

SEPTEMBER & OCTOBER 2020

THE CAYOU

SPONSORED BY THE CAU RECREATION DEPARTMENT

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CAU MISSION STATEMENT

To provide community access through effective and comprehensive support services for people with disabilities, at-risk youth and people with affordable housing needs, giving them the opportunity to live independently and to lead normal and productive lives as citizens integrated into the community.

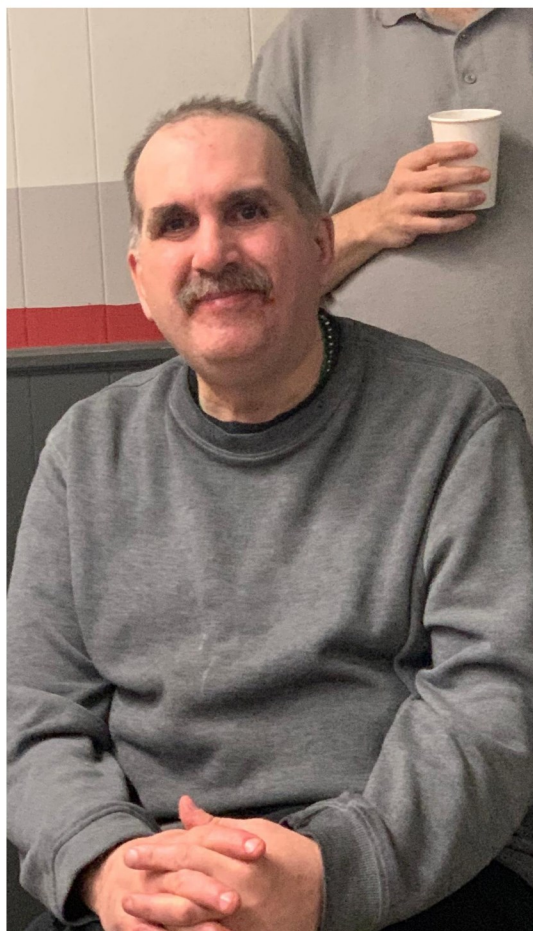


BIRTHDAYS!

SEPTEMBER & OCTOBER

Karyn	Griffin	09/01	Richard	Haegi	10/05
John Michael	DellaValle	09/01	Mike	Wilkerson	10/05
Graham	Rockford	09/01	Zachary	Kairawala	10/05
Joyce	Cargle	09/02	Juana	Quinn	10/06
Brian	Simonelli	09/04	Irma	Gonzalez	10/06
Luigi	Giannini	09/05	Amanda	Strond	10/07
Terrance	Barnett	09/05	Annie	Johnson	10/07
Georgetta	Granieri	09/07	William	Jackson	10/08
Sara	St.Claire	09/07	Lois	Petuck	10/09
Kevin	Woodruff	09/08	George	Gould	10/10
Shadriyah	Spruill	09/10	Stephen	Sutera	10/14
Vernard	Porcher	09/11	Andrew	Cox	10/14
Jaquan	Perkins	09/12	Alison	Terroni	10/15
Carlos	Pena	09/13	James	Williams	10/16
Brian	Shapiro	09/14	Danielle	Senior	10/16
Christopher	Dionne	09/16	Daniel	Green	10/16
Mary	Kurnos	09/18	Alphonse	Cervone	10/18
Marguerite	Knouse	09/18	Sheldon	Kellman	10/20
Yvette	Duval	09/18	Vernon	Boyd	10/21
Carmen	Bayron	09/18	Deborah	Jenkins	10/21
Amador	Mendez	09/18	Ellen	Balz	10/21
Brandon	Rutledge	09/18	Tanya	White	10/23
Jessie	Amos	09/20	Ronald	Moses	10/24
Rose	Veale	09/20	Dana	Ritman	10/25
Ashley	Hayes	09/20	Yanira	Romero	10/25
Rebecca	Krumholz	09/20	Andrew	Seiler	10/26
Helen	Vitale	09/21	Genevieve	Smith	10/26
Radley	Anderson	09/21	Horace	Jackson	10/27
Brandon	Spruill	09/22	Deborah	Kennedy	10/29
Donna	Larsen	09/23	Joshua	Miller	10/29
Milagros	Rivera	09/25	Joanne	Dollendorf	10/30
Willie	Crawford	09/25	Guy	Joassaint	10/31
Andrew	Barry	09/25			
Elaine	Seigel	09/27			
Gerard	Merdo	09/27			
Maxwell	Duncan	09/27			
Mona Lisa	Amos	09/28			
Linda	Fishwick	09/28			
Ronald	Fegely	09/30			
Eric	Doherty	09/30			
Aidan	Chetram	09/30			





MEMBER SPOTLIGHT

JOHN BARKER

Meet John Barker. John has been a CAU family member since August 17, 2010. In his ten years with us he has built himself to be a model member and great friend to all. John prides himself on being an essential employee working at Shoprite during the entire pandemic. He takes his safety, as well as the safety of those around him, very seriously making sure he has the proper PPE equipment needed to get his job done. John also works at OCUC which he looks forwards to getting back to as soon as it is safe to return. During his free time John enjoys attending recreation events such as bowling with his CAU peers. Happy ten year anniversary John. We look forward to many more with you.

HELPING HANDS SELF ADVOCACY

Meetings: To Be Determined
80 West Grand Street Elizabeth, NJ

RELIGIOUS SERVICES

Hosted by Rev. Aleyah Lacey & the Union
County Interfaith Coordinating Council

ZOOM MEETINGS

ID: 859-7233-6325

CALL IN: 1 (929) 205-6099

Every Wednesday @ 11:00 AM

UPCOMING OVERNIGHT TRIPS- CANCELLED

Chicago, IL September 7th - 10th

TRIPS TO BE DETERMINED

Disney Cruise (San Juan, PR)- November 1st - 7th

A photograph of the Cloud Gate sculpture (The Bean) in Chicago, with people gathered around it and city buildings in the background.

CHICAGO, IL

SEPTEMBER 07-10TH

CANCELLED

A photograph of a Disney Cruise ship, showing the ship's funnel and the Goofy mascot in the foreground.

DISNEY CRUISE (SAN JUAN)

NOVEMBER 1ST-7TH
TO BE DETERMINED

CAU RECREATION GUIDELINES

1. CHOOSE EVENTS THAT INTEREST YOU & CONTACT US FOR AVAILABILITY:

Recreation Instructor:
Asia Mitchell
(908) 354-3040 ext: 4706
AMitchell@caunj.org

2.

For CAU Members

Contact your counselor or
Program Assistant Director to
complete registration for events
you're interested in attending.

For Community Members

Contact (above) to reserve your spot
for your favorite recreation event

3.

All participants must complete the Monthly Recreation Sign-Up
Community Access Unlimited
Attn: Recreation Department
80 West Grand Street Elizabeth, NJ 07202

..... **ADDITIONAL INFORMATION**

- Payment is due immediately following each recreation event that participants have attended; attendance is taken to confirm participation. For events that require advance purchase of tickets or passes, payment for the event will be asked for upfront.
- Space is limited for each event; reservations are required
- If you are unable to attend a class or event you have signed up for, notify the Recreation Department. If NOT notified, there will be no refund or credit provided. No refunds or credits may be given for events with pre-purchased tickets.
- Members who are not CAU Members will be charged an additional fee for attending Recreation events as outlined on the Worksheet. If you are interested in becoming a CAU Recreational Member, contact us. The fee is \$300/year and ensures the member price for all events.

VIRTUAL RECREATION

Presented by the
Union County Board of Chosen Freeholders & Office for Persons with Disabilities & Special Needs

YOGA



MONDAYS: August 3 - August 31

5 PM - 6 PM

Ages 13 & up

KARATE



WEDNESDAYS: August 5 - September 2

Class One: 7:00 PM - 7:45 PM (Ages 15 & under)

Class Two: 8:00 PM - 8:45 PM (Ages 16 & up)

To register, visit: www.ucnj.org/opdsn-reg or call (908) 527-4781



CHOCOLATE CHIP COOKIES

INGREDIENTS

- 1 cup salted butter* softened
- 1 cup white (granulated) sugar
- 1 cup light brown sugar packed
- 2 tsp pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder
- 1 tsp sea salt
- 2 cups chocolate chips (or chunks, or chopped chocolate)

INSTRUCTIONS

- Preheat oven to 375 degrees F
- In a bowl mix flour, baking soda, salt, baking powder. Set aside.
- Cream together butter and sugars until combined.
- Beat in eggs and vanilla until fluffy.
- Mix in the dry ingredients until combined.
- Add 12 oz package of chocolate chips and mix well.
- Roll dough into balls and place them evenly spaced on your prepared cookie sheets.
- Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just BARELY starting to turn brown.
- Let them sit on the baking pan for 2 minutes before removing to cooling rack.



STEAK KEBABS

INGREDIENTS FOR MARINADE & SKEWERS

- Olive oil
- Soy sauce
- Lemon juice
- Red wine vinegar
- Worcestershire sauce
- Honey
- Dijon
- Garlic powder
- Sirloin Steak
- Fresh veggies

INSTRUCTIONS

- in a bowl whisk together olive oil, soy sauce, lemon juice, red wine vinegar, Worcestershire, honey, dijon, garlic and pepper.
- Place steak into a gallon size resealable bag, pour marinade over steak then seal bag while pressing out excess air and massage marinade over steak.
- Rest in refrigerator: transfer to refrigerator and allow to marinate 3 - 6 hours.
- Preheat a grill over medium-high heat to about 425 degrees
- Toss veggies with oil and seasoning: with veggies on cutting board, drizzle with oil and lightly toss to coat.
- Sprinkle veggies evenly with garlic powder and season with salt and pepper.
- To assemble kebabs: layer steak and veggies onto kebabs in desired order, work to fit 4 steak pieces onto each kebab.
- Cook kebabs on lightly oiled grill grates: brush grill grates lightly with oil.
- Place kebabs on grill and grill until center of steak registers about 140 - 145 degrees for medium doneness, turning kebabs occasionally, about 8 - 9 minutes.

COMMUNITY ACCESS UNLIMITED

MERCHANDISE SALE

STARTING AT \$10.00

INTERESTED IN MORE THAN JUST T-SHIRTS?

**LET US KNOW WHAT YOU WOULD LIKE TO SEE NEXT
IN OUR APPAREL LINE**



I AM ESSENTIAL

**FRONTLINE
HERO**

— #CAUSTRONG —

#CAUSTRONG

FOR MORE INFORMATION CONTACT:

**DAVID LOPEZ- DLOPEZ@CAUNJ.ORG
SARANYA THANA- STHANA@CAUNJ.ORG**



COMMUNITY ACCESS
UNLIMITED

ANNUAL IRA GELLER VIRTUAL WALKATHON



1. REGISTER

Scan the QR code at the bottom to register!



2. DOWNLOAD NIKE RUN CLUB

Once registered and downloaded make sure to add CAU as a friend by adding info@caunj.org



3. WALK

Finally, enjoy a great walk in your community with your family!



SEPTEMBER 12, 2020

12:00 - 2:00 PM



SCAN TO REGISTER

For more info

✉ STHANA@CAUNJ.ORG

INFORMATION



GRAB YOUR SHIRT

Raise \$100.00 and earn a free walkathon shirt or purchase for \$10.00



POST ON SOCIAL MEDIA

Don't forget to snap pictures of your progress! Tag us & use #CAUWALK2020



STAY SAFE

Remember to practice social distancing and take health precautions during your walk

@COMMUNITYACCESSUNLIMITED



WWW.CAUNJ.ORG

THANK YOU TO OUR SPONSORS

 **MEEKER SHARKEY & HURLEY**
Insurance and Employee Benefits


Innovative
BENEFIT PLANNING

CAYOU | SEPTEMBER & OCTOBER



SUPPORT THE CAU WALKATHON

Each staff member at CAU is encouraged to join in our CAU walkathon fundraising campaign.

WHAT DOES THIS MEAN?

It means we are asking YOU to set a fundraising goal (\$100 FT, \$50 PT)
and use our tools to help you reach that goal!

HERE ARE A FEW WAYS TO HELP

1. BUILD A TEAM

Scan the QR code so you can register to attend & start your designated campaign! Be sure to promote your team via email & social media!



2. JOIN PAYROLL DEDUCTIONS

You can make a personal contribution to the walkathon by signing up for payroll deductions. Visit the FORMS section of CAUnet and download the "Walkathon Payroll Deduction Form". Please turn in your form to HR when completed!

3. ASK 10 FOR \$10

\$10

PARENTS

\$20

SIBLINGS

\$30

COUSINS

\$40

NEIGHBORS

\$50

BEST FRIEND

\$60

AUNT/UNCLE

\$70

SIGNIFICANT
OTHER

\$80

LOCAL BUSINESS
OWNER

\$90

SCHOOL
FRIENDS

\$100

SOCIAL MEDIA
FOLLOWERS

WHO DOES IT BENEFIT?

As staff members, we receive benefits such as tuition reimbursement, project assistance loans, and more. Programs like these are all made possible through contributions to our fundraising events.

FOR MORE INFORMATION OR ASSISTANCE CONTACT:
SARANYA THANA- EXT: 4376 | STHANA@CAUNJ.ORG

WHY IS RECREATION SO IMPORTANT



EXERCISE

Studies have shown that regular exercise can help prevent diseases, control your weight, increase strength, improve stamina, help you sleep better, and just make you feel better in general



RELAXATION

Calm your mind, and you'll lower your blood pressure



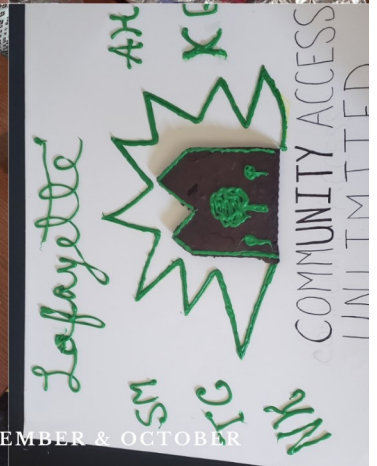
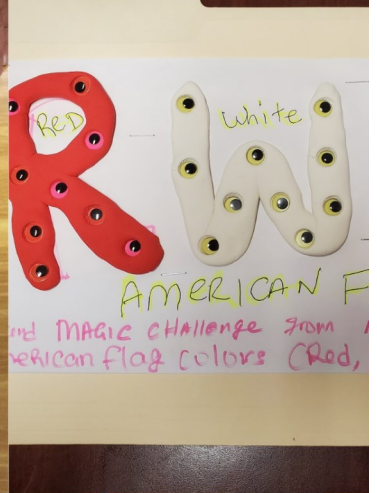
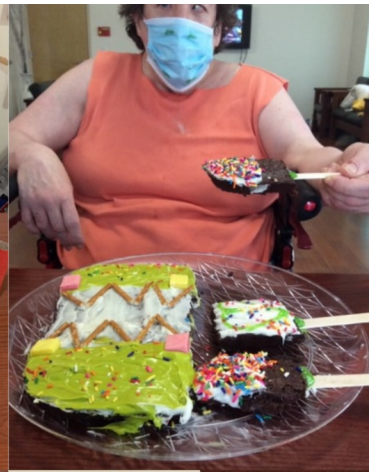
GROUP PARTICIPATION

Participating in any kind of group activity—a class, theatrical production, community league sport, or pick-up game, has all kinds of benefits. Group activities help you build your social skills and social networks.

CAU CHALLENGES









80 West Grand Street

Elizabeth, NJ 07202

Phone: 908-354-3040 TTY/TTD: 908-354-4629

Fax: 908-354-2665 www.caunj.org

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PAID

PERMIT 225

Elizabeth, NJ

**TO
ALL
CAU
HEROES
THANK YOU**