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CH&S MAGAZINE

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CONNECTION

Sharing the day-to-day learning experience

at

Community Homes & Services

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Happy New Year– We Have Lots to Look Forward To!

In fact, it can sometimes be overwhelming to imagine all the things that will be coming our way in the next twelve months. That's why we think it's important to take a moment to look back on some of the things we've tried in the past, so we can remember that change is good. All of our favorite things were once unfamiliar and strange, after all.



We've tried gardening!



We've tried unusual arts and crafts projects!

We Have Tried So Many New Things!

It can be easy to fall into a routine and stay there, but there are many great reasons to branch out! Trying new things exposes us to diverse perspectives, expands our comfort zones, and fosters adaptability. When individuals engage in novel activities, they often encounter fresh ideas and perspectives that broaden their understanding of the world. This expanded awareness not only enhances creativity, but also cultivates a more open-minded and inclusive mindset. So while it might be a little uncomfortable on occasion, starting something is worth a try!



We've tried new foods (baked tofu and elote)!



(Left) We've tried petting chickens!



(Right) We've tried out the bread maker (even though Joe was pretty nervous)!



More Novel Activities!



We've tried out tons of new music!



We've tried out the Project Center!

Fruit Spelling Completion



[https://www.teacherspayteachers.com/Product/11-Fruit-Vocabulary-Fill-in-the-missing-words-10566495?
st=4b75b789ee1029d70aa407390c60bcd1](https://www.teacherspayteachers.com/Product/11-Fruit-Vocabulary-Fill-in-the-missing-words-10566495?st=4b75b789ee1029d70aa407390c60bcd1)

Andrew's Corner

Yōkai

Yōkai are ghosts from Japanese mythology. Yōkai often have animal-like attributes, like the kappa, which looks like a turtle. A common supernatural ability of yōkai is shapeshifting.

One kind of yōkai is a Japanese ogre named Oni. Tanuki, Japanese raccoon dogs, were believed in ancient times to be shapeshifting yōkai known to be jolly and mischievous. Tanuki were also believed to be absent-minded and gullible.

Another word for yōkai is yurei. The eight-headed and eight-tailed serpent called yamata no orochi was originally a god that soon became yōkai. I chose to write about yōkai because they appear a lot in anime.



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<https://commons.wikimedia.org/w/index.php?curid=28809659>

Bio: Andrew Newson is a student at Life College and is 26 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.

By Sawaki Suushi (佐脇嵩之,
Japanese, *1707, †1772) -
scanned from ISBN 4-3360-4187-
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Happy BIRTHDAY

1/8 Meredith

1/11 Jason

1/12 Randall and Jennifer

1/14 Jian

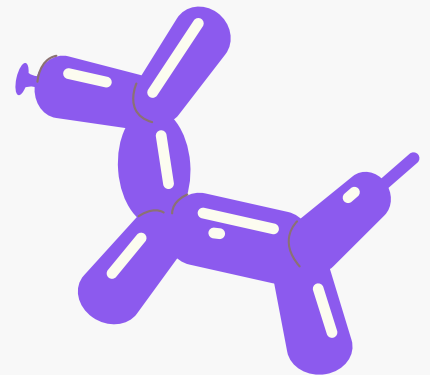
1/17 Tyrone

1/20 John

1/24 Carolyn

1/30 Suzanne

1/31 Mike R.



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Savoring Winter Warmth: Spicy Carrot Ginger Soup

There's no better way to stay warm and nourished than with a comforting bowl of soup. Check out this recipe for Spicy Carrot Ginger Soup—it not only tantalizes the taste buds, but also packs a nutritional punch which makes it the perfect winter companion. The gentle heat from the ginger and the jalapeño add a satisfying kick, making it a wholesome treat for cold evenings.

Carrots bring a wealth of nutrients to the table. Rich in beta-carotene, they promote healthy vision and boost the immune system. Ginger not only adds flavor, but also boasts anti-inflammatory properties and aids digestion. Together, they create a powerhouse of vitamins, minerals, and antioxidants to support your well-being during the winter months!

This recipe is from The NY Times <https://cooking.nytimes.com/recipes/1024757-spicy-carrot-ginger-soup>. Feel free to try it with kabocha or butternut squash too!

INGREDIENTS

Yield: 4 to 6 servings



4 tablespoons unsalted butter

1 large yellow or white onion, sliced (about 1½ cups)

6 garlic cloves

Salt and pepper

2 pounds carrots, preferably young, peeled and sliced ¼ inch thick
(about 4 cups)

1 jalapeño, stemmed, seeded and sliced

1 (2-inch) chunk of ginger, peeled and thinly sliced, plus

1 teaspoon finely grated fresh ginger

6 cups chicken or vegetable broth, plus more as needed

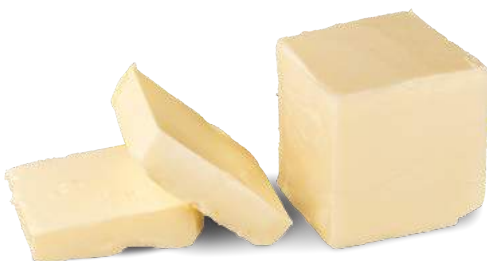
½ cup crème fraîche or sour cream

1 tablespoon very finely sliced chives

1 small bunch cilantro

1 teaspoon lime zest

1 tablespoon lime juice



Spicy Carrot Ginger Soup

How to Make it!

Step 1

Melt butter in a Dutch oven over medium heat. Add onion and garlic, season with salt and pepper and cook, stirring, until onion and garlic have softened, about 10 minutes. Don't let the mixture brown.

Step 2

Add carrots, jalapeño and sliced ginger, and stir to coat. Add a little more salt. Turn heat to high, add 6 cups broth and bring mixture to a boil. Reduce to a brisk simmer and cook until carrots are completely tender, 10 to 15 minutes. Remove from the stove and let cool to room temperature, if possible.

Step 3

While soup cools, make the ginger-chive cream: Combine the crème fraîche, grated ginger and chives with a pinch of salt in a small bowl.

Step 4

When cool, transfer the soup to a blender (in batches, if necessary) and purée. Taste and adjust salt, and add as much additional broth as necessary to achieve the consistency of heavy cream; the soup should not be thick.

Step 5

To serve, reheat soup over low heat. Check for seasoning and adjust. Roughly chop leaves and tender stems of cilantro, leaving aside a few sprigs for garnish. Stir lime juice and zest and 1 cup chopped cilantro into the soup. There should be little green flecks throughout the soup (cooling the soup first keeps cilantro fresher tasting). Ladle into bowls and top each serving with a spoonful of the ginger-chive cream and a few stems of cilantro.

Historically, soups were born out of necessity, utilizing simple ingredients to create a filling and nutritious meal. The tradition of enjoying soup dates back centuries, transcending cultural boundaries. From the steaming pots of ancient civilizations to the diverse broth-based creations of today, soup has been a culinary cornerstone. It's not just about nourishment; it's about bringing people together, providing comfort, and warming the soul!



Your Digestive System: Unraveling the Marvels Within Your Body

Have you ever wondered how your body turns that delicious soup (or pizza or burger) into energy or transforms a crunchy apple into nutrients? Well, it's all thanks to an amazing process called digestion! Let's take a simple journey through your digestive system and discover the incredible work it does every day.

Mouth: Where It All Begins

Imagine your mouth as the gatekeeper to your digestive adventure. When you take a bite of food, your teeth start breaking it down into smaller pieces. Meanwhile, saliva, which contains special helpers called enzymes, begins the process of breaking down carbohydrates.



Esophagus: The Food Slide

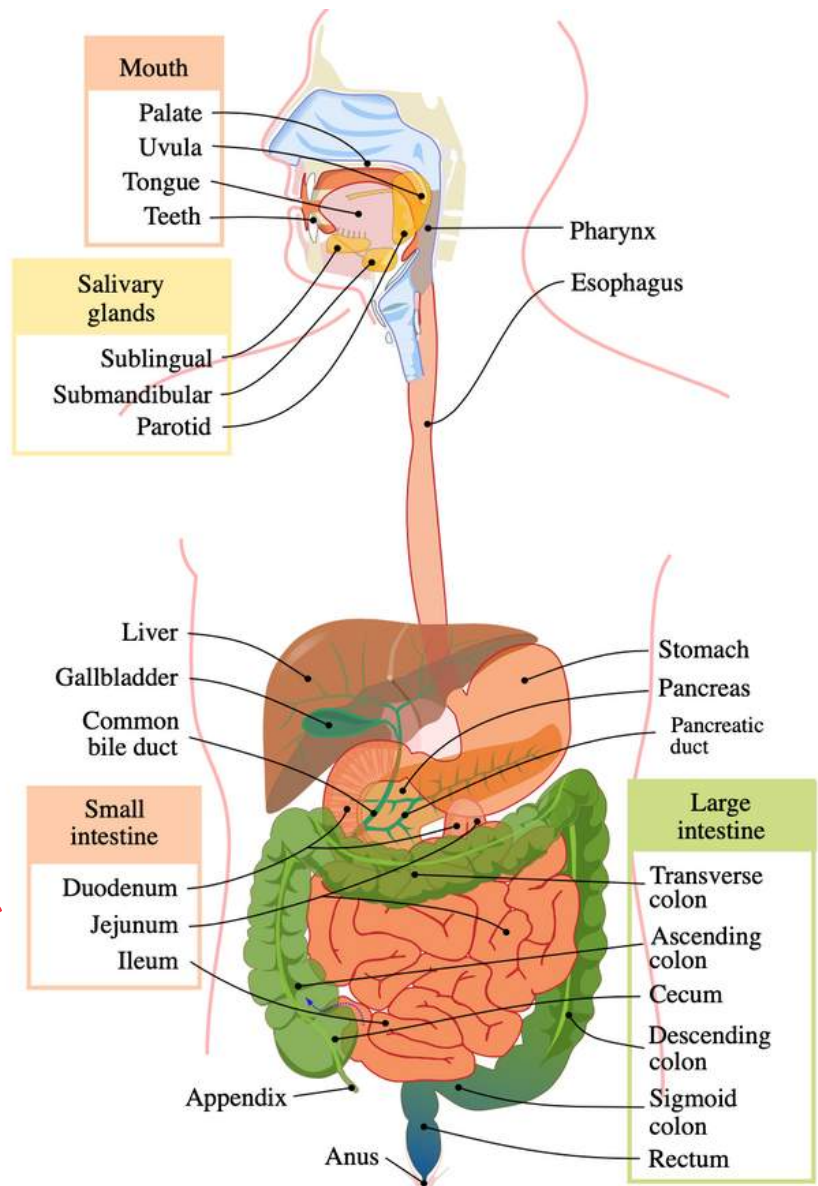
Once your food is all chewed up, it's time for the esophagus to take over. Think of it as a slide that helps the food travel from your mouth to your stomach. The muscles in the esophagus push the food downward in a coordinated effort.

Stomach: The Mixing Bowl

Welcome to the stomach, a muscular bag that acts like a mixing bowl. Here, stomach acid and enzymes continue breaking down the food into a soupy mixture called *chyme*. The stomach's incredible churning motion helps in this process.

Small Intestine: The Absorption Station

Next stop: the small intestine, a long and winding tube. The nutrients from the chyme are absorbed through the intestinal walls into the bloodstream. Enzymes from the pancreas and bile from the liver help in this absorption process.



By Mariana Ruiz, Jmarchn - Own work, Public Domain,
<https://commons.wikimedia.org/w/index.php?curid=2898771>

Your Digestive System: The Grand Finale

Large Intestine: Water Works

Now, the remaining watery mixture moves into the large intestine. This is where water is absorbed, turning the mixture into a more solid form. The large intestine also houses trillions of helpful bacteria that aid in digestion and produce certain vitamins.

Rectum and Anus: The Grand Finale

The journey concludes at the rectum and anus. Waste that your body can't use is formed into stool. When it's time, your body signals that it's ready to release this waste, and you visit the bathroom for the grand finale – the process of elimination.

Why Does This Matter?

Your digestive system is like a well-orchestrated team, ensuring you get the energy and nutrients needed for a healthy life. It's a fascinating process that keeps your body running smoothly.



Understanding your digestive system is like unlocking the secrets to a healthy, happy you! So, the next time you enjoy a tasty meal, remember the incredible journey your food takes through this marvelous system in your body.

Some clip art...



The tiny little microphone is out. The clipboard is at the ready.

NINO SURVEYS THE SITUATION

What's your go-to bagel order?

Justin- Toasted with butter

Connor- Plain. Sometimes butter if toasted.

Michelle- Asiago, toasted with cream cheese.

Cat- Cream cheese.

Colleen- Onion bagel with cream cheese.

Zachary- Butter.

Katie- Avocado and cream cheese on a toasted bagel.

Aidan- No thank you.

Andrew- Plain, toasted with cream cheese.

Iris- Cream cheese.

Martha- Toasted with cream cheese.

Bruce- Cream cheese, red onion, lox and capers, and tomato.



with Jennifer



Are you a "hat person"? Yep or Nope?

Life College students and instructors are pretty evenly divided between hat and non-hat folks, with just one 🗳️ vote more in the Nope column.



ONE

40

2 

50

3 



<https://www.teacherspayteachers.com/FreeDownload/I-Spy-Winter-Search-and-Find-Early-Finishers-Activity-SAMPLE-6251690>

January 5th is National Bird Day

The cockatiel (*Nymphicus hollandicus*) is also known as the *weero/weiro* or *quarrion*. It is a medium-sized parrot that is a member of its own branch of the cockatoo family endemic to Australia.

Cockatiels are relatively vocal birds, the calls of the male are more varied than that of the female, and they can be taught to sing specific melodies. Some cockatiels have synchronized their melodies with the songs of humans. Cockatiels have also been taught to speak many words and phrases and they can also learn to imitate certain human or environmental sounds without being taught how to do so. Check this out:

Cockatiel Sings iPhone Ringtone on YouTube

<https://youtu.be/wO0vPzkkZag?si=kRMCYmCnXOdeLHXG>

Amy used to have a cockatiel when she was a teen. It looked pretty much like this one (below):



By Michelamillerdickson96 - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=96022541>



cockatiel Sings iPhone Ringtone

Amy got the bird from her cousin and named it Tennille after the group Captain & Tennille. Amy still has the *Captain & Tennille Twenty Years of Romance CD*. Yes, Tennille the cockatiel.

Captain & Tennille were a musical duo of the 1970s. The pair consisted of "Captain" Daryl Dragon, who played the keyboard, and vocalist Toni Tennille. One of their biggest hits, "Love Will Keep Us Together," topped the charts in 1975 and won the Grammy Award for Record of the Year. This song became an anthem of love and endurance, emphasizing the power of love in overcoming challenges. It was a celebration of the strength that comes from sticking together through thick and thin. Over the next few years, Captain & Tennille released a string of hit singles mostly from their first two albums *Love Will Keep Us Together* (US #2, 1975) and *Song Of Joy* (US #9, 1976).

National Bird Day: The Songs of Tennille

In July 1976, Captain & Tennille were invited by First Lady Betty Ford to perform in the East Room of the White House in the presence of Queen Elizabeth II and President Gerald Ford during the country's bicentennial celebration (right)!

They were given their own television variety show. The Captain & Tennille TV show aired from September 1976 to March 1977 on ABC.

Captain & Tennille drew inspiration from various musical styles and their versatility allowed them to create a unique sound that resonated with a wide audience. The duo's performances were not just about the music; they were about creating an experience that made people feel good. The couple's on-stage chemistry mirrored their real-life romance. Captain & Tennille were not only musical partners but also husband and wife. Their love for each other was evident in the way they performed together, creating a magical connection that translated into their music.

Eight-year-old Amy loved Tennille, the cockatiel, but she says she'd never get another bird again—she thought taking care of a bird was just too much work. Plus, Amy's allergies made her sneeze a lot and that scared the bejesus out of

Tennille, the bird. Cockatiels especially enjoy the company of other cockatiels, so eventually Tennille ended up going to another home (they had another cockatiel so BFFs!) So all's well that ends well. Here's a picture of a baby cockatiel:



(left) By HoopoeBaijiKite. Transferred from en.wikipedia by SreeBot, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=18080128>



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