Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

A COMMUNITY OF WELLNESS

NEWSLETTER 2 - APRIL 2020

Colby Dudal

STAYING CONNECTED THROUGH THE SCREEN

Workplaces are currently adjusting to employees fulfilling duties remotely. This is leading to the creation of new ideas and innovations that maintain unity within the team and keep people social with each other.







HOW TO STAY CONNECTED

1. Virtual lunch - If you miss having lunch and socializing with your co-workers, you can still have lunch with the same group through Zoom. This is a good way to catch up and enjoy time with colleagues. Join Sarah Snyder and the group at Community Crossroads every Friday at noon for virtual lunch!

2. Team activities - Whether this involves reading the same article, attending a webinar together or participating in a weekly meditation group, participating in an activity together is a great way to stay connected and by partaking in something it takes your mind off COVID-19 thoughts for a little while.

HOW TO STAY CONNECTED

3. Frequent check-ins - It is important to have updates on what is happening in your workplace. Whether this check-in happens weekly, bi-weekly or at some other interval, it keeps staff in the loop in terms of what is going on within the workplace.

4. Share photos and videos - Whether it is photos of your pet, a meal you made the previous night or a meme, photos and videos are something that cheers everyone up!

Movie suggestions

There are many great family movies, television shows and documentaries on streaming platforms, here are a few that members of Community Crossroads' staff have recently watched and enjoyed!

1. **Wonder**
2. **Sea Gypsies: The Far Side of the World**
3. **Harry Potter series**
4. **A Beautiful Day In The Neighborhood**

COOKING WITH CROSSROADS

Gluten Free Cinnamon Sugar Cookies (Sammi's recipe)

2 TSP ground cinnamon, 1/8 cup of sugar and ¾ cup of sugar, 2 cups of almond flour, ½ cup of butter, 1 TSP vanilla, Pinch of salt

1. Preheat oven to 325
2. Line two cookie sheets with parchment paper
3. Mix 1/8 cup of sugar and 1 TSP of ground cinnamon in a small bowl an set aside
4. In a large bowl with a mixer combine the almond flour, ¾ cup of sugar, 1 tsp of cinnamon, vanilla and salt for 5 minutes.
5. Roll TBSP size balls and roll them in the cinnamon sugar mix.
6. Put on cookie sheet and flatten with spatula (or fork if you want designs)
7. Bake 6 minutes and alternate the racks that cookie sheets were on (move the top cookie sheet to the bottom rack and the bottom cookie sheet to the top rack) and bake an additional 6 minutes. Cool for 10 minutes and enjoy with a cup of tea!

The Grass - Emily Dickinson

The grass has so little to do, -

A sphere of simple green

With only butterflies to brood,

And bees to entertain

And stir all day to pretty tunes

The breeze fetch along

And hold the sunshine in its lap

And bow to everything

An thread the dews all night, like pearls

And make itself so fine

A duchess were too common

For such a noticing

And even when it dies, to pass so divine

As lowly spices gone to sleep, or amulets of pine

And then to dwell in sovereign barns,

And dream the days away -

The grass has so little to do,

I wish I were the hay!!

PETS OF COMMUNITY CROSSROADS



Meet Nikki, an 11 year old Australian Shepherd/Malamute mix! She is enjoying her favorite toy/snack combination. (Dennis)



Meet Daisy, a 5 year old rescue dog! She came from Georgia and gets very excited to see snow each year (Jennifer Havel)



Meet Andy, a 2 year old Delta Tale Male Betta fish!

CHECK OUT OUR WEBSITE

Meet The Board...Dawn George


"EVERYTHING
WILL BE OKAY
IN THE END
IF IT'S NOT OKAY
IT'S NOT THE END"
*JOHN LENNON