

# LITERALLY SPEAKING

**MAY/JUNE 2020**

A publication of Newport/Mesa ProLiteracy,  
a program of the Newport Beach Public Library

Stay connected!



## LEARNERS, ARE YOU READY TO BECOME PUBLISHED AUTHORS?

We encourage all learners to submit original stories, articles, essays, poems and more for the next edition of ***In Our Own Words***. The book will be distributed at International Literacy Day.

All writings should be under 500 words, and all submissions are by DUE July 30, 2020

You can do a six word memoir, a poem, a letter or short essay. Or you can share your experience around COVID-19 and how it is affecting daily life, or, when this is all over, what would it would look like to "re-enter back to the norm."



**Submit completed writing by email to [literacy@newportbeachca.gov](mailto:literacy@newportbeachca.gov)**

### *Inside this Issue:*

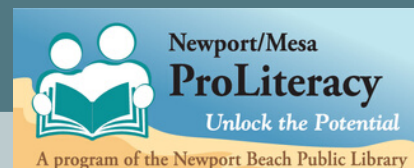
Online Classes

Self Care Tips

COHS

Roles & Goals

In Memory



## Donations Welcome

Donations by credit and debit can be made online at: <http://bit.ly/NMPLDonate>

Donations through the mail can be made via check and sent to:

Newport/Mesa ProLiteracy  
1000 Avocado Avenue  
Newport Beach, CA 92660

Tax ID 93-1011706

# Small Group Classes Have Successfully Moved Online

Looking to sign up for your favorite literacy class? You'll find your fellow learners online! This unique season has given us the opportunity to expand our services. For some who have never been able to attend classes in person at the library, this has been a great time to take advantage of this



change in the program.

When the time came to move online, our community stepped up to the challenge. We are happy to report that every class offered filled up in a matter of a few days. New sessions are being offered every month, so don't miss the chance to sign up!

## IF YOU'RE FEELING STRESSED OUT, TRY THESE 5 SELF CARE TIPS:



### GET ENOUGH SLEEP

A minimum of 6 hours is necessary for most.



### MAINTAIN A HEALTHY DIET

Try to eat more whole foods when possible, and skip the processed options when possible.



### EXERCISE REGULARLY

Even if it's a walk around the block with your pet, you'll feel better.



### IDENTIFY A SUPPORT SYSTEM

Whether it's a therapist, friend, or partner, having someone to process with is essential.



### TAKE TIME FOR YOURSELF

Whether it's journaling, a hike, or a bath, giving yourself time to decompress is essential.

## Zoom Meeting

Audio only

With video



## Roles & Goals

***Due July 30***

*(Check Your Inbox in the next few days)*

Roles & Goals report forms will help us paint a picture of all that tutor/learner pairs accomplished together during the year. Reaching our goals, large and small, is what makes all of us successful.



PLEASE JOIN US  
GIFT OF LITERACY LUNCHEON  
Featuring Award-winning  
CNN Journalist & Author  
**CANCELLED**  
ISHA SESAY

In light of the uncertainty of what is to come, Newport/Mesa ProLiteracy had to make the difficult decision to cancel the highly anticipated *Gift of Literacy* luncheon for 2020.

Our Events Committee is already working on planning an exciting alternative for sometime in the fall. They promise an event that will be fun, entertaining and informative.

We are all thrilled to have a happy and LIVE event to look forward to. Details to come.



We mourn the passing of yet another terrific and long term tutor. Ron Glickman was dedicated to his learners and, with a strong commitment and sense of humor, he helped them reach their goals. Ron will be missed!



CAREER  
ONLINE  
HIGH SCHOOL

Could you or someone you know benefit from a high school diploma & job training?

*Career Online High School graduates can receive an accredited diploma and career certificate for free. Contact us for more details.*

### HELPFUL LINKS

[Kahoot](#) - interactive audio visual learning games, reviews, assessments

[Quizlet](#) - digital flashcard - vocabulary

[Newsela](#) - current event articles - with corresponding images and questions

[Commonlit](#) - fiction and non-fiction reading passages



  
*Happy  
Mother's Day*

WE HOPE YOU ALL HAVE  
A WONDERFUL DAY!