

VOLUME 48 • DECEMBER 2024

THE COMMUNITAS CHRONICLE

ISSUED BY YOUR PEERS

Communitas

Empowering people. Enriching lives.

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TAKE A PEEK!



Happy 55th anniversary to
Frosty the Snowman!



Happy Gingerbread House Day!



Happy Humbug Day!



Happy National Cookie Day!



Happy 60th anniversary to
Rudolph the Red-Nosed Reindeer!



Happy 35th anniversary
to *The Simpsons!*



Happy Go Caroling Day!



WHAT'S POPPIN'

Pop Culture & Celebrity News

By: Mike B

The original members of Journey came together in San Francisco, CA in 1973 under the auspices of former Santana manager Herbie Herbert. Originally called the Golden Gate Rhythm Section and intended to serve as a backup group for established Bay Area artists, the band included Santana alumni Neal Schon on lead guitar and Gregg Rolie on keyboards and lead vocals. Bassist Ross Valory and rhythm guitarist George Tickner, both of Frumious Bandersnatch, rounded out the group. Prairie Prince of The Tubes served as drummer. After one performance in Hawaii, the band quickly abandoned the "backup group" concept and developed a distinctive jazz fusion style. After an unsuccessful radio contest to name the group, roadie John Villanueva suggested the name "Journey". The band's 1st public appearance came at the Winterland Ballroom on New Year's Eve 1973 to an audience of 10,000. On the following day, the band flew to Hawaii to perform at the Diamond Head Crater to a larger audience. Prairie Prince rejoined The Tubes shortly thereafter; on February 1st, 1974, the band hired British drummer Aynsley Dunbar, who had recently worked with David Bowie and had been a member of the second iteration of Frank Zappa's Mothers of Invention. The new line-up made its debut on February 5th, 1974, at the Great American Music Hall in front of Columbia Records executives and secured a recording contract with the label. The band went on to perform at venues around the Bay Area. Journey went into CBS Studios in November 1974 with producer Roy Halee to record its debut album, *Journey*. The album was released in April 1975, entering the Billboard charts at No. 138. Rhythm guitarist Tickner left the band due to the amount of heavy touring the band was doing in promoting the album, allowing Schon to take on full guitar duties. The band entered the studio again in late 1975 to record *Look into the Future*, which was released in January 1976 and entered the Billboard Top 200 charts at No. 100. The band promoted the album with a 2-hour performance at the Paramount Theatre in Seattle, WA which later aired on the radio as touring continued to promote the album. From May to October of 1976, the band went to His Master's Wheels Studios to record its 3rd studio album, titled *Next*, which like its predecessor was produced by the band. This album had a much more commercial sound, while keeping the band's jazz fusion and progressive rock roots intact. The album was released in February and charted on the Billboard Top 200 at No. 85. However, sales didn't improve, and Columbia Records was on the verge of dropping the band.

According to the Recording Industry Association of America, Journey has sold 48 million albums in the U.S., making them the 25th best-selling band. Their worldwide sales have reached over 80 million records globally, making them one of the world's best-selling bands of all time. A 2005 USA Today opinion poll named Journey the 5th-best U.S. rock band in history. Their songs have become arena rock staples and are still played on rock radio stations around the world. Journey ranks No. 96 on VH1's 100 Greatest Artists of All Time.

Me and my parents like Journey because it's one of the most wondrous Rock bands in the early 80's. Before I started listening to Journey, I was watching a trailer to Mr. Deeds until the song called Don't Stop Believin pops up. After the song was over, I absolutely loved it because this is the first time I ever listened to them. As for me, I must give Journey another A.



THE HARDEST WORKING

Typed Up By:

MAN WE KNOW

Voc Group

EVERY YEAR IN THE MONTH OF DECEMBER, A JOLLY MAN DRESSED IN RED VISITS FAMILIES ALL OVER THE WORLD. THIS MAN WORKS FOR 24 HOURS, ONCE A YEAR. IN THOSE 24 HOURS, THIS MAN BRINGS GIFTS, HAPPINESS, AND PRECIOUS MEMORIES TO ALL WHO BELIEVE. WE LIKE TO CALL THIS MAN SANTA CLAUS. OTHER NICKNAMES FOR SANTA INCLUDE, KRIS KRINGLE, OLD SAINT NICK, AND FATHER CHRISTMAS. INTERNATIONALLY HE IS REFERRED TO AS BABBO NATALE (ITALY), PAPA NOEL (SPAIN), PERE NOEL (FRANCE) AND TONTON NWÈL (HAITI).

WE AS A VOC GROUP RECOGNIZE THAT WITH SUCH AN IMPORTANT JOB, SANTA NEEDS TO BE PREPARED FOR HIS BIG DAY AT WORK. FIRST, SANTA NEEDS TO GET READY. SANTA SHOULD BRUSH HIS TEETH BEFORE BED. HE SHOULD GET A GOOD NIGHT'S REST. IN THE MORNING, WAKE UP ON TIME! CAN YOU IMAGINE IF SANTA DIDN'T SET AN ALARM AND WOKE UP LATE FOR HIS DAY AT WORK? IF HE DIDN'T TAKE THE STEPS TO GET READY FOR WORK HE MIGHT NOT LOOK APPROPRIATE, HE MIGHT NOT SMELL CLEAN AND MIGHT BE GROUCHY FROM LACK OF SLEEP/PREPARATION. AT ANY JOB, THE STAFF MUST KEEP CLEAN HYGIENE AND GOOD ENERGY TO FOLLOW THROUGH WITH TASKS.

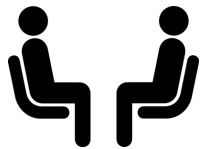
WE HAD A DISCUSSION, TALKING ABOUT WHAT IF SANTA DID NOT SHOWER BEFORE WORK AND CAME UP WITH THIS CONCLUSION; WITH HIM TRAVELING THROUGHOUT THE ENTIRE WORLD, IT IS IMPERATIVE THAT SANTA IS SQUEAKY CLEAN BECAUSE OTHERWISE HE MIGHT SPREAD GERMS TO THE WORLD. IN ADDITION TO THAT, WE EXPECT SANTA TO SMELL LIKE CANDY CANES AND HOT COCOA, IF HE WERE TO NEGLECT SHOWERING, HE MIGHT SMELL LIKE STINKY SOCKS, LIKE THE GRINCH!

IN CONCLUSION, THANKFULLY THIS MAN TAKES HIS JOB SERIOUSLY! WE USE HIM AS A MOTIVATION TO BE IN OUR BEST CONDITION WHEN WE PREPARE OURSELVES FOR A DAY AT WORK! THERE ARE A LOT OF COMPARISONS BETWEEN WHAT SANTA HAS TO DO TO GET READY FOR WORK AND WHAT WE ALSO HAVE TO DO TO BE OUR BEST AT OUR JOB SITES!



MAGICAL HOLIDAY WISHES TO ALL,
VOC CLASS





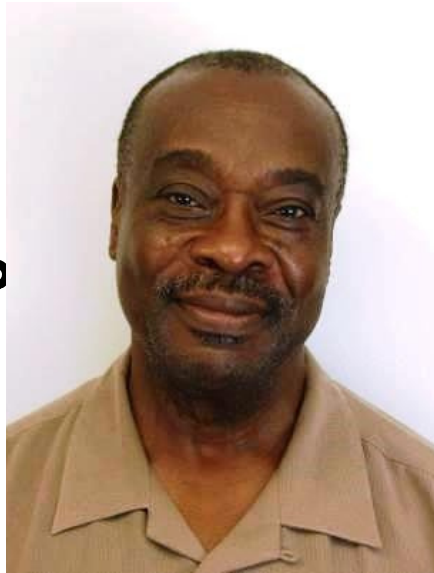
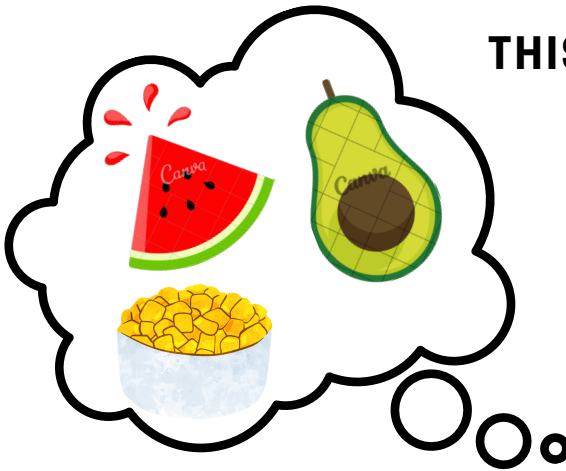
GETTING TO KNOW YOU..



SHARPENING OUR SOCIAL SKILLS ONE INTERVIEW AT A TIME

Conducted by: Upward

THIS MONTH'S SPOTLIGHT:
Jeannot M.



- 1) What is your favorite thing to do outside of Communitas? *"I like to read, spend time with my wife, family, particularly my grandkids."*
- 2) What are your favorite TV shows? *"I love to watch Jeopardy!"*
- 3) Do you like music? If so what kind? *"Yes, I love music! Specifically my Haitian Compas and some Classical."*
- 4) How long have you been at Communitas? *"I have been working here for 14 years!."*
- 5) What are some of your favorite memories of Communitas? *"Dancing to 'Pata Pata' with the staff and Pink Princess! Also, playing soccer!"*
- 6) What is your favorite thing to eat? *"Avocado with 'Mais Moulus' (Ground Corn)."*
- 7) Favorite thing to do on the weekends? *"Time with my 4 grandsons and listen to my What's-App show called 'Domincal Mass'."*
- 8) Do you have a job? What do you do? *"Yes, I have worked for WCI in Waltham for 26 years, in the residential section. I am also a mentor here at Communitas. "*
- 9) If you had a million dollars what would you do with it? *"Build a modern high school in my village in Haitian and share the rest with my family and friends."*
- 10) What message do you want to share with your peers? *"Always do your best to become the best on what you're doing and have positive ideas!"*

WHAT TO WATCH: SONIC THE HEDGEHOG 3

When is it released? December 20th, 2024. Before Christmas

How long is the movie? 1 hour and 49 minutes

Is it a sequel to another movie? Yes

Who are the main characters? Sonic the Hedgehog, Miles "Tails" Prowler, Knuckles the Echidna, Tom Wachowski, and Maddie Wachowski.

Name 5 of the actors: Jim Carrey, Ben Schwartz, Colleen O'Shaughnessy, Idris Elba, and Kenau Reeves.

Who are the main characters? Jake Sully, Neytiri, Neteyam, Lo'ak Tuktirey (Tuk) Kiri and Miles "Spider" Socorro.

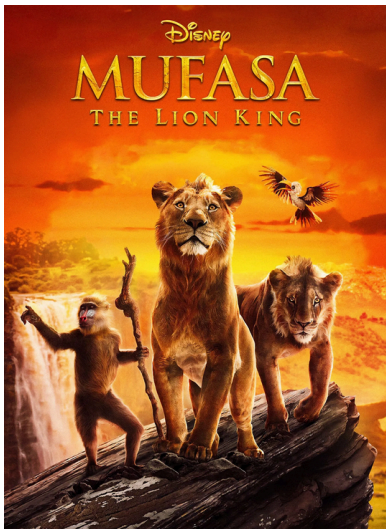
Who are the villains? Dr. Ivo Robotnik, Gerald Robotnik, Agent Stone, and Shadow the Hedgehog.

How can we watch this movie? In the movie theaters

What is your favorite part? Sonic is going fast

Extra notes: Sonic 3 adds the ability for Tails to fly for a short time by spinning his twin tails like a helicopter rotor. Unlike Sonic, Tails can also swim underwater. Sonic 3 takes place over six zones, each divided into two acts. Levels are populated with "badniks", robots created by the villain, Dr. Robotnik.

By: Connor S.



The movie is called Mufasa: The Lion King. It is about back when Mufasa and Taka who become Scar set out to find the answers about who wants to be king. The main characters are Mufasa, Taka aka Scar, Rafiki, Pumbaa, Timon, Sarabi, Simba, Kiros, Eshe, Obasi, Kiara, Zazu, Afia, and Masego. The good guys are Mufasa, Rafiki, Pumbaa, Timon, Sarabi, Simba, Eshe, Obasi, Kiara, Zazu, Afia, and Masego. The villains are Taka aka Scar, and Kiros. The actors are Aaron Pierre, Kelvin Harrison Jr., John Kani, Seth Rogen, Billy Eicher, Tiffany Boone, Donald Glover, Mads Mikkelsen, Thandiwe Newton, Lennie James, Blue Ivy Carter, Beyonce Knowles-Carter, Anika Noni Rose, and Keith David. The movie takes place in Africa. The movie also takes place in 2021. Adele Romanski and Mark Ceryak produced this movie. You can watch it in theaters. I love this movie because I love The Lion King franchise so much. Other people should watch it because it's based on The Lion King franchise. My favorite part of the movie was when Mufasa and Taka aka scar tried to swim away from the crocodiles. The movie is 1 hour and 58 minutes.

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CALENDAR UPDATES – DECEMBER



Happy Winter!

12/1 - National Christmas Lights Day,

12/3 - International Day of Persons with Disabilities,

12/21 - Winter Solstice, 12/24 - Christmas Eve, 12/25 - Christmas Day,

12/25 - Hanukkah Begins, 12/26- Kwanzaa Begins,

12/31 -New Years Eve

BIRTHDAYS:

Alisha, Anthony Z, Goldie, Ashley L, Rachel, Andrew, Patrick O, & Theo!



NURSING NOTES

THIS MONTHS SPOTLIGHT:



LAURA MONAHAN, RN BSN
WOBURN
HEALTH CARE
COORDINATOR
LMOHAN@COMMUNITASMA.ORG

GROUNDING TECHNIQUE FOR STRESS/ANXIETY

THIS TIME OF YEAR CAN BE HECTIC WITH MANY OUTINGS AND OBLIGATIONS.

IF EVER WE FEEL STRESSED OR ANXIOUS, WE SHOULD STOP AND GIVE OURSELVES A FEW MOMENTS TO DO THE FOLLOWING 5-4-3-2-1 TECHNIQUES THAT WILL TAKE US THROUGH EACH OF OUR FIVE SENSES TO HELP REMIND US OF THE PRESENT.

ANYONE CAN DO THIS CALMING PRACTICE!

5 THINGS YOU SEE

-LOOK AROUND FOR FIVE THINGS YOU CAN SEE FROM WHERE YOU ARE...

EXAMPLES:TREES OUT A WINDOW, YOUR PHONE, WATER BOTTLE ON A TABLE, PICTURE ON THE WALL, CLOCK ON WALL

4 THINGS YOU CAN FEEL

-NOTICE FOUR THINGS THAT YOU CAN FEEL. PICK AN OBJECT IF YOU CAN AND NOTICE IT'S TEXTURES AND WEIGHT THAT YOU CAN FEEL...

EXAMPLES: SHIRT YOU ARE WEARING, SUNSHINE ON YOUR SKIN, HAIR ON YOUR HEAD, PHONE IN YOUR HAND

3 THINGS YOU CAN HEAR

-LISTEN FOR A MOMENT TO YOUR SURROUNDINGS.. WHAT CAN YOU HEAR? TRY TO FOCUS ON THINGS THAT YOU CAN HEAR OUTSIDE YOUR BODY...

EXAMPLES:THE AIR PURIFIER BLOWING, A CLOCK TICKING, SOUND OF TRAFFIC OUTSIDE

2 THINGS YOU CAN SMELL

-NOTICE THE SMELLS AROUND YOU. IF THERE ISN'T ANYTHING NOTICEABLE, LOOK FOR SOMETHING THAT MIGHT HAVE A SCENT NEARBY...

EXAMPLES: SCENT OF LAUNDRY DETERGENT ON YOUR CLOTHES, CANDLE ON A TABLE

1 THING YOU CAN TASTE

-THIS CAN BE DIFFICULT IF YOU AREN'T CURRENTLY TASTING ANYTHING. TRY EATING A MINT, BRUSH YOUR TEETH WITH TOOTHPASTE.

EXAMPLE: TOOTHPASTE, SIP OF TEA OR JUICE, FRESH AIR..

JOURNEY Lakes

By: Andrew, Patrick O & Jack.

NEW WINTER SPORTS



ICE HATING



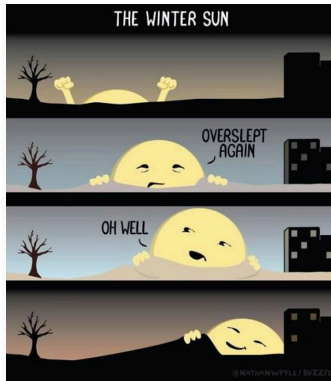
NO-MOBILING



SNOW SHOO-ING



CROSS-COUNTRY FLEEING



BY:

Humza



WHERE DO ME AND FAIZAN GO? ME AND FAIZAN WANT TO GO TO OUR AUNTIE'S PLACE IN SPRINGFIELD, MA INCLUDING OUR IDEA SO WE CAN VISIT SISTERS IN LAWS C/O HUSBANDS ADDED WITH THEIR CHILDREN AS WE TALKED TO GRANDMA AND HER DAUGHTER C/O IN LAW. GRANDMA BEGGED ME AND FAIZAN INCLUDING MOM AND OUR AUNT BY MOM'S SIDE TO COME TO OUR HOUSE NEAR SPRINGFIELD, MA AND THEIR CHILDREN. WE SHOULD GO WITH MOM AND DAD BEFORE NEXT YEAR PASSED ON ANOTHER MONTH AFTER FIREWORKS AND NEW YEAR'S EVE SOON AND SPEND WONDERFUL TIME THERE.



DJ MATT'S PLAYLIST

FOLLOW ME



- 1) Last Christmas - Veronica Bravo
- 2) Let It Snow - Dean Martin
- 3) Winter Wonderland - Bing Crosby
- 4) Do You Hear What I Hear? - Whitney Houston
- 5) Here Comes Santa Claus - Gene Autry
- 6) We Need A Little Christmas - Johnny Mathis
- 7) All I Want For Christmas Is You - Mariah Carey
- 8) Light One Candle - Peter, Paul, and Mary
- 9) Chanukah, Oh Chanukah - Pentatonix
- 10) Bohemian Chanukah - Queen Adaptation



FUN FACTS ABOUT THE PRINCESS AND THE FROG

BY: PATRICK P

I am writing about **The Princess and the Frog** because it marked its 15th anniversary. This movie was premiered in both Los Angeles and New York City on November 25, 2009 and across the United States on December 11, 2009. The film draws inspiration from the fairy tale **The Frog Prince**. **The Princess and the Frog** marks Disney's return to traditional hand-drawn animation since **Home on the Range** (2004). It was directed by Ron Clements and John Musker. The is Walt Disney Animation Studios' first musical film in which all of the voice actors do both the speaking and singing parts since **Beauty and the Beast** (1991). Anika Noni Rose provided the voice for Princess Tiana. The first Disney movie to feature an African-American princess. The film features an incredible soundtrack. **The Princess and the Frog** received critical acclaim. First Disney film since **The Lion King** (1994) to have more than one song be nominated for Best Original Song at the Academy Awards. The film was a box-office success. **The Princess and the Frog** emphasizes the importance of hard work and following one's dreams. The character of Prince Naveen adds a touch of humor to the story. **The Princess and the Frog** features stunning animation. The film addresses themes of love, friendship, and self-discovery. **The Princess and the Frog** showcases the rich cultural heritage of New Orleans. The supporting characters in the film are memorable and lovable. **The Princess and the Frog** teaches valuable lessons about acceptance and inner beauty. The film includes a touching tribute to the late actress and singer, Anika Noni Rose. **The Princess and the Frog** features a memorable villain. The film's animation team conducted extensive research on New Orleans. **The Princess and the Frog** promotes the importance of family and community. The movie features a memorable soundtrack. **The Princess and the Frog** was praised for its positive portrayal of African-American culture. Tiana's determination to achieve her dreams resonates with audiences. The film's message of resilience and overcoming obstacles is universal. **The Princess and the Frog** broke barriers by featuring an interracial romance. The film's animation was a combination of hand-drawn and computer-generated techniques. **The Princess and the Frog** was the first Disney Princess film set in the United States. The movie captures the essence of the Jazz Age. **The Princess and the Frog** delivers important messages about perseverance and never giving up. The film's release coincided with the 2009 New Orleans Film Festival. **The Princess and the Frog** has become a beloved addition to the Disney Princess franchise. The movie's success led to the creation of a popular themed area at Disney theme parks. **The Princess and the Frog** was nominated for three Academy Awards. The film's message of following one's dreams continues to inspire audiences. **The Princess and the Frog** showcases the power of friendship. The movie's impact extends beyond the screen.



Happy 15th anniversary
to Disney's
*The Princess and the
Frog!*

The Mayan- People

BY: TOMMY D



Merry Christmas!



The Mayan people were Mesoamerican culture which is from 250 ce to 900 ce (meaning "Common Era"). The Mayan civilization had more than 40 cities, each with people between 5,000 and 50,000. They lived in the northwestern area of Central America. They were greatly well known for developing calendar systems that were intricate. They were also known for their stone buildings which comprised of pyramids and temples. The Mayan people were even the first people to put into practice the theory of zero. The Mayan people resided in regions of Central America and Mexico. Some of the countries they lived in are Guatemala, Honduras, Belize, El Salvador and Nicaragua. The majority of the Mayan people lived in huts that they built from wood or palm fiber and then they covered them with mud. They also fabricated cities with complex stepped stone pyramids, asphalted roadways, raised walkways, wide plazas, and shrines for spiritual offerings. Dignified palaces for the godly rulers were at the center of each city. The Mayan people planted crops such as corn, beans, squash, cassava, tomatoes, sweet potatoes, and papaya. They used slash-and-burn farming, along with irrigation and patio. They devoted flora & fauna deities, inclusive of gods of the sun, moon, rain, and corn. In saintly formalities, they assassinated people they apprehended during fights. The Mayan children form aristocratic kinsfolk studied math, science, writing, and cosmology, but impoverished children only learned their parent's jobs.



Thanksgiving is a time when families and friends come together to celebrate gratitude and enjoy a bountiful feast. The essence of this holiday often revolves around working together in the kitchen to prepare a delicious meal. This collective effort enhances the experience, creating a sense of community and shared accomplishment. As the aroma of roasted turkey, savory stuffing, and freshly baked bread fills the air, the Thanksgiving feast becomes more than just a meal—it's a celebration of unity, gratitude, and togetherness.



Feast* Mode





Woburn Communitas
is collecting gently worn

Winter Essentials

(Hats, Scarves, Mittens)

TO DONATE TO:



Amirah

“Amirah provides aftercare, resources, and opportunities to adult women who have experienced different forms of exploitation. We do this by offering residential opportunities, wrap-around services, and external education, all with the goal of helping women leave poverty, addiction, and exploitation behind.”

WHERE TO DONATE:

Woburn Communitas Day Program
9D Forbes Road, Woburn MA

781 365 1350

Donate By:
February 7th
2025



HAPPY
NEW
YEAR

2025