

# Abilities Newsletter



February 2025



Welcome to the  
February Edition of  
our agency wide  
newsletter!

## Table of Contents

*The Pburg Scoop - Page 1*

*Hackettstown Center - Page 2*

*Mary Apgar Center (MAC) - Page 3*

*MSN - Page 4*

*Community Rehabilitation  
Program - Page 5*

*Employment Pathways - Page 6*

*Administrative - Page 7*

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# THE PBURG SCOOP

Hi, My name is Brittany D. I love Disney movies.  
I wanted to share some Disney riddles.

I live in the jungle  
My father was killed  
I am to be king of  
the jungle one day  
I sing I can't wait to be king  
Who am I?

Simba

I lived in London  
I wear a yellow dress  
I go to Africa to study gorillas  
I met a boy who talks to the animals  
Who am I?

Jane

## THINGS TO ACCOMPLISH IN PROGRAM 2025:

I would like to go out for lunch at Apple Bees. Shopping at the mall. Help clean center.  
Attend Iron Pigs Game.

By: Anthony O

I want to read books on my tablet to everyone at program. Keep doing cleaning.  
Maybe go to the mall. Do karaoke with Tammy and sing a song.

By: Bobby S

I like program. I like doing puzzles. Do math and worksheets. Keep doing cleaning.  
Summer I want to play sports basketball.

By: Wakeem H

Go to mall. Next week get a pretzel and bottle of water. Go to Mcdonalds. Have a pizza  
party on Friday. Birthday cake March 15th. Cut coupons. Clean the windows and the girls  
bathroom.

By: Sam C

I would like to accomplish more cleaning in program. More working at workshop.  
When it gets warm going to the park. Go to the circus.

By: Fred G

I had fun helping make the soup. It tasted really good.  
I liked chopping up the vegetables and cutting the  
cheese. I help stir the cheese. We made broccoli  
cheddar soup for cooking club.

By: Katie P





# Hackettstown



I like math and numbers, I like addition, subtraction, multiplication, and division but my favorite is multiplication. I am enjoying completing my arithmetic book.

Sometimes I use the calculator, my staff helps me and explains when I don't understand, they also encourage me to use pencil and paper, so I don't use the calculator too much, my staff says it's good for my brain.

My name is Florence, and I love Math. HC Day Hab



Elephant toothpaste

We did an experiment called Elephant Toothpaste, they explained what this could be and the ingredients, we used dish soap, food coloring, hydrogen peroxide, and yeast.

We had to put on gloves and goggles; we started mixing this for septs. It was awesome to see these streams, I like science, I learn new things.

Here at HC Day Hab.

Dear Washington Abilities, I am having a great time at the Hackettstown Abilities. I am loving every minute of it. I made a lot of friends already, and I miss you guys so much. I did the candy for the first time, and it was easy but hard at first. I love music and art, and I like working with Legos and especially the Wii and the PlayStation. I almost forgot the science every day.

Brianna

Dear Washington Abilities  
I having a great time At the  
Hackettstown Abilities I am  
Loving every minute Of it  
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Brianna

# Mary Apgar

We were gifted with a wonderful air hockey table for everyone to enjoy!

It is a lot of fun taking turns so that everyone who wants to play gets the chance to.



We had a visit from our friend Imperfect Phil. It was so nice to see and pet him as always!



On January 29th, we celebrated the Chinese New Year with take out from Asian Kitchen in Washington! It was delicious! We also made a snake as a group craft for Year of the Snake.

In art, we made different Valentines' crafts and decorated the center with it.



A group went out to ShopRite to pick up the ingredients to make special Valentines' brownies at the center. We enjoyed the heart shaped brownies topped with whipped cream and sprinkles!



Every Thursday we volunteer to do Meals on Wheels. It is nice to serve meals to the elderly in the community.

In our this or that survey we learned that 15 consumers would rather have hot chocolate and 8 fruitcake, 13 consumers would rather snowboard, 11 ski and 3 would prefer neither, 14 consumers like sweet snacks and 5 prefer salty snacks, 9 consumers would rather wear fancy clothes and 13 would rather wear pajamas, 14 would rather make a snowman and 9 would rather make a snow angel, and 12 consumers would rather have a pet penguin while 9 would rather have a pet polar bear!

Based on our breakfast survey, we learned that 147 cups of coffee, 37 eggs, 52 cups of juice, 74 bowls of oatmeal/cereal, 38 waffles/pancakes, 20 servings of bacon, and 149 "other" items were consumed this month!



## 10 Healthy Diabetic Friendly Meals & Snacks

by M:

1. Rice cakes with Peanut Butter
2. 2 Small Sugar Free Cookies
3. ¼ cup nuts
4. Celery with Peanut Butter
5. 100 calorie popcorn
6. Eggs, Coffee & Fruit
7. Peppers with chopped lean ground beef/turkey
8. Turkey and Cheese Sandwich
9. Chicken
10. Oatmeal with Fruit

### All About Me:

**Name:** Maryann

**Age:** 53 Years Old

**Favorite Food:** Chicken

**Favorite Drink:** Red Wine

**Hobbies:** I love getting my nails done and dancing

**Favorite Color:** Red

**Favorite Song:** Dancing Queen by Abba

**Favorite Season:** Winter and Summer

**Favorite Holiday:** Easter



### Cooking with J:

Hi, my name is J, and I really enjoy learning to cook. Cooking is one of my favorite hobbies. If you are just starting to cook, you will need some help reading the recipes and using measuring cups and/or spoons. Make sure you have all the ingredients needed for your recipe. Some of my favorite foods to make are breaded chicken, shrimp, chocolate cake, and salads. Some foods I want to learn how to make next are pasta, macaroni with egg salad, spaghetti and meatballs, baked ziti and lasagna. I do not like to make or eat anything hot and spicy. Before you cook and prep the food you must make sure you wash your hands good, have the right pan or pot needed and use oven mittens when you must hold anything hot. During the winter my favorite thing to make and eat is chicken noodle or chicken and rice soups. My advice to anyone who wants to learn how to cook is you must ask your staff or family to help you, and you must follow the recipe exactly, otherwise it will not taste right. Make sure to use cooking spray on the pan before you put the food on it and make sure to clean up after yourself. Somethings we have cooked in cooking club in MSN that I really enjoyed were english muffin pizza's, cookies, chicken stuffing casserole and lemon bars.

### Traveling with Ty:

Some places I have been to recently with my family are Hershey Park, The Great Wolf Lodge, Applebee's, McDonalds, and Denville Dairy. I highly recommend all these places, I had so much fun. I would say my favorite place I have been to is Hershey Park. Some places I hope to travel to soon are the Caymen Islands, Disney World, Pt. Pleasant Beach and the Readington Balloon Festival. I like traveling in a car, planes are kind of scary and make my ears pop.



### Sports with John:

My favorite football team is the Giants. My favorite player on the Giants is Tommy DeVito. I am sad the Giants did not make it into the Super Bowl, but the Philadelphia Eagles are playing the Kansas City Chiefs in this year's Super Bowl, I want the Eagles to win. After football season is over the next sport I enjoy watching is baseball. My favorite baseball team is the New York Mets. My favorite player is Juan Soto, who was just traded to the Mets from the Yankees. I predict this year's World Series will be the Mets vs. the Dodgers. I have not been to any football or baseball games, and I really do not want to. I would rather watch the games from home on the tv.





# Washington CRP

## Day at Abilities

We come to abilities every day to learn and work on jobs. The most important thing in our lives that we need to do is focus on things. We need to learn about we do different jobs we do.

Every one has there own ways to do things. These jobs we get try our best. The supervisor are here to teach us. and shows us the right way how to do the jobs . They are really nice to us .The supervisor teach us vocational activity and help us learn about jobs skills. But i fell the most important thing is our friendship we have with each other and we get along with them and respect them. We should treat them like we wanted to be treat .They are also our coworkers we work has a team and we all work together and respect them. We treatthem like we should be treat to . we should get long with each other . We also should talk to them really nice and respect them to.

## Abilities

I do my cleaning at the Abilities. We do put on the labels on popcorn and do Electronics. We do the jobs skills up front on the screen. I made friends at the Abilities. We do make box's and put stickers on earring box's. We do art at Abilities. We do Jobs Club at the Abilities.





# Employment Pathways

Abilitiesnwj and the Employment Pathways Team would like to Congratulate Brandon Kalmowitz on his promotion within Weis Markets. Brandon has always been an exceptional employer and advocate for the individuals we support. Brandon was always willing to provide opportunities and to participate in Employment programs . Brandon is relocating and he will be truly missed, but this promotion is well deserved !  
Congratulation Brandon and well wishes!



My name is Sara. When I am not working I enjoy cooking. I like to make my Nana's famous meatballs. They are very special to me because they remind me of her. I also like to ride horses. I have been riding for about 10 years now. I like to travel too. Some of my favorite trips have been to Alaska, Disneyland, and to Disney World. Someday I would like to travel to Japan, Italy and Ireland. My Great Grandmother was born in Sicily, Italy and I would like to see where she grew up. I am partly Irish too and would like to see where my family is from. I would like to visit Japan to see the Cherry Blossom trees.

Employment Pathways is excited to share Fred Kulick's retirement announcement. Fred has successfully worked at Weis in Hackettstown for 10 years as a service associate , with the supports of our Employment Team. Fred is looking forward to spending more time at the gym, seeing family and friends and just relaxing!  
Congratulations Fred !



# Administrative

## Upcoming Events



April 10th, 2025  
6pm to 8pm  
**Free to Attend!**

**AUTISM ACCEPTANCE PRESENTATION**

**BENERGY!**

Warren Hills High School Auditorium  
41 Jackson Valley Rd, Washington, NJ  
07882

[benergy1.com](http://benergy1.com) (908)-689-1118 [arcwarren.org/register](http://arcwarren.org/register)

Logos: WJTV, The Arc of Warren County, Abilities of Northampton County Inc., Autism Alliance



Join us if you dare

**HALFWAY TO HALLOWEEN COSTUME BALL**

MAY 3, 2025 • SPOOKY DETAILS TO FOLLOW



**STERBENZ MILES OF SMILES**

2025  
5K RUN - 1K WALK/ROLL/STROLL

**SAVE THE DATE**

**Saturday Oct. 4th, 9am - 1pm**

The Community Trail at Warren Community College  
475 Route 57, Washington, NJ.

For questions about upcoming events call  
(908) 689-1118 or email [info@abilitiesnw.com](mailto:info@abilitiesnw.com)

**We Need Your Help!**

Help us name this newsletter!  
Tell your supervisor your ideas or let  
Charissa  
know at [cbuskirk@abilitiesnw.com](mailto:cbuskirk@abilitiesnw.com)