

SHELTER IN PLACE ISSUE

CH&S MAGAZINE

CONNECTIONS



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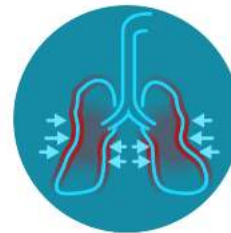
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WHAT IS THE DIFFERENCE BETWEEN CORONAVIRUS AND A COLD OR THE FLU?

Coronavirus (COVID-19) symptoms have ranged from mild to severe illness and death. COVID-19 has been called the novel coronavirus disease. "Novel " means "not known or experienced before." Since the virus is new to us, there is much we don't know about it and we learn more about it each day.

According to the Centers for Disease Control (CDC) website, these symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath



As you know, the government has ordered non-essential businesses to shut down. On the last day of classes (March 16th), both Jennifer and Thea had colds, but neither had a fever and neither were short of breath since they both kept talking and talking ;-).

People tend to get sick at this time of year, however this year it can be confusing/scary because anyone who gets the flu or a cold is worried about COVID-19.

(<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

HOW DOES CORONAVIRUS SPREAD?



There is currently no vaccine to prevent coronavirus (COVID-19).

- The best way to prevent illness is to **avoid being exposed to this virus**.
- **The virus is thought to spread mainly from person-to-person.**
 - Between people who are in close contact with one another (within about **6 feet**).
 - **Through respiratory droplets** produced when an infected person coughs or sneezes.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

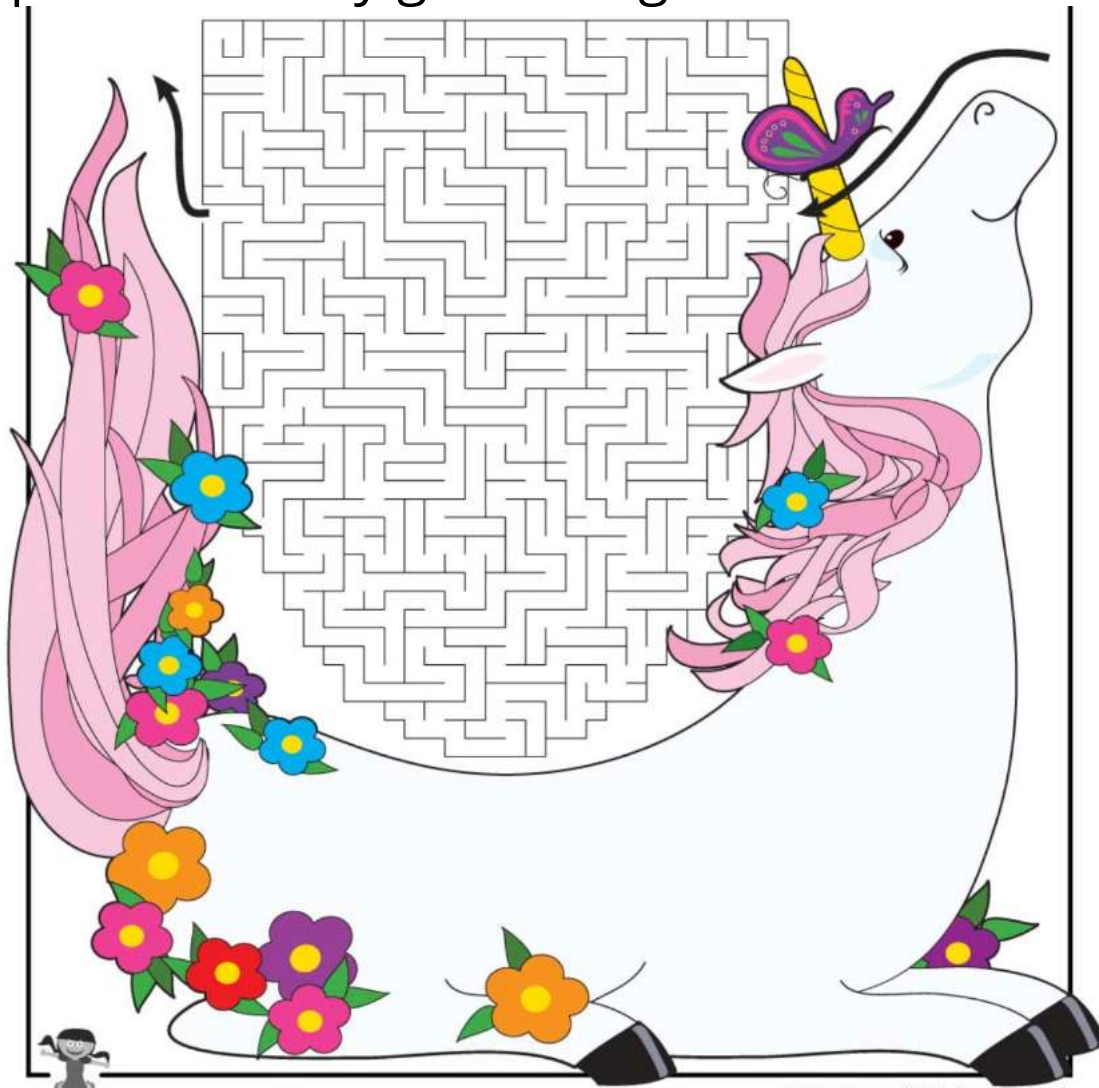
Remember to **wash your hands, often, for at least 20 seconds** and to stay away from others as much as you can.



(<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>)

APRIL 9TH IS NATIONAL UNICORN DAY!

Help the butterfly get through the unicorn maze



WHY ARE ENTERPRISE AND LIFE COLLEGE CLOSED UNTIL MAY 3 (AND MAYBE EVEN LONGER)?



In order to slow the spread of the COVID-19 disease, the Public Health Order for people to shelter-in-place safely in their homes has been extended until at least May 3, according to a joint statement from seven jurisdictions including Marin county. (This is the latest update as of April 1st.)

We have been required to shelter-in-place, to stay home in order to stop the spread of coronavirus (COVID-19). So ***Enterprise and Life College will remain closed through May 3.***

This is not our choice. This is not Chas's decision. ***The County of Marin is ordering us to stay home.*** So get out those puzzles, those really hard word searches, your favorite books, and the list of the best movies on Netflix because we're going to be home for at least another month.

This doesn't mean we can't stay in touch, over the phone, by FaceTime, or by Zoom. Staff are making calls, touching base, and checking in to see how you are doing. We all miss each other, but we must do our part to stop the spread of COVID-19.

Now wash your hands! You don't know who's touched and breathed all over this!

(<https://www.mercurynews.com/2020/03/30/coronavirus-shelter-in-place-extended-through-end-of-april-officials-confirm/>)

SHOULD WE WEAR MASKS?

The WHO and CDC continue to say that masks don't necessarily protect healthy individuals from getting infected as they go about their daily lives. **Everyone should stick to frequent hand-washing and maintaining a distance of at least 6 feet from other people.**

However, now that more Americans are at risk of getting sick, **healthy people may need to start wearing masks more regularly.** Masks work by stopping infected droplets spewing from the wearer's nose or mouth, rather than stopping the acquisition of virus from others.

Wearing a mask can also reduce the likelihood that people will touch their face. In many Asian countries, everyone is encouraged to wear masks, and if everyone wears a mask, individuals protect each other, reducing overall community transmission.



Thea is over no longer sick. When she went to her chiropractor (who was wearing a mask), she learned how to make a mask out of four rubber bands and a clean piece of fabric (an old sheet).

APRIL HOLIDAYS AND NATIONAL DAYS

April 1: April Fool's Day and National Walking Day

April 2: National Burrito Day, National Peanut Butter and Jelly Day,
and World Autism Awareness Day

April 5: Geologists Day – First Sunday In April

April 8: National Zoo Lovers Day

April 9: National Unicorn Day

April 12: National Grilled Cheese Sandwich Day and Easter

April 14: National Dolphin Day

April 17: International Bat Appreciation Day

April 19: National Garlic Day

April 22: National Earth Day

April 23: National Cherry Cheesecake Day

April 24: National Hairball Awareness Day – Last Friday in April

April 26: National Help a Horse Day

April 28: National Superhero Day

April 30: National Bugs Bunny Day



UNICORN FACTS

In European folklore, the unicorn is often depicted as a white horse-like or goat-like animal with a long horn and cloven hooves. In the Middle Ages and Renaissance, it was commonly described as an extremely wild woodland creature, a symbol of purity and grace. Its horn was said to have the power to render poisoned water drinkable and to heal sickness.



STAFF MEETING IN PLACE

Using Zoom, we met online. We saw each other for the first time in weeks, we talked, and we planned.

Harold has a new hat, Gail joined Chas to say "hi," Carolyn walked and talked.



Remember when we petted dogs at Pioneer Park?

CAN WE GO TO A PARK?

On March 27, Marin County *closed motorized access* to parks, beaches, campgrounds, and open spaces. This means the parking lots are closed, but you can still walk or bicycle to a park as long as you stay more than 6 feet away from other people.

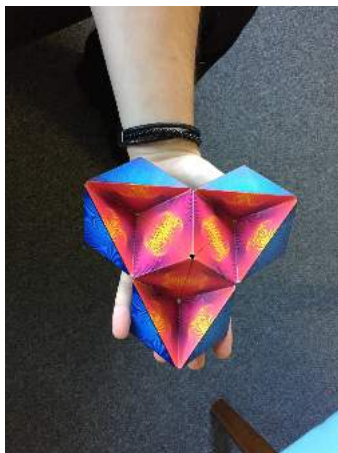
According to the Marin County website: "This does not mean driving to a nearby neighborhood to park and then walk into your favorite open space. You should seek outdoor opportunities close to home: if it requires you to get into your car, it's too far."



Remember visiting Stafford Lake in the fall?



Stella experimented with comic book style selfies. Who is that woman with a pencil in her hair?

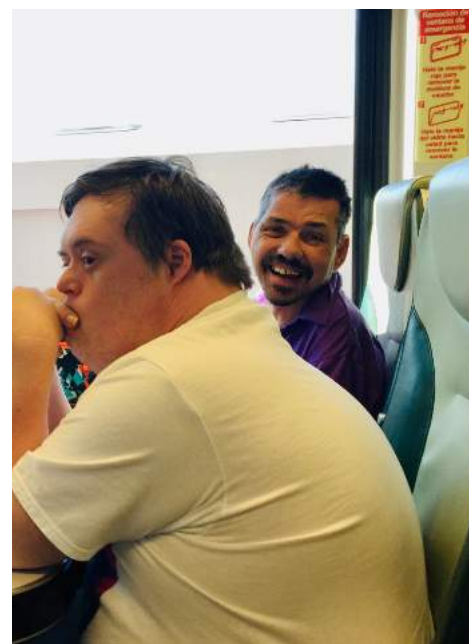


Remember when we fought over this fidget object?



Eating vegetables and fruit is part of staying healthy!

Remember when we got smarter on the SMART train?



EARTH DAY TURNS 50!



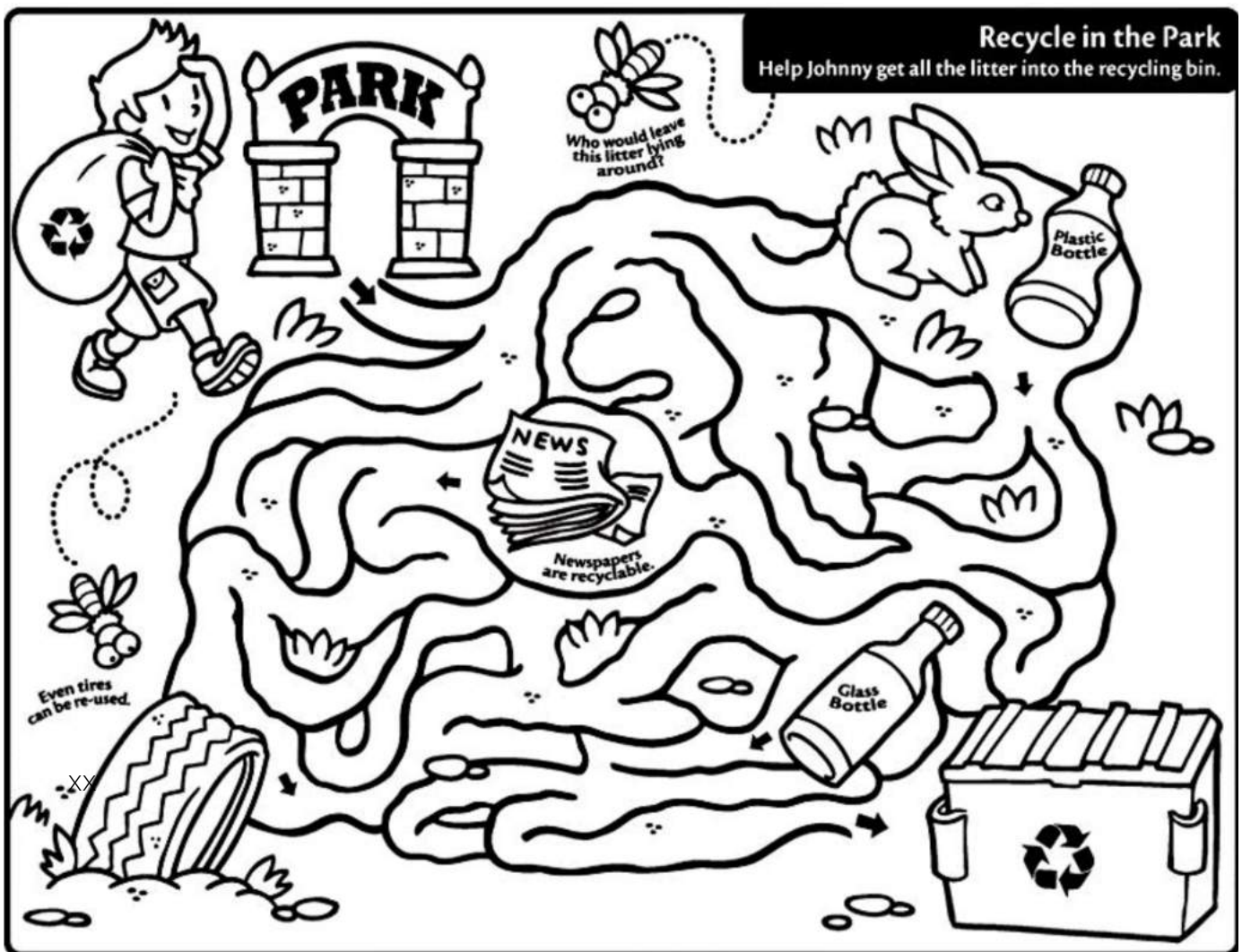
On April 22, 1970, twenty million Americans — 10% of the U.S. population at the time — took to the streets, college campuses and hundreds of cities to protest environmental ignorance and demand a new way forward for our planet.

April 22, 2020 will mark 50 years of Earth Day.

The theme for Earth Day 2020 is climate action. How will we celebrate and learn to caretake Mother Earth? At this time, we do not know. According to the earthday.org website "The

COVID-19 pandemic will affect most events."

Whether we celebrate outside with others or inside in virtual gatherings, Earth Day is a good time to remember that we are stewards of our planet and we should take good care of her!





HOW TO DISINFECT IN A TIME OF COVID-19

Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for at least 1 minute

To make a bleach solution, mix:

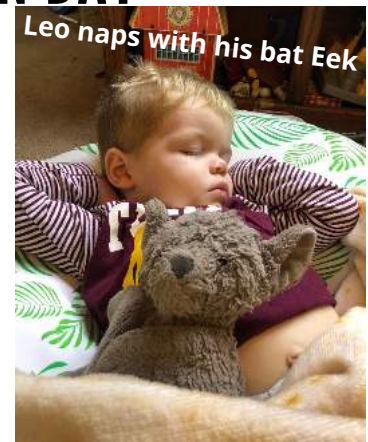
- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

- Alcohol solutions with at least 70% alcohol.

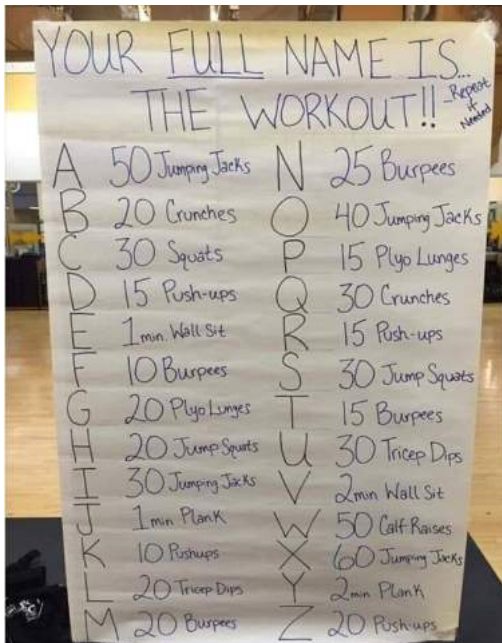


APRIL 17 IS NATIONAL BAT APPRECIATION DAY

- Bats are flying mammals.
- There are over 1000 different bat species.
- Bats are nocturnal (active at night).
- Most bats feed on insects, while others eat fruit, fish or even blood!
- Vampire bats have small and extremely sharp teeth which are capable of piercing an animal's skin (humans included) without them even noticing.



HOW TO EXERCISE - BY MATTHEW



Matthew "don't call me Matt" Stone's Internet buddy had a great exercise idea—use the letters of BOTH your first and last names to make up your own workout challenge. Matthew has decided to go by "Matt" for this challenge:

- M=20 burpees
- A=50 jumping jacks
- T=15 burpees
- T=15 more burpees
- S=30 jump squats
- T=15 more burpees,
- O=40 jumping jacks
- N=25 burpees
- E=1 minute wall sit

When we next see "Matt" he'll be fit and ripped! Or just exhausted... **Are you going to try this workout challenge?** Maybe give it a try by using only your first name. Go you!



HOW NOT TO EXERCISE - BY THEA

Thea is not exercising, instead she baked oatmeal bars with chocolate chips. They were gooey and yummy. As you see, Thea likes to eat her oatmeal bars with a spoon so she doesn't get chocolate under her nails and all over her keyboard.



WHAT HAVE WE BEEN UP TO?



Always the artist, Dylan has been working on his craft.

Carolyn has been fighting with her husband Steve!



Carolyn says: "Sheltered indoors my husband Steve isn't getting his normal Jiu-Jitsu workout so I did what any good wife would do." Go Carolyn!!

Note to self: Don't get Carolyn mad at me!



Is this the ghost of our burritos past? No, it's Leo, who refers to himself as "Yee-oh," the cutest burrito ghost EVER!



APRIL 30TH IS BUGS BUNNY DAY!

Looney Tunes Characters

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

- ELMER FUDD
- WITCH HAZEL
- BUGS BUNNY
- SPEEDY GONZALES
- PEPE LEPEW
- TWEETY
- DAFFY
- SYLVESTER
- WILEE COYOTE
- PORKY
- TINA
- YOSEMITE SAM
- TAZ
- MARVIN
- LOLA



Who is this clean-shaven dude?
 Matthew's quote: "The dream world is where the child lives. Growing older would not mean growing wiser if that world did not exist." --Mako

WHAT ARE WE DOING?



Chas vs weeds, who will win?

In these troubled times, there's one thing we've all been wondering about – *what about Nino?*



Nino sheltering in place with his dad



Good morning selfie



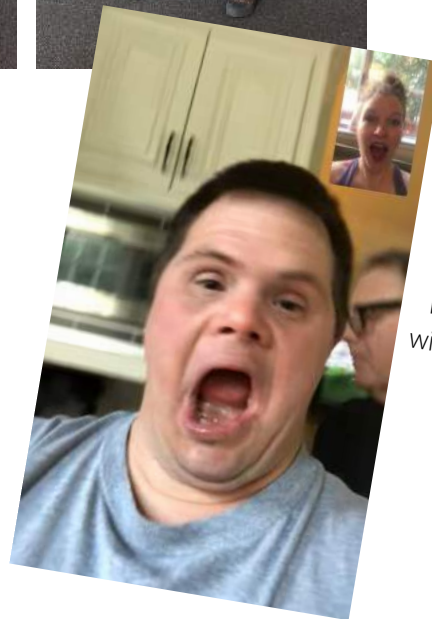
Remember when Nino asked to have his picture taken then made this face?



Remember when Nino modeled the new duds he bought with the money he made from the Honey Badger art show?



Remember when the city flushed out the fire hydrant near Life College? Nino was there.



Nino FaceTimes with Jennifer!

REMEMBER WHEN?



Remember when we took naps in hammocks, took a field trip to the City, shot Valentine flowers, went hiking, tried zip-lining, and just had fun?

The CH&S April 2020 newsletter...



Laundry

For clothing, towels, linens and other items

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake** dirty laundry.
- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from a sick person **can be washed with other people's items.**
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.

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