



Is Mother's Day Inclusive?

Exploring the Meaning of Motherhood Beyond Biology

As Mother's Day approaches, the air fills with sentiments of love, gratitude, and appreciation for the maternal figures in our lives. However, amidst the celebrations, it's crucial to examine whether Mother's Day truly embraces inclusivity and acknowledges the diverse experiences of motherhood.

Traditionally, Mother's Day has been centered around honoring biological mothers, grandmothers, and or maternal figures who play a significant role in nurturing and caregiving. While this is undoubtedly meaningful for many, it's essential to recognize that motherhood extends far beyond biology and conventional family structures.

In recent years, there has been a growing awareness of the need to broaden the definition of motherhood to be more inclusive of various identities and experiences. This includes recognizing the contributions of non-biological mothers, adoptive parents, step-mothers, foster mothers, trans-mothers, and individuals, male or female, who

serve as maternal figures in the lives of others.

Moreover, Mother's Day should also acknowledge the complexities and challenges that some individuals face in relation to motherhood. This includes those who have experienced pregnancy loss, infertility, or the inability to conceive, as well as individuals who have chosen not to become mothers.

For many people, Mother's Day can evoke mixed emotions or feelings of exclusion if their experiences of motherhood do not align with societal norms or expectations. This highlights the importance of creating space for diverse narratives and honoring the unique journeys of ALL individuals, regardless of their parental status.

In recent years, there has been a growing movement to make Mother's Day more inclusive and affirming of diverse experiences. This includes initiatives to celebrate all forms of caregiving, promote empathy and understanding for those facing challenges related to motherhood, and

advocate for policies that support families of all kinds.

Ultimately, Mother's Day should be a time to celebrate and honor the love, care, and sacrifice that maternal figures provide, regardless of their biological relationship to their children, or those they love and care for. By embracing inclusivity and recognizing the diverse experiences of motherhood, we can create a more compassionate and supportive society for all individuals and families.

Ultimately, the goal should be to celebrate and uplift our maternal caregivers in all their complexity, recognizing their unique contributions to society and honoring their agency and autonomy beyond the confines of traditional gender roles.

Central State Community Services
Visit CSCSML.com today!

Volume 5, Issue 5
May 2024

Inside this issue:

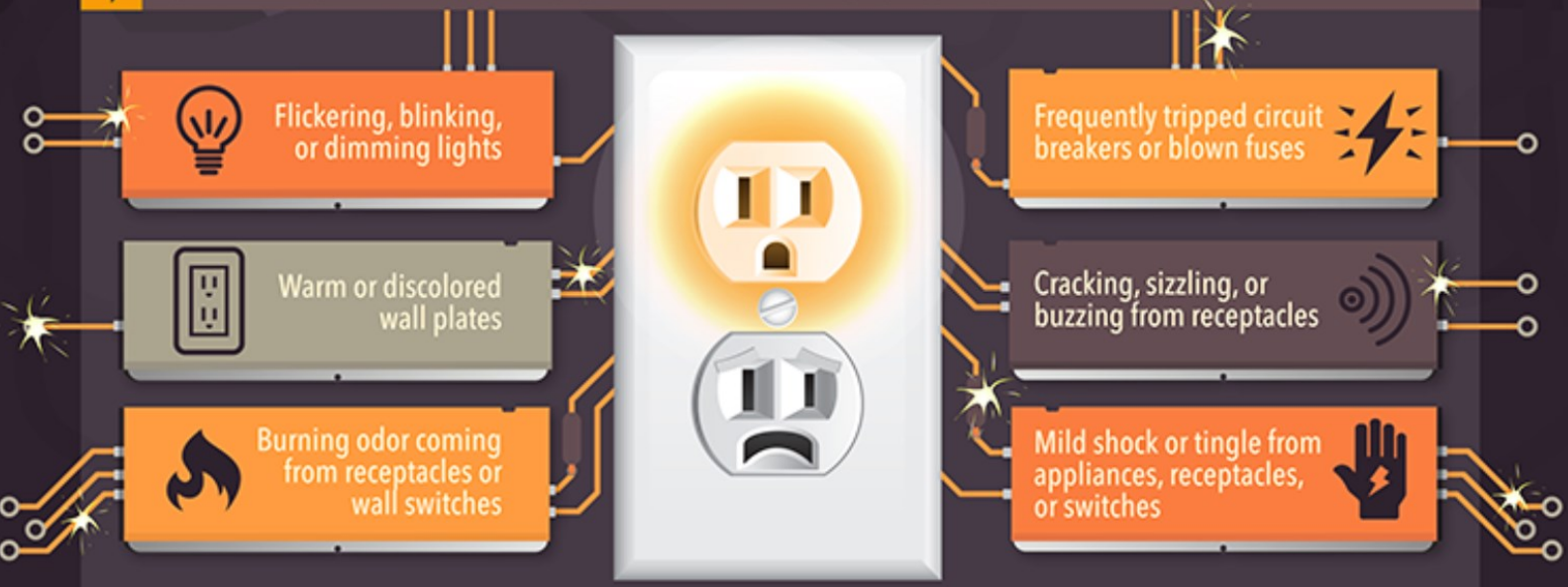
Mother's Day Story	1
Safety Topic	2
Character Training	3
Cinco De Mayo Recipes	4
Craft & Garden Tips	5
Birthdays & Anniversaries	6
Employee Spotlight	7
Intelligence Page	8



DON'T OVERLOAD YOUR HOME!

i According to the National Fire Protection Association, **47,700 home fires** in the U.S. are caused by electrical failure or malfunction each year. These fires result in **418 deaths, 1,570 injuries, and \$1.4 billion in property damage**. Overloaded electrical circuits are a major cause of residential fires. Help lower your risk of electrical fires by not overloading your electrical system.

OVERLOADED CIRCUIT WARNING SIGNS



HOW TO PREVENT ELECTRICAL OVERLOADS

<p>Never use extension cords or multi-outlet converters for appliances.</p> 	<p>All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat-producing appliance into a receptacle outlet at a time.</p> 
<p>A heavy reliance on extension cords is an indication that you have too few outlets to address your needs. Have a qualified electrician inspect your home and add new outlets.</p> 	<p>Power strips only add additional outlets; they do not change the amount of power being received from the outlet.</p> 

50%

The CPSC estimates more than 50% of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs). To learn more about AFCIs, visit ESFI.org.



Only use the appropriate watt bulb for any lighting fixture. Using a larger watt light bulb may cause a fire.

AVAILABILITY means:

willingness to change my schedule and priorities to meet a need.

You display availability when...

- ✓ You strive to be productive by completing tasks and keeping a schedule so that others know they can depend on you.
- ✓ You develop skills and knowledge that will make you a better coworker and team member.
- ✓ You find a way to help by recognizing your role in projects and relationships.
- ✓ You communicate your personal schedule and deadlines to others.
- ✓ You do not complain about challenges, but instead find a way to make yourself useful to others.

Five ways to build AVAILABILITY

1. Serve Cheerfully - You will have to do things you would rather avoid. Look past the difficulty and remember the sooner you start, the sooner you finish the job.
2. Find a Way to Help - Consider what a person needs and think about how you can best help. If you cannot help or answer a question, you find someone who can.
3. Communicate with Others - Prioritize your responsibilities so that you can be available to the right people at the right time.
4. Ask Yourself Tough Questions - Am I willing to ignore my cell phone or turn it off if someone needs help or a listening ear?
5. Be Productive - It's easier to figure out how to make time in your schedule when you have a schedule to keep.

Think about this...

Being available has three key components:

- Changing your schedule or priorities
- Meeting a need for someone else
- Being willing, with a positive attitude



Have you ever heard someone saying how disappointed they were that when they needed their friends the most, no one seemed to be available to help them? Why is it important to be available to others? When we are “there” when others need us, we show them that we care about them and for them. When we are “there” when our employer needs us, we demonstrate that our jobs are important and that we value the opportunity to be a part of the team. By being available we display a willing attitude that is helpful, supportive, and genuine.

Feliz CINCO DE MAYO

EMSPANADAS

BEEF FILLING TO STEW

- GROUND BEEF
- RED BELL PEPPER
- YELLOW ONION
- BLACK PEPPER
- GARLIC
- TOMATO PASTE

DOUGH

- 3 CUPS OF WHEAT FLOUR
- 1 1/2 TEASPOON OF SALT
- 6 OUNCES UNSALTED BUTTER
- 1 EGG
- 1/2 CUP OF WATER OR MILK

ASSEMBLING AND BAKING THE EMPANADAS.

BAKE EMPANADAS AT 375F. THE BAKING TIME ALSO VARIES, BUT IT'S IN THE RANGE OF 18-25 MINUTES

THE WORLD'S BEST GUACAMOLE

- 3 RIAS AVOCADOS (PULVER, SEEDS AND PEEL)
- 1/2 ONION (Diced)
- 1 JALAPENO (SEEDS AND WINCES)
- 2 ROMA TOMATOES (SEEDS AND DICES)
- 1 LIME (JUICED)
- 1 CLOVE GARLIC
- 1/2 TSP CUMIN
- 1/2 TSP SALT
- 1/2 TSP CAYENNE
- 2 TBS CILANTRO

COMBINE, MASH, MIX, LET SIT AT ROOM TEMPERATURE FOR 1 HOUR

TACOS RECIPE

- ADD THE BEEF TO A LARGE SKILLET
- ADD THE TOMATO SAUCE
- PREPARE SHREDDED CHEESE, SHREDDED LETTUCE, CHOPPED TOMATOES, ONION
- PREPARE GUACAMOLE, ETC.
- FILL THE TACO

YAMMI...

Flanders Field of Poppies

In Flanders Fields

BY JOHN MCCRAE

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

After World War I, the **poppy** flourished in Europe. Scientists attributed the growth to soils in Europe becoming enriched with lime from the rubble left by the war. From the dirt and mud grew a beautiful red **poppy**.

The red **poppy** came to symbolize the blood shed during battle following the publication of the wartime poem "In Flanders Fields." The poem was written by Lieutenant Colonel John McCrae, M.D. while serving on the front lines.

On **September 27, 1920**, the **poppy** became the official flower of The American Legion family to memorialize the soldiers who fought and died during the war.

Create your own Field of **Poppies** with some cupcake liners, pipe cleaners, and a marker. -Flatten red paper liners. -Use a black marker to color in the center. -Push a pipe cleaner through the center & make a small bend to keep the liner from slipping. Get creative, or make a bunch and place in your yard or at a military cemetery.

-We thank all of for their sacrifice for our freedoms.



~6 Tips for Beginner Gardeners~

As the gardening season begins, you might be one of the many people who are looking to help cut costs with food by taking up gardening. If you are one of these people, here are a few simple tips to consider as you grow your mind in the world of gardening.

Plants need water: Invest in a rain barrel to keep watering costs down. Plants don't care if it's from the tap or the skies, but your budget might.

Plants need food: Feed your plants by preparing the soil before you even plant anything and fertilize the plants throughout the season. This is especially important if the soil in your area is poor. Consider learning ways on making your own compost with your own refuse!

Start Small: Even small gardens can take 20-30 minutes or more of tending to each day for upkeep. By the end of the season, you should be able to get a better idea on your time and abilities in being able to keep up with a garden's needs.

Don't Compare: Be kind to yourself if you are just starting out. You might be fighting against an army of bugs you've never dealt with before, but your neighbor's may have years of experience under their belt so don't worry if your garden isn't as green, as healthy, or as big. Baby steps as you learn this new world of gardening.

Harvest Knowledge: Speaking of neighbors, if you have questions and your neighbors have gardens; harvest some of their knowledge by asking questions and learning from their experience.

Skip the seeds: start with starters! Germinating seeds isn't always an easy task. Maybe you sprouted beans in school, but where is that plant now? Seeds are cheaper as well, but if none of the seeds grow, was it worth it? Start with starter plants so they at least have a chance to thrive and survive.

In conclusion, gardening for beginners is a journey of discovery, offering mindfulness, and community. It's not just about growing plants; it's about nurturing one's soul and finding solace in the beauty of providing sustenance. So, grab your shovel and GET GROWING!



Protect your plants easily with a wire waste baskets from the Dollar Store.

Happy Birthday to:

- | | |
|--|---|
| 5/1- Suzanne Bristol
Douglas McDowell | 5/17- Caitlin McDowell |
| 5/3- Leigh Biskner
ShaHannah Johnson | 5/20- Trisha Lyons |
| 5/5- Anthony Black
Michele Stinson | 5/22- Jamilla Banister
Arishun Beaugard |
| 5/6- Kyara Samons
Dianisha Williams | 5/23- Dexter Boyd
Christianity
Smith
Autumn Staub
Derrick Webster |
| 5/8- Anita Johnson | 5/24- Michelle Hoyt |
| 5/10- Tiffany Jones
Kylie Pierson | 5/26- Nicolette Wall |
| 5/11- Aries Carvin | 5/27- Destynee Banister |
| 5/12- Alecia Patton
Maciah Taylor | 5/31- Crystal Thorne
Dana Warner |
| 5/14- Michele Sliman | |
| 5/15- Contica Hightower | |



Happy Work Anniversary to:

15 Years! Ryan Clark

- | | |
|-----------------|---|
| 9 Years! | James Richardson |
| 7 Years! | Susan Robertson |
| 5 Years! | Regina Wheaton |
| 4 Years! | Ellen carter
Megan Baca |
| 3 Years! | Christiane Spencer |
| 2 Years! | Markeese Singleton
Michael Miller
Magdalene Davidson
Shatoya Thomas |
| 1 Year! | Nickolas Muhammad
Mark Huffman
Rataveon Miller
Alecia Patton
Marquisha Robinson
Anissa Allen
Christina Cooper
Leigha Biskner
Sheinka Flood |



EMPLOYEE SPOTLIGHT

Caitlin McDowell

Caitlin McDowell recently joined the Central State team back in November as the Harrington Home Supervisor and has continuously amazed and impressed everyone she meets or who meets her. Caitlin inspires everyone with the way she handles her workload, her staff, and her residents.



Jamie Webb stated that “she has been such a breath of fresh air” in the Harrington home; and that “She constantly finds new ways to improve the home, and well-being of everyone that steps into the home.” And “Not only is she dedicated to the company & our policies, but her dedication to the residents and the staff is remarkable.” Caitlin definitely brings joy to everyone around her.

When Caitlin isn't impressing everyone at CSCS, she likes to enjoy her summer weekends with family and her 2yo pet cat Sirius. Or in the cooler months, like Autumn, she enjoys Halloween celebrations, and all things Fall, with maybe an Iced Coffee, while watching Nightmare Before Christmas on Disney+ or re-



watching Criminal Minds for the 100th time.

However, you'll most likely find her at home trying to finish a video game or adding to her collection of over 112 book titles she's read, last year alone. She loves hard fruit flavored candies like Jolly Ranchers or Life Savers, and loves fruity scents like Strawberry to surround her.

Caitlin enjoys the quote “Comparison destroys personality.” Which really helps her be the loving compassionate person she is in this industry. She feels the most valued when she can see the actual difference, she herself brings to the world and those around her. Most recently she got a bunch of games for Harrington; only to be double crossed and absolutely annihilated by her residents through the games Trouble & Jenga. Caitlin came in 4th place and loved every second of this rewarding activity with her individuals.



Caitlin feels like the support system here at CSCS with Dale and Jamie and other has been incredible. “Jamie has been monumental in showing me the ropes, and Dale is the most supportive PC I could imagine having. Knowing these 2 are always rooting for me makes me feel valued and motivates me.” Congratulations Caitlin and many more warm welcomes from the CSCS company.



have been preserved through the selfless actions of our fallen heroes, let us take a moment to pause and pay tribute to their courage, their dedication, and their unwavering commitment to protecting our way of life.

Their sacrifices remind us of the true cost of freedom and the debt of gratitude we owe to those who have laid down their lives so that we may live ours in peace and security. Their legacy lives on in the liberties we cherish and the opportunities we enjoy.

Let us also remember the families and loved ones left behind, who carry the burden of loss every day. Their resilience and strength are a testament to the enduring spirit of our nation.

On this solemn day, let us renew our commitment to honoring the memory of our fallen heroes by striving to uphold the values for which they fought so bravely. Let us never forget their sacrifices, and let us always hold their legacy close to our hearts.

May we honor their memory not just with words, but with actions that uphold the ideals they died defending. And may we never take for granted the freedoms that they secured for us through their bravery and sacrifice.

Today, and every day, we salute the fallen and express our deepest gratitude for their service. Lest we forget.

On this Memorial Day, we come together to honor and remember the brave men and women who have made the ultimate sacrifice in service to our nation. It's a day of reflection, gratitude, and remembrance for those who gave their lives in defense of the values we hold dear.

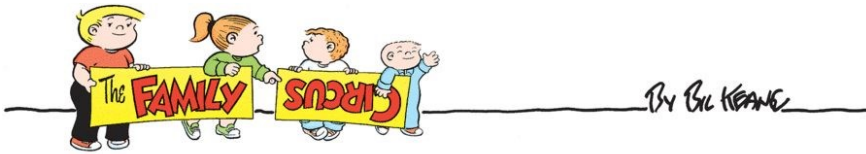
As we gather with family and friends, enjoying the freedoms that

Intelligence Page

Month of May

R T N L S B I R T H N Z C B N V E W C M
 E E S O O O U G X H O Y A I G A E C I O
 M X H O H V C A G I I L R K F S B K F T
 I Y T W L O E A H O T I E E S T I Y U H
 T D N P G D M A T R A M G M R R R A S E
 G P O A S R I E T T I A I O A O D D E R
 N S M R S W Q E W R C F V N W N S L S S
 I S E K B O J K R O E E E T R A A A R D
 R E R S Q S M W I S R E R H A U N I U A
 P N A O R K W B E A P K D D T T D R N Y
 S E C P B O S N R S P T D A S D B O L V
 A R R E A O N P Y E A P R A Y A E M A E
 D A E N R B E I A I R D A O Y Y E E N T
 O W T C B C L G S T E O A T F F S M O E
 P A S H E I L S R Z H K S N R M V Y I R
 T S O O C M A D V G C A D Q A I O N T A
 I U F P U O F L X T A Q X T N P O C A N
 O P R S E C R O F D E M R A F B M T N S
 N U G Q F L A G B E T W R M H O X E T O
 N L P W U D R B O Y A M E D O C N I C Z

- Adoption
- Armed Forces
- Astronaut Day
- Barbecue
- Bike Month
- Birds and Bees
- Birth
- Caregiver
- Cinco De Mayo
- Comfort
- Comic Books
- Empanadas
- Fallen
- Family
- Flag
- Foster Care Month
- Love a Tree Day
- Lupus Awareness
- Memorial Day
- Mother's Day
- National Nurses
- No Homework Day
- Parks Open
- Patriot
- Soldiers
- Sombreros
- Spring Time
- Star Wars
- Tacos
- Taps
- Teacher Appreciation
- Veterans



Am I The Only One That Thinks That "MAY THE 4TH BE WITH YOU", FREE COMIC DAY, NATIONAL CARTOONIST DAY, and CINCO DE MAYO Are All A Bit Close Together?

