

CH&S MAGAZINE

CONNECTIONS

Community Homes & Services
PO Box 744, Novato CA 94948
415-897-8676

www.communityhomesandservices.com

Start Your Week Out Right!
Join Us on Zoom!

[https://us02web.zoom.us/j/4368488253?](https://us02web.zoom.us/j/4368488253?pwd=VWc4WmR5MjhLZ3lFZCsyZFg3dXN5Zz09)
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Meeting ID	Password
436 848 8253	10011948



Check out our new
Instagram account!

(@communityhomesandservices)



*"When Zoom comes on,
I feel happy!" -- Martha*

Day	Time	Class
Monday	8:30- 9:30 a.m.	Morning Movement and/ or meditation w/ Carolyn and Chris
Monday	9:30-10:00 a.m.	Morning Meeting w/ Carolyn and Chris
	10:00- 10:30	Language Arts w/ Chris and Carolyn
Monday	10:30-11:00 a.m.	Break
Monday	11:00 a.m. - 12:00 p.m.	Breakout Room #1- Beginning Algebra w/ Matthew Breakout Room #2- Basic Math w/ Alison & Harold Breakout Room #3- Knowledge Project w/ Jen
Monday	12:00-12:30 p.m.	Lunch Break
Monday	12:30 - 1:30 p.m.	Music with Kate and Matthew. Hoping for a surprise guest to visit.
Monday	1:30- 2:30 p.m.	Literary Circle w/ Jennifer and Thea w/ close w/ P.M. Meeting

You are welcome to join CH&S's daily Zoom classes! We have covered so many different topics. Here is a list of some of our past classes:

- Pineapples
- COVID-19 research on llama immune systems
- Hurricanes
- Birds of Sonoma county
- BINGO
- Pencil drawing
- Basic math and algebra
- Professionalism
- Stoicism
- Chair yoga
- And much, much more!



On the next two pages, you will find a sample of *typical* class schedules. Class topics vary, but this is usually how it goes!

(Above) Former instructor, Jared, gave us a live concert! He played "Happy Birthday," "Eleanor Rigby," "Baby Shark," and many more!



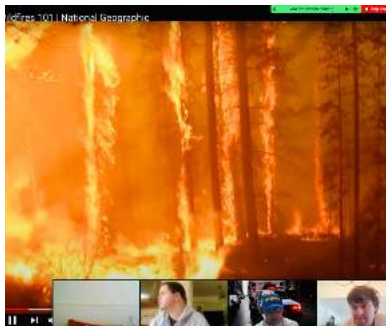
(Right) Do you remember when Carolyn took a swing break during morning Walk and Talk?

Day	Time	Class
Tuesday	8:30- 9:30 a.m.	Breakout Room #1- Yoga w/ Carolyn Breakout Room #2- Morning Conversations w/ Thea and Jen
	9:30-10:00 a.m.	Morning Meeting w/ Thea, Carolyn and Kate
Tuesday	10:00-10:30 a.m.	Break
	10:30-11:15 a.m.	Basic Math w/ Kate, Vanessa and Carolyn
Tuesday	11:15 a.m. - 12:00 p.m.	Knowledge w/ Kate and Thea
Tuesday	12:00- 1:00 p.m.	Lunch Break Chas, Rickina, and Carolyn
Tuesday	1:00- 2:00 p.m.	Professionalism w/ Jen and Harold
Tuesday	2:00- 2:30 p.m.	P.M. Meeting

Hump Day and Beyond

Day	Time	Class
Wednesday	8:30- 9:30 a.m.	Walk and Talk w/ Thea and Carolyn
Wednesday	9:30- 10:00 a.m.	Morning Meeting w/Thea, Carolyn, Matthew
	10:00- 10:30	Break
Wednesday	10:30- 11:30	Ancient Philosophy w/ Thea and Matthew
Wednesday	11:30 a.m.- 12:00 p.m.	Nutrition w/ Alison and Kate
Wednesday	12:00- 1:00p.m.	Lunch Break
Wednesday	1:00- 1:30 p.m.	Nutrition Follow-up w/ Kate and Alison
	1:30- 2:00 p.m.	Breakout Room #1- Social Skills w/ Harold & Kate Breakout Room #2- Knowledge Project w/ Alison
Wednesday	2:00- 2:15 p.m.	P.M. Meeting w/ Alison, Kate and Melissa
Wednesday	2:30- 3:15ish	Staff Meeting and/ or Training
	3:30- 4:30	Management Meeting

Wednesday is sometimes informally referred to as "hump day" in North America, a reference to the fact that Wednesday is the middle day—or "hump"—of a typical work week



We learned about wildfires. Wildfires burn 5 million acres of land each year in the US. As of this writing, firefighters are still battling the California August Lightning Siege of 2020. On August 17th, lightning strikes started fires across Northern California. In the days since, over 1 million acres have burned.

Day	Time	Class
Thursday	9:30- 10:00 a.m.	Morning Meeting w/Alison, Jen, and Thea
	10:00- 10:30	Meditation/ Stretch w/Alison, Jen and Thea
Thursday	10:30- 11:00 a.m.	Break
Thursday	11:00- 12:00 p.m.	Language Arts Poetry / Theatre/ Humor/ ASL/ Personal Reading/ Drama/ Puppetry etc.... Breakout Room #1 w/ Thea, Jen Breakout Room #2 W/Alison and Darnell
Thursday	12:00 - 12:30 p.m.	Lunch Break
Thursday	12:30 - 1:15 p.m.	Breakout Room #1 Philosophy/ WWYD with Harold and Darnell Breakout Room #2 Knowledge Project w/ Jen
Thursday	1:15 - 2:00 p.m.	Standing Workout w/ Carolyn and Thea
	2:00- 2:30	P.M. Meet

Day	Time	Class
Friday	8:30- 9:30 a.m.	Literary Circle w/ Chris and Carolyn
Friday	9:30- 10:00 a.m.	Morning Meeting w/ Breakout Rooms w/ Chris, Darnell, and Matthew
	10:00 - 10:30 a.m.	Break
Friday	10:30- 11:15	Knowledge Class w/ Chris, Jen and Matthew
	11:15 a.m. -12:00 p.m.	Art Class w/ Chris and Kate
Friday	12:00- 1:00 p.m.	Lunch Break
Friday	1:00 - 2:00 p.m.	Spanish Class w/ Matthew, Kate and Zayde
Friday	2:00- 2:15 p.m.	P.M. Meeting w/ Kate, Matthew and Zayde
Friday	2:30- 3:45	Staff Meeting



SEPTEMBER 2020 WEEKS AND DAYS



National Chicken Month

Self Improvement Month

Hispanic Heritage Month

9/4 - National Wildlife Day

9/5 - National Cheese Pizza Day

9/7 - Labor Day

9/9 - California Admission Day

9/11 - National Make Your Bed Day

9/14 - National Coloring Day

9/16 - Mexican Independence Day

9/18 - National First Love Day

9/19 - National Meow Like a Pirate Day

9/19-10/4 - Oktoberfest

9/20 - Wife Appreciation Day

9/22 - Fall Equinox and Hobbit Day

9/25 - Native American Day

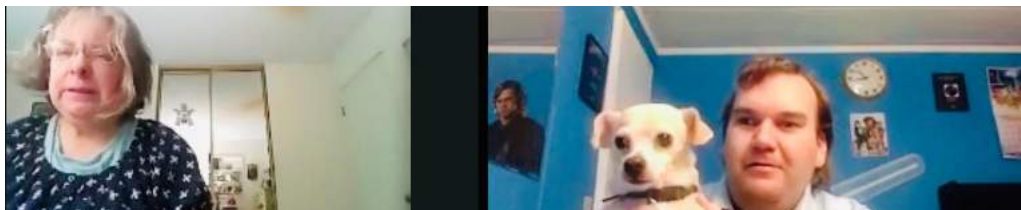
9/26 - Family Health & Fitness Day

9/27 - Yom Kippur

9/30 - National Love People Day



Hi Martha,
Romeo Mike,
and Devlin!



September 9th is California Admission Day



After the Mexican-American War of 1846-48, Mexico was forced to relinquish any claim to California to the United States. Then gold was discovered at Sutter's Mill in 1848, which led to a gold rush in Northern California that attracted hundreds of thousands of ambitious young men from all around the world.

California was admitted into the United States and became the 31st U.S. state on September 9, 1850.

PHILOSOPHY: Can Kindness Change the World?

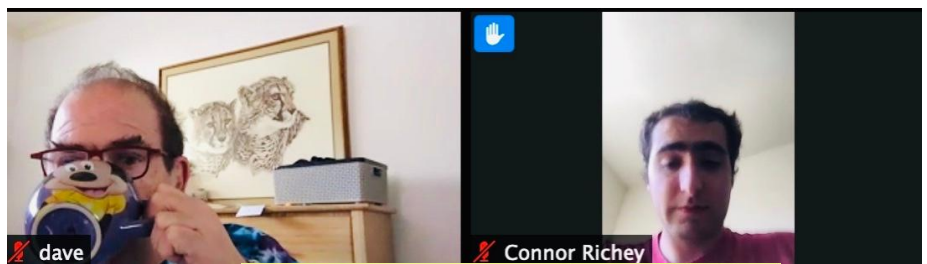


We discussed how the choice is ours whether to respond to people with kindness or unkindness. Both will spread out to people around us.

We also went over examples of how to diffuse some volatile or unfair situations. And last, but certainly not least, we went over how to be kind to ourselves. Here is what we came up with:

- Exercise to take care of our bodies and our physical health.
- Spend phone or Zoom time with friends and loved ones.
- Gardening.
- Organizing, cleaning, and beautifying our homes since we spend so much time at home now.
- Maintaining good hygiene by showering and brushing our teeth regularly.
- Be on time for class which saves the stress of worrying about missing out or interrupting the class.

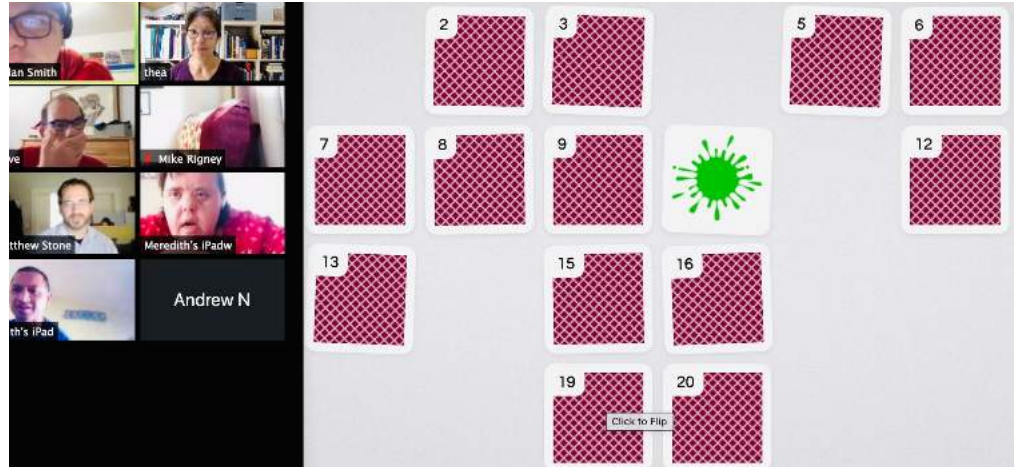
- Take a bubble bath.
- Buy a new purse.
- Eat a reasonable amount of chocolate.
- Be kind and talk to yourself like you would talk to a very dear friend.



Memory Games

We played a game where we matched color-to-splotch (i.e., "green" to the green splotch).

Memory games improve concentration, train visual memory, increase short term memory, and increase attention to detail.

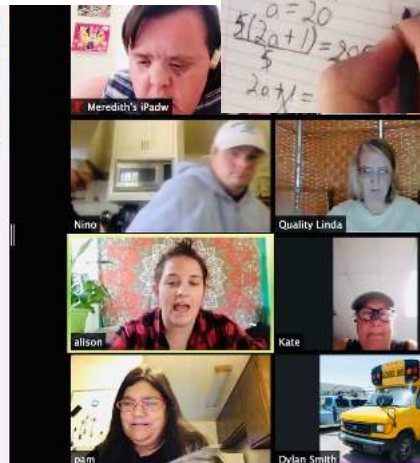
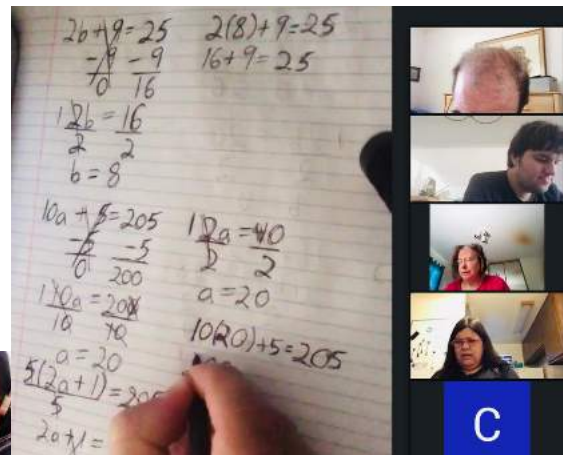
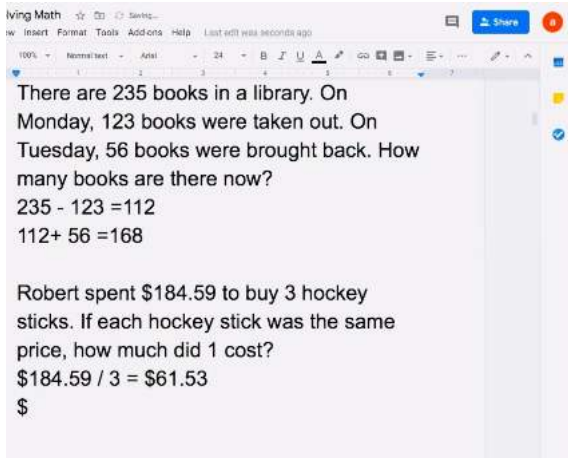


We had fun too!

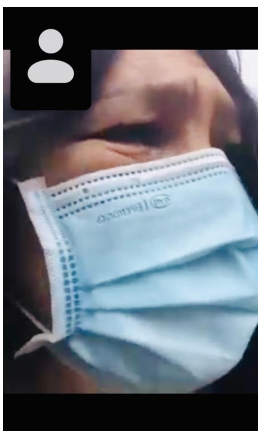
Math Clubs

We have TWO math clubs! One math club focuses on word problems, addition, subtraction, and making change.

The other club solves algebraic equations.



2 math clubs = 2x
where x = fun!



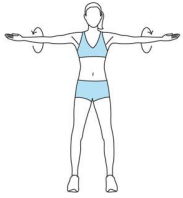
(Left) Pam demonstrates responsible citizenship by wearing a mask when she is out in public!

Our students are solid, dependable and trustworthy!

(Right) Jennifer in her natural habitat...



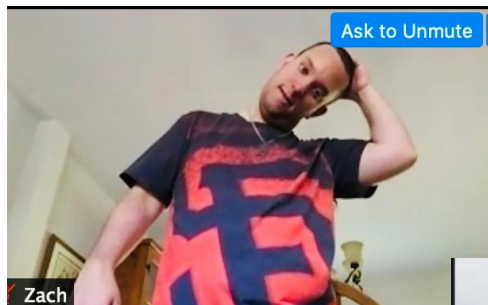
We Love Exercise!



Arm circles get your blood moving and can help to build muscle tone in your shoulders, triceps, and biceps. The best part is that arm circles can be done pretty much anywhere!



We do a LOT of Zoom classes, so we are in front of our computers and tablets for long periods of time. So it's always a good idea to get in some stretches. Here is the **neck stretch/head tilt**.



Primary muscles: **Neck**

Secondary muscles: **Shoulders**

Equipment: **No equipment**

NECK STRETCH INSTRUCTIONS

1. Stand straight with your feet hip width apart and tilt your head toward the shoulder.
2. Place your hand on your head and gently pull until you feel the stretch in your neck.
3. Hold for 10 to 15 seconds and repeat on the other side.

PROPER FORM AND BREATHING PATTERN

Relax your neck, arms and shoulders, tilt your head and exhale (breathe out) as you stretch your neck muscles. Inhale as you release the stretch. Don't force the neck beyond its normal range of motion and avoid any aggressive movements.



Let's Talk About Death Class

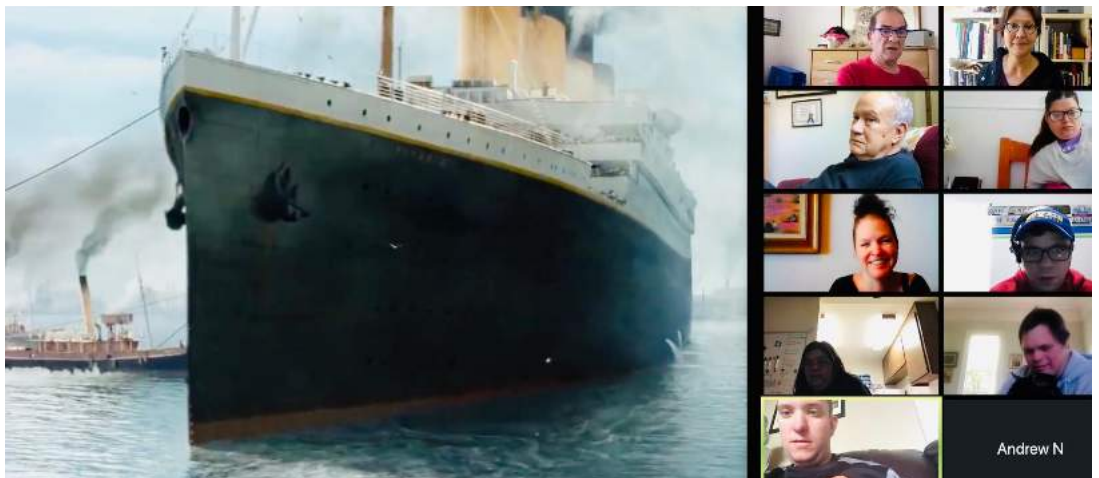
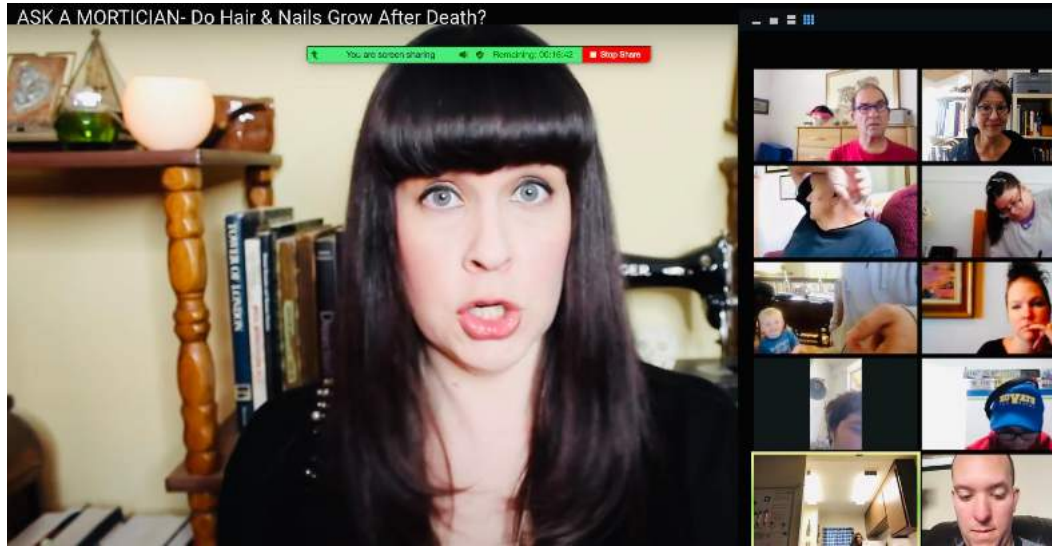
Everyone's favorite mortician, Caitlyn Doughty, answered some death questions from kids:

Question: Will my cat eat my eyeballs?

Answer: Sweet little Fluffy (or Moose) will waste no time in eating your dead body. Cats are more likely to eat your dead body than your dog. (A more positive take on pets is coming in two pages...)



Next up: What happened to the dead on the Titanic?



The Titanic was traveling from the UK, bound for New York City with 2224 passengers and crew on board. Four days into the journey, the ship hit an iceberg.

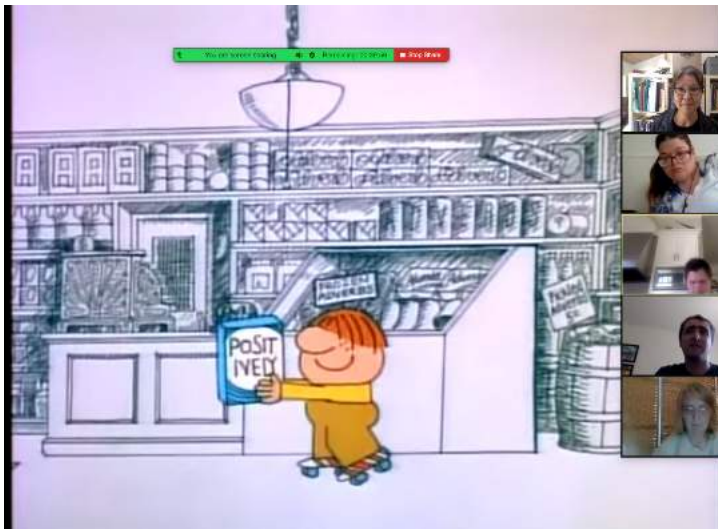
About 700 people were rescued and about 1500 people died. About 340 bodies were recovered, and the rest were never seen again. The Cable Ship Mackay-Bennett did not leave Nova Scotia until three days after the sinking and it did not arrive at the sight where the Titanic sunk for one week. By that time, many of the bodies were unrecognizable; these were given a sea burial. Hundreds were taken to Canada and buried in Halifax. Others were likely moved by currents or consumed by sea scavengers.

Are any of the bodies still down there? Filmmaker James Cameron has dived down to the Titanic over 30 times and he said that he has never seen any human remains.

"Every night in my dreams, I see you, I feel you, That is how I know you go on..."

Language Arts With Schoolhouse Rock

Adverbs



"Lolly, Lolly, Lolly, get your adverbs here
Quickly, quickly, quickly, get those
adverbs here
Slowly, surely, really learn your adverbs
here
You're going need 'em if you read 'em
If you write or talk or think about 'em ...
Lolly! (Lolly, Lolly, Lolly)..."

Adverbs can modify verbs (or verb phrases), adjectives (or adjective phrases), other adverbs (or adverb phrases), and whole sentences. Adverbs often end with "-ly," but not always.



Here are some examples:

- We made pizza yesterday.
- Debbie expertly added toppings.
- Thankfully, Chuck couldn't find the anchovies.



We also reviewed interjections, which are words or expressions that occur as an utterance and express a spontaneous feeling or reaction. Oh! Wow! Cool!



Oh! Yay, it's so good to see you, Shirley!

WE LOVE OUR PETS!



Harold's dog, Charlie Bo-Bo, joins the staff meeting.



(Above) Devlin's mom, Debbie, and Romeo Mike play with his new ball. (Left) Devlin and Romeo Mike wait for Devlin's new bedroom floor and blue walls to be completed.



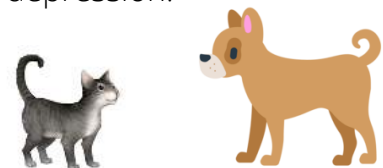
According to the American Kennel Club, dogs have been shown to relieve stress, "playing with a dog or even just petting a familiar dog lowers blood pressure and heart rate, slows breathing, and relaxes muscle tension almost immediately."



Moose-the-cat takes over the staff meeting. Again...

Dogs make us happy, just looking at a dog can make you happier.

A study in Japan found that just staring into your dog's eyes raises your level of oxytocin (aka *the love hormone*). Other studies have shown that owning a dog can alleviate depression.



According to one Australian study, cat owners have better psychological health than people without pets. Cat owners claim to feel more happy, more confident, less nervous, and are better able to sleep, focus, and face problems in their lives. Meow to that!

NATIONAL MEOW LIKE A PIRATE DAY - SEPTEMBER 19, 2020



September 19 has been known as *National Talk Like a Pirate Day* since 1995, but in 2015 the day became a co-celebration of cats and pirates and renamed *Meow Like a Pirate Day*.

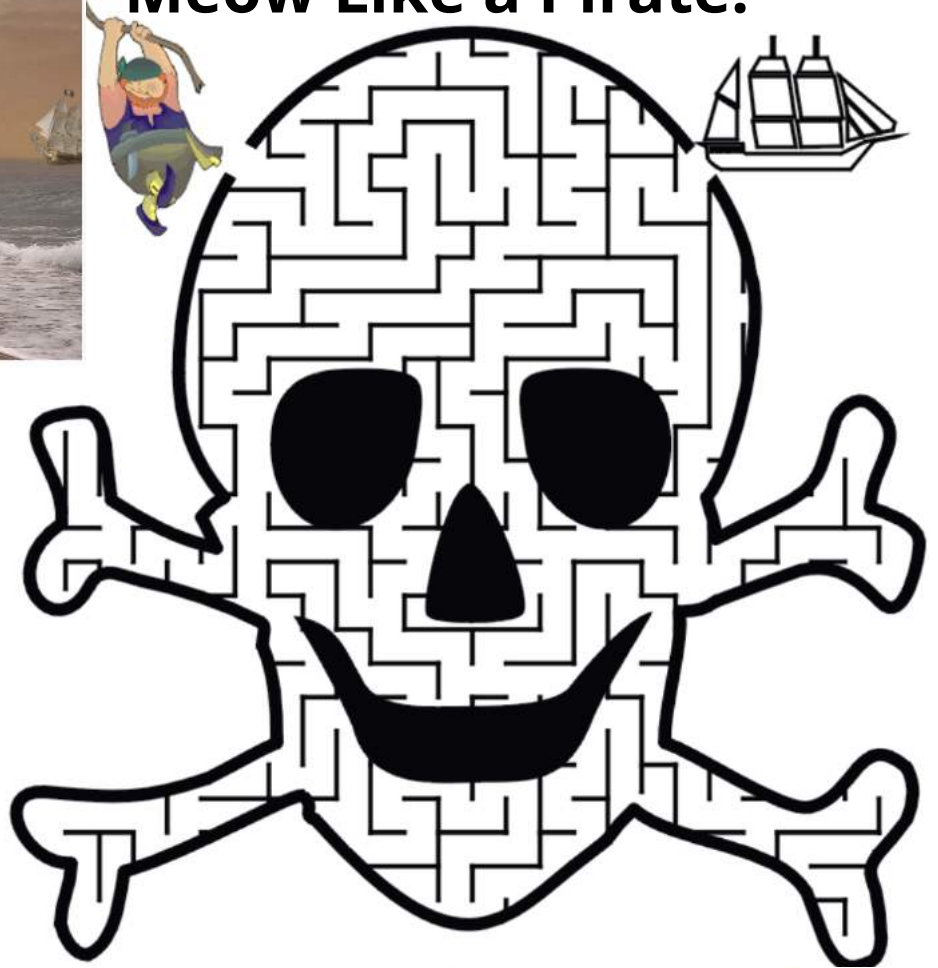
We honor our cats today by remembering the roles they played in history. Cats were a symbol of good luck and were brought aboard pirate ships. It was believed cats would ward off the evil spirits of the fallen pirates lost at sea and cats helped keep rats at bay.



September 22nd is Hobbit Day

Hobbits or *Halflings* are a fictional human-like race in the novels of J. R. R. Tolkien. Hobbits are about half the height of humans. According to Tolkien, Hobbits have a great passion for eating mushrooms.

Speaking of Cats: Meow Like a Pirate!



CH&S September birthdays:

9/2 - Steve

9/3 - Cindy

9/4 - James

9/9 - Matthew

9/10 - Dylan

9/15 - Thomas

9/23 - Pam

9/30 - Frank

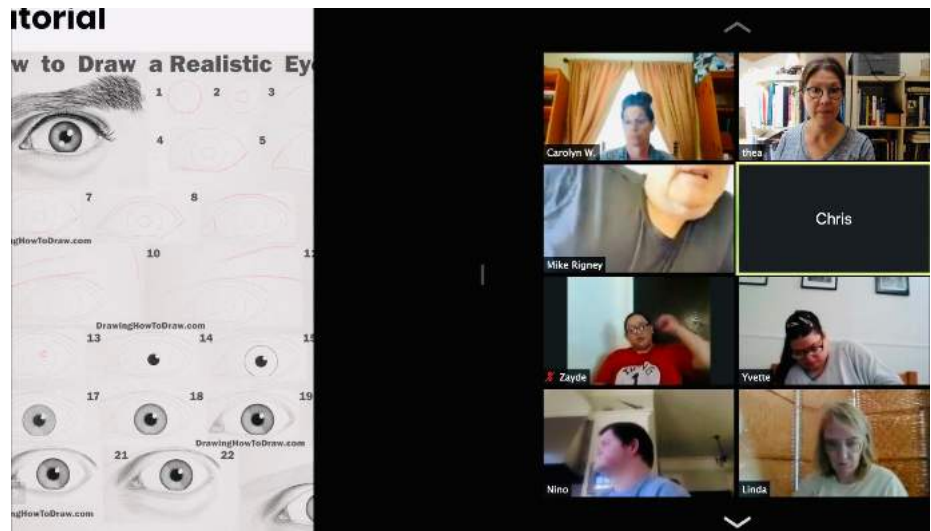


Happy birthday to all of you!!

Pencil Drawing Class: The Eyes Have It!

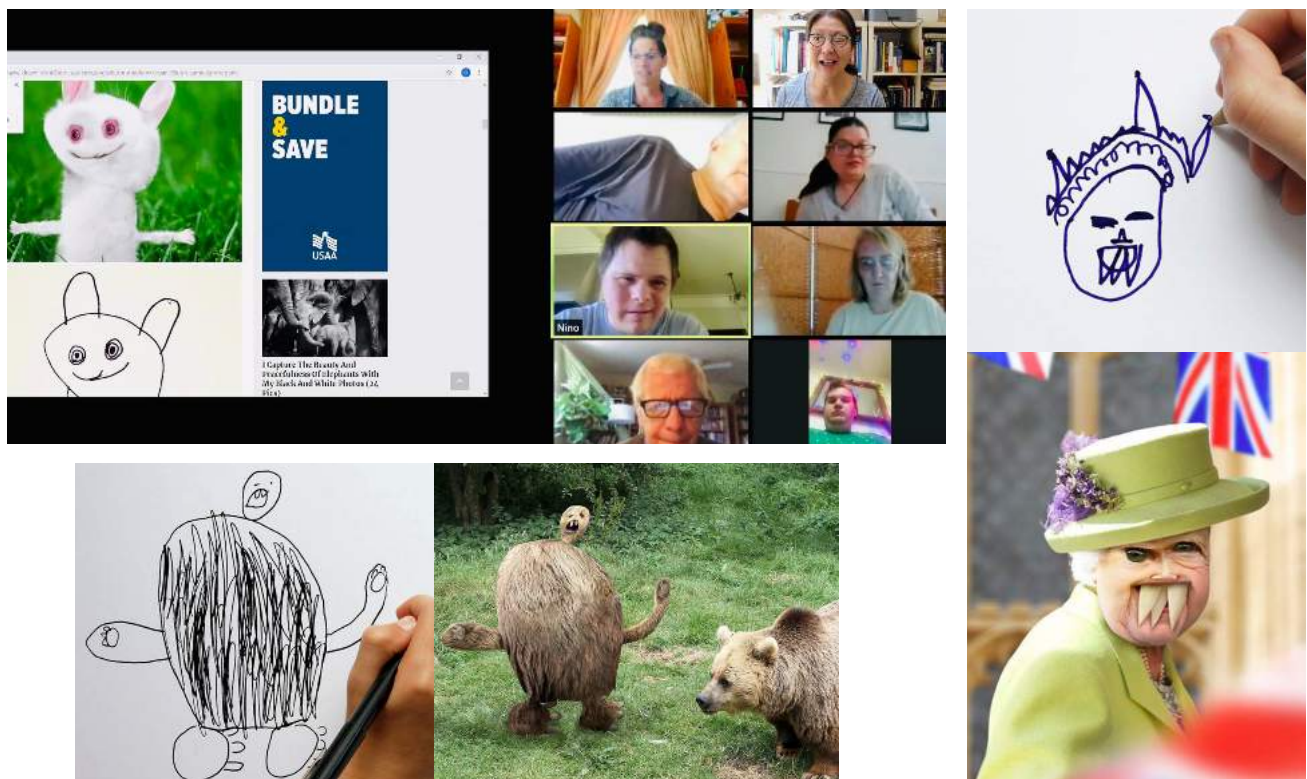
Chris had us all grab a pencil and paper, then he showed us how to draw cars and human eyes. Eyes are interesting because they are asymmetrical.

Check out our pencil drawings!



What if things looked the way that kids drew them?

Chris shared [this funny webpage](#) with us...



Nutrition Class

What can you make for vegan nutrition class if you've packed up your entire kitchen? Right before moving to Oregon, Alison taught us how to make *infused water* which is also called *spa water*.

Add fruit or herbs to water and muddle the ingredients together. Alison used ingredients ranging from pineapple to strawberries to basil to orange zest (see picture to the right). The spa water (below) looks delicious!



After she moved, Alison taught us how to make Oregon black bean burgers in her parents' kitchen.

(Left) We've also had some visitors from Marin Ventures! **Hi!!**

If you type "vegan" on [Emojipedia](#), you get will green salad:
Here is the Google green salad emoji...



Green Salad

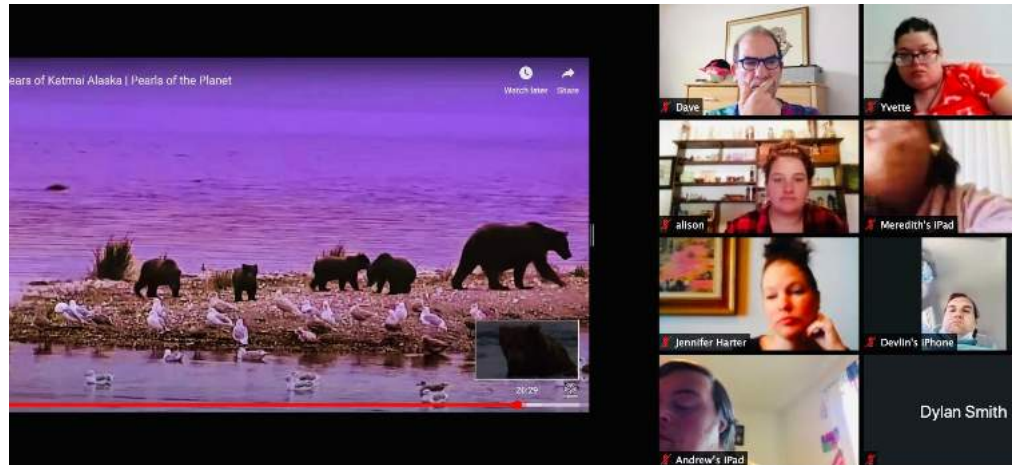
An undressed garden salad in a bowl with leafy-green lettuce and other ingredients such as [tomato](#), red onion, and black olives. Commonly associated with healthy eating and living.

[Google](#) previously displayed a hard-boiled egg, removed in 2018 to make the salad vegan-friendly.

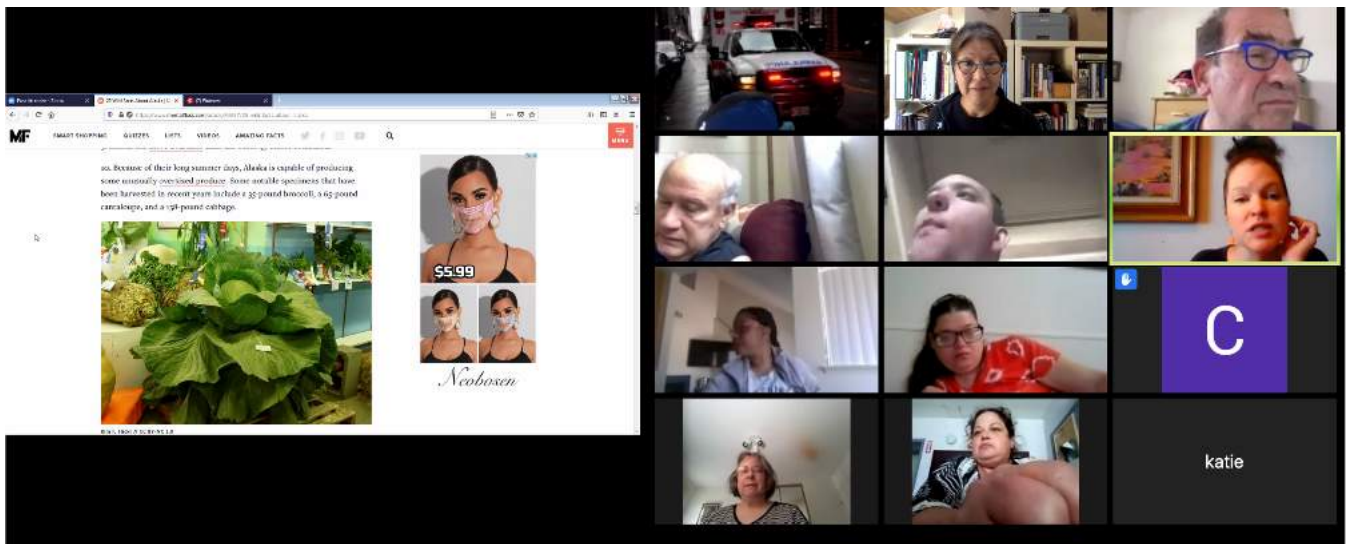
Alaska Day: We Meditate With Bears!

In meditation class, we meditated with grizzly bears of the Katmai Peninsula in Alaska.

We listened to the relaxing sounds of nature as we watched grizzlies, moose, owls and salmon!



We also saw grizzly bears napping! Here is the link <https://explore.org/livecams/brown-bears/brown-bears-meditation> if you would like to meditate or nap with bears.



Did you know that summertime in Alaska can mean over 20 hours of sunlight each day? With that much light, some vegetables can grow to gigantic proportions. Jennifer teaches us about a 138 pound cabbage grown in Alaska—that cabbage that is bigger than Jen!



Jen also talked about some of the items sold in the Anchorage, Alaska Costco: Large salmon traps, a whole pig ready to put on the spit, blackout curtains (since there is so much sunshine in the summer), and a two-pack of bear spray. Alaska is indeed the last frontier!

INTERNATIONAL FAST FOODS



In our International Fast Food class with Jennifer, we visited McDonalds in many different countries. Did you know that the McDo in Paris serves croissants? Sure they're a little bit flat, but if you need a croissant, McDo is there.



We learned that ASL (American Sign Language)

and French Sign Language (which is the sign language of the deaf in France and French-speaking parts of Switzerland) are very similar. Above we sign "croissant."

To the right are croissant emojis from (top to bottom) Apple, Google, Microsoft, and Samsung.



MUSIC HISTORY: Run-DMC

Run-DMC was founded in 1983 by Joseph Simmons, Darryl McDaniels, and Jason Mizell. Run-DMC is regarded as one of the most influential acts in the history of hip hop culture and one of the most famous hip hop acts of the 1980s.

Run-DMC became the first hip hop group to achieve a Gold record and a certified Platinum record. Run-DMC was the first hip hop act to have their music videos broadcast on MTV, make the cover of *Rolling Stone*, and to be nominated for a Grammy Award.



In 2004, Rolling Stone ranked Run-DMC at number 48 in its list of the 100 Greatest Artists of All Time.

Even with all of this success, Run-DMC group member Darryl McDaniels struggled with depression. In this podcast by *The Moth*, <https://themoth.org/storytellers/darryl-dmc-mcdaniels>, we listened to Darryl's story about the healing power of music, specifically Sarah MacLachlan's song, "Angel."

Knowledge Class: Amazon Animals

The Amazon bush dog hunts in the water and can hold its breath for up to 30 seconds under water.

A) Amazon bush dogs have webbed feet, true or false?

The ocelot is nocturnal. They have keen eyesight, pointy fangs, and hunt rabbits, rodents, iguanas, fish, and frogs at night.

B) An ocelot is twice the size of the average house cat, true or false?



Answers: A) True, B) True

We Join Social Movements!



The Little Free Library (LFL) movement began in 2009 and has grown to over 100,000! We have one in front of Life College and Bruce built this lovely LFL for Chas' front yard!

PBS KIDS has partnered with Little Free Library for a collection of story-time videos designed to encourage reading and togetherness. Check it out:

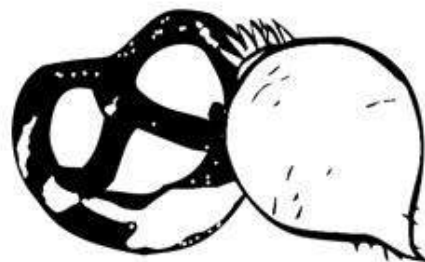
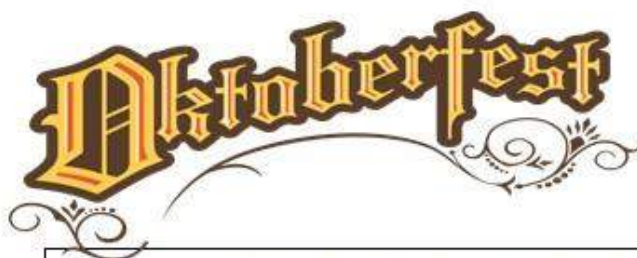
<https://littlefreelibrary.org/pbs-kids-and-little-free-library-team-up-for-story-times-this-summer/>

Do You Remember When Matthew Cloned Himself in Class?

Should we be afraid? Should we be *very* afraid?



Name: _____



OKTOBERFEST
BRATWURST
BIERGARTEN
STEIN
ACCORDION

BEER
BAVARIA
MUNICH
SAUERKRAUT
SINGING

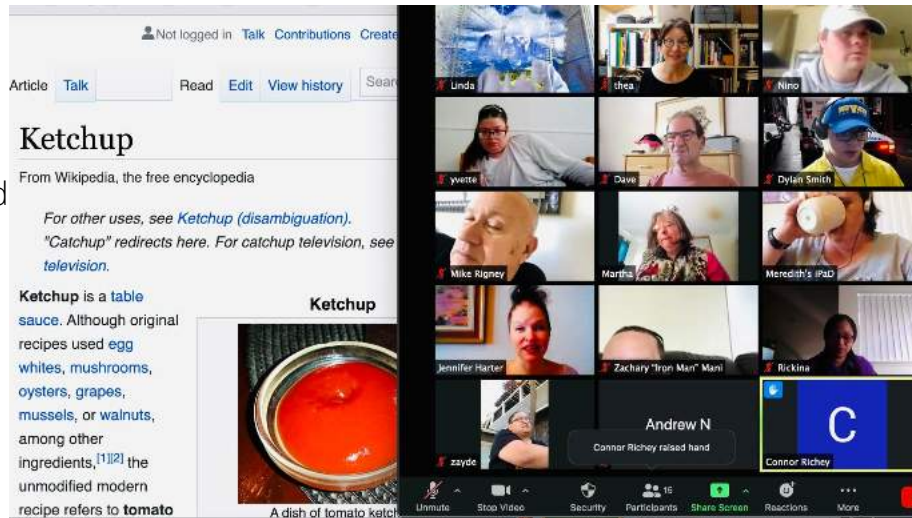
DANCING
PRETZELS
RADISH
LEDERHOSEN
BRASS BAND



Knowledge Class: Sauciness

Jennifer was feeling saucy and she taught us all about sauce starting with the fact that Americans spend \$1 billion dollars on ketchup and mustard each year.

She also taught us about something called mushroom ketchup. Does this look yummy?



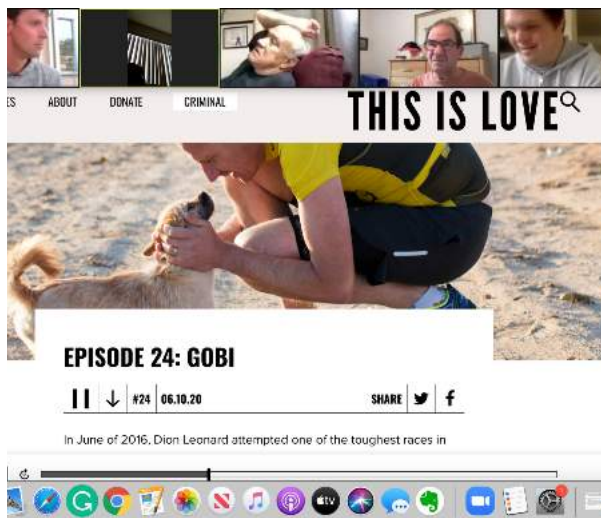
Originally, ketchup in the United Kingdom was prepared with mushrooms as a primary ingredient, instead of tomato. Historical preparations involved packing whole mushrooms into containers with salt. Would you eat that?

Jen polled the students about their favorite sauces and here are some of the answers: Ranch dressing, barbeque sauce, chocolate sauce, spaghetti sauce. Then Jen asked us to all pick a sauce we would most like to swim in. The winning answer?

Katie said she'd want to swim in cheese fondue with bread rafts.

We love Katie's attention to swim safety!

Podcast: This is Love



Ultramarathon runners run races over 100 miles long, often running about one regular marathon (26 miles) each day until they cross the finish line.

In this podcast, entitled "Gobi," Scottish ultramarathon runner Dion Leonard trained hard then flew to the Gobi desert to win the race. But before he knew it, Dion was being followed by a little brown dog he called "Gobi."

Did Dion leave Gobi in the desert? Did Gobi get lost? What is more important, winning the race or finding your best friend? Listen to the podcast to find out what happens:

<https://thisislovepodcast.com/episode-24-gobi/>

Music Class

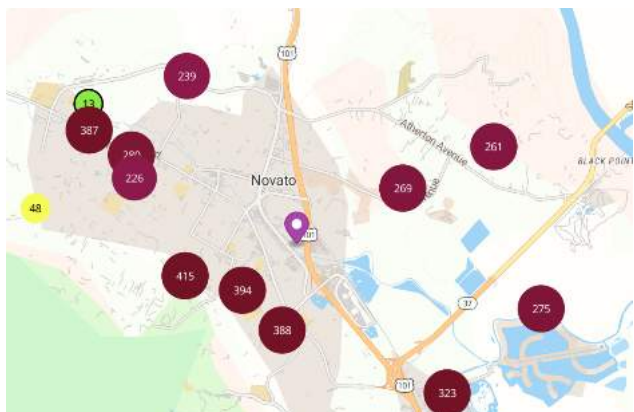
We listen to all sorts of music during music class. Sometimes we take special requests and play songs such as Weird Al Yankovic's "Like a Surgeon" (which parodies Madonna's song "Like a Virgin").

A parody is a literary or musical work in which the style of an author or work is closely imitated for comic effect or in ridicule.

We also listened to the late, great Whitney Houston's song "I Wanna Dance with Somebody" which was more fun than we look like we're having...



Air Quality



(Above) A screenshot of [PurpleAir's air quality website](https://www.purpleair.com/), August 31st.

United States [edit]

The United States Environmental Protection Agency (EPA) has developed an Air Quality Index that is used to report air quality. This AQI is divided into six categories indicating increasing levels of health concern. An AQI value over 300 represents hazardous air quality and below 50 the air quality is good.^[10]

Air Quality Index (AQI) Values	Levels of Health Concern	Colors
0 to 50	Good	Green
51 to 100	Moderate	Yellow
101 to 150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon



California's fire season just started. Due mainly to lightning strikes, California has experienced 7,175 fire incidents so far this year.

Please remember to stay inside during unhealthy or hazardous conditions. If you must go out in hazardous conditions, please wear an N95 mask or a P100 respirator.

Community Homes & Services
837 Sweetser Ave. Novato CA 94945
415-897-8676

SEPTEMBER 2020 Connections Magazine



(Left) Our mouths were watering in nutrition class (right before lunch break) when Alison made vegan pizza.

During philosophy class we talked about the good in our lives. Martha said having friends and seeing friends on Zoom made her feel happy!

It's so good to see friends on Zoom!

"You have been my friend.
That in itself is a tremendous thing."
-- Charlotte, in E.B. White's *Charlotte's Web*

