

CONNECTION

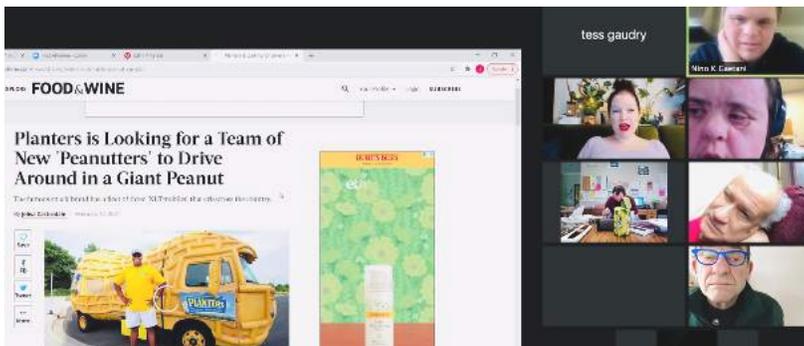
Community Homes & Services
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www.communityhomesandservices.com

Happy Peanut Month!

Peanut facts:

- Peanut butter was originally made for people with no teeth.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- The average person will eat almost 3,000 PB&Js in their lifetime, according to a 2016 survey by Peter Pan. The average adult eats a PB&J 3 times a month.
- Two peanut farmers have been elected president of the USA – Virginia's Thomas Jefferson and Georgia's Jimmy Carter.



- Two months ago, Planters put out a call for a new team of *Peanutters* to drive around in giant peanut trucks to promote peanut products!

• How do we eat our peanuts?

- Nino likes PB&J.
- Dave and Meredith like peanut butter cookies.
- Courtney is a fan of Reese's Pieces.
- Jennifer makes open-faced peanut butter sandwiches on cinnamon-raisin bread with celery slices on top!



MARCH 2021 NATIONAL DAYS

National Celery Month

National Peanut Month

National Reading Month/Read Across America Month

March 6 - National Oreo Cookie Day

March 9 - National Meatball Day

March 11 - National Johnny Appleseed Day

March 14 - National Pi Day and Daylight Saving Time – Second Sunday in March

March 17 - St. Patrick's Day and **National Kick Butts Day**

March 20 - Vernal Equinox – Spring Begins

March 21 - World Down Syndrome Day

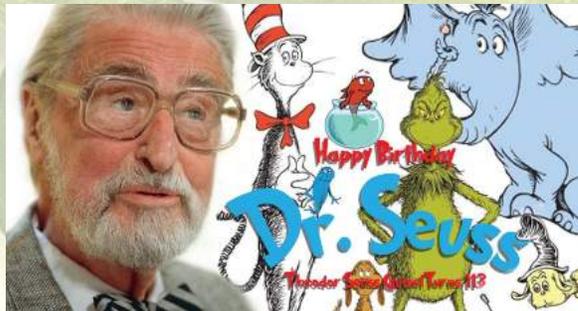
March 23 - National Puppy Day

March 24 - National American Diabetes Association Alert Day

March 29 - National Vietnam War Veterans Day

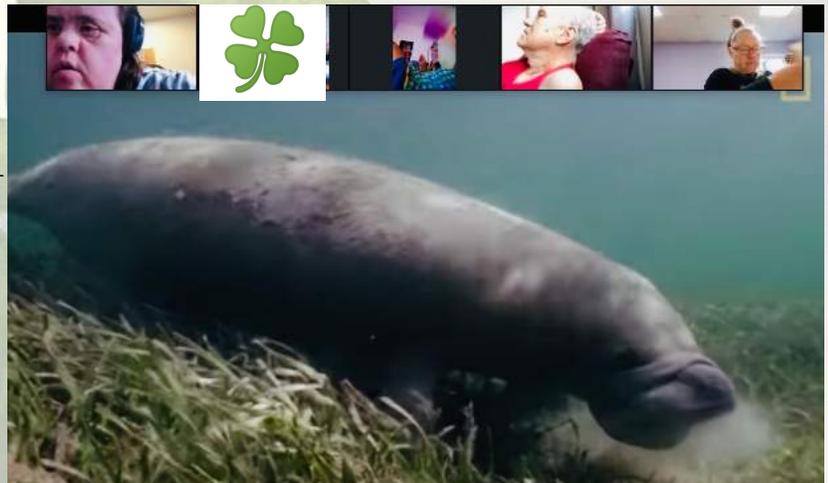
March 31 - Manatee Appreciation Day

In honor of Dr. Seuss' birthday, March is designated as **National Reading Month** - a month to motivate Americans of all ages to read every day.



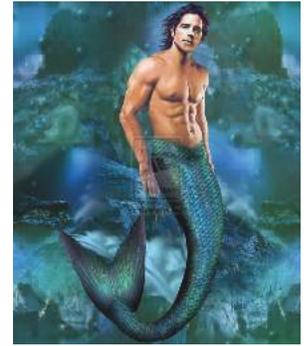
National Manatee Day - March 31

Manatees are migratory, sometimes traveling up the East Coast in the summer months—in 1995 a manatee named Chessie was spotted as far north as Rhode Island. Manatees can live up to 60 years. Their lungs are two-thirds the length of their bodies. They can only breathe through their nose. Their mouths are for grazing on their primary food source – sea grass. It is believed that the legendary “mermaids” spotted by sailors throughout history were actually manatees.



12 Questions with Rikina

- **Name/job title:** Rickina Williams Sweeney. I'm a Program Director at Community Homes and Services, Enterprise Day Program.
- **What do you want our students to know?** I hear you and I'm here for you!
- **What is your favorite color?** GREEN
- **What is your favorite magical or mythological animal?** A Merman
- **What is your favorite time of the day and why?** Meal time! I love good food.
- **What is your favorite ice cream flavor and ice cream topping?** Cookie Monster ice cream with fudge drizzle.
- **What fictional world or place would you like to visit?** Willie Wonka's Chocolate Factory.
- **What fruit or vegetable would you most want to be?** Watermelon radish.
- **What's your favorite way to get in some exercise?** Walking.
- **If you were a wrestler what would be your entrance theme song?** Daryl Hall & John Oates' song "Maneater."
- **If you were famous, what would you be famous for?** Resolving the food and shelter crisis worldwide.
- **What's your favorite sandwich and why?** My mother's signature sandwich. The ingredients are as follows: 2 slices of soft Wonder bread, Miracle Whip and mustard on first slice, peanut butter and jelly on the other, 1 slice of fried bologna, 1 slice of American cheese and slap it all together! *Bon Appetit!*



We are Hiring 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.

The Month of March

- The full moon in March (March 28th) is called the *Worm Moon*. It earns this name because as the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins, thus the origin of March's full moon, named the *Full Worm Moon*.
- Daylight saving time (March 14th) adds an element of tradition as many (though not all) spring forward and change their clocks one hour ahead.
- March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.



*I Martius am! Once first, and now third!
To lead the Year was my appointed place;
A mortal dispossessed me by a word,
And set there Janus with the double face.*

—Henry Wadsworth Longfellow, American poet (1807–82)

March Birthdays

3/10 - Cat

3/14 - Vanessa

3/19 - Rickina

3/20 - Devlin

Prolific Artist: Yvette

Yvette is inspired by many things and she is a prolific artist and writer. After attending the REC, Inc. art night with Daniel, Yvette made some of these pieces!

We love your dedication, your talent, and the way you see the world!



Andrew's Corner

"Meep Meep!" Roadrunners are Fast but Can't Fly

It's no wonder why Wile E. Coyote can never catch the Roadrunner in the Looney Tunes Cartoon Show, no matter how cunning he is.



Roadrunners are very fast runners, leaning over parallel to the ground with their tails streaming behind them. They are weak fliers, but you can see them perched above the ground on fence posts and sometimes telephone wires.

While the cartoon roadrunner is blue, the real roadrunner is actually tan or brown with extensive blackish streaking on the underparts and chest. The crown is black with small, pale spots and they have a patch of bare, blue skin behind the eye. Their wings are dark with white highlights. During the breeding season they can show bright blue and red facial skin.

Unlike Wile E. Coyote who must chase down his food, roadrunners forage in open areas for insects, reptiles and carrion. Like the cartoon roadrunner the real roadrunner calls with a nasal "meep meep" when running away from danger. If a roadrunner is in cold weather they will sometimes expose black feathers and skin on the lower back. Roadrunners will scan for danger from exposed perches on trees.

Roadrunners usually eat unappetizing animals like scorpions, black widows and rattlesnakes. Roadrunners can fly, but poorly because they can only reach an altitude of 10 feet when they flap their wings for a few seconds and then glide to a landing. An examination of a roadrunner's skeleton shows that they have no keel on the breastplate as found on birds capable on flight, so they usually run instead.

"How fast can a roadrunner run?", you ask? Top speed is 18 miles per hour, roughly half that of a racehorse. Roadrunners can use their wings and tails as brakes and rudders which can help them change direction in an instant, which is a critical ability when chasing lizards and other small, fleet-footed animals.

Roadrunners eat prey alive and moving, not too large to be subdued and not poisonous. Thus, dead animals are off limits as are large animals that weigh more than a pound. A roadrunner is welcome in any neighborhood because they also eat insects like crickets or cockroaches.

No bird is so odd and well-known as the roadrunner. I guess that's why I like them so much!

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



St. Patrick's Day observes of the death of St. Patrick, the patron saint of Ireland.

The first color associated with St. Patrick was "St. Patrick's Blue." Later the color green, the color of the Emerald Isles and the shamrock was adopted.

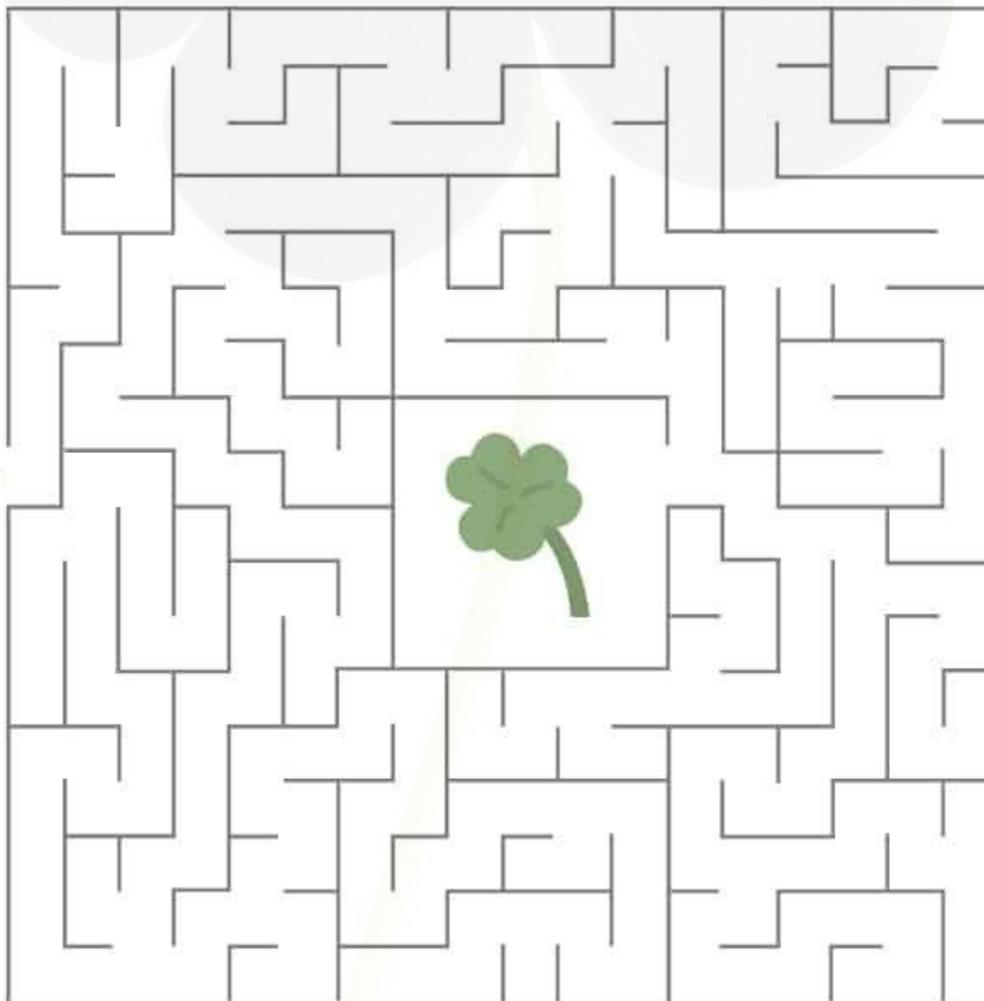
The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring.

ST. PATRICK'S DAY MAZE

Find your way through the maze to reach the shamrock in the center.

Happy St. Patrick's Day!

START
HERE ▶



Nutrition Class: Hungarian Mushroom Soup



It was right before lunch, so we were feeling HUNGRY when Alison made a mushroom soup recipe from Hungary!

(Top left) Alison shows us maitake mushrooms, (top right) shiitake mushrooms, and (right) the very cool and unusual lion's mane mushroom! She also added oyster mushrooms!



Then Alison made a roux (a mixture of fat such as butter or vegan Earth Balance and flour to make a sauce). See the roux (below). Alison then added more ingredients such as tamari, fresh parsley, vegetable stock, paprika, dill, and almond milk.

(Right) This comforting soup is not only yummy, but immune-boosting too! The finished product looks delish!!



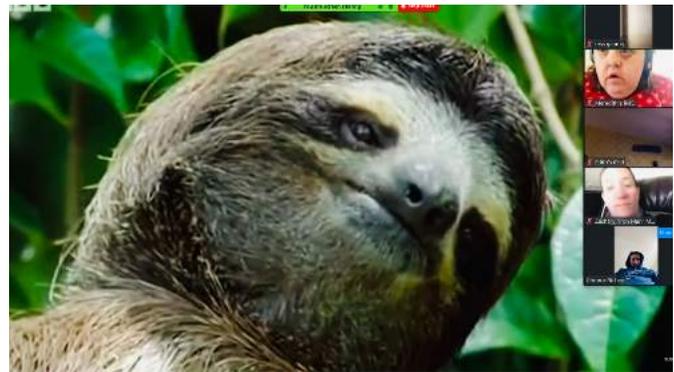
Animal Knowledge Class



Did you know...?

Watching penguins climb up a hill is one of the funniest things you will ever see? Some species of penguins can march up to 60 miles across sea ice to get to their breeding grounds. A group of penguins in the water is called a *raft* but on land they're called a *waddle*!

Sloths' bathroom habits are so interesting! They climb down the tree to the ground then wiggle around the base of a tree to dig a little hole to poo in. They will only relieve themselves once a week and can lose up to *a third of their body weight* in one sitting! Check out the Sloth Conservation Foundation:
<https://slothconservation.com/10-incredible-facts-about-the-sloth/>



Polar bears play as part of the mating ritual! Since most adult females keep their cubs with them for 2 ½ years, only about a third of the adult females are available for breeding during any given year.

Once a male tracks down a single female, they get to know each other first. Female polar bears don't ovulate spontaneously like humans do, because, if they did and there was no suitable male close by, the egg would simply die and be wasted. Polar bear females have *induced ovulation* which means they will not actually release an egg to be fertilized until they have been accompanied by an adult male for long enough, and with sufficient interaction between them to stimulate release of the egg at a time when being fertilized is highly likely. Friends first, right?

For more info on polar bear breeding habits:
<https://polarbearsinternational.org/news/article-research/the-amazing-breeding-behavior-of-polar-bears/>

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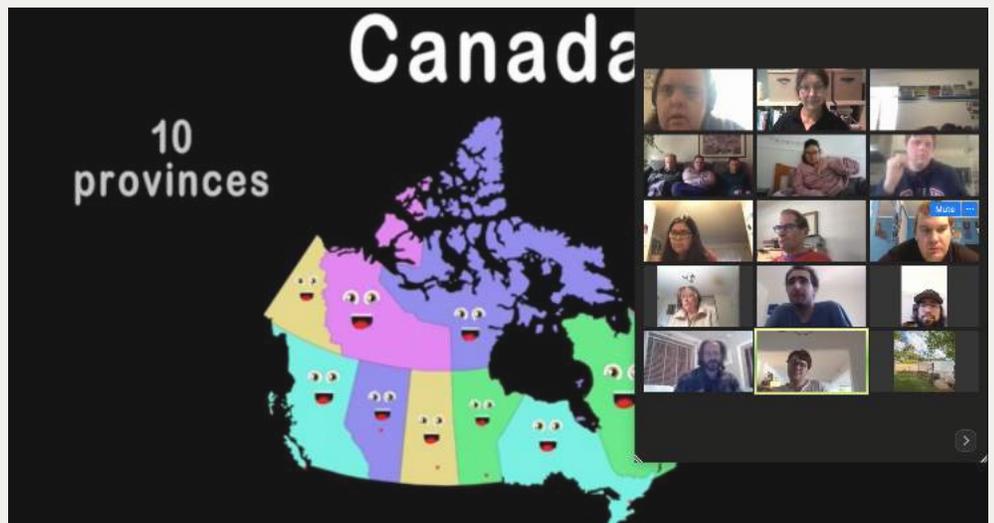
Armchair Travel: Canada

Student Justin and Thea taught a knowledge class on Canada. Justin is interested in traveling to Canada and Alaska so they researched Canada during their weekly one-on-one meetings.

Did you know...?

- Canada is the second largest country (by total area) in the world (Russia being the largest) but only 0.5% of the world's population live there.
- Canada has the world's longest coastline and is the only one to touch three oceans.
- Canada is made up of 10 provinces and 3 territories. We watched a video which explains this while playing a very catchy tune: <https://youtu.be/QBQ5ZhHlkkY>

We learned about the Royal Canadian Mounted Police (RCMP), the federal and national police service of Canada. The RCMP are sometimes called Mounties because they sometimes ride horses. Yes, Dudley Do-Right was a Mountie!



"Do you know who was born in Canada?" asked Dave when he noticed a glaring omission. How could we forget to mention that London, Ontario, Canada is the birthplace of bandleader Guy Lombardo? Good catch, Dave!

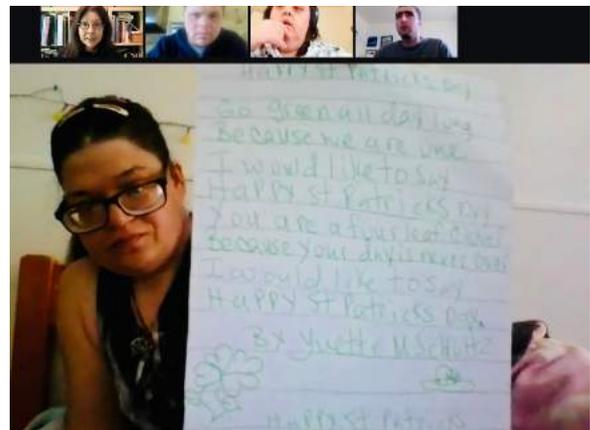
Happy St. Patrick's Day!

*Go green all day long
Because we are One.*

I would like to say "Happy St. Patrick's Day!"

*You are a four-leafed clover,
Because your day is never over.*

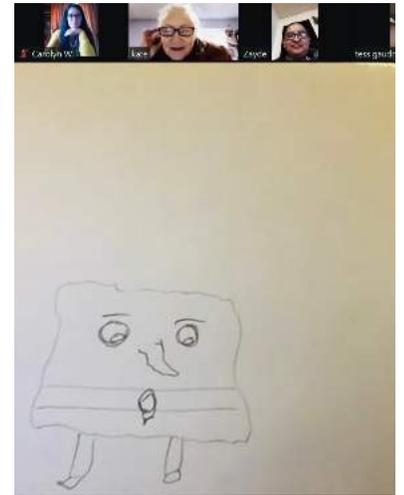
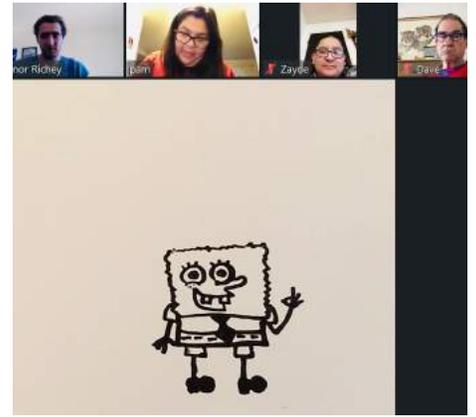
*I would like to say "Happy St. Patrick's Day!"
by Yvette*



Art Class: Drawing SpongeBob SquarePants



SpongeBob SquarePants is an American animated comedy television series created by marine science educator and animator Stephen Hillenburg for Nickelodeon. Many of the series' ideas originated in *The Intertidal Zone*, an unpublished educational book that Hillenburg created in 1989 to teach his students about undersea life. SpongeBob is the fifth-longest-running American animated series.



Philosophy: Contractualism and Contractarianism



We continued our discussion of moral contracts ([contractualism](#)) and we also learned about Thomas Hobbes and [contractarianism](#).

We discussed the freedom and fun we would have living with no rules. But, Hobbes called this freedom, the state of nature, "solitary, poor, nasty, brutish, and short."



We discussed how the world would be if *everyone else* did whatever they pleased: Life would not be so rosy if others stole our lunches, cursed at us, or ran red lights.

New student Matt summarized the class: "[Thomas] Hobbes said that what we give up in freedom, we gain in securities and benefits." 'Nuf said!

Language Arts Class: PPP Vocabulary



During our morning meetings, the first thing we do is to read our students their Positive Personal Profiles (PPPs). A student's PPP is a simple one-page document that focuses on the person, accentuating his/her qualities and potential in strictly positive terms.

Some of our PPPs have some vocabulary words that are not so easy to define, so we looked them up!

Words we discussed are in red below:

- Yvette is "a **compassionate** and caring friend." (See definition above).
- Linda is "**conscientious** and responsible."
- Meredith "is a cool, calm, **collected** woman."
- Pam is "**inimitable**." (See definition at right)

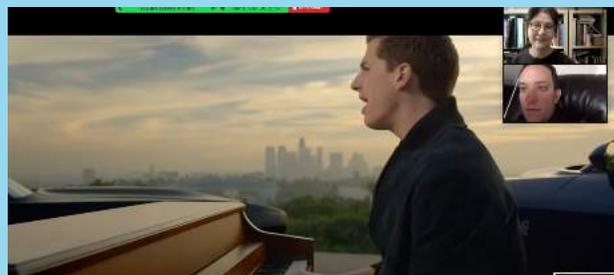


We love having our PPPs read to us—we love to hear how "truly unforgettable" and "fascinating" we are first thing in the morning, every morning! Two thumbs up to all of you!

We Take Fun Time Breaks!

Student Zachary and Thea sneaked out of class for a musical break! Zach is a performer and singer, and took a short break. Zach sang one of his favorite songs, "See You Again" by Charlie Puth!

*"It's been a long day without you, my friend
And I'll tell you all about it when I see you again
We've come a long way from where we began
Oh, I'll tell you all about it when I see you again
When I see you again..."*



Did You Know...?

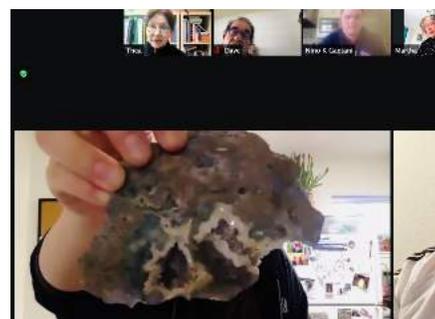


Bloodstone



Aquamarine

- The birthstones for March are bloodstone and aquamarine?
- (Right) Alison found this cool crystal at Hackelman Creek, Hwy 20 Santaim Pass, Oregon? Great find!



We Stretch Our Limits (And Our Triceps!)

Overhead triceps stretch



triceps stretch instructions

1. Stand straight with your feet hip width apart. Lift and bend one arm until your hand is in the middle of the upper back.
2. Grasp the elbow with the other hand and gently pull.
3. Hold for 10 to 20 seconds and repeat on the other side.

exercise benefits

The triceps stretch improves your flexibility and range of motion. After an upper body workout routine, that includes pushing or pressing movements, it's important to stretch your triceps to prevent soreness and tightening of the muscles. Stretching exercises are often overlooked but they are very important for maintaining muscle tone and health.

We Visit Other Programs!

Sometimes we visit REC, Inc's Friday night dance party with Feeve! Check out their schedule:

www.recinc.org/calendar.htm

It's great to virtually mingle with old friends and get our groove on!



Individual and Small Group Meetings



Pam and Frank met with Carolyn to read their PPPs (Positive Personal Profiles) and to discuss natural disasters. Oooh, scary!

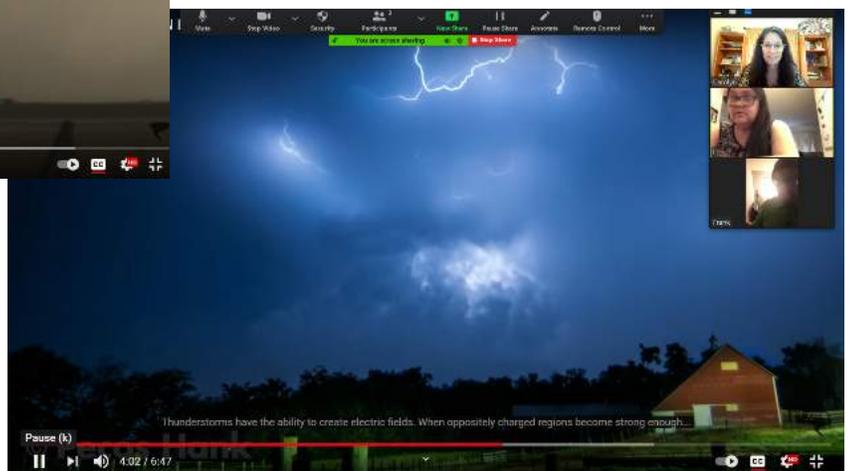
Tornadoes are vertical funnels of rapidly spinning air. Their winds may top 250 miles an hour and can clear a pathway a mile wide and 50 miles long. Did you know that tornadoes have touched down on every continent except Antarctica? Whoa!



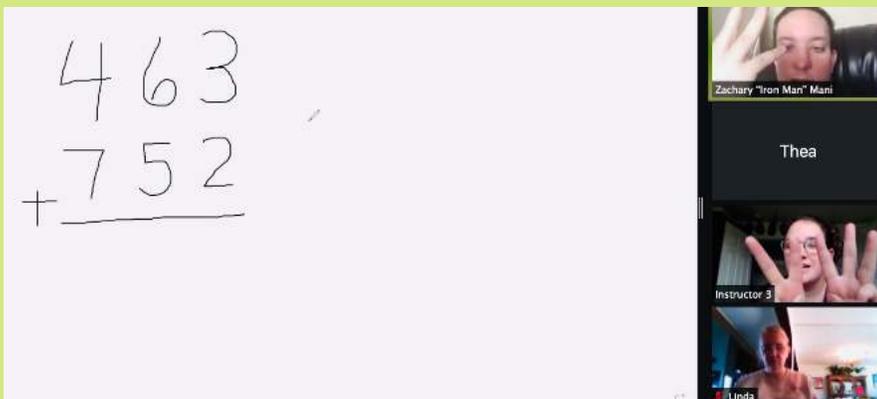
How hot is a lightning bolt? Only about 54,000 degrees Fahrenheit — roughly five times hotter than the surface of the sun!

Lightning kills about 2,000 people a year, so stay inside during lightning storms.

It looks like Pam, Frank, and Carolyn had a very interesting discussion!



Basic Math Class



There are four basic functions in math. They are addition, subtraction, multiplication and division. Addition and multiplication give you larger answers; subtraction and division give you smaller answers. (Left) Zach was focused and determined to solve this addition problem.

Math + Zach + Pam + Linda + Kate + Alison = FUN!

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