

POSITIVE INSIGHTS

THE OFFICIAL NEWSLETTER OF POSITIVE OUTLOOKS, LLC

Welcome Spring!

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WELCOME TO OUR 3RD EDITION.

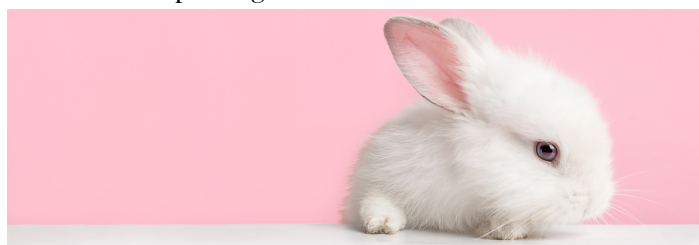
BY CHRISTINE SEDITA

Welcome to our third edition of Positive Insights! We hope you can utilize this newsletter as an informative and fun way to keep in touch, share ideas and more. If you're interested in contributing to future newsletters, simply email csedita@positiveoutlookslc.com your stories, photos, crafts, recipes and more!

Spring is here. Warmer weather is coming. We're all excited to get back to the outdoor activities.

EASTER EDITOR

Easter is Sunday, April 3rd! The office will be closed Good Friday, Saturday, and Easter Sunday. If you need to reach out to Human Resource Interim, Christine Sedita will still be on call for emergencies and immediate reporting.



RAPID COVID-19 VACCINE CHANGES

EDITOR

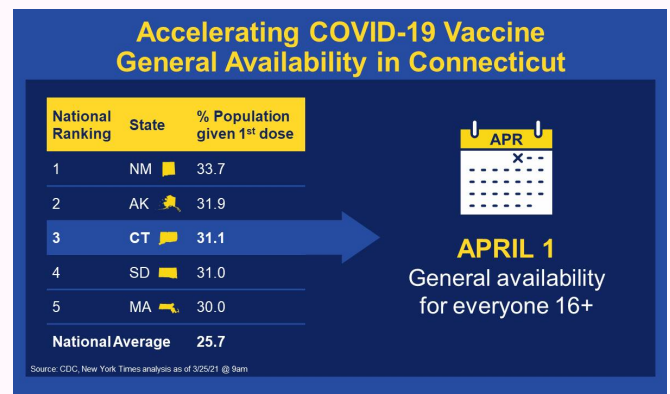
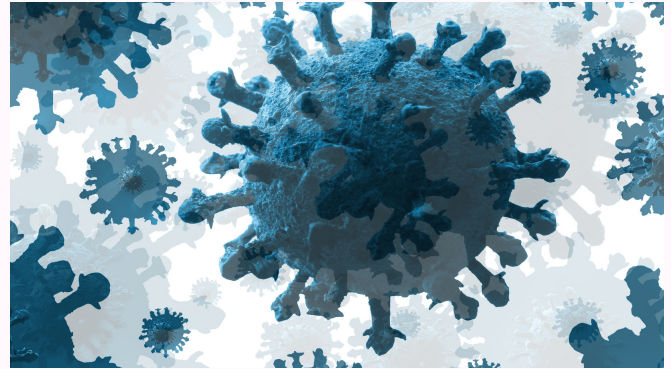
Governor Lamont has moved up the date for younger populations to have access to the vaccine. Covid-19 Vaccines will be available starting April 1st for everyone 16+.

What you need to know:

- You can sign up for the Vaccine Administration Management Services (VAMS) here: <https://dphsubmissions.ct.gov/OnlineVaccine> to find appointments near you for yourself or family.
- All currently employed staff have had the opportunity to get vaccinated through our VAMS Invitation Emails (January).
- No cost Covid-19 testing sites can be found at: <https://portal.ct.gov/Coronavirus/Priority-Populations>

There's a light at the end of the tunnel! Let's do our part by getting vaccinated to reduce the spread and protect those around us.

Stay Safe & Stay Strong.



SPRING AMBROSIA FRUIT SALAD

BY CHRISTINE SEDITA



- 2 cups of variety of fruit prepared (mandarine oranges, sliced grapes, peaches, pineapples, etc. any soft to eat fruits are great).
- 2-4 cups of prepared Jello (any flavor/color).
- 1 tub of Cool Whip
- 1/3 -1/2 bag of mini marshmallows (colored is better)
- 1 large bowl
- Shredded coconut

Step 1 Put all the fruit in the bowl.

Step 2 Gently mix in the Marshmallows & Jello, be sure not to break the Jello up too small. Mix in shredded coconut if desired.

Step 3 Mix in the cool whip slowly (can substitute with whipped cream, but it may become running if left out)

Step 4 Transfer to another bowl if desired, and chill. You can garnish with mint leaves, maraschino cherries, shredded coconut, strawberries, whipped cream or any other garnish.

SPACE SAVING GARDENS

Do you want to start a garden, but don't have space or a garden? Have you considered these great ways of growing vegetables, herbs, and fruit?

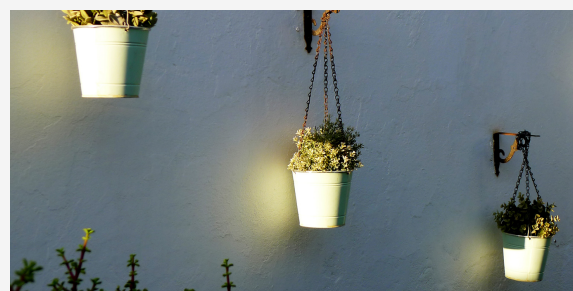
Mason Jar Terrarium: Use mason jars to plant your garden. Put rocks at the bottom for drainage, put planting soil on top, and plant your seeds like normal. You will get to see your plants grow and be able to see when your plant needs watering! The mason jar creates a little greenhouse effect and maximizes sun exposure to your sprouts!



Window Sill Gardens: You can grow an entire herb or small vegetable garden right on your window sill! Find the window in your house that gets the most sun, and plant away! Herbs can grow even in dim light, so don't be shy about trying different kinds of plants.

**Hint* Be sure to label them! You can use popsicle sticks for easy labels!*

Bucket or Planter Gardens: Each plant doesn't require its own container. If you have a small deck or porch, you can have your own small garden! Pick complementary or non-invasive plants to plant alongside each other. This is a great project for kids. You can even try different types of the same plant, like small peppers, berries, or herbs! The bigger the bucket the more fun!



Hanging Basket: There are many great plants that love to hang wild. Plants like spider plants, many kinds of tomatoes and even strawberries can thrive in hanging baskets. Use bars or rope to hang multiple basket to have a wider variety of live plants! These can even be hung inside in front of a window. Use large or small baskets!

Stacked or Shelf Garden: Sometimes a simple shelf or stacked garden can help give us some more room to plant different plants. Make sure you select a shelf tall enough to provide space for your plants to grow. Periodically turning the plants or the shelf unit will help ensure plants grow healthy all 180-360 degrees. You can create shelf gardens from simple wall shelves, metal racks, baker racks, wire shelves, and even hanging shelves. These can be successful both indoor and out.



APRIL ACTIVITIES

DEVELOPMENT COORDINATOR

DUE TO COVID-19, WE ARE NOT HOLDING IN-PERSON ACTIVITIES. THE ACTIVITIES BELOW ARE FROM LOCAL BUSINESSES.

4/6 Virtual Polymer Clay Workshop

Learn great polymer clay techniques. Make beads, buttons, stoppers, and more with these new skills

<https://tinyurl.com/Polymerclayfree>

4/17 Goat Stroll through Hill-SteadMuseum

Enjoy a historical walk in the estates in Farmington...with Goats!

<https://tinyurl.com/goatstroll>

4/17 Patriots Day - David Humphrey House

Travel back in time with a historical event.

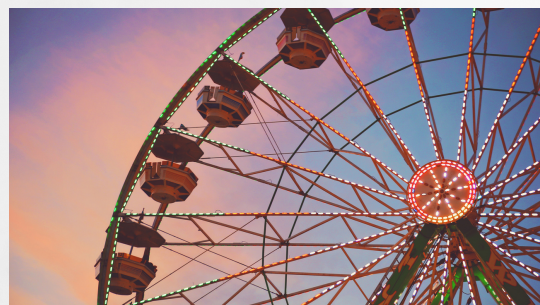
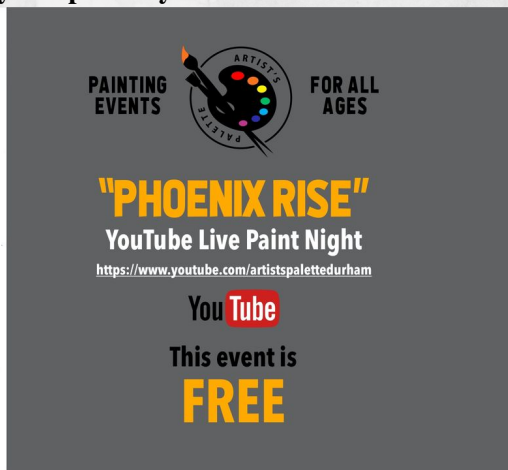
10 am to 3 pm, no registration needed.

David Humphreys House

37 Elm Street

Ansonia, CT 06401

Unique Drawing Opportunity: <https://tinyurl.com/artclass1120>



ADVENTURE AWAITS!

**Beardsley Zoo-
Bridgeport**

The Adventure Park- Bridgeport

**Fishing Opening Day-
Open Now**

**4/24 Quassy Amusement-
Middlebury**

**5/8 Lake Compounce-
Bristol**

**5/31 Brownstone Exploration &
Discovery Park - Portland**

READING & CULTURE AUTISM AWARENESS MONTH

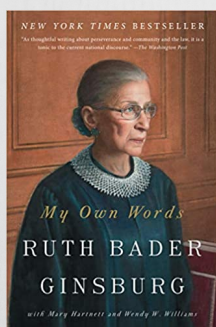
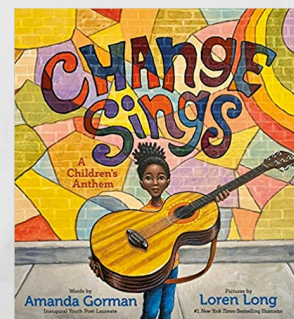


The Woman's Hour - Elaine Weiss

Elaine Weiss is an award-winning journalist and writer. The Woman's Hour is a book that details the struggle of women to win the right to vote.

Change Sings - A Children's Anthem- Amanda Gorman

Coming out September of 2021, it is available for preorder. A book by the nationally inspiring inaugural poet Amanda Gorman, the book is a lyrical picture book from the heart.



Ruth Bader Ginsburg: In My Own Words

New York Bestselling book chronicling the lifetime achievements of Supreme Court Justice Ruth Bader Ginsburg and thoughts by the justice herself.



SPRING TRIVA:

N T K L R T P V I W Y C L F Y Q S D L Z O A D L A G A S H U A B N E O W V W C S
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Birdhouse
 Blooming
 Butterfly
 Fertilizer
 Flowers
 Gardening
 Hatchling
 Rainbow
 Showers
 Spring
 Sunshine
 Tadpole





CONTRIBUTE!

LETTER FROM THE EDITOR

Your contributions can be emailed to csedita@positiveoutlookslc.com or sent via our Facebook Page messages.

Your contributions may be used on our Facebook, email, and online platforms. Our newsletter will be offered on various platforms and may be shareable.



CLASSIFIED ADS:

Your Ad Here FREE



Follow us on Facebook! We have events all year long teaching creative classes, paint, and other workshops! We have classes held in Prospect Parks & Rec at the community Center, We do private parties and events of 5 or more people.

<https://www.facebook.com/kreativekastlellc>

Cub Scout Popcorn! Sold by one of our employee's cub scouts.
\$10-25 a bag of popcorn. 73% of the popcorn funds stay within Connecticut. \$10 Caramel corn, \$20 - Blazin Hot, White Cheddar & Butter Popcorn, \$25 Salted Caramel Popcorn - Email Csedita84@gmail.com

