

# Community Participation During Covid-19; Maximizing Technology

Recover, Rebuild, and Reform



# Recover

- Access Tech
- Flexibility

# Rebuild

- Digital=safety
- New programs

# Reform

- “without walls”
- Continue with discovery



# Recover:

## Define

- to return to a normal state of health, mind, or strength. To find or regain possession of (something stolen or lost).

## Problem

- We assumed we would “wait until its over and go back to normal”

## Answer

- Technology and flexibility



# Recover: Technology



- Team meetings through GTM
- Train staff



# Recover: Flexibility



- Cohesive teamwork
- Change framework around community participation
- Delivery of supplies



# Rebuild:

## Define

- build something again after it has been damaged or destroyed.

## Problem

- Clients at home

## Answer

- Digital is safe
- New programs



# Rebuild: New Programs

- ▶ Happiness Deliveries
- ▶ Remote Activities
- ▶ Activity Website
- ▶ Daily Activity Packets
- ▶ Safety Committee



# Rebuild: Safety Committee

Weekly team meetings

Safety precautions &  
Tool Kit

Vaccination status

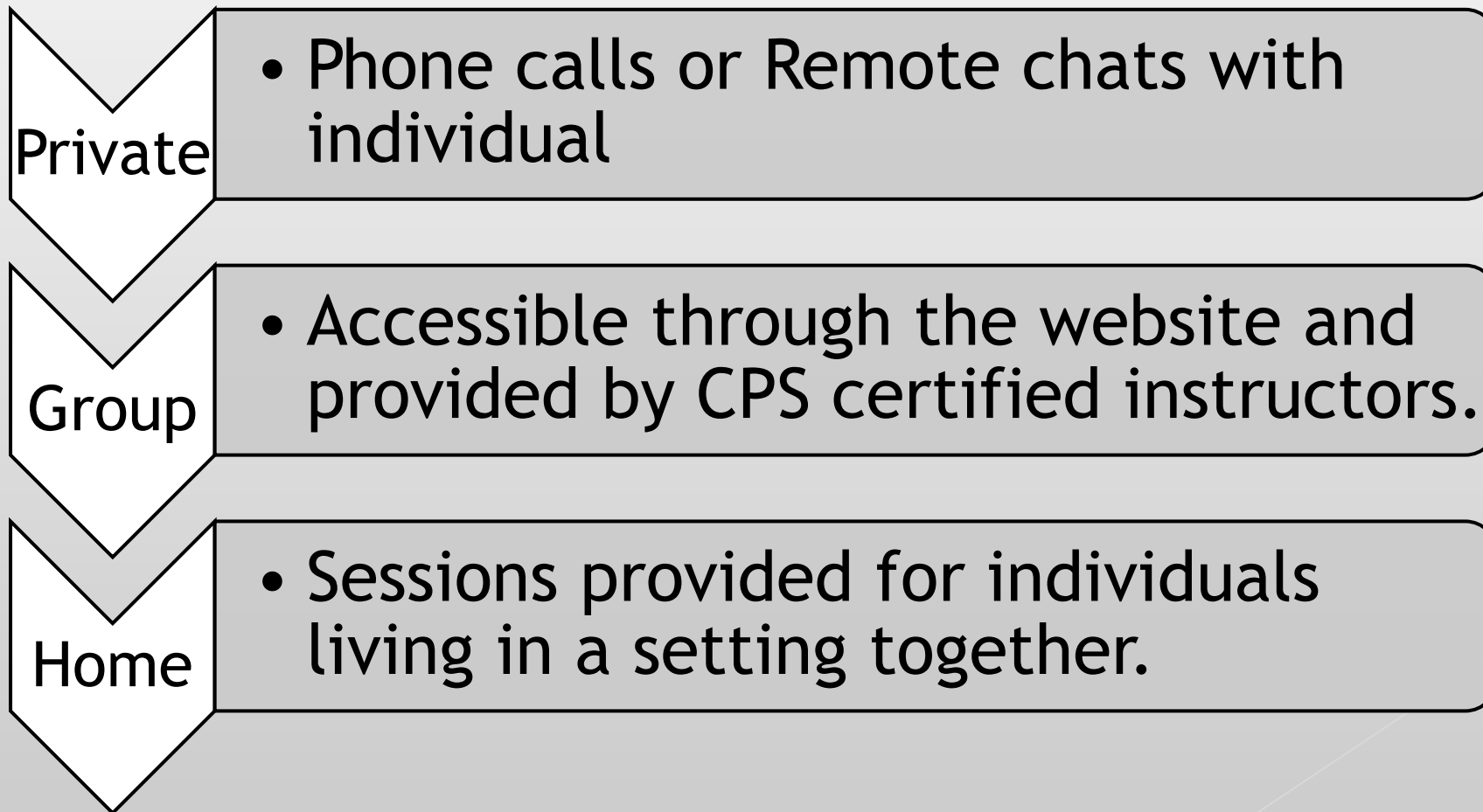
Recommend community  
participation safely





# Rebuild:

## Remote Activities Structure



# Rebuild: Remote Activities Offered



- Cooking
- Drawing
- Culture Exploration
- Sing-a-Long
- Sports Net
- Bingo
- Online Games
- Personality Quiz
- Chair Yoga
- Greenhouse Tour



# Rebuild: Remote Activities


Anyone can register an individual for class. Visit the link [Click Here for Remote Activities](#)

The screenshot shows a website interface with a teal background. At the top, there are six rounded rectangular navigation buttons: 'HOME', 'Remote Activities' (highlighted in yellow), 'Videos', 'Science', 'Arts', and 'More...'. Below the navigation is the main heading 'Remote Activities' in a large, dark font. Underneath the heading is a sub-heading: 'Register for any of these virtual sessions. Classes are weekly and ongoing.' Below this are three activity cards, each with an illustration and a text box. The first card is for 'Bingo', showing a bingo card and markers. The second is for 'Art & Craft Time', showing various craft supplies like yarn and fabric. The third is for 'Dance Party', showing silhouettes of people dancing against a background of colorful circles.

HOME Remote Activities Videos Science Arts More...

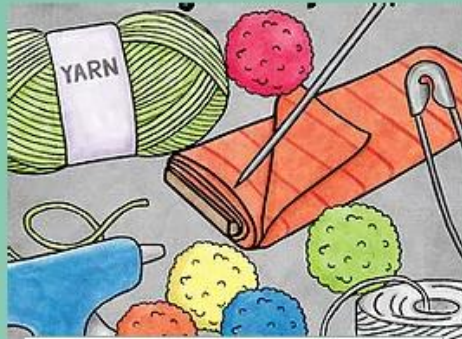
## Remote Activities

Register for any of these virtual sessions. Classes are weekly and ongoing.




**Bingo**

Have fun and laugh playing bingo for one hour with friends  
Each Wednesday @ 12:30pm



**Art & Craft Time**

Let your crafty vibes shine bright with drawing, crafts, or doodling.  
Every Friday @ 10am



**Dance Party**

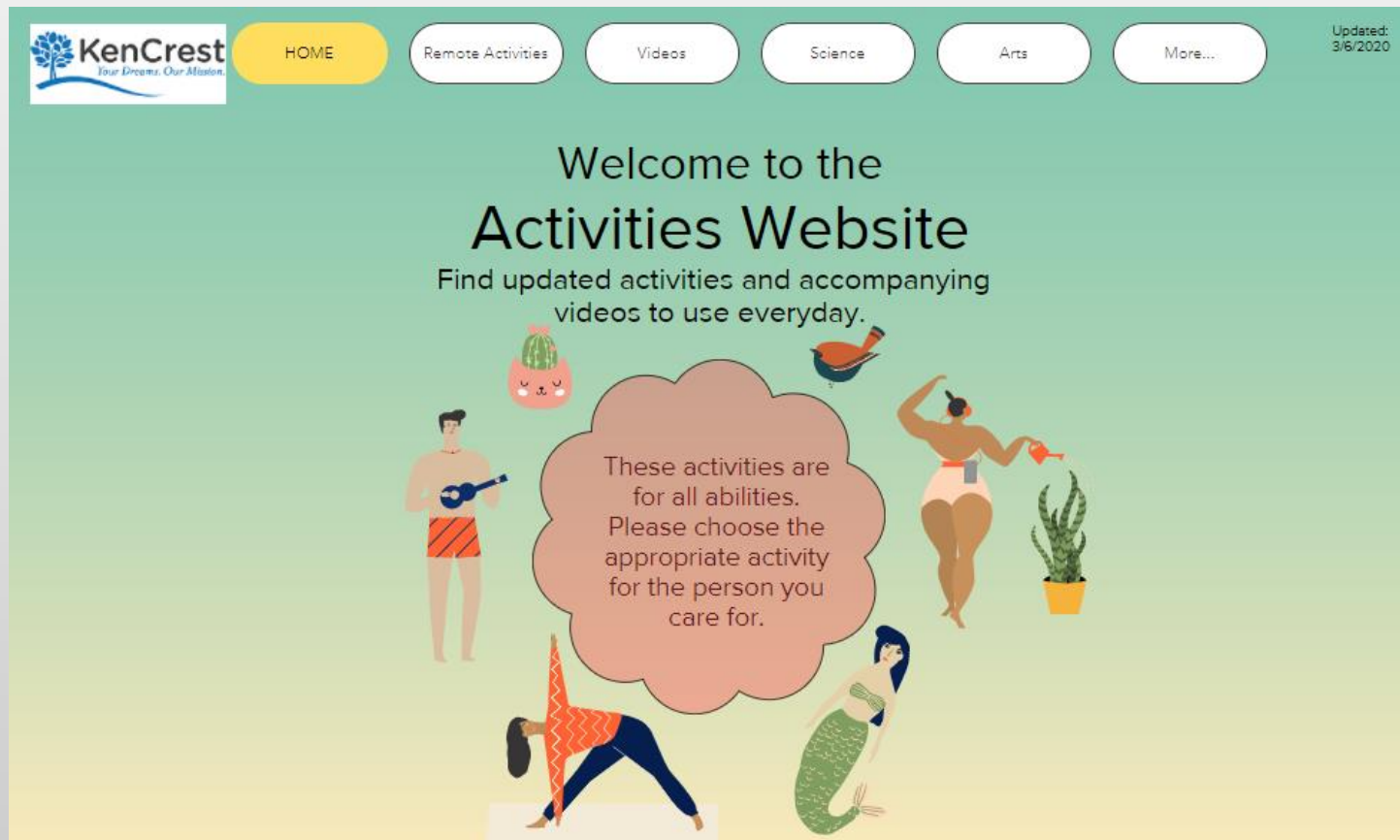
Use your body with zumba, dancing, yoga, and more!  
Every Thursday @ 11am  
[REGISTER HERE](#)

?utm\_campaign=vir\_wixad\_live&adVersion=white&orig\_msid=140d99e3-f6fb-4d07-a2f4-30843f603c29



# Rebuild: Activity website

The activity website is available 24/7 for access to science, arts, history, health, recipes, and advanced learning.



# Reform:

## Define

- make changes in (something, typically a social, political, or economic institution or practice) in order to improve it.

## Problem

- Are these changes permanent?

## Answer

- Continue new programs and discovery



# Reform:

Continue  
new  
programs

Discovery of  
new skills

Reduce 1:1  
supports

Metrics

Increase  
CPS hours

Increase  
CPS  
Participants

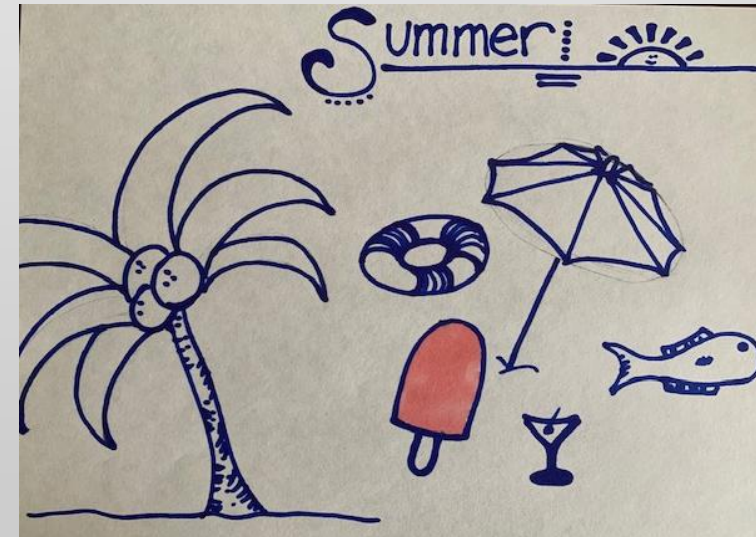
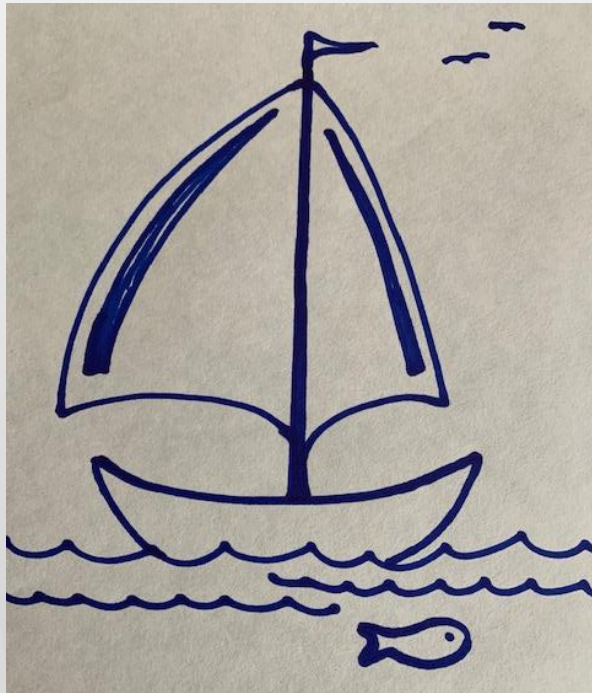
Weekly  
discussion

Tool kit to  
ensure  
Covid safety

Balance  
safety with  
desire



# Reform: Remote Activities Examples



# Reform: Daily Activity Packets

## Topics include:

- ▶ Upcycling/easy crafts
- ▶ Home gardening
- ▶ Science experiments
- ▶ Positive mental health suggestions
- ▶ Weather and seasons

## Daily Activity Ideas

March 11, 2021

Click on: <https://ginacincotta.wixsite.com/kencrest/remote-activities>  
to register for virtual classes

Do something for yourself	<ul style="list-style-type: none"><li>• Listen to relaxing music (see attached)</li></ul>
Do something for your future	<ul style="list-style-type: none"><li>• Do a maze (see attached)</li><li>• Making a rainbow volcano (see attached)</li></ul>
Do something for others	<ul style="list-style-type: none"><li>• Make Lemonade with a friend or roommate (see attached)</li></ul>
Extra Activities	<ul style="list-style-type: none"><li>• Draw an egg (see attached)</li></ul>

Check out the website:

<https://ginacincotta.wixsite.com/kencrest>

for updated science, health, history, coloring pages, tech fun,  
and lots of fun, educational videos.

Contact Gina Cincotta if you have any questions  
Text/call 610-416-6266 or [gina.cincotta@kencrest.org](mailto:gina.cincotta@kencrest.org)





# Reform: Examples

## Re-grow Your Food Scraps

Use your food scraps to grow more food!  
Green onions are the easiest and fastest to re-grow.

Cut off the root ends of green onions as seen below.



Place the root ends in water or dirt in a small jar. Place by a sunny window and watch them grow. See below. Use them in recipes by cutting off the green tops with scissors.



## The Best Morning Ideas

Start your routine with any of these ideas....



## Meatball Boats

### INGREDIENTS

1 lb. ground beef  
1 large egg  
1/3 c. breadcrumbs  
1/4 c. Parmesan cheese  
2 garlic cloves, minced  
1 tbsp. chopped parsley  
1/2 tsp. salt  
Freshly ground black pepper  
1 tbsp. olive oil  
2 c. marinara sauce  
4 hoagie rolls  
12 slices provolone



### DIRECTIONS

Preheat oven to 375° F.

In a large bowl, combine ground beef with egg, breadcrumbs, parmesan, garlic and parsley. Season with salt and pepper. Form into 12 evenly sized balls.

In a large skillet over medium heat, heat oil. Cook meatballs until they are seared on all sides, about 4 minutes. Then add marinara sauce and cover with a lid. Cook until meatballs are no longer pink, about 8-10 minutes more.

Hollow the top of your hoagie roll out to make a boat. Lay three slices of provolone over the roll to cover the hollowed out area and bake for 5 minutes, until melted. Then place four meatballs on top of the cheese in a row. Place in the oven and bake 6-8 minutes more. Broil if desired. Top with additional parmesan and parsley if desired and serve.

Easy Directions: buy frozen meatballs, defrost them, and follow the rest of the recipe

## Relaxing Music Playlist



Stand By Me - Ben E. King  
World Spins Madly On - The Weepies  
Dreams - Fleetwood Mac  
Wonderful Tonight - Eric Clapton  
Yellow - Coldplay  
Gravity - John Mayer  
Tiny Dancer - Elton John  
Heaven - Kane Brown  
Hey Jude - The Beatles  
You're Still The One - Shania Twain  
Shallow - Lady Gaga  
Small Bump - Ed Sheeran  
I Guess that's Why They Call It the Blues - Elton John  
Dust in the Wind - Kansas  
Take it to the Limit - Eagles  
Young at Heart - Frank Sinatra  
Hold my Heart - Sara Bareilles  
Coat of Many Colors - Dolly Parton  
Take Me Home, Country Roads - John Denver



# Conclusion

- Permanent changes
- New Programs
- Flexible mindset

