

\$ CALL FOR \$ SUPPORT

THANK YOU ... for perusing the pages of our zany zine!

If you share our vision for inclusive community rooted in mutual respect and dignity for all, please consider supporting The Wayfaring Band with a **tax-deductible donation**.



Tight budget? No sweat! Join our crew of emerging philanthropists, and set up a **recurring monthly gift** for a smaller, more manageable amount instead.



ONLINE DONATIONS can be made by visiting our website:

www.thewayfaringband.com/donate



CHECKS can be made out to The Wayfaring Band and mailed to:

3327 Brighton Blvd. Denver, CO 80216

I THINK YOU'RE PRETTY SWEET



A low bun friends to follow

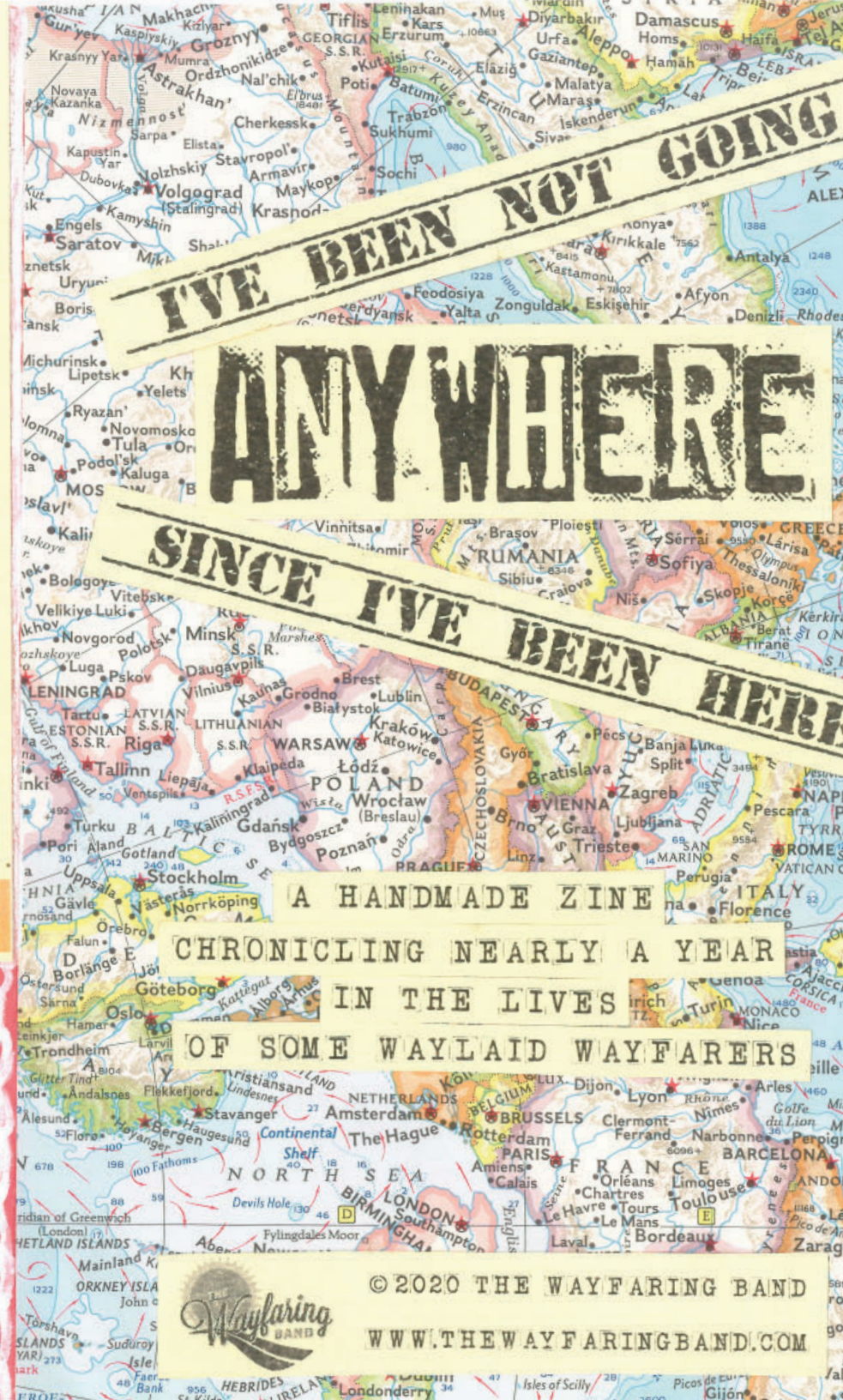


TABLE OF CONTENTS

Letter from the Editors.....1
 Quarantine Diaries.....2
 Talking Heads.....4
 Everybody In.....5
 Original Song: "Thankful".....6
 Band Member BINGO.....8
 Crip Camp Class Notes.....9
 Happy Hour Invitation.....11
 Hodson's Horoscopes.....12
 Word Search.....14
 Caregiving in Quarantine.....15
 BIPOC Caucus: Anti-racism Discussion Group.....16
 Anatomy of an Ethiopian Meal.....20
 Vegan Sunshine Soup Recipe.....21
 Where Should I Go? (One Day, Not Now, Obviously)...22
 Poem: "Wayfare Friends".....24
 The Junk Drawer.....25
 Dance Break!.....26
 Jareth's Top 5 Good Things About 2020.....28
 Contributors and Cameos.....29
 Call for Support.....Back Cover

This project was generously sponsored
 by our badass champion chums
 at PASCO Home Health Care Services.

www.pascohh.com



POWER TO THE PEOPLE!


"I've been not going anywhere
 since I've been here." -- Taj M.

CONTRIBUTORS

ANDREA MOORE	CHRIS PATTON	KENDALL HAGAR
ANDY THOMAS	FAITH VIDRINE	SEAN HODSON
ANTHONY TORRES	ISAIAH PLACENCIA	SOPHIE TURNER
BETHANY POTTER	JARETH J. CHARLES	@VIVRANT_VISUA
BIPOC CAUCUS MEMBERS	JEN GANUN	

COMEDOS

Amarda Leonard · Angela Augur · Anne Patton ·
 Brittany Murdock · Carol Meredith · Carter Wilson ·
 Casey Gunning · Conor Coleman · David Ojile · Derek
 Veldkamp · Drew Griffin · Erik Johnson · Erin
 Gallagher · Greg Hauserman · Holly K. Hurd · Ian Brennan ·
 James Ingham · Jared Sacramento · Jim Brennan ·
 Jocelyn Roy · Johnny "Bling" Iniego · Jonathan Dorwart ·
 Kelly Wilson · Kristin Davis · Kristin Kalloch · Mandy ·
 Lichty · Marti Potter · Matt Kolberg · Michael Murph ·
 Neil Garrigan · Nick Hammond · Nik Abowitz · Preston
 Augur · Ryan Farwell · Sam Luna · Seth Walker Poetry ·
 Taj Morua · Terra Gough · Zane Wilson



The Wayfaring Band likes to end our trips, Zoom calls, and dinners together with a round of "Good News Minute." A little good news goes a long way: send some to someone you love!

Good NEWS minute

What's your good news?

Top 5 Good Things About 2020

By Jareth J. Charles

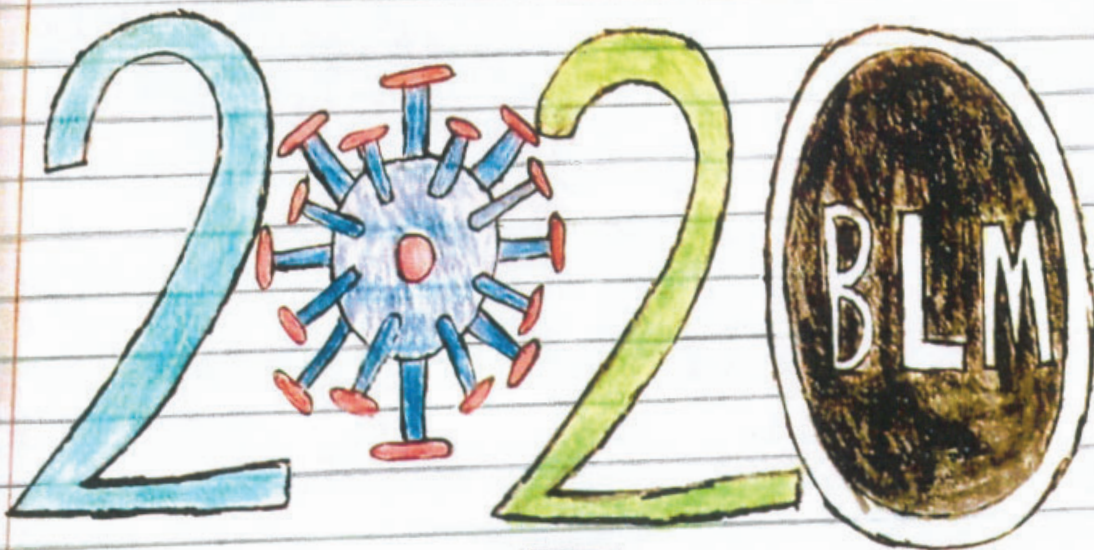
I: I finally moved into my own place and get to focus on myself.

II: I am financially secure.

III: I felt like I was part of something when I was in the antiracism group this summer.

IV: I actually have made some headway on a story I'm working on.

V: Trump lost the election and is acting like a buffoon.



Letter From the Editor

December

Dear Earthlings,

This year, the Covid-19 pandemic waylaid The Wayfaring Band, keeping us from our typical travels. Like many of you, we adapted by Zooming out. We zoomed out so far that we're writing you now from beyond the Milky Way, in the outer reaches of the universe! From this distance, the circumstances on Earth at the end of the year appear clarified. We can see past the storm of pandemic, protests, uncertainty, and isolation. We are struck instead by a portrait of resilience, mutuality, creativity, and humor.

The records and reflections compiled in this publication include activities, conversations, collaborations, and celebrations of our collective efforts to overcome loneliness and fear during a time of extreme change and uncertainty. By celebrating the lived experiences of people with Down syndrome, autism, developmental disabilities, genetic differences, and other intellectual and developmental disabilities (I/DD), we hope to capture the vital voices of this community, preserving and uplifting them for future generations of Earthlings.

As an organization, we've spent a lot of time this year reflecting on how isolation is new to the disability community. People with disabilities have been self-organizing and developing visions for an alternative future since time immemorial. Many of you may long for a little of that hard-earned experience in this day and age. If so, we invite you to join our merry band of travelers on our joyful journey. Wherever we go on Earth or elsewhere, we never go it alone.

We hope you enjoy our zany zine.

Your Extraterrestrial Editor

The Wayfaring Band

Wayfaring Band is an adventure where everybody belongs. We are not a rock-and-roll band, we are a band of travelers. We offer adventure travel and immersive learning opportunities for adults with and without intellectual and developmental disabilities (I/DD). Our mission is to provide support, build community, and foster genuine connection between people with and without I/DD through education, advocacy, and transformative travel.

www.TheWayfaringBand.com



JEN GANUN



KENDALL HAGAR



ANDREA MOORE

THE QUARANTINE DIARIES: A

From April through September of 2020, staff members from The Wayfaring

to check on their well-being and establish deeper relationships. These are a few excerpts

April 20: Kayla

Kayla is doing well and working on some art that she can sell at the gallery. She says business has been good. The food that she receives from the food bank is good quality and she supplements with Instacart orders.

April 27: Jimmy

Jimmy had a great birthday! He loved opening presents in his pajamas, and he had Texas Roadhouse for dinner. He had a big bowl of pasta and meatballs tonight for dinner and is in a great mood.

May 4: George

George called to remind me that it is his birthday and asked that I let everyone know that he is ready for them to start calling him. He's playing video games currently and is ready for Chinese food.

May 12: Roxie

Roxie and I spoke about Mother's Day and what that means for us now. It was her first without her mom, and she didn't really know what to do. I shared with her what my siblings and I do, and that the best thing we can do is pour love out into the world and live big, grand lives. She shared some stories about her mom and then she told me how she wishes that she was closer with her dad. Her apartment building is allowing people to enter now, so she is excited to get help with cleaning and rides to the store. She really wants to get the place in shape so that she can invite Fay over and not make a bad impression.

May 14: Andre

I called Andre this morning regarding some messages he sent the night before. Today he says he is still really stressed out. He got into an argument yesterday with his brother regarding a list Andre made of all the things that are bothering him. His brother was on the list and became really upset, and they got into an argument. Andre says that his brother called him selfish for wanting to only take care of himself. I shared with Andre that self-care is not the same as selfishness, and that there is nothing wrong with setting boundaries. Andre states that he will not practice self-care because it makes people self-absorbed narcissists. He then shared about how his dad did that and is now a terrible person that he doesn't want to look like or act like. Andre says his daily dilemmas are fighting with his mom and her boyfriend, thinking about running away, "ending it all." He had to get off the phone but will call me later.

May 20: Carl

Carl is doing well. He goes on a 30-mile bike ride almost every day. It only takes 3 to 4 hours to complete that distance. He likes to paddleboard and goes to Cherry Creek reservoir. Carl watched his sister's virtual graduation and thought it was really nice.

June 2: Roxie

Roxie feels really grateful to be working with Access Gallery and Easter Seals. Art has been keeping her busy. We talked about the protests and current state of our country. She expressed fear, anger, and sadness. She remembers her mom talking to her about police when she was little. She believes that no one should be above the law, especially cops. She doesn't like the chaos and violence. She mentioned that this has been happening for years and it doesn't feel new to her. She talked about the challenges and fears of being black and disabled.

June 4: Kayla

"As a black disabled woman, I am scared to go outside. Anything can happen at this point." Kayla would love to go out for a walk or just sit in a park. I asked if she would feel safe if she had support from members of her community, and she said yes she would love that. I'm going to reach out and see if there is anyone able and willing to meet with us so she can experience fresh air and feel safe. "I'm tired of staring at these same walls."

June 10: Danny

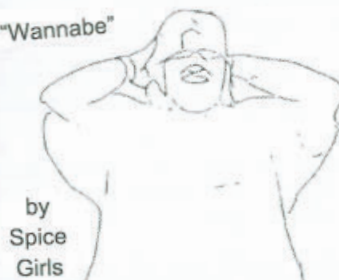
Danny shared some good news with me. A lot of things are re opening and he's looking forward to going on a date with Karly. His sisters moved to Seattle because they got a new apartment, and a fire engine was driving past his house.

June 16: Luis

Luis and I watched a western movie called "A Ticket to Tomahawk." We took breaks every 20 minutes to discuss our thoughts. At the beginning of the movie Luis would refer to the natives as "Indians." On one of our breaks I asked if he knew where that term came from, and then we discussed the origins and Christopher Columbus. Luis asked what I like to be called and I told him I prefer Native, Indigenous, or First Nation if someone is referring to me or speaking about the group. By the time the movie ended Luis was referring to the characters as "native." He also shared that he is "American Indian," but after our conversation about origins he said instead he is "Native American and Peruvian."

BREAK!

"Wannabe"



by
Spice
Girls

Mandy

"Firework"
by Katy Perry



Taj

"Beautiful
Girls"



by
Sean
Kingston

Derek

"Try Everything"
by Shakira



Terra

"Barbara
Ann"



by The
Beach
Boys

Greg

"Since U
Been Gone"



by Kelly
Clarkson

Erin

Don't Forget!
Dance Break
Wednesdays +
Fridays @
12:30pm MT
-Zoom-
391-171-2529
PW: 80216

DANCE



"Cheeseburger
in Paradise"

by Jimmy
Buffett

Matt



"Thunder"

by
Imagine
Dragons

Erik



"Y.M.C.A."

by Village
People

Neil



"U Can't Touch This"
by MC Hammer

Conor



"Take Me Home,
Country Roads"

by John
Denver

Jonathan



"Jump"

by
Kris
Kross

Jared

SPOTIFY
PLAYLIST
OF
TOP SONG
REQUESTS:



RECORD OF PHONE CALLS WITH FRIENDS

Band logged hundreds of phone calls with adults with disabilities in our community

from our records. All names have been changed to protect the anonymity of participants.

June 19: Andre

Andre called this morning because he was out of groceries and needed support in getting more. I met up with him and took him to Walmart. We talked about his new place. He seems excited to move in but did say that he is really nervous at the thought of living alone. He just finished a rough draft of the story he's been working on. All of the characters have been completed and the artwork associated with them. He gave his "failures" a body and voice. I thought that was pretty intense and deep.

June 26: Marc

Marc is doing well and hanging in there. He moved into a new house with his same host home provider and is still really liking her. To help pass the time they have "planted" vegetables in the backyard. Beets, tomatoes, broccoli. Tomatoes are my favorite."

July 6: Roxie

Roxie was dealing with some depression at the beginning of the week. "When I get in those moods I don't want to do nothing or talk to anyone. I just need some space." She was much happier today because she is going with a friend to a 4th of July BBQ. She wants to start getting out more and seeing her friends.

July 13: Carl

Carl is in Omaha, Nebraska right now on his way to visit his Grandma. We talked about a trip to Minneapolis. He said that he visited the memorial for George Floyd "It was real and there were a lot of people there. The town looked like it had been blown up. Everything was broken and knocked over."



July 20: Kevin

Kevin is spending a lot of time singing and dancing in his room. He is feeling bored and wishes that more people would answer his phone calls to talk to him. He is excited about the talent and would like to sing a prayer for everyone.

July 24: Ellie

Ellie called me while she was on a walk. She said since her roommates work from home she's not allowed to be on Facetime in the house. We were talking about being single and missing being in a relationship. "Do all people with disabilities have that in common? Like are they all selfish not wanting people to go to heaven?" I told her I think that is a human thing and all people probably feel that way. She said "it's hard to be human."

July 28: Ricky

Ricky is excited about being paid for the BIPOC caucus meetings. He says it will really help him out since he hasn't been able to work. He shared with me that he believes he is a prophet. "I can sense and see things that other people miss. Sometimes when people die they visit me, and then I call their families and share that with them for comfort."

August 6: Kevin

Kevin showed me around his room. He has a lot of religious items, and God is very important to him. We spoke about some of our favorite foods. He really likes to put jalapenos on everything. "I make pasta with meat, sauce, and jalapeño. But I wear a mask when I cut the jalapeño because it makes me cough and sneeze. I'm not sick; it's the pepper."

August 10: Mitch

Mitch is doing well. He's working but is nervous that he's going to lose hours in November. "Domino's is changing how they do things. The boxes are going to be pre-labeled and no more labels. Which is what I do for the drivers, so I'm not sure what I'm to do."

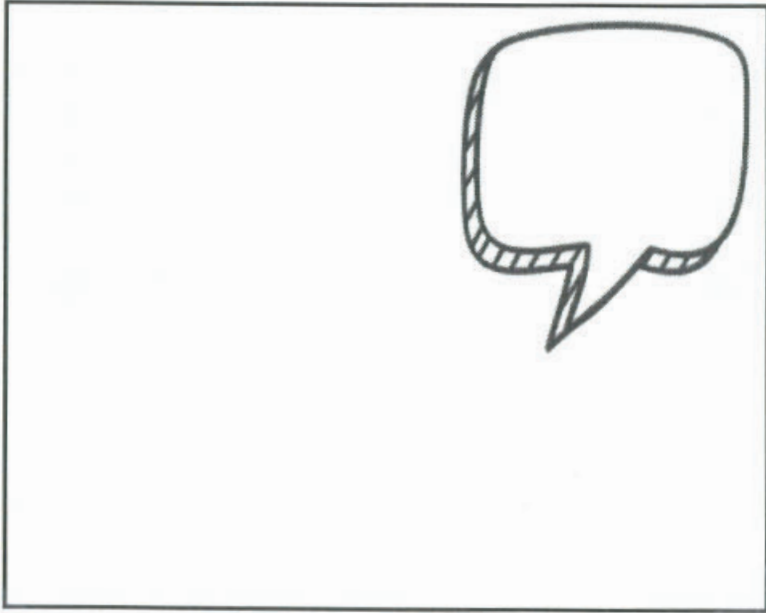
August 20: Ricky

Ricky had his 61st birthday earlier this week, but he feels like a 30 year-old. He's hoping he could go to a bar and play pool with friends to celebrate, but he can't

Virtual Art Salons: During the height of the stay-at-home quarantine in April and May of 2020, The Wayfaring Band learned that many former artists-in-residence who had traveled with the band in the past were suddenly out of work or underemployed. At the same time, adults with I/DD in our community were isolating at home, many with an overabundance of unstructured time available. Mutual aid to the rescue! The Wayfaring Band employed some of the artists in our community to lead virtual studio tours, art classes, and creative performances on Zoom and then made those programs available for free to anyone in need of a creative outlet.

TALKING HEADS

1. In the space below, draw the head of your favorite animal.



2. In the speech bubble above, write your favorite phrase or saying.

Rejected title ideas for this page include "Critter Chatter," "Zoo Spew," and "Say What??"

Try out this fun activity that we did back in May with artist Holly Kai Hurd!

THE JUNK DRAWER

& MISCELLANEA

BRIC-A-BRAC



Wayfare Friends

Dedicated to The Wayfaring Band

Written by Chris Patton

Assisted by Seth Walker Poetry

Hey friends of the merry hearts,

You are friends to the voiceless
a home to the outcast
sound to the speaker

You gave me
the chance to be ready
to stand on my own ground

I gave you
a badass
to have on the bus

You meet us
where we need
to be met

You have the strength
to change
things that matter

No matter what
happens in life
you are needed

Thank you for helping
the loving hearts
that have been forgotten

This world needs you
to stay strong
to stay at peace

Σ W - 0



UOLOR



The Wayfaring Band

Thankful

Lyrics and Music by
Members of the Wayfaring Band
with support by ANDY THOMAS

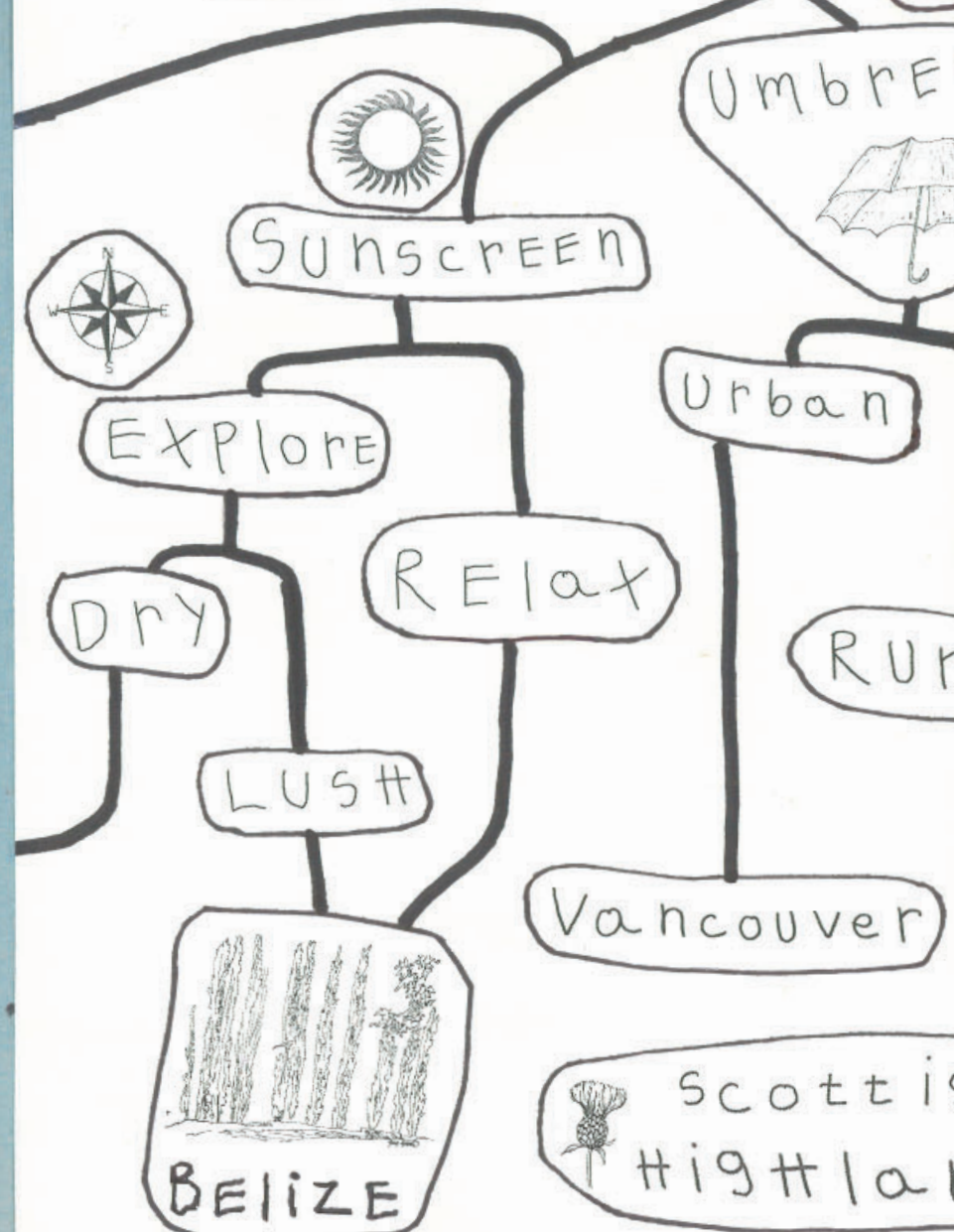
Folk melody

Musical score for guitar with lyrics and chord diagrams. The score includes a folk melody line and a guitar accompaniment line with chords such as C(add2), G, D, Am, and C. The lyrics are: "I have a place to live Yeah... well some of us... don't have... that ma-ny things I am jump-in' up... and down... Rid- ing hors-es jump-in' in - to rings Well I wish I were a shark I could swim a- mongst... the waves, a- mongst the trends... I'm so glad I'm not a- lone I have love from all... my fam- i- lies... and friends... And I... am thank- ful for watch- ing as... they roam - ful for be- ing a- live... 2. I'm... so thank- ful as I'm watch- ing as... they roam I... am thank- ful for all of... my friends... 2. I... so thank- ful To Coda - ful to have this hap- py home..."

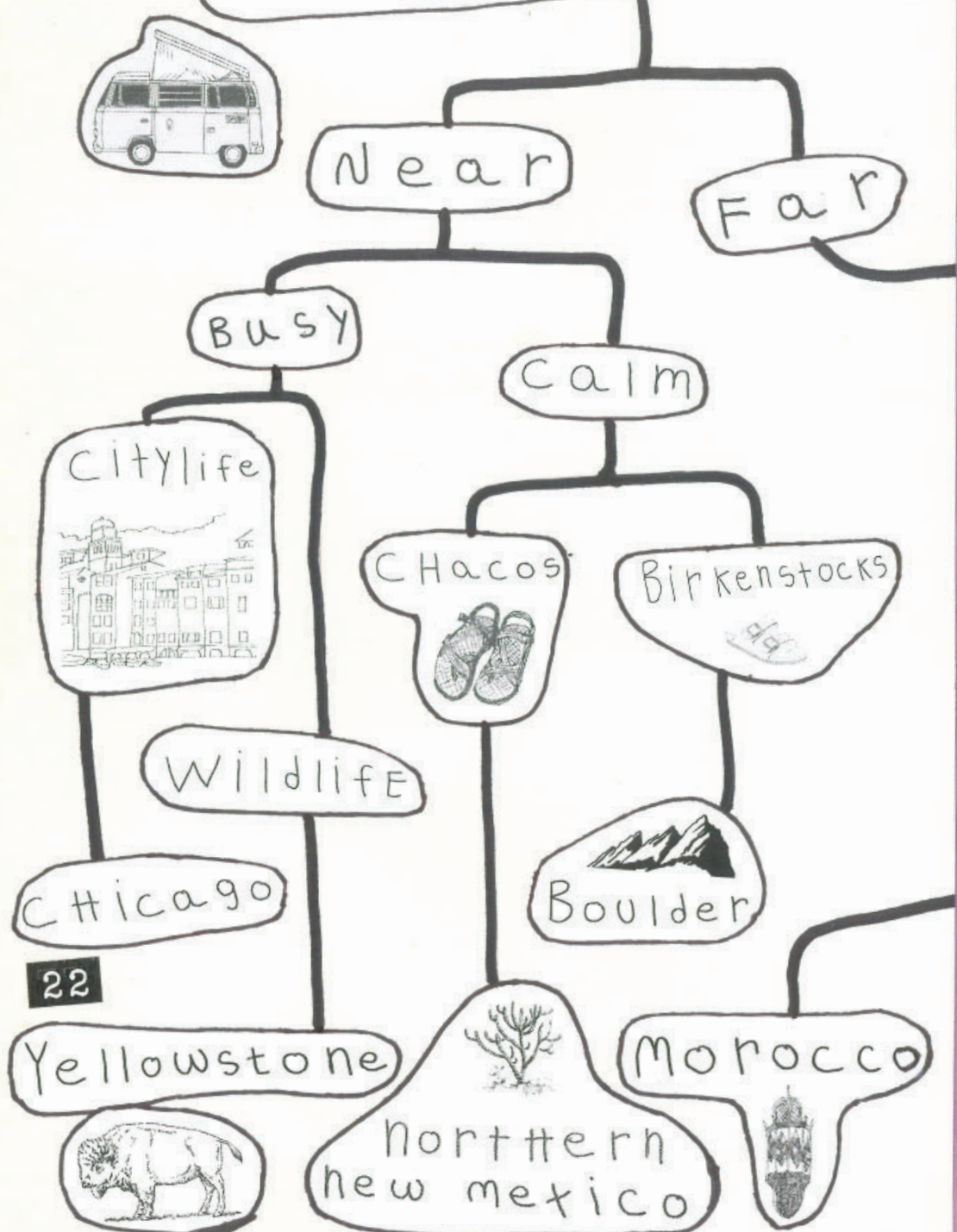
I go?



The Wayfaring Band has itineraries available for each of these destinations. Email us for travel tips! info@thewayfaringband.com



(One Day, Not Now, Obviously)



WHERE should




 Musician Andy Thomas led a **songwriting workshop** for his Virtual Art Salon, and with Andy's guidance a neurodiverse group of participants wrote the song "Thankful" together.
 

















 What are you thankful for?
 

Band Member



BINGO



<p>Play a card game</p>  <p>Nik A.</p>	<p>Call a friend</p>  <p>Nick H.</p>	<p>Host a watch party on Netflix</p>  <p>James I.</p>	<p>Have a healthy lunch</p>  <p>Amanda L.</p>
<p>Go for a bike ride</p>  <p>David O.</p>	<p>Have a fun drink, like a margarita!</p>  <p>Johnny Bling</p>	<p>Laugh at a YouTube video</p>  <p>Carter W.</p>	<p>Set up a painting corner</p>  <p>Jocelyn R.</p>
<p>Write or draw in your journal</p>  <p>Kristin K.</p>	<p>Pick up a new hobby, like DJing</p>  <p>Sam L.</p>	<p>Take a break from social media</p>  <p>Kendall H.</p>	<p>Meditate or pray for 10 minutes</p>  <p>Jonathan D.</p>
<p>Sing your favorite song</p>  <p>Jen G.</p>	<p>Play with your pet</p>  <p>Zane W.</p>	<p>Spend the whole day comfy in your PJs</p>  <p>Preston A.</p>	<p>Thank the helpers</p>  <p>Derek V.</p>

Virtual Tour to
Lancaster Farm Sanctuary
September 1, 2020

The Lancaster Farm Sanctuary in Mount Joy, Pennsylvania was founded to provide a happy home for rescued farm animals and to develop compassionate connections between humans and animals.

Recipe: Vegan Sunshine Soup

Ingredients:

- 1 large cauliflower cut into florets
- 3 tablespoons avocado or olive oil
- 2 cloves garlic, minced
- 1 teaspoon turmeric powder
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 1/2 cups vegetable broth
- 1 can of coconut milk
- optional garnishes: fresh lime juice, hot sauce, cilantro, roasted pumpkin seeds

Directions

- Preheat oven to 425°F
- Toss cauliflower in oil, turmeric, salt, and pepper
- Spread cauliflower in a single layer on a baking sheet. Roast for 30 minutes
- In a pot on medium heat, add the broth, coconut milk, and cauliflower. Bring to boil and simmer for 15 minutes
- Season with salt and pepper to taste and serve with your choice of garnish

Enjoy!

"Please don't talk about milk; it's rude to the cows." -- Bethany P.

If we believe in ending oppression

around the world, how might we

extend our efforts to include

non-human animals?

Virtual Tour to Ethiopia
August 4, 2020

Our first ever virtual tour included a flight simulation, cultural videos, language and dance lessons, and a personalized perspective from our Ethiopian host, Atnafu.

Anatomy of an Ethiopian Meal



Participants could also opt in for an Ethiopian meal delivery!

Sundays
3-5 PM MT
May 17 - Aug 30
2020



A Glob
Summer Tr
Discussin
Identity
& C

Hi/My Name is Bethany Potter and I
am a band member of the Wayfaring
Band. The Wayfaring Band is not
a music group, even though we do love music
and dancing and entertainment while
having a good time to that. The
whole point is to get to know
with us and that defines a special
chance that makes them special
I hope you use their anniversary
world like PARIS
CALIFORNIA
LONDON
MOTHS
NASHVILLE, Tennessee
BACKCOUNTRY - HUNTRIP
TELLURIDE - Blues AND BEANS
PORTLAND, OREGON
ANN ARBOR, Michigan
HAWAII
IN 2020 WE MAY NEVER GOING TO
BECAUSE OF THE COVID 19 WE WERE PLANNING
AND DID EVERYTHING TO GOING TO MAINE
NEW ORLEANS, LOUISIANA. ANYWAY ST THERE IS
16 WEEK WEBINAR SERIES AND IT IS IC
CRIP CAMP AND I PARTICIPATED IN
SUMMER STARTED FROM MAY 17 TO
AUGUST 30
WHAT IS TRISOMY?
THE ANSWER IS A SCIENCE THING AND
EXTRA CHROMOSOME. AND I AM BORN
ON THE 21ST DAY TO CELEBRATE.

Band Member Bethany Potter attended all the sessions... and to

Crip Camp Class Notes

By Bethany Potter

COMMUNITY
COMMUNITY
UNITY
DisABILITY COMMUNITY **MAY 17, 2020**

WHAT IS DISABILITY?
 ANSWER: NOT A VIVID SUBJECT I AM BORN WITH
 YES BECAUSE I AM BETWEEN THINGS
 REAL ANSWER = YOU TO MINOR FRIENDS AND OTHERS
 I AM NOT A PERSON WITH A DISABILITY I AM A PERSON WITH A BUSINESS
 WHAT I CAN TAKE FROM COMMUNITY IS THE POWER TO
 DISCRIMINATION AND I AM NOT A PERSON WITH A BUSINESS
 LOSS

LEAVING A LEGACY
TAKE ON THE WORLD
WE'RE GONNA WIN

MAY = SUNDAY THE 31ST

HIM ME DIVE
BORN THIS WAY
STANDOUT
COUNT AND FEEL
LOSS
STANDOUT
COUNT AND FEEL

DAUGHTERS OF DARKNESS AND MEND
 MARCH 21ST 1948
 SUNDAY THE 31ST = "YOU ME AND THE BEAT"
 FIX A HEART + PAPER CUT + SCARS = **BAD BLOOD**

KEEP IT UNDERCOVER

MAY SUNDAY THE 31ST
 THEME = THEME 1: THE FEEL'S EVERYBODY'S THEM

EMPATHY
 2 = FEELINGS
 3 = EMOTION
 EXPRESS → AFFIRMATION
 AGENCY CHOICES → "I DECIDE"

7

People with disabilities make up a third to half of all people killed by law enforcement officers. People of color, in particular Black and Native people with disabilities, experience the highest rates.



8

We invite readers to spend some time reflecting on the suggestions outlined in this first section. We all play a role in dismantling white supremacy culture and embodying anti-racist practices.

For the final three sessions of the discussion group, the caucus members were joined by a graphic recorder named Jayda Shuavarnnasi (@vibrant_visuals on Instagram). Jayda bore witness to their conversations and recorded the highlights, designing a poster in four parts. The poster poses three essential questions:

The Wayfaring Band

Neurodiverse BIPOC Caucus



- How has racism harmed me?
- What does belonging mean to me?
- How can you help?

You're Invited

hi my name is Faith vidrine and I will Love to Invite you To my happy hour also to hang out with me and my Friends To Chat even if you are lonely we are here For you so we can have Fun To Talk To each other having a good conversation Thank So much

[Faith Vidrine, a team member with The Wayfaring Band, facilitates a Happy Hour hangout group on Zoom two times a week. All are welcome!]

me



Hey Sean! What do you think will happen next year? Got any predictions?

Aquarius. Your independence will be coming to you as soon as you expect. Your intelligence will increase with time and success. You are unique and that will be the best as long as you stick with your beliefs.

Pisces. You will have a ton of wisdom. You will help a lot of people in need and animals too. You'll be gentle with new things that you find.

For those who are Aries they will be successful with work and helping people who are not so blessed. They are Passionate which is a great thing. And wise, I believe. Look forward to a great future.

Taurus. You are patient with finding a new mate and stuff. You'll find your soulmate and you'll find new understandings in life. Be patient with your life.

Gemini You might get as many friends as possible. And maybe a successful career. You will accomplish your goals pretty easily. You will have powerful guidance.

Cancer. Your loyalty will help you be successful in the future. Your protective skills will you help you keep the goodness and greatness in your life. Your caringness will guide you to more people in your life and more happiness. Your emotions will keep people to understand your pains and feelings and help you feel better.

HOBSON'S HOROSCOPES



After that initial discussion, it was clear that many BIPOC members of our community were craved space to explore their thoughts, feelings, and experiences among other people of color. To meet this need, The Wayfaring Band formed a neurodiverse BIPOC caucus, which met weekly for nine weeks in July and August.



Neurodiverse BIPOC Caucus: Summer 2020

On May 25, 2020, George Floyd, a 46-year-old Black man, was killed in Minneapolis, Minnesota while being arrested for allegedly using a counterfeit bill. In the weeks that followed, protests in support of Black lives and against police brutality erupted around the world.

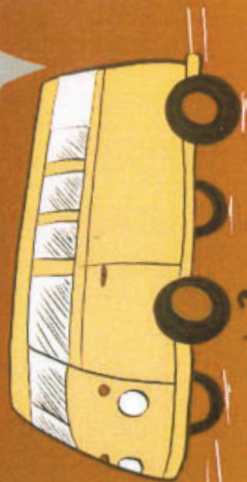
The Wayfaring Band

graphic by
@vibrant_visuals

During the Summer of 2020, people were protesting around the world in support of Black lives and against police brutality

The Wayfaring Band wondered "How are the Black, Indigenous, & other People of Color in our community being affected?"

So The Wayfaring Band formed a discussion group of people with and without intellectual and developmental disabilities to learn more



How do RACE & DISABILITY intersect?

16

Within our local community, we wondered how Black, Indigenous, and other People of Color (BIPOC) with and without disabilities were being affected. On June 8th, we offered a facilitated conversation about anti-racism on Zoom, and we invited band members who had shared questions and concerns about the protests to join the conversation. We also reached out to our roadies, the seasonal staff members who deliver our programs when



Leo. You will have infinite bravery in your life and you will be a pleasant leader. You're bold enough to handle almost any situation that comes to you. 🦁👍

Virgo people. They will surely be shy but they will get through it whether or not they are afraid. You'll be working hard to get through it. You'll be loyal to your friends and family. And you will be kind to be most people in your future depending on the situation. | 🍷🙄👮

Libra. You will find someone handsome and beautiful in your future to be in love with. You will have a good amount of balance in your future. And also your gracefulness will be the key to your loyalty and success. ♎️

Scorpio ♏️ this will get you a little bit of power to your life. Also you'll find courage within you. Your burning passion will go further for those you care for. 🔥🙄👮

Capricorn. Your responsibility will stay in control don't forget to do it right. Your hard work will be splendid the more you focus on it. Your destiny will come to you as long as you believe in it and stick to it. ♑️👮🦋

People that are Sagittarius. Your hilariousness will make most people find your jokes impressive. Your generousness will be with you as long as you keep it that way. You will have lots of adventures for the rest of your life. Sorry if you're impatient but it will be a great experience for you. 🏹🙄

Wow wow wow. Amazing predictions

Thank you buddy

Deliver

WORD SEARCH

Search forwards, backwards, up, down, and diagonal!

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

14

ADVENTURE
 BELONGING
 FUN
 FAMILY
 FRIENDS
 GRATITUDE

HELLO
 EVERYBODY IN
 INCLUSION
 LOVE
 HOSPITALITY
 REFLECTION

SELF DETERMINATION
 SMILE
 SERVICE
 MUTUAL AID
 WAYFARING
 RISK TAKING

"It actually isn't all on me. My family is a lot more flexible than I thought they were."

Caregiving in Quarantine:
 A Facilitated Conversation Between
 Parents of Adults with Disabilities
 July 8, 2020

"I want my son to see his friends, but we can't afford for him to bring sickness into the house. It's an impossible choice."

"I was tired when the pandemic started. Now, I'm even more so."

The whole system is built on shaky ground.
"IT'S A HOUSE OF CARDS."

"There's such a loss of independence. But then again, my daughter is texting, zooming, managing herself better than I expected."

"COVID has exposed how hard it is for me to die."

"We can't wait for systems to support us. We have to do it ourselves."

"What can we"

