

CONNECTION

Sharing the day-to-day learning experience
at
Community Homes & Services
PO Box 744, Novato CA 94948
415-408-3604
www.communityhomesandservices.com

Habitat

A squirrel's nest is called a drey. It is about the size of a football and is built high in trees it is made of sticks and inside has dry grass, moss, feathers and shredded tree bark.



Squirrels live in woodlands, gardens and parks.
Squirrels do not hibernate.



KNOWLEDGE CLASS: "SQUIRRELS!"

Squirrels live in woodlands, gardens, and parks. There are 200 squirrel species in the wild.

Did you know that squirrels are Mike's favorite animal? "Squirrels!" said Mike.

Quick Facts

- An adult squirrel lives alone.
- Baby squirrels are born without fur in the spring.
- A squirrel has 2-4 babies at a time.
- The biggest danger to squirrels is danger on the road.
- Squirrels have been around for at least 354 million years.
- A squirrel's big eyes, found on the sides of their heads help with night vision.
- A squirrel can glide upto 300 feet.
- The smallest squirrel know is the african pygmy squirrel.
- Some squirrels are larger than cats.



WE HAD A SCAVENGER HUNT

In one of our more interactive and fun Zoom classes, Carolyn led us in a scavenger hunt! (Right) We show off things we found that started with the letter A.

Creative Carolyn takes screenshots with both hands while holding her apple up for us to see!



scavenger hunt noun

Save Word

Definition of scavenger hunt

: a game in which players try to acquire without buying specified items within a time limit



We looked for items that begin with "B" (top left) and soft things (top right).

House Scavenger Hunt

- Find something that begins with the letter "a"
- Find something that is blue
- Find something that is round
- Find something that has wheels
- Find something that begins with the letter "b"
- Find something that is orange
- Find something you can eat
- Find something you can wear
- Find something that begins with the letter "c"
- Find something that is soft
- Find something that floats
- Find something that is smaller than a penny
- Find something that begins with the letter "d"
- Find something that is yellow



We looked for things that begin with the letter "C" (above).

We do not know the true origin of the first scavenger hunts, which evolved from folk games. Elsa Maxwell has been credited with the creation and popularization of the scavenger hunt in the 1930's. Ms. Maxwell had an affinity for throwing luxurious and entertaining parties for celebrities, political figures, and New York's elite. She often organized scavenger hunts for the guests, that involved roaming around town, seeking objects from a list.

Scavenger hunts are a great way to encourage healthy competition, discover new places, promote exercise, and stoke the imagination! And we had FUN!!

(Right) Things that are orange.



JULY 2021 NATIONAL DAYS

July is the seventh month of the year in the Julian and Gregorian calendars and the fourth of seven months to have a length of 31 days. It was named by the Roman Senate in honor of Julius Caesar, it being the month of his birth. Prior to that, it was called *Quintilis*, being the fifth month of the 10-month calendar.



- **7/2 - World UFO Day**
- 7/4 - Independence Day (USA) and National Barbecued Spareribs Day
- 7/5 - National Hawaii Day
- 7/10 - National Kitten Day
- 7/14 - Bastille Day
- **7/16 - World Snake Day**
- **7/17 - National Yellow Pig Day**
- 7/20 - National Moon Day
- 7/23 - Summer Olympics Opening Ceremony
- 7/26 - National Disability Independence Day
- **7/31 - National Avocado Day**



7/17 - NATIONAL YELLOW PIG DAY

National Yellow Pig Day originated in the 1960s when two math students from Princeton spent time obsessively analyzing the number 17. They went a little crazy and decided to invent the concept of a yellow pig with 17 toes and 17 teeth.

- The number 17 is a premium number in the arena of prime numbers. Add the first four prime numbers together, and 17 is their sum.
- The average school bus weighs 17 tons with passengers inside.
- Each of the following words has 17 letters:
 - interdisciplinary
 - telecommunication
 - misinterpretation
 - commercialization
 - electrophotometer
- Pebble Beach has a specific road known as the 17 Mile Drive along the Monterey Peninsula in California. However, the exact length of the road is 16.78 miles.



CH&S July Birthdays



- 7/1 - Suzie G.
- 7/2 - Courtney
- 7/9 - Jake
- 7/10 - Peter
- 7/17 - Justin
- 7/28 - Connor and Darren

Our Favorite Colors...



Yvette loves pink erasers and all things pink.



Jen grabbed a handy dinosaur—she loves the color green!



Meredith loves red nail polish and all things red.

Check out
the CH&S
online class
schedule

http://communityhomesandservices.com/whats_new.html

Nutrition Class: Stinging Nettle Lasagna



Alison introduced us to a new food—stinging nettle.

Maybe you've seen or brushed by this herbaceous perennial flowering plant while hiking. Many of the stinging nettle species have many hollow stinging hairs called *trichomes* on the leaves and stems. These act like hypodermic needles, injecting histamine and other chemicals that produce a stinging sensation upon contact. *OUCH!!* We can't eat *that!*

Yet, stinging nettle has a long history of use as a source for traditional medicine, food, tea, and textile raw material. Lucky for Alison, her mom had a bunch of stinging nettle in her garden so Alison grabbed her gloves and harvested some to make stinging nettle lasagna.

After lunch break, Zayde put together the presentation below where she went over the benefits of eating stinging nettle. As it turns out, when you cook stinging nettle in any way, it disarms the sting!

10 Health Benefits of Stinging Nettle Plant

1. Improves urinary tract health
2. It treats skin conditions like eczema, insect bites and chicken pox
3. Supply Amino Acids
4. Treats arthritis, tea or capsules reduce inflammation
5. Aid in reproductive health, gives energy after having a baby, found in prenatals
6. Improves cardiovascular health, it helps lower blood pressure
7. Lowers blood sugar
8. Provides allergy relief, relieves symptoms such as watery eyes, sneezing, sinus congestion and runny nose
9. Stimulates healthy hair, it prevents hair loss
10. Boosts the immune and skeletal system, it contains flavonoids, carotenoids and several vitamins that act as antioxidants, which strengthen immune cells and stimulate T-cell activity in the immune system

Andrew's Corner

How Godzilla Got That Roar . . . And Other Interesting Behind-the-Scenes Facts



The first Godzilla movie was made in 1954, which was simply named *Godzilla*. Since the first Godzilla movie was released, Godzilla has been a very popular character in Japan. In Japan, Godzilla is named Gojira, a portmanteau of the Japanese words for gorilla (*gorira*) and whale (*kujira*). Godzilla's design is inspired by a combination of Life magazine illustrations of a tyrannosaurus, an iguanodon, a stegosaurus and an alligator. Godzilla was first conceived as a metaphor for nuclear weapons and the effects that it has on people.

In the original film Godzilla's origin was a prehistoric reptile of some sort that was mutated by a nuclear test conducted by the United State Government in the Pacific Ocean. The large amount of radiation absorbed by the creature caused it to grow to gigantic proportions.

Godzilla's famous roar was made by rubbing a pine tar resin covered glove along the string of a contrabass and then slowing down the playback of the sound. Godzilla has been in American comics made by Marvel Comics, Dark Horse Comics and IDW Publishing. In Godzilla comics made by Marvel Comics, Godzilla has met the Avengers and the Fantastic Four.

Like the whale whose Japanese name forms part of Godzilla's Japanese name, Godzilla is amphibious, meaning he can live on both land and under the ocean. Godzilla is usually known for destroying cities but sometimes he helps humans against other giant monsters.

I like Godzilla because he is from my favorite country, Japan. He also has very powerful atomic breath that he can shoot out of his mouth.

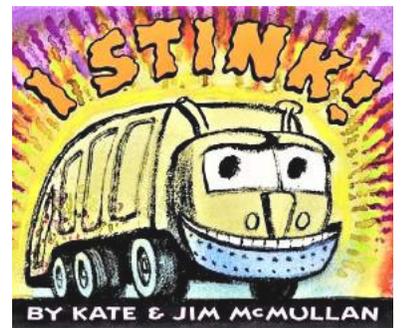
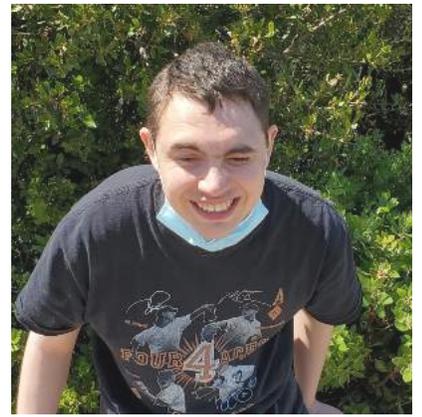


I wouldn't want to be around him when he wakes up!

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

12 Questions with Jake

1. **What is your name?** Jake (a student at Enterprise)
2. **What is your favorite color?** All of the colors of the rainbow.
3. **If you had to eat one meal every day for the rest of your life, what would it be?** Spinach and tuna fish.
4. **What breed of dog would you be?** Hound dog.
5. **Best book you've ever read?** *I Stink*—a book my dad read to me.
6. **What is your favorite ice cream flavor and ice cream topping?** Vanilla ice cream with strawberries.
7. **Who is your favorite Disney hero or heroine?** The Beast from *Beauty and the Beast*.
8. **As a child, what did you want to be when you grew up?** A hero, a superhero—Batman. I believe I'm always a hero.
9. **What's your favorite tradition or holiday?** I love Valentine's Day because I love to give out flowers to people.
10. **What fictional world or place would you like to visit?** Pride Rock (in *Lion King*).
11. **What fruit or vegetable would you most want to be?** Pineapple, because of Sponge Bob.
12. **You have your own late-night talk show, who do you invite as your first guest?** David Friedlander because he is my buddy.



Find 6 Words

There are six (6) hidden words in the picture to the right. Can you find them?
Hint: The first word is "cat." And it is hidden on the tail of a particular animal...

Okay, you found the first one! Five more words to find...

*More hints/answers on the bottom of **the next page.***

For more hidden word puzzles, check out the Bored Panda website:
www.boredpanda.com/find-words-challenge/



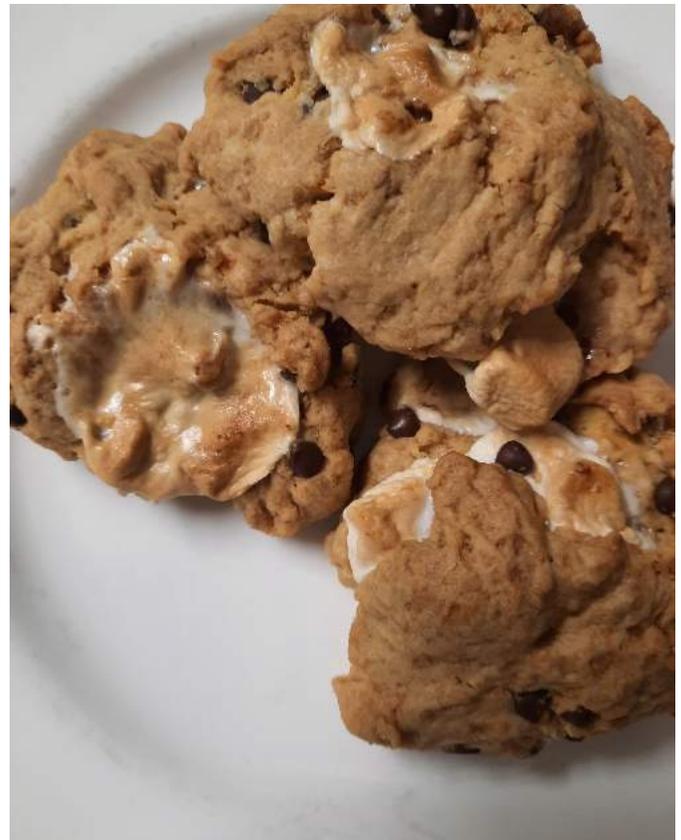
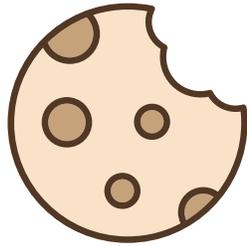
Nutrition Class: Vegan Cookies!

Alison made vegan cookies! She reviewed some of the measurements we've gone over in previous classes:

- A cube of butter (or vegan butter substitute) = 1/2 cup or 8 T. (8 tablespoons).
- How many 1/4 cups are in one cup? There are four 1/4 cups in one cup.
- What is bigger, a teaspoon or a tablespoon? Tablespoon
- How many teaspoons in a tablespoon? 3

What are your favorite cookies?

- Nino: Chocolate chip
- Martha: Sugar cookies
- Zachary: Mint chip thin mint
- Dave: Vanilla fudge
- Mike: Chocolate chip
- Bert: Chocolate chip
- Connor: Frosted or decorated shortbread cookies
- Yvette: Frosted oatmeal sugar cookies
- Kate: Pepperidge Farm shortbread cookies, apricot with raspberry



(Above) Delicious, gooey vegan cookies with melted marshmallow!

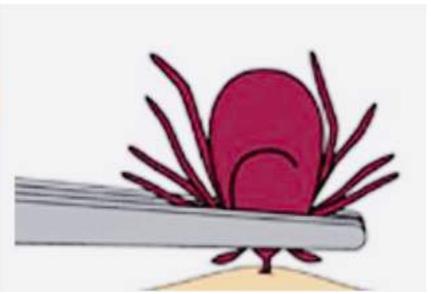


- tiles
- straw
- mirror
- couch
- cord
- cat

Look for the following words hidden on the corresponding pictures:

Answer to the Find 6 Words puzzle:

Knowledge Class: Ticks and Lyme Disease

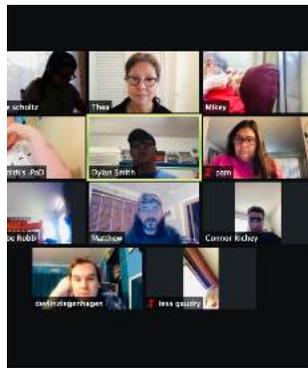


Where Are Ticks That Carry Lyme Disease

The CDC estimates that more than **300,000 people** **disease each year** in the US. Of these infections, are in a chronic, difficult-to-treat illness.

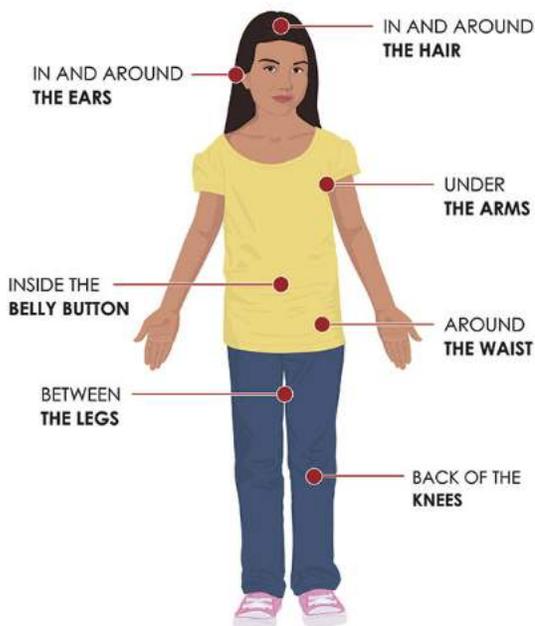
Ticks that carry Lyme disease can be found anywhere in the world. Lyme disease ticks can be found

- Leaf litter
- Woodpiles
- Stonewalls
- Tall grass, bushy areas and beach grass
- Areas planted with pachysandra or other ground covers
- Lawn perimeters where they meet forest, woodlot or garden edge



We learned that the best way to remove a tick is not to put a hot match to its behind or to cover it in Vaseline or nail polish remover. We also learned that if you grab the tick with your fingers, you could squeeze the stomach contents into you. Instead, use tweezers to grab the tick firmly near its head, and pull straight up (see pictures above).

(Left) the different life phases of the the *Ixodes pacificus* (western black-legged tick). From left to right, the tick's life phases are: larval, nymph, adult male, and adult female.



According to the CDC's Lyme Disease Transmission webpage, most humans are infected through the bites of immature ticks called *nymphs*. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months.

(Left) A tick check diagram shows where you should look for ticks after you have spent time in tick habitats such as grasslands (even by the beach), woodlands/forests especially those harboring oak, Pacific madrone, or Douglas fir trees.

For more info, check out the UC Agriculture and Natural Resources Lyme Tick Management/Prevention webpage: <http://ipm.ucanr.edu/PMG/PESTNOTES/pn7485.html#MANAGEMENT>

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.

4th of July is Independence Day

Independence Day is a federal holiday in the United States which commemorates the Declaration of Independence of the United States, on July 4, 1776.

The Continental Congress declared that the thirteen American colonies were no longer subject to the monarch of Britain, King George III, and were now united, free, and independent states.

Independence Day is associated with fireworks, parades, barbecues, picnics, and time with friends and family. It's a federal holiday, so enjoy your day off!



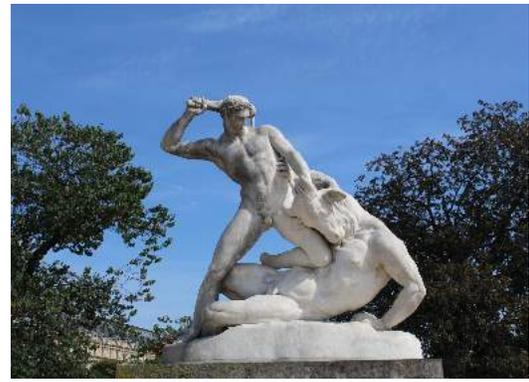
We Are in Need of a Used Van or Car

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.

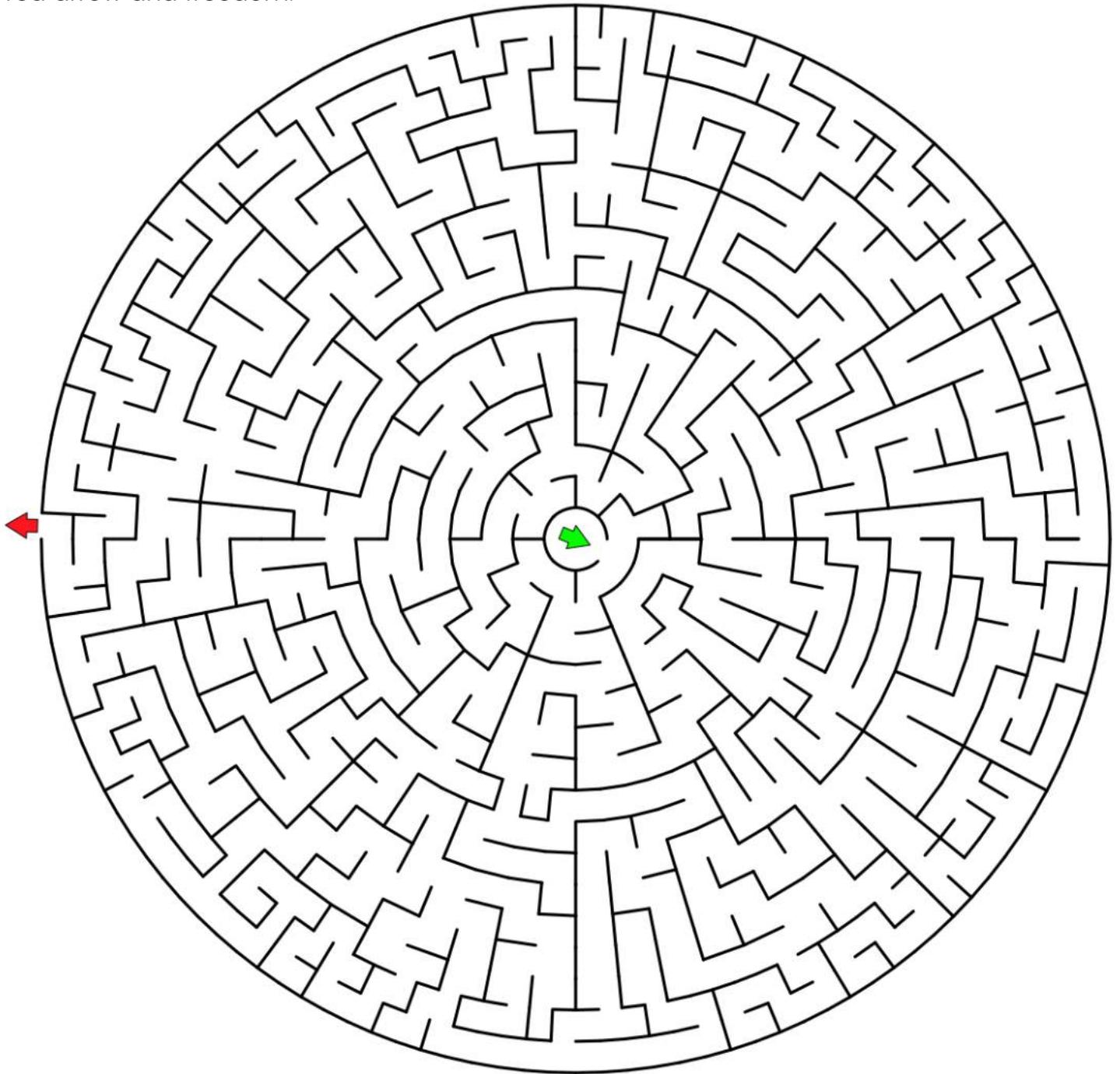
All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization. If you have an operable vehicle that you would like to donate, please call Chas at (707) 953-3852.



In Greek mythology, the Labyrinth was a confusing structure designed and built by Daedalus to hold the Minotaur, the bull-monster that is eventually killed by Theseus (right). Daedalus did such a great job making the Labyrinth that he could barely escape it after he built it!



Can you find your way out of the labyrinthine maze below? Start in the middle at the green arrow and find your way to the red arrow and freedom.



Language Arts: Reading *Flora & Ulysses*

Flora is an avid comic book reader with a great vocabulary and a love for superheroes. During language arts class, we continued reading the saga of Flora, Ulysses the squirrel, George Buckman (Flora's dad), and the suspicious William Spiver.

We took turns reading aloud and Mike, who is arguably the #1 squirrel fan, read the chapter "The World in All Its Smelly Glory."

In the chapter, where Ulysses flies through the Giant Do-Nut restaurant, Flora says, "this malfeasance must be stopped!"

So we looked up "malfeasance."



"Do you doubt him?" said Flora.
 "Of course I doubt him!" said William Spiver.
 "Do not," said Flora.
 "Why?" said William Spiver.
 She stared at him.
 "Take off your glasses," she said. "I want to see your eyes."
 "No," said William Spiver.
 "Take them off."
 "I won't."
 "Children," said Tootie. "Please."
 Who was William Spiver really?
 Yes, yes, he was the great-nephew of Tootie Tickham sudden-

CHAPTER TWENTY-SEVEN The World in All Its Smelly Glory

Okay. Sure. Let's eat.
 What wonderful words those are, thought Ulysses.
 Let's eat.
 Talk about poetry.
 The squirrel was happy.
 He was happy because he was with Flora.
 He was happy because he had the words from Tootie's poem flowing through his head and heart.
 He was happy because he was going to be fed soon.
 And he was happy because he was, well, *happy*.
 He climbed out of the shoe box and put his front paws on the door and his nose out the open window.
 He was a squirrel riding in a car on a summer day with someone he loved. His whiskers and nose were in the breeze.
 And there were so many smells!



Ulysses flew through the Giant Do-Nut and ended up in RITA! the waitress's big, poufy hair! Holy bagumba! What an adventure!

We Stop And Take A Breather



During philosophy class, we practiced "birthday breathing" where we took a deep breath, held it for five seconds, then blew out the birthday candles.

Can You Find the Panda Among All of the Dogs?



Panda Facts

- Giant pandas spend 10-16 hours a day feeding, mainly on bamboo.
- On average, pandas poo 40 times a day.
- Pandas need at least 2 different bamboo species in their range to avoid starvation

For more *Find the Panda* puzzles check out BoredPanda.com www.boredpanda.com/find-the-panda-illustrated-puzzles-openlist/

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July 2nd- World UFO Day

For years, the US government largely ignored reports of mysterious flying objects (Unidentified Flying Objects or UFOs) seen moving through restricted military airspace. The government is now beginning to acknowledge that UFOs, which the Pentagon refers to as *unidentified aerial phenomena*, are real.

All of this is happening just before World UFO Day. The stated goal of the July 2nd celebration is to raise awareness of "the undoubted existence of UFOs" and to encourage governments to declassify their files on UFO sightings.

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