# central state community services incorporated 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



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 4thof 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



# September Birthdays

• 1st - Stephanie

#### • 1st - Jonathan Lokken

- 2nd Elijah Purcell
- 3rd Elizabeth Niako
- 4th Michael Miller
- 4th A'Shanae Thomas
- 7th Nishyia Hudson
- 8th Aaron O'Berry
- 8th Tore Vollmer
- 9th Teresa Dulaney
- 10th Jalvn Brown
- 12th Angela Joseph
- 15th Jakia Stallings
- 22nd Brevana

#### 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



# **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.





# **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.



# 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:

<u>DIY This Easy-To-Make Autumn Leaf Mason Jar Candle Holder (shared.com)</u>

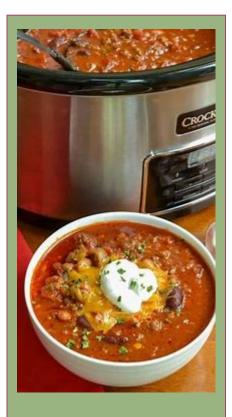




# September Sudoku

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

		6			5		2	
	5		9					7
2			7			3		7 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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