March 2026 CH&S MAGAZINE Vol 2026 Issue 3

CONNECTION

Sharing the day-to-day learning experience
at
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Developmental Disabilities Awareness Month

Every March since 1987, communities across the country observe Developmental Disabilities Awareness Month — a time to celebrate inclusion and belonging. Currently, about 1 in 6 children in the U.S. has a developmental disability. These are lifelong conditions that begin early in life, and people with developmental disabilities bring unique strengths and contributions to every community they're part of.

Ways to celebrate this March: wear blue and yellow — the colors of DD awareness, or share a story about someone who inspires you (we have a lot of inspirational students here). At CH&S, every month is Awareness Month!

Our students remind us every day what it means to live with courage, joy, and heart!



Chatting With Connor



Recently, Connor met with Thea and here is the article they worked on together:

First of all, if you want to get Connor talking, just bring up airplanes. Aviation is his favorite topic, and once it comes up, you're cleared for takeoff.

Connor recently traveled to Santa Fe for Thanksgiving, where he spent three nights with his grandpa. That trip meant flying into the Albuquerque Sunport, an airport Connor knows well.

He shared that the Sunport handles hundreds of flights every day. When it comes to picking a seat, Connor has strong opinions. He prefers a window seat for the view, but if he's on a



widebody jet, his second choice is the middle section between the two aisles. For him, it's the best of both worlds.

Connor also had some thoughtful advice for anyone who feels nervous about flying. He suggests skipping the window seat or at least closing the shade. He reminds people that plane crashes are very rare and encourages reading the safety information card so you know what to do. Most importantly, he says to pay attention during the safety demonstration–knowledge helps calm nerves.

Of course, no flight is complete without snacks. Connor's favorites include classic pretzels and peanuts, plus mini waffles he's had on United flights.



Connor Talks Aviation and School

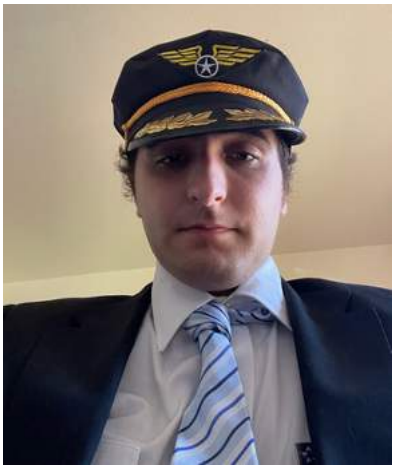


Once you land in Albuquerque, Connor says the Sunport has great Mexican food, which is always a bonus. After the drive to Santa Fe, Connor recommends stopping at Gabriel's or Outback Steakhouse for a good meal. When it comes to New Mexican food, Connor keeps it simple. He loves plain sopapillas, cheese-only quesadillas, and a solid Caesar salad.

Right now, Connor is attending Santa Rosa Junior College and plans to graduate in May 2026. He's enrolled in the three-year *Life Transition to Employment Program* also known as *College to Career Program*, where students learn practical skills like how to interview and set *SMART goals*. SMART goals are specific, measurable, achievable, relevant, and time-based, which helps turn big ideas into clear plans. Connor says he likes everyone at school, which makes learning even better.

Connor has been thinking about applying to Home Depot, where he'd enjoy organizing shopping carts and bringing them back inside. He's realistic about work and pay, too. He wants a job that pays well, and he already knows how he'd spend his money: mostly on video games and fixing his computer.

Even with a full-time job someday, Connor hopes to keep attending Life College, something he truly enjoys. He's also no stranger to volunteering. Connor has volunteered with cats at the Valley Animal Center and he volunteered with Aviation Explorers and he helped serve hotdogs at the Wings Over Wine Country Airshow in Santa Rosa. A few fun facts about Connor: His favorite color is black. His aunt Karen, gave him the nickname "Noodle." Friday is his favorite day of the week, mainly because it's payday. He enjoys reading books about planes, and if he ever became a pilot, there's no question who he'd want to fly for–*United Airlines*. For Connor, aviation isn't just a hobby, it's a passion that shapes who he is.



For more info on SRJC's College to Career Program, click here: https://drd.santarosa.edu/college-career-program-c2c





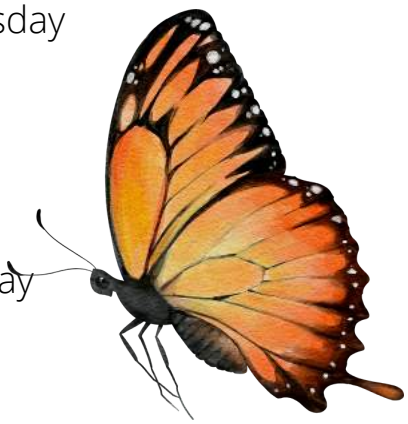
MARCH 2026
NATIONAL DAYS/MONTH

Developmental Disabilities Awareness Month
Women's History Month, Red Cross Month



- 3/1 - Peanut Butter Lover's Day
- 3/2 - Banana Cream Pie Day, Old Stuff Day, Dr. Seuss Day
- 3/3 - World Hearing Day, Soup it Forward Day
- 3/4 - Marching Music Day, Grammar Day
- 3/5 - Cheese Doodle Day
- 3/6 - Global Day of Unplugging, Oreo Cookie Day, Frozen Food Day
- 3/7 - Cereal Day
- 3/8 - Daylight Savings Time Begins, International Women's Day
- 3/9 - Barbie Day, Meatball Day
- 3/10 - International Bagpipe Day, Napping Day, Mario Day
- 3/11 - Johnny Appleseed Day
- 3/12 - Working Moms Day, Plant a Flower Day
- 3/13 - Good Samaritan Day, Jewel Day, Earmuff Day
- 3/14 - Pi Day, Write Down Your Story Day, Learn About Butterflies Day
- 3/16 - Panda Day, Artichoke Hearts Day
- 3/17 - Saint Patrick's Day, Corned Beef and Cabbage Day
- 3/18 - Global Recycling Day, Sloppy Joe Day, Ash Wednesday
- 3/19 - Poultry Day, Chocolate Caramel Day
- 3/20 - Spring Begins, Ravioli Day
- 3/21 - Puppetry Day, World Poultry Day
- 3/22 - Corn Dog Day, Goof Off Day
- 3/23 - Tamale Day, Chia Day, Puppy Day, Chip and Dip Day
- 3/24 - Cheesesteak Day, Chocolate Covered Raisin Day
- 3/25 - Tolkien Reading Day
- 3/26 - Epilepsy Awareness Day, Manatee Appreciation Day
- 3/27 - National Joe Day
- 3/28 - Something on a Stick Day
- 3/29 - Pita Day
- 3/30 - Virtual Vacation Day, Pencil Day
- 3/31 - Crayon Day, Tater Day







Respecting What Belongs to Others: A Social Skillls Class



Patrick led a social skills class about respecting other people's belongings. We talked about how that means not taking something that isn't yours unless you ask first.

Patrick shared that he doesn't like when people take his things, and we all agreed that it can feel frustrating and unfair.

We also talked about consequences, meaning what can happen after something is taken. Sometimes it can hurt someone's feelings, break trust, or even lead to losing friends. Patrick asked what might happen if someone takes things that aren't theirs at program. We talked about how it could upset others, damage trust, and possibly get someone into trouble. Taking things that don't belong to you can really affect relationships.

Next, we talked about the feeling of wanting something that looks fun or something we wish we had. Patrick shared some respectful ways to handle that feeling: ask first, share, find your own, or walk away.



We practiced saying things like, "May I borrow this?" or "Can we share?"

We also talked about looking for our own items to use or choosing a different activity.

In the end, the message was clear:

Do the honest and respectful thing.

China Camp Clean Up



Nino was excited to join a recent cleanup at China Camp State Park — a 1,514-acre park on the shoreline of San Pablo Bay in San Rafael, the park features panoramic bay views, oak woodlands, and over 100 acres of protected tidal salt marsh.

Instructor Dylan coordinated the outing with Carly Jackson-Clark, the park's cleanup program coordinator. This time, Dylan brought a scale to weigh collected trash. Dylan has been logging amounts, time, and participants in a spreadsheet. Recent cleanup crews have included Justin, Randall, Aidan, Bruce, and Colliene. Outings typically run from 10:00 to 11:30 a.m. so everyone can return to program in time for lunch.

Dylan has also been in contact with Armando Quintero, Director of the California Department of Parks and Recreation about what the parks system can offer CH&S students, with a focus on accessibility! More to come on that topic!







(Right) Justin and Aiden take a break for photo ops and to breath in the fresh air!

The Clean Team









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.

@Communityhomesandservices

Puzzles Into Art

with Donald, James and Patrick

Jigsaw puzzles have been around since the 1760s, when mapmakers glued maps onto wood and cut them into pieces for educational purposes. Today, puzzles are still one of the most popular tabletop activities in the world — and once you've spent hours (or days!) completing a puzzle, it only makes sense to display your hard work.



(Right) Donald and James with the puzzle projects they made. They each brought their own puzzles from home, and we framed them — turning their completed puzzles into wall art!

We made the fish puzzle frame from decorative molding and painted it blue to match the underwater vibe.





You've Been Framed

with Donald, James and Patrick





For the Wild West puzzle, we made a frame out of redwood — a perfect material match for the frontier theme. This puzzle was finished with a coat of epoxy resin which gave it a smooth, glass-like, even finish that really makes the colors pop.

Puzzle preservation combines multiple skills in one activity — problem-solving, creativity, and fine motor work. Here's what Donald and James learned and did:

- **Planning and design thinking** — choosing a frame material and finish that complement the puzzle image (like rustic redwood for a Western scene) teaches creative decision-making.
- **Patience and attention to detail** — both completing a puzzle and framing it require focus and follow-through, building persistence and a sense of accomplishment.
- **Pride of ownership** — displaying something you completed yourself builds confidence and it's fun to show your friends and family!
- **Color theory and aesthetics** — decisions like painting a frame to match an underwater scene introduce basic design concepts in a fun, practical context.

Puzzle framing is also wonderfully adaptable — frames can be simple or elaborate, painted or stained, plain wood or finished with resin. Every project becomes uniquely personal, just like Donald's and James's work here! Great work guys!

Katie Goes on a Women's Retreat



When Katie walked in to the office for her meeting with Thea, she talked about a women's retreat she'd recently attended. Katie described it like a girls' weekend. It was a chance to get away to the Santa Cruz mountains, try new activities, and fellowship with other women. Wait, what is it called when women *fellowship*? It was more like sisterhood and connection.

A big part of the weekend was being outdoors. Katie shared that there was hiking and time spent in nature, which she really enjoyed. Being outside helped her clear her head, slow down, and feel more grounded. There were also creative activities like arts and crafts, along with group discussions focused on women's experiences and personal growth. Katie appreciated hearing different perspectives and having the opportunity to share in her own way. These conversations helped her feel connected and supported. Katie attended the retreat with her friend Jocelyn.







While they spent some time together, the weekend also gave Katie space to meet new people and make her own choices about how she spent her time. That independence was an important part of the experience.

Overall, Katie came away feeling relaxed, proud, and happy she had gone. Talking with Thea afterward, it was clear the weekend gave her both enjoyable memories and a boost of confidence.

St. Patrick’s Coloring Page



March 20: International Day of Happiness

The International Day of Happiness is a day to think about joy, well-being, and the simple things that make us feel good. Happiness does not have to be big or expensive. Sometimes it is a warm cup of coffee, a sunny walk, a favorite song, or laughing with a friend at program.

Well-being means taking care of our bodies, our feelings, and our friendships. At program, happiness might look like finishing a project, helping a co-worker, petting a dog, sharing a joke, or learning something new.

On this International Day of Happiness, we have a few questions to think about and share:

- What is one thing that makes you happy each day?
- Who is someone who makes you smile?
- What song, movie, or hobby always lifts your mood?
- When do you feel the most peaceful or relaxed?

THIS IS MY HAPPY PLACE

Happiness is different for everyone. There is no right or wrong answer. Let's celebrate the things that make each of us feel good — and maybe discover a few new ideas from each other along the way.



Our New Reading Comprehension Binders

Our new binders are full and ready to use!

Each binder includes reading comprehension pages at different lengths and difficulty levels, ranging from about 100 words to over 300 words. That means we can meet students where they are: some avid readers, some are beginner readers, and some aren't into reading at all.

Amy played a key role in this project. She proofread every single page by reading each aloud. This way we caught mistakes, made sure that the writing sounds natural, and that it makes sense. Amy also shared her opinions on the topics (we don't want boring reading comp pages) and the review questions to help us make sure they're clear, relevant, and useful.

Amy also suggested new topics such as pelicans and sharp-shooter ***Calamity Jane.***



(Above) Darnell and Amy are making copies so we can keep a binder at Enterprise, another at Life College, and one in the office. Having copies at both locations means instructors can easily grab what they need without extra prep time.



These reading comprehension pages are especially helpful for beginner readers. And they're flexible. For students who don't read or choose not to read, instructors can read the passage aloud and then ask the review questions to the group. That way, everyone can participate, practice listening skills, and join the conversation.

We're proud of the work that went into these binders. They're practical, adaptable, and ready to support our students in real, everyday learning.

Reading Comprehension Worksheet

Name: _____ Date: _____

Calamity Jane

Ready to Read READING COMPREHENSION 300

Calamity Jane was a famous woman from the Old West. She was born in 1852 and her real name was Martha Jane Canary. She lived a wild and adventurous life. She wore men's clothes, rode horses, and carried a gun. She worked as a scout for the army and helped guide them through dangerous lands. Some people thought she acted more like a cowboy than a lady, but that didn't bother her.



Jane was known for being brave and tough. She once said she could ride and shoot as well as any man—and she proved it many times. She also had a kind heart. During a disease outbreak, she took care of sick people even though it put her own life at risk. People respected her for that.

Calamity Jane liked to tell stories about her life, but not all of them were true. She told people she was friends with Wild Bill Hickok, a famous gunslinger. Some say she loved him, but we don't know for sure. After he died, she said she was his wife, though there is no proof. Still, her stories made her even more popular.

Later in life, Jane traveled with a Wild West show where she would ride horses and talk about her adventures. People came from far away to see her. But life on the road was hard, and she struggled with drinking. She died in 1903, poor and alone, but she was buried next to Wild Bill.

Today, Calamity Jane is remembered as a symbol of the Wild West. She lived by her own rules and didn't let anyone stop her from being herself.

Community Homes & Services 2026

Reading Comprehension Review Questions

Name: _____ Date: _____

Calamity Jane review questions

1. What was Calamity Jane's real name?
    a. Jane Smith
    b. Martha Jane Canary
    c. Susan Hickok
    d. Mary Calamity
2. True or False: Calamity Jane wore dresses and lived a quiet life.
3. What job did she do for the army?
    a. Cook
    b. Scout
    c. Doctor
    d. Teacher
4. Why did people respect Calamity Jane during a disease outbreak?
5. Who was Wild Bill Hickok?
6. What is one thing Calamity Jane did in the Wild West show?
7. Calamity Jane is remembered for being:
    a. Shy and quiet
    b. Brave and independent
    c. Mean and dishonest
    d. Rich and famous
8. What happened to Calamity Jane at the end of her life?
9. What does it mean that she "lived by her own rules"?
10. True or False: Calamity Jane was buried next to Wild Bill Hickok.
11. Why do you think people are still interested in Calamity Jane's story today?

ST. PATRICK'S DAY

St. Patrick’s Day is celebrated each year on March 17. It honors Saint Patrick, a missionary who lived in the 400s and helped spread Christianity in Ireland. Over time, the day grew from a religious holiday into a worldwide celebration of Irish culture.

You will see lots of green on St. Patrick’s Day. Ireland is often called the “Emerald Isle” because of its beautiful green countryside. Many people also wear shamrocks, a small three-leaf clover that became a symbol of Ireland through legend and tradition.

And what about leprechauns? Leprechauns come from Irish folklore. They are tiny fairy shoemakers who hide pots of gold. Stories say their treasure is hidden at the end of a rainbow — but since rainbows keep moving, their gold is very safe!







Now St. Patrick's Day is about culture, community, music, and fun. Whether you wear green, listen to Irish music, or just enjoy the playful spirit of the day, it is a chance to celebrate history — and maybe imagine a little bit of lucky magic.

Here are some more St. Patrick's Day cut outs to make cards for your friends, staff, and families!









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Check out our clean up crew!