
What are brochures?

— A guide about brochures —

Brochures can be used for...

- **Educational purposes** (for example many can be found in a doctor's office, clinics, hospitals)

Topics may include: sex ed, mental health, drug/alcohol abuse, etc,

- **Menus** (those restaurant menus under your door are considered brochures)
- **Sales** (big and small businesses do this all the time, especially now because of the holidays. Advertising things for less of a price to bring in customers)

SPECIAL CANTONESE STYLE

Egg Roll	40¢ each—2 for 75¢
Barbecued Pork	(Small) 75¢—(Large) \$1.40

CHICKEN

Pressed Duck (Each Order)	Order
	\$2.00
Gal Kiel (White meat of Chicken)	2.00
Hong Sul Gal	2.10
Chicken, Pineapple, with Water Chestnut and Mushroom	2.10
Chicken Chow Mein, Cantonese Style	1.90
Sweet and Sour Chicken	1.75

BEEF

Steak Kiel	2.00
Sliced Beef Tenderloin with Pea Pod	2.00
Beef Chow Mein, Cantonese Style	1.90
Beef Buck Toy	1.45
Pepper Steak with Tomato	1.45
Beef with Bean Cakes	1.45

PORK

Bean Cakes with Pork	1.25
Sweet and Sour Pork	1.55
Hong Sul Pork	1.75
Barbecued Spare Ribs or Pork—(One Order)	1.40
Sweet and Sour Wanton	1.45
Pork Chow Mein, Cantonese Style	1.75

SEA FOOD

Fresh Lobster, Cantonese Style—(One Order)	2.80
Fresh Lobster Kiel	2.00
Hong Sul Harr	1.90
Shrimp Lobster Sauce	1.60
Shrimp Natural Sauce	1.45
Harr Kiel	1.75
Sweet and Sour Shrimp	1.65
Abalone with Buck Toy	1.45

CHICKEN CHOP SUEY OR CHOW MEIN

	Pt.	Qt.
Chicken Chop Suey or Chow Mein	\$1.40	\$2.70
Chicken Mushroom Chop Suey or Chow Mein	1.80	3.40
Chicken Subgum Chop Suey or Chow Mein	1.80	3.50
Chicken Liver Chop Suey or Chow Mein	1.75	3.40

PORK CHOP SUEY OR CHOW MEIN

	Pt.	Qt.
Plain Chop Suey or Chow Mein	\$.80	\$1.50
Fine Cut Chop Suey or Chow Mein	1.00	1.90
Mushroom Chop Suey or Chow Mein	1.40	2.70
Subgum Chop Suey or Chow Mein	1.55	3.00
Black Mushroom Suey or Chow Mein	1.40	2.70

BEEF CHOP SUEY OR CHOW MEIN

	Pt.	Qt.
Beef Chop Suey or Chow Mein	\$1.30	\$2.50
Beef Subgum Chop Suey or Chow Mein	1.70	3.30
Beef Mushroom Chop Suey or Chow Mein	1.70	3.30
Veal Chop Suey or Chow Mein	1.30	2.50

SEA FOOD CHOP SUEY OR CHOW MEIN

	Pt.	Qt.
Fresh Shrimp Chop Suey or Chow Mein	\$1.35	\$2.60
Fresh Lobster Chop Suey or Chow Mein	1.90	3.70
Shrimp Subgum Chop Suey or Chow Mein	1.80	3.50
Lobster Shrimp Chop Suey or Chow Mein	2.20	4.30
Lobster Mushroom Chop Suey or Chow Mein	2.20	4.30
Shrimp Mushroom Chop Suey or Chow Mein	1.75	3.40

EGG FOO YOUNG

	Order
Plain Egg Foo Young	\$1.00
Chicken Egg Foo Young	1.20
Fresh Shrimp Egg Foo Young	1.20
Mushroom Egg Foo Young	1.30

WARMEN

	Order
Chicken Warmen	\$1.45
Chicken Mushroom Warmen	1.75
Fine Cut Warmen	1.25
Mushroom Warmen	1.55
Subgum Warmen	1.45
Chicken Subgum Warmen	1.80
Fresh Shrimp Warmen	1.80
Shrimp Subgum Warmen	1.45

Coping with Bipolar During COVID-19

COVID-19 HAS CREATED A LOT OF UNCERTAINTY AND FOR INDIVIDUALS LIVING WITH BIPOLAR, THIS CAN IMPACT THEIR MENTAL WELL-BEING, TO HELP MANAGE STRESS AND SYMPTOMS DURING QUARANTINE, HERE ARE SOME WAYS TO COPE WITH BIPOLAR DURING COVID-19:



1) STAY CONNECTED WITH YOUR THERAPIST

Find a way to keep your therapists and medical providers updated and in contact with you. Through telepsychology or telepsychiatry, therapists can be now reached online. But, check with your specific provider to see if they can provide online appointments via zoom.com, docsy.me, or other platforms. Otherwise, ask if phone calls are an option.

2) STAY ON TOP OF YOUR MEDICATION PRESCRIPTIONS

Minimize the amount of visits you make to the pharmacy by asking your pharmacy for an extra supply of medication. Or have someone you trust retrieve your medication for you. Some pharmacies will also allow mail orders to be placed. Additionally, if you are using multiple medications, check in with your medical provider to track your daily usage and symptoms.



3) FOSTER GOOD SLEEP HYGIENE

A disruption in one's daily structure can create increased stress and anxiety, which can lead to disrupted sleep. For those with bipolar disorder, it is important to continue a healthy sleep schedule in order to manage their symptoms. Avoid naps during the day as much as possible and implement a structure within your routine during the day.

4) PRACTICE SELF-CARE

It's hard to escape the reality of this is stressful time, but try to reduce your news exposure and implement techniques of mindfulness of yourself and your symptoms. Take some time to yourself by meditating, read a book, or anything that's relaxing to you. Natural light can be helpful, so go outside as much as you can. Most importantly, be gentle on yourself.



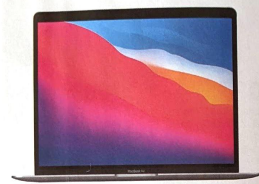
5) MAINTAINING SOCIAL SUPPORT

It can be hard to stay connected with family and friends when physically apart, but stay connected through texting, video and/or phone calls. Or you can also keep in touch via social media or email daily. Schedule times to virtually talk to your family and friends to hold yourself accountable. You can also join online bipolar support groups to create a greater sense of support and to know that you are not alone, especially during this time.

AVAILABLE ONLINE RESOURCES FOR SUPPORT AND ASSISTANCE:

<https://www.talkspace.com/blog/coronavirus/>
<https://www.inspire.com/groups/mental-health-america/topic/bipolar-disorder/?origin=ifr>
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Deals on Apple products



\$799.99
AFTER \$100 OFF

Apple MacBook Air (M1 chip)
3.3-inch 8-core CPU, 7-core GPU
8GB Memory, 256GB Hard Drive.
Additional colors available on Costco.com.
Item: 1691769, LIMIT 2.



\$25 OFF

Apple Watch Series 8
Selection varies by location.
Additional colors available on Costco.com.
GPS + Cellular on Costco.com only.
Item: 16109836, 1623641
LIMIT 2



The best experiences. Only from Apple.
Apple TV+, Apple News+, and Apple Arcade
1-year subscriptions now available at Costco.



Available in warehouse.



Available in warehouse.



Apple TV+, Apple News+, and Apple Arcade are trademarks of Apple Inc., registered in the U.S. and other countries.

Valid Nov. 21 - Dec. 24, 2022



\$949.99
AFTER \$50 OFF

HP ENVY 15.6" 1080p 2-in-1 Touchscreen Laptop
Evo 12th Gen Intel® Core™ i5 Processor.
Item: 1698581,
LIMIT 5.



16GB MEMORY
1TB SSD

\$579.99
AFTER \$20 OFF

Acer Swift 5 14" 1080p Laptop
Evo 12th Gen Intel® Core™ i5 Processor.
Item: 1656763,
LIMIT 5.



16GB MEMORY
512GB SSD

\$50 OFF

Samsung Galaxy Watch5
40mm AND/OR 44mm.
Includes 2 Year Chargers.
Additional colors available on Costco.com.
Item: 1683574, 1683589
LIMIT 5.



YOUR COST
\$1,399.99-1,999.99

LG - OLED B2 Series - 4K UHD OLED TV
\$1,399.99 WAREHOUSE ONLY
65" Class Item: 0769292
\$1,999.99 ONLINE ONLY
77" Class Item: 0777022
• Includes 3-Year Protection Plan
(Bundle included for 5 years of total coverage)
• 47 Gen 5 AI Processor 4K
LIMIT 5.



Valid Nov. 21 - Dec. 24, 2022

\$89.99
AFTER \$15 OFF

Seagate One Touch STB Portable Hard Drive
Includes 3 years of rescue data recovery services.
Item: 5559300,
LIMIT 3.



12GB MEMORY
1TB HDD + 256GB SSD

\$699.99
AFTER \$20 OFF

Dell Inspiron 23.8" 1080p All-in-One Touchscreen Laptop
12th Gen Intel® Core™ i5 Processor.
Item: 1668307,
LIMIT 5.



12GB MEMORY
1TB HDD + 256GB SSD

\$599.99
AFTER \$40 OFF

Samsung Galaxy Tab S7 FE 12.4" Wi-Fi Tablet - 64GB - Black
Includes keyboard and S-Pen.
Item: 1567288,
LIMIT 5.



YOUR COST
\$1,399.99-1,999.99

LG OLED TV
\$1,399.99 WAREHOUSE ONLY
65" Class Item: 0769292
\$1,999.99 ONLINE ONLY
77" Class Item: 0777022
• Includes 3-Year Protection Plan
(Bundle included for 5 years of total coverage)
• 47 Gen 5 AI Processor 4K
LIMIT 5.



Valid Nov. 21 - Dec. 24, 2022



Traits of a brochure:

- Typically short sentences
- Many can be bi-folded (folded in twos) or tri-folded (folded in threes)
- May have a front AND a back
- Can follow a specific color scheme to grab the reader's attention
- Raises awareness to something important!
- Seen/used everywhere
- Can be made by anyone
- Made of paper