

CONNECTION

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

www.communityhomesandservices.com

SPRING SCAVENGER HUNT!

An Activity with Jennifer

Spring has sprung, and now is a good time to dust off our quarantine routine and put a little spring in our steps. (Pun intended.)

Have you ever helped to make alphabetical lists in language arts classes? We stretch our brains and come up with animals or places or food that begin with a specific letter of the alphabet. If you want to get those same creative juices flowing next time you take a walk outside, go on a *RAINBOW SCAVENGER HUNT!*

Try to find something in every color of the rainbow.

- Look around for **RED** roses, or ladybugs, or fire engines.
- Do you spot any **ORANGE** poppies, or traffic cones?
- **YELLOW** daffodils could be popping up along the sidewalks.
- And if you are very, very lucky, you might find a **GREEN** four-leafed clover!
- Do you want an easy way to check **BLUE** off your list? Look up--a beautiful spring blue sky counts!
- **PURPLE** can be a tricky one--keep your eyes (and nose!) peeled for purple flowering garlic or lavender.

(Wait, there's more! See page 2)



SPRING SCAVENGER HUNT CONTINUES...

Too easy, huh? To make the game harder, try going strictly in order. (Red, orange, yellow, green, blue, and purple). That means if you are on orange and a blue minivan drives by, it doesn't count yet, you're not on blue!

You might get some extra walking in if you have to go back to find that purple mailbox you remembered passing. It's good exercise for your memory, too. (Where was that purple mailbox? Hmm...)

And even when you can't get outside, you can go on a rainbow scavenger hunt with your imagination! Maybe it's the middle of the night and you can't sleep... Step aside, uncounted sheep! Close your eyes and try to imagine what you might see outside in every color of the rainbow. Start in order with red, and really take your time and picture each object you think of. Thinking in lists is a great way to tire your brain out and fall asleep faster. You might even have some sweet, colorful dreams.



A worksheet titled "Rainbow Scavenger Hunt" with a rainbow illustration. Below the title is the instruction: "Can you find an item for each color? Draw or place the item in the right box." The worksheet features six empty rounded rectangular boxes arranged in a 3x2 grid, each outlined with a different color of the rainbow: red, orange, yellow, green, blue, and purple.



APRIL 2021 NATIONAL DAYS

National Autism Awareness Month
Stress Awareness Month
National Poetry Month

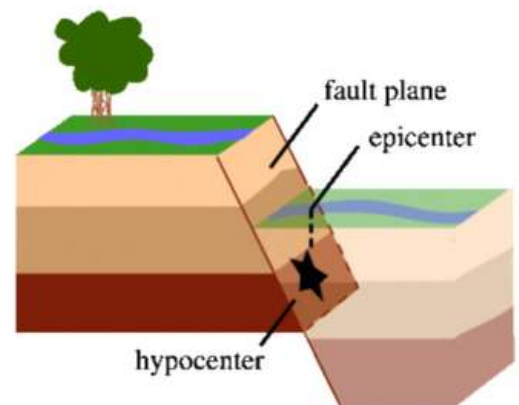
4/1 - April Fool's Day
4/2 - World Autism Awareness Day
4/4 - Easter
4/6 - **National Tartan Day**
4/7 - National Walking Day
4/8 - National Zoo Lovers Day
4/9 - National Unicorn Day
4/11 - National Pet Day
4/15 - National Banana Day
4/16 - National Wear Your Pajamas to Work Day
4/17 - National Haiku Poetry Day
4/19 - National Garlic Day
4/22 - National Earth Day
4/26 - National Richter Scale Day
4/30 - National Bugs Bunny Day



April 26 - National Richter Scale Day

An earthquake happens when two blocks of the earth suddenly slip past one another. The surface where they slip is called the *fault* or *fault plane*. The location below the earth's surface where the earthquake starts is called the *hypocenter*, and the location directly above it on the surface of the earth is called the *epicenter*.

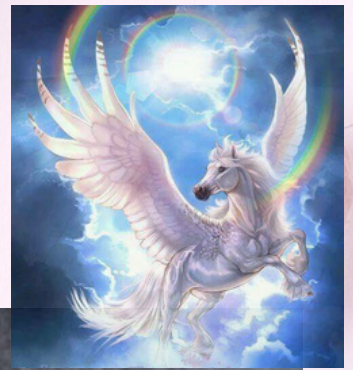
The Richter magnitude scale was developed in 1935 by Charles F. Richter of the California Institute of Technology as a mathematical device to compare the size of earthquakes. The magnitude of an earthquake is determined from the logarithm of the amplitude of waves recorded by seismographs. Because of the logarithmic basis of the scale, each whole number increase in magnitude represents *a tenfold increase* in measured amplitude. Each whole number step in the magnitude scale corresponds to the release of about *31 times more energy* than the amount associated with the preceding whole number value. For example, a magnitude 5.3 might be computed for a moderate earthquake, and a strong earthquake might be rated 6.3.



A normal (dip-slip) fault is an inclined fracture where the rock mass above an inclined fault moves down (Public domain.)

12 Questions with Carolyn

- **What is your name and job title?** Carolyn Walker/ Assistant Director
- **What do you want our students to know?** That I would not be here if it weren't for them and I am grateful they want me in their lives!
- **What is your favorite magical or mythological animal?** Pegasus, because my beautiful, deceased godmother Peggy Mahana had a salon by that name. She is the reason I went to cosmetology school.
- **If you had to eat one meal every day for the rest of your life what would it be?** You all think it's a super burrito, but I am going with chicken marsala, garlic mashed potatoes and steamed mixed vegetables.
- **What breed of dog would you be?** Golden retriever because they are active and goofy.
- **What fruit or vegetable would you most want to be?** Raspberry
- **What is your theme song?** "Celebration" by Kool and the Gang
- **What is your favorite ice cream flavor and ice cream topping?** Baskin Robbins World Class Chocolate. Favorite topping on a vanilla frozen yogurt is cookie dough w/ hot fudge. (See how I snuck in a 2nd topping?)
- **Who is your favorite Disney hero or heroine?** Tinker Bell because she is adorable and always has her friends' back. **Would you trade places with them?** No, the only life I want is mine.
- **What's your favorite tradition or holiday?** I love Thanksgiving because my family gratefully sits around talking and eating.
- **What fictional world or place would you like to visit?** Neverland
- **What's your favorite way to get in some exercise?** Walking



April 2 - World Autism Awareness Day



Communities around the world come together on April 2, Autism Awareness Day, in recognition of people with autism and those who love and support them.

We know that there's no one cause of autism. Some gene changes associated with autism can also be found in people who don't have the disorder. And not everyone exposed to an environmental risk factor for autism will develop autism. In fact, most will not.

Research suggests that autism develops from a combination of genetic, non-genetic, or environmental influences. According to [Autism Speaks](#), scientists have conducted extensive research over the last two decades to determine whether there is any link between childhood vaccinations and autism. The results of this research is clear: Vaccines do not cause autism.

CH&S April Birthdays

4/7 - Alison
4/18 - Pamilla L.
4/20 - Zachary
4/22 - Todd
4/29 - Shirley

In Australia, birthdays are celebrated with *fairy bread*, a combination of buttered bread and tiny *Hundreds-and-Thousands* (which Americans call "sprinkles").

Fairy bread or cake, which do you prefer?



REC, Inc's List of Classes Has Moved to the Town of Corte Madera Website

We love REC, Inc's fun and well-thought out events from their Valentine's or St. Paddy's dance parties to their art and storytelling classes (every Tues 7pm-8pm) to their First Friday Game Night (6:30pm-7:30pm) to their third Friday dance (7pm-8:15pm).

You can now keep track of the latest goings-on at REC, Inc. on The Town of Corte Madera website's Virtual Recreation Center Page: <https://www.townofcortemadera.org/978/Adults-with-Developmental-Disabilities>.

Or go to the main page:

- <https://www.townofcortemadera.org>
- Click on "Government"
- Click on "Departments"
- Click on "Parks & Recreation"
- Click on "Adults with Developmental Disabilities."

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 the CH&S online class schedule

http://communityhomesandservices.com/whats_new.html



Words are Birds

BY FRANCISCO X. ALARCÓN

words
are birds
that arrive
with books
and spring

they
love
clouds
the wind
and trees

some words
are messengers
that come
from far away
from distant lands

for them
there are
no borders
only stars
moon and sun

some words
are familiar
like canaries
others are exotic
like the quetzal bird

some can stand
the cold
others migrate
with the sun
to the south

some words
die
caged—
they're difficult
to translate

and others
build nests
have chicks
warm them
feed them

teach them
how to fly
and one day
they go away
in flocks

the letters
on this page
are the prints
they leave
by the sea



National Poetry Month

Launched by the Academy of American Poets in April 1996, National Poetry Month reminds the public that poets have an integral role to play in our culture and that poetry matters.

In 2021, National Poetry Month celebrates twenty-five years!

30 Ways to Celebrate National Poetry Month at Home or Online: <https://poets.org/national-poetry-month/30-ways-celebrate-national-poetry-month-home-or-online>

30 Ways to Celebrate National Poetry Month in the Virtual Classroom <https://poets.org/national-poetry-month/30-ways-celebrate-national-poetry-month-classroom>

Mosquitoes

BY KATHERINE HAUTH

Mosquitoes,

with needle-noses
sucking blood
from elbows, cheeks, and chin

why were you not
designed to thrive
on brine, on swine,
or likewise-spiny
porcupines?

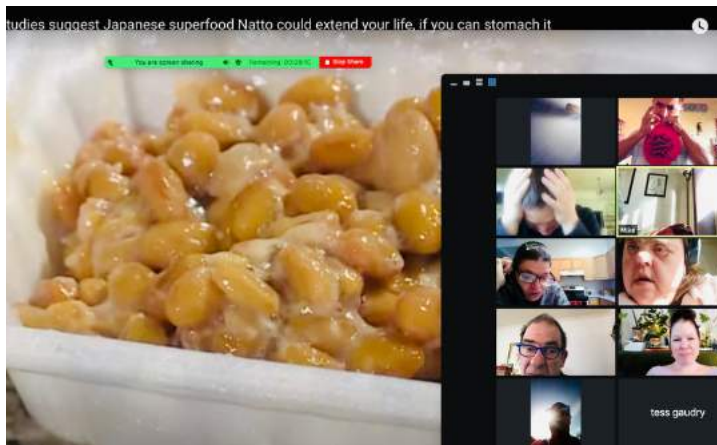
SLAP!

SLAP!

SLAP!

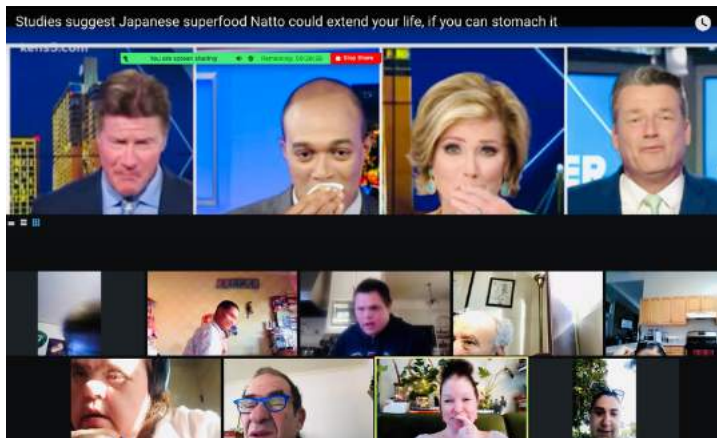


That's Disgusting!



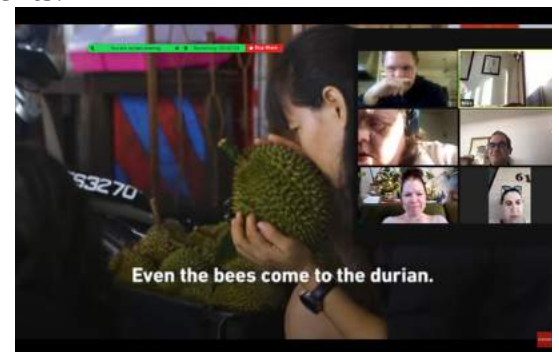
We took a tour of the world of disgusting food! First we started with nattō which is a traditional Japanese food made from soybeans that have been fermented with *Bacillus subtilis* var. *natto*. In Japan, nattō often served as a breakfast food.

Nattō is often considered an acquired taste because it is so stinky. It has a strong flavor and a sticky, slimy texture. So why eat it? Nattō is a source of calcium, magnesium, protein, potassium, vitamins B6, B2, and E. Nattō is especially nutritious because its soybeans undergo a process of fermentation, which promotes the growth of probiotics. The probiotics in nattō can act as your gut's first line of defense against toxins and harmful bacteria. Some people eat nattō on a regular basis for its health benefits.

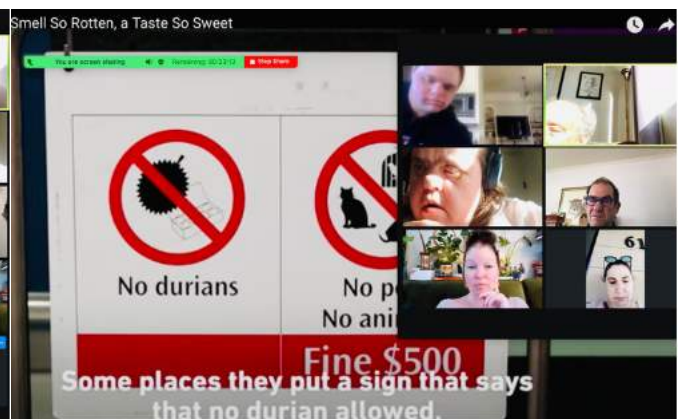


(Above) The news anchors who tried nattō, don't seem to be enjoying themselves. Too bad because nattō is super healthy!

(Right and below) The durian fruit is distinctive for its large size, strong odor, and thorn-covered rind. So why eat it? In 1599, a traveler described the flavor: "It is of such an excellent taste that it surpasses in flavor all other fruits of the world!" The best fruit flavor can be yours, if you can get past the smell...



The durian's odor has been described as "pig-excrement, turpentine and onions, garnished with a gym sock." Because of its strong stink, the raw fruit is forbidden in some establishments such as hotels, subways and airports, including public transportation in Southeast Asia. Jen said that she would like to buy one for us to try when we start meeting in-person again! Will you try it?



We are looking for instructors!

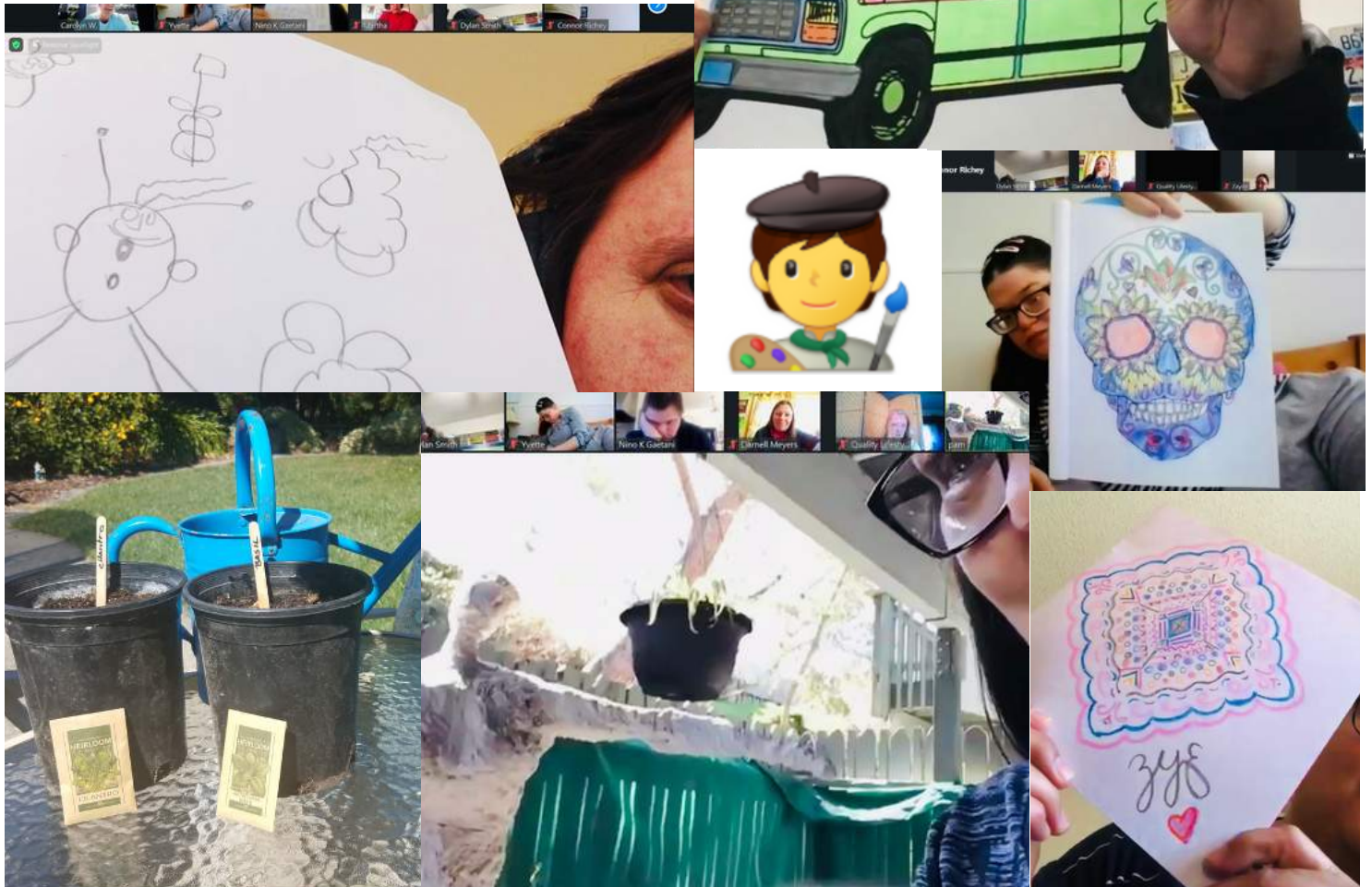
Our non-profit organization provides unique and valuable resources to people who have intellectual/developmental disabilities and/or other complex issues. We are looking for people who are just right: intelligent, creative, stable, organized, funny, enthusiastic, personable, poised, dedicated, etc.,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

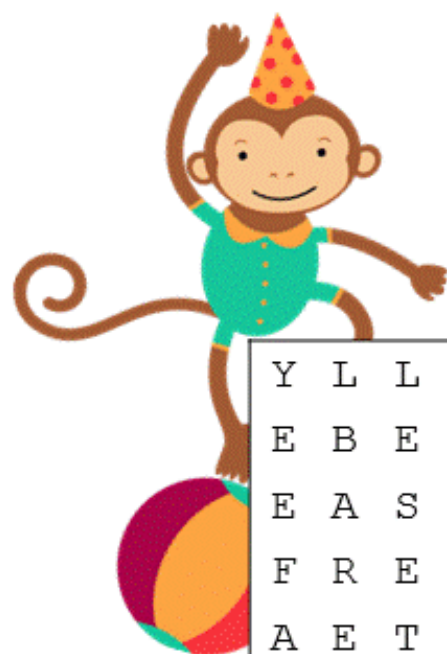
Experience with teaching is a plus. Experience with working in developmental services is a plus. Appreciation and grasp of Positive Behavioral Support is a plus. A sense of humor is a big plus and a must! Work hours are Monday-Friday, 8:00 am – 4:00 pm.

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

We are Artists!

Carolyn held a freestyle art class and boy did we go to town! We drew, we colored, and we sculpted! Carolyn practiced the horticultural arts—what do you think she planted?





APRIL FOOL'S Day

APRIL 1st



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



Andrew's Corner

Why My Favorite Mythical Creature is the Basilisk

Many of us know about mythical creatures from Disney movies and Harry Potter. They're interesting to us because they capture your imagination and can be very, very scary. To me the scariest mythological creature is the Basilisk.



The Basilisk can kill you with just its gaze if you look directly into its eyes and it is so venomous that it leaves a wide trail of deadly venom in its wake. The Basilisk is a serpent with the head of a rooster but in the Harry Potter films, it has the head of a snake.



The Basilisk can grow up to fifty feet in length and is dark green with yellow eyes. The skin of a Basilisk is armored like a dragon which can deflect spells in the Harry Potter series. A Basilisk lives at least nine hundred years though the Basilisk in Harry Potter lived up to a thousand years. Basilisks are born from chicken eggs hatched beneath a toad. Another scary thing a Basilisk can do is cause petrification. Petrification is when someone is rendered immobile and unresponsive, as if they had turned to stone. This



happens when a victim looks indirectly into the Basilisk's eyes. The petrification caused by a Basilisk is similar to how a Gorgon turns its victims to stone just by looking at it. A way of surviving a Basilisk's gaze is by seeing it through another object.



A Basilisk's venom can only be cured by Phoenix tears. Before a victim is killed by a Basilisk's poison the person becomes drowsy and blurry-eyed. Basilisk poison has a very long lasting effect which still remains potent even up to five years or more after the Basilisk has died.

What inspired me to do an article about the Basilisk was because I wanted to learn more about different mythological creatures I have not heard of before. Boy am I glad that the Basilisk is mythological and not real!

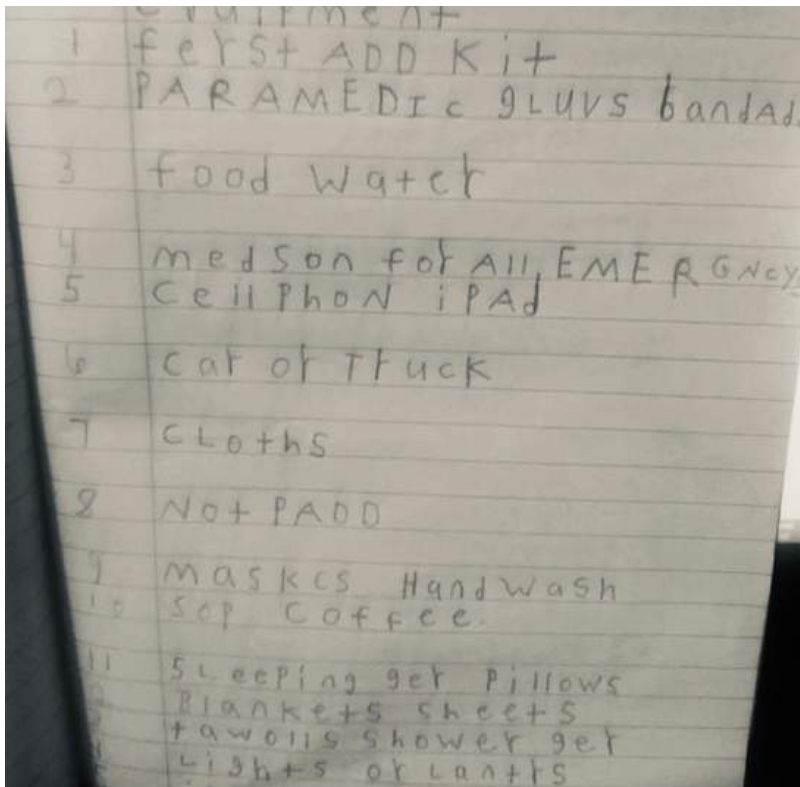
Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star trek and great places to go in the Bay Area. He is currently learning Mandarin and loves learning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

Natural Disasters: Are You Prepared?



Carolyn continued her classes on natural disasters and she gave students homework: What would you put in your disaster *go bag*?

Both Connor (right) and Dylan (below) put a lot of thought into their lists, as you can see. Great job, guys!



Comprehensive Connor's survival kit:

1. Tools
 - Multi-tool
 - Pocket knife
 - Pliers
2. Illumination
 - Flashlight
 - Two sets of extra batteries
 - Emergency candles
3. Water Purification Tablets
4. Cordage and Tape
 - Duct tape
 - 200 feet of Paracord
 - 100 yards of monofilament fishing line
5. Fire-Starting Kit
 - Flint or magnesium firestarter
 - Matches (preferably waterproof and strike anywhere)
 - Emergency tinder
 - Magnifying glass
 - Windproof refillable cigarette lighter
6. Metal Pot or Mugs
7. Space Blanket
8. Emergency Poncho
9. Trekking Poles
10. Safety Pins
11. Emergency Non-Perishable Food Rations
12. Large Tarp
13. Basic First Aid / Medical Kit
 - Band-aids of various sizes
 - Gauze
 - Ace bandage
 - NSAIDs
 - Aspirin
 - Antihistamines
 - Antiseptic wipes
 - Triple antibiotic ointment
 - Tweezers
14. Rescue Signals
 - Signaling mirror
 - Whistle
15. Rain Jacket





(Above) An old photo of right whale hunters. Now the North Atlantic right whale is one of the world's most endangered large whale species, with less than 400 individuals remaining, so no hunting is allowed.

Right whales can probably live for at least 70 years, but data on their average lifespan is limited. Ear wax can be used to estimate age in right whales after they have died.

(Pic to the right) Entanglement in fishing gear is one of the greatest threats to North Atlantic right whales. NOAA Fisheries and partners estimate that over 85 percent of right whales have been entangled in fishing gear at least once.

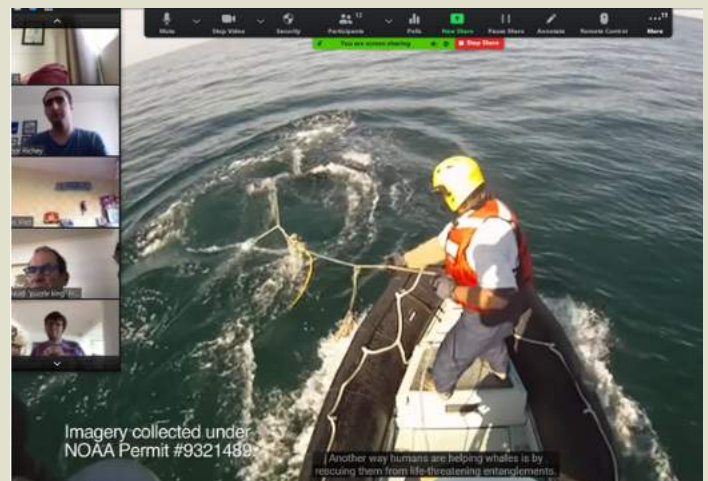
Massachusetts is an interesting place for sure!

Bostonians on Boston

Carolyn's brother Glenn stopped by to visit with us right after he flew in from Boston! This is what Carolyn had to say about his visit last month: "While eating lobsters with my brother and family last night he was telling us how the New England lobster fishing industry had to shut down for several months. Apparently, all the lobstermen have to take off all their nets and lobster pots because the *right whales* are migrating through the area. The whales are more inland because of the Gulf Stream and plankton are much closer to the shore. It is another devastating blow to workers and the economy."

In class, Carolyn talked about lobsters as well as right whales. Then she shared a couple online photos of the Cohasset Harbor, the town where she lived. During the video, the class found some great vocabulary words colossalities, creations, baleen, plankton, and more.

- Did you know in the 19th century, lobster was so common that it was canned like tuna?
- Did you know that lobsters have brains the size of peas?
- Did you know that one of the reasons lobster culture is not profitable is because they are cannibalistic? Yes, lobsters also enjoy a nice lobster dinner...



Philosophy Class: Ethics, Values, Fairness and Justice

Your values are what interests you and what you think is important. We talked about what we value (friendships, doing the right thing) and why they are important to us.

We took turns answering this question (right) and sometimes how we answered for what we would regularly do was different from the *fair and just* thing to do—yeah, we're human and we're honest about it.

(Right) Answers A and B put our own interests above the interest of others. Answer D shows that one values the object (the calculator) over friendships.



Question #1—Plato

Are you a fair and just person?

"Please give it back to me."

"Why?"

"Because you borrowed it and it's mine."

Have you ever been in this kind of situation? Imagine that you have borrowed a calculator from a friend. Now the friend wants you to return it. What is the just thing for you to do?

I. Read the four alternatives below, think about the situation, then write the letter representing your answer in the space provided:

- A. Try to convince your friend that you still need it.
- B. Keep it as long as you can; after all, you need a calculator.
- C. Return it—the calculator is your friend's, not yours.
- D. You can always make another friend; keep the calculator.

Write your answer here: _____



Write your answer here: _____

Remember, the question is "What is the just thing to do?"—not "What do I feel like doing in this situation?" If you chose A or B, then it seems that you think your own interests are more important than respecting your friend's interests or property. If you chose D, you value things more than friendship—or, at least, you value *this* thing more than keeping *this* friend.

Most people would choose C. The reason why is stated in C: The calculator is not yours. Therefore, even if you want to keep it for some reason, you ought to return it if the calculator—or anything you borrow—belongs to another person.

What is justice? That question has been around at least since the time of Plato (427-347 BCE). The *Republic* defines justice as treating other people fairly.

But what do we think about feeding or housing others? Is it fair that some people have to work while others don't work and get free food or housing? In life, what is fair and just?

This is an on-going conversation for sure!



Nutrition Class: Ramen Noodle Stir Fry



The stir fry technique originated in China then spread into other parts of Asia and the West.

Stir frying was brought to America by early Chinese immigrants and has been used in non-Asian cuisine.

Nutrition Facts

Serves 4

Amount Per Serving

Calories 391

% Daily Value*

Total Fat 1.4g 2%

Saturated Fat 0.2g

Cholesterol 0mg 0%

Sodium 1093.8mg 48%

Total Carbohydrate 82.2g 30%

Dietary Fiber 9.3g 33%

Sugars 20.5g

Protein 15.1g 30%

Vitamin A 47% Calcium 12%

Iron 30% Vitamin D 0%

Magnesium 22% Potassium 20%

Zinc 16% Phosphorus 17%

Thiamin (B1) 71% Riboflavin (B2) 64%

Niacin (B3) 45% Vitamin B6 31%

Folic Acid (B9) 81% Vitamin B12 0%

Vitamin E 12% Vitamin K 289%

Since Alison is vegan, she used tempeh for protein. Tempeh is a cake-like substance made from cooked and slightly fermented soybeans.

(Right) **What curly vegetable was Alison holding?** (Answer is on the

bottom right of this page) Here is the recipe that Alison used: <https://simple-veganista.com/spicy-ramen-noodle-bowl/>. She also added Lotus Foods' Organic Millet and Brown Rice Ramen (from Costco) so this version is gluten-free!

(Bottom right) Alison's ramen stir fry is chock full of vegetables of many colors and textures. Her stir fry looks nutritious, healthful, and delicious!



Answer: Alison was holding a snap pea.

Knowledge Class: The World's Largest Ships

By special request, Chris taught a class on the world's largest ships.

(Right) The Pioneering Spirit is a crane vessel that is 1,253 feet long. It is the largest twin-hulled vessel ever built and at 407 feet wide, it is the widest ship in the world.

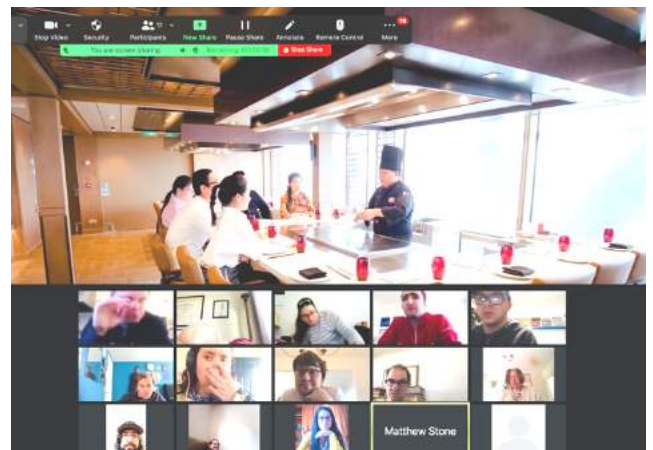
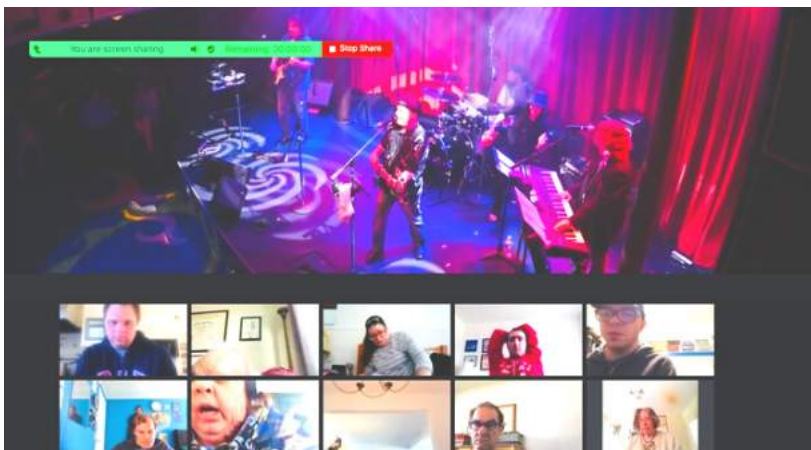
Chris told us that a number of the world's longest ships have been broken up for scrap metal.



Next Chris took us on a tour of the 1138 foot long Odyssey of the Seas cruise ship. The Odyssey of the Seas was set to embark on her maiden voyage in November 2020, sailing from its seasonal homeport of Fort Lauderdale, Florida to the Caribbean.

But Covid changed a lot of things.

The giant cruise ship has 18 decks and 2,137 passenger cabins. Suitably, the ship has a boatload of food options from a luxury five-course meal at Chef's Table to the Japanese teppan bar (below right). For entertainment options, passengers are promised "first rate cover bands" and what could top that?



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

April 2021 Connection Magazine

April Is a Dog's Dream

by Marilyn Singer

april is a dog's dream
the soft grass is growing
the sweet breeze is blowing
the air all full of singing feels
just right
so no excuses now
we're going to the park
to chase and charge and chew
and I will make you see
what spring is all about

It's National Poetry Month!



[@Communityhomesandservices](https://www.instagram.com/Communityhomesandservices)