

# November



## Central State community Services, Inc.

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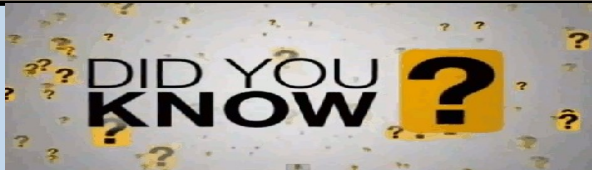
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### November is:

National Diabetes Month  
 National Adoption Month  
 Lung Cancer Awareness  
 Month

November 1st: Daylight Savings Time Ends  
 November 11th: Veterans Day (office closed)  
 November 26th: Thanksgiving Day



November should have been the Ninth Month.

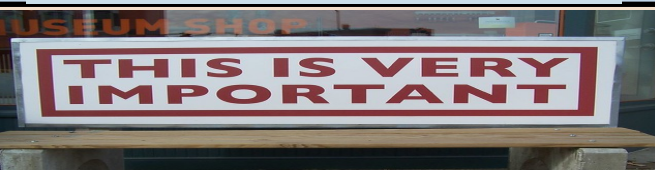
No Shave November—For all the men, November became no shave to raise awareness of men's health issues like Prostate Cancer & Testicular Cancer.

November is the best time to express love.

*HARD WORK CONQUER'S ALL!*

**Have you taken a vacation this year?**

**Remember if you have available vacation time, you need to use it by Dec 4th.**



**HS will be picking up Turkey Dinners on NOV. 20th .**

- |                  |                 |
|------------------|-----------------|
| 14-16 lb. Turkey | Frozen Corn     |
| Bag Potatoes     | Cranberry Sauce |
| Stuffing         | Package Rolls   |
| Turkey Gravy     | Pumpkin Pie     |



**Wisdom: Making practical application of what is learned.**

Everything Cookies

2 package sugar cookies ( Betty Crocker)

Follow directions on package

Add to dough

Package of chocolate chips

Package of peanut butter chips

Package of butterscotch chips

Package of white chocolate chips

Walnuts

Dried cranberries

Mix well & bake as directed on package

Recipe Courtesy of Novella Franklin

# 13 Health Benefits of Apples

<http://yourhealthtreasure.blogspot.com>

1. Prevent Alzheimer's Disease
2. Decrease Risk Of Diabetes
3. Protects Against Cancer
4. Boosts Immune System
5. Offers Whiter Healthier Teeth
6. Great For Radiant Skin
7. Protects The Heart
8. Reduces Risks Of Asthma
9. Reduces Bad Cholesterol & High Blood Pressure
10. Improves Weight Loss
11. Good For Bones & Brain
12. Treats Anemia
13. Solves Respiratory Issues



<http://yourhealthtreasure.blogspot.com>



It was a Tie between State & VanDyke  
Your Program Manager will give you your prize! Thank you all for participating.

Just Want to do a SHOUT OUT! To let all of our Hardworking Care Givers & PC's A BIG THANK YOU! We appreciate you and all your hard work and dedication. We support you all & love the care and love you give to the residents. Keep up the good work!



### Chocolate Delight

Ingredients:

- 1 cup all purpose flour
- 1/2 cup butter room temp.
- 1 1/2 cups finely chopped pecans, divided
- Pinch of salt
- 8 oz. Cream cheese, at room temp.
- 1 cup powdered sugar
- 16 oz cool whip, divided
- 2 small boxes instant chocolate pudding
- 3 cups milk

Instructions:

Combine flour, butter, 1 cup of pecans & salt then press into bottom of 13x9 baking dish. Bake @ 325 for 25min. Let cool completely.

Mix cream cheese & powdered sugar with electric mixer until smooth. Fold in half the cool whip, mix to combine. Spread mixture evenly onto crust.

Mix pudding & milk for 2 min. spread over cream cheese. Spread remaining cool whip onto chocolate layer & sprinkle with pecans. Put in fridge to set.

Recipe Courtesy of Shawna Beaver



## Thanksgiving Word Search

Printable
4 Less

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acorn

autumn

cornucopia

family

feast

football

gathering

gobble

grateful

hay

host

horn of plenty

maize

Mayflower

New World

parade

pilgrim

Plymouth

pumpkin pie

thankful

Thanksgiving

tradition

turkey

wishbone

Printable
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## LUNG CANCER facts

LUNG CANCER INITIATIVE

Every three minutes someone in the US dies from Lung Cancer – 15 North Carolinians die each day.

Every two minutes someone in the US is diagnosed with Lung Cancer – that is 22 people diagnosed each day in North Carolina.

Lung Cancer is the leading cause of cancer deaths in the US and in North Carolina. Lung Cancer takes more lives than Breast, prostate and colorectal cancer combined.

**Not Just for Smokers!**

48% – Never smoked  
21% – Currently smoke  
6% – Former smoker

20 – 25,000 people in the US get lung cancer each year, despite never smoking. Those who have quit smoking remain at risk.

**Causes:**

- Smoking
- Exposure to radon
- Second hand smoke
- Genetic susceptibility
- Radiation therapy
- Asbestos, cadmium, arsenic
- Diesel fumes
- Cooking fumes (developing countries)

**Common Symptoms:**

- A cough that doesn't go away or gets worse
- Coughing up blood
- Shortness of breath
- Exhaustion or weakness
- Back or chest pain or gets worse
- Wheezing
- Hoarseness
- Losing weight without trying

**Advances in Lung Cancer Screening**

The largest national lung screening trial with over 50,000 people enrolled, showed a 20% risk reduction in lung cancer deaths!

Low-Dose CT recommended annually if you are:

- Between the ages of 55 and 74
- Smoking at least a pack a day for at least 30 years or two packs a day for 15 years
- Still smoking or stopped within 15 years

**How to Get Screened**

- talk to your primary care doctor about risk factors
- Ask for a referral to a CT screening site
- Screening sites are located at most regional cancer centers and radiology offices
- Costs range from \$200-\$400

Visit our website for a list of screening sites.  
[www.LungCancerInitiative.org](http://www.LungCancerInitiative.org)

**Estimated US Cancer Deaths 2013**

Prostate	20,720 deaths
Breast	29,720 deaths
Colorectal	50,830 deaths
Lung	159,480 deaths

**Five Year Cancer Survival Rate**

Prostate	99% survival rate
Breast	89% survival rate
Lung	16% survival rate

Source: The National Lung Screening Trial Research Team, NEJM, 2011; American Cancer Society, Cancer Facts and Figures 2012; Atlanta, American Cancer Society, 2012; Centers for Disease Control and Prevention, Disability and Morbidity, Morbidity Reports, "Tobacco Smoking Among Adults," United States, 2007; "Screening for Lung Cancer," Lung Cancer, 2010; Table 4

## Symptoms of diabetes

**Always tired**

Always hungry.

Sexual problems

Always thirsty

Numbness or tingling in hands or feet

**Frequent urination**

**Systemic weight loss**

**Wounds that won't heal**

**Blurry vision**

**Vaginal infections**



If you have some of the above symptoms, you are recommended to talk to your Doctor.

## News About us



**We would like to Congratulate Austin Ledsworth!!!**



Austin has been with Central State for two years, He loves all of the fun outings they take the residents on. He also likes the fact that there is constant growth available for staff, and learning new skills to help the residents. He loves all kinds of music. He plans on going to Whistler Mountain in Vancouver Canada. He lives with his Mother, Father and Grandmother, they have two dogs and they all love the outdoors. His favorite motivational Quote is "Patience is a lost virtue" Thank you Austin, Keep up the Great Work!

### RECENT PROMOTIONS:

Shawna Beaver—Supervisor at Willow  
 Marisa Landsburg—Supervisor at Custer  
 Hailey Waum— AHS at Custer  
 Kelly Lambert— Supervisor at Harrington Farms  
 Crystal Bochenek— AHS at Harrington Farms  
 Dionne Thompson-Supervisor at Seymour Lake  
 Jeff Brand— AHS at Seymour  
 Dashia Baker— Supervisor at Brandenburg  
 Meagan Kruczynski— AHS at Brandenburg  
**Congratulations everyone!!**

We would like to wish you all a Safe  
 And Happy Thanksgiving.



**We would like to Congratulate the following homes:**

Mulberry-Warner-Morowski-Webb  
 They went all year with no Safety  
 Incidents! Great Job Everyone!

