

# March Newsletter



## CENTRAL STATE COMMUNITY SERVICES, INC.

2603 W. Wackerly Street, Suite 201, Midland, MI 48640  
Phone: (989) 631-6691 Fax: (989) 631-8760  
Visit our website: [www.cscsml.com](http://www.cscsml.com)

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## March is National Nutrition Month

March is National Nutrition month with this year's theme of *Eat Right, Bite by Bite!* The philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative effect. National Nutrition Month is a great way to start the spring season off right and focus on the importance of making healthy food choices. Incorporating physical activity into our routine is also part of the focus.

According to [ChooseMyPlate.gov](http://ChooseMyPlate.gov), a healthy eating pattern should include a variety of foods including:

- Fruits such as bananas, strawberries, apples, pears, grapes
- Vegetables such as carrots, green peppers, corn, onions
- Grains such as oats, rice, whole grain bread and pasta, popcorn
- Dairy such as milk, cheese, yogurt
- Proteins such as chicken seafood, lean beef and pork, eggs, nuts, and seeds

A well-balanced eating pattern can provide us with a variety of nutrients such as fiber, potassium, calcium, protein and carbohydrates that are needed for our body's day-to-day activities. Using tools such as [ChooseMyPlate.gov](http://ChooseMyPlate.gov) can help. Personalized

nutrition goals and understanding that there is not a "one plan fits all" approach. Everyone's way to "eat right, but by bite" will look different.

To celebrate National Nutrition Month, try these ideas below:

- Try new produce each week – try to incorporate a new fruit or vegetable into your meals. Create a challenge with family members to see who has tried the most variety of fresh fruits and vegetables.
- Healthy Family Fun – celebrate with your family by shopping and meal prepping or try new outdoor activities such as walking or riding bikes. This is a great way to get the entire family involved and maybe start some healthy family traditions. Aim for 30 minutes most days of the week.



*Character Core This Month: Enthusiasm  
Expressing Interest and Excitement in What I Do*

## Pets and Your Heart

Animals can find a special place in your heart. According to current research, they may also do your heart some good. Animals in the home offer some surprising health benefits. Researchers at the American Animal Hospital Association have found that pets improve the human condition, giving their owners lower blood pressure, heart rate, and anxiety levels. Pet owners also have lower levels of blood cholesterol and triglycerides in comparison to non-pet owners. Researchers at the University of California at Los Angeles have also found that Medicare patients who owned pets had fewer medical care visits than those who did not.

Pets also can have an effect on your mental health. People who have pets feel less loneliness and depression than those who do not. Pets offer more opportunities for outdoor activities and socialization, and they encourage you to get more exercise. They can improve your mood and reduce stress as well.

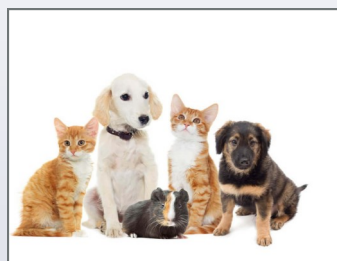
## How to Improve Your Credit Rating

Your credit rating is a very important key to your financial future. What if your credit isn't so great? There are some ways to improve your credit rating.

- Open and use a checking and savings account in your own name.
- Pay all your bills on time and use a personal check.
- Obtain a credit card, but keep your balance low.
- Remain at your place of employment for two years or longer.
- Avoid bankruptcies, tax liens, collections, and any bounced checks.
- Check your credit report annually and dispute any incorrect information. Beware of credit repair clinics. They will often charge you for services that you can do yourself for free, and they cannot guarantee results.
- Re-establishing your credit doesn't happen overnight. But remember, the longer you practice good credit habits, the better your credit will be.



So if you have been considering welcoming an animal into your home, you can feel good about not only caring for your pet, but about the benefits you will have as well. In fact, according to Dr. Edward Creagan, an oncologist at the Mayo Clinic, getting a pet is one of the easiest and most rewarding ways of living a longer and healthier life. Having a pet isn't for everyone, as there is additional work and responsibility from pet ownership. But for most people, the benefits of having a pet outweighs the drawbacks.



## Tips to Adjust to Time Changes

1. **Go to bed and get up at the same time.** Lack of sleep tells the body to store fat. It may be tempting to stay up later or change your habits, but it's best to keep your sleep schedule consistent. The closer you stick to your normal routine, the faster your body will adjust to the time change. On the morning after the time change, we would recommend getting up at the same time. So, if you usually get up at 8 A.M., do the same even if the clock says 9 A.M. It's beneficial for most people to gain that hour of sleep.
2. **Practice good habits before bedtime.** Limit caffeine in the afternoon. Exercise earlier in the day, if possible. Raising your body's core temperature can make it harder to fall asleep, so avoid heavy workouts within four hours of bedtime. Put your phone, computer, or tablet away an hour before bedtime. Electronics' high-intensity light hinders melatonin, a hormone that triggers sleepiness. It stimulates your brain and makes sleep difficult the same way sunlight does. Turn off the television and pick up a non-suspenseful book. Take a warm – not hot – shower. Dim the lights. Relax.
3. **Keep your dinnertime consistent.** Or, even eat a little early. Our sleep cycle and our eating patterns affect each other. Don't overeat. Try to eat more protein instead of carbohydrates. (This might seem like good everyday advice but it's even more important during time changes.) Go shop for fish, nuts, and other sources of protein for dinner this week! Avoid the pasta.
4. **Get more light!** Shorter daylight hours affects our mood and energy levels, decreasing serotonin. Make time to take a morning or early afternoon walk outside when the Sun is out. Try using a light therapy box or an alarm that brightens as you wake up.
5. **Take a short nap.** Some folks may disagree, but if you're starting to stack up sleepless hours, it's safer and healthier for your body to give in to a nap than to continue without sleep. Make it a short nap to restore lost sleep hours; however, do NOT take a long daytime nap. It may help to go outside into the natural sunlight to cue your body and help retrain your inner clock.

If you have a really tough time twice a year when the clocks change, you may want to start planning ahead for the next time change in spring (which can be tougher)? About two weeks before springing forward, go to bed and wake up 10 minutes to 15 minutes earlier daily. This helps your body make gradual shifts and more slowly adjust.

## Sunday, March 8th



For each petal on the shamrock  
this brings a wish your way.  
Good health, good luck, and happiness  
for today and every day.



# News About Us



## MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Eva Hemphill, Program Coordinator (former Home Supervisor at Morowske), is our Employee Spotlight for March. She has been with Central State for 17 years. Her favorite thing about working for Central State is the support and dedication given to our individuals making sure they are able to live their best life. Her favorite workplace memory is that every year the staff and residents from Morowske attend the Fish Fly Festival Fireworks at Lake St. Clair. It has been a tradition for many years. They spend the whole evening singing along to the great music, relaxing, and ending the night with amazing fireworks!

Eva enjoys listening to a mix of country, pop, classic rock, but she likes all genres. Her favorite motivational quote is "We make a living by what we get, but make a life by what we give." Her next vacation will be in May when she will visit her youngest daughter, Miranda, son-in-law, Colin, and grand dog, Kingsley in Germany. She will also visit Italy, Ireland, and Poland while she is there.

Eva lives in Ira with her husband of 33 years and their two dogs, Dixie and Buddy; their two cats, Cookie and Ember. Eva has three daughters, Jamie who is 30, Jessica who is 37, and Miranda who is 26. She has one son, John Paul who is 22. She has two grandsons, Anthony who is 20 and Jacob who is 11. Eva lives very close to Lake St. Clair and loves to be on or in the water.



**CSCS & HOME NEWS**

- Great job Parkside on your recent 100% RR audit!!!
- Starting with the 2019 tax year, the individual mandate penalty no longer applies for no health insurance. As a result, individuals won't be penalized for lacking medical coverage, and they no longer need to provide proof of insurance coverage when they file their federal tax return. Due to this change, BCBSM and BCN **won't** be mailing Form 1095-B to fully insured group members in 2020. BCBSM/BCN will continue filing the forms with the IRS for fully insured groups.
- I am excited to announce the promotion of Kim Sanborn from Program Coordinator to Program Manager. Kim has been with Central State for about three years, initially starting in the office, then out to the field as a Program Coordinator. Kim has a diverse background and strong leadership skills. Currently her focus is on assisting getting the new homes open, but she is looking forward to getting around to the homes and meeting all of you.  
-Paula Ott

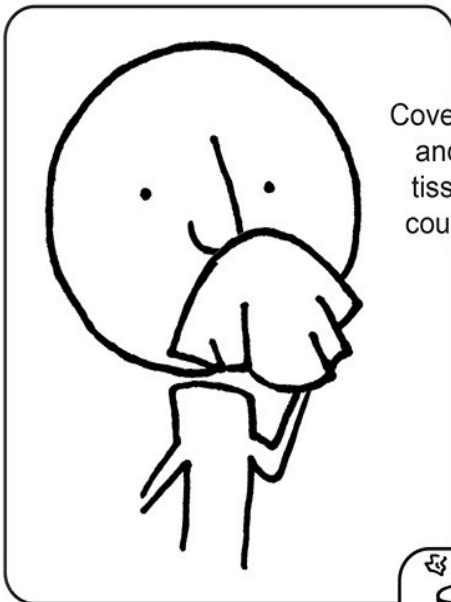
### MARCH

March 2	Dr. Seuss's Birthday
March 8	Day Light Savings Time
March 9	Read A Loud Day
March 13	Payday
March 14	National Pi Day
March 17	St. Patrick's Day
March 20	1st Day of Spring
March 27	Payday
March 30	Take a Walk Day



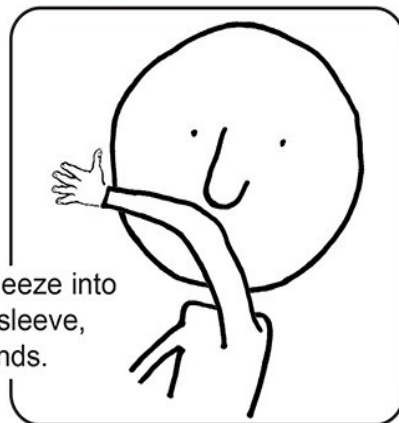
Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into your upper sleeve, not your hands.



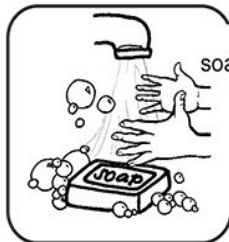
Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

## Clean your Hands

after coughing or sneezing.



Wash with soap and water

or  
clean with alcohol-based hand cleaner.



### Cleaning to Prevent the Flu

#### How long can the flu virus live on objects, such as doorknobs and tables?

The flu virus can “live” on some surfaces for up to 48 hours. Routine cleaning of surfaces may reduce the spread of flu.



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#### What kills flu viruses?

Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



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#### How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).

