

Adult Services Presents

# THE BUZZ



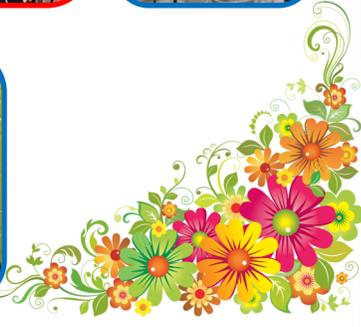
The Arc of Somerset County

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

## THANK YOU LAUREN!!!



### JULY



## 4

## Fantastic 4

By Tori Fuerst, OTS

The Fantastic Four all had a great time this week as they decorated and planted seeds in the hopes to grow some beautiful flowers! Gerry, Jayne, and Charlie all spent the first half of the group decorating their own flower pots with different colored and themed stickers. It was so fun to see how everyone put their own creative spin on decorating their flower pots with the fun stickers. Charlie even let Jayne help in the decision-making process as he decorated his own pot, she helped pick out where to put some stickers. After covering the flower pots with smiley faces, ladybugs, and stars, the group reviewed the step-by-step process of how to successfully plant seeds to eventually grow some beautiful flowers. Everyone then scooped up dirt and poured it into their pots until they were full before selecting between two different options of flower seeds. One by one, each seed was placed into its pot and pushed into the dirt, ready to be watered and soak up the sun! We are all so excited to see if there are any sprouts growing when we go back to see everyone this week!

What happens first?



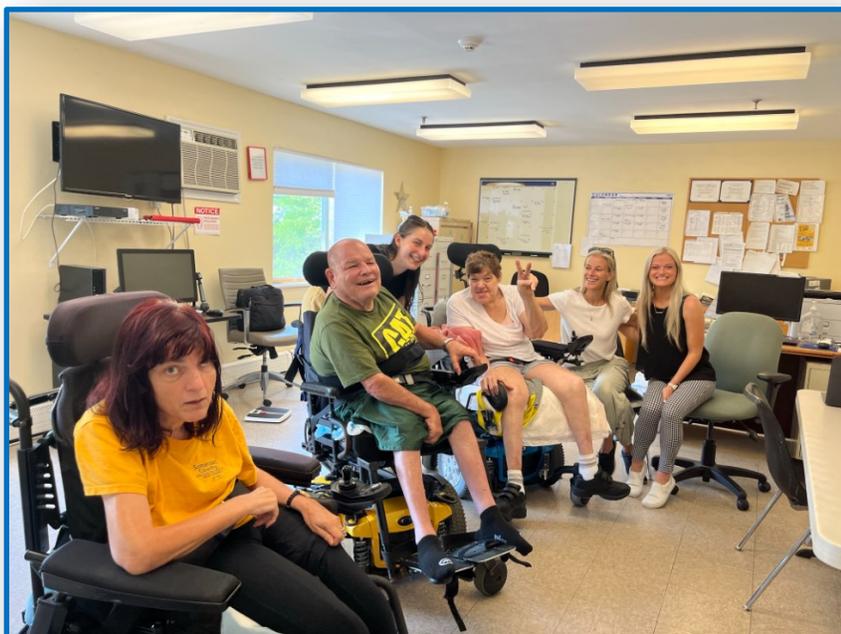


# Fantastic 4

By Tori Fuerst, OTS



The fantastic four had a wonderful time this week as they played a game of jeopardy all about OT student Nicole! It was bittersweet as everyone had to say goodbye to Nicole as she is about to finish up with OT school and enter the next chapter of her career! This version of jeopardy was a true test of everyone's memory to recall all the facts that we have learned about Nicole over the past few months. Everyone did a fantastic job and recalled a great deal of information such as Nicole's favorite animal, favorite ice cream flavor, and favorite type of music. Luckily, Steve was able to join in and earn some points by answering questions with Charlie, Jayne, and Gerry! Everyone had a great time and gave Nicole a great send-off! We cannot wait to see what Nicole does next in her journey! Everyone over at the commons is looking forward to staying in touch and maybe even welcoming Nicole back in the future for a visit!





# Crafty Ladies

By Kimberly Mueller, OTS

This week in “Crafty Ladies,” Lynda and Angie created suncatchers. Both Lynda and Angie picked a heart as the shape of their suncatcher. They picked different colored tissue paper for their craft: pink, blue, purple, yellow, or green. They ripped their tissue paper into small pieces and placed it on their heart shaped cutouts. Next, they put glue on top to hold the pieces down. Lynda and Angie placed their suncatchers in their rooms to dry. Next week, we will hang them up in their windows!

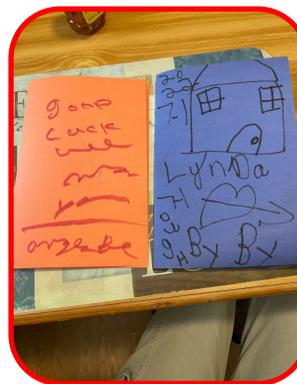




# Crafty Ladies

By Kimberly Mueller, OTS

Today in “Crafty Ladies,” Lynda and Angie created pinecone bird feeders! They began by crushing Cheerios and almonds in a ziploc bag with a potato masher. Once crushed, they poured the mixture onto a paper plate. Next, they each picked out a pine cone and poured honey on all sides to make the outside sticky. Then, they rolled their pine cones in the bird food mixture. Finally, they tied strings around their bird feeders and hung them outside. Both Lynda and Angie created goodbye/good luck cards for our OT student Nicole, as this was her last session with “Crafty Ladies.” Lynda and Angie will miss her so much and they loved the time they spent together during Nicole’s placement with The Arc!



# Fun Fashion Fridays

## Red as a Rose



## Chris' First Day as Executive Director





# 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!*



# HAPPY BIRTHDAY

## JULY



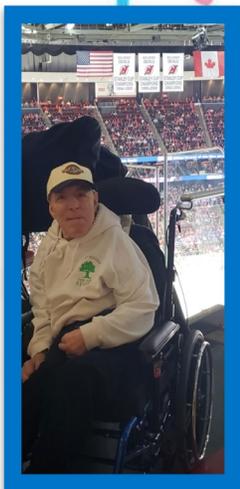
JAYNE



FRANCES



LORI



William



Alex

# What's the Buzz?



“One of the best perks of my job, getting to see the residents” - Roy



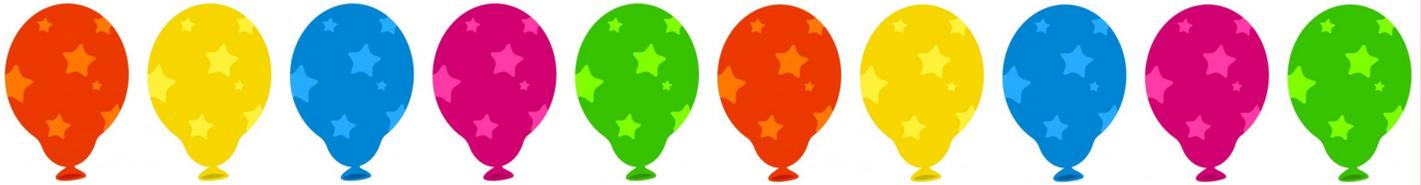
Lou & Rosaria Baldino with Barbara Lutzky  
At the Arc Gala



Damandeep at the beach!



# Happy Birthday Doreen!



**Monday  
July 25th**

**Friday  
July 22nd**

# Hybrid Schedule

Monday, July 11th

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

Tuesday, July 12th

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

Meeting ID: 481 232 8925  
Password: 12345

Wednesday, July 13th

**NO CLASSES**

Thursday, July 14th

1:00-1:30: **Music for Hope & Inspiration**  
*At Jill Court 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, July 15th

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

Meeting ID: 481 232 8925  
Password: 12345

Monday, July 18th

10:00-10:45: **BINGO with Mary** - *all welcome*

Meeting ID: 481 232 8925  
Password: 12345

1:00-1:30: **Yoga with Jane**

Meeting ID: 481 232 8925  
Password: 12345

11:15-11:45: **Stressbusters**

Meeting ID: 412 415 5729  
Password: 794009

Tuesday, July 19th

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

*At Jill Court & Virtual: Austin & Dylan*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 481 232 8925  
Password: 12345

Wednesday, July 20th

**NO CLASSES**

Thursday, July 21st

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

Meeting ID: 701 845 7910  
Password: 12345

Friday, July 22nd

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

Meeting ID: 481 232 8925  
Password: 12345





# 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.

**Mondays  
&  
Fridays  
at 10AM**

# BINGO with Mary!!!



# June's BINGO Winner



**DANIEL**



# Helping Hands

By Kimberly Mueller, OTS

## HELPING HANDS



“Helping Hands” is a new initiative at Camplain Road and Jill Court that allows for participants at each program to provide support to others by lending a “hand.” At Camplain Road, individuals are helping to wipe tables and chairs, water plants, empty the trash, and locate current event topics. At Jill Court, individuals are helping by setting up & cleaning up activities, supporting staff with distributing lunches and with van duty, and by helping a friend- such as giving them a card with a positive message. All of these activities help create a supportive and welcoming environment at each day program and help make The Arc of Somerset County a better place! Participants will be placed into a raffle to win fun prizes as a reward for their support. We are so excited to see the positive impact of “Helping Hands”!



Tuesdays  
at  
1:00PM

# Music for Hope & Inspiration

By Tori Fuerst, OTS

For our weekly music group, we were fortunate enough to have everyone from Camplain Road over to Jill Court to sing and dance with Tommy Strazza! Tommy performed a variety of fan favorites such as “Brown Eyed Girl”, “When the Saints Go Marching In”, “Sweet Caroline”, “Stand by me”, and “Twist and Shout” in addition to many others. Everyone got involved which made things much more exciting as they all shook different instruments to the beat. Mary Lou, Alex, Frances, Amy, Barbara Wolf, Sandra, and Kamala were all dancing and singing to each new song that Tommy played while Scott strummed along with his guitar. It was so fun having both Camplain Road and Jill Court together for an amazing music group!



Tuesdays  
at  
1:00PM

# Music for Hope & Inspiration

By Cliff Leon

As we enter summertime, Vinnie stopped by virtually and delighted us with some of summer's favorite hits. Along with Scott playing his guitar, songs include: "Jambalaya", "Under The Boardwalk", "Up On The Roof", "Kokomo", "Surfer Girl", "Surfin USA" and many more. Vinnie played two accordions and he explained that one was more for rock n' roll and the other was more for musical songs because it has a nice melody to it—perfect for some Beach Boys songs! Thank you Vinnie for getting summer started on the right foot. See you in September!!!



Tuesdays  
at  
1:00PM

# Music for Hope & Inspiration

By Kimberly Mueller, OTS

Justin Brown visited Jill Court for "Music For Hope & Inspiration" this Tuesday! Justin started by singing "God Bless America" as a sneak preview of his and Bobby's performance at the Patriots Stadium, which is quickly approaching. We continued to listen and dance to some favorites! Everyone sang and danced along to "Lean on Me"; "Beat It"; "Can't Help Falling in Love"; "Under the Boardwalk"; "Sweet Caroline"; "Eye of the Tiger"; and "Time After Time". Everyone had an amazing time listening and singing along to the variety of songs!!



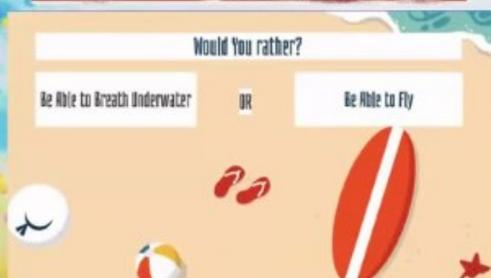
Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Nicole Weick, OTS

"Shooting The Breeze" continued playing the "Marvel" movie clips trivia game together Tuesday afternoon. Matthew and Damandeeep joined in on our trivia game and we all guessed the different movies after watching the short "Marvel" movie clips. The movies consisted of "Black Panther"; "Captain America: Civil War"; "Captain America: Winter Soldier"; "Thor: Dark World"; and "The Avengers". We ended our group by reminiscing on all of the fun games and activities we have played together over the past 12 weeks, and saying good-bye to one of the OT students, Nicole.

## We Will Miss You Nicole!



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

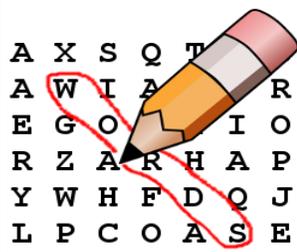


# Word Search

## 4<sup>TH</sup> OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	



# Large Word Search

## Fourth of July

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

**America**  
**Family**  
**Fireworks**  
**Flag**

**Freedom**  
**Hotdogs**  
**July**  
**Picnic**



# SAVE THE DATE

*Becca's Friends of St. Joseph's Presents:*



*Come join us all in person under the stars!*

*September 9th, 2022*

*6 to 8 pm*

*At St. Joseph's out door tent*

*34 Yorktown Road,*

*Hillsborough, NJ 08844*

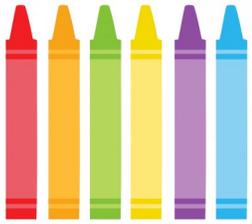
**Want to be in the talent show?**

*Please contact Karen Kowalski:*

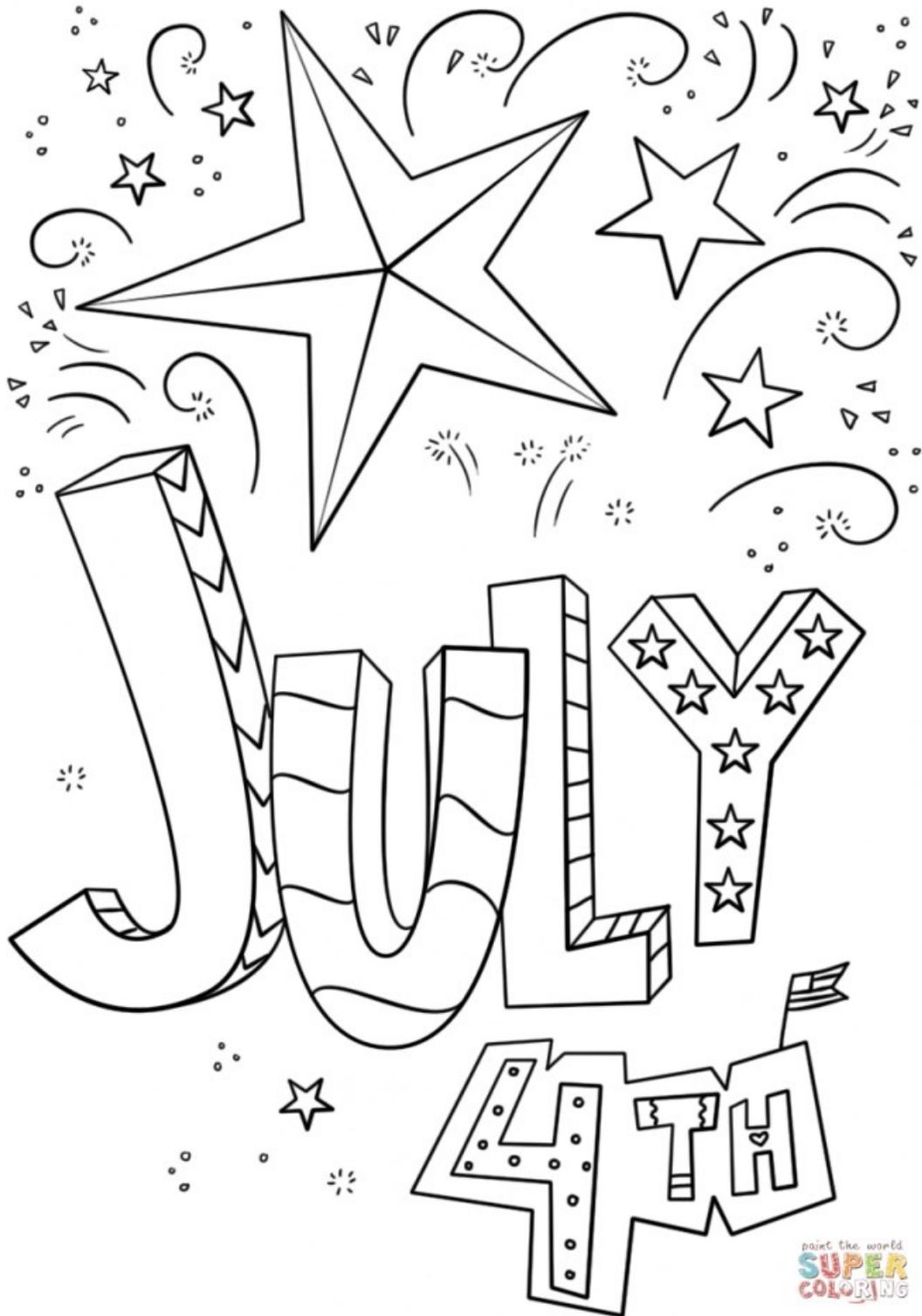
*[karenk@thearcofsomerset.org](mailto:karenk@thearcofsomerset.org)*

**By August 12th, 2022**





# Color Me





# Craftsman Corner

## Construction Zone Safety



### Summary

- some final reminders to recall when you will be traveling through work zones on your trip:
  - Check before heading out on a trip to determine whether there are work zones along your route, or if heavy traffic congestion is causing delays due to work zones
  - Allow extra time to reach your destination
  - Observe the posted speed limit
  - Use your signals and mirrors when merging
  - Try to merge early – avoid last minute, aggressive moves
  - Leave extra room in front of your vehicle in case traffic suddenly stops
  - Pay attention to the roadway conditions and to flaggers
- Share the right-of-way with vehicles merging into your lane (be patient and aware of folks trying to merge at the last possible moment)
- Watch for construction workers who may be dangerously close to traffic
- Stay alert and drive cautiously as many state's fines may double in work zones