

# This Week at ASCARC

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## December News at ASCARC

- The **men at our Hillside group home** thoroughly enjoyed their Thanksgiving meal with laughter and fellowship. With family visitations, the season becomes more enjoyable.



- **Molly** is proud of her **homemade chicken noodle soup!** This soup was made during a session of our **“Day Hab Goes Digital”** cooking class. Molly and many other participants spend an hour each week working on improving their cooking skills. The homemade soup was given kudos by our dietitian, Jenny Torino, who noted that the homemade version contains less sodium and more nutrients than the canned version. Looks yummy, Molly!

- **Ned from our Newton group home** shows off his art work after participating in our free-hand, guided painting class with **Frankie Bayak of the New Jersey Self Advocacy Project**. Several of our virtual day program folks really enjoyed the painting lessons. This is an excellent opportunity for many to develop an interest in painting and to improve their skills. Thank you NJSAP.



- **Melissa** made a **kielbasa dish** during cooking class while on our virtual day habilitation program. Many of our participants enjoy cooking with supervision from family at home. The **“Day Hab Goes Digital”** daily offering is so diverse and interesting to over 130 participants each day.

- Our **SCARC Foundation** reminds us of 2 opportunities to support the SCARC Family of services. First, our **Annual Appeal** which raises funds to support SCARC and SCARC Guardianship Services. So far we have raised over \$100,000 toward our goal of \$115,000. Second, **Subaru of Newton** will be donating to SCARC \$250 per car sold during the annual **Share The Love** event going on now. Do what you can to support SCARC Foundation during these challenging pandemic times.

- Now that the **COVID-19 virus vaccine** is becoming available in New Jersey, we have been notified that our **individuals and direct support professional staff** are placed in the 1-A category of priorities for the vaccine. That means that we should be hearing very soon when our SCARC individuals and staff will be receiving the vaccine. All group home residents and staff will be notified individually of their date. We rejoice with this news! **Merry Christmas, Happy Holidays, and Happy Hanukah everyone!**