

Adult Services Presents

THE BUZZ



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



National Nurses Week

This celebration of nursing professionals runs each year from March 6 to March 12, which is the anniversary of the birth of Florence Nightingale. The theme for this year's celebration is "Frontline Warriors". Alongside program staff, our nurses were indeed the Frontline Warriors during this pandemic. They continued to faithfully serve our community of consumers and support and educate all of us who rely on their medical knowledge and expertise.

I'd like to recognize our great team:

Maxime Antonin, RN -- Nurse Supervisor

Annamarie Mason, LPN

Luce Fils-Aime, LPN

Mary Wamahiu, LPN

Blessing Uwaezi, LPN

Emmanuella Usuebi, LPN

They are a highly professional and dedicated group of individuals with whom I am proud to work every day. Thank you for all that you do!

Highest regards and love,
Sharon McClellan
Director of Clinical Services

"Coming together is a beginning ; keeping together is a process; working together is a success."
-Henry Ford

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**Looking for a fun opportunity?
Be a guest contributor for The BUZZ**

Please contact:
Karen Kowalski



THANK YOU
DSPS
FOR ALL YOU DO

Step Up For The Arc (In-Person) Walk Event

Come Out and SING-A-LONG with
Special Guest Musician
Tommy Strazza!



Sunday June 6th 2021

10:30-12:00pm

Duke Island Park, Bridgewater NJ 08807

Please arrive before 10:30am!

Questions:

E-mail: camerons@thearcofsomerset.org



Lucky the BINGO Gnome



The bingo game got a little more interesting (if that is even possible!) with the introduction of the Lucky Bingo Gnome! In addition to the monthly grand prize winner, at the end of each month all of the monthly winners names will be put into Mary's purple bowl...one person selected whom will then receive the Lucky Bingo Gnome for three months of extra luck during bingo! After those three months are over, the Lucky Bingo Gnome will move onto another lucky person! Wishing ALL bingo players luck and...have fun!

The winner of the Lucky Bingo Gnome for this round is...Tommy!



**Mondays
&
Fridays
at 10AM**

Mary's BINGO Group

All winning names for April were put into Mary's purple bowl, one name was selected as the grand prize winner and that winner is...



RAY



This Week in Literacy



This week in literacy we created name poems. Everyone in the group spelled out their names. Then we looked at the letters in each name and said a word that also started with that letter. These words could be something that could be used to describe the person, or could be something that the person likes. The poems and matching pictures of each person are below.



Diana

Dance
Independent
Angel
Nice
Attitude



Shawn

Smart
Happy
Awesome
Water
Nice

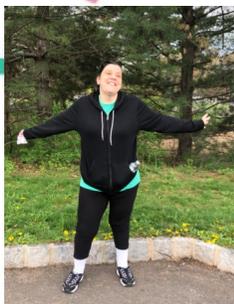


Lesley

Lollipop
Excellent
Sweet
Lovely
Entertaining
Yellow

HAPPY BIRTHDAY

MAY



Danielle



Daniel



Evelyn



Scott



Donna



Amy



John



Gregory



Theresa



Jordan

Virtual Programming

The Arc of Somerset County is thrilled to be able to offer a wide array of virtual 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 virtual calendar and feel free to contact Director of Adult Services, Karen Z. Kowalski, with any questions at: 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
- **“Art with Alec & Tonya”:** Join fellow artists as they learn about different types of pencil and paper drawings. Make sure to have paper, pencils and either colored pencils, crayons or markers
- **“Royal School of Yoga”:** 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.
- **“Morning Exercise with Friends”:** Start the morning right with gentle stretching and exercise with friends. Exercise can be done in seated or standing position.
- **“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.
- **“Hot TopiX”:** Join friends as they participate in a variety show program that features topics, people within the community and generally things of interest that we want and need to know about! Previous topics have included virtual tours, Trigger the Therapy Dog, beekeeping, balloon sculpting, dental care, photography, virtual live tours of flower store and local dog bakery. The sky is the limit with what can and will be learned in this group!
- **“30 Minute Mystery”:** Join friends in a mystery group which will have different themes for each session! The mystery awaits you!
- **“Cool Collections”:** Join friends as they learn about each others’ memorabilia! One collection is featured each week to include items such as baseball/basketball cards, magnets, remembering years that people were born, Swarovski crystals.



Virtual Zoom Schedule

May 17th—May 28th



Please note: Please join any activity that you are interested in. Every literacy class has been opened up to everyone, not just the home that is listed. Attend as many as you like!

Monday, May 17th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Royal School of Yoga

Meeting ID: 956 878 9920
Password: 566600

2:00-2:30: Art with Alec & Tonya

Meeting ID: 956 878 9920
Password: 566600

Tuesday, May 18th

10:30-11:00: Literacy class (Griggstown)

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: Literacy class (RHGH)

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: "Music for Hope and Inspiration" - *Coffeehouse Project*

Meeting ID: 481 232 8925
Password: 12345

2:00-2:30: Literacy class (UA2)

Meeting ID: 701 845 7910
Password: 12345

3:30-4:00: "Hot TopiX" - Virtual Disney Trip

Meeting ID: 481 232 8925
Password: 12345

Wednesday, May 19th

9:30-10: Sports Talk with Jason and Josh

Meeting ID: 481 232 8925
Password: 12345

11:15-11:45: SGH Literacy Class

Meeting ID: 701 845 7910
Password :12345

Thursday, May 20th

10:15-10:45: "Cool Collections" - TBD

Meeting ID: 956 878 9920
Password: 566600

10:00-10:30: Literacy Class (Ardsley)

Meeting ID: 701 845 7910
Password :12345

11:15-11:45: Literacy Class (Cambridge) all welcome!

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: "Music for Hope and Inspiration" TBD

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: "Hot TopiX"

Live virtual Croquet Game

Meeting ID: 481 232 8925
Password: 12345

Friday, May 21st

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Literacy class (Commons 1)

Meeting ID: 701 845 7910
Password: 12345

2:00-2:30: Literacy class (Claremont)

Meeting ID: 701 845 7910
Password: 12345

3:00: Advocacy General Meeting

Meeting ID: 508 102 0273
Password: 9A4nFe





Virtual Zoom Schedule

May 17th—May 28th



Monday, May 24th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

1:00-1:30: Royal School of Yoga

Meeting ID: 956 878 9920
Password: 566600

2:00-2:30: Art with Alec

Meeting ID: 956 878 9920
Password: 566600

3:30-4:00: Med Talk with Rutgers Students
Safety in the sun

Meeting ID: 481 232 8925
Password: 12345

Tuesday, May 25th

10:30-11:00: Literacy class (Griggstown)

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: “Music for Hope and Inspiration”
Vinnie and his many musical instruments

Meeting ID: 481 232 8925
Password: 12345

3:30-4:00: “Hot TopiX” - Lets Salute Our Americans

Meeting ID: 481 232 8925
Password: 12345

Wednesday, May 26th

No programs today

Thursday, May 27th

10:15-10:45: “Cool Collections”- TBD

Meeting ID: 956 878 9920
Password: 566600

1:00-1:30: “Music for Hope and Inspiration” -
Louie with Batman and Batman Trivia

Meeting ID: 481 232 8925
Password: 12345

3:00-3:30 “Hot TopiX” - Memorial Day Surprise

Meeting ID: 481 232 8925
Password: 12345

Friday, May 28th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

2:00- 2:30: Bernards Ensemble performance

Meeting ID: 481 232 8925
Password: 12345



Thursdays
at
10:15AM

Cool Collections Group

Andrea Seashell Collection

We went live to visit a cool collection in Florida today! Andrea (OTS) showed off her catch from the sea. While visiting the beach, she was able to collect some white ridged shells, colorful smooth shells, tiny oyster shells, and even a crab claw! She then took us on a mini tour to visit the turtles in a nearby pond. We brought bread, spinach, and raspberries for the turtles to try. Burton suggested trying the spinach! They mostly seemed to want the delicious bread since that's what they are used to. Turns out turtles don't like raspberries! The turtles were super cute for our friends to watch. Lastly, Burton and Donna shared about their animal experiences at Great Adventure which sounded like amazing trips!



Steve's Car Show Pictures

Another Thursday means it's time for another Cool Collection! Steve wowed the crowd today with his amazing pictures from car shows. He helped those of us with less car knowledge by explaining how old they were and which ones had remade or kept the original engines. His pictures featured beautiful, bright and unique cars from many decades past! We hope he gets to continue collecting pictures of these amazing vehicles. Steve also showed us some of his baseball card collection. We are excited to see more of the collection in the future.



**Tuesdays
&
Thursdays
at 1PM**

**Music for Hope &
Inspiration Group**

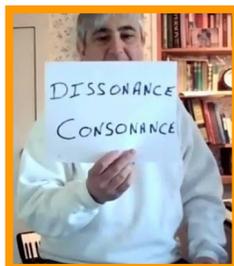
The Green Planet Band

The “Music for Hope and Inspiration” group had the pleasure of celebrating Earth Day with “The Green Planet Band” whom provided us with fun music to dance along to as well as reminders and discussions about how we can make sure to “keep the planet green for the future”! “The Green Planet Band” is comprised of Kylee (15 years old) and twins 13 year old Anna and Tyler whom started their love of music when they played in a talent show when they were in the 2nd and 4th grades! The band showed us their performances for songs such as “Build Me Up Buttercup”, “I Can’t Let Go” and “Love is a Rose”. Bobby reminded the group that he sang “The Star Spangled Banner” for the talent show and showed the group that he has those lyrics - we will get you to sing that for sure in a future music group, Bobby - you are such a great singer! The group discussed that we can all pitch in to keep the earth healthy, clean and sustainable by these suggestions: recycle materials, use less water when showering, turn off lights when not in a room and use reusable utensils. Shawn let the group know that he throws his Dunkin cup into the trash and definitely not on the group. Alex said that he does the same. Great job everyone and thank you “Green Planet Band”!



Thank You Vinnie!

The “Music for Hope and Inspiration” group certainly had their musical ears bent as we listened to music that was either “consonant” or “dissonant” with our friend and fellow musician, Vinnie! Vinnie taught us that “consonant” music sounds pleasing to the ear while “dissonant” music creates a sense of motion in music that ultimately usually resolves to a “consonant” sound (but not all of the time of course!) We learned that many songs by the Beatles involve “dissonant” sounds such as “Girl”, “In My Life”, “For the Benefit of Mr. Kite” and “Norwegian Wood”. We listened to a song on the keyboard called “Harlem Nocturne” where we could actually hear the traffic, the rain and then the sun coming out! Colleen and Dee commented that “the song actually makes you see the city in music!” The group also enjoyed that Bobby started the group out by singing the “National Anthem” without even background music - so “a cappella” - great job, Bobby! This group celebrated yet again today our musical interests and also...many people in the group celebrated their new spring haircuts and styles. Thank you Vinnie and the whole group for this uplifting way to spend the afternoon!

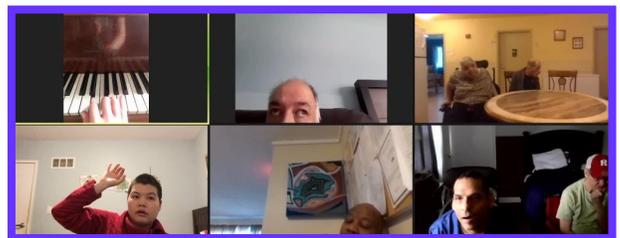


**Tuesdays
&
Thursdays
at 1PM**

**Music for Hope &
Inspiration Group**

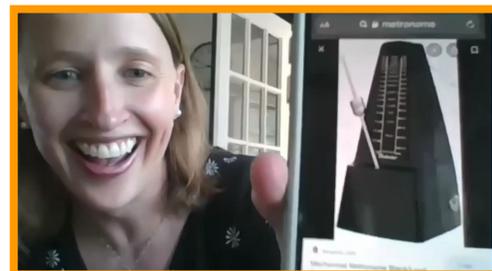
Warm Weather Tribute

The “Music for Hope and Inspiration” group enjoyed listening and dancing along to a few warm weather songs as well as an impromptu “Name That Tune” game on the piano! “Hound Dog” was played in tribute to Donna and “Sunday Best” in honor of Damandeep - such great choices! Bobby serenaded us with “We Will Rock You” which got the group moving and grooving for sure! The group could not be tricked during the “Name That Tune” game when Karen tapped out some simple melodies on the piano and the group easily guessed songs such as “Twinkle Twinkle Little Star”, “Row Your Boat” and “Piano Man” by Billy Joel. The group sang “Happy Birthday” to upcoming May birthdays in the group including Donna, Jordan and Karen! Colleen and Dee serenaded us with “April Showers” and Frances reminded the group that “April showers bring May flowers!”



Sing A Long with Karen

The “Music for Hope and Inspiration” enjoyed a lively game of “Name That Tune” featuring Karen on the piano! This group were only stumped on a couple of songs but when they worked together as a team, they were able to figure out all of the songs including “Rainbow Connection”, “America the Beautiful”, “We Are the Champions”, “Sunshine On My Shoulders” and “New York State of Mind”! Diana and Steve each provided lovely solos on “You Are My Sunshine” with both knowing all of the verses. During this group, we decided some ideas for future groups to include fun Muppet memories and an ode to George Burns with Burton! We also learned that a “metronome” is a musical device that assists in keeping tempo in music so that music is played not too fast or slow - it is a very useful tool for musicians! Steve suggested that Karen learn “Cheaters Waltz” by Emmy Lou Harris so she will get working on learning that for the future for sure! It is always a fun time to get together to share our mutual love of all things music.



Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

Virtual Tour of Prehistoric Times with Jordan

This "Hot TopiX" was all about Dinosaurs! We took a trip back in time to explore these beautiful animals. Jordan taught us so much about different kinds of dinosaurs living in the Jurassic period. Barbara helped us remember a movie many of us had seen - Jurassic Park! Jordan tested us on which dinosaur was the biggest - the Brachiosaurus, which could eat the most meat - the T-Rex, and which could fly - the Pterodactyl. Barbara, Burton, Frannie, Donna, and Damandeep couldn't be tricked! Did you know dinosaurs are related to birds? Next, Jordan took us to the Smithsonian Museum to see some real dinosaur skeletons. It felt like we were really there seeing these huge animals. Thank you to Jordan for leading our dinosaur exploration!

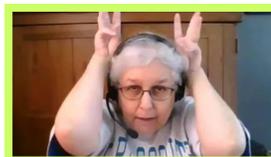
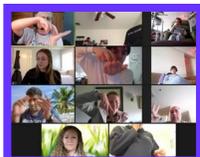


Thank You Kay!

The "Hot TopiX" group had a wonderful continuation of Earth Day with our new friend, Kay whom represented The Girl Scouts! Kay was very engaging as she taught our group a concept called "Leave No Trace" which taught us an easy way to remember that when we go outside that we want to make sure that we do not leave our trace behind so that others can go and enjoy! Here are the concepts that we learned and practiced using finger symbols:

1. Think about a plan and write it down
2. Walk on the path
3. Do not leave trash
4. Take pictures instead of picking flowers or plants - that way we can always keep the memories
5. Be careful with fire
6. Respect wild life - watch from a distance
7. Respect other people - do not talk loudly or play loud music

Kay also taught us a really fun hand game song called "Chester" where we had to tap different parts of our bodies as we said words. It was a little tricky to learn but we got better with practice and were then able to do it quickly to the song at the end! There was a discussion about tying our shoes and how that can be a complicated task to learn - or even to Velcro or slide our shoes on; however, a good feeling when we work hard on learning something and then eventually achieve! It was fun to watch Jordan actually tying his shoes! A lot of great learning today! Thank you Kay!

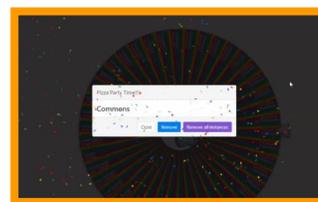


Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

“Fresh Air Face” Challenge and Virtual Art Show Premier

The “Hot TopiX” group was full of excitement with two events occurring LIVE! Congratulations to Commons Apartments for winning the “Fresh Air Face” challenge for April!!! All names of residential programs whom showed pictures of people out and about safely in the fresh air were put into a big wheel - this wheel was HUGE with the number of pictures that were submitted WOW! The wheel was spun one time and it stopped on Commons. Commons will enjoy an al fresco pizza party very soon. All other participants in the challenge will be receiving a gift card to go and buy some beautiful new plants for their homes. Congratulations to all and looking forward to this challenge again in May! Then the group enjoyed the Virtual Art Show premier which featured works from weekly art classes, art from community partners such as Coffeehouse Project as well as friends from Somerset County Therapeutic Recreation. Art included a variety of media from pencil/paper, painting and even art on shells! It was impressive to see this artistic collaboration come alive - thank you to all whom participated and the wonderful audience that supported our artists!



Piano Recital with Austin, Dylan & Eduardo



It is always a nice time when we welcome our very musically talented young friends, Austin, Dylan and Eduardo, to “Hot TopiX”! The group very much enjoyed listening to the many, many pieces that the boys have been working so hard on learning for this spring recital including “The Chase”, “Shenandoah”, “Allegro in A Major”, “Hedwig’s Theme”, “Come Back to Sorrento”, “Party Song”, “Candle in the Wind”, “Somewhere Over the Rainbow” among others! The boys used to have in-person concerts, but are grateful to have such an amazing new audience virtually to showcase their art! In honor of “May the 4th be with you day”,

Eduardo performed “Rise of Skywalker”, “Imperial March” and “Theme to Star Wars” which was very cool! The boys wowed all of us by demonstrating their perfect pitch as they were each able to identify notes on the piano without even looking at the keys - just by hearing the sounds. Amazing!!!! We learned once again that when we love doing something, such as the boys with their love of music, it is so much fun to continue to learn and then share this interest with others. We are looking forward to a summer concert with Austin, Dylan and Eduardo. Thank you musicians, audience of music aficionados and of course Swoop for being a part of the experience as always - we love Swoop!



**Mondays
at
1PM**

The Royal School of Yoga

Enjoying a wonderful start to our week with Jane and friends with our love of yoga!



Damandeep's Art





ToonMe



Enjoy seeing different people from The Arc of Somerset being magically transformed into cartoons!!!

WHO WILL BE NEXT?



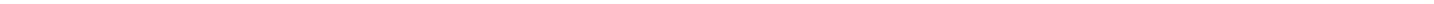
ULANA



SELENA



Franny





WORD SEARCH

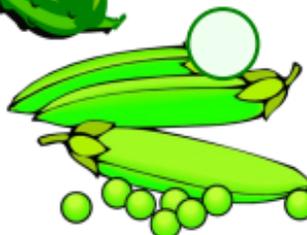
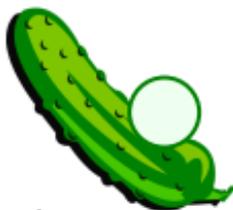


VEGETABLES VOCABULARY WORDSEARCH PUZZLE

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



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



- 1) ARTICHOKE
- 2) ASPARAGUS
- 3) BROCCOLI
- 4) CABBAGE
- 5) CARROT
- 6) CAULIFLOWER
- 7) CELERY
- 8) CUCUMBER
- 9) EGGPLANT
- 10) GARLIC
- 11) GREENBEANS
- 12) LETTUCE
- 13) ONION
- 14) PEAS
- 15) PEPPER
- 16) POTATO
- 17) PUMPKIN
- 18) RADISH
- 19) SPINACH
- 20) TOMATO



May Holidays

May 17th—May 31th



Monday, May 17th



National Walnut Day



Pack Rat Day

Tuesday, May 18th



National No Dirty Dishes Day

Wednesday, May 19th



National Devil's Food Cake Day

Thursday, May 20th



National Be a Millionaire Day

Friday, May 21st



National Endangered Species Day



National Pizza Party Day



National Talk Like Yoda Day



National Waitstaff Day

Saturday, May 22nd



International Day for Biological Diversity



National Maritime Day

Sunday, May 23rd



National Taffy Day

Monday, May 24th



Aviation Maintenance Technician Day



National Asparagus Day



National Brother's Day



National Scavenger Hunt Day

Tuesday, May 25th



Towel Day

Wednesday, May 26th



National Paper Airplane Day



National Sorry Day



World Lindy Hop Day

Friday, May 28th



National Brisket Day



National Hamburger Day



National Sunscreen Day



May Holidays

May 17th—May 31st



Saturday, May 29th



Learn About Composting Day



Put a Pillow on your Fridge Day

Sunday, May 30th



Indianapolis 500



National Mint Julep Day

Monday, May 31st



Memorial Day



National Macaroon Day



Familiar Faces



Selena and friends enjoying a safe and fun return to watch the Mets!





Show Us Your Fresh Air Face





The Funny Page



Q: What did the spring say when it was in trouble?

A: May Day!!

Q: Which state loves spring the most?

A: May-ne

Q: What season is it when you are on a trampoline in May?

A: Spring-time.

Q: What May flowers grow on faces?

A: Tulips (Two-lips).

Q: Who's the most important person in a Spring wedding?

A: The MAYtron of honor.

Q: Which month can't make a decision?

A: MAYbe.

Q: Who conducts the spring orchestra?

A: May-stro.

Q: Why are oak trees so forgiving?

A: Every May they "turn over a new leaf".

Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims.



How To Use A Fire Extinguisher

Remember The Phrase

PASS

1 Pull
the pin



2 Aim at
the base
of the fire



3 Squeeze
the handle



4 Sweep
from side
to side





Buzzword



The Arc of Somerset County is thrilled to announce that day habilitation services for individuals within the residential program will be resuming as of Tuesday May 18th! Individuals whom have returned their required documentation will be spending time at Jill Court Day Habilitation Program from 8:30am-2:30pm for individually specified days. The schedule and activities are planned to abide by Division of Developmental Disabilities (DDD) COVID safety requirements including temperature monitoring, participation in activities within residential cohorts (Bubbles) and daily sanitization processes. The Jill Court Day Habilitation Program will have exciting person centered adult programming opportunities as well as options for participation in virtual programming.

We look forward to announcing shortly the reopening of our Camplain Rd Day Program to support those consumers who live outside of The Arc of Somerset County with family or colleague agencies. If there is a part of the reopen process that you or your loved ones have questions about please do not hesitate to reach Trina Trent (branchburgb@thearcofsomerset.org) or Karen Kowalski (karenk@thearcofsomerset.org)

We thank you all for your partnership as we take this next step. Look forward to seeing you.

Karen Kolwalski,
Director of Adult Services
Arc of Somerset

