



# CSCS September Newsletter

Volume 3, Issue 9



## September is:

- Better Breakfast Month
- Intergeneration Month
- National Honey Month
- National Cholesterol Education Month
- National Learning and Development Month
- Self-Improvement Month

## Special Dates of Interest:

- 2<sup>nd</sup> – VJ Day
- 4<sup>th</sup> – College Colors Day
- 5<sup>th</sup> – National Cheese Pizza Day
- 6<sup>th</sup> – **Labor Day** (Admin Closed)
- 7<sup>th</sup> – Telephone Tuesday
- 9<sup>th</sup> – International Sudoku Day
- 10<sup>th</sup> - **Payday**
- 11<sup>th</sup> – Patriot Day
- 12<sup>th</sup> – Grandparents Day
- 14<sup>th</sup> – National Coloring Day
- 15<sup>th</sup> – International Dot Day
- 17<sup>th</sup> – International Country Music Day
- 18<sup>th</sup> – Batman Day
- 22<sup>nd</sup> – Fall Equinox
- 24<sup>th</sup> - **Payday**
- 25<sup>th</sup> – National Cooking Day
- 29<sup>th</sup> – National Coffee Day
- 30<sup>th</sup> – National Love People Day

## Policy Spotlight

### Cultural Competency/ Diversity

It is the policy of Central State Community Services to recognize, respect, and to be sensitive to Individuals served, personnel, and other stakeholders and their different cultural backgrounds, age, gender, gender expression, sexual orientation, spiritual beliefs, language, and socioeconomic status. To aid us in reaching this goal, we will adhere to the following guidelines:

1. **Knowledge-** Central State must be knowledgeable of the community's culture, history and traditions. Central State Community Services (CSCS) must be aware of community resources available to them such as community leadership groups, translators, various language radio and newspapers, and churches that serve the different ethnic communities. Providers must also know if personal or professional values conflict with the needs of Individuals served of different backgrounds. Central State Community Services will provide opportunities to participate in a variety of cultural holidays and activities.
2. **Skills-** Central State Community Services must demonstrate genuineness, warmth, and empathy toward the community. They must accept ethnic differences. They must understand their own values, biases, and stereotypes. A culturally competent provider will have the willingness to go the extra mile for people of different cultures in order to achieve outcomes. Central State will within reason, accommodate any cultural request.
3. **Abilities-** Central State Community Services staff must be willing to discuss cultural issues openly. They must be able to respond to cues. Staff must be willing and able to work with qualified interpreters or willing and able to learn a new language. All of this in order to build trust to ensure that recommendations are followed and information correctly understood. Central State Community Services will make every effort to provide different cultural experience through the use of language, menus, holidays, music, movies, outings, etc.



## Kitchen Safety Do's and Don'ts

Accidents are bound to happen in the kitchen. Here are some tips to help you avoid cuts and burns and a bout of food poisoning.

BY ALL THESE  
lovely tokens  
SEPTEMBER  
days are here,  
WITH SUMMER'S BEST  
of weather  
AND AUTUMN'S  
best of cheer.



helen hunt jackson



On July 22<sup>nd</sup>, residents and staff from Willow, Van Dyke, Truax, Waterview, Harrington Farms and Genesis attended the Detroit Tigers game.

A great time was had by all!

Another outing with Harrington Farms, Willow, Hurford, Van Dyke, Lara, Morowski, Brandenburg, Seymour Lake, Genesis, and Mulberry is planned for Sept 2<sup>nd</sup>!

Go Tigers!



### 1. Wear shoes.

Wearing shoes while you cook is always recommended. Not only will the shoes protect you from a fallen sharp object (like a dropped knife), but they will also protect you from other kitchen mishaps such as broken glass and hot water or hot oil spills.

### 2. Learn how to extinguish a fire.

Suffocating the fire by removing air is the best way to put out most kitchen fires. Different types of fires such as grease and electric fires are best extinguished with baking soda or a pan cover. A fire inside your oven is best put out with an extinguisher, and a microwave fire can be put out just by turning off the appliance and keeping the door closed.



### 3. Wear safe clothing.

In general, wearing a top with fitted sleeves or no sleeves is best. Do not wear long, baggy sleeves in the kitchen; they may catch fire. Also, avoid wearing anything flammable or synthetic; when overheated, these fabrics can melt onto your skin.

### 4. Prevent burns.



Make sure when cooking that the handles of your pots and pans are turned inward. This will be safer than someone knocking into them resulting in the food flying or spilling, possibly causing a serious burn. Always have potholders or oven mitts close by when handling anything on the stove top or oven. Don't use wet potholders or dish rags because they will not keep the heat from burning your hands.

### 5. Always wash your hands.

It's important to wash your hands in hot soapy water before and after cooking. Try to use paper towels to dry your hands afterward because if a dish towel touches any raw meats or juices it can lead to a bad case of food poisoning. Be sure to also clean all your surfaces and sinks where any raw meats or juices may have touched.

### 6. Always stir and lift away from you.

Make sure you always stir away from your body. After all, you want to eat the spaghetti sauce, not get burned by it. The same goes for lifting the lid of a pot. Lift it away from you to avoid being burned from scalding condensation dripping onto your skin or steam being released.

### 7. Don't set a hot glass dish on a wet or cold surface.

There's actually a lot of science behind this tip. Glass expands when it gets warm and shrinks when it cools down, which causes stress, resulting in a combustion of glass. The best place to set a glass lid is on top of a trivet, cutting board or potholder.

### 8. Don't use metal utensils on nonstick, Teflon pans.

Cooking with metal utensils on Teflon or non-stick pans can cause flaking or chipping of the Teflon. This can, in turn, mix toxic compounds into your food. A better solution: Always use wooden or heat resistant plastic spoons.





V-J Day, or Victory over Japan Day, marks the end of World War II and is celebrated in the United States on the day formal surrender documents were signed: September 2, 1945.



Patriot Day is an annual observance on September 11th as a National Day of Service and Remembrance for the thousands of lives lost during the terrorist attacks in the United States on September 11, 2001.



## Employee Spotlight



Congratulations, Clarissa Miller, for being the CSCS Employee of the Month. Clarissa has been employed with CSCS for 3 years and currently works at Hurford Home as the Assistant Home Manager. There is a mutual respect expressed between Clarissa and the House Supervisor, Erin Krumenacker. Clarissa states that working with Erin is her favorite thing about the CSCS, and Erin states that Clarissa puts her all into her job and the consumers love

her and are delighted when she works. Clarissa loves seeing all the consumer's smiles. Their smiles melt her heart. Clarissa finds some of them to be hilarious, generating even more smiles. Her motivational quote is, "What goes around, comes around. Full circle." Clarissa would love to visit Scotland in the future. During the summer, Clarissa loves swimming and BBQs. She also loves animals, especially horses and donkeys.

Clarissa has 3 children (2 sons and a daughter). She is blessed with 8 grandchildren, (4 granddaughters and 4 grandsons). Her family has brought much joy to her life. She loves them dearly.

## September is Better Breakfast Month

### Why Better Breakfast Month is Important

**1. Eating a healthy breakfast helps control your weight**

September's the perfect time to adopt healthy eating habits in order to avoid adding pounds during the upcoming winter months. Many studies have linked eating a nutritious breakfast to having an easier time maintaining a healthy weight. Eating delicious food to stay slim? Count us in!

**2. It helps you fit in all your daily nutrients**

Dietary guidelines can be intimidating, especially when you're just relying on lunch and dinner to supply the bulk of your nutritional benefits. Eating a healthy breakfast can help you squeeze in some of those necessary vitamins and minerals which are needed to keep your body functioning at its highest possible level.

**3. Breakfast is delicious**

Not only does a well-rounded breakfast supply a ton of physical benefits, but it also tastes good.

## Banana Cream Pie Overnight Oats

This easy to make-ahead breakfast stars potassium-packed banana for sweetness, fiber-filled oats, cottage cheese for satiating protein and bone-strengthening calcium, and chia seeds to make it gel.



### Ingredients

- 1 ripe banana, peeled
- ½ cup low-fat cottage cheese (preferably whipped)
- ¼ cup unsweetened almond milk (or milk of choice)
- ¼ cup old-fashioned oats
- 1 tbsp. chia seeds
- 1 tsp. pure vanilla extract
- OPTIONAL TOPPERS: Sliced bananas, toasted walnuts, shredded unsweetened coconut, and/or ground cinnamon

### Directions

- 1) Place banana in a small bowl and microwave until softened, about 30 seconds. Add cottage cheese and mash until well combined.
- 2) Add milk, oats, chia, and vanilla. Stir well, then cover and refrigerate at least 6 hours or overnight. Top as desired.

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## GETTING OFF TO A GOOD START

Looking for a light bite? Try a BAGEL with BUTTER or CREAM CHEESE. If BACON and EGGS is more your style, we've got that too in this list of breakfast offerings.

BACON	PANCAKES	SUGAR
BAGEL	POTATOES	SYRUP
BISCUIT	PRESERVES	TOAST
BREAD	ROLL	WAFERS
BUNS	SAUSAGE	WAFFLES
BUTTER		
CEREAL		
CHEESE		
COCOA		
COFFEE		
CREAM		
CROISSANT		
CRULLER		
DANISH		
DOUGHNUT		
EGGS		
FISH		
FRUIT		
JELLY		
JUICE		
MILK		
MUFFIN		



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