

CONNECTIONS

Community Homes & Services
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415-897-8676

www.communityhomesandservices.com

Enterprise and Life College are closed from March 17 - 30

HOW TO STAY HEALTHY IN A TIME OF CORONAVIRUS



- **Wash your hands frequently:** Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
 - **Why?** Washing your hands with soap and water or using alcohol-based (60% or higher) hand rub kills viruses that may be on your hands.
- **Maintain social distancing:** Maintain at least 3 feet distance between yourself and anyone who is coughing or sneezing.
 - **Why?** When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 (coronavirus) if the person coughing has the disease.

VITAMIN C



The Toddfather takes his vitamin C straight from the source!

Vlad gets vitamin C from fresh strawberry-rhubarb pie!

MARCH 23rd is NATIONAL PUPPY DAY!

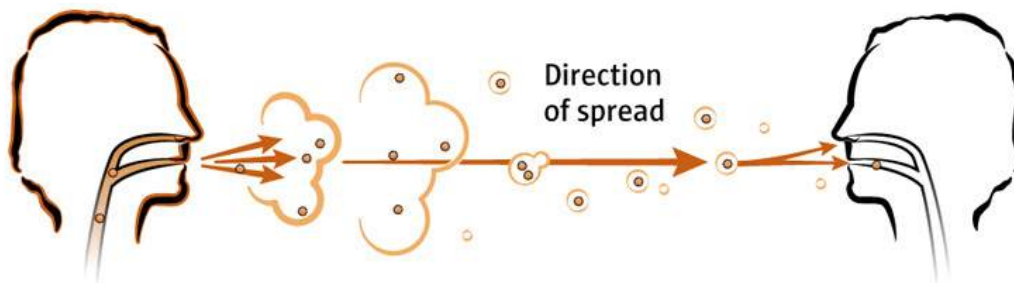
Save



Can you help the puppy find his way to the ball?

MORE WAYS TO STAY HEALTHY...

- **Avoid touching eyes, nose and mouth.**
 - **Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and can make you sick.
- **Practice respiratory hygiene:** Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
 - **Why?** Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.



- **If you have fever, cough and difficulty breathing, seek medical care early:** Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
 - **Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. The 2020 theme, "Valiant Women of the Vote," pays homage to the 100th anniversary of the ratification of the 19th Amendment, which gave women the right to vote. Women's History Month 2020 takes place from Sunday, March 1st- Tuesday, March 31, 2020.

😂😂
(I don't know who drew this originally but I love them) 😂
😂 #coronapocalypse #WhoLetTheDogsOut



RELAXING THINGS TO DO WHEN YOU'RE BORED

- Give yourself a manicure or pedicure.
- Take a bubble bath.
- Doodle, color, or draw on some paper.
- Do some deep cleaning. Kill some viruses!
- Write a poem or write in a journal.
- Take a nap.
- Read a book.
- Listen to music.
- If you have Internet access, you can do your own music appreciation class or research a topic you're interested in for your own knowledge class.
- Stretch. Or maybe do some of Thea's favorite chair exercises to prevent thrombosis.
- Sing a song – I'm looking at YOU Zachary!
- Meditate or recite some positive affirmations such as:
 - *My body is always doing its best to create perfect health.*
 - *I enjoy the foods that are best for my body. I love every cell of my body.*
 - *I am loved, and I am at peace.*
 - *I make healthy choices. I have respect for myself.*
 - *I am grateful for my healthy body. I love life.*
- Make a paper airplane or three.
- Do trashcan basketball practice.
- Mend some socks, sew on missing buttons, repair a split seam, or hem those pants.
- Write letters to your friends at Life College and Enterprise to pass out when we are open again!

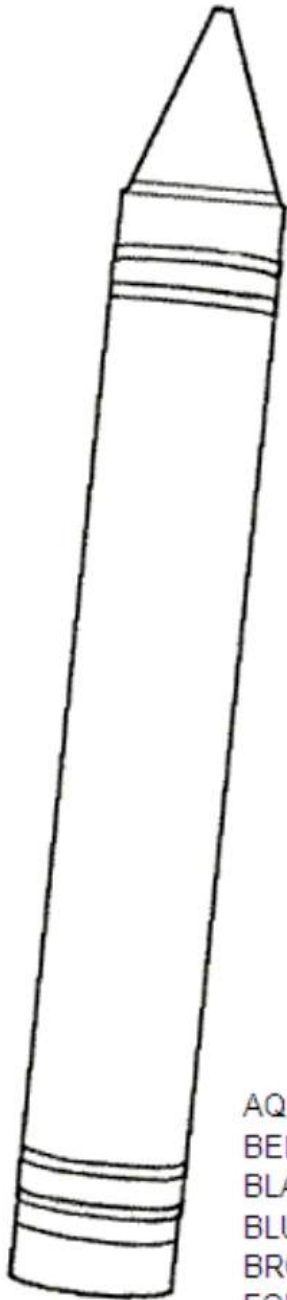


HAPPY DAYS WILL COME AGAIN!



MARCH 31ST IS NATIONAL CRAYON DAY!

CRAYON COLORS



Read the words in the word list below, then find and circle them in the puzzle.

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

AQUA
BEIGE
BLACK
BLUE
BROWN
FOREST
FUCHSIA

GOLD
GRAY
GREEN
INDIGO
LAVENDER
LIME
MAROON

NAVY
OLIVE
ORANGE
PINK
PURPLE
RED
SILVER

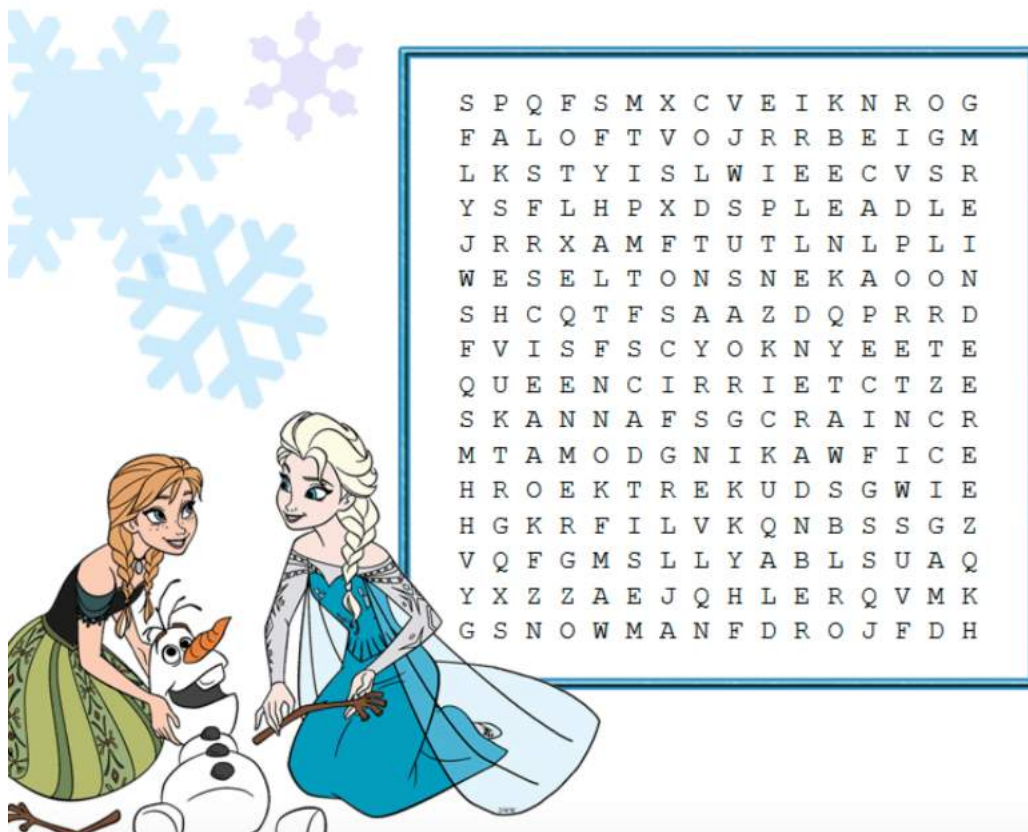
TEAL
VIOLET
WHITE
YELLOW

MORE FUN THINGS TO DO:

- Make some fun lists:
 - Make a list of the 10 songs you could listen to forever.
 - Make a list of 10 or 20 quotes that inspire you.
 - Make a list of the important people in your life and to make sure you don't lose touch with them, write them each a short letters with pictures.
 - Make a list of your 10 favorite movies.
 - Make a list of the simple things that make you happy.
 - Make a list of 10 of your favorite words.
 - Make a list of your 20 favorite foods.
 - Sit quietly and make a list of 10 different sounds that you hear.
 - Make a list of 10 different birds. Can you draw them?
 - Make a list of all of the emojis you can think of, then draw them out. (No fair looking at your phone! 🙄)
- Do a puzzle or crossword or a word search. 😊
- Make up a story in your head and write it down or draw it out.
- Draw a picture of every barnyard animal you can think of.
- Rearrange your room.
- Build a blanket fort.

FROZEN WORD SEARCH GAME

Find the words from the right column in the grid.
Words may be forward, backward, up, down or diagonal. Good luck!



- ANNA
- ARENDELLE
- CASTLE
- COLD
- CRYSTALS
- DUKE
- ELSA
- FJORD
- FROZEN
- HANS
- ICE PALACE
- KINGDOM
- KRISTOFF
- MAGIC
- OAKEN
- OLAF
- QUEEN
- REINDEER
- SISTERS
- SLED
- SNOWMAN
- STORM
- SVEN
- TROLLS
- WESELTON
- WINTER

Disney's Cinderella

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

ANASTASIA

COACHMAN

DRIZELLA

ELLA

FAIRY GODMOTHER

FOOTMAN

GRAND DUKE

LADY TREMAINE

MICE

PALACE GUARD

PRINCE CHARMING

PUMPKIN

SLIPPER

STEPSISTERS

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**Life College and Enterprise will
close March 17-30
to most effectively and
responsibly limit risk and
exposure to COVID-19.**



Chas is a three-fisted potato chip eater!.



Todd checks out someone's prize catch.

