

Adult  
Services  
Presents

# THE BUZZ



**The Arc**  
of Somerset County

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

## SUMMERTIME

### Congratulations Justin Brown!

**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



The agency is very happy to announce that Justin Brown was hired as a music teacher at “Music Notes Academy” in East Brunswick! For those whom know Justin from his very popular monthly music classes, Justin is a multi-talented musician to include piano, vocals, guitar, organ and violin. Justin and Shavonne Strick from Supported Employment worked extremely hard for several months to secure this dream job for him doing what he loves, and is so good at! Justin will be an outstanding addition to the “Music Notes Academy” team but do not worry...he will still provide us with monthly music classes at the day program!

THANK YOU  
FOR ALL YOU DO  
FOR DSPs



# Fantastic 4

By Tori Fuerst, OTS

After last weeks request for a crafting activity, Gerry and Jayne of the “Fantastic Four” took part in a springtime craft! This craft was perfect for all of the sunny days we have had recently. Both ladies selected different pastel tissue paper to use in their soon-to-be suncatcher! After selecting their colors, they both spent time tearing the paper into pieces to add some color for the sun to shine through. Before they actually stuck the paper on, everyone chose a shape for their suncatcher, Jayne chose a heart shape and Gerry chose a diamond shape! Gerry and Jayne finally finished up their projects and got to see the beautiful creation they had made! We cannot wait to see how they look with the sun shining through. Can't wait to see what fun things this group will do next week.





# Fantastic 4

By Tori Fuerst, OTS

This week, the “Fantastic Four” had an extra special treat! Actually, there were two special treats: an ice cream party and OT student Caroline came back for a second visit! Gerry, Jayne, and Charlie filled their stomachs with 5 different flavors of ice cream: vanilla, chocolate, strawberry, black raspberry, and birthday cake. Charlie and Jayne welcomed any flavor into their bowl, they said that they love most flavors and do not have a true favorite. Whereas, Gerry prefers a scoop of mint chocolate chip over strawberry any day! In addition to eating the ice cream, the group also learned some awesome ice cream facts while they played a trivia game all about the sweet treat. We learned that the most popular topping is chocolate syrup but some other great guesses that the group came up with included sprinkles and strawberries! Another awesome fact is that the worlds tallest ice cream cone was built in Italy and stood over 9 feet tall. Everyone loved getting to see Caroline again and hopes to see her back at another get-together, who knows what sort of treats will be involved!

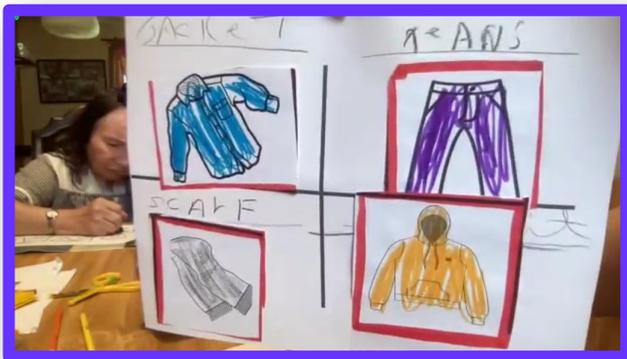




# Crafty Ladies

By Kimberly Mueller, OTS

This week in “Crafty Ladies”, Lynda and Angie continued to identify seasonal attire. Lynda identified and colored pictures of clothing worn in the fall and Angie identified and colored pictures for clothes in the winter. They discussed how they like to wear different shoes in the summer; Angie prefers sandals and Lynda prefers sneakers. Angie doesn't like hot weather but likes to wear summer dresses. Lynda likes to wear nightgowns because they are comfortable and easy. Both Lynda and Angie love Autumn for the cooler weather! Lynda and Angie practiced writing the names of clothing items and cutting out pictures for each one. We are looking forward to our next group, creating tie dye shirts!





# Crafty Ladies

By Kimberly Mueller, OTS

This week at “Crafty Ladies”, Lynda and Angie created their own tie dye shirts! We started by wetting the shirts in a bucket of water and wringing them out. Lynda and Angie twirled their shirts into a spiral and placed 4 rubber bands in different directions to create a pattern for their designs. Angie picked red, orange, and pink dye and Lynda picked black, red, purple, and green. They dyed each side, creating their own unique designs and then placed their shirts in Ziploc bags for 24 hours. We can’t wait to wash them and see how they turn out next week!



# Fun Fashion Fridays

## Floral and Hawaiiin





# 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!*



THANK YOU LAUREN

# Camplain Road Making Pillows



# HAPPY BIRTHDAY

## June



Jeffrey



Doreen



Michael



Veronica



Bobby



Anthony

# What's the Buzz



Officer's Dinner at Franks:  
Thank you Officer's for all the  
hard work that you do!



Sunny's music therapy with Patty.

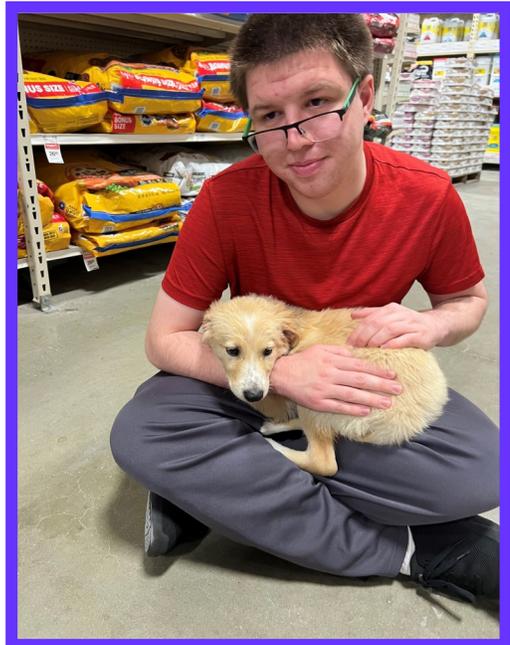


Pool Pals!



Damandeep at the movies

# What's the Buzz



Adam's new puppy, Tonka!

**Monday  
June 27th**

**Friday  
July 8th**

# Hybrid Schedule

## Monday, June 27th

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, June 28th

1:00-1:30: **Music for Hope & Inspiration**  
*Virtual Only: 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, June 29th

NO CLASSES

## Thursday, June 30th

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, July 1st

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, July 4th

4th of July- Program Closed

## Tuesday, July 5th

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

*At Jill Court & Virtual: Justin Brown*

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

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, July 6th

NO CLASSES

## Thursday, July 7th

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, July 8th

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

Meeting ID: 481 232 8925  
Password: 12345





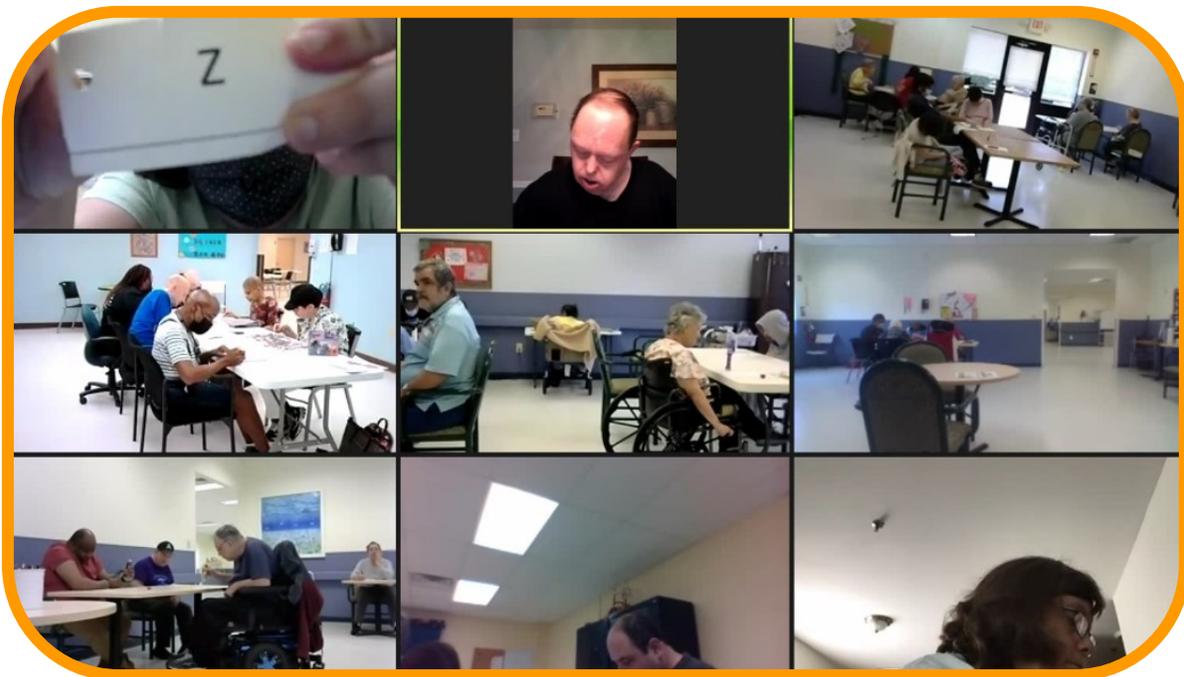
# Hybrid Programming

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!!!**



## Jill Court Computer Class



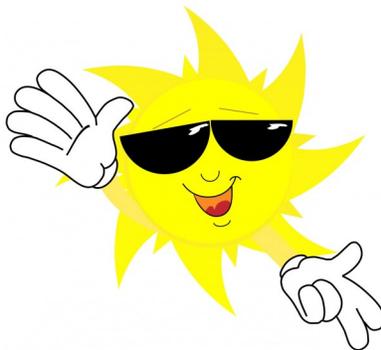
During computer class, we learn about the different parts of the computer. The part that looks like a TV screen is called the monitor and it is what we use to see what we are doing. You can type letters and words by pressing keys on the keyboard. This week we focused on the trackball and mouse. These are two parts of the computer that do the same thing, but the trackball is sometimes easier to use. Alex used the trackball to move the arrow on the screen to see pictures of different animals. Scott is using the mouse to complete a counting and matching activity. Donna is using the mouse to find night creatures hidden in the dark. Elliot is using the trackball to make different colors appear on screen. Lots of fun to be had in computer class.



# This Week in Literacy

By Mary Scibelli

This week in literacy we read a poem about friendship titled “The Robin and the Crow.” Everyone shared what they like to do with their friends and what friends do for each other. Donna said her favorite thing to do with her friends is talk. Latricher said that friends share with one another and Kamala said friends help one another. Mary added that friends also take care of one another. We also read a poem titled “Oh, How I Love Summer” because Summer started on June 21<sup>st</sup>. A few people said their favorite part of summer was going to the beach while others talked about the extra sunshine and nice weather. Happy Summer everyone!



# Hip-Hop Class



Mondays  
at  
1PM

# Yoga with Jane



When you talk,  
You are only  
repeating what  
you know.  
But if you listen,  
you may learn  
something new.

- Dalai Lama

Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Nicole Weick, OTS

“Shooting The Breeze” played a trivia game together Tuesday afternoon. The trivia game included a variety of “Marvel” movie clips. The game really tested our “Marvel” trivia knowledge! We guessed the different movies after watching the short “Marvel” movie clip. The movies consisted of “Ant Man”; “Avengers- End Game”; “Spider-man: Homecoming”; “Avengers- Infinity War”; “Iron-Man 2”; and “Thor: Ragnarok”. We learned that there are 34 “Marvel” films and series, and can be watched in a specific chronological order!



Which is the Correct Answer? 

01	Captain America: Civil War	02	Spider-Man: Homecoming
03	Avengers: Infinity War	04	Spider-Man: Far From Home

Correct Answer is.....

Spider-Man: Homecoming 

4. Guess The Movie 



Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Nicole Weick, OTS

"Shooting The Breeze" experienced a virtual game board that challenged our summer skills and money management skills. First, we were asked different questions about activities on the beach. Damandeep discussed building a sand castle out of a bucket and shovel, and using a beach bag to carry all of his beach belongings. Then, we completed a virtual shopping game. We identified the cost of different items, and then determined if we had enough money to purchase those items. We also calculated how much change we would receive. Damandeep showed us his technology skills by using the calculator on his phone to determine the amount of change he would receive back.



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

By Kimberly Mueller, OTS

The Coffeehouse Project joined Jill Court for “Music for Hope & Inspiration” this week! We listened and played musical instruments to hit songs, such as “Get Up Offa That Thing” by James Brown and “Respect” by Aretha Franklin. Amy sang “Rock Steady” by Aretha Franklin on the microphone. We heard other classic songs, such as “Brown Eyed Girl” by Van Morrison and “Stepping Stone” by The Monkeys. Ronnie sang “Can’t Help Falling in Love” by Elvis on the microphone. Jill Court had fun yodeling in “Everybody Does it in Hawaii” and by Jimmie Rodgers. Dorine sang “Help!” by the Beatles. We finished our group listening to “Beat It” by Michael Jackson and “Stand By Me” by Ben E. King. We had a great time singing and playing instruments!



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

## Summer Time

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

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

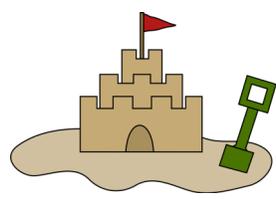
AUGUST  
 BARBECUE  
 BASEBALL  
 BEACH  
 BICYCLE  
 CREAM  
 FAN  
 FIREWORKS

FRISBEE  
 FRUITS  
 GAMES  
 HOT  
 HUMID  
 ICE  
 JULY  
 JUNE

LAKE  
 LEMONADE  
 LIFEGUARDS  
 MOSQUITOES  
 PICNIC  
 POOL  
 POPSICLE  
 RELAXATION

SAND  
 SHADE  
 SHORTS  
 SPRINKLER  
 SUNGLASSES  
 SUNSCREEN  
 SUNSHINE  
 SUNTAN

SURFING  
 SWIMSUIT  
 TRAVEL  
 VACATION  
 WATER



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

## Summertime

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

**August**

**Ice**

**Beach**

**June**

**Fun**

**Pool**

**Hot**

**Suntan**

# 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!



# My Interview with Lauren Frary

## by Clifford Leon



### 1. What was your first job at The Arc of Somerset County?

*"I started when I was in my 20's as the Respite Home Manager. Every opportunity I was offered, I took. I was then able to work in many departments such as being the Assistant Director of Residential Services, Director of Employment Services and many others! I eventually worked my way to become the Executive Director - the Board gave me this opportunity and I am grateful for that. I have worked in every department except for in maintenance - Jason, I might come back to work in that department someday...kidding!"*

### 2. What's your greatest successes and accomplishments working at The Arc of Somerset County?

*"One of the things that I am most proud of is building a very, very strong leadership team. We have some really amazing directors who really lead the agency to be a stand out organization in disability services. The other thing that I am proud of is finding and creating opportunities for people with disabilities to participate in areas where they were not able to participate before to include The Achievement Center at RVCC and other unique programs that we have created."*

### 3. Is there a colleague or colleagues from work that has inspired you in your life?

*"First of all, I am inspired everyday just by the people we support and serve and families we interact with- they are my greatest inspirations. Chris Corvino is always an inspiration for me as well as all of the staff in the agency."*

### 4. What will you miss most about The Arc of Somerset County?

*"I will miss visiting the programs and seeing everyone in their day to day lives. I will miss our events where I get to meet the people who support us and I think that I will miss, again, all of the directors and staff I have worked with - all in the agency are amazing people."*

### 5. How have you evolved as a person working for The Arc of Somerset County?

*"I have become stronger in terms of my own convictions surrounding our mission. I have evolved into a better leader and I have grown to really appreciate the community and all it has to offer and how our community here at The Arc of Somerset County makes such a significant difference for the larger community in which we live - our community reaches out to support the larger community. I have learned this throughout my 32 years here."*



# My Interview with Lauren Frary

## by Clifford Leon

### 6. What message would you give the person taking your place?

*"When you act from a place of integrity and a place that your heart tells you to go, then things will always work out. You also have to take risks when working at a non-profit, so take those calculated risks so that we do not miss any opportunity to enhance the lives of those whom we serve."*

### 7. What's the most valuable lesson you have learned from your co-workers?

*"I have learned two things...one, do not be afraid to say "I need help" or "I do not know". You cannot get the help or information if you do not have it - I learned that very quickly. Also be the first one to say, "I am sorry."*

### 8. How do you see The Arc of Somerset in 10 years?

*"I am so excited about the future of The Arc of Somerset County especially where we are at the brink of 50 years of service and another 50 years coming up, new leadership and a new strategic plan. I see the agency really branching out to include new services such as therapeutic services, Camp Jotoni to expand to provide year round programs, The Achievement Center at RVCC growing as well as finding the people whom may have fallen through the cracks and providing support to those individuals."*

### 9. Can you describe your term in this organization in one word?

*"Inspirational"*

### 10. What's next?

*"For the short term, I am going to spend a little bit of time recentering myself, with my children and doing my favorite thing - climbing on rocks or mountains! In the fall, I will start working as a non-profit consultant so that I can work to make other agencies as great as The Arc of Somerset County!"*





# Craftsman Corner

## Helpful Tips to Save Energy & Keep Cool During the Summer Season

Well, the Summer is here! It sure does feel like it, right?? Now is the time to remind ourselves some of the things we can do to help keep our homes and buildings as cool as possible! Here are some helpful tips to follow:

- Cracks around doors, electrical outlets, light switch plates and windows should be sealed. Eliminate air leaks around window air conditioners with foam insulation or weather-stripping. If you see areas that need attention submit a Property Work Order Request. Please be as descriptive as possible.
- Close blinds, shades and draperies facing the sun to keep out the sun's heat and help fans and air conditioners cool more efficiently. About 40 percent of unwanted heat comes in through windows.
- Ensure all windows are closed and locked. Some windows, if left unlocked, will be open just a few inches at the top of the window. It is hard to notice when a window is open at the top thus allowing for cool air to escape from the home.
- Even if you have air conditioning, use ceiling and other fans to provide additional cooling and better circulation.
- Turn off power sources. TVs, computers and other electronic devices draw power when they are in standby mode or turned off but still plugged in. Turn off your monitor when you leave your computer for more than 20 minutes. Screen savers use electricity and computer equipment emits heat.
- Keep air vents & registers clean. By doing so, this prevents dust build-up that will clog your HVAC (Heat Ventilation Air Conditioning) unit rendering it inefficient.
- In the summer months, run your washing machine, dryer, and dishwasher early or at night when it's generally cooler, if possible.

If you find that an item in your Arc home or building needs attention please submit a Property Work Order Request to us at (908) 431-0204.

**If there is an emergency situation (No AC!) follow the procedure below:**

### **EMERGENCY PROCEDURES FOR PROGRAM STAFF**

If you have a Property emergency or Vehicle breakdown/emergency during normal working hours please contact the Main Office Attendant @ 908-725-8544 ext. 0. In the event an emergency occurs during off hours please contact your designated On-call Administrator. Please follow-up the concern with a faxed Work Order Request to 908-431-0204 and note that it is an "on-call" request.

To leave a general message (non-emergency) for the Maintenance Dept. please call 908-431-0202.



# Buzzword

As announced last issue, The Arc of Somerset County is pleased to welcome its newest team member. Associate Executive Director Sandee Miller will be communicating regularly with BUZZ readers and we look forward to many more introductions in person ...take it away Sandee!



Hello! I am Sandee Miller your new Associate Executive Director. I will be supervising programs and services for The Arc of Somerset. I wanted to tell you a little bit about myself... I have worked in agencies such as The Arc of Somerset for the past 14 years including some other Arcs in NJ (Ocean, Monmouth and Gloucester). Prior to working in similar agencies, I worked in Colleges and Universities in Student Affairs as a Senior Administrator and Dean of Students. I was raised in Monmouth County NJ and have lived and worked in NY where I studied for and received my Bachelor

of Fine Arts in Surface Pattern Design and my Master of Science in Higher Education both at Syracuse University. I also lived in Florida for a few years when I was the Assistant Dean of Students at a small Fine Arts College. Fun facts: I like to Country Western Dance (even competed in the two step) and I LOVE dogs!

I have had the opportunity to meet many of you in my recent tours and pop ins at some of the programs, there are still a few that I have to get out to see. It has been such a pleasure meeting those participants and staff that have been available when I was in the programs. I appreciate all of your kindness and hospitality in giving me tours, telling me about your programs but most importantly, telling me about yourselves. I am so excited to be joining the Arc of Somerset and my encounters with all of you have shown me what a wonderful place to work, live and represent this will be. If you see me wandering around, make sure to tell me your name and introduce yourself, I would love that! I look forward to meeting more of you sometime soon.