

Adult  
Services  
Presents

# THE BUZZ



**The Arc**  
of Somerset County

141 S. Main Street  
Manville NJ 08835



*Thank you for participating in the coin counting contest. There were 3 people who guessed the EXACT amount and one was selected out of a lucky hat. The winner for a Buffalo Wild Wings gift card is...*

**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



# Barbara

# Guessed: 415 Total: 415





# Crafty Ladies

By Kaitlyn Vinals, OTS

This week we focused on some of our favorite things and formed a group around that! Angie and Lynda both request to do a color by number activity and we chose pictures that they both had interest in! Angela was able to color in a picture of a bunny and a butterfly which are some of her favorite animals! Angie did a great job doing this activity all on her own and showing the rest of us how to do it as well! At the same time, Lynda worked on a beautiful color by number of Mickey Mouse. We worked together to fill out the color key at the bottom to help us remember which colors went where! We had so much fun talking about other things we enjoy and can't wait for next week!





# Crafty Ladies

By Kaitlyn Vinals, OTS

This week we focused on the incoming season of Spring! With the weather getting warmer, we decided to make butterflies and focus on getting excited for the changing seasons. Angela was able to color a picture of butterfly which she has told us is one of her favorite animals! Angie did a great job doing this activity all on her own and showing the rest of us how to do it as well! At the same time, Lynda worked on her beautiful color by number of Mickey Mouse that we didn't get to finish the week before. We had so much fun talking about other things we enjoy and can't wait for next week!





# 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!*

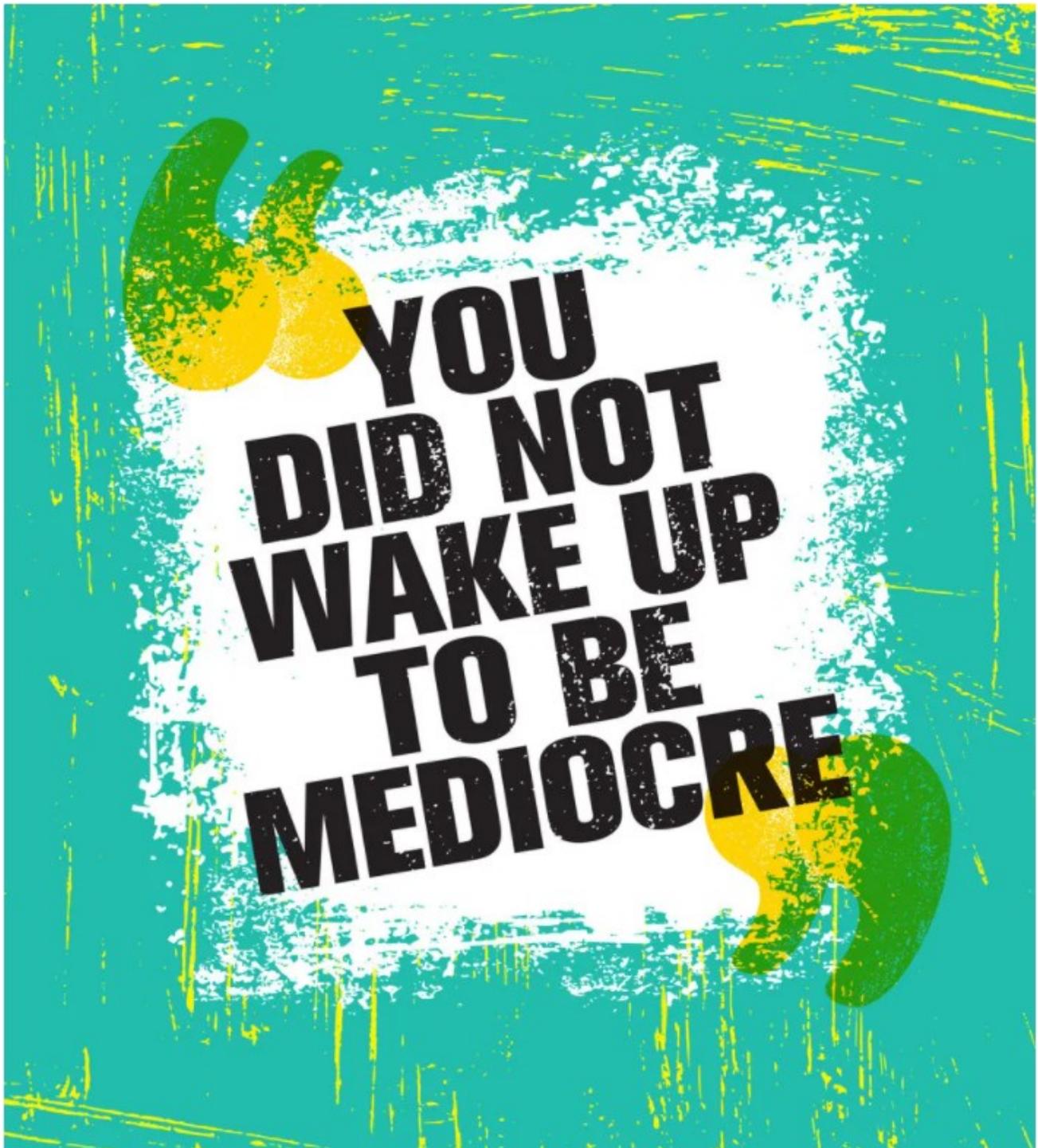


HARMONE & TRACY



VERONICA C.

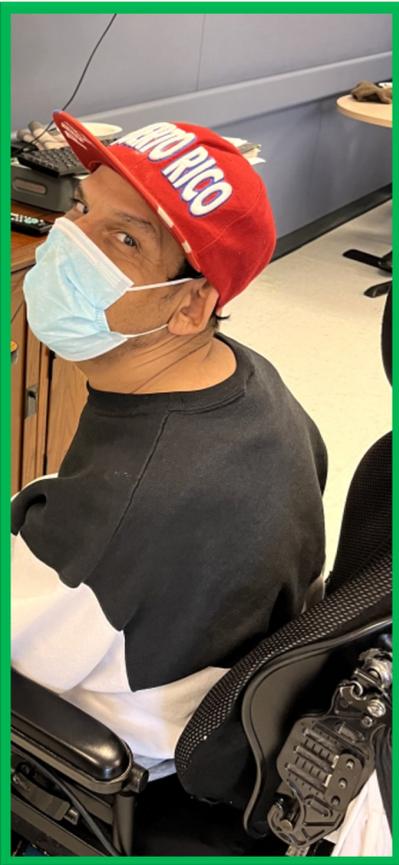
# Inspirational Quote





# This Week in Literacy

By Mary Scibelli



The poems we read in our reading group this week were “Half Awake” and “A Bridge Made out of Bananas.” Everyone shared what they do in the morning to help them wake up. Some people drink coffee, while others drink tea. We also talk about the sounds we might hear in the morning just like what happened in the poem. Someone mentioned that they hear birds in the morning. Hopefully we will hear more birdsong soon as spring is almost here! Everyone is excited for spring! In the second poem, we learned it’s not a good idea to make bridges out of bananas because the bridge would fall apart! The poem led to a discussion about banana splits, favorite ice cream flavors and favorite toppings. Alex said his favorite flavor is chocolate, Mary S likes Butter Pecan, Steve B likes Chocolate Chip and Diana likes Vanilla. What great choices!



Everyone's Irish  
On March 17th.

Mondays  
&  
Fridays  
at 10AM

# BINGO with Mary!!!



HAPPY BIRTHDAY

March



DAMANDEEP



TRACEY



ULANA



RANDY

# Happy Birthday Damandeep!!



# Happy Birthday John!!!





# 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  
March 21st**

**Friday  
April 1st**

# Hybrid Schedule

## Monday, March 21st

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, March 22nd

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, March 23rd

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, March 24th

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

*At JCATC & virtual: Tommy Strazza*

Meeting ID: 481 232 8925  
Password: 12345

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, March 25th

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, March 28th

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, March 29th

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

*At JCATC & virtual: Vinnie*

Meeting ID: 481 232 8925  
Password: 12345

3:30-4:00: **Shooting the Breeze with Friends**

Meeting ID: 481 232 8925  
Password: 12345

## Wednesday, March 30th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, March 31st

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, April 1st

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

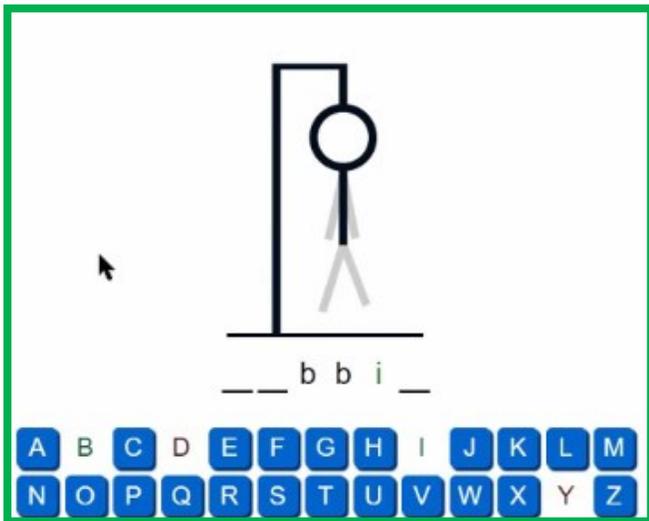
Meeting ID: 481 232 8925  
Password: 12345

Tuesdays  
at  
3:30PM

# Shooting the Breeze with Friends

By Kaitlyn Choy, OTS

Today during “Shooting the Breeze with Friends”, we learned it was Damandeep’s birthday yesterday and we all sang “Happy Birthday” to him! We also met our new friend, Susan! Then we played a game of Hangman, where the theme of the words was animals. We all worked very hard together to solve all the words. The words in the game included “rabbit,” “tiger,” “monkey,” “shark,” and “whale.” It was very difficult but also so much fun! Happy Birthday to Damandeep and a warm welcome to Susan!

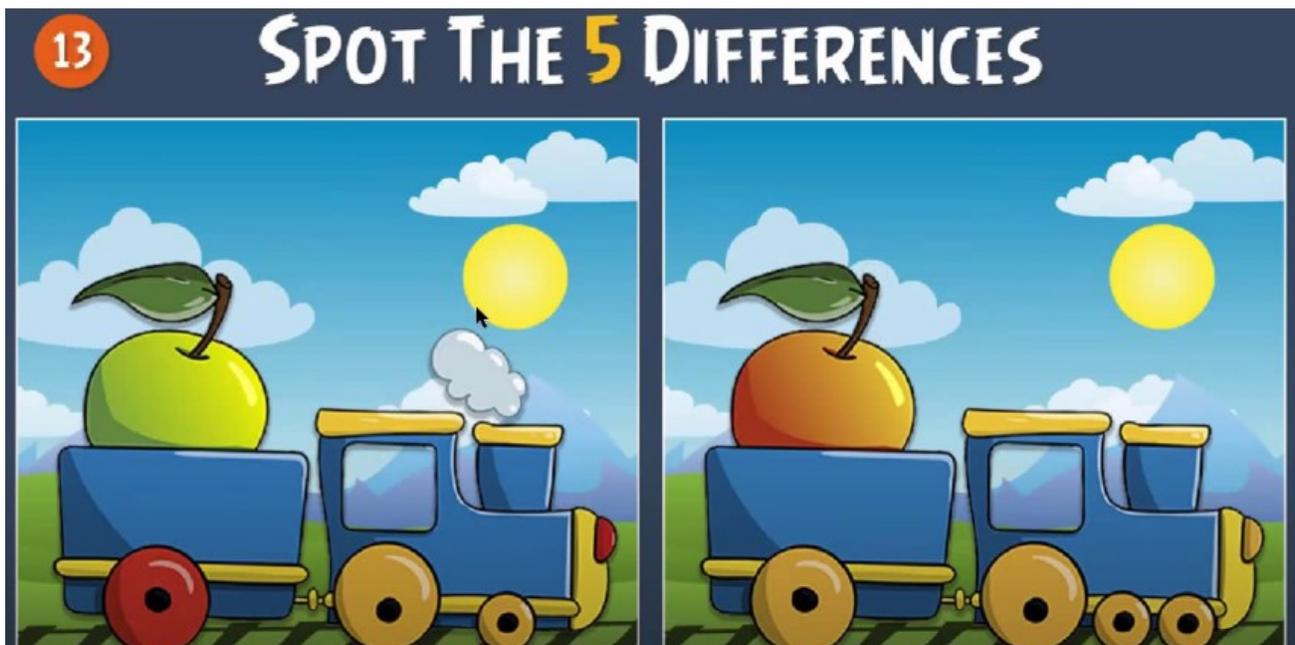


Tuesdays  
at  
3:30PM

# Shooting the Breeze with Friends

By Kaitlyn Choy, OTS

We started off “Shooting the Breeze” with Friends with listening to “Thriller” by Michael Jackson while Bobby sang along and showed us his dance moves! Then we played a game of “Spot the Difference,” where we all put our heads together to search for differences between two similar images. It was very challenging but fun! What differences do you see between the images? Can you find all 5 of them yourself?



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

By Kaitlyn Choy, OTS



We had such an amazing time at music today! We had a guest musician today and it turned out to be all of us at Jill Court! Karen played the keyboard while some of us including Diana, Amy, Alex, and others came up and sang their hearts out! Some of the songs played today were “America, the Beautiful,” “You Are My Sunshine,” “Sunshine on my Shoulder,” “Piano Man,” “One Call Away,” and many others! We even learned some American Sign Language to sign along to “It’s a Small World!” Thank you so much, Karen, for an amazing time!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

## THE COFFEEHOUSE PROJECT

By Kaitlyn Choy, OTS

Today's Music featured John & Becca The Coffeehouse Project. They played all sorts of music for us to sing along to! It was so much fun singing and dancing together to our favorite songs! Some of the songs played include "We Are Family," "Uptown Girl," "Livin' On A Prayer," "Runaway," "I Want to Know What Love Is," "I Want to Hold Your Hand," and many others! Thank you, John & Becca, for a super fun time today! We can't wait to see what's in store for next time!



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



# Word Search



## St. Patrick's Day Word Search



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



- CLOVER
- IRELAND
- PARADE
- COINS
- IRISH
- PATRICK
- CORNED BEEF
- LEPRECHAUN
- POT OF GOLD
- TRADITION
- LUCK
- RAINBOW
- GREEN
- MARCH
- SHAMROCK





# LARGE Word Search

## St. Patrick's Day

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

**Clover**

**Luck**

**Coins**

**March**

**Green**

**Patrick**

**Ireland**

**Shamrock**



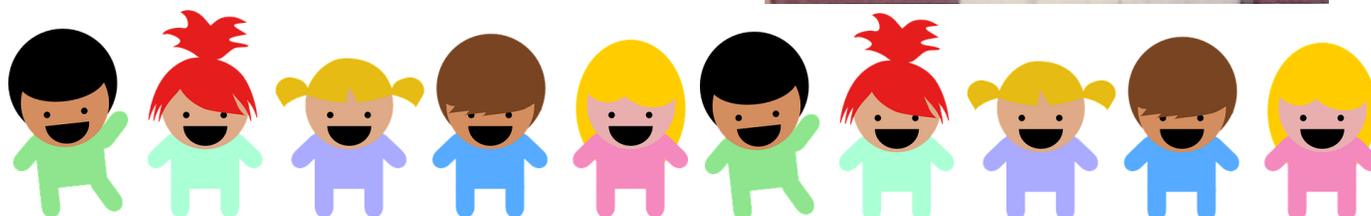
# Guess That Baby!



1. This was my first Halloween costume. I was "Super T"!
2. I was East Brunswick 5th grade Spelling Bee Champion
3. I was a big fan of KISS and the Bee Gees when I was 8 years old.

## WHO AM I ?

Find out the answer in the next issue of **The Buzz!!!**



1. I'm a twin
2. My father has a building named after him in Somerville NJ
3. I like to learn about history

## WHO AM I ?



**Marlene**



# What's your **LEPRECHAUN** name?



## The first letter of your name:

- |              |             |              |                   |
|--------------|-------------|--------------|-------------------|
| A - Adorable | H - Helpful | O - Outgoing | V - Vibrant       |
| B - Bubbly   | I - Itchy   | P - Playful  | W - Witty         |
| C - Cheerful | J - Jolly   | Q - Quiet    | X - X-tra Special |
| D - Dreamy   | K - Kind    | R - Restless | Y - Youthful      |
| E - Eager    | L - Lucky   | S - Silly    | Z - Zany          |
| F - Fussy    | M - Musical | T - Timid    |                   |
| G - Grouchy  | N - Noisy   | U - Useful   |                   |

## The month you were born:

- |                  |                  |                   |
|------------------|------------------|-------------------|
| Jan. - McCheesy  | May - McWiggles  | Sept. - McBlarney |
| Feb. - O'Gratin  | June - O'Lucky   | Oct. - O'Doodles  |
| March - McMuffin | July - McNoodles | Nov. - McWobbles  |
| April - O'Really | Aug. - O'Wacky   | Dec. - O'Goofy    |



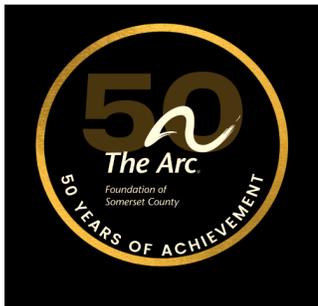
# Upcoming Events



**16th Annual “Spring into action luncheon”**  
hosted by NJ Self Advocacy Network  
Saturday April 9th, 2022  
**Virtual Only**



**“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”**



# Buzzword

## The Arc Celebrates World Social Work Day

**World Social Work Day takes place on the 15th March 2022.** This year's theme is: 'Co-building a New Eco-Social World: Leaving No One Behind'

The theme presents a vision and action plan to create new global values, policies and practices that develop trust, security and confidence for all people and the sustainability of the planet.

Locally at The Arc, our social work staff have incorporated the theme of "Leave No One Behind" in their every day work. Our social workers tirelessly advocate for those they serve in all sectors of our community. This important work takes place when and where it is needed including in consumer homes, schools, hospitals, governmental agencies and places of employment. We rely on our Social Workers to engage with the public and our own agency to secure the most beneficial services that support the movement of persons with intellectual and developmental disabilities into that shared future with their communities.

If you are interested in becoming a social worker, the following people would be very glad to sit and talk to you and answer any questions that you have about the profession and potential career paths. Here are their names and their extensions at the Manville office.

We recognize the following Social Workers:

- \* Sharon McClellan, LSW -- Director of Clinical Services, Ext 635
- \* Jeanette McClew, LSW -- Director of Parents and Children Together (PACT), Ext. 637
- \* Jill Glassman, MSW -- Director of Early Childhood Services, Ext. 629
- \* George Joseph, MSW -- Assistant Director of Adult Services, Ext. 614

Thank you for your tireless advocacy and unwavering commitment to The Arc of Somerset County and the individuals you support.

Lauren Frary, Executive Director  
Chris Corvino, Associate Executive Director

