

CONNECTION

Community Homes & Services

PO Box 744, Novato CA 94948

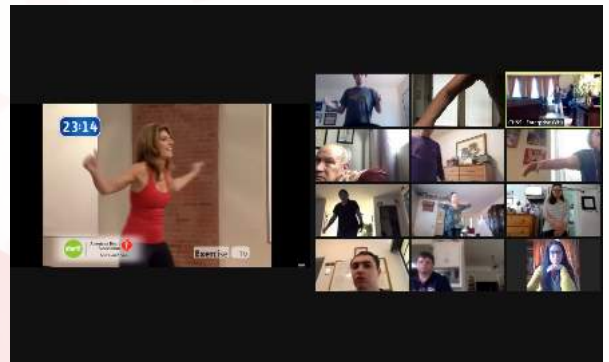
415-897-8676

www.communityhomesandservices.com

It's National Heart Month!

Here is how you can adopt lifelong heart-healthy lifestyle changes:

- **Aim for a healthy weight.** Losing just 3% to 5% of your current weight can help you manage some coronary heart disease risk factors, such as high blood cholesterol and diabetes. Greater amounts of weight loss can also improve blood pressure readings.
- **Be physically active.** Routine physical activity can help manage coronary heart disease risk factors such as high cholesterol, high blood pressure, or being overweight.
- **Eat a heart-healthy diet.** A heart-healthy eating plan includes fruits, vegetables, and whole grains and limits saturated fats, trans fats, sodium (salt), added sugars, and alcohol.
- **Manage stress.** Learning how to manage stress, relax, and cope with problems can improve your emotional and physical health.
- **Quit smoking.** For free help and support to quit smoking, you can call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848).
- **Get enough good-quality sleep.** The recommended amount for adults is 7 to 9 hours of sleep a day.



For more info, check out the National Institute of Health's (NIH) American Heart Month website: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

FEBRUARY 2021 NATIONAL DAYS

American Heart Month
Black History Month

2/2 - Groundhog Day

2/4 - National Thank a Mail Carrier Day

2/6 - Time to Talk Day

2/7 - Super Bowl Sunday

2/12 - Chinese New Year

2/14 - Valentine's Day

2/15 - Presidents Day

2/16 - Mardi Gras

2/24 - National Tortilla Chip Day

2/26 - Yukon Heritage Day

2/26 - Tell a Fairy Tale Day



Groundhog Day - February 2



The groundhog wakes up from hibernation on February 2nd.

- If the groundhog sees its shadow when it emerges from its burrow, there will be six more weeks of winter.
- If it does not see its shadow, spring will arrive soon.

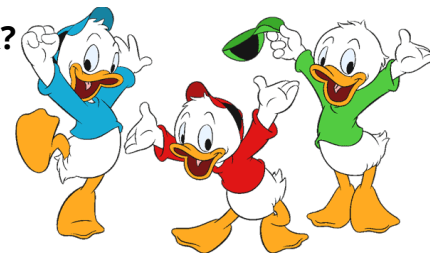


This tradition started in Europe as *Candlemas Day*. Germans who settled in Pennsylvania in the 1700s brought the custom to America.

Punxsutawney Phil's full name is "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinary." He is the most well-known groundhog, but other states celebrate with their own groundhogs, such as Georgia's General Beauregard Lee and Buckeye Chuck in Ohio.

12 Questions with Chas

- **Name/job title:** Chas Abate, Executive Director, CH&S
- **What do you want our students to know?** We will always listen.
- **What's the best piece of advice you've ever been given?** Make it shorter.
- **What is your favorite color?** Honestly, no favorite color.
- **What is your favorite magical or mythological animal?** Parakeet
- **If you had to eat one meal every day for the rest of your life what would it be?** Bacon... but I probably wouldn't live long in that case.
- **What is your theme song?** "Daydream" or "Did You Ever Have to Make Up Your Mind?" by the Lovin' Spoonful.
- **What is your favorite ice cream flavor and ice cream topping?** Strawberry ice cream, chocolate sauce topping
- **Who is your favorite Disney hero or heroine? Would you trade places with them?** Huey, Dewey, and Louie. Yes.
- **What's the most embarrassing fashion trend you used to rock?** Bell bottoms in the 60s.
- **If you could bring back any fashion trend what would it be?** Nurse hats and nun habits.
- **What fictional world or place would you like to visit?** Duckburg

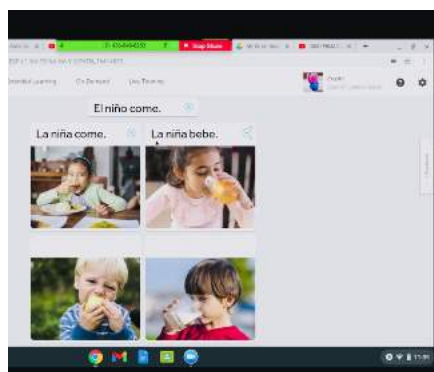
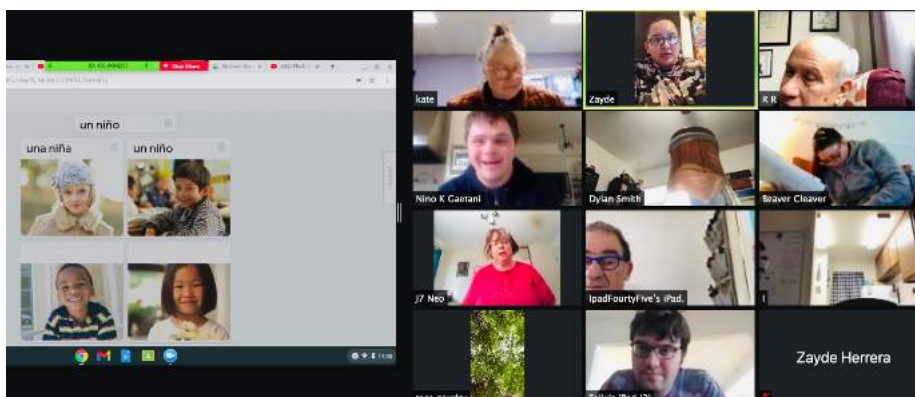


Nosotros Estamos Aprendiendo Español!

"Nosotros estamos aprendiendo español" means *we are learning Spanish!*

Los estudiantes joined Zayde to learn Spanish words and give speaking Spanish a try.

"Los hombres comen" means *the men eat* which is great timing



because Spanish class is right before lunch! Yes, *las mujeres* will be eating soon too.

We ended by rolling our R's: "rrrrrrrr."

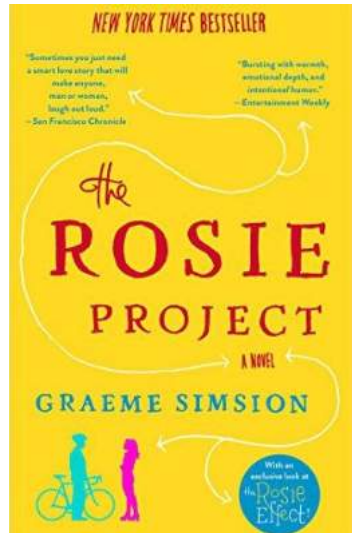
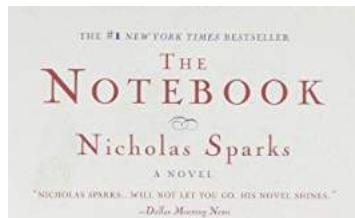
Muy bien!

Some Great Romantic Valentine Reads



(Left) Arguably one of the greatest romance novels of all time, Jane Austen's *Pride and Prejudice* follows the opinionated heroine, Elizabeth Bennet, as she frequently finds herself at odds with the uptight Mr. Darcy.

Eleanor & Park is a coming-of-age romance about two high-school misfits in the '80s who meet and fall in love on the school bus. They explore the challenges of being "different" and also the joy of falling in love for the first time.



The Rosie Project, is narrated by Don Tillman, a genetics professor who is on the autism spectrum. Don is determined to find a wife with the help of his 16-page "Wife Project" scientific survey, then he finds Rosie, an unlikely match who eventually wins his heart.



The Notebook is the timeless love story of Allie and Noah who, despite years of separation, always find their way back to each other.

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.



Check out our online class schedule

http://communityhomesandservices.com/whats_new.html





Games: Why Do We Play Them?

In Chris' knowledge class, we discussed the importance of games and how both people and animals learn by playing games.

Games can improve coordination, improve problem-solving skills, improve concentration, enhance multitasking skills, build social skills (such as teamwork and support), and improve brain speed.



What are our favorite games?

- Dave loves puzzles and the show *Who Wants to be a Millionaire?*
- Dylan enjoys *Minecraft*, *Grand Theft Auto*, and *Go Fish*.
- Chris is a fan of chess, blackjack, *Myst*, *Riven*, and the competitive online game *Dota*.
- Pam chose one of the most difficult video games—*Dark Siders*. Kudos Pam!
- Devlin likes *Uno*, *Midtown Madness*, and *Midtown Madness II*.
- Matthew enjoys *League of Legends*, *Assassin's Creed* and *Dungeons & Dragons*.
- Connor is partial to train simulators and flight simulators.



"I really liked that class!" said Pam,
"I was really into it!"



Chris talked about using students' art to design a deck of cards!



CH&S February Birthdays

2/1 - Gregory

2/18 - Linda

2/2 - Jenet

2/26 - Erik

2/17 - Andrew M.

Did you know that Canadians often get "greased" on their birthdays? Greasing means their friends and relatives ambush the birthday boy/girl and smear butter on their noses to ward off bad luck.

HAWAII



By: Yvette Scholtz and Alison Patrick

2020 Community Homes and Services, Inc.

Student Yvette and Alison collaborated on a knowledge class that took us on a tropical vacation!

We traveled 2,471 miles west and landed on the island of O'ahu, in the state capital of Honolulu.

We learned about a local dish that Hawaii residents love to eat—*simian* (a noodle soup dish traditionally consisting of soft

wheat egg noodles served in a hot dashi garnished with diced green onions and a thin slice of kamaboko, siu, sliced Spam, sliced egg, or shredded nori).

Yum!

Where is Hawaii located at?

Hawaii is located in the Pacific Ocean, 2,471 miles from California.

There are 8 islands.

1. Ni'ihau
2. Kaua'i
3. Oahu
4. Molokai
5. Lana'i
6. Maui
7. Hawaii
8. Kahoolawe

The capital of Hawaii is Honolulu.



BONUS SLIDE!

Hawaii state motto:

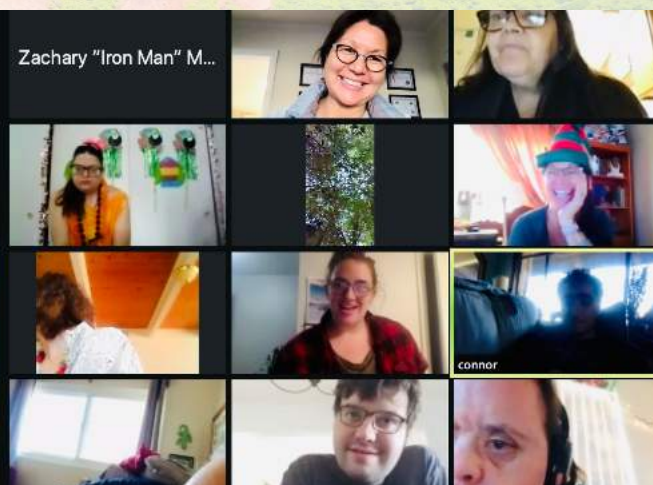
"Ua mau ke ea o ka aino i ka pono"

which translates to "The life of the land is perpetuated in righteousness"

Hawaii State Fish is humuhumunukunukapua'a pronounced humu-humu-nuku-nuku-opua-ah. This translates to "triggerfish with a snout like a pig".

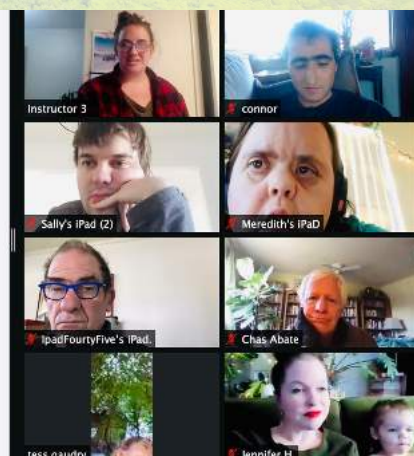


Zachary "Iron Man" M...



Can you answer some of these review questions?

- | | |
|---|-----------------------------------|
| What is the capital of Hawaii? | What is the state tree? |
| What is the state bird? | What is the state flower? |
| What are some chief crops? | What is the population of Hawaii? |
| What are the names of the Hawaiian Islands chain? | |
| What was a famous Hollywood movie filmed in Hawaii? | |
| What Hawaiian food is cooked with fish cake, broth, scallions and Japanese noodles? | |
| What do they put inside the Hawaiian chinese bun? | |



Making Change

Use the clues to find the correct set of coins from the 6 possibilities.

CHALLENGE 1

- I am more than 10 cents.
- I am less than a quarter.
- I have fewer than 3 coins.
- I make an odd number of cents.

Who am I?



CHALLENGE 2

- My coins are not the same type.
- I am more than 15 cents.
- All my coins are the same color.
- I make an even number of cents.

WWYD? (What Would You Do?)

During class, Harold asked us what we thought was worse:

- Sitting in a boring class for one hour?
- Or sitting next to someone at lunch who smacks their food when they chew?

If seated next to a loud chewer Justin said he would get up and leave. Whereas Meredith (who may have sat through a boring class or two) told us that she would just be mature about it and sit through the class.

What polite and mature students we are!



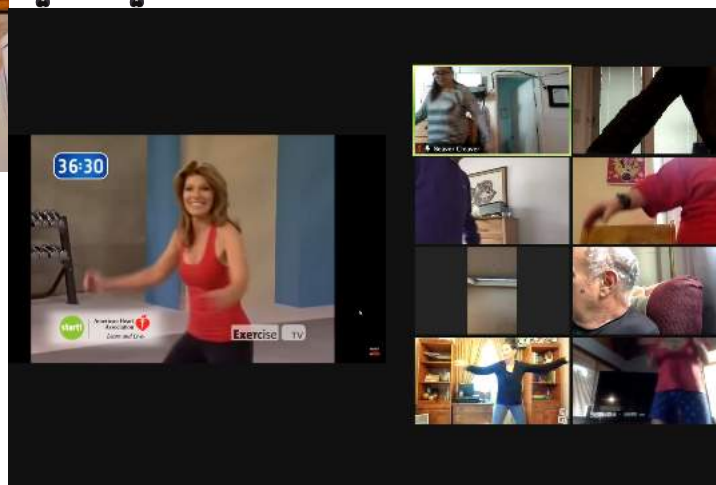
Exercise



We do a variety of low-impact, heart-healthy exercises! See our Monday morning class (left). And our usual Wednesday *Walk at Home* workout (below).

Exercise can:

- Strengthen your heart and muscles
- Help control your appetite
- Boost your mood through the release of endorphins, which are feel-good chemicals released by your brain
- Help you sleep better at night!

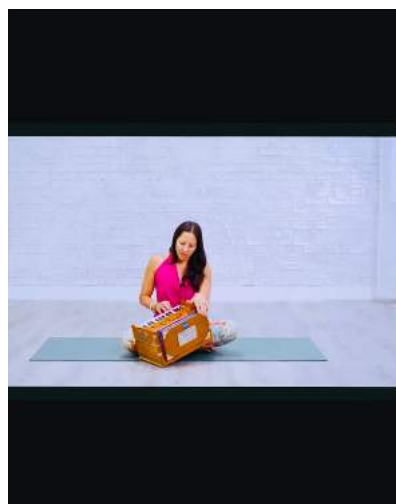


"Om Mani Padme Hum"

We chanted "Om Mani Padme Hum" in our meditation class.

The first word *Aum/Om* is a sacred syllable in various Indian religions. The word *Mani* means "jewel" or "bead", *Padme* is the "lotus flower" (the Eastern sacred flower), and *Hum* represents the spirit of enlightenment. In Tibetan Buddhism, this is the most ubiquitous mantra and the most popular form of religious practice, performed by laypersons and monastics alike.

Reciting this mantra helped us destress and chill out! *Namaste!*



Chinese name	
Chinese	唵嘛呢叭咪吽
Transcriptions [hide]	
Standard Mandarin	
Hanyu Pinyin	ǎn mání bāmī hōng
Karandavyuha Sutra name	
Chinese	唵麼呢鉢訥銘吽
Transcriptions [hide]	
Standard Mandarin	
Hanyu Pinyin	ǎn móní bōnènmíng hōng
Tibetan name	
Tibetan	ཨོཾ་མ་ཎི་པ་དཔལ་མུ་མུ་
Transcriptions [hide]	
Wylie	oM ma Ni pa d+me hU~M

Andrew's Corner

From Klingon to Na'vi, Invented Languages are Fun!



Constructed languages, or “conlangs” for short, are fictional languages invented by human beings, as opposed to natural languages that develop naturally over time. Famous conlangs include Klingon from *Star Trek*, Na’vi from *Avatar*, the various Elvish languages in *Lord Of The Rings*, and Dothraki from *Game Of Thrones*. So if these languages are invented and not really used, you may ask why am I even talking about this?

I first became interested in conlangs because of one of my all time favorite franchises, *Star Trek*. The Klingons are a fictional species in the science fiction show *Star Trek* and they have a complete Klingon language that you can translate. Klingon is the world's most popular conlang as measured by numbers of speakers. You can even learn Klingon on Duolingo: <https://www.duolingo.com/course/tlh/en/Learn-Klingon>



I like how Klingon can be easily translated like a non-fictional language. Conlangs seem to add authenticity to movies such as *Avatar*, *Lord Of The Rings*, *Star Wars*, and *Star Trek*. People who have created conlangs for movies include Marc Okrand, Paul Frommer and David J. Peterson.

Conlangs can serve as a secret language to people speaking it too! If you want to have a private conversation and you don't want other people to know what you're talking about, maybe a friend could learn it too so you can talk together. If you could learn a conlang, which one would you like to learn?

'Ach dah blmej ("bye for now")!

Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star Trek and great places to go in the Bay Area. He is currently learning Mandarin and loves learning new things.

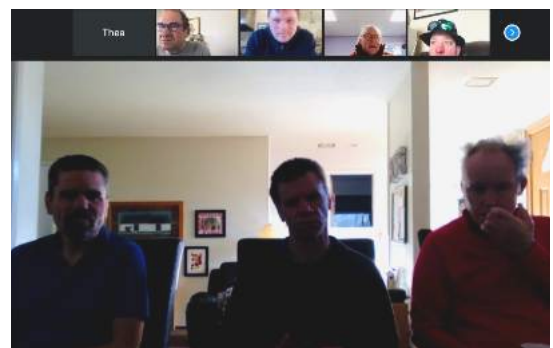


Ben & Jerry learned how to make ice cream by taking a \$5 correspondence course offered by Penn State. (They split one course.)

**Check out our
Instagram page!**



Who Are These Guys?





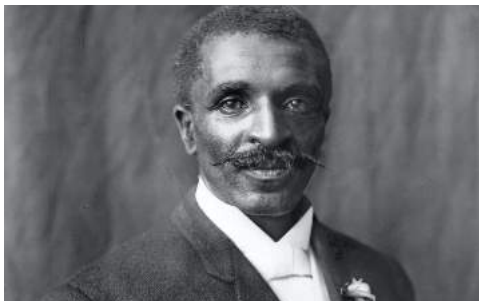
We will be celebrating Black History Month which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher.



First Professional Black Baseball Player: On April 5, 1947, Jackie Robinson became the first African American to play Major League Baseball when he joined the Brooklyn Dodgers. He led the league in stolen bases that season and was named Rookie of the Year.

First Black President: In 2008, Barack Obama became the first black president of the United States.

Eminent Scientist: George Washington Carver developed 300 derivative products from peanuts: among them are cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.



Self-Made Millionaire: Madam C.J. Walker was born on a cotton plantation in Louisiana and became wealthy after inventing a line of African American hair care products. A movie about her life, *Self Made: Inspired by the Life of Madam C.J. Walker*, is now on Netflix.

The Library of Congress has some very good information about [African American History Month](https://www.loc.gov/exhibitions/rosa-parks-in-her-own-words/about-this-exhibition/) including this current exhibit *Rosa Parks: In Her Own Words* <https://www.loc.gov/exhibitions/rosa-parks-in-her-own-words/about-this-exhibition/>



Dear Sasquatch



Q: Why do I keep hearing students talking about apples?

A: I hear people talk about apples in philosophy class a lot lately. Think of apples like ideas makes Tim curious. Good apple idea makes sense. Good apple taste good. Eat good apple, have good idea.

No understand how people eat bad apples. One bite and Tim know bad apple or good apple! How bad apple idea taste? How do you know it bad apple idea? Tim think of how shocked Tim get when bite into bad apple.

Bleh! Maybe, good sign of bad apple idea is how *bleh* it make Tim feel, but then Tim has been confused and thought first bite was bad apple when Tim really bit into good apple. **Maybe, each idea deserve closer inspection.** Don't want to waste good apple, but don't want to keep eating bad apple. Rene Descartes was smart human to inspect all apples the same. **Tim will learn patience to look at each apple** and not let stomach make decision for Tim. Tim not want belly ache because Tim not patient enough to look at apple, first.



Valentine's Day



ARROW
CANDY
CARD
CHOCOLATE
CUPID
FEBRUARY

FLOWERS
GIFT
HEART
HOLIDAY
HUGS
LOVE

MAILBOX
PINK
POEM
RED
SWEETHEART
VALENTINE



February is National Heart Month

#OurHearts
stay active together



Aim for **150 minutes of physical activity** each week.

NIH
National Heart, Lung, and Blood Institute
Heart Disease and Stroke Research Center

Heart disease is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Coronary heart disease is a type of heart disease that develops when the arteries of the heart cannot deliver enough oxygen-rich blood to the heart. It is the leading cause of death in the United States. #OurHearts

#OurHearts
move together online



Join a live **interactive workout class**.

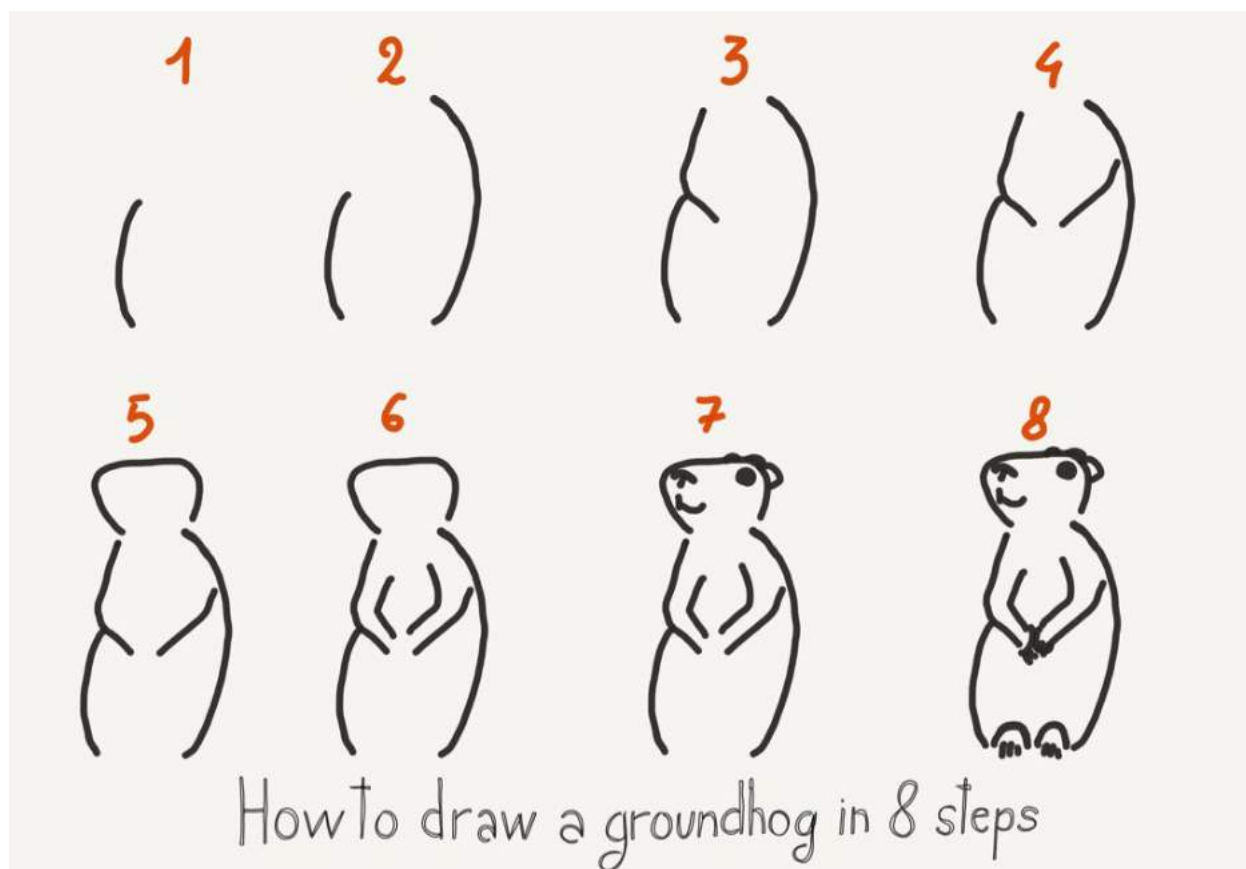
NIH
National Heart, Lung, and Blood Institute
Heart Disease and Stroke Research Center

#OurHearts
namaste together

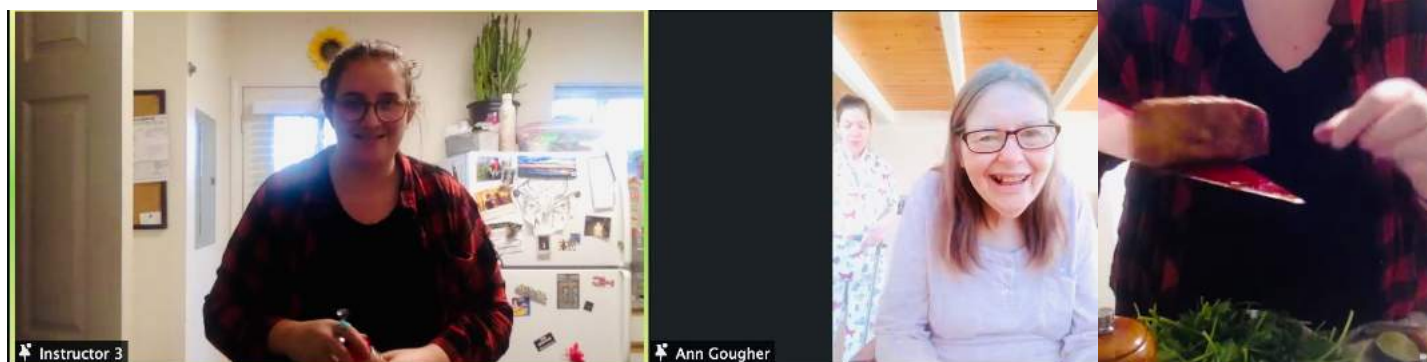


Try yoga or meditation to reduce stress.

NIH
National Heart, Lung, and Blood Institute
Heart Disease and Stroke Research Center



Buddha Bowls



Alison made burrito bowls (also called "Buddha bowls") in nutrition class. She made refried beans with pinto beans and a spicy cashew queso (queso means "cheese" in Spanish and cashew nut queso is vegan and contains no animal products—see picture of queso and chips to the right). Alison cooked her onions until they were translucent and she made tofu marinated in spices (top right).

Did you know that since burrito bowls are in a bowl, they do not need tortillas?



So how do you make queso without milk? Check out the vegan queso ingredients (left). Here is the spicy cashew queso recipe that Alison used: <https://simple-veganista.com/vegan-queso/#tasty-recipes-41354>

(Right) Is this one of the best looking burrito bowls you've ever seen?



Quote of the Month

"If I could reach up and hold a star for every time you've made me smile, the entire evening sky would be in the palm of my hand."

—Unknown

Friendships create memories; those memories give us extra strength, motivation and patience during trying times. Think of a smile you received from a friend or loved one, or the laughter and fun times you have had with friends—those memories can bring us joy and remind us that love is all around us.

So I thank you all, students and staff, for the joy of your presence and the love and friendship you share with all of us! **Happy Valentine's day!**



Yukon Heritage Day - February 26

Student Justin has been very interested in Alaska and Canada lately. He has been exploring facts about Canada and travel to Canada (once people start traveling again). Yukon Heritage Day brings the history and culture of the smallest of Canada's three territories to the forefront of public attention.

The day is designed to coincide with The Yukon Sourdough Rendezvous, a festival in Yukon's capital, Whitehorse. The event specifically revolves around the Yukon Gold Rush period of the 1890's, featuring a "Queen" contest, sled dog races, air shows, chainsaw tossing, can-can dancers, and snow sculpture contests. Sounds like a chilly but fun time!



\$ -- Rename the Newsletter Contest -- \$

Do you think that we should change the name of *Connections Magazine*?
What should we call it?

Please submit your name ideas to **837lifecollege@gmail.com**.

Deadline: 2/28/2021 Winner will receive: \$10 cash money!

CH&S is looking for instructors!

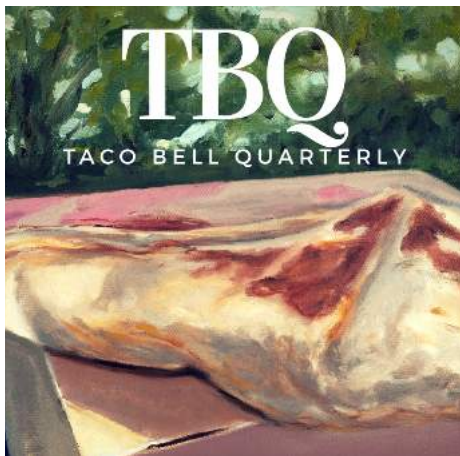
Our non-profit organization provides unique and valuable resources to people who have intellectual/developmental disabilities and/or other complex issues. We are looking for people who are just right: intelligent, creative, stable, organized, funny, enthusiastic, personable, poised, dedicated, etc., etc., etc., etc.!

Experience with teaching is a plus. Experience with working in developmental services is a plus. Appreciation and grasp of Positive Behavioral Support is a plus. A sense of humor is a big plus and a must! Work hours are Monday-Friday, 8:00 am – 4:00 pm.

Send resume and cover letter to cwalker@communityhomesandservices.org or call (415) 408-3604.

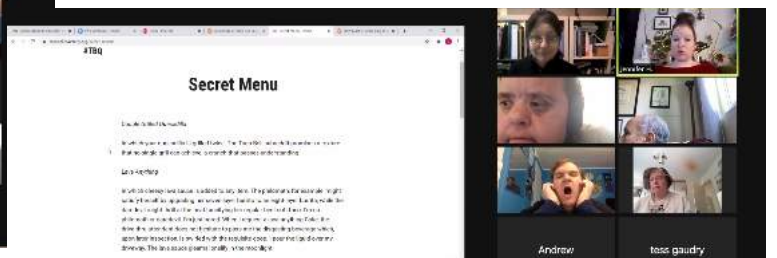
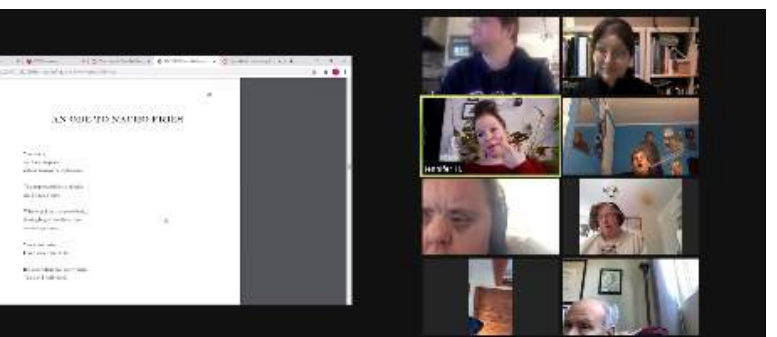
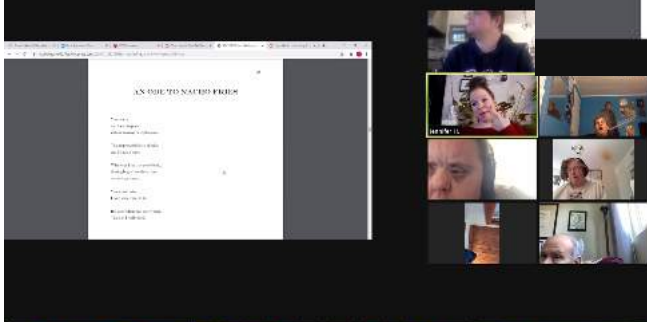


Whether we're learning ASL or making our thumbs disappear or just enjoying class, we have a lot of fun!



Taco Bell Quarterly

During language arts class, we checked out the Taco Bell Quarterly, a literary journal with a side of nachos and extra hot sauce!



If your literary taste leans toward poetry about cinnamon rolls or comics about the Taco Bell drive-thru or stories about cheese quesadillas, you MUST check it out! tacobellquarterly.org

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February 2021 Connection Magazine

Valentine's Day Facts...

Box of Chocolates

The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury of the British chocolate manufacturing family.

"Vinegar Valentines" Discouraged Suitors

In the Victorian era, there was no better way to let someone know they were unwanted than with the ultimate insult: the vinegar valentine. These cards were comically insulting and rejected unwanted admirers. No surprise—they were usually sent anonymously.

How "X" Came to Mean "Kiss"

The idea of using a kiss to sign off on valentines has a long history. "X" was used to sign off on documents. After marking with an X, the writer would often kiss the mark as a sign of their oath. As the gesture grew among kings and commoners to certify books, letters and paperwork, these records were described as having been "sealed with a kiss." *Mwaah!*