

NOVEMBER & DECEMBER 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!

## NOVEMBER & DECEMBER

Benjamin	Wintfeld	11/1
Lee	Bongiovi	11/3
Sarah	Edmond	11/4
Matthew	Stefanick	11/4
Roberto	Nicolosi	11/7
Maurice	Stephens	11/10
Learea	Heath	11/11
Valda	Branch	11/11
Donato	Tenore	11/12
Ruth	Minard	11/13
Katherine	Gillison	11/14
Thomas	Calamito	11/14
Michael	Conrad	11/15
Johnson	Phillipe	11/16
Claude	Robinson	11/16
Connie	Burdi	11/16
Hassan	Coleman	11/19
Dwayne	Smith	11/19
Sharon	Schappe	11/20
SC	Test	11/20
Kathy	Mollen-Marcus	11/20
Quadirah	Thomas	11/21
Nicole	Roberts	11/21
Alan	Fan	11/22
Joy	Smith	11/24
Timothy	McLorin	11/24
John	Barker	11/24
Donna Sue	Crosby	11/26
Brian	Smith	11/26
Alton	Murphy	11/28
Robert	Ward	11/29
Steven	Agolia	12/1
Cesar	Perez	12/1
Raul	Maldonado	12/1
Niam	Kearney	12/2
Karen	Stevens	12/5
Charles	Jackson	12/6
Kardy	Goe	12/6
Robert	Freese	12/9
Margaret	Carlos	12/9

Daniel	Platt	12/10
India	Rose	12/10
Deborah	Campbell	12/10
Pamela	Gilmore	12/11
Christina	Menna	12/12
Christina	Witowsky	12/12
Raheem	Smith	12/12
Michele	Bartolucci	12/12
Stephen	Drake	12/12
Michael	Roemisch	12/13
Tatiana	Hernandez	12/13
Gedde	Weinman	12/15
Rafael	Hernandez	12/15
Peter	Rusu	12/15
Diane	Puma	12/17
Emmett	Smith	12/18
Daryl	Nelson	12/19
Eugene	Wohl	12/21
Tony	Brown	12/21
Louis	Averhoff	12/22
Scott	Cherewich	12/23
Kimberly	Rosato	12/23
Carol	Petties	12/24
Mary	Behory	12/24
Joseph	Morales-Ward	12/25
John	Drescher	12/26
Felicia	Cowan	12/27
Ashley	Lasanta	12/28
Bruce	Brown	12/28
Christopher	Brown	12/30
Joth	Ruch	12/31





# MEMBER SPOTLIGHT

MAXWELL DUNCAN

Meet Maxwell Duncan. Maxwell has been with us since October of 2019 and enjoys journaling and playing sports. Maxwell can be a prankster at times, but is also spiritual. He loves his family, but has also formed positive bonds with staff and members; He mentions certain peers and staff as family away from his family. For fun, Maxwell enjoys going for walks, going to the park as well as going to Dunkin Donuts, Wendy's and Subway with staff. Maxwell looks forward to attending CAU day program each day.

## HELPING HANDS SELF ADVOCACY

Every Tuesday 4:00 pm - 5:00 pm  
Zoom ID: 810 950 22137

## 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

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

A close-up photograph of the Goofy character from Disney, smiling and waving. He is wearing a brown hat and a red bandana. The background is slightly blurred, showing what appears to be a ship's railing.

**DISNEY CRUISE (SAN JUAN)**

**NOVEMBER 1ST-7TH**

**CANCELLED**

**STAY TUNED FOR UPDATES ON  
2021 RECREATION EVENTS**

# 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**

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## **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

## NOVEMBER 2020

### 13. ONLINE BINGO

COST: \$20.00  
ENTER FOR A CHANCE TO WIN \$50.00!



### 23. PAINT NIGHT

COST: \$35.00  
ALL MATERIALS INCLUDED!

### 26. THANKSGIVING

ENJOY THE HOLIDAYS!





# **VIRTUAL RECREATION**

## **DECEMBER 2020**

### **10. BAKING WITH ASIA**

**COST: \$40.00**

**ALL BAKING SUPPLIES AND MATERIALS INCLUDED**



### **21. DIY HOLIDAY DECOR**

**COST: \$25.00**

**ALL MATERIALS INCLUDED!**

### **24. CHRISTMAS EVE**

**ENJOY THE HOLIDAYS!**



### **25. CHRISTMAS DAY**

**ENJOY THE HOLIDAYS!**



# PUMPKIN SUGAR COOKIES

## INGREDIENTS

### FOR THE COOKIES

- 2 1/4 c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- 1/2 tsp. kosher salt
- 1 c. (2 sticks) butter, softened
- 1 1/4 c. granulated sugar, plus more for rolling
- 1/2 c. pumpkin puree
- 1 large egg
- 2 tsp. pure vanilla extract

### FOR THE FROSTING

- 1 (8-oz.) block cream cheese, softened
- 2 c. powdered sugar
- 1 tsp. pure vanilla extract
- 1/4 tsp. ground cinnamon, plus more for sprinkling
- Pinch kosher salt

## INSTRUCTIONS

- Preheat oven to 350° and line two large baking sheets with parchment paper.
- In a medium bowl, whisk together flour, baking soda, pumpkin pie spice, and salt.
- In a large bowl mix butter, sugar, pumpkin, egg, and vanilla until combined. Add dry ingredients and stir until just combined.
- Scoop a tablespoon of cookie dough then roll in sugar. Transfer to prepared baking sheet and repeat with remaining dough, spacing cookies 2 inches apart.
- Bake until cookies are lightly golden, about 10 minutes. Let cool completely.
- Meanwhile, make frosting: In a large bowl, beat all ingredients until smooth and creamy. Frost the top of each cookie with cream cheese frosting and sprinkle with cinnamon.



# PUMPKIN SOUP

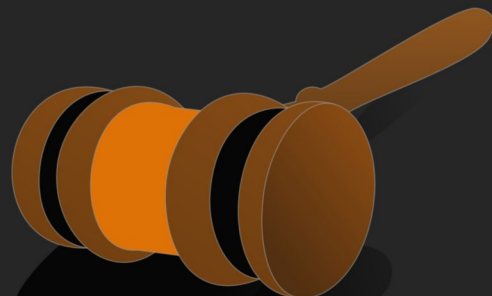
## INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 large onion, coarsely chopped
- 4 cloves garlic, minced
- 4 lb. pumpkin (any kind but preferably sugar pie)
- 4 c. low-sodium chicken broth
- Kosher salt
- Freshly ground black pepper
- 1/2 c. heavy cream, plus more for garnish

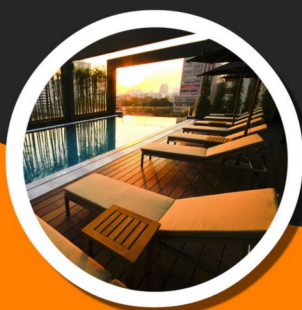
## INSTRUCTIONS

- In a heavy soup pot over medium heat, heat oil. Add onion and garlic and cook until golden.
- Meanwhile, halve, peel, and scrape out seeds of the pumpkin. Cut into chunks.
- Add pumpkin chunks and broth to pot. Season with salt and pepper. Bring to a boil, uncovered, then reduce heat to a simmer. Simmer until pumpkin is fork-tender, about 30 minutes.
- Remove pot from heat and, using an immersion blender, blend mixture until smooth. (Alternatively, let soup cool, then blend in a blender.) Stir in cream and season to taste.
- To serve, ladle soup into bowls, add a swirl of cream, and garnish with pepper.

# CAU SILENT AUCTION



**OCTOBER 26TH - 30TH  
AUCTION STARTS AT 10:00 AM**



**ITEMS TO BE AUCTIONED:**

**WINE BASKETS, SPA, TIME  
SHARE GETAWAYS, GOLF +  
LUNCH & MUCH MORE**

TO REGISTER FOR THE EVENT  
VISIT THE LINK BELOW OR DOWNLOAD  
THE MOBILE APP TO GET STARTED!

[handbid.app.link/caunj](https://handbid.app.link/caunj)



**MORE INFO**

**CALL (908) 354-3040 EXT: 4376 | [STHANA@CAUNJ.ORG](mailto:sthana@caunj.org)**

A CAU VIRTUAL EVENT

# *Tree of Life*

DEDICATION

A C E L E B R A T I O N   O F   L I F E

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DECEMBER  
03

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ATTEND EITHER AT  
10:00 AM OR 3:00 PM  
VIA ZOOM, MORE DETAILS TO COME

# HAVE YOU VISITED THE CAU STORE YET?



VISIT US AND PICK UP YOUR CAU MERCHANDISE! | SEE US ON THE FIRST FLOOR  
OR CALL EXT: 4334 OR 4376

## SHIRTS

AVAILABLE IN DIFFERENT COLORS, SIZES & DESIGNS



## DRINKWARE

MUGS, TUMBLERS, CUPS, AND MORE

## HOODIES

WINTER IS COMING! STAY WARM!



## CAU GEAR

UMBRELLAS, PORTABLE CHARGERS,  
EMERGENCY CAR KITS, DRONES, ETC.

# 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.

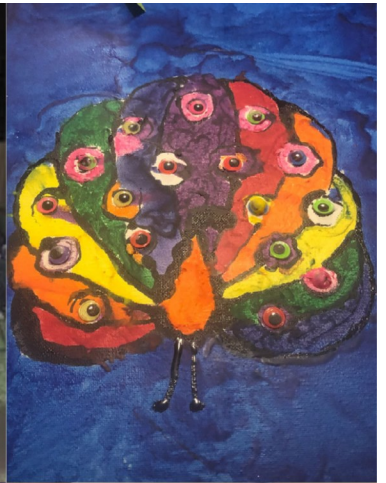


## GROUP PARTICIPATION

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](http://www.caunj.org)

NON-PROFIT  
ORGANIZATION

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Elizabeth, NJ

**TO  
ALL  
CAU  
HEROES  
THANK YOU**