

CONNECTION

Sharing the day-to-day learning experience
at

Community Homes & Services

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June is National Smile Month

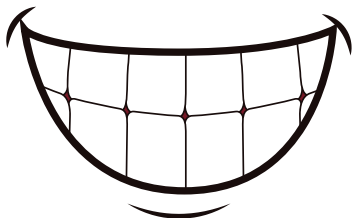


Can smiling make you feel happier? Yes—smiling can actually help you feel better, even if you're not feeling great to begin with.

How does that work? When you smile, your brain picks up on the movement of your facial muscles and thinks, "Hey, we must be happy!" This idea is called the *facial feedback hypothesis*. Scientific studies have confirmed that making a smiling face can slightly improve your mood.



SMILE :)



Say "Cheese!"



What Happens in Your Brain?

Smiling can trigger your brain to release feel-good chemicals like *dopamine* and *serotonin*—kind of like a natural mood booster. These are the same chemicals that make you feel happy after exercise or eating chocolate.



Other good reasons to smile...

Smiles Are Contagious.

When you smile, other people tend to smile back. That can lead to friendlier interactions and a better day overall. We are social creatures, and small things like a smile can help us connect with others.



Even if you don't feel like it, putting on a smile can help your body and brain feel a little better. It won't solve every problem—but it might give you a small mood boost when you need it!



Would You Rather?

One of our most popular classes is “Would you rather?” with Harold, Enterprise’s Program Director. The thing about “would you rather?” is that the questions are not just games—they are also useful tools for communication, cognitive development, and social inclusion. And this class is ✨**FUN**🌸

Questions such as “Would you rather go to the beach or the mountains?”—offer a simple format for expressing preferences. For individuals who may struggle with language or decision-making, a binary choice is accessible and confidence-building.

Socially, “would you rather?” questions promote inclusion. Played in groups, the game encourages turn-taking and listening, helping reduce isolation, and build relationships.

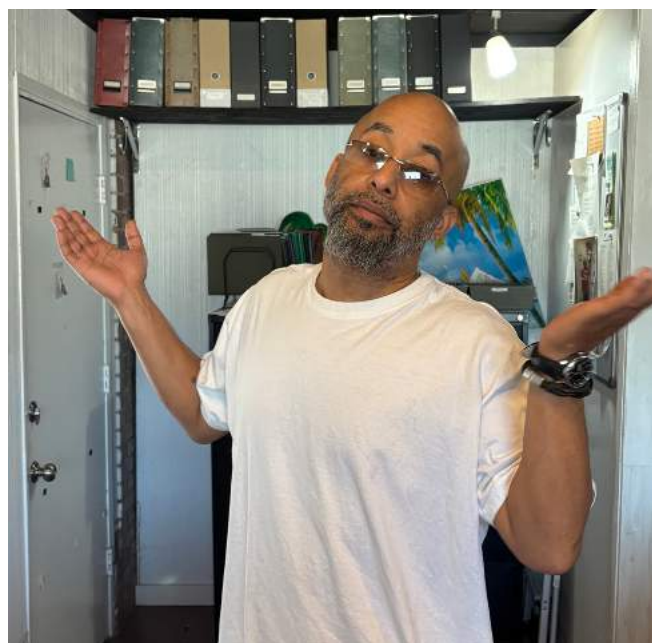
Cognitively, comparing two options strengthens reasoning and flexible thinking. Even silly questions—like “Would you rather fly or be invisible?”—stimulate creativity and problem-solving.

These questions are also highly adaptable. Harold, who owns THREE “Would You Rather?” books, can adjust complexity to suit individual needs, making the questions useful across therapeutic, educational, and community settings.

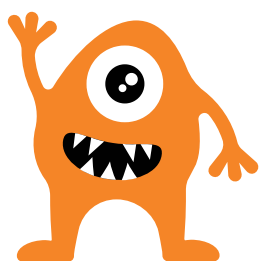
In short, “Would you rather?” questions promote communication, thinking, and connection—all in a low-pressure, engaging way.

Here are some questions for you:

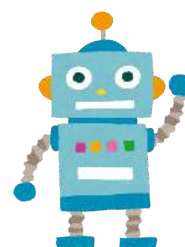
- Would you rather have a magic carpet that flies or your own personal robot?
- Would you rather sweat melted cheese or always smell skunk?
- Would you rather have one eye in the middle of your forehead or two noses?



or



or



NATIONAL EGG DAY - June 3

with Dave G, Gina, Gregory, Meredith, Mike M, Peter, Zoe, Jehann and Zayde

June 3rd is National Egg Day—a simple reminder of how essential eggs are in everyday life. This year, though, the celebration comes with a bit of context. A major egg shortage and a wave of avian flu, hit grocery stores hard. Prices soared, shelves emptied, and eggs suddenly weren't easy to come by.

Beyond breakfast, eggs carry symbolic weight in many cultures, representing life, renewal, and potential. They're humble, but deeply meaningful.



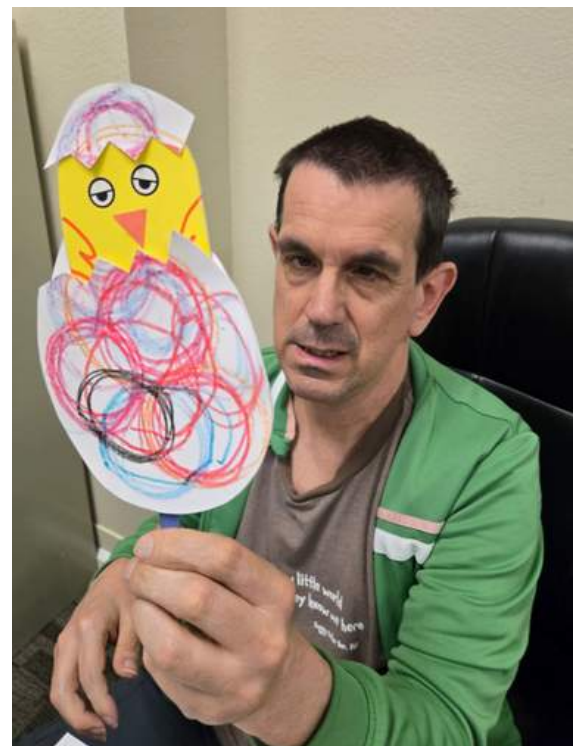
To make hard-boiled eggs, cook them in boiling water for 9 to 12 minutes. Cooking eggs thoroughly kills the avian influenza virus.

According to the USDA cooking eggs to 160°F or higher destroys avian influenza and other pathogens. A hard-boiled egg exceeds that internal temperature, so it's safe to eat.

Or you can try scrambled eggs, which are cooked best on low heat with constant stirring.



We did Easter eggs a couple of months ago, this month we made hatchling egg art!



I'm So Eggs-cited And I Just Can't Hide It.

Egg Day isn't just about food—it's a moment to appreciate the everyday essentials we often take for granted.

What came first—the chicken or the egg? Maybe the better question is: how does the chick get out of the egg? Inside the egg, a developing chick grows a hard, temporary spike on its beak called an *egg tooth*. When the chick is ready to hatch, it uses this tiny tooth to pierce the shell and make the first crack, called a *pip*. The act of breaking free is known as *pipping*. It's exhausting work—chicks rest between pecks, slowly working their way out.

This is a small reminder of how effort and persistence begin long before the first step/pip. Eggs might be simple, but their story is anything but. This National Egg Day, we honor eggs and the chicks inside of them with egg-inspired art. Because even the simplest shells can hold something remarkable!



The Things I Love

Scottie McKenzie Frasier

A butterfly dancing in the sunlight,
A bird singing to his mate,
The whispering pines,
The restless sea,
The gigantic mountains,
A stately tree,
The rain upon the roof,
The sun at early dawn,
A boy with rod and hook,
The babble of a shady brook,
A woman with her smiling babe,
A man whose eyes are kind and wise,
Youth that is eager and unafraid—
When all is said, I do love best
A little home where love abides,
And where there's kindness, peace, and rest.

What Things Do You Love?



Katie-Coffee, coffeeshops, bookstores, journals, nature, swimming, hot tubs, hanging with friends, going to Karaoke, being social, beach, nature, and the woods.

Suzy-I love going to Dollar Tree and 7-11. I love movies like the Wizard of Oz, and the Sound of Music. I love going out to eat at IHOP, math and budgeting, and visiting my brother at my mom's house—we go out to Jack's restaurant in San Mateo.



Darnell-The colors of spring, the beautiful green hills, watching animals at play, talking to kids, and joking with my husband.

Connor-Planes, riding subway trains, church choral music, and cinnamon twist donuts.

Zachary-Singing songs for Maria and wearing a tuxedo to prom. I love my favorite movies *Aladdin* and *the King of Thieves*, and *Ghostbusters*, my mom and dad, and birthday parties with Chinese food.



Matthew-I love to think (maybe too much) and I love to read philosophy, anthropology, and science. I also love archery in the woods, backpacking in nature away from civilization, exploring ancient sites, such as Dryslwyn, stone circles, and castles.

Nino-I love plain bagels with cream cheese, my teacher Dylan, Jehann and Joe, and painting.



Iris-I love chocolate chips, my cat Sweetie Pie, my brother, Icky the bat that slept in my room when my family lived on a game preserve in Malawi (the rest of the bats slept in the eaves under the roof. My brother called the bat noises a "bat party").

Zoe-Zeiva, visiting the farm, my niece, horses, going to Costco, Band-Aids, and puzzles.

Peter-Safety, going for hikes, firetrucks, and hospitals.

We Love so Many Things!

Rickina-I live in a peaceful environment, and I love it! I love relaxing at the beach and taking long beach walks, and spending time with my students here. I love to teach and learn. I love my family (both at home and at work).

Billy-Making art, markers, going to the beach, best friends, and Phoebe.

Mike R.-French fries, beef tacos, and wearing Mardi Gras beads.

Linda-West Africa, Honolulu, going to the library, and eating poi. I love driftwood, conch shells, Hilton Hawaiian Village, the Polynesian Cultural Center, and seeing zoo primates such as orangutans, apes, and chimpanzees.

Chris-I love the sound of rain turning into snow (the rain freezes as it comes down, then it lands silently). I love feeling inspired and freedom. Visually, I love knurling, the disk florets in sunflowers, and compound insect eyeballs. I also love video games and puzzles, such as those that you have to assemble pieces in a particular way.

Meredith – I love life, losing weight, cats, and getting paid. I love following directions and staying on task, I feel very proud, and I love talking to my mom and dad.

Dave F.-I love puzzles especially Elvis puzzles ("I do 1000 piece puzzles"), Guy Lombardo, Rachael Ray, Olivia on *Law and Order*, and orange chicken.

Carolyn: My health, my family, walking, hiking, water, lakes, pools, green forests, sunshine, my toes in the sand, wind, rain, and beautiful views.

Amy: I love reading good books, listening to music like *Phantom of the Opera*, and my dad's Jack Russell terrier Snoopy. I love petting some, but not all dogs-I always ask before I pet dogs.



We Love it When Old Friends Visit!



Do you remember Miss DeeDee? She stopped by to see us last month and it was so good to catch up with old friends!

When a well-loved former staff member comes back for a visit, it's like a little celebration! Everyone lights up—staff and students alike.

There's laughter, hugs, and happy conversations as memories come rushing back. It feels like a family member has returned home, even just for a little while.

Students smile widely as they remember fun moments, favorite activities, or jokes shared. Staff swap stories about the “old days,” and it's as if no time has passed at all.

That familiar face brings warmth and joy, reminding everyone how strong the bonds are in our little Community Homes & Services. It's more than just a visit—it's a reminder of connection, care, and the special friendships built here. The room feels brighter. The energy shifts. And even after the visitor leaves, the happy feelings stay behind.

These moments show how much we mean to each other. They bring comfort, joy, and a spark of something beautiful: the feeling of being remembered and loved. It was so good to see you again Miss DeeDee!



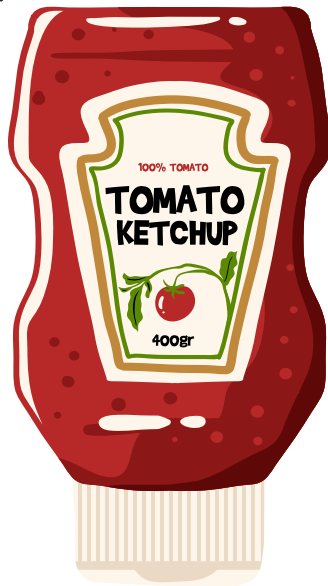
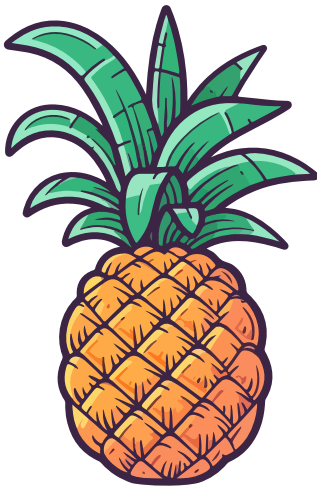
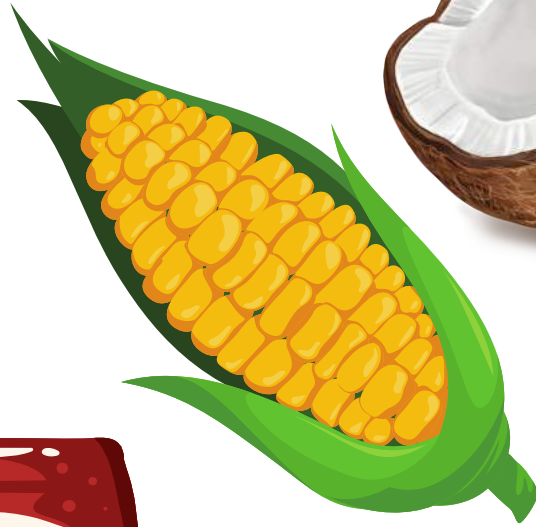
JUNE 2025 NATIONAL DAYS

**National Pollinators Month, Safety Month, Great Outdoors Month,
LGBTQIA Month**

6/1 - Say Something Nice Day, Pen Pal Day, Game Show Day, Olive Day
6/2 - Rocky Road Day
6/3 - National Egg Day
6/4 - National Cheese Day
6/5 - Ketchup Day
6/6 - Gardening Exercise Day, Yo-yo Day, Donut Day
6/7 - VCR Day
6/8 - Best Friends Day
6/9 - Strawberry Rhubarb Pie Day, Donald Duck Day
6/10 - Herbs and Spices Day, Egg Roll Day, Iced Tea Day
6/11 - Corn on the Cob Day
6/12 - Peanut Butter Cookie Day, Jerky Day, Loving Day
6/13 - Weed Your Garden Day, Random Acts of Kindness Day
6/14 - Flag Day, Cucumber Day
6/15 - Father's Day, National Smile Power Day, World Juggling Day, Megalodon Day
6/16 - World Sea Turtle Day
6/17 - World Croc Day, Mascot Day, Eat Your Vegetables Day
6/19 - Juneteenth HOLIDAY
6/21 - First Day of Summer, Seashell Day, Selfie Day, Smoothie Day, Intl Day of Yoga
6/22 - World Rainforest Day, Onion Ring Day, Kissing Day
6/23 - National Pink Day
6/24 - Global Beatles Day, World UFO Day
6/25 - National Catfish Day
6/26 - National Coconut Day
6/27 - Intl Pineapple Day, PTSD Awareness Day, Sunglasses Day, Onion Day
6/28 - Paul Bunyan Day, Foodie Day, INTERNATIONAL CAPS LOCK DAY
6/29 - National Camera Day
6/30 - Social Media Day, International Asteroid Day



National Day Cut Outs



Nino Surveys the Situation: June 30th - National Social Media Day

What's your favorite social media site?

Connor: Facebook and Instagram

Andrew: Instagram

Nino: Instagram and Facebook

Hayley: Tik Tok

Michelle: Tik Tok

Jennifer: Instagram and Pinterest

Judy: None thanks

Matthew: I use Tik Tok the most

Devlin: Facebook and Instagram

Zachary: Youtube

***World UFO Day is June 24th. Would you rather have a pet alien,
or an alien butler?***

Pet Alien IIII

Alien Butler IIII IIII



5+5=10 Joshua Brown

CH&S STUDENT PPP

Josh is an enthusiastic, hard-working man who loves organization.

When it comes to humor, Josh can always bring it and he can always get it!

He loves contributing to a team and if you ever need an assistant,

Josh is ready to help.

He has a warm and contagious smile that can brighten any room he enters.

Josh

is sociable and friendly

is excellent at following instructions -

especially written ones

is a Giants superfan

is very focused and loves to stay busy



has a talent for math

is intelligent and conscientious and

has excellent writing skills!

Check out a video version of Josh's PPP on Instagram:

[https://www.instagram.com/reel/DJUcM8ZpAjG/?](https://www.instagram.com/reel/DJUcM8ZpAjG/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)

[utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==](https://www.instagram.com/reel/DJUcM8ZpAjG/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==)

Iris' Critter Corner:

June 17th: World Croc Day

My dad worked on the river in Malawi as a game warden. His job was to check for poachers. He called the crocodiles by name. Itsky and Bickey, they were sweet ones. Some of them he just called Lazy, because they always just sat like logs on the riverbank. There was a big, huge one named Dino, he was always in the middle of the pack. Dino was my dad's favorite, because he always came up to him. He would feed Dino by hand—the rest he'd feed with a stick. I named one Cecelia, and another Kelly. Kelly was the one to watch out for—she would charge you if she thought you had meat. She probably had eggs up on the riverbank, that's why she always charged.



A canoe of Malawans tried to park on the sandbank once and she wouldn't let them—she said, “Nope, bye bye!” My dad always asked me to train them to behave, but crocodiles won't listen to me. Kelly wouldn't charge me, though, because I had a bullwhip. I used that for the hyenas if they came near the lions, just crack it like Indiana Jones. Hyenas are vicious, those things will rip your face off! I'm not a crocodile trainer, I'm a lion trainer, I told him. You gotta train your crocs yourself. One night, I think he slept on the river in the boat, he was feeding the crocodiles warm meat. I said to my dad, “There's where all my meat for my lions went!”

Me and my dad would have arguments over meat about whose animals needed it more. I told him next time he needed meat, he should get a whole cow for himself to take on the boat. It was so funny when my dad asked my brother Wayne if he wanted to go in the game reserve, and he said, “Nooooo, it's too muddy for me in there.” But I don't mind the mud. I was always happy to pitch my tent in the game reserve if my dad needed my help. I would hang my bullwhip up, and leave my tent open for the lions to come in and sleep with me.

Visiting SFMOMA

Art teacher, Chris, took his students to visit to the San Francisco Museum of Modern Art (SFMOMA). Our art students got a chance to experience one of the city's most fun art spaces and reflect on the creativity and innovation around every corner.



with Chris, Andrew M., Billy, Jian, Josh, and Jonas



(above) We received our tickets and were ready to explore the museum.

Our visit to SFMOMA offered moments of surprise, laughter, connection, and SF city snacks afterward.



This trip reflected our belief in giving everyone the right to learn and engage in ways that are meaningful to them. Some students asked thoughtful questions or made astute observations while others shared personal reactions.

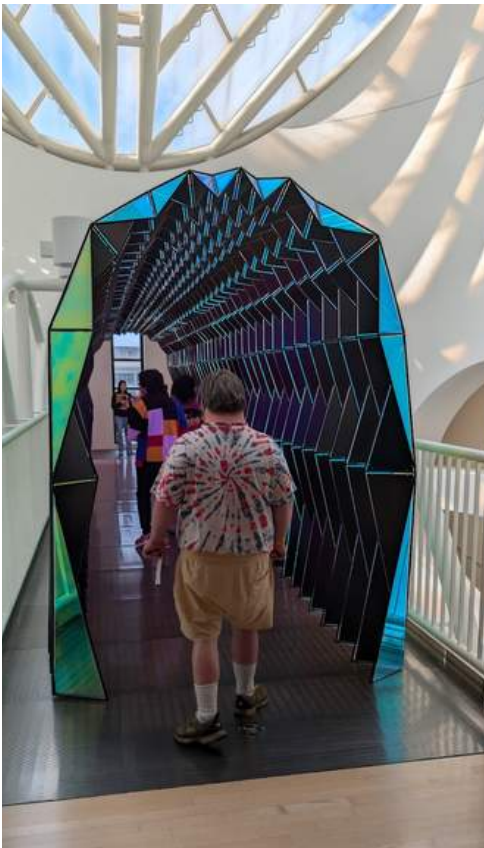
Check out Chris playing with forced perspective in the photo he took of Jonas (left) where it looks like Jonas is holding the large apple sculpture that is behind him.

Art Appreciation



(above) Jian stands by Martin Wong's "Chinese New Year's Parade, 1992-1994." For a close examination of this painting, check out SFMOMA's website: <https://www.sfmoma.org/artwork/2014.37/>

(top left) Billy's street pose.



(bottom left) Andrew M. takes in Olafur Eliasson's "One-way colour tunnel" as he bravely walks over *that* bridge (the glass-bottomed bridge you can see through). Eliasson is an Icelandic-Danish artist known for sculptured and large-scaled installation art employing light, water, and air temperature to enhance the viewer's experience.

(right) Andrew M. plays with forced perspective.





Art Students on Art

We're honored to partner with inclusive cultural spaces like SFMOMA, and proud to see our clients thrive in environments that celebrate individuality and creativity. Moments like these remind us why access, inclusion, and opportunity matter.



(above) Andrew, a classic car aficionado checked out this Chevy truck

(left) After much museum exploration, we needed to take a break!

(right) We asked Andrew M. what the sculpture on the left of the photo looked like. After some consideration and examination Andrew said, "a vacuum cleaner!" Good job Andrew!



Octopodes

We watched the movie *My Octopus Teacher*, a movie that dives deep into the unlikely bond between a filmmaker and an octopus living in a South African kelp forest. This beautiful and emotional story shows just how intelligent, curious, and elegant these creatures are.

During our breaks, we learned that octopuses have eight limbs, but not all are equal—six limbs act as *arms* for grabbing and exploring, while two limbs behave like *legs*, helping them walk along the sea floor and push off when swimming. They can even swim backward by blasting water through a *siphon*, giving them a quick getaway from danger. If that's not enough, they can shoot a cloud of ink to confuse predators and vanish in an instant!

Here's a mind-blowing fact: An octopus has *nine* brains—one central brain and a mini-brain in each arm, allowing them to move, sense, and react independently. No wonder they're such great escape artists!

Among the 300+ octopus species, the *blue-ringed octopus* (below) stuns with venom and warning rings, while the vampire octopus drifts deep in the sea with spooky elegance.



The Many Plurals of “Octopus”

All three of these plurals are accepted according to Merriam-Webster:

- *octopuses* (most common)
- *octopi* (a mistaken Latin plural), and
- *octopodes* (the original Greek form).



Remember Our Easter Egg Hunt?

We had so much fun hunting for eggs! Some of the best Easter egg hunters (we're looking at you, Bert) had a blast enjoying the spoils of their hunt.

Chocolate bunnies are believed to have been first created in Germany since the Easter legend originated there. In 1890, Robert L. Strohecker, a Pennsylvania drugstore owner, used a five-foot-tall chocolate bunny as an Easter promotion, sparking the popularity of chocolate bunnies in America.



#EasterEggHunt #SugarFreeChocolate



**We accept and appreciate donations
of any size or kind.**

**All donations to CH&S are
tax-deductible.**

**CH&S is a 501(c)(3) non-profit
organization.**



@Communityhomesandservices

Happy June Birthday!

6/13 – Adara

6/14 – Nino



Making Every Day Matter: Nino, Bagels, and Strawberry Shortcake

with Nino and Darnell



At CH&S, working with students isn't about rigid routines or one-size-fits-all plans. It's about *people*. It's about *listening*, adapting, and creating moments that spark joy.

Take Nino, for example. Some days, the usual routine just doesn't click. And instead of pushing through the motions, Darnell asked a simple question: "What would *you* like to do today?"

Without missing a beat, Nino lit up. "Bagel. Cream cheese." Classic Nino. So we made it

happen. A bagel run—his choice, his pace, his favorite kind. Something so small became something big: a chance for Nino to lead the day.



Then came Harold's birthday. Over bagels and conversation, Nino helped cook up the plan—make Harold a strawberry shortcake! And we did. *Together*.

It's these moments—honest, spontaneous, full of choice—that define how we work. Our students are not just part of the schedule. They help shape it. Because everyone deserves days that feel like theirs. Especially when they come with cream cheese and a slice of cake.



National Game Show Day: June 1st

CH&S Game Show!

Critter Questions:

1. How many bones do sharks have?
2. What are the only birds that can fly backwards?
3. What's the only snake that builds a nest?
4. What bird can't move their eyeballs?
5. What is the national animal of Scotland?
6. What is the closest living relative to the T-Rex?



Sports Questions:

1. What is Muhammad Ali's real name?
2. In bowling, what is three strikes in a row called?
3. Ping pong is an alternate name for which sport?



Food Questions:

1. How many herbs and spices are in Colonel Sanders' original KFC recipe?
2. What is the oldest soft drink in America?
3. What condiment was used as medicine in the 1830's?
4. What food is known to be the most stolen in the world?
5. What's the only edible food that never expires?
6. What was the first vegetable grown in space?

Disney Questions:

1. How many years was Genie stuck in the lamp before Aladdin found him?
2. What does Hakuna Matata mean?
3. Who said "Fish are friends, not food."?
4. What is Princess Jasmine's tiger named?
5. What color "stuff" is described as "delicious" in the song "Be Our Guest"?
6. What is Mulan's dragon named?

CH&S Game Show

Geography Questions:

1. Which ocean name loosely translates to "Sea of Atlas"?
2. What is the world's most populated city?
3. What geyser in Yellowstone National Park is known for erupting every 90 minutes?
4. What is the name of the fictional park where Yogi Bear lives?
5. Which continent covers all four hemispheres?

Movie and TV Questions:

1. What is Jack Skellington's dog named?
2. What keeps the three-headed dog asleep in Harry Potter and the Sorcerer's Stone?
3. What is the school mascot in High School Musical?
4. What is the name of the Flintstones' pet dinosaur?
5. Jess Day, Nick Miller, Winston Bishop, and Schmidt are characters on what show?
6. "Your mother was a hamster and your father smelt of elderberries" is a quote from what 1975 movie?



Answers: **Critters**- 1) Zero 2) Hummingbirds 3) King Cobra 4) Owl 5) Unicorn 6) Chicken
Sports- 1) Cassius Clay 2) A Turkey 3) Table Tennis **Food**- 1) 11 2) Dr. Pepper 3) Ketchup 4) Cheese 5) Honey 6) Potato **Disney**: 1) 10,000 2) No Worries 3) Bruce 4) Rajah 5) Gray 6) Mushu **Geography**: 1) The Atlantic 2) Old Faithful 3) Jellystone 4) Africa **Movie/TV**: 1) Zero 2) Music 3) Wildcats 4) Dino 5) New Girl 6) Monty Python and the Holy Grail

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