

**Happening in**

**September:**

- 2nd - Labor Day
- 4th - National Wildlife Day
- 6th - Pay Day
- 9th - International Sudoku Day
- 10th - World Suicide Prevention Day
- 11th - Patriot Day
- 12th - Grandparent's Day
- 13th - International Chocolate Day
- 20th - Pay day
- 22nd - First day of Fall
- 29th - National Coffee Day

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# CSCS September Newsletter



**Employee Spotlight:**

**Jonathan  
Lokken**

Help me congratulate our Spotlight this month... Mr. Jonathan Lokken, Harrington Farms AHS!

Jonathan has been with CSCS since December 2023. He says his favorite thing about our company is getting the opportunity to better the lives of our clients. His best work place memory was the water balloon fight at the 4th of July barbeque.

Jonathan was nominated by staff who says, "everything he does is to better himself, the individuals around him, or the people he works with. He truly has everyone's best interest at heart and strives to do the best he can." Residents say, "He is always willing to help them. He makes them feel safe." He displays *sincerity* and *trustworthiness*, due to his genuine care for others and his consistent reliability.

Jonathan has a fiancée, Ciana, and a four year old daughter, Bella. He enjoys getting out in nature, traveling and playing video games. As well as, bonfires, cider mills, pumpkin patches, and football games in the fall. Football is his favorite sport. GO LIONS!!

His favorite motivational quote is:

"Don't count the days, make the days count" - Muhammad Ali



## Character Training

**Decisiveness** means: the ability to make decision quickly, confidently, and effectively.

Why is it important to be decisive?

- **Efficiency:** Excessive thinking can impede decision-making, causing indecisive individuals to waver between choices and test others' patience. Decisive people make quick choice, even under pressure, facilitating efficient progress.
- **Maturity:** Making strong, sound decisions builds trust and confidence. For those in leadership roles, decisiveness is crucial, and taking the time to make thoughtful choices can greatly benefit your career.
- **Positivity:** Focusing on strategy rather than impulse reduces the risk of poor decisions, leading to better outcomes and fewer mistakes.

Ways to build decisiveness

1. Practice making small decisions more quickly
2. Eliminate and narrow down options
3. Step outside of your comfort zone by trying something new, e.g., a new playlist or new food

## Policy Spotlight

### Conflict Resolution

It is the policy of Central State Community Services to address conflict resolution on an individual basis:

If an individual is involved in a conflict with another person which cannot be resolved to his/her satisfaction, the conflict shall be addressed by the Individual's support team through the person-centered process. The individual shall call a special Person-Centered planning Meeting. The assistance of the Home Supervisor is always available as requested, if needed. The support team, through the person-centered planning process shall assist the individual in conflict resolution.



HAPPY BIRTHDAY

### September Birthdays

- 1st - Stephanie Izworski
- 1st - Jonathan Lokken
- 2nd - Elijah Purcell
- 3rd - Elizabeth Njakc
- 4th - Michael Miller
- 4th - A'Shanae Thomas
- 7th - Nishyia Hudson
- 8th - Aaron O'Berry
- 8th - Tore Vollmer
- 9th - Teresa Dulaney
- 10th - Jalyn Brown
- 12th - Angela Joseph
- 15th - Jakia Stallings
- 22nd - Breyana Williams
- 22nd - Jacqueline Lapp
- 23rd - Angel Preston
- 25th - Lauren Blassingame
- 25th - Karand Houston
- 25th - Michelle Smith
- 25th - Amy Savi
- 27th - Christy Benton-Mayes
- 29th - Haley Easton
- 30th - Tanashi Fletcher-Perkins
- 30th - Carla Phillips





## Rules To Help Keep Children Safe

Knowing basic information such as parents' phone numbers.



Politely refusing a stranger's company or food.



Comprehending the concept of good touch and bad touch.



Learning to stay in the same place if they get lost.



Avoiding sharing personal information with strangers.



Avoiding leaving the yard alone or climbing fences.



Refraining from doing anything they are uncomfortable with.



Staying away from fire and fire outlets.



Mom Junction

B a c k



## TIPS:

Take time to ask them what they are most excited for and if they are nervous about anything. Having a good nights sleep will help during the school day.

Encourage independence.

Talk about safety.

Limit Screen time.

Make homework time fun if you can.

Establish healthy habits.




### BACK TO SCHOOL CHECK LIST

-  Check the school calendar to make sure you are aware of all the important dates : social events, registration, meet the teacher, etc.
-  Get all appointments, shots, medicines, and paper work taken care of.
-  Go through clothes to get rid of items that don't fit or are too worn out. Plan a fun shopping outing!
-  Get School supply lists, check on what you already have first, then buy the things you still need.
-  Figure out your transportation plan - start times, bus routes, walking routes, etc.
-  Make haircut appointments.
-  Adjust schedules so that internal clocks are ready for an early school wake up.
-  Do some meal planning for breakfasts, school lunches, and snacks
-  Plan time with friends to get excited about renewing those connections!



## DIY Leaf Mason Jar Candle Holder



### What you need:

- Mason jars (cleaned and dried)
- Contact paper
- Chalk acrylic paint
- Foam brush
- X-acto knife
- Twine
- Popcorn kernels or bird seed
- Battery operated tealights

### Step by Step

### instructions:

[DIY This Easy-To-Make Autumn Leaf Mason Jar Candle Holder \(shared.com\)](http://www.shared.com)



# SEPTEMBER



S K O O B S T N L E R S  
 I L A B O R D A Y U Q T  
 O S O N E R E O M H Y A  
 L C H A B E L E E O L S  
 E W A C O R N H Z M V D  
 A O P U K Z F T W E A N  
 V L P D E R L V K W E E  
 E L L T S O R R R O S I  
 S E E U O E N A O R Q R  
 O Y S H O F I M S K R F  
 L R C M B A E H U E D O  
 T S E V R A H S K T A R  
 A F A L L N D A E L U B  
 C O N L E R R I U Q S A

ACORN  
 APPLES  
 AUTUMN  
 BOOKS

BREEZE  
 FALL  
 FRIENDS  
 HARVEST

HOMEWORK  
 LABOR DAY  
 LEAVES  
 RAKE

RED  
 SCHOOL  
 SQUIRREL  
 YELLOW

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## September Sudoku

	4					5	
6	2	1				9	
	5				3	7	
2						5	
		4	6		2	7	1
			3	5			4
	7	6	2			3	
				1			
			9			4	6

		6			5		2	
	5		9					7
2			7				3	6
			3	1				
	6							1
5				6	9	7		
1	7						4	
			2	4				
					7	6		



## Crock Pot Chili

### Notes:

I like to use ground chuck in my chili and then drain the fat. Fat is what gives the beef flavor.

You can substitute ground turkey, pork, or chicken for the ground beef.

Do you like things with a bit of heat and a lot of spice? Increase the amount of crushed red pepper and cayenne pepper to taste.

You can make this recipe in a Dutch oven or heavy pot on the stovetop if you don't have a crock pot.

Store leftovers in an airtight container in the refrigerator for up to 3 days



### What you need:

- **Ground beef:** or ground turkey or pork
- **Onion:** sweet yellow or Vidalia
- **Garlic:** fresh, of course
- **Beef broth:** low-sodium
- **Tomato paste:** to thicken the chili
- **Diced tomatoes and green chilies:** like Rotel tomatoes
- **Diced tomatoes:** I prefer fire-roasted
- **Beans:** you can use two 15-ounce cans of kidney, pinto, navy, Great Northern, or black beans.

**Seasonings:** chili powder, ground cumin, smoked paprika, red pepper flakes, ground cayenne pepper, salt, and freshly ground black pepper

### Instructions

Brown the ground beef in a large skillet over medium heat. Add the onion halfway through the browning process and cook until soft. Add the garlic; cook for 1 minute while stirring constantly. Drain any excess grease and add the ground beef mixture to the crock pot.

Whisk together the beef broth and tomato paste. Pour on top of the beef mixture

Add the diced tomatoes, fire-roasted tomatoes, kidney beans, pinto beans, chili powder, cumin, paprika, brown sugar, red pepper, and cayenne.

Cover with the lid and set to low for 6-8 hours or on high for 3-4 hours. Season with kosher salt and black pepper to taste.



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