

**Special Points
 of Interest**

• **June 3rd
 Open
 Enrollment**

- June 14th
 Paycheck
- June 28th
 Paycheck

**Inside this
 issue:**

Employee Spotlight	1
Open Enrollment - JUNE 3	1
Crossword & Recipe	2
Finding your Purpose	3
Safety & Character Trait	4

Employee Spotlight - Joy Aumann

Help me congratulate our
 June Spotlight

Joy is a DSP at our Hurford home. She is sure to grow within CSCS as she is said to be “A dedicated asset who goes above and beyond and who is loved by our residents and staff.”

“She is a hard worker who helps wherever she can.”
 “She is always on time.”

She enjoys simple pleasures

like hunting, fishing, book club, macaroni n cheese n football. To include pumpkin patches, haunted houses and cider mills in the fall. The smell of fresh lilacs, reese’s and Law & Order.

She is close with her family who all enjoy their family dinner nights. Included in her “Hobbies” is spending time with her Grandparents.
 Awww!

Her favorite things about CSCS is the flexible schedule & everyone helping each other. She feels valued in Staff get togethers.

If she had \$10 to pamper herself, she would buy a new book.

Her favorite Motivation Quote is

“**JUST KEEP SWIMMING**”
 ~ Dory

Open Enrollment

Open Enrollment Meetings

Monday, June 3rd 10:00 AM, In-person;
 CSCS Training Center, 2029 S. Elms. Rd. Bldg. A, Swartz Creek, MI 48473

Monday, June 3rd 2:00 PM, In-person;
 CSCS Corporate, 2603 West Wackerly Street, Suite #201, Midland, MI 48640

Tuesday, June 4th 10:00 AM, Virtual



EASY PEASY LEMONADE

PREP

Prep time: 45 mins Cook time: 20 mins Total Time: 1hr 5 mins
 Servings: 4 Nutritional Facts: 269 cal, 0g fat, 77g carbs, 2g protein

INGREDIENTS

- 5 lemons
- 1 1/4 cups white sugar
- 1 1/4 quarts water

DIRECTIONS

1. Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside.
2. Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons.
3. Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds.
4. Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes. Optional: add strawberries for a pop of color!



AT THE BEACH CROSSWORD PUZZLE

ACROSS

1. Kids love to dig in this
2. You can collect these on the beach
6. An American summer holiday
8. You turn this on to cool off
10. We put this on our skin to protect us from the sun
13. A trip away from home

DOWN

1. What you wear to go swimming
3. You swim in this at the beach
4. A frozen treat on a stick
5. The weather in summer
7. Someone whose job is to make sure swimmers are safe
9. The last month of summer
10. A bird you see often at the beach
11. When you ride a wave with a board
12. Commonly worn in summer

WORD BANK

SURFING	LIFEGUARD	SEAGULL
AUGUST	SUNSCREEN	FAN
SAND	OCEAN	SWIMSUIT
HOT	SHELLS	SHORTS
POPSICLE	VACATION	FOURTH OF JULY

From caring comes courage.



Did you know...

The word "almost" is the longest word in the English language with all the letters in alphabetical order.

Finding your purpose in life can be a deeply personal and transformative journey. Here are some questions that might help you discover your life's purpose:

What activities or tasks bring you the most joy?

When do you feel most fulfilled and satisfied?

What are your natural talents and strengths?

What challenges or obstacles have you overcome?

What causes or issues resonate deeply with you?

What would you do if money and resources were not a concern?

What advice would your future self give you?

What legacy do you want to leave behind?

Who are your role models, and what about them inspires you?

What activities make you lose track of time?

What would you teach or share with others?

What does your ideal day look like?

What were your childhood dreams and passions?

If you could solve one problem in the world, what would it be?

How would you define a life well-lived?

Remember, these questions are just a starting point. The journey to finding your purpose is unique to everyone and can take time. Be patient with yourself and enjoy the process of self-discovery.

June is Summer Safety Month

The goal of Summer Safety Month is to increase public awareness of the leading safety and health risks that are increased in the summer months to decrease the number of injuries and deaths at homes and workplaces.

Anyone can be at risk for a heat-related illness. Follow these summer safety tips, like taking extra breaks and drinking lots of water. Moderating your exposure to heat goes beyond reapplying sunscreen and covering up. You will want to take extra steps to avoid being outside for long periods in the sun and heat, especially during the peak hours of strongest ultraviolet (UV) rays, during the hours of 10 a.m. to 4 p.m.

The following are summer safety tips to keep you and your family safe and out of the emergency room!

1. Stay Hydrated

Dehydration is another safety concern during the summer months. Be sure to drink enough liquids throughout the day, as our bodies can lose a lot of water through perspiration when it gets hot out.

2. Protect Your Skin

Use a sunscreen 30 minutes before going out. Reapply sunscreen every two hours or after swimming or sweating. Limit sun exposure during the peak intensity hours – between 10 a.m. and 4 p.m. Stay in the shade whenever possible.

3. Water Safety

Remember to always have adult supervision for children. Whether they're in the pool or playing in the sand at the seashore, having someone who can help them – should an emergency arise – is essential.

4. Eye Safety

The sun's ultraviolet (UV) light can harm the eyes. Wear sunglasses year-round whenever you are out in the sun. Sun damage to the eyes can occur any time of year. Choose shades that block 99 to 100 percent of both UVA and UVB light.

5. Sports Safety

Not only can injuries happen, but in heat exhaustion and dehydration can happen more often in the summer months. It helps to be conditioned to the activities in which we're preparing to engage. Warm up, stretch, gear up, go with a buddy, and remember to cool down and stretch afterwards.

There are several heat-related illnesses to look out for:



HEAT STROKE

Heat stroke occurs when the ability to sweat fails and body temperature rises to a dangerous level quickly. It's often fatal or results in organ damage. Someone experiencing heatstroke will have very hot skin and an altered mental state. Seizures can result. Ridding the body of excess heat is crucial.



HEAT EXHAUSTION

When the body loses an excessive amount of salt and water, heat exhaustion sets in. People who work outdoors and athletes are very susceptible. Symptoms include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. They may also have clammy or pale skin, dizziness, or rapid pulse.



HEAT CRAMPS

Heat cramps are muscle spasms usually affecting the legs or abdominals, often after physical activity. Excessive sweating reduces salt levels in the body, resulting in heat cramps.

Persons with pain or spasms in the abdomen, arms or legs should not return to work for a few hours.

Character Training

DETERMINATION

June 2024

DETERMINATION means: overcoming obstacles in order to reach my goal.

You display *determination* when...

- You avoid making excuses for tasks you don't complete
- You make realistic plans
- When faced with unexpected obstacles or fatigue, you keep yourself and others focused on the end result
- You make a conscious choice to do the right thing at the right time
- You do not avoid taking on a challenging task



Five ways to build DETERMINATION

1. *Create a Goal* - The best way to achieve an outcome is to create a goal.
2. *Get Moving* - It is not enough to set a goal; you must make choices that will take you in the direction of meeting the goal.
3. *Deal with Distractions* - Distractions come in all shapes and sizes. Learn to recognize what's going on around you and deal with whatever type of distraction there is.
4. *Face Challenges* - Escaping or ignoring a challenge doesn't make it disappear. Do not lose hope when you know you are doing the right thing.
5. *Change Tactics* - If one plan fails, remember your original purpose, and find another way to accomplish the goal.

THINK ABOUT THIS...

Determination isn't easy. It is a unique combination of focus, diligence, and self-discipline. Having the ability to stick to your goal in the face of obstacles, and then continuing to work hard toward that goal, is not just a mindset, it's a skillset - one that you can learn and strengthen.

More than a hundred years ago a man worked in his lab trying repeatedly to create his vision yet failing over and over again. He eventually succeeded after years of hard work and many attempts. The man said of his many setbacks, "I have not failed, I've just found 10,000 ways that won't work."

The man was Thomas Edison and he is known as one of the greatest inventors in history and a man of great determination. His determination led to the creation of the light bulb and many other inventions that changed the way people live and work.