

Adult Services Presents

THE BUZZ



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



"Raise your words, not your voice. It's rain that grows flowers not thunder."

-Rumi



Trevor's 30th Birthday!!!



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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



Scenes from Exercise Class



April is OT Month

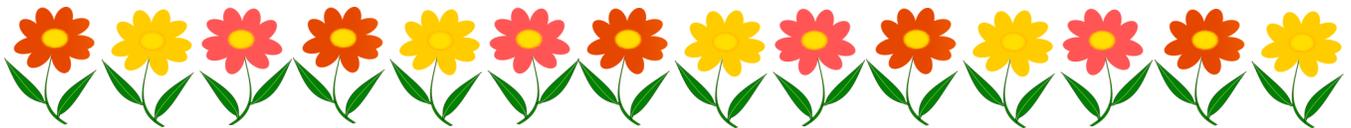


The month of April every year is recognized as Occupational Therapy month. This year our occupational therapy students, Lexi and Kait, decided to spread the word about occupational therapy by playing a fun "spin the wheel" game! As a group we answered OT Trivia questions and learned that occupational therapists can work in a variety of settings such as schools, hospitals, rehab centers, and much more! We also learned that the field of OT was founded in 1917. Both Lexi and Kait led us through some yoga poses to increase movement and get ourselves practicing mindfulness and we also had the opportunity to guess a couple OT-related inventions (the sock aide and the gait belt). Franny was able to share with the group her favorite occupation to perform which is participating in puzzles - how fun! Latricher also shared her occupation of coupon clipping - so unique! Our friends Diana, Alex, Patricia, and Lori each won Occupational Therapy sticker prizes to show off their participation in our fun event as well as spread the word about OT. Thank you for everyone who joined to learn more about the wonderful world of Occupational Therapy -- don't forget to spread the word!



Mondays
&
Fridays
at 10AM

Mary's BINGO Group



This Week in Literacy



We continued the spring theme in literacy this week and talked about the life cycle of a butterfly. Everyone including Mary Lou repeated the word “cycle” and learned about how a cycle is when things happen over and over again. Mary did a wonderful job reading a poem about how a caterpillar turns into a butterfly and learned the word “chrysalis.” After listening about the stages of a life cycle, Burton answered a question about how butterflies lay eggs and caterpillars eat leaves. That is when a caterpillar forms a shell before it turns into a butterfly. Everyone was asked to use the word butterfly in a sentence. Frances said “I love butterflies.” Barbara said that “Butterflies are pretty to look at.” When it was his turn, Anthony said “The butterflies are outside.” Now that spring is here we should be seeing more butterflies!



HAPPY BIRTHDAY

APRIL



FREDA



TREVOR



ELLIOT



BOBBY



DANNY



QING



MARCIA

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

April 19th—April 30th

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, April 19th

- 10:00-10:30: Bingo with Mary**
Meeting ID: 701 845 7910
Password: 12345
- 11:00-11:30: 30 Minute Mystery**
Meeting ID: 956 878 9920
Password: 566600
- 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, April 20th

- 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" - Guest Musician: The Coffeehouse Project**
Meeting ID: 481 232 8925
Password: 12345
- 2:00-2:30: Literacy class (UA2)**
Meeting ID: 701 845 7910
Password: 12345
- 3:00-3:30: "Hot TopiX" - Virtual trip to Prehistoric Times**
Meeting ID: 481 232 8925
Password: 12345

Wednesday, April 21

- 10:15-10:45: Morning Exercise with Friends**
Meeting ID: 956 878 9920
Password: 566600

- 11:00-11:30: SGH Literacy Class**
Meeting ID: 701 845 7910
Password :12345

- 1:00-1:30: 30 Minute Mystery**
Meeting ID: 956 878 9920
Password: 566600

Thursday, April 22nd

- 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
- 11:00-11:30: Literacy Class (Cambridge) all welcome!**
Meeting ID: 701 845 7910
Password :12345
- 1:00-1:30: "Music for Hope and Inspiration" *Green Plant Brand***
Meeting ID: 481 232 8925
Password: 12345
- 3:00-3:30 "Hot TopiX" *Girl Scout Activity with Kay***
Meeting ID: 481 232 8925
Password: 12345

Friday, April 23rd

- 10:00-10:30: Bingo with Mary**
Meeting ID: 701 845 7910
Password: 12345
- 11:00-11:30: Morning Exercise with friends**
Meeting ID: 956 878 9920
Password: 566600
- 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
- 2:45-3:15: 30 Minute Mystery**
Meeting ID: 956 878 9920
Password: 566600

Virtual Zoom Schedule

April 19th—April 30th

Monday, April 26th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: 30 Minute Mystery

Meeting ID: 956 878 9920
Password: 566600

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

**3:00-3:30: Med Talks with Rutgers Medical Students-
topic— Medical Advocacy**

Meeting ID: 481 232 8925
Password: 12345

Tuesday, April 27th

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”
*Guest Musician: Vinnie and his many
music instruments***

Meeting ID: 481 232 8925
Password: 12345

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

Meeting ID: 701 845 7910
Password: 12345

**3:00-3:30: “Hot TopiX” -
*Pictionary***

Meeting ID: 481 232 8925
Password: 12345

Wednesday, April 28th

10:15-10:45: Morning Exercise with Friends

Meeting ID: 956 878 9920
Password: 566600

11:00-11:30: SGH Literacy Class

Meeting ID: 701 845 7910
Password :12345

1:00-1:30: 30 Minute Mystery

Meeting ID: 956 878 9920
Password: 566600

Thursday, April 29th

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

**11:00-11:30: 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

**3:00-3:30 “Hot TopiX”
*Virtual Art Show Premiere***

Meeting ID: 481 232 8925
Password: 12345

Friday, April 30th

10:00-10:30: Bingo with Mary

Meeting ID: 701 845 7910
Password: 12345

11:00-11:30: Morning Exercise with friends

Meeting ID: 956 878 9920
Password: 566600

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

Thursdays
at
10:15AM

Cool Collections Group

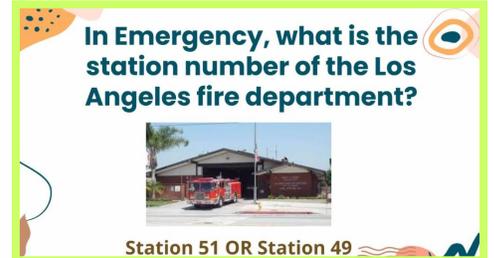
Nash's Dog Toy Collection & Tricks

Today was not a "ruff" day in Cool Collections because we had a special guest - Nash! Nash is Kait's very cute dog. He is super smart and knows a lot of tricks which we got the pleasure of seeing today! Nash was nice enough to share with us his toy collection. He has many cool ones! He has a red "kong" toy that Kait hides treats for him in, he has a rope which someone pulls the end of while they play with Nash, he has a soft green toy, and he has a blue ball that also gets treats hidden inside of it! Yum! The group got to point out the differences between the toys, with Alex stating that the toys were different colors and Donna adding in that the toys are made up of different material - great observation skills guys! We got to see Nash's talents in action as Kait called out a command and Nash performed it! The group got to help by doing the movements for each trick of Nash's which were speak, kiss, hug, high five, go into his bed, lay down, and put both his paws up! Nash is such a smart dog and listens very well, Kait is lucky to have him! Thanks so much to Kait and Nash for showing us some dog-gone good tricks!



Barbara's Dedication Video Clips Part 2

Barbara was back at it again in Hot TopiX today with her old school video clips part 2 of her collection! Although she could not be with us today in the group sadly, we were very appreciative that she dedicated each clip to a friend again! How sweet! We got to watch clips from Lost in Space, Get Smart, Emergency, Adam 12, The Dukes of Hazzard, and some others. We also learned some trivia from each show! For example, we learned that agent Maxwell Smart in the show, "Get Smart" is also known as Agent 86! A special thanks to Barbara for organizing this thoughtful collection!

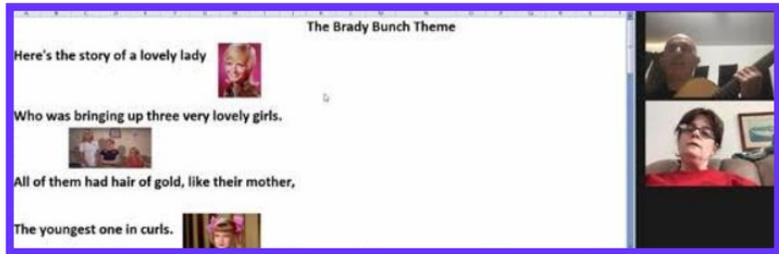


Tuesdays
&
Thursdays
at 1PM

Music for Hope & Inspiration Group

Tommy Strazza

The “Music for Hope and Inspiration” with our friend and vocalist/guitarist, Tommy Strazza, is certainly developing *amazing* musicians which was clearly evident during the class today. There were a number of musicians whom now have the confidence to sing solo in front of the group with Tommy as the accompanist - this is quite an impressive skill for performers to develop! Diana led the group singing “Sweet Caroline”, Mary and Frances performed a beautiful duet of “Rockin’ Robin” and...the group finally learned how to sing the theme to “The Brady Bunch” with Alex and Barbara each providing a solo performance for the group! The group agrees that it is time to start thinking about another talent show since these musicians are ready again to take the virtual stage! Thank you Tommy for being such a great music teacher and friend.



Thank You Vinnie!

Our friend and fellow multi-talented musician, Vinnie, certainly “built us up” with music during “Music for Hope and Inspiration”! Continuing along with the spirit of St. Patrick’s Day, Vinnie serenaded a very captivated audience with toe tapping, sway inspiring and smile producing familiar songs such as “I’m Looking Over a Four Leaf Clover”, “Turaluralura”, “Danny Boy”, “My Wild Irish Rose”, “It’s a Long Way to Tipperary” as well as other musical treats such as “Walking My Baby Back Home”. The group called for an encore performance of “Buttercup” which Vinnie played on the accordion to a very happy crowd of musicians! Vinnie, thank you for inspiring us monthly with such beautiful music and also providing us with education about musical concepts - we are looking forward to more learning and musical enjoyment with you!

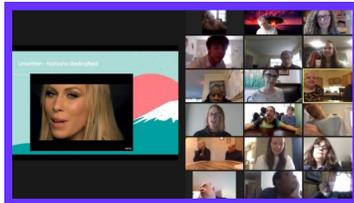


Tuesdays
&
Thursdays
at 1PM

Music for Hope & Inspiration Group

Kait's Goodbye/See You Soon Playlist

The "Music for Hope and Inspiration" group paid tribute to their new friend and occupational therapy student, Kaitlin Hasher, with a special playlist created by Lexi Disbrow, her OT student colleague! We all "lived the day with arms wide open" as we celebrated all of us as friends through a playlist that clearly were favorites by all to include "Since You've Been Gone", "Buttercup", "Wagon Wheel", "Somebody to Love", "Only the Good Die Young" and "Uptown Girl". The words of the song "Unwritten" were perfect for this celebration as Kaitlin ends her fieldwork with us, but will be back for another fieldwork in May with the lyrics "Today is where the book begins, the rest is still unwritten". Thank you all for this outstanding musical celebration of friends!



Louie's Perfect Pitch and Classical TV Fun

The "Music for Hope and Inspiration" group was in for a "pitch perfect" treat today with our friend and keyboardist, Louie! Not only did Louie take us down a musical memory lane with TV Classic Theme songs such as from "Happy Days" and "All in the Family" to include naming pictures of the main characters in each of these great shows...but Louie also amazed us all as we tried to trick him with his perfect pitch ability. Karen showed the group a musical letter name without Louie looking at it, Karen then played the note (or notes!) on the piano and Louie was able to guess ALL SIX even two that included more than one note at the same time - impressive indeed! Colleen said that one of her daughters also does not know how to read notes, same as Louie, and also is very musically accomplished! We were reminded today that people may have different learning styles but if we want to do something that is important to us, there are many ways to accomplish this. Thank you Louie!



Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

Virtual Trip to the Aquarium

Today in Hot TopiX we got to venture out under the sea to see some of our favorite animals! We saw dolphins, fish, whales, seahorses, hippos, penguins, and sea turtles! We got to hear how the African penguins communicate and learned that one type of shark has 300 teeth but does not chew when they eat?! How crazy! We were sad to find out that sea turtles are considered endangered and that sharks eat them! Oh no, we have to protect them! Thank you to our friend Jordan, who told us a fun fact about penguins: He said that penguins are the only birds that cannot fly (except for one type of penguin). They have wings but don't fly, wow! We were excited to see a clown fish, that looked like a familiar friend Nemo! Our group had so much fun at the aquarium today, although we could not see the animals in person, seeing them virtually was the next best thing!



Let's Shampoo Hair LIVE from Georgia

Hot TopiX today was full of suds and hair product as we caught up with Elaine and Sue at the hair salon! Elaine had so much information to share that was helpful for those of us trying to take better care of our hair. Did you know you're actually supposed to shampoo twice? The first shampoo loosens up all the dirt and grime, while the second scrub does the rest! She also taught us that if you're noticing some hair thinning it is best to massage your scalp as you wash it to stimulate where your hair is supposed to grow - such useful information! Elaine knew all the best products and demonstrated how much hair mousse, gel, and hair spray we should add to our heads for the best results. She finished up the group with showing us how to French Braid Sue's hair - it was amazing and came out BEAUTIFUL! Thank you to Elaine and Sue for filling us in on the best kept beauty secrets - looking forward to when we'll see you next.



This is a very old device that perms hair.

Tuesdays
&
Thursdays
at 3PM

Hot TopiX Group

April Fools!!!

Hot TopiX was full of laughter and giggles as we prank phone called all of our favorite people for April Fool's Day! Lexi, Kait, and Karen took turns disguising their voices to call our friends and trick them using various scenarios. For example, Lexi covered her nose to create a high pitch squeaky voice to call Rosie and tell her that her house was haunted! She was so surprised! Karen developed an accent to call Tommy Strazza to try and order a crazy turkey pizza! He was so confused! Kait even called her mom and told her that her five adopted children have their bags packed and ready to move in! She was thrown for a loop! Other people we pranked included Lexi's cousin, Selena, Trina, and Lauren. Everyone was a good sport regarding getting pranked. It sure was tough containing our laughter as we called all our friends, but somehow we kept it together! Happy April Fools everyone - don't get pranked!



Virtual Tour of Chicago with Elijah



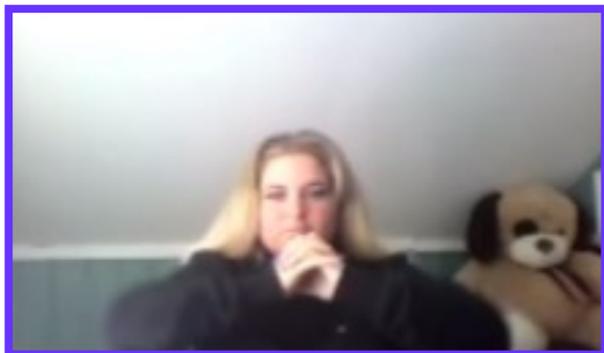
A lot of us got to cross off going to Chicago off our bucket list today in Hot TopiX! Our friend Elijah taught us all about Chicago, starting with the Chicago Fire of 1871 and how a cow started it all! Wow! We got to see the St. James Cathedral, the Chicago Water Tower, and the "Willis Tower"! They were all so beautiful! We couldn't believe that the Chicago River dyes their water green for St. Patrick's day, how festive! We saw the Buckingham fountain that lights up all different colors at night and also saw the Bean! Elijah even took us to some of the famous stadiums for our sports lovers, starting at Soldier Field and ending at Wrigleyville where everyone goes to hangout after watching the game at Wrigley Field. We also couldn't end the tour without talking about Chicago's well known food, deep dish pizza! Yum! Elijah also told us about Portillo's where you can order a "Chicago style hot dog" which includes mustard, relish, and sauerkraut but no ketchup! Everyone was very impressed by Chicago and Alex even made the connection that one of our staff members Britt lived in Chicago! Awesome correlation Alex! Thank you again Elijah for being an awesome tour guide, we learned so much! Stay tuned to find out where we go next!



**Mondays
at
1PM**

The Royal School of Yoga

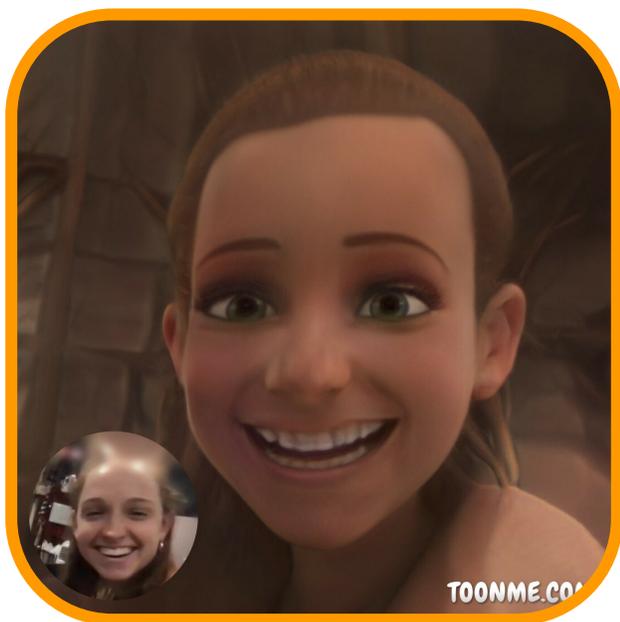
There is nothing better than starting our week with yoga, our friend Jane and some beautiful butterfly yoga poses!



ToonMe

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

WHO WILL BE NEXT?



LEXI



KAIT



Cindy

WORD SEARCH

Butterfly

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

ADULT
 ANTENNA
 BUTTERFLY
 CATERPILLAR
 CHRYSALIS
 EGGS
 FLOWERS
 FLUTTER

FLY
 GARDEN
 LARVA
 MILKWEED
 MONARCH
 MOTH
 NECTAR
 PLANTS

PUPA
 STRAW
 WINGS



April Holidays

April 17th—April 30th



Saturday, April 17th



Husband Appreciation Day



International Bat Appreciation Day



International Haiku Poetry Day



National Cheese Ball Day

Sunday, April 18th



National Animal Crackers Day



National Lineman Appreciation Day



National Velociraptor Awareness Day

Monday, April 19th



National Garlic Day

Tuesday, April 20th



Chinese Language Day



National Look-Alike Day



National Pineapple Upside-Down Cake Day

Wednesday, April 21st



Administrative Professionals Day



National Bulldogs Are Beautiful Day



National Kindergarten Day



National Tea Day

Thursday, April 22nd



Earth Day



National Jelly Bean Day

Friday, April 23rd



Day of Silence



National Cherry Cheesecake Day



National Picnic Day



National Take a Chance Day



Take Our Daughters and Sons to Work Day



World Book Day



April Holidays

April 17th—April 30th



Saturday, April 24th



National Pigs in a Blanket Day



National Skipping Day

Sunday, April 25th



Kiss and Make Up Day



National DNA Day



National Drug Take Back Day



National Hairstylist Appreciation Day



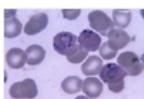
National Hug a Plumber Day



National Pet Parents Day



National Telephone Day



World Malaria Day

Monday, April 26th



National Pretzel Day

Tuesday, April 27th



National Prime Rib Day

Wednesday, April 28th



International Guide Dog Day



National Blueberry Pie Day



National Superhero Day



Stop Food Waste Day

Thursday, April 29th



International Dance Day



National Shrimp Scampi Day

Friday, April 30th



Honesty Day



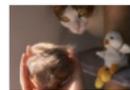
International Jazz Day



National Arbor Day



National Bubble Tea Day



National Hairball Awareness Day



National Raisin Day



The Arc's
Virtual
Art Show

Calling
All
Artists

We are accepting all
kinds of artwork!
These pieces will be displayed
at our Virtual Art Show

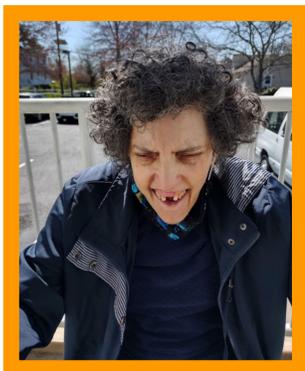
SUBMISSION ARE DUE FRIDAY APRIL 16TH, 2021



PLEASE EMAIL ALL ARTWORK TO
KARENK@THEARCOFSOMERSET.ORG

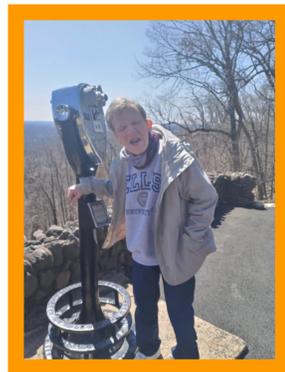


Show Us Your Fresh Air Face



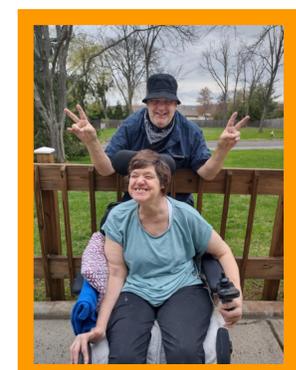
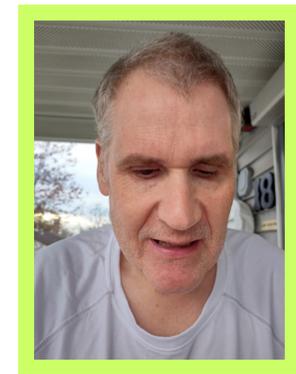
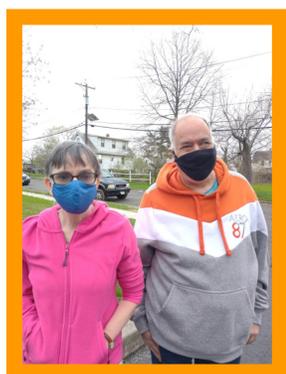


Show Us Your Fresh Air Face





Show Us Your Fresh Air Face





Familiar Faces



Jayne is very excited about her new computer set up thanks to her wonderful brother, John!"



Damandeep's Art



Buzzword

Dear Friends and Family,

I hope you enjoyed this edition of the BUZZ. As you can see “Spring” was a main topic of our conversations and virtual offerings for the past few weeks. We are all so happy to start to get outside and enjoy the sun and fresh air, and will continue to do so in a safe and responsible manner. As noted in previous communications, The Department of Human Services has authorized the re-opening of day programs provided certain protocols and precautions are in place. While we are confident that we are prepared to re-open, there is one other criteria that we must adhere to. The CALI report, which identifies, by county and statewide the transmission risk of Covid-19. The risk categories are *low, moderate, high, very high*. According to the NJ department of health, Day Programs can only re-open when the region in which it is located is at a *low or moderate* risk category. Currently and for the past few weeks our region has been in the *High* activity level, thus precluding us from re-opening our programs.

We continue to watch the report weekly (it is updated each Thursday) and will keep you posted on our re-opening plans. The report can be found at:

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_19_Report_Week_2021_13.pdf

In the mean time, we will continue to enjoy the fresh air and spring weather!

Best wishes, be well,

Lauren Frary,
Executive Director

