

April 2022

CH&S MAGAZINE

Vol 2022 Issue 4

CONNECTION

Sharing the day-to-day learning experience
at

Community Homes & Services

PO Box 744, Novato CA 94948

415-408-3604

www.communityhomesandservices.com

WE LOVE OUR PUZZLES!



Not only is working on a puzzle calming and satisfying, jigsaw puzzling exercises both the left and right sides of the brain. When your brain is engaged in solving a puzzle, dopamine is produced which strengthens your learning abilities and memory! Solving puzzles even helps slow the onset of dementia. And then there is the satisfaction of completing a puzzle! Ahh—nothing compares!



APRIL 2022 NATIONAL DAYS

Autism Awareness Month
Jazz Appreciation Month

- 4/1 - April Fool's Day and International Fun at Work Day
- **4/2 - National Ferret Day** and Ramadan
- 4/6 - National Walking Day
- 4/7 - National Burrito Day
- **4/9 - National Unicorn Day**
- 4/10 - Palm Sunday
- 4/14 - National Dolphin Day
- 4/17 - International Bat Appreciation Day and Easter
- 4/18 - Adult Autism Awareness Day
- **4/20 - National Banana Day**
- 4/23 - World Book Day
- 4/24 - National Pigs in a Blanket Day
- **4/29 - National Hairball Awareness Day**
- **4/30 - National Oatmeal Cookie Day**



CH&S April Birthdays



4/18 - Pamilla L.
4/20 - Zachary
4/29 - Shirley

12 Questions with Bert

1. **Name/Title:** Bert Grosser, student at Community Homes & Services - Enterprise
2. **What's your favorite color?** Green.
3. **What is your favorite meal?** Carne asada burrito with plenty of hot sauce.
4. **What breed of dog would you be?** Either a poodle or a wolf.
5. **What is your theme song?** "Thriller."
6. **Favorite ice cream flavor and topping?** Vanilla with strawberries on top.
7. **Favorite holiday?** Christmas.
8. **Favorite time of day?** Morning. 7:30 AM, to be exact.
9. **Favorite movie?** *Hocus Pocus*.
10. **Favorite way to stay in shape?** Jumping jacks.
11. **Favorite sandwich?** Ham and cheese.
12. **Favorite place to visit and why?** Yosemite for the scenery and wildlife.



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

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.



We Visited Some Petaluma Historic Parks

It was too nice to stay inside, so Mike, Phoebe, Tyrone, Bert, and Joe decided to head up to Petaluma to check out some historic parks.

Wickersham Park

First stop was Wickersham Park. Though it's small and bathroomless, the park has many beautiful rose bushes scattered around its grounds, and an abundance of benches from which to enjoy them. The park is named for Issac Wickersham, who opened the first bank in Sonoma County. (Right) The gang poses in front of a beautiful tree in full bloom.



Walnut Park

It wasn't until we got back to Novato that we discovered Walnut Park's rich history. First constructed in the 1880s, the park has been home to many farmers' markets, concerts, and squirrels over the years. The park's gazebo is famous in its own right, having been a filming location in the movie American Graffiti (1973). (Right) Mike appreciates the bathroom's squirrel emblem.



Cavanagh Landing Park

A pair of fussy geese were the first to greet us at the Cavanagh Landing park. They hissed and advanced on us, but ultimately let us pass without incident. The park is located at Petaluma Turning Basin, which is a part of the Petaluma River. Long docks run along the edge of the basin, and stairways drop down here and there to take you up to the street level. We didn't see any fish, but we did snap a good group photo (below).



W.Y.R.

"Would You Rather...?"

Darnell gives us a glimpse into one of Harold's "Would You Rather...?" Zoom classes. "Harold puts his magic touch into all of his classes, and we love it!" said Darnell.

The question of the day: **If you had to give up everything you owned except for three things, what would you keep?**

Cathryn: Her clothes, her coloring books, and her puzzle books (Darnell would also throw in some markers for Cathryn as well!)

Devlin: Photos, video game car setup, and T.V.

Courtney: Phone, tablet and her 3 dogs (three dogs, but we can count them as one thing)

Iris: Her cat Sweetie-pie, her music CD collection, and her clothes.

Connor: Computer, phone, his bathtub. ("A man after my own heart," said Darnell.)

Adara: Money, Pickles (her dog), her Lion King DVD.

Shirley: Music, T.V., her crochet stuff.

Peter: First aid kit, fire extinguisher, and his mask. (Peter is all about safety!)

Andrew N.: His glasses, food, and water.

Yvette: Computer, phone and DVD player.

Nino: His phone, his clothes, and his computer.

Martha: Her clothes, her barrettes, and her watch.



Andrew's Corner

The Amazing Armadillo

The Nine-Banded Armadillo is the official state animal of Texas, nicknamed the "Hillbilly Speed bump", as they are hit on the roads so often. The name *Armadillo* is Spanish for "Little Armored one," a name given by Spanish conquistadors in Latin America.

The diet of an Armadillo consists of beetles, ants, termites, insects, plants and fruit.



Armadillos have very strong legs with claws for digging. Armadillos have hard shells to protect themselves from predators and other dangers. They have between 1-15 babies at a time.

Only one species of Armadillo can roll into a ball to defend against predators. That species is called the "La Plata Three-Banded Armadillo." The other Armadillo species simply dig a hole quickly and hunker down so that their stomach is protected and their armor is the only thing visible.



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 to research and learn new things.

SOME OF OUR FAVORITE THINGS!



What is your favorite scary movie?

Linda: *King Kong*
Steve: *Frankenstein*
Frank: *Planet of the Apes*
Valerie: *Dirty Dancing*

What is your favorite meal?

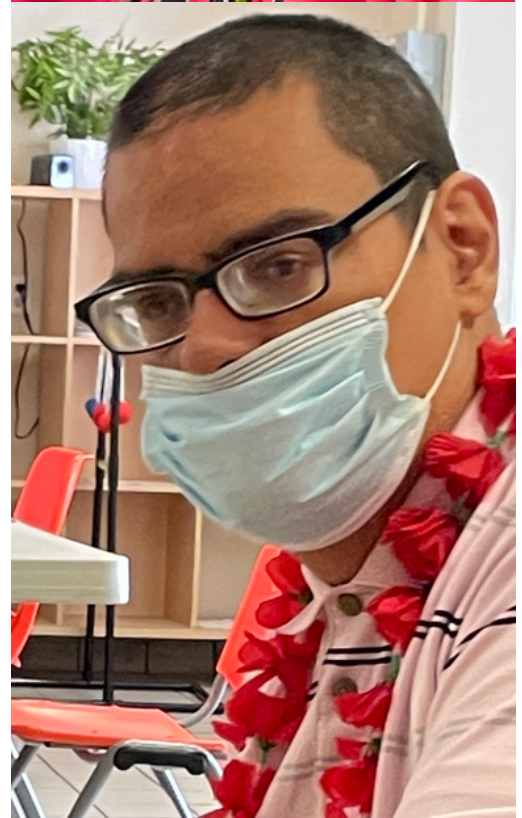
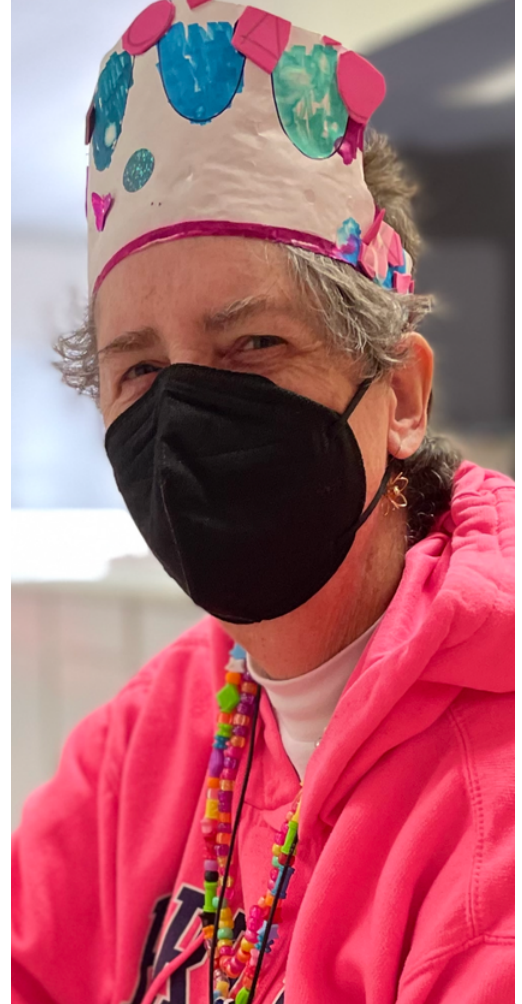
Linda: Hotdogs
Steve F: Burritos
Frank: Tacos
Valerie: Mexican chicken barley soup

What is your favorite motor vehicle?

Linda: Harley Davidson motorcycles
Steve: GMC Tahoe
Frank: Mercedes Benz
Valerie: Toyota

What is your favorite book or story?

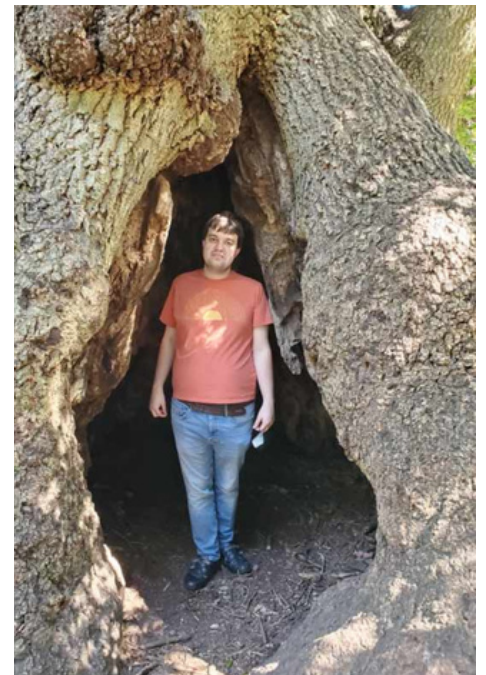
Linda: *Hardy Boys*
Steve: *Around the World in 80 Days*
Frank: *Cat In The Hat*
Valerie: *Nancy Drew*



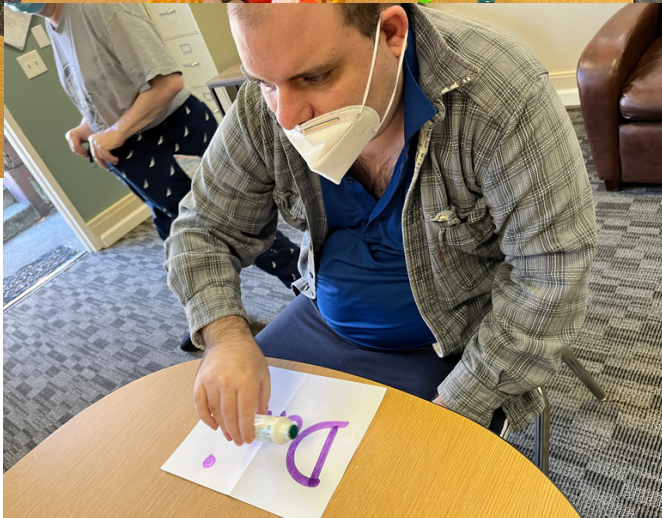
We Took a Fieldtrip to the Bear Valley Visitor's Center in Point Reyes!

Point Reyes National Park's primary visitor center provides an orientation of the park's roads, trails, and human and natural history. The interior exhibit space provides a glimpse of the diverse ecosystems and cultural heritage of the park.

According to [their website](#), the Bear Valley Visitor Center is scheduled to be open daily from 9:30 am until 5 pm. They are closed on December 25 and may close at 2 pm on Thanksgiving and Christmas Eve.



Art



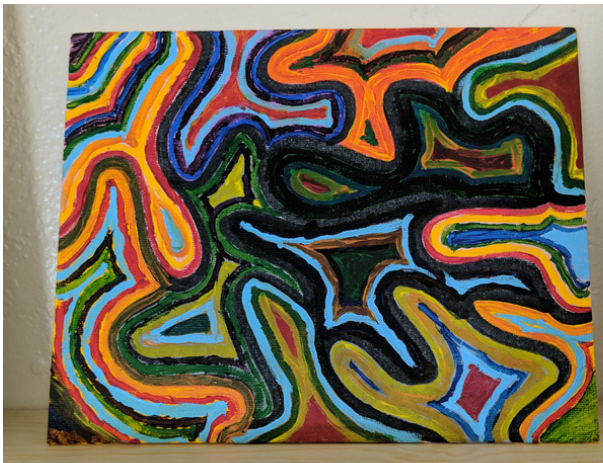
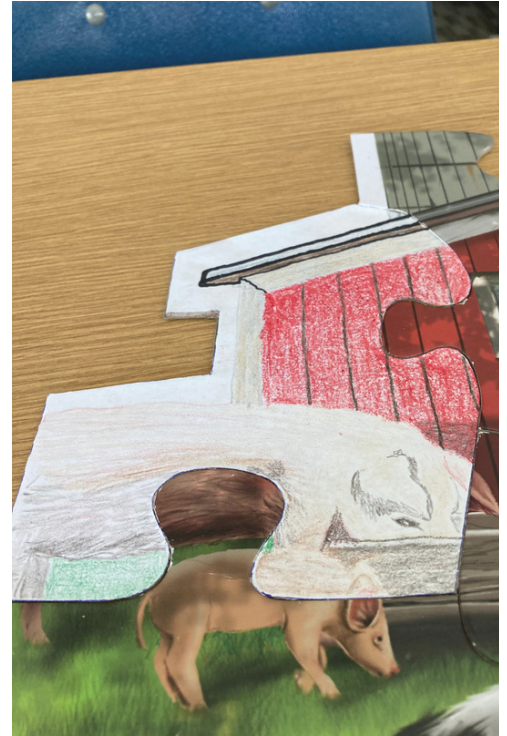
We made art based on our names! Well, some of us are named, "Art" so that makes the whole art-making process a bit easier, right?

More Art Projects



Did you know that art teacher Chris is a puzzle doctor? Actually, he's more of a puzzle prosthetic designer.

When we discovered, to our dismay, that our barn floor puzzle was missing a piece (see black circle to left), Chris came to the rescue. He designed and made the missing piece (right)! What a relief, especially for those of us who can not leave a puzzle unfinished!



(Far left) Cindy's painting.

(Bottom left) Jonas's textural painting/sculpture.

(Left) A painting made by ELEVEN people. This 24" x 48" work includes contributions from Cindy, Jonas, Andrew, Jian, Tyrone, Burt, Mike R., Phoebe, Rickina, Thea, and Chris!

(Above) We cooperate, we connect, we unite, we collaborate, and we integrate to make a beautiful abstract impressionist piece that incorporates themes of duality (light and dark, fire and water) while celebrating unity and cohesiveness!





enjoy
every
moment.



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Every April is Autism Awareness Month and begins with United Nations-sanctioned World Autism Awareness Day on April 2nd.

Autism Awareness Month in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children as of 2020 in the United States. Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. First held in the year 1972 by the Autism Society, Autism Awareness Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us. For more info: <https://www.cdc.gov/ncbddd/autism/facts.html>