

CONNECTION

Sharing the day-to-day learning experience
at

Community Homes & Services
PO Box 744, Novato CA 94948
415-408-3604

www.communityhomesandservices.com

NATIONAL PICNIC MONTH

Not all picnics have to celebrate a holiday. Some are just for good fun and a day spent outdoors as Cat and Iris demonstrate (right).



Berry picking in Iceland

In Iceland, berry hunters often pack picnic lunches to take along on their search as berries ripen throughout the summer months. Besides meats and cheeses,

the most important ingredient for an Icelandic picnic is secrecy: Keeping berry picking spots under wraps means more for your own harvest and picnic.

Naked Frisbee in Germany

Picnics aren't just for eating—there are games to be played, too. Sometimes Germans take it one step further by disrobing before competition. It's not unusual for picnic activities like a friendly Frisbee toss, a few kicks of a soccer ball, or a quick swim to be done *au naturel*. *Freikorperkultur* (Free Body Culture) encourages Germans to venture out and enjoy daily activities sans-clothing, and nudity is considered a cultural norm—even at picnics in public parks.



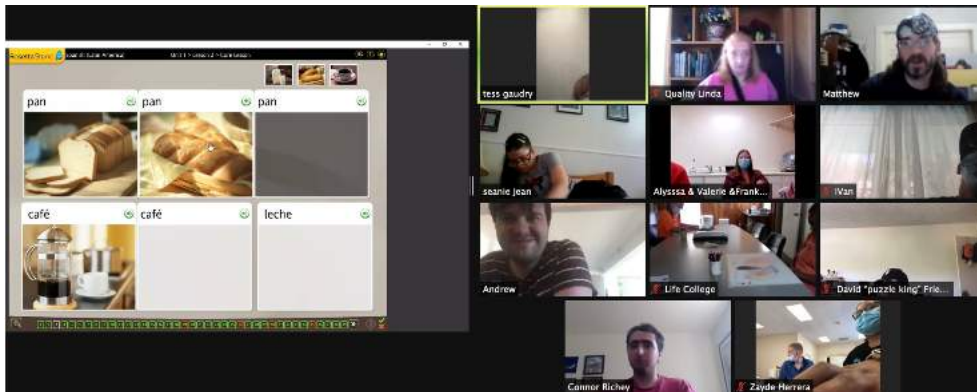
Check out other picnic traditions: www.mentalfloss.com/article/78500/15-delightful-picnic-traditions-around-world

CH&S September Birthdays



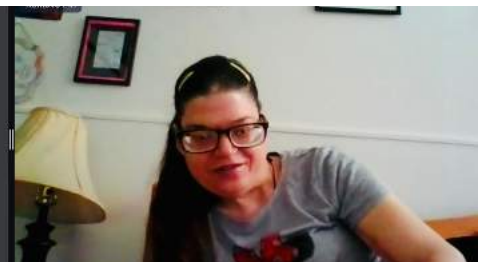
- 9/2 - Steve
- 9/3 - Cindy
- 9/4 - James
- 9/9 - Matthew
- 9/10 - Dylan
- 9/15 - Thomas
- 9/23 - Pam
- 9/26 - Iris
- 9/30 - Frank

Estoy Aprendiendo Español



@Communityhomesandservices

We are learning Spanish on Zoom and in-person! Frank and Valerie learned Spanish words with puzzle pieces (below) while Zoomers learned food words!



Question: What do the Spanish words *pan*, *café*, *leche* and *cinco* mean in English?

(Answer is under the picture to the right.)

Answer: Bread, coffee, milk, and five.

Check out the CH&S online class schedule

http://communityhomesandservices.com/whats_new.html

SEPTEMBER 2021 NATIONAL DAYS

National Picnic Month

- 9/3 - U.S. Bowling League Day
- **9/4 - World Beard Day**
- **9/5 - National Cheese Pizza Day**
- 9/6 - Labor Day
- 9/7 - National Salami Day
- 9/11 - Patriot Day and National Day of Service and Remembrance
- **9/12- Grandparents Day**
- 9/14 - National Ants on a Log Day
- 9/15 - Math Storytelling Day
- 9/22 - Autumnal Equinox
- 9/24 - National Punctuation Day and **Native American Day**



WE ARE ARTISTS!





What Would You Do?

A Class with Harold

Which TV show would you want to be stuck in for one month?
And what character would you play?



- Pam - *I Dream of Jeannie*, she would play Jeannie.
- Val - *Law & Order*, she would play Olivia.
- Frank - *Marshall Law*, he would play the criminal.
- Courtney - *Law & Order SVU*, she would play the partner.
- Adara - *Lion King*, she would play Scar the bad lion.
- David F. - *The Price is Right*, he would be Drew Carey.
- Mike - *Sister Act*, he would play Whoopi Goldberg's character.
- Cat - Frosted flakes commercial, she would be Tony the Tiger.
- Iris - *Law & Order*, she would play Abbie.
- Nino - *Beauty and the Beast*, he would play Gaston.
- Martha - Zoom classes, she would be Carolyn (don't we all want to be Carolyn?)
- Dylan - *Night Watch*, he would be the ambulance driver Oli.
- Connor - *South Park*, he would be Clyde.



Who Put on the Pandemic 29?

In late February 2021, the American Psychological Association conducted a survey of U.S. adults, which showed that 42% of adults gained more weight than they intended during the pandemic. (Who are these people who *intended* to gain weight?) Adults who gained weight, put on an average of 29 pounds and 10% said they gained more than 50 pounds!



But we're not all gaining weight. Miss Yvette showed off her svelte self when she returned to Life College after spending the pandemic exercising (thank you Carolyn for introducing us to walking workouts on YouTube!) and watching what she eats. Yvette certainly lives up to the words in her PPP: "Yvette likes to exercise and eat right and it shows... because she looks great!"

Yvette could teach us all a thing or two about the importance of exercise and eating right!

12 Questions with Darnell

1. **Name/job title:** Administrative Assistant/Floater
2. **What do you want our students to know?** That I love them, and that they are smart and capable.
3. **What's the best piece of advice you've ever been given?** Treat others how you would like to be treated—the first and best rule for everyone!
4. **What is your favorite magical or mythological animal?** Dragons all the way. They are beautiful and mysterious. I hear they make great pets.
5. **What breed of dog would you be?** Sheepdog. Fluffy goodness.
6. **Best book you've ever read?** *The Lord of the Rings* series, and *Cannery Row* by John Steinbeck.
7. **What is your favorite ice cream flavor and ice cream topping?** Ben & Jerry's fudge brownie with walnuts and bananas. Yumm!
8. **As a child, what did you want to be when you grew up?** A teacher or a stewardess. (I wanted to travel.)
9. **What is your favorite time of the day and why?** Chatting with my hubby at the end of the day.
10. **What season would you be?** Spring, after a good, rainy winter.
11. **If you could rename yourself, what name would you pick?** Zia or Zinnia.
12. **If you were a wrestler what would be your entrance theme song?** "Mr. Blue Sky" by ELO.



By AKS.9955 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=75293197>



Life College Student, Iris, is a Prolific Artist!



Andrew's Corner

The Sea Anemone



Sea anemones (see Andrew's shirt, left, for a picture of an anemone) are predatory aquatic animals that have a harpoon-like spear called a *nematocyst* that they shoot into their prey that contains a venom that paralyzes the prey so that the anemone can move them to their digestion cavity to eat them.



Several species of fish and invertebrates like the clownfish live in symbiotic and mutualistic relationships with the sea anemone because of a mucus layer that protects fishes so that they can stay safe from predators within the tentacles of an anemone.

Some anemone colonies fight other anemone to protect their territory. They have large "armies" next to them that have "scouts" to look for space to claim. If another anemone comes too close "warriors" slap it with special tentacles that stick to intruders. Some species of fish or invertebrate are eaten by sea anemones.



By Ernst Haeckel - Kunstformen der Natur (1904), plate/planche 49:
<https://commons.wikimedia.org/w/index.php?curid=539128>

Sea anemones appeared in the movie *Finding Nemo* as the home of the main characters Marlin and Nemo. The parents of Nemo, Marlin and Coral, used to live in a pink anemone but after Coral and Nemo's 399 other siblings passed away after a barracuda attack, Nemo and Marlin moved to an orange anemone.



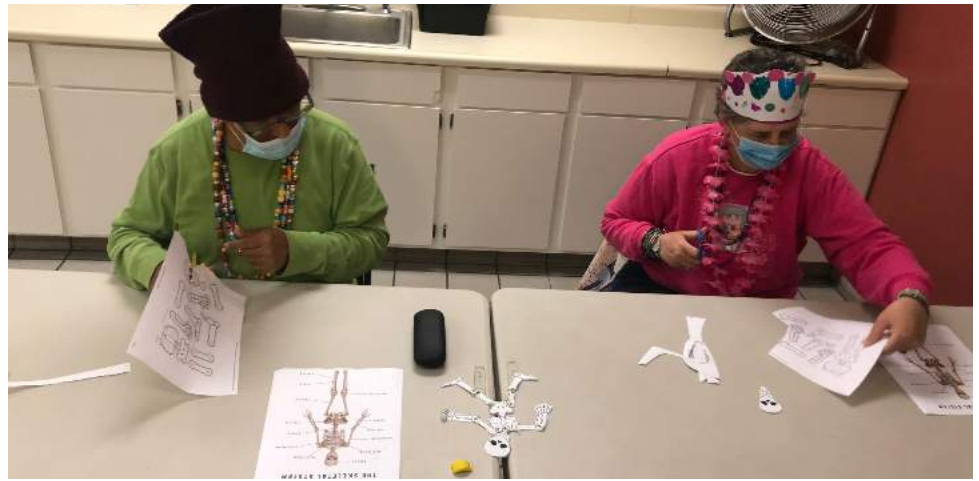
By Nhobgood - Own work, CC BY-SA 3.0,
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Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star trek and great places to go in the Bay Area. He is currently learning Mandarin and loves learning new things

Wild Things



Superhero Jake chillin' at Enterprise.



Frank and Valerie learn about the human skeletal system.



Andrew, Cat, and Iris help organize the Life College art closet, a project that was long, long overdue.



Martha and Nino walking, walking, walking now!



Iris's pink-legged hedgehog.



After reading *Where The Wild Things Are*, Frank and Valerie made their own wild things!



We Are in Need of a Used Van or Car

Going from place to place in vans packed with people is just not a good look for us, especially in Covid times. We are looking for used cars or vans to add to our fleet. They don't have to be pretty, but safe and reliable... yes! We purchased "Old Blue" (right) in 1998 when we first opened. While it has become a little less trusty and a lot more rusty over the years, it is still dearly loved.



All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization. If you have an operable vehicle that you would like to donate, please call Chas at (707) 953-3852.

PPPs Make Valerie Feel Like a Queen



The Positive Personal Profile (PPP) is a simple one-page document that focuses on the individual, accentuating his/her qualities and potential in strictly positive terms. Everyone at CH&S has a PPP.

Valerie's PPP states: "Everyone appreciates her mature attitude, her countless abilities, and her delightful personality."

Tess's PPP states: "Tess loves and cares about other people. She has an amazing memory and never forgets a name or an experience."

Phoebe's PPP states: "She has an exquisite eye for fashion and a deep and delightful feel for people. Phoebe's smile says it all!"

Pamilla's PPP states: "If you're lacking a vision of joy and hope for the future, you

should probably start hanging out with Pamilla!"

We all have PPPs and we hope they make us all feel like the kings and queens that we are!



Haiku Class

*Moving very fast
Lightening hit and it fell down;
We should cut the palm.*

--Pam



*Rachael Ray makes my day!
She lived with dog Isaboo;
Dog gone it, she's gone.*

--David F.

*The transportation
Novato Unified, has
Twenty-two buses.*

--Dylan

Zoey Deschanel

*She moved in with four roommates.
It is a sitcom.*

-- Devlin

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.

Haikus about Staff

by Darnell

*Rickina is the bomb!
She is sweet and funny too.
If only she could see!*

*Carolyn you peach!
Always ahead of the game
We appreciate you!*

*Who is this pretty gal?
She's known as The Earth Princess
Melissa is cool!*

*Matthew is a nerd
My favorite kind of person
It makes things more fun!*

*Welcome Alyssa!
You have come to save the day!
Thanks for being you!*

*Who is this tall guy
Whose name I hear called a lot?
Harold is our hero!*

*Bruce is a fine artist!
It's amazing what he can do!
Irreplaceable!*

*Has Chas been by yet?
He's the most popular guy!
We like to see him!*

*A really lovely soul
There is no one quite like her
Thea, I'm glad we met!*

*Joe is a tall guy
I'll bet there is more to him
Can't wait to find out!*

*I know a gal called Jen
She works hard and plays hard too
We like her a lot.*

*Zayde-model mom
We will all agree on that
How lucky we are!*

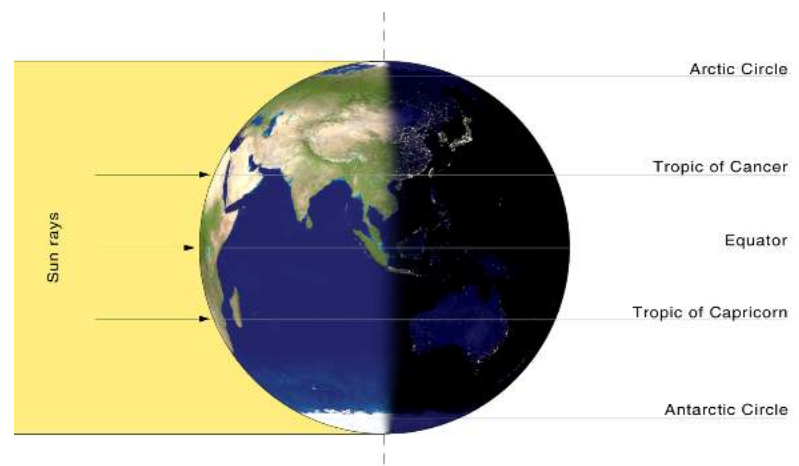
*There's a guy named Chris
He's an extraordinary artist
And such a nice guy!*

9/22 - Autumnal Equinox

There are two moments in the year when the Sun is exactly above the Equator and day and night are of equal length. In the Northern Hemisphere this year, the autumnal equinox falls on September 22 as the Sun crosses the celestial equator going south.

According to the astronomical definition of the seasons, the autumnal equinox also marks the beginning of autumn, which lasts until the winter solstice (December 21, 2021 in the Northern Hemisphere).

Check out the illumination of Earth by the Sun on the day of an equinox (right).



Welcome New Instructors

Alyssa, Joe, and Russell!



Alyssa Luna was born in San Jose, CA; she has also lived in Oregon and Colorado.

Alyssa has two daughters, Jaslene and Amiyah, who are 13 and 10 years old, and she has two dogs, Maverick and Curry. Alyssa is engaged to an awesome guy named Casey and they live in Novato. Alyssa's favorite color is turquoise and her favorite things to eat are pizza and Caesar salad.

Alyssa is happy to be here and she is having fun getting to know all of you!

Joe Readel's favorite thing in the world is music—he also loves hiking, reading, swimming, and playing with the new kitty (Sunny) that he and his wife, Ashley, just adopted.

Joe finds people's stories - fiction or nonfiction - very interesting and he'd love to hear your story sometime! Joe said that he is super happy to be here and he is having fun getting to know you all!



Russell Smith is an all around happy and friendly individual. He loves to eat, hike, and travel.

Russell is an avid meditator and chi gong practitioner who enjoys teaching both systems and practicing them. He also loves to read, write, watch films, and talk about all subjects great and small.

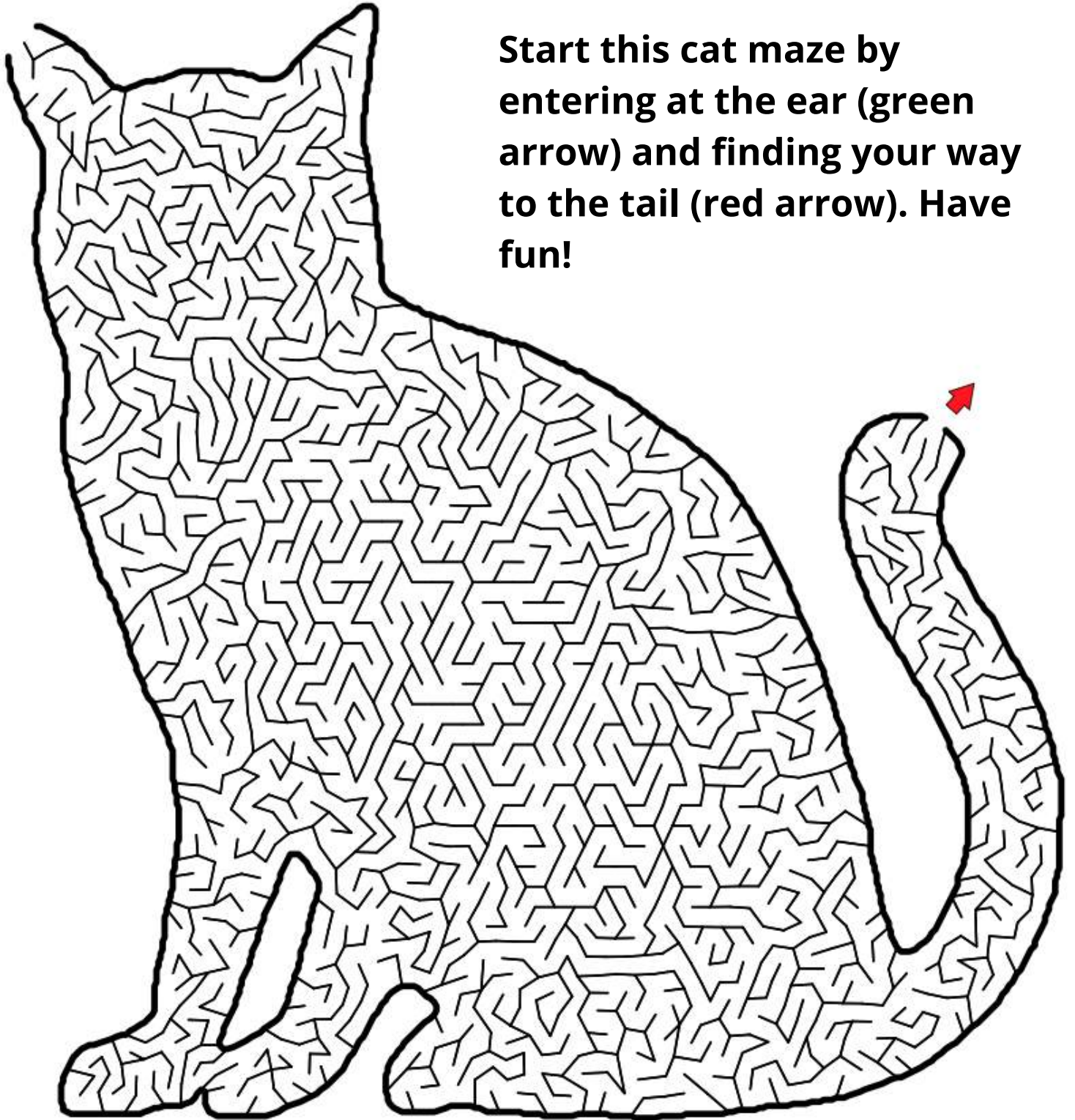
Darnell wrote a haiku about Russell:

***One thing I now know,
Russell does love his bacon.
That's enough for me!***





Start this cat maze by entering at the ear (green arrow) and finding your way to the tail (red arrow). Have fun!



Nutrition Class: Veggie Burgers



Alison's Sunshine burgers (see nutrition facts to the right) have 11 grams of fiber which is nearly half of the recommended daily allowance! Foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer.

Check out the very cool yellow tomato that Alison cut into (left). There is love everywhere—even in tomatoes!

***Alison the cook
and the really cool teacher,
Well beloved by all!***



Alison made veggie burgers and taught us that there are three kinds of foods that do not have fiber:

1. Dairy
2. Meat
3. Sugar

Do you know why fiber is so good for your health? Dietary fiber — found mainly in fruits, vegetables, whole grains and legumes — is probably best known for its ability to prevent or relieve constipation.

Alison explained that our colons are like a hallway—hallways are not for hanging out, hallways are areas to pass through. So keep your colon moving with fiber!

Non-GMO Shiitake

Nutrition Facts	
4 servings per container	
Serving size 1 patty (71g)	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 11g	39%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	8%
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 280mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SUMMER



N U L D O C Q E T I E D
V P B I K E Z N G R N C
H A N R W F I S L A I L
B H M X D Y T U S A J O
F E P L S O B M H U K F
C M A R P N E M B T D E
A S N C F A N E E N H K
M U L T H L Y R L G E A
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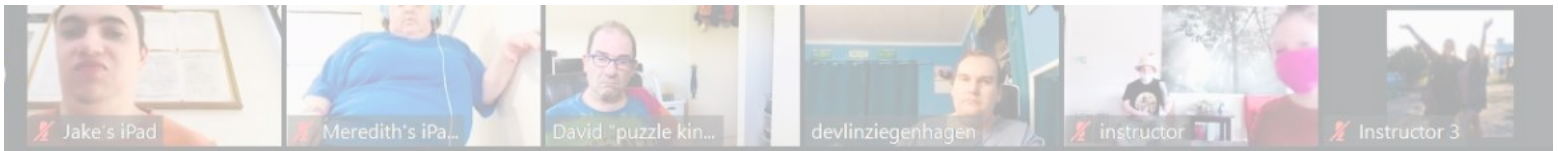


BEACH	HIKE
BIKE	LAKE
CAMP	POOL
FIRE	SAND
HEAT	SUMMER

We Enjoy Ourselves!

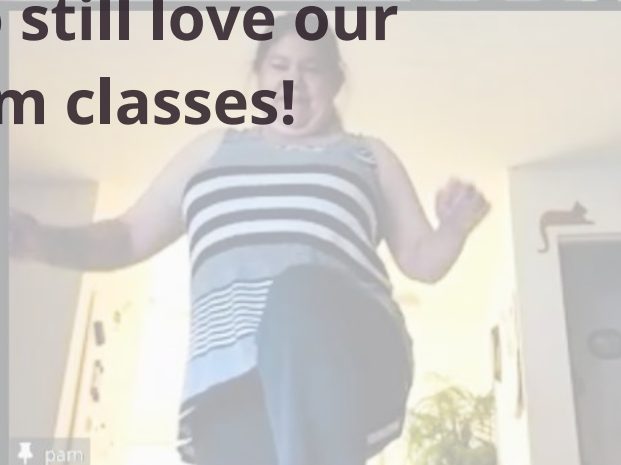
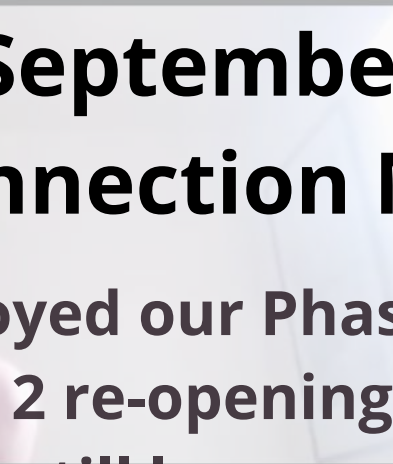
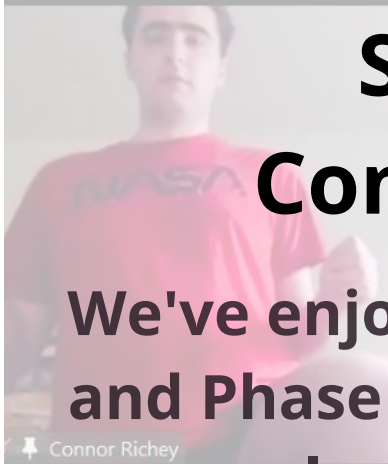


Community Homes & Services
837 Sweetser Ave. Novato CA
94945
415-897-8676



September 2021 Connection Magazine

We've enjoyed our Phase 1
and Phase 2 re-opening and
we also still love our
Zoom classes!



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