

Adult Services Presents

# THE BUZZ



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

**April is OT Month!**

OCCUPATIONAL THERAPY  
EMBRACING CHALLENGES  
ENHANCING LIVES



## Welcome Back to Camplain Road!!!

### 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  
OTs  
FOR ALL YOU DO





# Crafty Ladies

By Susan Civitillo, OTS



We continued to celebrate the arrival of spring this week! What better symbols to represent spring than butterflies and flowers! Angela chose from a variety of colorful pieces of tissue paper to tear pieces off and glue them down on paper to create a beautiful butterfly and flower. Meanwhile, Lynda kept busy practicing her writing skills by writing the names of her favorite Looney Tune characters. She also did a great job writing out her first and last name on the back of the paper. We look forward to next week when we participate in another spring themed arts and crafts activity!





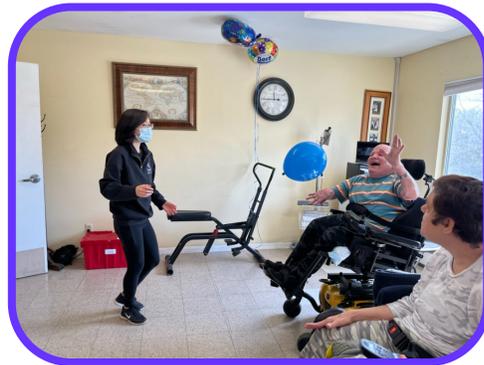
# Fantastic Four



By Kaitlyn Vinals, OTS



This week, we had a “best wishes” celebration for Occupational Therapy Student Katie Vinals, who finished up her final week of her 12-week fieldwork at the Arc. We enjoyed delicious cupcakes and iced tea, while reminiscing about some of our favorite memories with Katie. Afterwards, both Katie and Kaitlyn helped Gerry create a beautiful new cover for her photo album, while Charlie and Jane had fun taking turns hitting balloons back and forth between themselves, Susan, Kaitlyn, and Katie - with a surprise visit by Steve who joined in on the fun! Best wishes to Katie - we hope you can come back to visit!





# Crafty Ladies



By Susan Civitillo, OTS



Spring was in the air last Friday at Crafty Ladies as Angie and Lynda put crayon and marker to paper to color in some festive spring pictures containing bunnies, baskets, eggs, and flowers! As an added touch, they also glued pom-poms to the pictures to add even more pops of color! We enjoyed sharing about our favorite things about Easter while we worked on our pictures. Angie also had a lot of fun adding a different nail polish color to each of her fingernails to celebrate the arrival of spring. We look forward to doing more arts and crafts next week!



4

# Fantastic Four



By Susan Civitillo, OTS



We had a lot of fun at Fantastic Four last Friday playing the Heads-Up game! Each player got a turn to guess what the picture was that was being held up behind them out of their view, but that the other players could see. The other players then took turns providing one clue about the picture to the person who's turn it was to guess. Everyone gave such great clues that every person was able to eventually guess what their picture was! Charlie, Jane, and Gerry each took turns guessing and being the one to hold the picture. Even Cliff and Karen joined in on the fun! A nice group discussion took place when a picture of Disneyland prompted Gerry, Jane, and Charlie to share that they've all been to Disney and about some of their memories there. We hope to share some more Disney memories next week!



# National Housing Month



By Sue Fickas

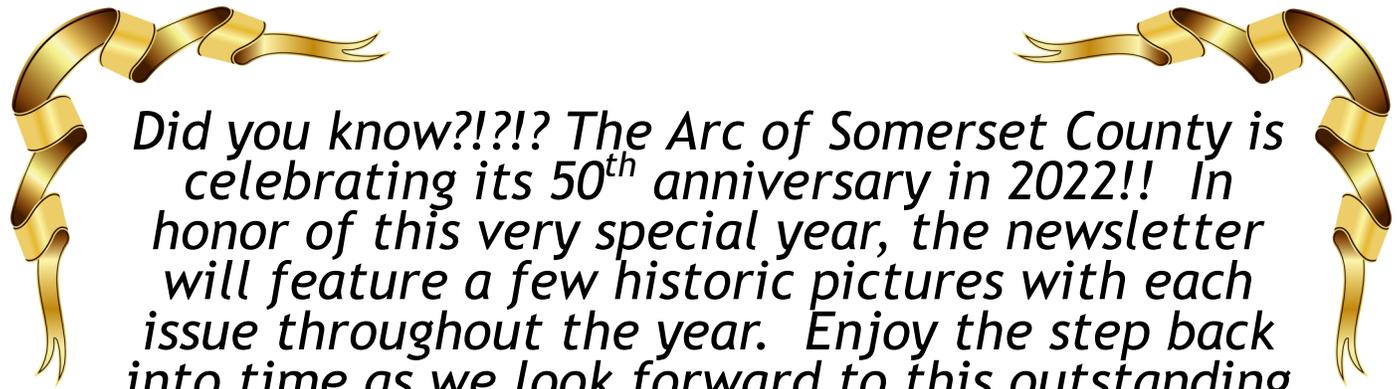


Placing Eric was by far the hardest decision we have ever made. It is still something I occasionally struggle with. One of his teachers helped me with that struggle by telling me that I was doing the right thing, that she has seen many family members with special needs placed in a group home after a parent either got too sick to care for them, or the caregiver died. Nobody was watching and it wasn't always a positive experience for that special needs family member. We were watching and felt the need to move Eric three times before we were able to sleep peacefully at night. The first two homes (not Arc affiliated) were not exactly a good experience, but the third move was a charm. Eric is nonverbal and the only way we could tell how he felt was by his beautiful smile. The first two homes took that smile away, but the home he is at now gave it back to him. We cannot express the joy we get when we visit him, and instead of him chasing us as we would leave, he would take one of our hands and point us to the door. He was ready for us to leave. The Arc of Somerset has been a gift to, not only Eric, but his whole family. They have taught him many things that we never dreamed he would learn. He has an amazing housemate who keeps us up to date on Eric's progress and watches him like a brother. The staff who takes care of all Eric's needs are always helpful and always very friendly to our family. In our experience, the Arc has been a blessing. Every step of the process of placing him in his Arc home, and then with his daily care, has been a positive one. Thank you to all who take care of Eric and keep him happy. We are more than grateful.





# The Arc's 50th Anniversary



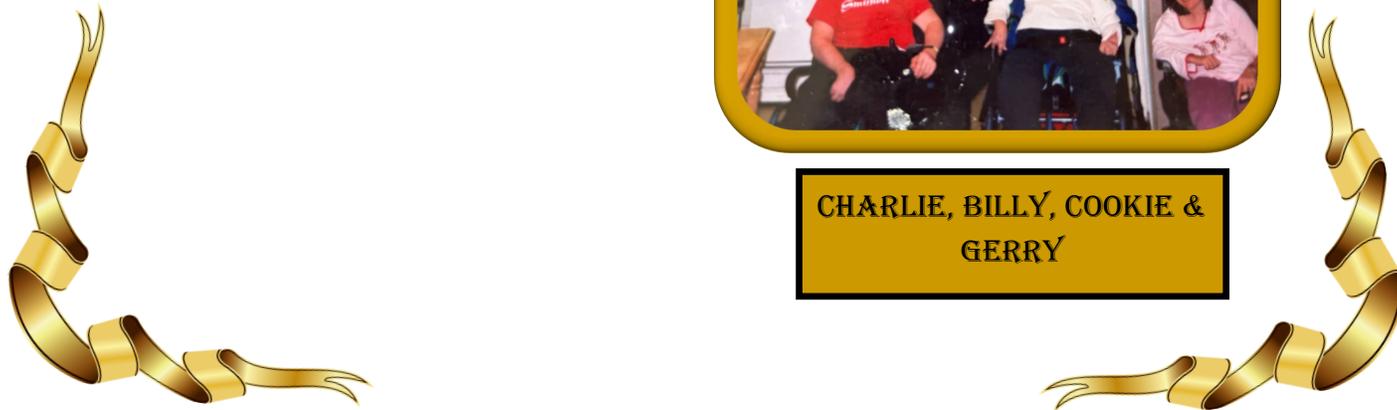
*Did you know?!?!? The Arc of Somerset County is celebrating its 50<sup>th</sup> anniversary in 2022!! In honor of this very special year, the newsletter will feature a few historic pictures with each issue throughout the year. Enjoy the step back into time as we look forward to this outstanding year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



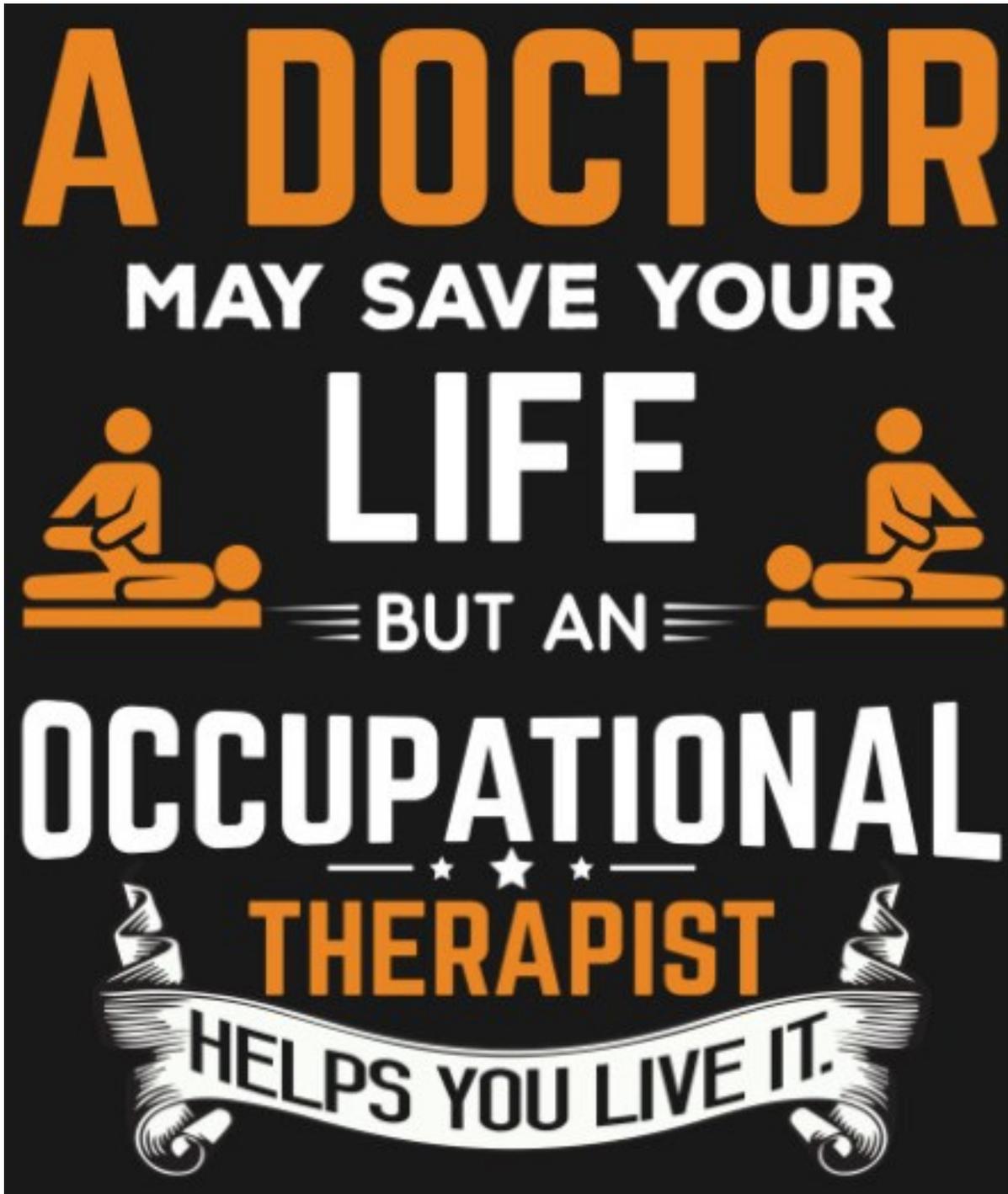
**CHARLIE M.**



**CHARLIE, BILLY, COOKIE & GERRY**



# Inspirational Quote





**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.

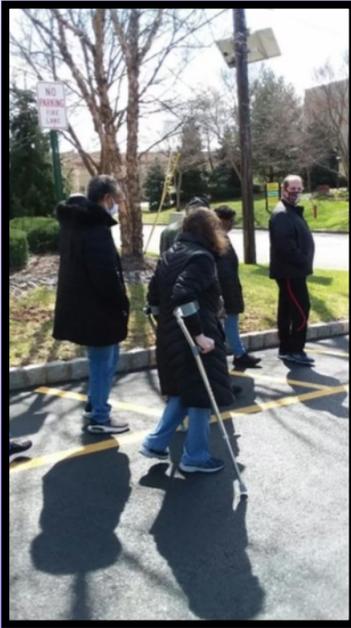
**We are accepting submissions until May 4<sup>th</sup>**

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



# HAPPY BIRTHDAY

## APRIL



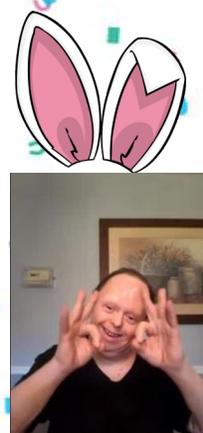
FREDA



TREVOR



ELLIOT



BOBBY



DANNY



QING



MARCIA



# 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  
April 18th**

**Friday  
April 29th**

# Hybrid Schedule

## Monday, April 18th

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, April 19th

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

*At JCATC & virtual: The 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, April 20th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, April 21st

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, April 22nd

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, April 25th

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, April 26th

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

*At JCATC & virtual: Vinnie*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, April 27th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, April 28th

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, April 29th

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

Meeting ID: 481 232 8925  
Password: 12345

Mondays  
at  
1PM

# Yoga with Jane

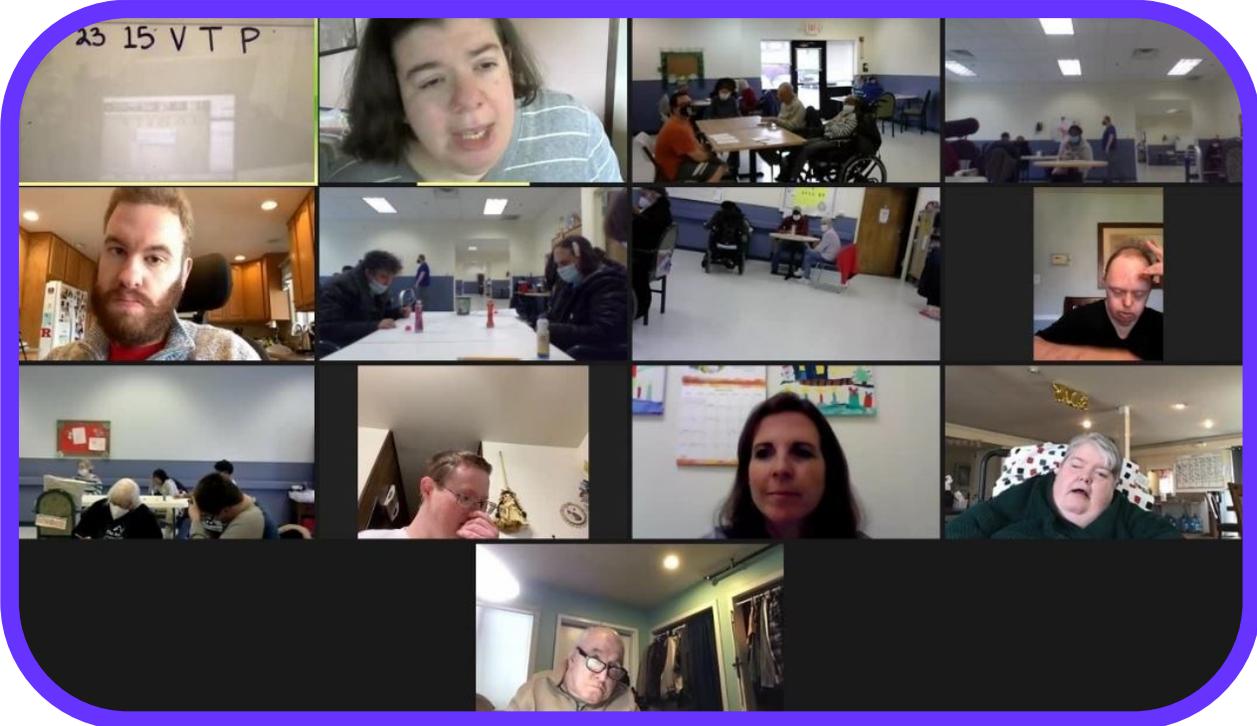


THANK YOU JANE



**Mondays  
&  
Fridays  
at 10AM**

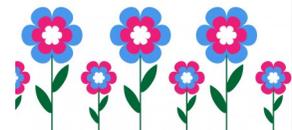
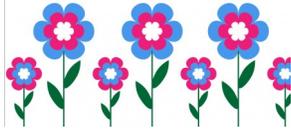
# **BINGO with Mary!!!**





# This Week in Literacy

By Mary Scibelli



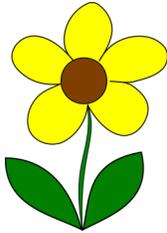
Spring is here. The weather should be getting warmer soon and hopefully we can spend more time outside in nature. In that spirit, one of the readings this week was called "Nature is" by Jack Prelutsky and it describes some one nature's wonders. Interested members of the reading group took turns talking about what nature is to them. Charles talked about how he likes to sit outside of his apartment and look at the birds and flowers and listen to the wind. He also has a book that has pictures of birds with the names of each one. Gerry said she likes to see the rabbits when she sits outside. Stephen V talked about the memories he has of being outside and going fishing. Mary S created a scene with words where she imagined forest animals, birds singing in the trees, and a waterfall. Diana said her favorite part of nature is the trees. Latricher and Alex added that they also enjoy birds, while Kamala named the blue jay as the bird she likes the most. Elvina said she likes flowers and her favorite flower is a rose.



Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Kaitlyn Choy, OTS



*“You provided us with a spark that no one will ever forget”*

For today’s Shooting the Breeze with Friends, Bobby started us off with singing “God Bless America” and “Take Me Out to the Ballgame.” Susan put together a special presentation for us to commemorate yours truly, Kaitlyn, on my last day with the group! We discussed fun facts about me, our fond memories of the group together, listened to “In the End” by my favorite band, Linkin Park, and said our goodbyes and best wishes to each other. I am sincerely grateful for all the wonderful times we’ve shared the past few months. It’s been a fun ride and I will miss everyone dearly. Thank you all so much! -Kaitlyn

What are some things Kaitlyn will remember about Shooting the Breeze?



Tuesdays  
at  
3:00PM

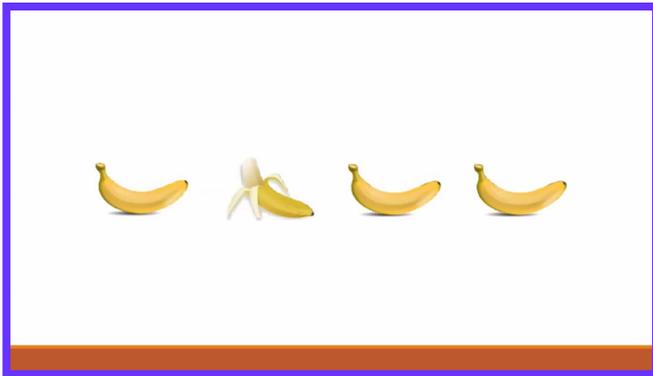
# Shooting the Breeze with Friends



By Kaitlyn Choy, OTS



Today during Shooting the Breeze, Matt, Damandeep, and Bobby joined us for a game of Odd One Out! We worked together to choose the image that does not belong to the rest of the group! Which of these objects looks different from the rest? Which of these objects do not belong with the others? Everyone did really well with this game! Bobby practiced singing “God Bless America” to us again! Then at the end we all sang “Happy Birthday” to Bobby for tomorrow!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

**JUSTIN BROWN**

By Kaitlyn Choy, OTS

We were joined by the wonderfully talented Justin today for music! We had a such a fun time with Justin performing with his keyboard while Scott played his guitar and the rest of us shook our bells and shakers! The songs that were played today were “Don’t Stop Believing,” “We Are the Champions,” “Crocodile Rock,” “Take Me Out to The Ballgame,” “8 Days a Week,” and “Time After Time.” Then everyone sang “Happy Birthday” to Justin together! Happy Birthday and thank you, Justin, for sharing your talent and passion for music with us!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration



## AUSTIN

For today's Music, we were joined by a very special guest, Austin! Austin beautifully played the keyboard for us while Scott played his guitar. The musical pieces played today were "Sonatina in C," "Sonatina in F," "Sonatina in G," "Song of Twilight," and "The Chatterbox." We all learned about and discussed how we felt listening to each piece. Thank you, Austin, for showcasing your wonderful talent! We hope to see you perform for us again soon!



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

## Occupational Therapy

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

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

ABILITY  
 ACHIEVE  
 ACTIVITIES  
 ADAPT  
 BALANCE  
 ENABLE  
 ENCOURAGE  
 FAMILY

FUNCTION  
 GOALS  
 HEALTH  
 HELPING  
 HOME  
 INDEPENDENCE  
 MEDICAL  
 MODIFY

NURSING  
 PEOPLE  
 PERFORMANCE  
 POSITION  
 POSTURE  
 PRACTICE  
 PROFESSION  
 SELFCARE

STRENGTH  
 THERAPY  
 TREATING  
 WALKER  
 WHEELCHAIR



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



# LARGE Word Search

## Easter

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

**Bunny**  
**Basket**  
**Candy**  
**Egg**

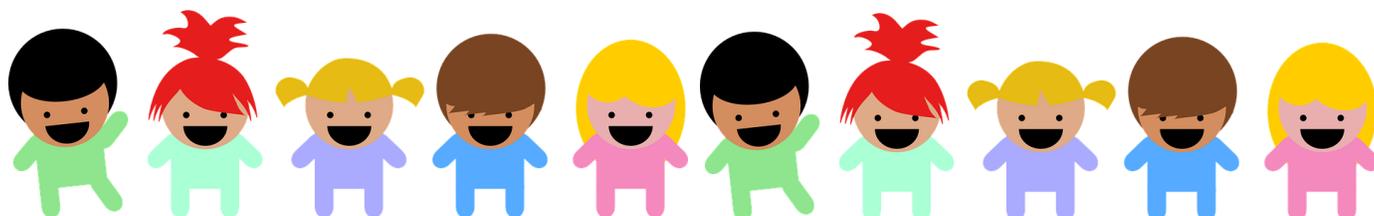
**Grass**  
**Hunt**  
**Spring**  
**Sunday**



# Guess That Baby!



*Stay tune for more  
"Guess That Baby" in the  
future!*

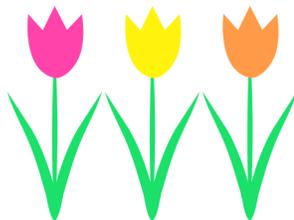


1. My favorite artists are Alicia Keys & Ling-Lang
2. My favorite sport is baseball. My favorite team is the NY Yankees
3. I can play five musical instruments- violin, guitar, organ, harp and piano.

**WHO AM I ?**



**Justin Brown**



# Special Focus for April

## Week 3: April 17-23

### *April 18-22: Environmental Education Week*

This week-long national celebration wraps up on **Earth Day** (April 22). Earth Day is celebrated on April 22 annually. The day was born out of a massive oil spill in Santa Barbara, California, and carried forward today by the [Earth Day Network](#). Earth Day was created to help bring awareness and support for environmental protection around the world.

The Earth Day 2022 Theme is Invest In Our Planet. What will you do?



## Week 4: April 24-30

### *April 28: Great Poetry Reading Day*

As we come to the end of **National Poetry Month**, share one of your favorite poems out loud. No favorite poem? Learn about famous poets and reading a few poems on the [Poetry Foundation](#) website. Listen to a poet on YouTube. You might start with Maya Angelou's [Still I Rise](#) or Robert Frost's [Birches](#).

### *April 29: Arbor Day*

Help the environment by encouraging individuals to plant trees and other plants in an effort to take care of our environment.

There are many ways to celebrate the day—learn more from the [Arbor Day Foundation](#).

### *April 30: National Oatmeal Cookie Day*

Easy to make, delicious to eat. Bake and share a healthy oatmeal cookie today (or any day). You can find lots of free recipes online (including many that are gluten-free).

# Happy Earth Day!

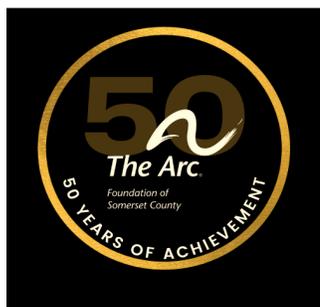
# Upcoming Events



## ***“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!

# April 2022 Housing Month in Somerset County Calendar of Events & Resources

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p><b>RESOURCE</b>  <a href="#">CJHRC's Rental Availability List</a>  <a href="#">CJHRC's Resale Availability List</a></p> 	<p><b>1</b>  <b>EVENT</b>  <a href="#">Hardhat for Hope Dinner &amp; Auction</a></p> 	<p><b>2</b>  <b>RESOURCE</b>  <a href="#">Sexual Violence Awareness Month &amp; #Denim Day</a></p> 
<p><b>3</b></p>	<p><b>4</b>  <b>EVENT</b>  <a href="#">CJHRC's 2-Day Virtual Homebuyer Webinar</a>                      5:30 pm to 8:00 pm</p> 	<p><b>5</b>  <b>RESOURCE</b>  <a href="#">Downpayment Assistance Grant application</a></p> 	<p><b>6</b>  <b>EVENT</b>  <a href="#">CJHRC 2-Day Virtual Homebuyer Webinar</a>                      5:30 pm to 8:00 pm</p> 	<p><b>7</b>  <b>EVENT</b>  <a href="#">Somerset County Job &amp; Volunteer Fair for persons with disabilities</a></p> 	<p><b>8</b>  <b>RESOURCE</b>  <a href="#">Healing Homes</a>                      A Social Impact Community</p> <p><b>Investment Initiative</b> — accepting applications for transitional housing</p> 	<p><b>9</b>  <b>EVENT</b>  <a href="#">Visions and Pathways In-Person Virtual Walk &amp; Run</a></p> 
<p><b>10</b>  <b>EVENT-April 11-15</b>  <a href="#">Hunger Doesn't Take a Break (Spring Break Food Distribution)</a></p> 	<p><b>11</b>  <b>RESOURCE</b>  <a href="#">1<sup>st</sup> Month's Rent &amp; Security application</a></p> 	<p><b>12</b>  <b>EVENT</b>  <a href="#">Senior Workshop With Fraud Expert</a>                      10:45 am to 12:15 pm</p> 	<p><b>13</b>  <b>RESOURCE</b>  <a href="#">Tenant &amp; Homeowner legal videos</a></p> 	<p><b>14</b>  <b>RESOURCE</b>  <a href="#">Residential Services</a></p> 	<p><b>15</b>  <b>RESOURCE</b>  <a href="#">Hope for Veterans</a></p> 	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b>  <b>RESOURCE</b>  <a href="#">Somerset County COVID Recovery Funding</a></p> 	<p><b>19</b>  <b>RESOURCE</b>  <a href="#">Supportive Housing Opportunities</a></p> 	<p><b>20</b>  <b>RESOURCE</b>  <a href="#">New Jersey's Emergency Rescue Mortgage Assistance program</a></p> 	<p><b>21</b>  <b>RESOURCE</b>  <a href="#">The Arc of Somerset County Celebrating 50 Years</a></p> 	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>24</b>  <b>EVENT</b>  <a href="#">Tour de Franklin 2022</a></p> 	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b>  <b>EVENT</b>  <a href="#">CJHRC's Fair Housing Virtual Webinar</a></p> 	<p><b>28</b>  <b>EVENT</b>  <a href="#">Life After High School-Career Paths for Youth</a></p> 	<p><b>29</b></p>	<p><b>30</b>  <b>EVENT</b>                      COMING MAY 26, 2022  <a href="#">CJHRC's Post Purchase Virtual Webinar For Existing Homeowners</a></p> 

Go to [www.cjhrc.org](http://www.cjhrc.org) for more information



# Buzzword

All,

Dear Friends, Family and Supporters,

It has been a full two years since we were affected by the Corona Virus Pandemic. This has been a long journey, and we are feeling cautiously optimistic regarding the decreasing levels of infection in our area.

We have received notification from The Department of Human Services regarding our current protocols of screening, masking and social distancing. In summary the following will be observed:

#### Screening:

- All staff, visitors, guests, contractors and other parties must screen prior to entering any Arc facility
- Temperature screening is the only requirement for those up to date with vaccines/ boosters
- Temperature screening and answering 3 questions is required for those non up to date with vaccine/boosters  
Individuals served will all be screened prior to entering a day program

#### Masking:

- Masking will be based on personal preference if the individual is up to date on Vaccines/ Boosters
- Making will be required indoors if the individual is not up to date on Vaccines/ boosters  
Masking will be required for all staff members during the transporting of individuals

#### Visits:

- All visitors, guests contractors, employees **MUST** screen prior to entering a day program or residential facility
- Visits which take place indoors - require masks for the visitor regardless of vaccine status  
Visits which take place outdoors - masking will be based on personal preference

#### Risk assessment:

- The Arc reserves the right to require masks when working with individuals who are considered immunocompromised or at higher risk for health issue related to COVID - 19  
The Arc will monitor the NJ Community Covid-19 levels and will adjust our protocols accordingly.

We look forward to seeing everyone this spring as we start our transition into the endemic phase of Covid-19!

Thank you,  
Lauren