

Adult Services Presents

THE BUZZ



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



April



Hot Topix Pictionary Edition

"Life is like a camera. Just focus on what's important and capture the good times, and if things don't work out, just take another"

Publisher & Editor
Cliff Leon
Karen Kowalski

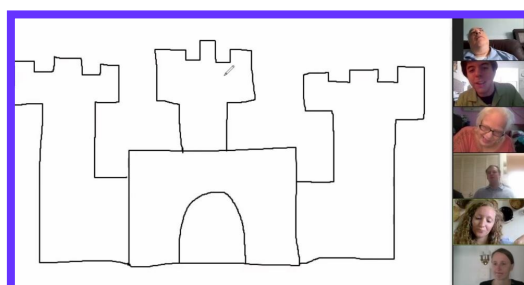
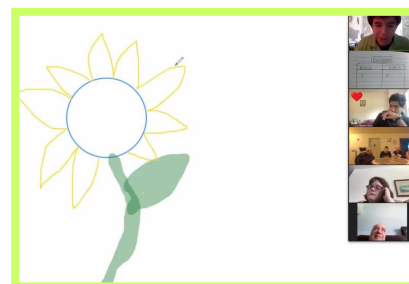
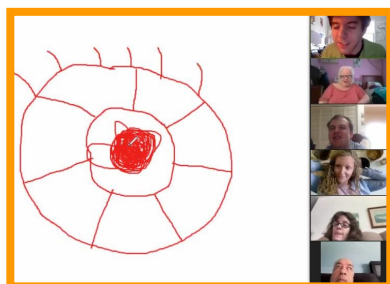
Contributing Writers
Karen Kowalski
Mary Scibelli
Jason Scheib
Chris Corvino
Lauren Frary

Photographers
Cliff Leon
Karen Kowalski

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

Please contact:
Karen Kowalski

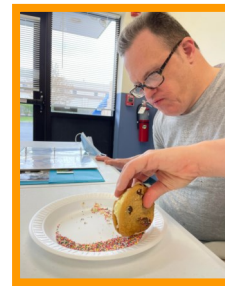
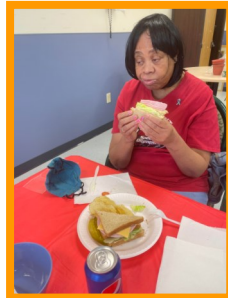
Our Hot Topix group fought it out today over a rousing game of Pictionary! With Jordan as our faithful artist, it was men against ladies in a race to win the most points. We were joined by many friends including Suzie and Trevor! Barbara helped the girls team pull ahead when the boys struggled to decipher Jordan's spaceship. But the race was still neck and neck! When the clock had almost run out, we were all tied up. The final round would decide in a winner takes all moment. Jordan began the last drawing... revealing feet and a diaper. It stumped most of us for a while, and finally Alex made the winning guess! "Baby!" Sorry ladies, the men win this time!



THANK YOU
DSPS
FOR ALL YOU DO



Scenes from Jill Court's Café & Creamery



THANK YOU

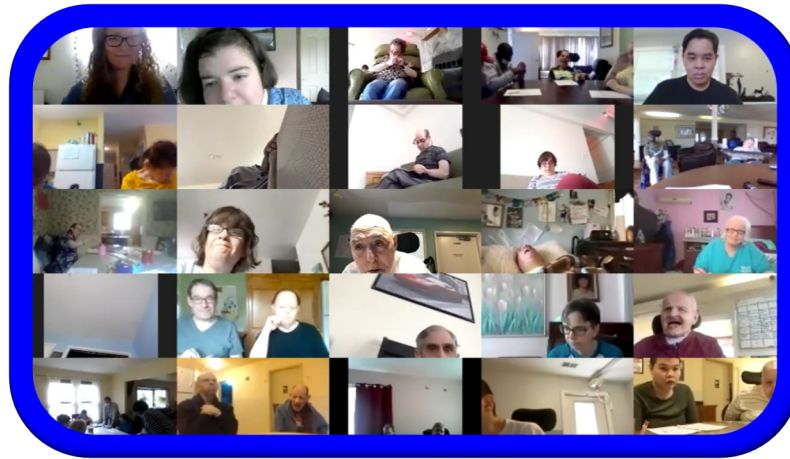


A thank you to Don's power washing donation for a spring cleaning of the Union Avenue Apartments



Mondays
&
Fridays
at 10AM

Mary's BINGO Group



This Week in Literacy

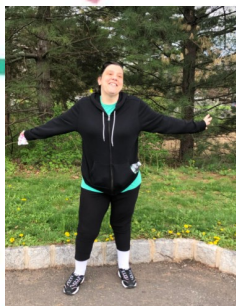


This week in literacy we did an activity where people would take turns reading a word and then someone else would say what category it belongs to. Lisa read words including the word chair. Alex read the words apple and lake. Donna answered that it was a fruit and then everyone started naming fruits. Leslie said strawberry and Doreen said watermelon. Shawn said that a lake is a body of water. Bill read the word July and said that it is a month. When the words New Jersey were on the screen, several people read the words out loud. When it was time to name other states, Joe took us to North Carolina and Donna took us to New Hampshire. Everyone continued to use team work to perform the activity! Well done everyone!



HAPPY BIRTHDAY

MAY



Danielle



Daniel



Evelyn



Scott



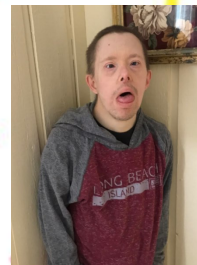
Donna



Amy



John



Gregory



Theresa



Jordan

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

- **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 & Tonya”:** 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 TopiX”:** 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

May 3rd—May 14th



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, May 3rd

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: 30 Minute Mystery

Meeting ID: 956 878 9920
Password: 566600

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, May 4th

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" - TBD

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" - Piano Concert with *Austin, Dylan, Eduardo*

Meeting ID: 481 232 8925
Password: 12345

Wednesday, May 5th

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: 30 Minute Mystery

Meeting ID: 956 878 9920
Password: 566600

Thursday, May 6th

10:15-10:45: "Cool Collections" - TBD

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

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 "Hot Topix"

Trip to Missouri with Alex

Meeting ID: 481 232 8925
Password: 12345

Friday, May 7th

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

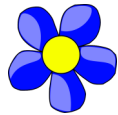
Monday, May 10th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: 30 Minute Mystery

Meeting ID: 956 878 9920
Password: 566600



Virtual Zoom Schedule

May 3rd—May 14th



1:00-1:30: Royal School of Yoga
Meeting ID: 956 878 9920
Password: 566600

2:00-2:30: Art with Alec
Meeting ID: 956 878 9920
Password: 566600

Tuesday, May 11th

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”
Justin Brown
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” - *Look and Find Nature Quest*
Meeting ID: 481 232 8925
Password: 12345

Wednesday, May 12th

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: 30 Minute Mystery
Meeting ID: 956 878 9920
Password: 566600

Thursday, May 13th

10:15-10:45: “Cool Collections”- TBD
Meeting ID: 956 878 9920
Password: 566600

10:00-10:30: Literacy Class (Ardley)
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” -
Tommy Strazza
Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 “Hot TopiX”
Virtual Basketball Game
Meeting ID: 481 232 8925
Password: 12345

Friday, May 14th

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

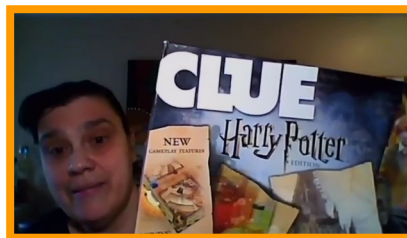
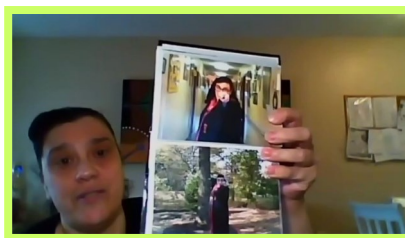
2:00-2:30: Literacy class (Claremont)
Meeting ID: 701 845 7910
Password: 12345

Thursdays
at
10:15AM

Cool Collections Group

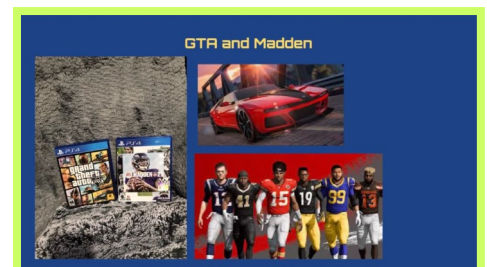
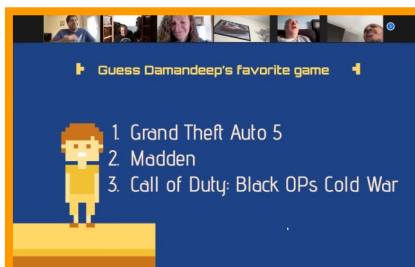
Danielle's Amazing Harry Potter Collection (part 2)

Cool Collections today featured Danielle's Harry Potter Collection Part 2! This lady is definitely a fanatic. She showed off key chains, mugs, and wands for our friends. She made us all jealous of her awesome trips to Universal to see Harry Potter World. She had pictures in robes, with wands, and drinking delicious butter beer! Our friends enjoyed talking about the different movies we've seen, and which ones are the favorites. Danielle voted for Prisoners of Azkaban because she loves when Harry gets to meet his uncle. Thanks for sharing, Danielle!



Damandeep's Video Game Collection

In cool collections, Damandeep wowed us with his extensive video game collection. Did you know he has 13 games for his Playstation 4? He told the group that he likes playing online and at home on his own. His favorite game is Grand Theft Auto 5. Brian agreed that being able to drive fancy, red sports cars around would be really fun! We saw lots of sports games including FIFA, Madden, and NBA games. Damandeep also enjoys Call of Duty. He showed us that video games are not just for kids!

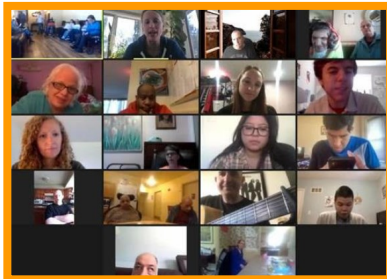


Tuesdays
&
Thursdays
at 1PM

Music for Hope & Inspiration Group

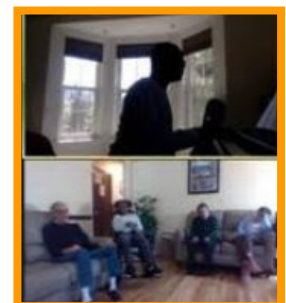
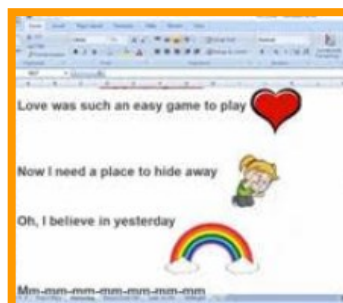
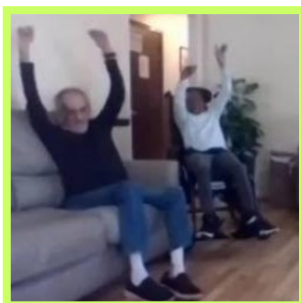
Tommy Strazza

The “Music for Hope and Inspiration” group enjoyed a wonderfully musical afternoon with Tommy Strazza practicing the words and melodies for some of our favorite songs such as “Free Falling”, “Sweet Caroline”, “Brady Bunch Theme” as well as an ode to the start of the baseball season with a rousing rendition of “Take Me Out To the Ballgame”! We had a special birthday tribute to our friend Bobby whom celebrated his birthday this week - we all had fun singing “Happy birthday” to him - Happy Birthday Bobby! Time spent with Tommy is always full of fun, musical education and tons of laughter with friends - thank you Tommy and all of the musicians in the group!



Thank You Justin!

The “Music for Hope and Inspiration” group enjoyed “leaning” on each other for laughter and musical support along with our friend and fellow musician, Justin! Justin accompanied us on the classic song “Lean On Me” and then we discussed what it means to be a good friend with Cliff and Alex p providing real life examples. The group “leaned” on each other to figure out the names of the four Beatles (John, Paul, Ringo and George) and then we sang “Yesterday”. Finally the group celebrated with a rousing version of “Hallelujah” in honor of this great musical time with friends! Thank you Justin and all for this wonderful group today.

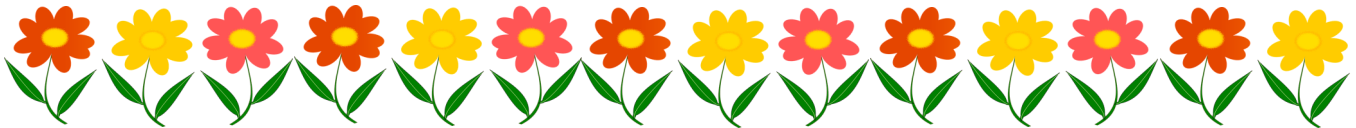


Tuesdays
&
Thursdays
at 1PM

Music for Hope & Inspiration Group

Thank You Jeremy

In today's music class our friends got to meet a new musician: Jeremy Dunn! Andrea (OT student) introduced her brother to play some songs on his guitar for us today. His melodious voice and strumming guitar made for a beautifully relaxing afternoon. He crooned to tunes like Louis Armstrong's "It's a Wonderful World" and Coldplay's "Fix You". Special thanks to Frannie for singing along! Diana brought the movement with some nice dance moves. And Bobby and Colleen made some suggestions for new songs for Jeremy to learn. For his big finish, we all got to sing the Beatles "Let it Be"! We can't wait to have Jeremy back again to show off his lovely vocals and musical talent!



Coffeehouse Project

The Coffeehouse Project certainly rocked our world during the "Music for Hope and Inspiration" group with a lot of air guitar, air drumming and top of our voices singing! The group delighted in high energy songs such as "Don't Stop Me Now", "Since You've Been Gone", "Are You Gonna Go My Way", "Crazy Train" and "Don't Stop Believing". It was wonderful to see everyone dancing along - especially with a solo dance performance by Ray! Thank you Coffeehouse Project for putting a fun musical spark in our day!

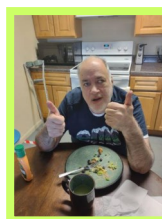


Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

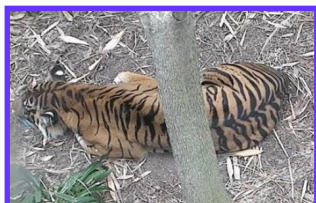
Portion Control

The “Hot TopiX” group learned all about healthy choices! We learned correct portion sizes and the different types of food groups that encompass the food pyramid. We also learned cool ways to measure out of food! For instance, instead of knowing that we can only have one cup of carbohydrates, we now know that we can measure it by the size of our fist! We also know that a typical ounce of meat should be 3 ounces, but we can also measure it by comparing it to a deck of cards or the size of our palms! How cool! After, we got to watch some of our friends make their own salads, such as Barbara, Burton, Damandeep, Diana, Alex, Tony, and Ray. They all looked delicious. Some of our friends even added fruits to their salads, like apples, strawberries, and blueberries - yum! They were all so colorful! Today’s Hot TopiX group definitely made us all hungry after, but for something healthy!



Trip to the San Diego Zoo

In “Hot Topix”, we took a quick trip to the San Diego Zoo! The Zoo’s live cameras let us explore different animals in their habitats. We saw tigers, bears, and baboons, Oh My! We watched the giraffes and rhinos living together. Did you know that giraffes have blue tongues? Alex and Ray shared about how much they liked cats and loved seeing the big tiger... even though he was taking a nap. Frances helped us decide to visit the baboons and Mary Lou took us on a trip to the polar bears. They were so cute! We ended our tour with the elephants and got to see these large mammals walking around their zone in the zoo. It was a beautiful day to spend with some amazing creatures! We ended our group by peeking in on the eaglets, baby eagles, LIVE at the Duke Farm Estate - they were so cute!

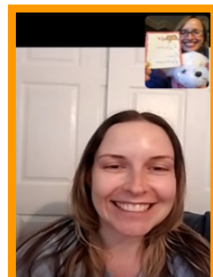
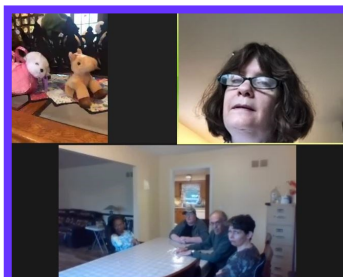
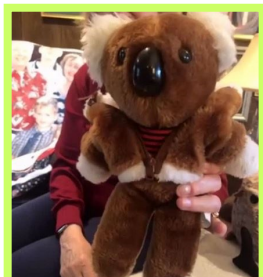
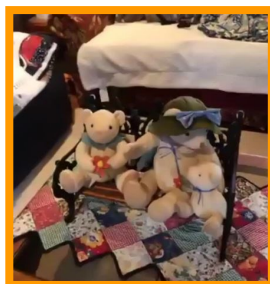


Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

Ann's Stuffed Animals

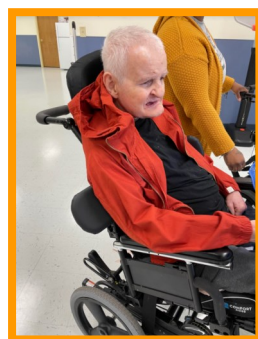
The animals certainly were on parade during the "Hot TopiX" group with our friend (and Karen's Mother!) as the leader of the troupe. Ann showed us her very varied collection to include foxes, owls, rabbits, The Cat in the Hat, koalas and of course bears! There were animals sitting on benches, wearing dresses, and even one that was riding a bicycle (but the group agreed that the bear should have been wearing a helmet!) We learned that a number of people have done a special craft called "latch hooking" which involves tying little pieces of yarn to a pattern in order to create a textured picture for the wall, or in Ann's case, Karen created a latch hook bear when she was really little - so cute! At the end of the group, there was a special donation raffle with two winners - Latricher and Barbara. Latricher is donating a cute cat in a purse to a little girl and Barbara a horse to a little boy - both whom are part of "Parents and Children Together" (PACT) program compliments of Director of the PACT program, Jeanette McClew. The little boy and little girl will be so excited to receive their soft and cuddly donations from Latricher and Barbara. What a wonderful group filled with stuffing and love today!



Damandeep's Art



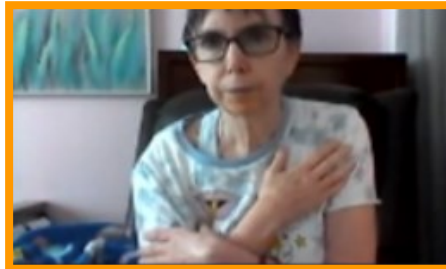
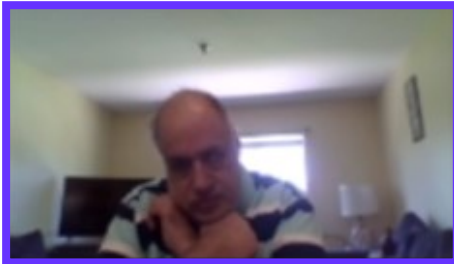
Familiar Faces



**Mondays
at
1PM**

The Royal School of Yoga

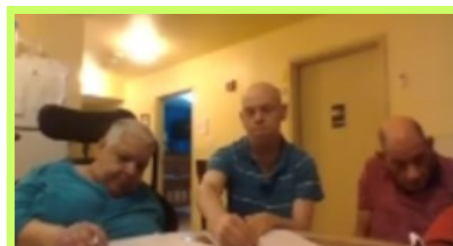
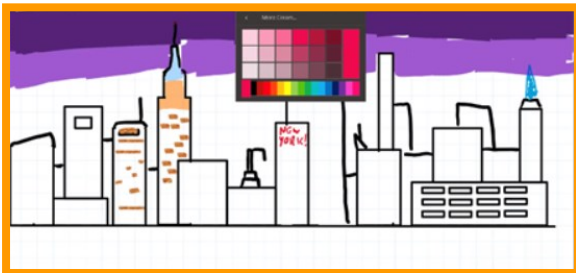
Another wonderful start to our week with our friend and yoga instructor, Jane from The Royal School of Yoga!



**Mondays
at
2PM**

Art with Alec

Our art instructor, Alec, took the group on another exciting artistic journey, this time to the beauty of New York City! Artistic ability is certainly one area that this group has fine tuned within the past year with the guidance of both of our outstanding art instructors!





ToonMe



Enjoy seeing different people from The Arc of Somerset being magically transformed into cartoons!!!

WHO WILL BE NEXT?



JANE



BARBARA W.



LATRICHER





WORD SEARCH



Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE





May Holidays

May 1st—May 15th



Saturday, May 1st



Free Comic Book Day



May Day



National Foster Care Month



World Fair Trade Day



National Astronaut Day



National Hoagie Day

Thursday, May 6th



International No Diet Day



National Beverage Day



National Day of Prayer



National Nurses Day



National Tourist Appreciation Day

Sunday, May 2nd



International Harry Potter Day



National Brothers and Sisters Day

Monday, May 3rd



Constitution Memorial Day



Melanoma Monday



National Paranormal Day

Tuesday, May 4th



National Teacher Day



Star Wars Day

Wednesday, May 5th



Cinco de Mayo

Friday, May 7th



National Provider Appreciation Day



National Space Day



National Tourism Day

Saturday, May 8th



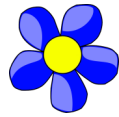
National Coconut Cream Pie Day



National Have a Coke Day



World Migratory Bird Day



May Holidays

May 1st—May 15th



Sunday, May 9th



Mother's Day

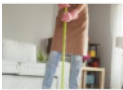


National Lost Sock Memorial Day



National Moscato Day

Monday, May 10th



National Clean Your Room Day

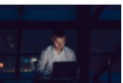


National Shrimp Day

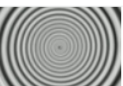
Tuesday, May 11th



National Eat What You Want Day



National Third Shift Workers Day



National Twilight Zone Day

Wednesday, May 12th



National Receptionists Day

Thursday, May 13th



National Apple Pie Day



National Frog Jumping Day



National Fruit Cocktail Day

Friday, May 14th



National Buttermilk Biscuit Day



National Dance Like a Chicken Day

Saturday, May 15th



National Armed Forces Day



International Astronomy Day



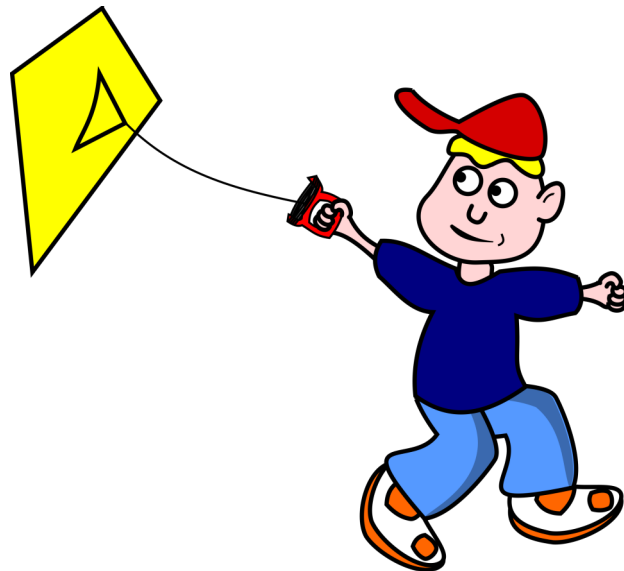
International Day of Families



National Chocolate Chip Day

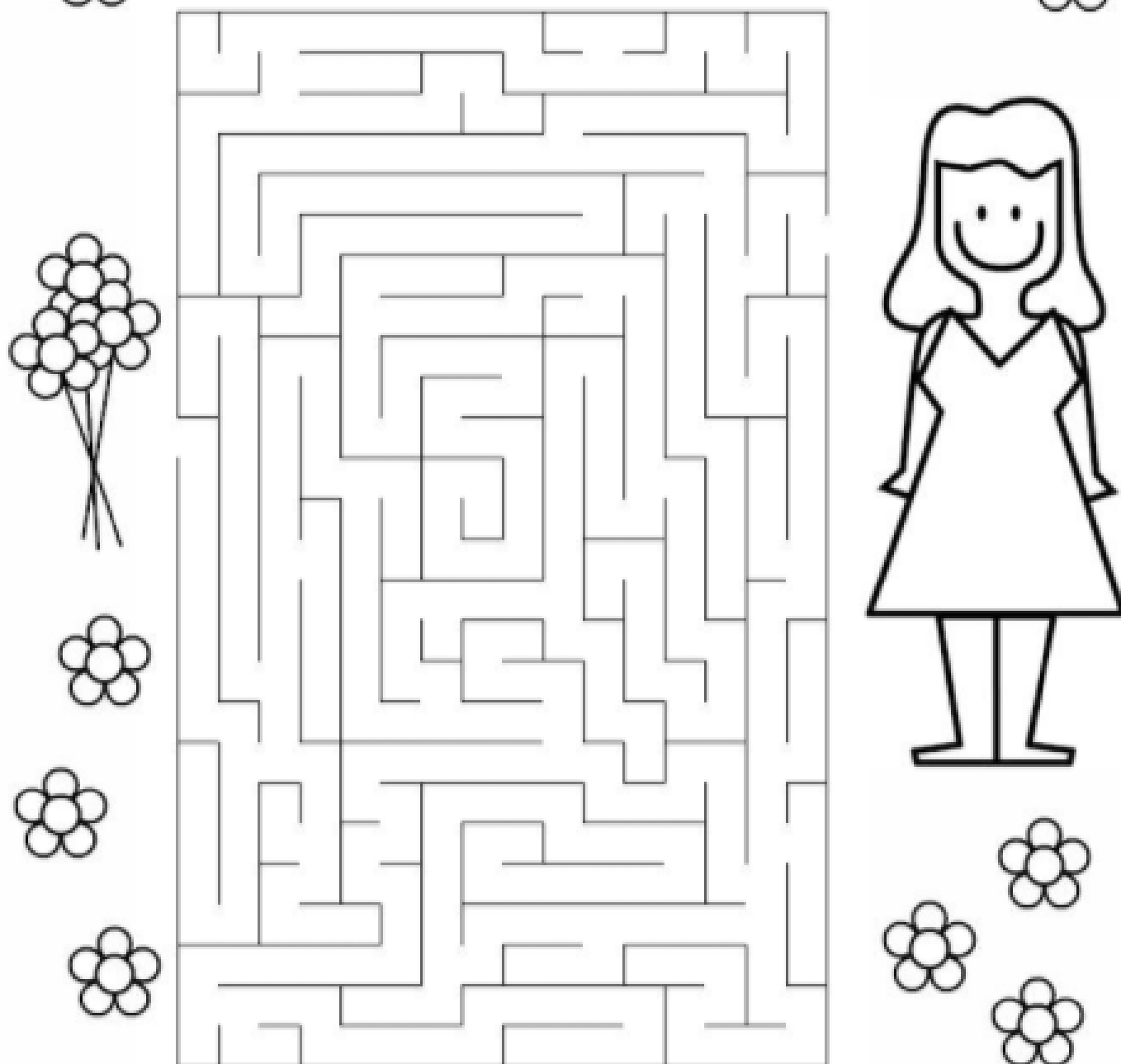


Peace Officers Memorial Day



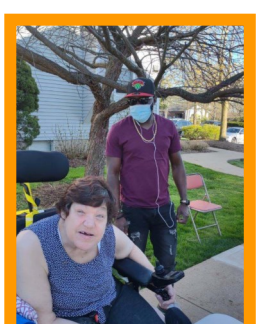
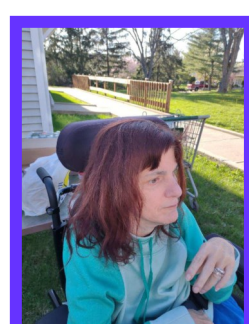
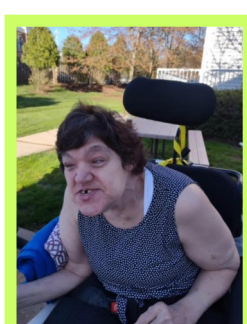
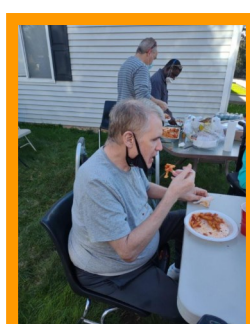
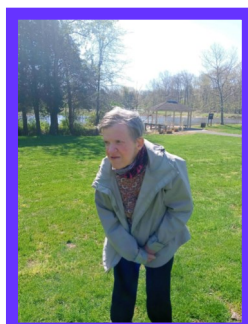
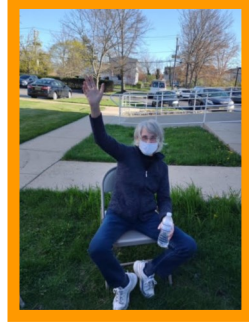
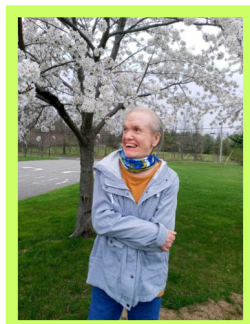
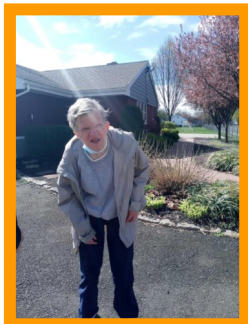
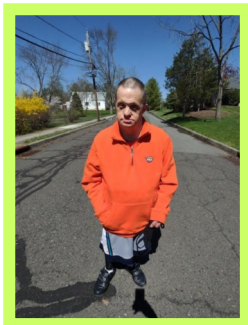
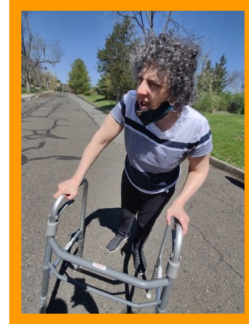
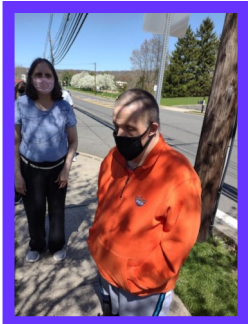
BRING THE BOUQUET

TO MOM



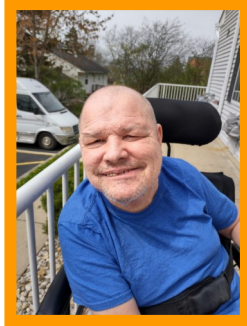
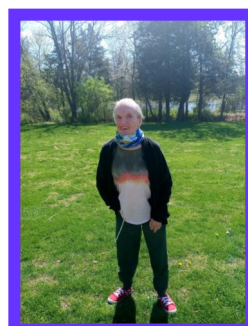
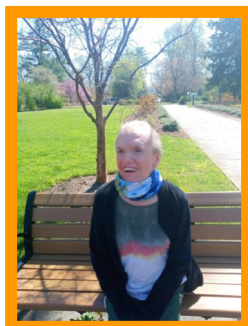
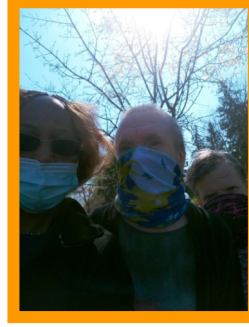
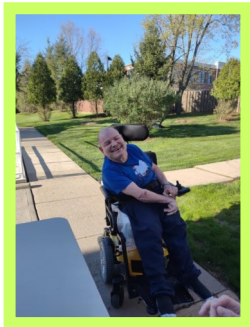


Show Us Your Fresh Air Face



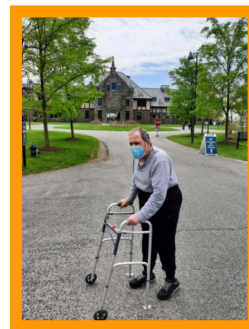
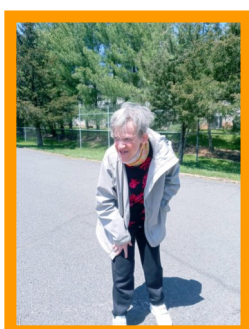
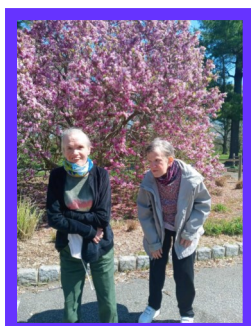
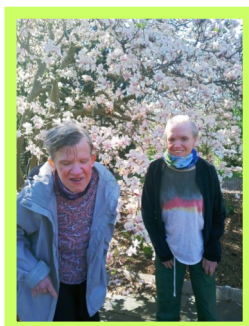


Show Us Your Fresh Air Face





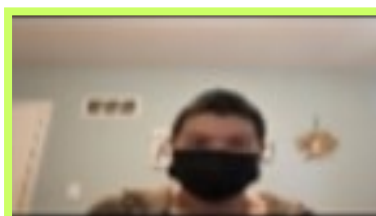
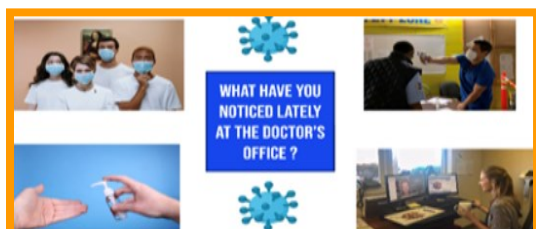
Show Us Your Fresh Air Face



Med Talk



The Rutgers Medical Students, Ijeoma Unachukwu and Hannah Bava, focused on “Medical Advocacy” during a recent “Medtalks” which provided once again, timely and easy to understand information that we can practically use related to our health and wellbeing! The group spoke about how health care has changed within the past year. Damandeep and Barbara commented that there are now plastic shields, face masks and the increased use of telehealth. Burton reminded us that “Advocacy means your rights”. We discussed that we all deserve to be treated with dignity and respect and also very important to be involved in our health care. It is important to ask questions and health professionals as well as our staff know when we are not feeling right. We should speak up for ourselves during medical appointments because it is our health and our own experience. We also spoke that it is important to give the same respect to health professionals by being on time and having patience if there is a wait to be seen for the appointment. Ijeoma and Hannah demonstrated a role play of what happens at a doctor’s office which was really helpful for us to understand what to do and say. The group enjoyed saying the following out loud to each other “My health, my rights, my choices”! Thank you Ijeoma and Hannah for this good conversation and reminders.





SPRING JOKES

**WHAT DID THE TREE SAY
TO SPRING?**


What a re-leaf!

**WHY ARE FROGS SO
HAPPY?**

Because they eat whatever
bugs them!

**CAN BEES FLY IN THE
RAIN?**

Only when they wear their
yellow jackets!





Buzzword



Families and Friends:

As is so often the case in the past year we would like to update as to a change in our process to reopen day services. As some of you may have seen or heard, The State of New Jersey has changed requirements since our last issue with regard The CALI Report and the ability of programs to open. The update on this information is available at:

[covid19-congregate-day-program-reopening-requirements.pdf](#)
([nj.gov](#))

Further, we are pleased that our region has remained in a moderate risk category for the past two weeks. With this in mind, we are hopeful to announce initial opening plans early next week at a still limited capacity.

We appreciate the attention and the partnership across many updates, phone calls and forms through the past many months as we navigate these changes together.

I look forward to pictures from our newly reopened programs shortly.

Chris Corvino
Associate Executive Director
