

## A4TD's Nugget of Knowledge

April 28, 2020

### **Greetings and a Message from A4TD . . .**

It's time again for us to send you our weekly ***Nugget of Knowledge***, our vehicle for staying connected with you during this extraordinary time. We've heard from many of you that you appreciate hearing from us; we're grateful to be able to provide you with these opportunities for learning and to be a source of consistency and reassurance for you.

A number of individuals have asked when training will resume. Others have expressed concern about how safe it will be to return to training. We want to tell you that A4TD is first and foremost focused on how to allow you, our participants, to return to training in a way that protects your health and keeps you safe. We don't know right now when you will be able to return to training; much will depend on the guidance of the US Department of Labor, the Centers for Disease Control, and the governors of the states where we operate. Return dates may differ by region. The return to training – whenever it happens – will be gradual and in compliance with a well thought out and responsible plan.

Speaking of returning to training, we want to remind you that you should not return to training without talking to your A4TD representative. Even if you are approached by your host agency about returning, only A4TD can approve your return. Your health and welfare is paramount right now.

As always, if you have any questions you want to ask us, simply reply to this email and we will get an answer back to you.

***Read on and enjoy.***

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### **Just for Fun**

Are you looking for new ways to keep your brain healthy and challenged? Have you always been interested in learning a new language but haven't had the time? Check out Duolingo at <https://www.duolingo.com>. You can also download its free mobile app. Say "adios" to boredom and learn all kinds of new ways to say "hello" and "be safe".

If you need something positive and uplifting to watch, check out Some Good News (SGN) delivered by actor John Krazinski on YouTube. Consider it a small dose of happiness.

<https://www.youtube.com/watch?v=F6mkywVS3Ww>

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### **A Training Tidbit . . .**

We all know about the importance of communication. At your training site and in the workplace, how well you communicate has big impact on your success.

Have you ever wondered what your body language says about you? Here's a terrific, short tutorial that explains how to present your best self in your daily interactions.

<https://edu.gcfglobal.org/en/business-communication/the-power-of-body-language/1/>

This is part of a larger tutorial on workplace and business communication; you may find that to be valuable and interesting to review as well.

Explore away!

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### **Did you Know? A Little Bit about SCSEP . . .**

SCSEP stands for the "Senior Community Service Employment Program". It is a transitional training program designed to help you learn job skills that will lead you to unsubsidized employment. Each participant in SCSEP is assigned to a training track based on individual interest. These tracks include customer service, retail, home health care, food prep, office clerk and others. Everyone enrolled in SCSEP has an Individual Employment Plan (IEP) which is the roadmap which guides them through their training. The IEP is tailored to you and your needs.

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### **Fun Fact . . .**

Giraffes have the highest blood pressure of any mammal at 280 / 180, with a heartbeat of up to 170 beats per minute. Their resting heart rate of 40 to 90 beats per minute is about the same as humans.

Here is a little quiz for you:

***"What animal has a unique nose print that can identify the animal, much like humans are identified by their finger prints?"***

Stay tuned for the answer next time. (Or, feel free to respond back with the answer and you will get a shout out in the next Nugget!)

Last week I asked you how many tons of paint are applied to the Eiffel Tower every seven years. **The Answer? 60 tons.** Kudos to Mary Ann B. in New York, Sam D. in New York, and Deb T. in Vermont.

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### **In case you need a break . . .**

Take a moment to relax and enjoy a wonderful visit to the ancient ruins of Machu Picchu in Peru:

<https://www.youvisit.com/tour/machupicchu>

Or, if you've always wanted to visit our National Parks, why not check out Yosemite in California:

<https://www.virtualyosemite.org/virtual-tour/#node108>

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### **A Final Thought . . .**

*"Only by contending with challenges that seem to be beyond your strength to handle at the moment can you grow more surely toward the stars."*

~ Brian Tracy, Canadian American author and motivational public speaker.

And a bonus final thought, just because . . .

*"Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read."*

~ attributed to Groucho Marx

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### **Ask A4TD . . .**

Finally, remember that if you have a comment or a question for A4TD, "reply" to this message and enter your thoughts in the message box.

***Until next time, wishing you good health, safety and the cheer of the arrival of spring.***

***Sincerely,***

***All of us here at A4TD***