

# CONNECTION

Community Homes & Services  
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[www.communityhomesandservices.com](http://www.communityhomesandservices.com)

## CORRECT YOUR POSTURE MONTH

We've been on Zoom for over a year! That means that some of us have been sitting in front of our computers up to six or more hours per day!!

Posture is the position in which you hold your body while standing, sitting or lying down. Good posture helps you in the following ways:

- Helps cut down on the wear and tear of joint surfaces to help prevent the onset of arthritis.
- Prevents the spine from becoming fixed in abnormal positions.
- Prevents backache and muscular pain.

### Sitting position

- Sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.

### Sleep position

- Try to sleep in a position that helps you maintain the curve in your back with a pillow under your knees or on your side with your knees slightly bent.



### May 28th is National Hamburger Day!

- Hamburgers got their name from a cut of beef (*Hamburg steak*) that comes from Hamburg, Germany, of course!
- During WWI, the US Government tried to rename hamburgers as "liberty sandwiches."
- Americans consume 13 billion hamburgers a year—side by side, that is enough to circle the earth 32 times!



- Do not sleep on your side with your knees drawn up to your chest.
- Avoid sleeping on your stomach since this can cause back strain and can be uncomfortable for your neck.

Sweet dreams and good posture to you!



# MAY 2021 NATIONAL DAYS

**Zombie Awareness Month**  
**National Lyme Disease Awareness Month**  
**Correct Your Posture Month**  
**National Strawberry Month**

May 1st

- May Day

May 2nd

- National Lemonade Day

May 3rd

- **National Specially-Able Pets Day**

May 4th

- National Star Wars Day
- National Teacher Appreciation Day

May 5th

- National Astronaut Day
- Cinco de Mayo

May 6th

- **National Nurses Day**

May 9th

- National Lost Sock Memorial Day
- Mother's Day
- National Women's Checkup Day

May 15th

- **Peace Officers Memorial Day**

May 19th

- National Devil's Food Cake Day

May 28th

- **National Beef Burger/Hamburger Day**

May 31st

- **National Smile Day**
- Memorial Day

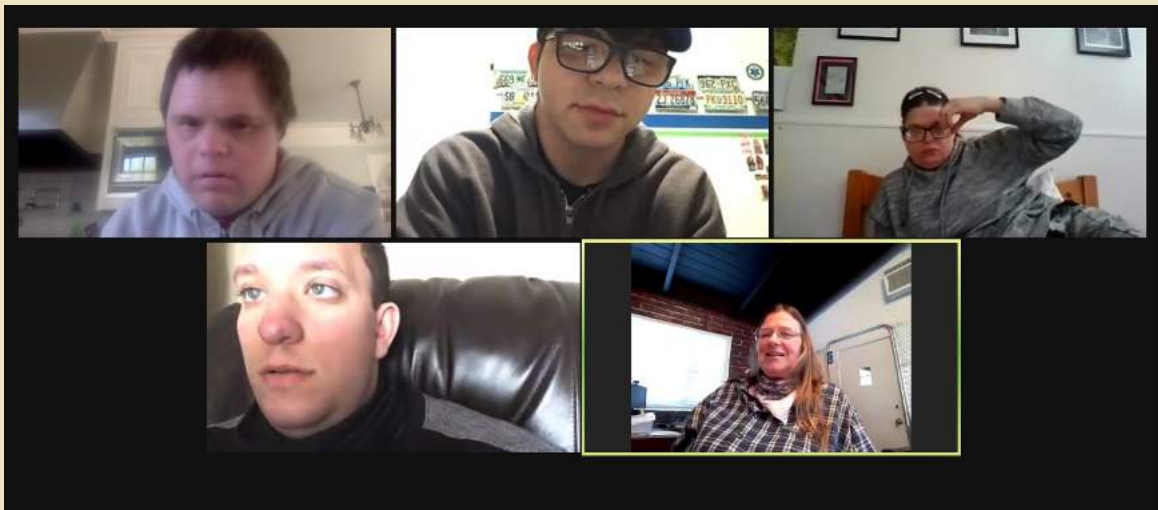


Zombies as portrayed in the movie *Night of the Living Dead*



**Zombie Awareness Month** is a campaign to bring awareness about zombies and the possibility of a future zombie apocalypse. The month of May was chosen because a number of notable zombie films are set in May, such as the classic George A. Romero zombie film, *Night of the Living Dead*. In addition, the sense of hope, renewal and optimism that the spring season brings gives a contrast to the darkness of a zombie apocalypse.





## Things We Need to Know

Darnell taught a knowledge class on an assortment of things we need to know, but didn't learn in school:

- Prairie dog language is complex. They don't just have a generic call for "danger"—their calls differentiate human, hawk, domesticated dog, coyote and more. Plus they can tell each other the size and color of the intruder!
- A Borneo orangutan in the San Diego Zoo escaped his enclosure three times. He never acted aggressively towards anyone and generally wandered around the zoo looking at other animals.
- Bees take naps in flowers. Who knew? Now you know!
- In the 1790s, an Oxford student introduced using *guano* (bird poop) as fertilizer. He spread guano across the university lawn, using it to spell G U A N O. The lawn was soon scrubbed, but when spring came, the word GUANO was clearly visible, growing higher and thicker than the rest of the grass.



# CH&S May Birthdays

5/2 - Gail and Karen  
5/7 - David G. and Katie  
5/8 - Andrew N.  
5/11 - Colleen and Harold

*¡Feliz cumpleaños!\**

\*That's "happy birthday!" in Spanish



## May 2 - National Lemonade Day



### Healthy 3-Ingredient Lemonade

This Healthy 3-Ingredient Lemonade is a delicious all natural summer drink that's free of refined sugars and made with only 3...

 The Busy Baker / Apr 20, 2018

### Ingredients

- 5 fresh lemons
- 1/3 cup honey or other vegan honey substitute
- 4 cups cold water (or sparkling water, if desired)
- ice and lemon wedges for serving

### Instructions

- Juice the lemons and add the juice to a blender along with the honey.
- Blend the lemon juice and honey until smooth.
- Add the lemon juice and honey mixture to a jug along with the water and stir well.
- Add ice and lemon wedges, and serve.

[www.thebusybaker.ca/healthy-3-ingredient-lemonade/](http://www.thebusybaker.ca/healthy-3-ingredient-lemonade/)



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Check out  
the CH&S  
online class  
schedule

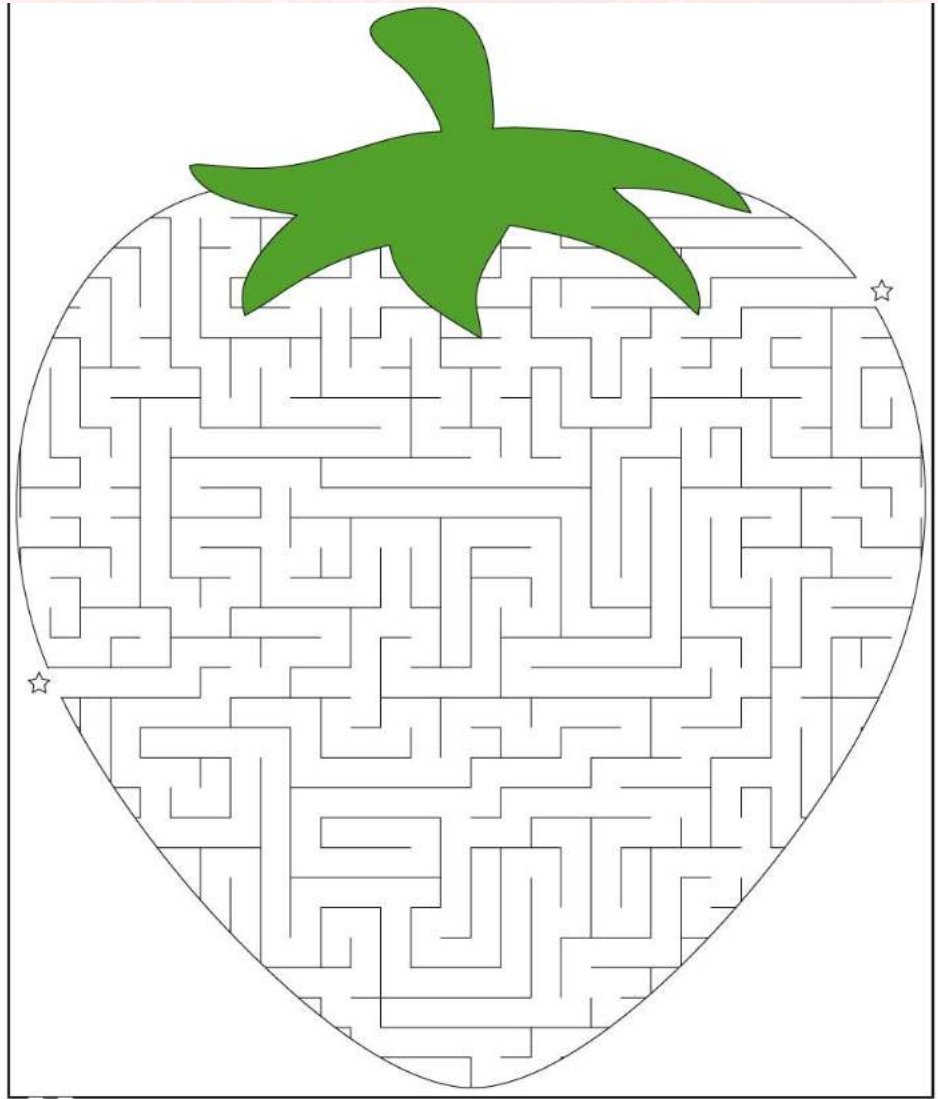
[http://communityhomesandservices.com/whats\\_new.html](http://communityhomesandservices.com/whats_new.html)



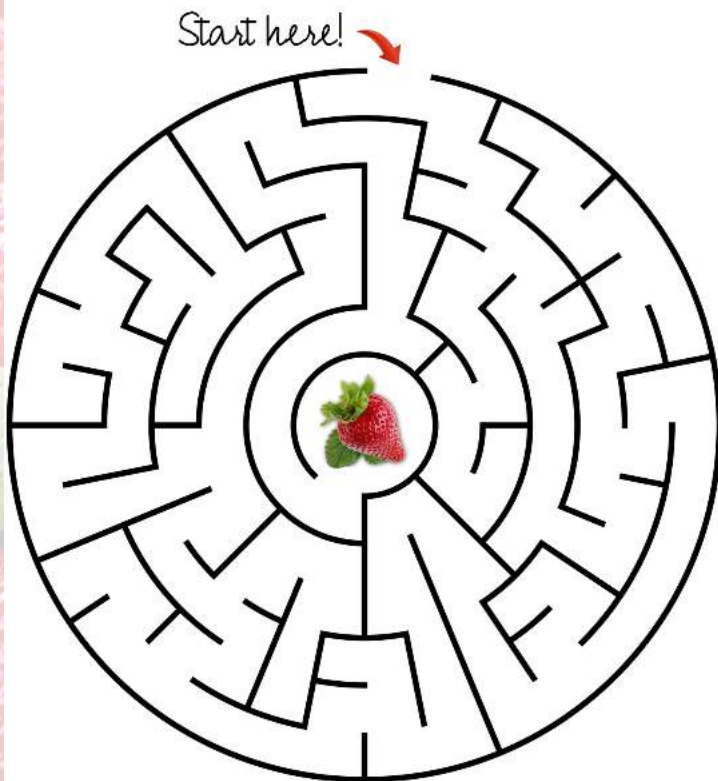
# MAY is NATIONAL STRAWBERRY MONTH

We eat them fresh out of the garden, blend them in smoothies, add them to parfaits and bake them into pies. We create preserves with them and give them to our sweethearts covered in chocolate or whipped cream.

Did you know that these slightly tart berries aren't even berries? Strawberries belong to the rose family and reproduce from runners, not seeds.



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There are over 400 different varieties of strawberries, and each berry produces approximately 200 seeds on the outside of the fruit.

Strawberries are nutritious too. Strawberries are low in sugar and excellent sources of vitamins C and K.

Strawberries are big business in California. In 2011, farmers harvested more than 2.1 billion pounds of strawberries at a value of \$2.3 billion. In fact, 88 percent of strawberries eaten in the U.S. were grown in California. Because of California's wide range of climates, strawberries ripen almost year round here.

# Philosophy: Love, Realism, and Romanticism

Jake and Darnell joined philosophy class (right). Darnell co-taught, which was perfect timing for a discussion about romantic relationships and Romanticism.

Romanticism was a philosophical movement during the Age of Enlightenment which emphasized emotional self-awareness as a necessary pre-condition to improving society and bettering the humanity. Romanticism was a reaction against the scientific rationalization of Nature during the Age of Reason, which left little room for the freedom and creativity of the human spirit. Romanticism stressed strong emotion as a source of aesthetic experience.

The Romantic view is that reason, objectivity and analysis falsify reality by breaking it up into disconnected, lifeless entities, and the best way of perceiving reality is through some feeling or intuition rather than viewing it from the outside.

Philosopher, Alain DeBotton, explained that Romanticism and the ideas that we have one special soulmate and other romance movie notions about love and relationships are problematic. Believing that relationships are like a love story may lead us down the wrong path.

Darnell agreed. She said that she was a romantic who always looked for fireworks and magical things to happen. She found magic sometimes, but once the magic lifted, there wasn't much there. When Darnell met Andy (now her husband of 30 years), she was in need of a good friend. Andy was funny and sweet and they had a similar sense of humor. They were comfortable together.



(Above) Alain de Botton talks about romanticism



Here are qualities some students look for in a romantic partner. "I want someone who...":

- Knows me.
- Believes in me.
- Loves me.
- Helps and cares about me.
- Is compatible (we like some of the same things)
- Can put up with me and I can put up with him/her.
- Is part of my pride (think Lion King).

Then one day, Darnell saw Andy differently. She said: "It was healing to be with someone who I really liked, who was easy and fun to be with, and who felt the same about me. I had no expectations; I felt calm and pleasant instead of fiery and risky. I know that sounds silly, but that's the best way I can describe it. Once I looked at Andy, I felt a true kind of love, a lasting and healthy kind. And lucky me, Andy liked me too. And the rest, as they say, is history!"



# 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.!

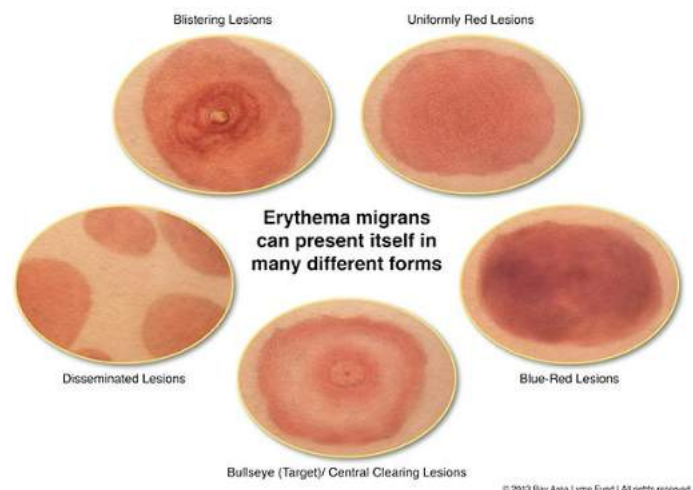
Experience with teaching is a plus. Experience with working in developmental services is a plus. Appreciation and grasp of Positive Behavioral Support is a plus. A sense of humor is a big plus and a must! Work hours are Monday-Friday, 8:00 am – 4:00 pm.

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

## Lyme Disease Awareness Month

May is Lyme Disease Awareness Month.

- Lyme disease is caused by bacteria called *Borrelia burgdorferi* that is only transmitted to humans when they are bitten by an infected tick.
- Deer ticks (*Ixodes scapularis*) carry a bacteria that causes Lyme disease, an infection from a bacterium that coils waiting in their insect bodies. Lyme-carrying deer ticks are especially prevalent in the upper East Coast, the upper Midwest, northern California, and the Oregon coast.
- To infect its host, a tick typically must be attached to the skin for at least 36 hours.
- The first symptom to look for in about 80 to 90 percent of Lyme cases is a telltale rash of an infected tick bite, called an *erythema migrans* (EM) rash, which looks a lot like a red bull's-eye, and usually appears at the site of a tick bite within seven to 14 days.



Be cautious when walking in the woods, avoiding bushy and grassy areas. Wear long pants and long-sleeved shirts and wear insect repellent containing DEET on exposed skin. After walking in wooded areas, thoroughly check the skin for the poppy-seed sized ticks, paying particular attention to the scalp, armpits and groin. If you find a tick, carefully remove it with tweezers.

For more information on Lyme disease, check out [www.ilads.org/research-literature/](http://www.ilads.org/research-literature/)



# Us...

Check out Andrew's cool shirt, Zayde's awesome smile, one of Ali's great cooking classes (what is she holding?) and very busy Chris attending a staff meeting from his car!

While this past pandemic year has certainly given a dark new meaning to the term 2020 hindsight, we had a good year on Zoom! Classes have been interesting, engaging, and full of opportunities to learn new things, to get to know new people and to discover so much more about each other. We made each other laugh. We moaned and groaned. We leaned on each other. We connected. It has been sweet to see some of our more quiet people seize precious moments to share their wit and wisdom and impressive to see how dramatically we have all improved our listening skills.

The staff at CH&S want to take this moment to applaud each of our students and to thank you from the bottom of our hearts for joining us and for pulling us through this hard time just by being who you are!

Of course, the big question, as we are getting more and more vaccinated, is when are we going to reopen... and the big answer, not surprisingly, is that we still can't tell you the exact date... but we sure can say SOON!!! At this very moment, Bruce and Tony (Carolyn's son) are renovating our campuses (You're going to love it!) and Rickina and Jennifer are slaving lovingly over schedule ideas for each and every one of you. The new normal is coming and it will be better and it will be IN PERSON and it will be SOON! See you then!

~ Chas Abate





# More...



XXX



# Mother's Day

Second Sunday of May



APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE





# Nutrition Class:

## Mashed Roots and Mushroom Medley

Alison gathered up many different root vegetables at her local farmer's market to make a mash (like mashed potatoes, but with a variety of root veggies including carrots, parsnips, beets, and rutabaga).



Check out the finished root veggie mash (above).

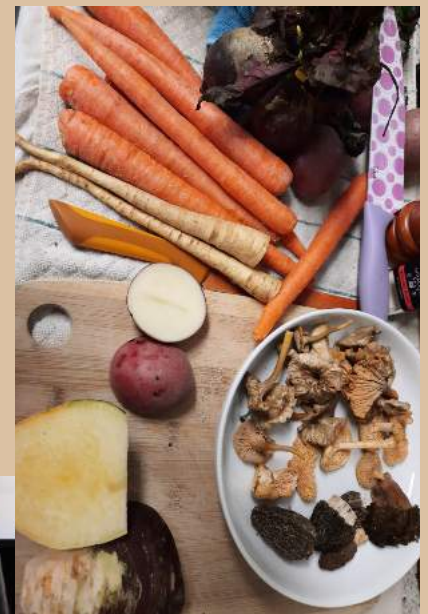


Rutabagas (left) are root vegetables that belong to the mustard family. Each serving of rutabagas supplies plenty of vitamin C, potassium and manganese along with disease-fighting antioxidants. Rutabagas are also a good source of fiber, which can help support your digestive health and lower blood pressure and cholesterol levels.



Alison went to the exotic culinary mushroom stand and bought this delicious assortment (left) for the mushroom medley.

Check out all of her ingredients (right).



(Sung to the tune of "Monster Mash")  
"It's now the root veg mash  
(The root veg mash) And it's a healthful smash  
(It's now the mash) It's caught on in a flash  
(It's now the mash) It's now the root veg mash..."

## and turkey tail tea...

Another fungus that Alison bought were turkey tails (right) turkey tails are not for eating, but for making tea. Mmmm!




# New York Knowledge Class: A Collaboration

**Let's talk about New York!**

When you hear New York what do you think of?

**Pam-** thought of stores, models, fashion, night clubs, movies, actors and actresses. In fact, the most famous department store in New York is Macy's Herald Square. And it happens to be the largest store in the world.

Ladies would you go with 1, 2 or 3?  
Men would you go with 1, 2, 3, or 4?  
P.S. you don't have to wear gender specific attire.




Collaboration (you can click on the word "collaboration" for a definition) was the word of the day during Carolyn's New York knowledge class. Students collaborated with Carolyn about what they know about New York.

Pam shared about New York being a fashion capital. Phoebe shared that her mother is from New York and Dave shared that Rachael Ray lives in New York.

Connor named three airports that serve New York: JFK, LaGuardia, and Newark Liberty International.

Remove Pin Remove Spotlight

Dave also mentioned that Rachael Ray is from New York City. Dave mentioned that Broadway is in New York. If we had more time, we would name some Broadway shows. Let's discuss this another day...




Nino mentioned that Alicia Keys sings Empire State of Mind.

NEW YORK CITY

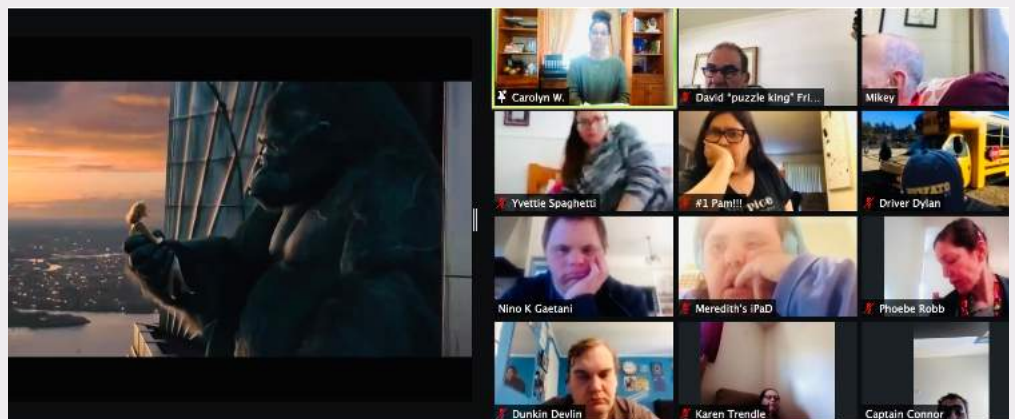
Phoebe- shared that her Mom is from New York. Awww....

Carolyn thought of Sports Teams and Movies that use clips of New York. Of course, Carolyn is from Massachusetts and New York is their rival. We will give them credit anyways just to be a good sport. What teams am I missing?



Carolyn and her mom named a bunch of New York sports teams and college mascots from the NYU Bobcats to the Brooklyn Bulldogs. Meredith mentioned the Empire State Building and we watched a video clip of *King Kong* atop the Empire State Building (below). We also watched the scene in *Home Alone II* where Kevin meets the pigeon lady in the southeast part of Central Park in New York City.

What was the best part of the class? It's a work in progress so there is more New York knowledge to come!





# Andrew's Corner

## Vincent Van Gogh's Sunflower Paintings

Did you know Vincent Van Gogh made more than one sunflower painting? The most famous sunflowers are ones painted by Vincent Van Gogh, so I decided to learn all about his artwork.



For those of you who don't know who Vincent Van Gogh is, he was a Dutch post-impressionist painter who became one of the most famous and influential figures in the history of Western art posthumously (after he died). Interestingly, this amazing artist who painted sunflowers so bright, happy and yellow died of suicide in 1890 at age 37 after years of mental illness, depression and poverty.

Although Van Gogh's fellow painters thought sunflowers were somewhat coarse and unrefined, that's exactly what he liked about them and he also enjoyed painting flowers that had gone to seed. I think Vincent Van Gogh became synonymous with sunflowers as he hoped.

Last month, I had the pleasure of going to the Immersive Van Gogh exhibition in San Francisco. It was in a large room with all the walls projecting immersive art, which is when a computer system generates a three dimensional image which appears to surround the user. It felt like I was inside of his paintings! I was surprised that my favorite Van Gogh painting was *The Starry Night*, not the *Sunflowers*.

It was really cool how the paintings moved and were even projected on the floor so it felt like I was completely immersed in the paintings. I recommend seeing this exciting exhibit while it is still in San Francisco.



(Above) Andrew dove into sunflower research mode! (Right) A photo from the Immersive Van Gogh Exhibit which runs through 9/6/2021.



**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**

# Knowledge Class: The Most Dangerous Animal on the African Continent

Thea and student Iris worked on their hippo knowledge class during their one-on-one meetings. Did you know...?

- Hippos are territorial
- More people are killed by hippos in Africa than any other animal including lions, cheetahs, hyenas, cobras.
- Pablo Escobar imported 4 hippos and now there is a hippo overpopulation problem in Columbia!



## Knowledge Class: Queen Victoria

Carolyn and student Pam taught us about Queen Victoria (born Alexandrina Victoria). She was Queen of the United Kingdom of Great Britain and Ireland from 1837 until her death in 1901.

"Victoria" was her nickname. We have nicknames too! Check it out:

- Connor is called "noodle" or "sunshine" by family.
- Carolyn is called "Carol."
- Matthew was called "sketch."
- Antonio is the guy we know as "Nino."
- Dave answers to "the puzzle king."

Some facts about Queen Victoria:

- Queen Victoria was barely 5 feet tall.
- Queen Victoria survived eight assassination attempts.
- The remark "We are not amused" is attributed to her but there is no direct evidence that she ever said it and she denied doing so.
- Queen Victoria proposed to Prince Albert. She started the white, lace wedding dress trend and requested that guests not wear white to the wedding. The next day, she RAVED about her wedding night and her love for her husband.
- Queen Victoria had 42 grand children.

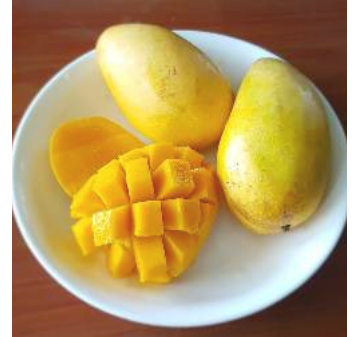




# 12 Questions with Bruce



1. **What is your name and job title?** Bruce  
Graham/Instructor
2. **What's the best piece of advice you've ever been given?** "No problem mon!"
3. **If you had to eat one meal every day for the rest of your life what would it be?** Sushi
4. **What breed of dog would you be?** Schnauzer
5. **Best book you've ever read?** *Autobiography of Malcolm X*
6. **What is your theme song?** "Don't Worry, Be Happy"
7. **What is your favorite ice cream flavor and ice cream topping?** Plain vanilla with chocolate syrup
8. **What's your favorite tradition or holiday?** My Birthday
9. **What is your favorite time of the day and why?**  
Morning, I like the bird songs and watching the sunrise
10. **If you could rename yourself, what name would you pick?** Juda
11. **What fruit or vegetable would you most want to be?** Mango
12. **What's your favorite flower or plant?** Sunflower



## May 9th

HOW TO OBSERVE #LostSockMemorialDay



Now is the time to let go and move on. Clean out all of your left behind socks. Some ways to celebrate this unusual holiday include:

- open up both ends of a long sock and make a plastic bag holder
- chose to never wear matched socks again
- turn them into chew toys for pets
- fill with rice and make a door stop
- make sock puppets
- turn them into dust rags
- make wrist warmers
- make sock monkeys



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## **Calling the Violet**

by Lucy Larcom

**Dear Little Violet,  
Don't be afraid!  
Lift your blue eyes  
From the rock's mossy shade!  
All the birds call for you  
Out of the sky;  
May is here, waiting,  
And here, too, am I.**

# **May 2021 Connection Magazine**

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