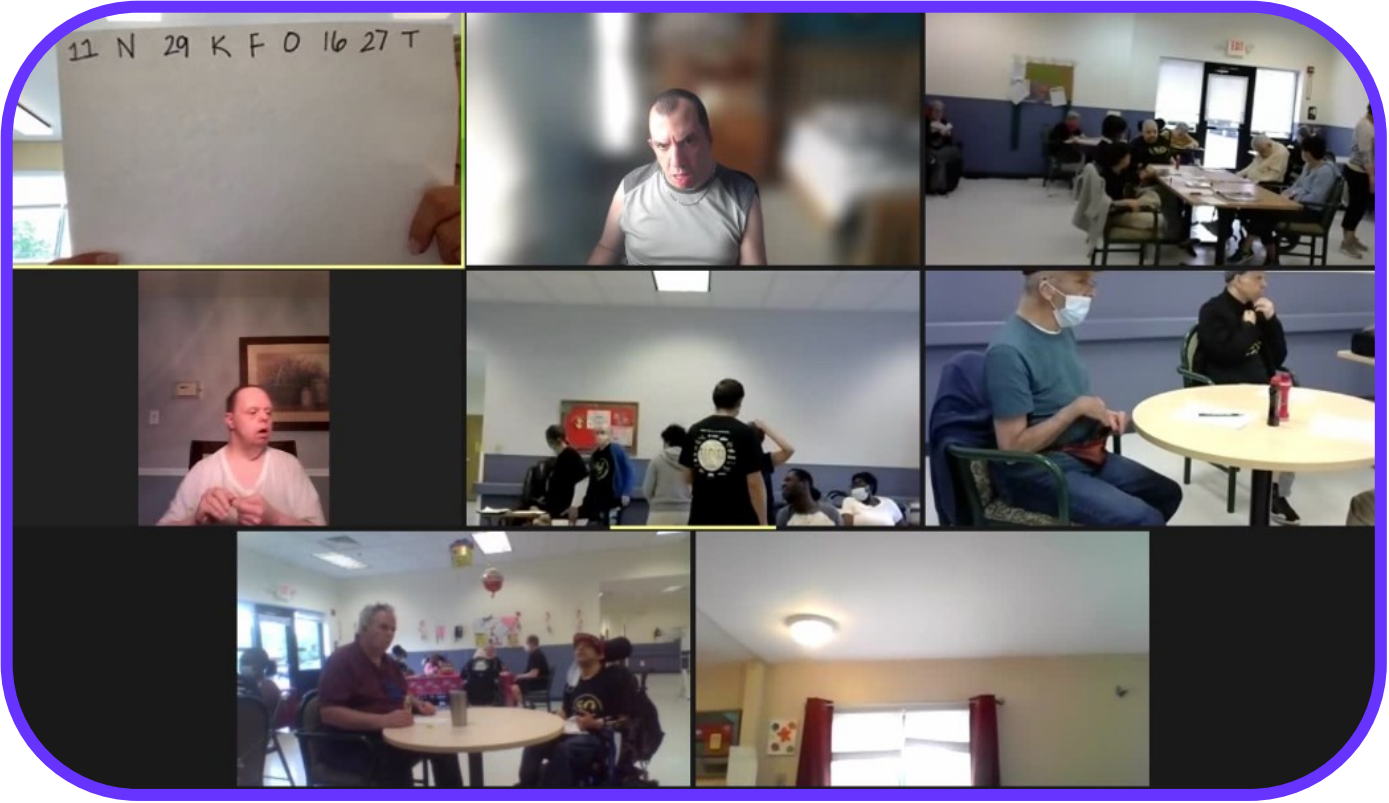
Friday, June 24th

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

Meeting ID: 481 232 8925
Password: 12345

**Mondays
&
Fridays
at 10AM**

BINGO with Mary!!!

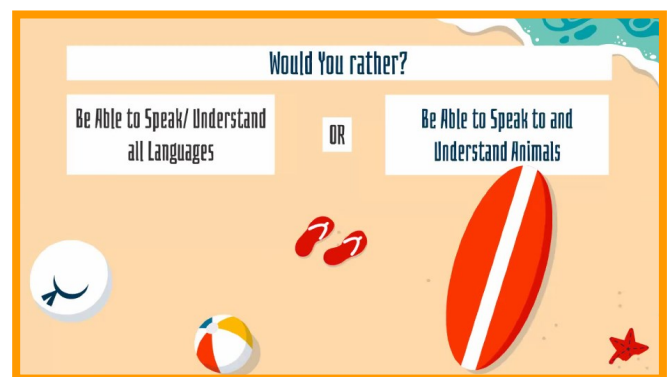
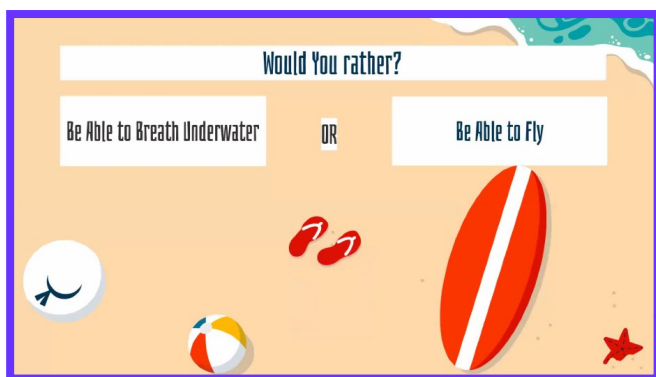


Tuesdays
at
3:00PM

Shooting the Breeze with Friends

By Kimberly Mueller, OTS

“Shooting the Breeze” began this week with Bobby singing “God Bless America” to prepare for his performance in July. Damandeep, Bobby, Cliff, and the OT students played a game called “Would You Rather and Why?” Each player rolled a dice, answered a question, and moved forward on the game board. In our group, we learned that Bobby would rather be able to fly than breathe underwater. Cliff would rather travel by boat instead of by airplane because you can get a better view! Damandeep would rather take a vacation to the beach instead of the mountain. Tori loves swimming but is afraid of swimming deep in the ocean. Kim would rather stay in a hotel than go camping. Nicole would rather have super sensitive taste buds than super sensitive hearing. We all had so much fun learning which options everyone would pick. We missed seeing Matt this week and we are looking forward to continuing the game next week!

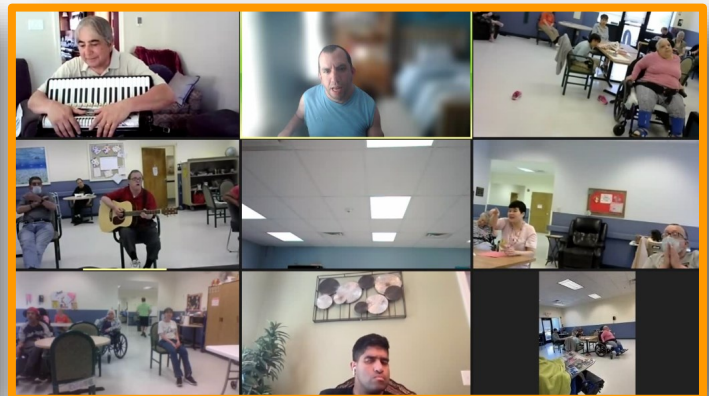
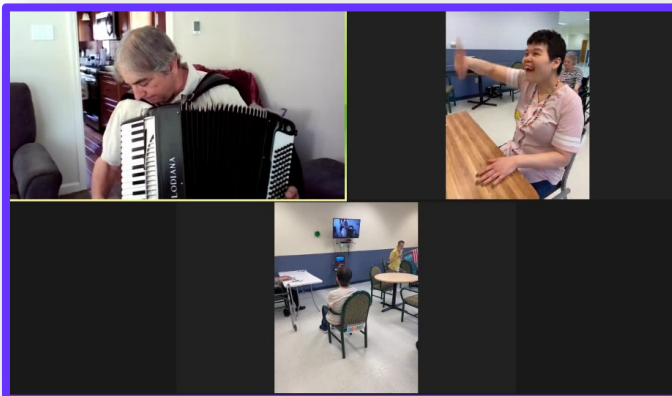


Tuesdays
at
1PM

Music for Hope & Inspiration

By Tori Fuerst, OTS

This week we had the honor of collaborating virtually with Vinnie during a music group. He played the accordion beautifully as well as sang some songs while everyone from Jill Court, Camplain Road, and those at home sang along, danced in their seats, and clapped to the beat. Vinnie selected a playlist of songs that all incorporated a woman's name into the title. "Help Me Ronda", "Barbara Ann", "Wendy", "Sherry", "Smile A Little Smile For Me", "Rosemary", "Daisy Jane", "Maria", and "Good Night Irene" were all tunes that were played. Everyone had a great time listening and engaging with each other over zoom. We are all looking forward to our next week and cannot wait to see what songs will be played.



Tuesdays
at
1PM

Music for Hope & Inspiration

By Nicole Weick, OTS

Justin Brown performed a variety of great hits during music group on Tuesday, June 7th at Jill Court! The first song played was “Three Little Birds”, following “On the Boardwalk”, “My Girl”, “Happy”, “Brown Eyed Girl”, “Rolling Down the River”; and last but not least, “Yesterday”. There was lots of singing at Jill Court, as well as virtually with Bobby and everyone at Camplain Road. Mary Lou, Amy, Frances, and Sandra were dancing while Scott played along on his guitar! Everyone had the most wonderful 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

Name: _____ Date: _____

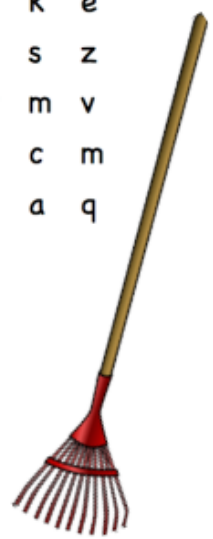
Garden Word Search Puzzle



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

FIND THESE GARDENING WORDS

- | | | | |
|---------|---------|----------|-----------|
| carrots | shade | sprouts | dirt |
| rake | sun | gardener | slug |
| soil | dig | fence | plants |
| veggies | nurture | worms | seeds |
| compost | snails | shovel | bulbs |
| | rain | water | seedlings |
| | | rows | radish |



The words may be hidden vertically, horizontally or diagonally.

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

Gardening

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

Compost

Dig

Dirt

Plants

Seeds

Sun

Water

Worms

Upcoming Events



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!



Craftsman Corner

Hi Everyone,

As the warmer weather creeps in some of us will take advantage of visiting the beach, lake, water park or pool. Please review the following safety tips to help keep you and others safe while enjoying the warmer weather and cooler water!

SUN SAFETY
SUMMER SKIN PROTECTION

- WEAR BROAD HAT
- USE SUNGLASSES
- WEAR PROTECTIVE CLOTHING
- AVOID SUN BETWEEN 11 AM AND 3 PM
- USE SUNSCREEN
- DRINK MORE WATER
- REFLECTION CAUTION
- SEEK SHADE
- AVOID DIRECT SUNLIGHT

the WATER SAFETY TIPS

- ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES**
Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.
- WHO'S YOUR BUDDY?**
Never let children swim alone; always designate swimming buddies before visiting the beach or pool.
- TEACH THEM EARLY**
Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.
- DON'T BE PUSHY**
Instruct children to never run, push or jump on others in and around the pool.
- WEAR SUNSCREEN**
Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.
- SUIT UP!**
Make sure children always wear life jackets and use proper water safety and flotation devices.
- GET CERTIFIED**
Become certified in infant and child First Aid and CPR.
- I'M ON A BOAT!**
Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.
- STAY HYDRATED**
Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

SWIM WITH A BUDDY

US Army Corps of Engineers
www.CorpLakes.us/watersafety

YOUR LIFE JACKET
Size It Right!

Too BIG!
Too SMALL!
JUST RIGHT!

US Army Corps of Engineers
www.CorpLakes.us/watersafety



Buzzword

The Arc of Somerset County is pleased to announce after a lengthy and detailed search, the agency's new Associate Executive Director will be Ms. Sandee Miller. Sandee comes to us after a diverse career focusing on compliance, program services supervision, Medicaid alignment, board relations and program development among much else; notably, in elevated roles in other New Jersey Arc settings. Sandee began with us on June 6th and will be spending the next few weeks orienting to programs. We look forward to an exciting transition as we introduce Sandee to all of our consumers and work across all departments. Please join me in welcoming our newest team member.

Chris Corvino

Associate Executive Director
The Arc of Somerset County