

CSCS February Newsletter

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Happening in February 2025:

2nd - Groundhog Day
3rd - Carrot Cake Day
4th - Stuffed Mushroom Day
6th - Pay A Compliment Day
7th - Payday
9th - Superbowl
9th - Pizza Day
10th - Flannel Day
12th - Give a Hug Day
13th - Self-love Day
13th - Mardi Gras
14th - Valentine's Day
14th - International Book Giving Day
15th - Childhood Cancer Awareness Day
17th - President's Day
17th - Random Act of Kindness Day
21st - National Caregivers day
21st - Payday



Employee Spotlight: Sharon Williams



Help me congratulate our Spotlight this month...

Sharon Williams, CSCS Program Coordinator!

Sharon has been with CSCS since June 2021. She says her favorite thing about our company is being recognized, being valued, and being appreciated for what she does. Her favorite workplace memory was when she visited Warner Home and the individuals from the day-program remembered her and gave her a hug.

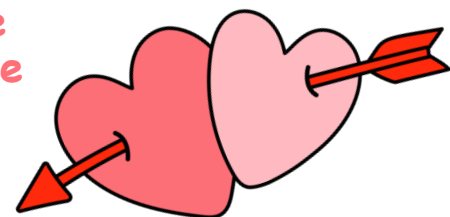
She was nominated by team members who say, "Her dedication and hard work are truly commendable" and "her commitment to supporting the team and ensuring everything runs smoothly is greatly appreciated". Sharon shows her sincerity and reliability by always making herself available whenever help is needed. Her and her willingness to help are deeply appreciated and valued.

Sharon is a proud mother to two sons, Cameron and Nique, and a grandmother to a 3 year old, Amora. She enjoys taking walks, traveling during the winter, and watching *Good Times* on television. Sharon also enjoys steak from Outback Steak House and Hot Cheetos. She is a fan of football, GO STEELERS!!

Sharon's favorite motivational quote is:

"Success is not final, failure is not fatal: It is the courage to continue that counts."

- Winston Churchill



Character Training - Sincerity

Sincerity means: being honest and straightforward without any pretense, misrepresentation, or deceit.

Why is it important to be **sincere**?

- Helps build trust
- Enhances communication
- Fosters positive environments by creating supportive, open, and trusting spaces

Ways to build **sincerity**:

1. Be an active listener
2. When you interact with others, try to be mindful of your posture, mannerisms, and behavior
3. Be honest and forthright

"Sincerity is not to say everything you think, but to mean everything you say."
- Unknown

Policy Spotlight - **Emergency Medical Plan** # 04-02-05

Central State's first responsibility in any emergency is to the Individuals. Their safety and welfare are to be maintained before consideration is given to such emergency factors as property damage or convenience of friends and/or relatives.

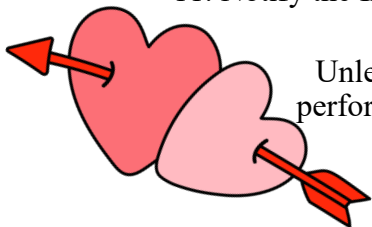
Emergency telephone numbers are listed on the telephones. The list includes numbers for the ambulance, police department, hospital, fire department, sheriff, and poison control.

The phone number of the relative to be notified is in the Individuals' records. Medication orders and Medicaid cards, hospital I.D. cards, etc., are kept in the Individuals' records. Take the person's medical record, with you.

Specific procedure is listed below:

1. Make Individual comfortable.
2. Give first aid and perform CPR, as needed.
3. Call an ambulance. Do not hang up first. The dispatcher will hang up when he/she has all necessary information.
4. Call Guardian (if applicable) or person responsible for placing Individual with us.
5. Direct E.M.T. to physician's orders to identify medications and current dosages.
6. Have health record available for medic.
7. Make certain evacuation route is clear.
8. Notify the nurse assigned to the home.
9. Notify the consumer's physician.
10. Notify Home Supervisor who will notify the Program Coordinator.
11. Notify the Individual's case manager (CMH/DCH).
12. Document

Unless a Hospice plan is in place employees must perform CPR, as required by CPR and first aid training, in an effort to sustain life.



Anniversaries

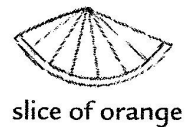
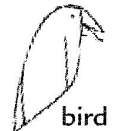
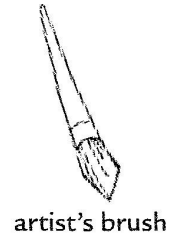
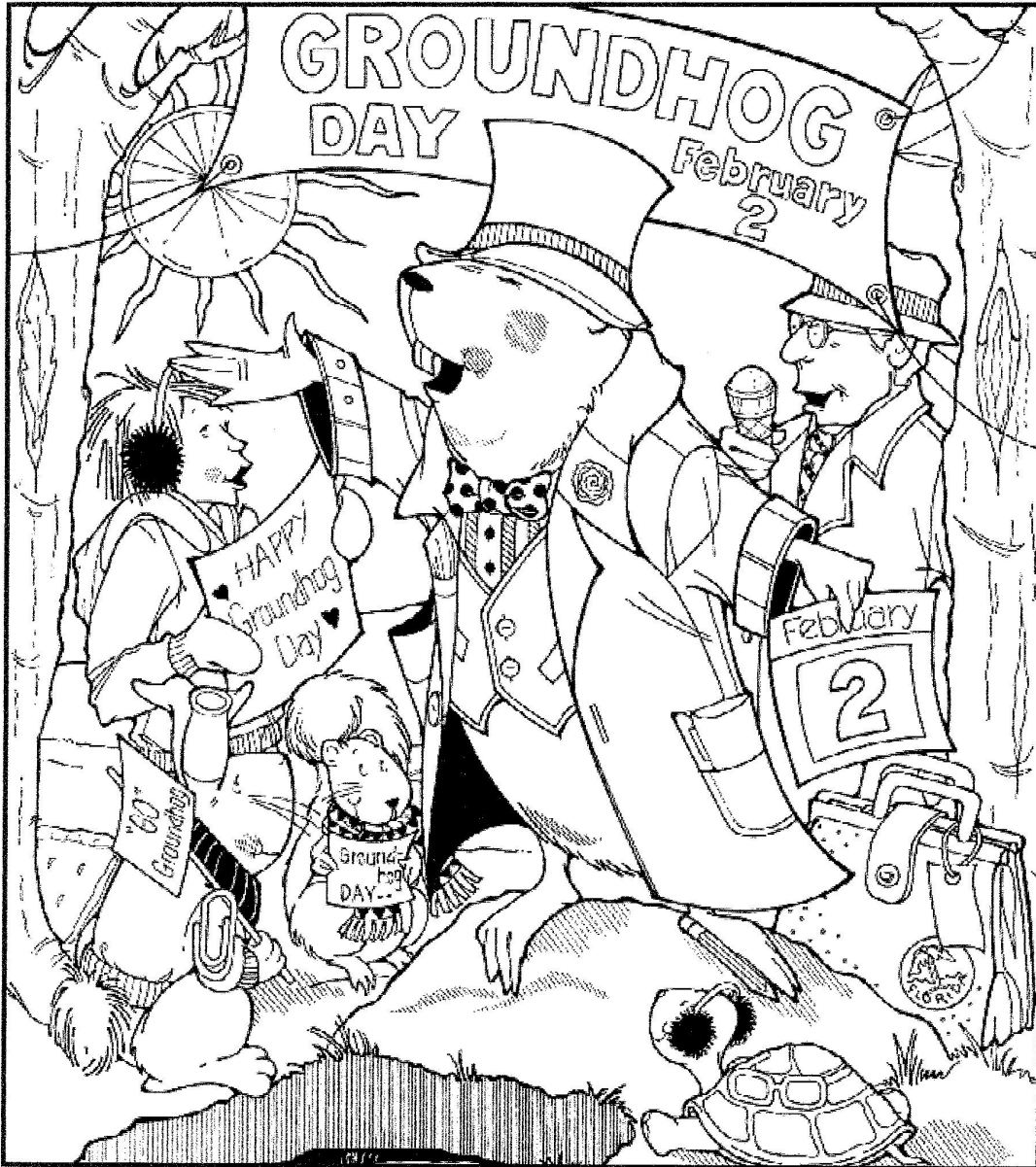
- 1st - Tiffany Jones (3 years)
- 1st - Vuai Finney (1 year)
- 2nd - Dinease Bryant (2 years)
- 3rd - Shantel Wilson (4 years)
- 8th - Annette Perry (3 Years)
- 9th - A'Shanae Thomas (1 year)
- 9th - Caleb Phillips (3 years)
- 9th - Madison Jones (1 year)
- 12th - Novella Franklin (6 years)
- 16th - Elijah Purcell (1 year)
- 16th - Dianisha Williams (1 year)
- 21st - Breyana Williams (5 years)
- 21st - Sandra Slabinski (8 years)
- 22nd - Michael Payne (17 years)
- 22nd - Angela Starling (3 years)
- 22nd - Lindsey Berens (5 years)
- 22nd - Brittany Maxwell (1 year)
- 24th - Rose Norris-Clements (11 years)
- 25th - Vonita Cooper (2 years)
- 29th - Amber Lord (1 year)

Birthdays

- 3rd - Annette Perry
- 7th - Marquis Carr
- 10th - Michri Owens
- 14th - Phillip Parrish
- 16th - Dorothy Adkins
- 17th - Barbara Whitney
- 20th - Hannah Dulyea
- 21st - Tiffany Gordon
- 22nd - Alyssa Valenti
- 22nd - Ashley Myers
- 22nd - Latesha Brown
- 23rd - Lindsey Berens
- 25th - Tonisha Fisher
- 27th - Mallynda Fernando
- 28th - Donna Dennis
- 28th - Iyanna Tidwell
- 28th - Emily Bombard

The Groundhog Predicts . . .

By Susan Dahlman



In the big picture, find these objects.



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Happy Groundhog Day!

February 2nd, 2025





HEART HEALTH AWARENESS MONTH

- FEBRUARY 2025 -

Tips for Reducing the Risk of Heart Disease at Any Age:

All Age Groups

- Eat healthy: Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars
- Be More Active: Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity
- Learning the warning signs of a heart attack and stroke

In Your 20's

- Find a health care professional and have regular wellness exams
- Be physically active: Set up a routine
- Avoid smoking and secondhand smoke

In Your 30's

- Create a heart healthy lifestyle for you and your family
- Know your family's medical history
- Learn stress management techniques

In Your 40's

- Watch your weight, as your metabolism might begin slowing down
- Have a fasting blood glucose test by the time you're 45
- Get your snoring checked out: Sleep apnea can contribute to high blood pressure, heart disease and stroke.

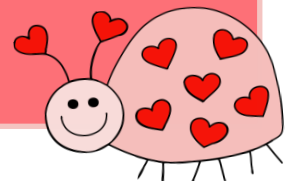
In Your 50's & 60's

- Ensure that you're eating a heart healthy diet
- Follow your treatment plan if you've been diagnosed with high blood pressure, high cholesterol, diabetes, or anything else that can contribute to heart disease
- Learn about Peripheral Artery Disease (PAD)



How you can take part in Heart Health Awareness Month:

- Join the #OurHearts movement by sharing on social media how you're working with friends or family to be heart healthy.
- Wear red on the first Friday of February to raise awareness about heart disease and encourage others to do the same.
- Commit to a walking schedule with a friend or family member.
- Try a new recipe weekly.
- Make television watching more active by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
- Set up an online support group with friends to encourage each other in your goals to eat healthier, get more exercise, and quit smoking.
- Get CPR certified in case of an emergency.



Self Love Tips

FEBRUARY IS..
**INTERNATIONAL
BOOST
SELF-ESTEEM
MONTH**

- * Use hopeful statements and be kind to yourself.
- * Focus on effort, not outcome, and take baby steps.
- * Embrace compliments and build your competencies.
- * Practice positive affirmations and challenge yourself.
- * Take a moment everyday to be grateful for the wonderful things in life.
- * Practice mindfulness meditation and self-awareness.
- * Remind yourself of all of your past accomplishments.
- * Say "no" more and assert yourself.
- * Embrace the fact that you can't control everything.
- * Practice self-care; find what works for you.
- * Take pride in your uniqueness.
- * Try something outside of your comfort zone.

INHALE
confidence
EXHALE
doubt

Date Night Ideas



- Have a spa night and pamper each other
- Write love letters to one another
 - Have a game night
- Cook dinner or dessert together
- Get take out and have a romantic candle light dinner
- Create cocktails together based on your favorite memories or places
- Find sing-alongs on YouTube and karaoke together
- Have a movie marathon
- DIY pottery or painting night
 - *see page 6 for personalized mug ideas
- Set up a tent for an indoor camping date
- Take a dance class





Personalized Mugs

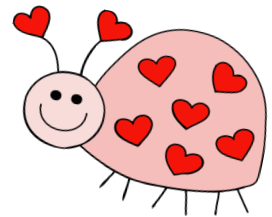
Materials

- Oil Paint Markers
- Porcelain or Ceramic Oven Proof Mugs

Directions

1. Clean the mugs with warm soapy water
2. Allow to dry completely
3. Once dry, draw your desired designs with the paint markers and allow to dry for several hours
4. Bake the mugs in the oven at 350°F for about 30 minutes
5. Turn the oven off and allow mugs to cool completely in the oven

* Hand washing would be best



Football Mason Jars

Materials

- Mason Jars
- Brown and White Acrylic Glass Paint
- Paint Brushes
- Optional - Mod Podge or Acrylic Varnish

Directions

1. Clean the jars with warm soapy water and allow to dry completely
2. Paint entire jar brown, may take multiple coats
3. Paint the laces, or use a waterproof adhesive sticker. Multiple layers of paint will be needed if painting.
4. Allow to dry completely, and then use!

* Optional - Seal with a clear acrylic varnish, sealer, or Mod Podge to waterproof after allowing paint to dry



Stuffed Mushrooms

Prep: 10 mins Total: 45 mins 8 servings

Ingredients

- Cooking spray
- **1 1/2 lb.** baby mushrooms, rinsed
- **2 Tbsp.** unsalted butter
- **2** cloves garlic, finely chopped
- **1/4 cup** bread crumbs
- Salt
- Freshly ground black pepper
- **1/4 cup** finely grated Parmesan, plus more for topping
- **4 oz.** cream cheese, softened
- **2 Tbsp.** chopped fresh parsley, plus more for serving
- **1 Tbsp.** chopped fresh thyme



Directions

1. Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove stems from mushrooms and finely chop. Arrange caps on prepared sheet.
2. In a medium skillet over medium heat, melt butter. Add chopped mushroom stems and cook, stirring frequently, until most of the moisture is evaporated, about 5 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add bread crumbs and cook, stirring frequently, until slightly toasted, about 3 minutes; season with salt and pepper. Let cool slightly.
3. Transfer bread crumb mixture to a large bowl. Add Parmesan, cream cheese, parsley, and thyme; season with salt and pepper and stir to combine. Fill mushroom caps with filling and sprinkle with more Parmesan.
4. Bake stuffed mushrooms until softened and the tops are golden, about 20 minutes.
6. Transfer stuffed mushrooms to a plate. Top with parsley.

Perfect
Super Bowl
Snack!!

Notes:

- * To prevent soggy mushrooms, rinse them under cold water for only a few seconds before cleaning with a dry paper towel, instead of soaking them first
- * Unbaked stuffed mushrooms last up to 3 months in the freezer
- * Left over cooked mushrooms can be stored in an airtight container in the refrigerator for 3-4 days

