

Adult Services Presents

# THE BUZZ



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

*The Fresh Air Face contest is back!  
EVERYONE is eligible to join  
Go to page 6 for more details*

## National Housing Month

By Colin Bryant-Ashwell

**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



Diana is the oldest of five, two brothers and two sisters. She has been involved with the Arc of Somerset County program since she was a child. Its something she always enjoyed, a routine. She lived with her mother up until our mothers passing in 2020. Diana’s family was faced with finding a place for her to live, a forever home. And It was decided right away that it must include involvement with the Arc program. Once we found out the Arc provided housing and Diana would qualify we realized this was a perfect fit for her and her well being. It’s been 17 months since Diana moved into the Commons and she has made great improvements in her communication skills, participating in group functions and embracing her own independence. Her family calls her every night and instead of short conversations she is able to communicate better and express herself more than before.

Our family enjoys reading the Buzz and follow Diana’s activities along with all the activities the Arc provides. We are very grateful for all the Arc has to provided in the care of our sister.

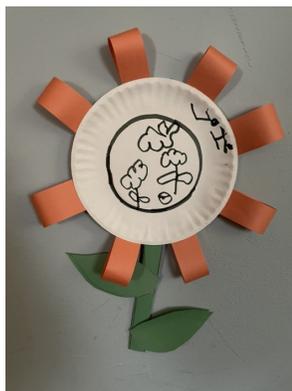


THANK YOU  
FOR ALL YOU DO  
DSPs

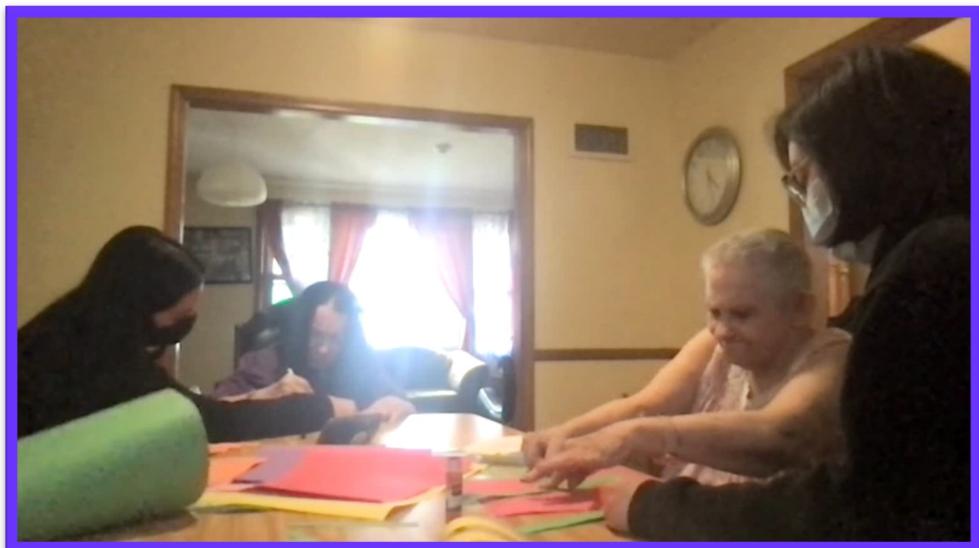


# Crafty Ladies

By Kaitlyn Vinals, OTS



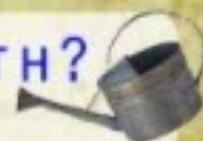
This week we were able to work on an arts and crafts activity that had to do with the changing seasons. As it gets warmer outside and further into Spring, we wanted to make something that reminds us of the blooming flowers and beautiful weather. This week Angela and Linda worked together to make paper plate flowers! We chose our favorite colors to use for the pedals and colored the inside of the plates as well! We even added a stem at the bottom of our flowers and created leaves on the stem as well. We love that it's getting nicer outside each day and can't wait for even more sunny days! We can't wait for next week!!



# What's Your **GARDEN** Name?



## 1. WHAT'S YOUR BIRTH MONTH?



January Runner Bean	February Blossom	March Victory	April Daisy
May Poppy	June Tomato	July Iris	August Cucumber
September Waterlily	October Trellis	November Basil	December Conifer

## 2. PICK A BIRD



O-



Mc-



Von-

## 3. WHAT IS THE

### FIRST LETTER OF YOUR LAST NAME?

- |                  |                 |                  |
|------------------|-----------------|------------------|
| A. Aphid-Leaf    | J. June-Berry   | S. Seed-Packet   |
| B. Broken-Rake   | K. Kale-Chip    | T. Tick-seed     |
| C. Cabbage-Worm  | L. Late-Bloomer | U. Umbrella-Tree |
| D. Dog-Wood      | M. Mulch-Bucket | V. Veggie-Patch  |
| E. Ever-Green    | N. New-Garden   | W. Watering Can  |
| F. Falling-Star  | O. Ostrich-Fern | X. Xeri-Scape    |
| G. Garlic-Scape  | P. Pumpkin-Seed | Y. Yucca-Plant   |
| H. Hog-Weed      | Q. Quince-Bush  | Z. Zebra-Grass   |
| I. Impatient-One | R. Red-Cabbage  |                  |



# 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!*



ELVINA G



*Friends enjoying the day*

FRANK & GEORGE

# Inspirational Quote

"Our greatest glory  
is not in never falling, but  
in rising every time we fall."

- Confucius





**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...(prize TBD)

**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*



*“ Let’s get back to what we love, climb your way to the top!”*

- Sandra Lynch, Representative from The Arc of Somerset Board of Directors



# HAPPY BIRTHDAY

## APRIL



FREDA



TREVOR



ELLIOT



BOBBY



DANNY



QING



MARCIA

# HAPPY BIRTHDAY

Tracey

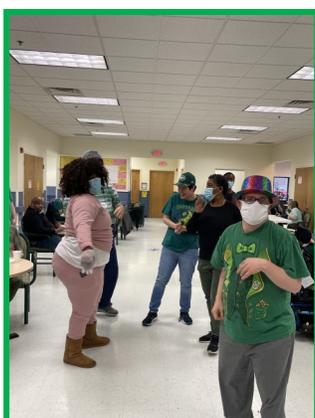
Tracey's Birthday Party at the Flaming Grill Buffet in Manville.



# St. Patricks Day Celebration



# St. Patricks Day Celebration





# 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 4th**

**Friday  
April 15th**

# Hybrid Schedule

## Monday, April 4th

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 5th

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

*At JCATC & virtual: Justin Brown*

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 6th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, April 7th

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

Meeting ID: 701 845 7910  
Password: 12345

## Friday, April 8th

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

Meeting ID: 481 232 8925  
Password: 12345

## Monday, April 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

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

*At the Commons & virtual:*

Meeting ID: 481 232 8925  
Password: 12345

## Tuesday, April 12th

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

*At JCATC & virtual: Spring Concert with Austin*

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 13th

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

Meeting ID: 701 845 7910  
Password :12345

## Thursday, April 14th

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

Meeting ID: 701 845 7910  
Password: 12345

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

*At JCATC & virtual: Tommy Strazza*

Meeting ID: 481 232 8925  
Password: 12345

## Friday, April 15th

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

Meeting ID: 481 232 8925  
Password: 12345

Mondays  
at  
1PM

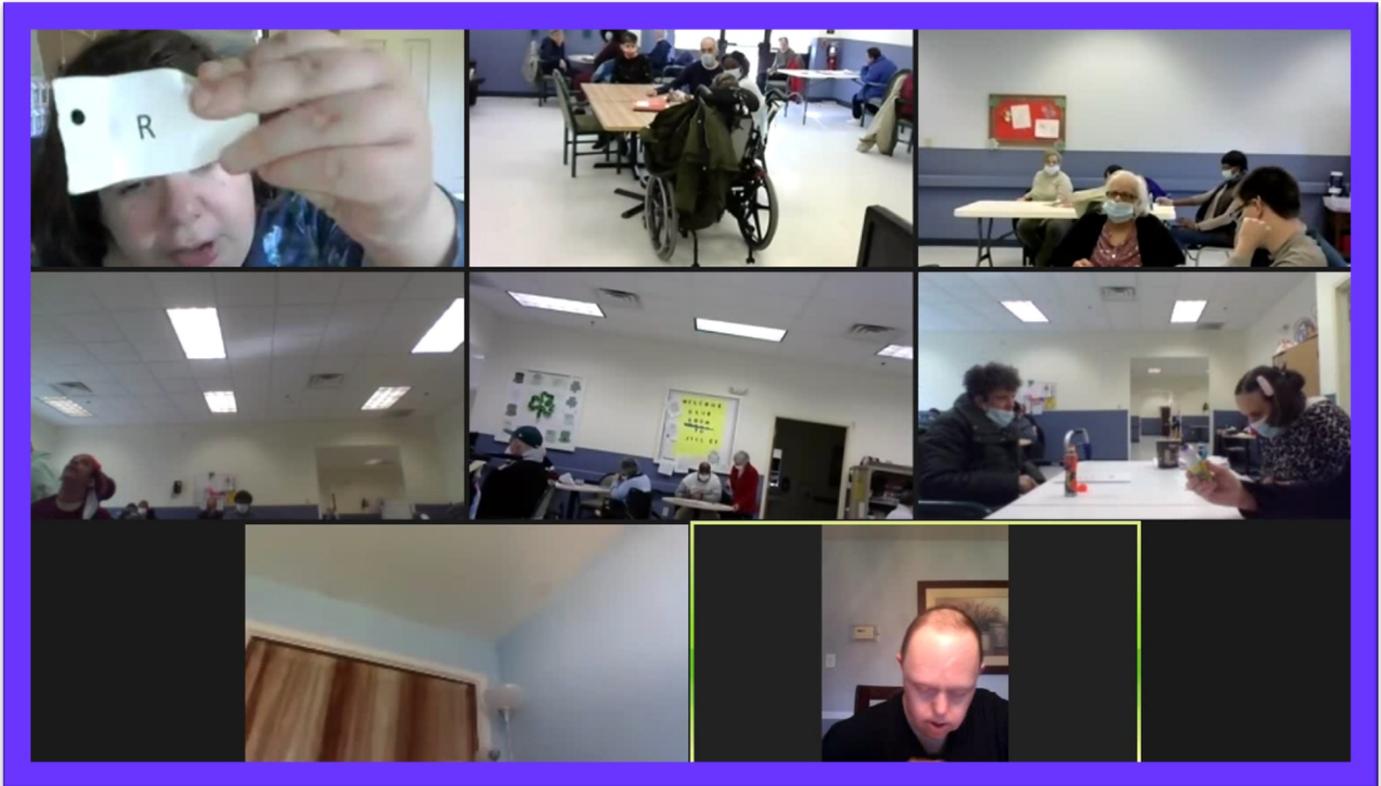
# Yoga with Jane

THANK YOU JANE



**Mondays  
&  
Fridays  
at 10AM**

# **BINGO with Mary!!!**



# **March BINGO Winner!!!**

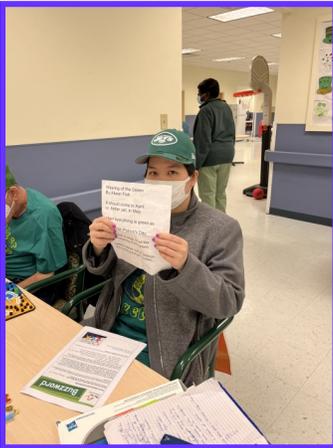


**SCOTT**



# This Week in Literacy

By Mary Scibelli



This week in literacy class we talked about St Patrick's Day and read the poem "The Wearing of the Green." The poem is about how people wear green for St Patrick's day and how the first day of spring comes soon after. When spring comes, we will start to see green everywhere outside. The group had a fun time naming things that are green. Mary mentioned string beans and Alex mentioned lima beans.

Mary Lou and Frances both had green on while looking at the poem.

## Jill Court Computer Class



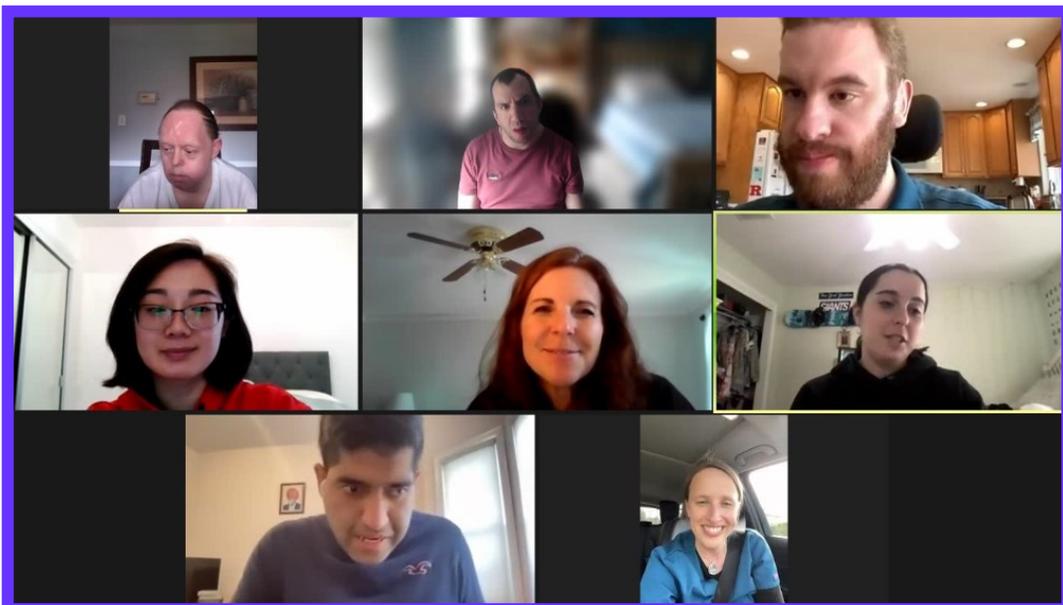
In computer class, Kamala used the keyboard to complete a spelling activity. She looked at the pictures on the screen and then looked at list of words to find the word that matched each picture. When she found the matching word, she typed it next to each picture. Words included Ball, Bird, Bike and Bowl. Steve B, Frances, Elvina, and Mary also worked on spelling activities. Barbara P and Diana chose to work on their math skills.

Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Kaitlyn Choy, OTS

We had another wonderful time today in Shooting the Breeze with Friends. We started off with singing along to “Take Me Out to the Ball Game.” Then we played a game of Scattergories, where we spun a wheel for a letter, then we all worked together to think of words in a category beginning with that letter. It was so much fun! Can you think of boy’s names that start with the letter R? Or girl’s names that start with the letter B? How about animals that start with F or T? Spin a wheel for a letter and try it yourself!



Tuesdays  
at  
3:00PM

# Shooting the Breeze with Friends

By Kaitlyn Choy, OTS



We started off Shooting the Breeze today with Bobby singing, "God Bless America." Then later, he sang, "Take Me Out to the Ballgame" to us! Since today was Katie's last day joining Shooting the Breeze with us, we did an activity dedicated to her called "Guess Katie's Favorites!" We all worked together to guess a bunch of Katie's favorite things such as her favorite type of music she likes to dance to, food, drink, holiday, color, season, and more! We also learned a bunch of each other's favorites in these categories! Thank you, Katie, for all the fun we've shared! We will miss you!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

**TOMMY STRAZZA**

By Kaitlyn Choy, OTS

We had so much fun at Music today with Tommy Strazza performing with his guitar! Scott played his guitar and Adama played her guitar broom! Cliff and Mary Lou even took the mic and sang to everyone. The rest of us clapped, shook our shakers, and sang along! The songs performed today included "With a Little Help from my Friends," "Yankee Doodle," "My Girl," "When the Saints Come Marching In," "Rock Around the Clock," "Don't Worry About a Thing," "Free Falling," "Sweet Caroline," "Faith," and many more! Thank you, Tommy and Scott, for the awesome performance!



Tuesdays  
at  
1PM

# Music for Hope & Inspiration

**VINNIE**

By Kaitlyn Choy, OTS

Today's music was brought to you by Vinnie, who beautifully played his accordion and keyboard various songs based on the theme of St. Patrick's Day! Some of the songs played included, "Can't Buy Me Love," "My Wild Irish Rose," "I'm Looking Over a Four Leaf Clover," "How Deep is Your Love," "Zip-a-dee-doo-dah," and many others! Thank you, Vinnie, for another wonderful performance! We look forward to seeing you perform again!



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

## Spring Time



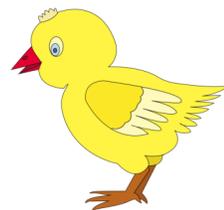
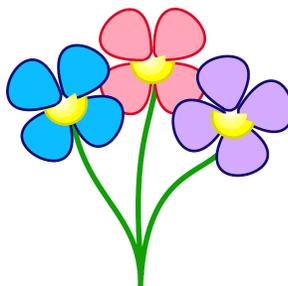
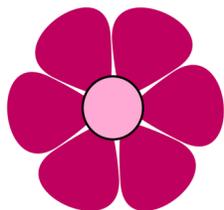
X T S U C R O C U S E E D S Q G G O  
 A F E M K R A I N B O W L G W T R Z  
 C L A B W A R M H K P V N R S J J U  
 W O S R S B J D R O B I N E Q S D X  
 T W O E U U N Z B S Z F Z E P M P L  
 G E N L N N B H Q H S U N N U E B I  
 A R G L S D A F F O D I L E D L U L  
 R F A A H V N N D W G D V R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

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

BLOSSOM  
 BUDS  
 CROCUS  
 DAFFODIL  
 FLOWER  
 GARDEN  
 GREEN  
 GROW

LILACS  
 MELTING  
 PUDDLE  
 RAIN  
 RAINBOW  
 ROBIN  
 SEASON  
 SEEDS

SHOWERS  
 SUN  
 SUNSHINE  
 UMBRELLA  
 WARM  
 WEATHER



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

## Spring

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

**Blossom**

**Grow**

**Flower**

**Rain**

**Garden**

**Seeds**

**Green**

**Sun**



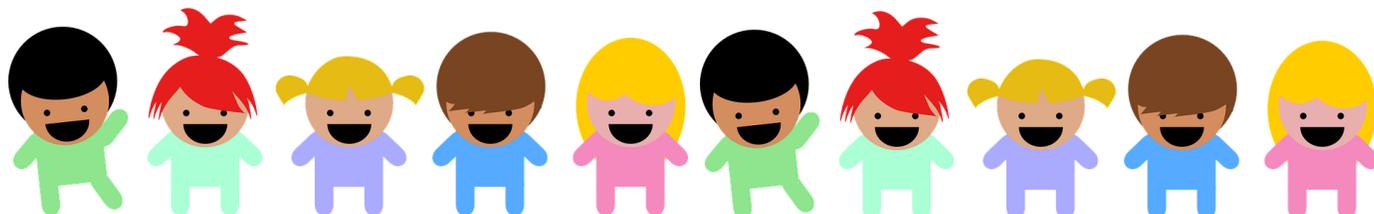
# Guess That Baby!



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 ?

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



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 ?



**Tommy Strazza**





# Craftsman Corner

## 5 Reasons to Stop Idling your Vehicle for Long Periods of Time

One of the worst habits we do as drivers is idle for extended periods of time. You may not realize it, but idling can lead to a number of negative consequences, including problems with the environment, your vehicle's useful life, and your overall health. Read ahead for five reasons why you should stop idling:

### **Prohibited**

In New Jersey, there are laws in place that prohibits drivers from idling for longer than 3 minutes at local business and other establishments.

### **It's unhealthy**

Idling fumes can lead to a number of major health concerns, as they have been linked to asthma, an overall decrease in lung function, cardiac disease, and even cancer. Simply put, they are horrible to breathe in.

### **Environmental concerns**

Not only do you waste gas when you idle, but you also hurt the environment. For every 10 minutes of idling, one pound of carbon dioxide is released into the atmosphere.

### **It's bad for your engine**

If environmental and overall health concerns weren't enough already, idling for extended periods can have a negative effect on your engine's useful life.

Since your engine is not operating at its peak temperature when you idle, the fuel doesn't combust completely, leaving residue behind that can ultimately damage your exhaust system.

Many people incorrectly believe that turning your engine off and on is worse for your vehicle than idling. While it does impact your battery's useful life, the wear and tear it causes is very minimal and should hardly be considered a reason to idle instead.

### **You expose yourself to theft**

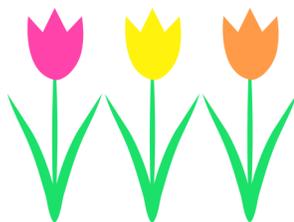
If you're one of those people who turn on their vehicle to warm it up then go back inside, you're putting yourself at risk of having it stolen by someone passing by. During a three-month stretch beginning last November, [25 idling vehicles](#) were stolen in the central NJ region alone.

### **Conclusion**

We understand our vehicles need to warm up for our residents. Given the high number of negative consequences related to idling, let's try to be more conscious and break the bad habit of excessive idling.

Roy S. Lawrence -Vehicle Fleet Manager & Jason Scheib -Director of Maintenance,  
Safety & Security





# Special Focus for April

## Special Focus for April

### *National Alcohol Awareness Month*

Alcoholism is the third-leading preventable cause of death in the United States, claiming the lives of more than 90,000 people every year. Share and post [info and awareness materials](#).



### *National Jazz Appreciation Month*

Learn about jazz greats at the [National Museum of American History](#), part of the Smithsonian Institution in Washington, DC.

### **Week 1: April 3-9**

*National Laugh at Work Week* runs from Friday, April 1 through Thursday, April 7. Add fun to the work week! Laugh to boost your mood (emotional wellness), relieve stress (physical wellness), and connect with others (social wellness).

### *April 6: National Walking Day*

Put on your outdoor shoes and get moving!

### *April 7: National Alcohol Screening Day*

Check your own alcohol use [online](#) or by using a [downloadable self-assessment](#) form.

Screening and treatment information is available from the [SAMHSA website](#) or 1-800-662-HELP

### *April 7: World Health Day*

The theme for this year's World Health Day is [Our Planet, Our Health](#). Learn more about how the climate and your environment affect your health.

### **Week 2: April 10-16**

### *April 11: National Pet Day*

No pet of your own? Visit someone else's or watch a funny pet video online!

### *April 13: Scrabble® Day*

Learn a new word. Make the longest word you can with Scrabble tiles. Challenge a friend to a game.

Play solitaire on the gameboard. Check out one of the many spin-off games that use cards or apps that play online. Most of all, have fun!



*April 14: International Moment of Laughter Day* Founded by [Izzy Gesell](#), who describes himself as a professional "humorologist," this is a day to consciously enjoy a laugh on you own and to share a laugh with someone else.

# Upcoming Events



## ***16th Annual “Spring into action luncheon”***

*hosted by NJ Self Advocacy Network*

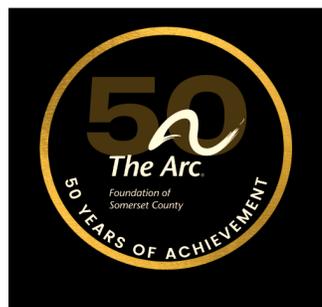
Saturday April 9th, 2022



## ***“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”***

# 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                      Investment Initiative — 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

*The Arc of Somerset County is proud to work alongside its many indispensable partners including HUD, Somerset County Community Development, Supportive Housing Connection and Central Jersey Housing Resource Center to provide continual affordable and specialized housing opportunities for Somerset County residents with IDD. The men and women who live in these many varied homes participate in, struggle alongside, and help create their communities. We applaud their efforts and this April want to underscore the importance of housing to set these stages. A home, accessible in whatever ways it need be for a resident is the first step toward community, toward civic engagement and civic power. In the month of April The Arc of Somerset County will be highlighting many long term and newer community residents who exemplify the importance of establishing a home and have flourished under their chosen roof.*

*Accessibility and affordability continue to be in the foreground of our housing initiatives as it is for so many of our citizens. We are proud to partner with our local community for resources to enhance our homes and expand our ability to provide housing to those with disabilities. Many of our successes in the preservation of a home for a resident who required additional accessibility supports to maintain their residency are featured in our bi weekly issue of THE BUZZ newsletter. Please visit our website at [www.thearcofsomerset.org](http://www.thearcofsomerset.org) to learn more about your neighbors as we assist in amplifying their story.*

*Chris Corvino*

*Associate Executive Director*