Working & Learning from Home

With the start of a new year comes a need to refocus as we settle back into our normal work and school schedules. The reality is that we are not really working or learning in our normal environments as many of us are doing tasks at least partially at home as a result of the COVID-19 pandemic. So what are some things that you can do to help your productivity?

Set daily goals: Just as you would prioritize any long-term project, plan for what you will accomplish each day. Having clear goals can help you stay motivated and beat procrastination. This isn’t necessarily the Goals with a capital G that your boss may have set for you, the goal can be as simple as cleaning out your email, but whatever it is, be specific.

Create a dedicated space: While working from the comfort of the kitchen table, the couch, or even your bed may sound great, it can result in your workspace being the same as your off-work space, lines can get blurry. This means it is harder to set boundaries about being productive. Even if you have extremely limited space in your house, something symbolic like only using a specific chair at the table you have can help establish the boundaries you need to be productive. In your workspace (or work chair) you are at work. Not in the space, not at work. A clear distinction between where you work and where you take breaks can help you focus.

Keep yourself accountable: Sure, working from home can be more comfortable than working in an office. Comfier clothes, no commute, working remotely is definitely more relaxing. That said, a great way to hold yourself accountable is to pretend you’re still working in an office. Dress can be slightly more casual, but get dressed. If you wouldn’t be taking as many breaks working in a traditional office, so you shouldn’t be taking them working remotely, either.

Join the discussion: If you and your coworkers (or classmates) are suddenly working from home, figure out how to have those water cooler interactions that you would normally have throughout the day. Chats, Slack, IMs, a dedicated website, whatever method you can all agree on, get your team together for the occasional “Hey There!”

Do one thing at a time: Multitasking is less productive than focusing on a single task at a time. Researchers from Stanford University found that, “People who are regularly bombarded with several streams of electronic information cannot pay attention, recall information, or switch from one job to another as well as those who complete one task at a time.” Stay focused on one thing at a time. It is easier to get distracted in a non-office space. It is more likely you might throw in a load of laundry, have something on the stove, and “be working” all at the same time when you are working from home. Keep the chores to break time. Stay focused. Working on one thing at a time is easier said than done, but the harder you concentrate on completing one task, the faster you will get it done… even if you are interrupted.
1000 Paper Cranes for a Healthier 2021
Japanese folklore states that folding 1000 paper cranes gives you a chance to make one special wish come true. In some variations of the tradition, you may be granted happiness and eternal good luck instead of just one wish. Our wish for our community is a 2021 that brings health and healing.

Pick up a kit with instructions and several pieces of origami paper to make your cranes. Once they are returned to the library, we will string them together to create a community display and reminder of the good things happening in Cumberland!

Adult Grab & Go Craft Kits
Check out the two grab & go kits on our Eventkeeper page: the kits are set to be released on the 4th and the 18th.

Mindful Mondays
Every Monday at 7 pm
Life is stressful. But there are ways to decrease stress and increase your contentment—even during COVID. Join Melissa every Monday for 15 minutes of mindful activities.

Vegetable Gardening for Beginners
Wednesday, January 13 at 6:30 pm
Vegetable gardening is fun and the payoff is a healthy and delicious crop! Bill Baddelay will prepare you with everything you need to know and do to get your garden off to a good start for the upcoming growing season.

Start the New Year with Meditation
Tuesday, January 5 at 7:00 pm
The New Year is a time to create a clean slate. Join longtime mediator Arlene Samsel for this powerful workshop. Samsel inspires audiences on how to practice and learn this straightforward technique, which provides many benefits. There will be a meditation sitting at the end of the event. Bring joy, peace, positivity and relaxation into your daily life and begin the New Year with a fresh start.

Small Scale Composting
Wednesday, January 20 at 6:30 pm
This evening Vivian Shaull will define exactly what composting is, explain the importance and ease of composting, and share how to compost effectively for a backyard vegetable garden.

Look out for our upcoming February Events on Eventkeeper: Insects: the Good, the Bad, and the Mysterious on Wednesday, February 3rd; and Herbs on Wednesday, February 10th

Time Capsule
2020 is finally over! As much as we’d like to forget about it, it is a year for the history books. We need your help to fill our 2020 Time Capsule. Check out our Facebook for more information!
Library Activities for Teens
January 2021

NEW! CHOPPED VIRTUAL KITCHEN CHALLENGE
This event is hosted by the Children’s Room, but is open up to ages 14. Please flip to the children’s page for more info!

NEW! Teen Community Journals
STAY TUNED, COMING IN THE NEW YEAR — Create an ongoing memoir by Cumberland teens. The library will loan out several journals. Teens can borrow them and add entries and drawings to create a slice-of-life look at what it’s like to be a teen here in Cumberland RI. More info TBA

Teen Take-Out
Once a month, pick up an activity from the library to complete at home. Supplies are available at the Teen Center on a first come, first serve basis. No registration required.

Winter Teen Book Bash
Enjoy the fun of the library's summer reading program during the long winter months. Earn rewards and win raffles. This challenge will run online using the ReadSquared app. Sign up and play at cpl.readsquared.com.

YAY! Library Loot!
Similar to a subscription book crate, get a box with a monthly theme that includes 1-2 YA books to borrow with extra goodies to keep. Visit our calendar for registration link.

Teen Book Tuesday (Live on Facebook and Instagram)
Tuesdays at 3 PM on Facebook and 3:30PM on Instagram
Liz will share new and old books aimed at a teen audience. You can chat with her live or just listen for great recommendations! No registration required.

Virtual Teen Volunteer Corp
Need community service hours or just missing contributing to the library? Lucky for you, the Teen Volunteer Corp is going Virtual! Contact Liz at cpltteencenter@gmail.com or visit http://bit.ly/VTVCatCPL2020 for more information!

Follow us! @cpl_teencenter
Announcements
-The Cumberland Library Children's Room Staff is challenging you to a LEGO competition! For the month of January, the Children’s Room will feature a LEGO tower - guess how many Legos we used to build it? The closest to the actual number will win a prize at the end of the month. Each week we will also have a Lego challenge for you to do at home. Will you need to build a boat, a robot, a house, or a mouse? Complete the weekly challenge, send us your picture, and we'll show it off on our facebook page.
-The library will be closed on January 1st and 18th.

Grab and Go Bags

Krafty Kids Bags
Will be available throughout the week beginning each Monday at 9 am. They are available on a first come, first serve basis and are best suited for children in 5th grade and under.

Discovery Bags
Will be available throughout the month beginning on January 2nd at 9 am. They are available on a first come, first serve basis and are best suited for children 3-12 years old.

1000 Paper Cranes for a Healthier 2021
Participate in this library-wide activity with us as we create 1000 paper cranes and wish for a 2021 that brings health and healing. See the Adult website for more information.

Winter Storytimes
January 12 - February 25
Family Storytimes on ZOOM
Enjoy some great stories, songs, and rhymes with your child!
Tuesday nights at 6:30 p.m.
Wednesday mornings at 10:30 a.m.
Thursday mornings at 10:30 a.m.
Register for each session individually.
Registration is required at least 2 hours prior to the start of storytime so we can send out your ZOOM link.

Tele-Story - Call in!
Do you miss coming to the library and listening to a story as part of storytime? Are you looking for the perfect bedtime story? Call 401-333-2552 x8 to listen to the current story!

Presented by the Cumberland Public Library Children's Room
Call 333-2552 ext. 3 or go to www.cumberlandlibrary.org for more information!
**JANUARY PROGRAMS**
**IN THE CHILDREN'S ROOM**

**Ongoing Programs**

**Movie Madness Kit**
Families - registration required by Monday, January 4
Make family movie night a lot more fun! Each month there will be an interactive script to go with a movie (movie not included but available to be checked out with your library card). Register to pick up your kit which will include supplies for a family to participate together at home. This month's movie is *Frozen*.
Movie Madness Kits will be available starting January 11.

**Kitchen Chemistry**
Saturday, January 9 at 10:30 am
Ages 5 and up on Zoom - registration required by January 5
Join us monthly for an "experimental" new program, Kitchen Chemistry! Follow along virtually with library staff from your own kitchen. Fluffy slime, crystal candy canes, and milk art are just a few of the fun experiments we will explore. This program is great for the whole family, and adult supervision is required. Many activities require things you will already have in your kitchen cabinets and other products we will supply for the experiment.

**D&D Kids Club - Virtual**
Ages 8-12 on Zoom - registration required
There are two groups playing, Group #1 the first and third Wednesdays of the month, and Group #2 the second and fourth Wednesdays of the month. Both groups are playing from 5:30-7:30pm on Zoom. There are a *limited number of spots*, so please email Miss Kim if you are interested in playing or joining the waitlist at cumberchild@gmail.com.

**Choose Your Own Adventure Virtual Book Club**
Monday, January 11 at 6:30 pm
Ages 6-12 on Zoom - Register online by January 11 at 3 pm
Join us each month to join the fun in a Choose your own Adventure book! We will make the choices right there during the book club - no need to read anything beforehand. Be prepared to make decisions, stand up for what you believe, and see where it takes you!

**Chopped Virtual Kitchen Challenge**
Monday, January 25 at 6:30 pm on Zoom
Ages 8-14 - register online by January 14th
Based loosely on the popular cooking show, we are challenging kids and tweens to **pick up our secret ingredient kit beginning Tuesday, January 19**. You'll have all week to come up with a recipe and use the ingredients. The following week, on **Monday, January 25**, we will meet on Zoom and you can show us your kitchen masterpiece! Take a picture of your creation and make sure you know the recipe so we can post both for everyone to see - and be prepared to taste test it for yourself, since we can't! Please ask an adult to help with any kitchen gadgets. Registration is required so that we will know how many secret ingredient kits to prepare.
The Back Page…

Whether you are still sheltering or just looking for something different to do, you can check out our Online Resources page. Go to http://www.cumberlandlibrary.org/all-databases and find databases to learn new skills, look up your genealogy, read newspapers from your hometown, read online magazines, check out ways to be “green” and more.

What sort of books do librarians read? Sign up for our Staff Picks newsletter from NextReads. It’s easy and free! Just click on the NextReads link on our webpage at www.cumberlandlibrary.org.

*Library Temporary Hours

Mon, Tue, Thur, Fri
9:00-5:00
Wed 9:00-8:00
Sat. 9:00-5:00
*check website