

Happening in
March 2025:

- 1st - World Compliment Day
- 2nd - Rescue Cat Day
- 3rd - Wildlife Day
- 7th - Payday
- 7th - Employee Appreciation Day
- 9th - Daylight Savings
- 11th - National Napping Day
- 13th - K9 Veteran's Day
- 14th - Pi Day
- 17th - St. Patrick's Day
- 20th - First Day of Spring
- 21st - Payday
- 25th - National Waffle Day
- 27th - Spanish Paella Day

Inside this issue:

- Home Spotlight, Happenings 1
- Character Trait, St Patrick's Day 2
- Caffeine Awareness, Emergency Maintenance Policy 3
- DIY Mosaic Craft, Birthdays, Anniversaries 4
- Clover Coloring Activity 5
- Spanish Paella 6

CSCS March 2025

Newsletter



March Spotlight:

Webb House!!

Webb Home was nominated by Dana Marshall, the program coordinator for Webb, for all of the amazing work that the staff do there. Webb Home is a high-behavioral home supported by a dedicated team of four core staff members, along with additional staff who step in as needed. Their teamwork ensures that shifts are covered, residents receive exceptional care, and outings remain a priority.

What truly sets this team apart is their deep understanding of the residents, many of whom are nonverbal. Through compassion and attentiveness, they anticipate needs and create meaningful experiences. They also think outside the box, continuously coming up with innovative activities and creative ways to make outings enjoyable for everyone.

The progress within the home has been remarkable. There was a time when even having a Christmas tree wasn't possible, but thanks to the team's patience and ingenuity, they have found ways to decorate while maintaining a safe and festive environment. Their ability to tailor outings to each resident's interests has led to more successful and enjoyable experiences.

Their dedication has not gone unnoticed. We've received compliments from CMH recognizing the outstanding work being done. The pride the staff take in their home and in the care they provide is evident every day.

As a token of appreciation, the Webb Home will be receiving a well-deserved gift basket in recognition of their excellent care and dedication. Thank you to the entire Webb Home team for your unwavering commitment and compassion!

Character Training - Compassion

Compassion means: Having concern for the sufferings or misfortunes of others; helping those in need

Why is it important to be compassionate?

- It can help reduce your anxiety and stress levels, making you feel happier in general.
- It can generate a sense of fulfillment
- It promotes meaningful connections
- It can help facilitate problem-solving

Ways to build compassion:

1. Be grateful. By feeling grateful for what we have we're more likely to have compassion for those who are less fortunate than us.
2. Learn how to be more compassionate and forgiving of yourself
3. Try 'putting yourself in someone else's shoes'. Think critically about what they might be experiencing and try to practice kindness.

Kindness
STARTS WITH
you.

Fun Facts About St. Patrick's Day:



- ~ Wearing green on St. Patrick's Day is believed to make you invisible to leprechauns.
- ~ According to Irish folklore, leprechauns are not just mischievous fairies; they are also shoemakers.
- ~ 13 Million pints Guinness are drunk on March 17th across the world!
- ~ St. Patrick wasn't Irish, he was British, and his real name was 'Maewyn Succat'.
- ~ At the age of 16, St Patrick was kidnapped and was taken to Ireland.





Emergency Maintenance



Policy Spotlight: 04-00-18

Maintenance in the homes is generally routine but could be an emergency needing immediate attention. Items that need immediate attention must be taken care of immediately, eliminating anything that presents an ongoing risk to employees or individuals served.

The Home Supervisor or Assistant Home Supervisor must ensure the safety of everyone present and act quickly to arrange for repairs. Acting must include contacting the maintenance person or appropriate contractor, contacting the office, the program coordinator, and/or the executive director to ensure speedy repair and restoration to a safe environment.

Examples of emergency maintenance are:

Broken Glass/windows, broken light bulbs, water leaks, light fixtures, heating and plumbing issues, mirrors, and broken objects in the home that create a hazard, etc.

These items must be taken care of immediately. If the maintenance person is unable to correct the issue, other contractors and vendors must be contacted. Contact the Program Coordinator for other solutions.

Sleep Awareness Week March 9-15th, 2025

“Sleep is an essential part of life—but more important, sleep is a gift”

- William C. Dement

Tips for better sleep:

Spend time in bright light during the day
Exercise regularly, aim for 30 minutes a day,
5 days a week

Eat your meals at consistent times everyday
Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment

Approximately,
one-third of the
adult population
is
sleep-deprived...



DIY Mosaic House Numbers



Materials Needed:

- Metal or Wood Numbers
- Black Spray Paint Primer
- 100% Black Silicone
- Putty Knife
- Mini mosaic tiles and any other charms you want to add *creator used keys, locks, and cubed beads in addition to tiles*

Step by Step Directions:

1. Spray paint the numbers black coating the front, the back, and the sides. Let dry.
2. Squeeze out the black silicone onto the surface of a number and spread it out to make a 1/8-inch layer of black silicone all over the front of the number.
3. Press the largest items into the silicone. Next arrange the buttons and charms. Make sure each item is pressed down into the silicone.
4. After you have placed your choice of trinkets, charms and things, arrange the mini tiles. The creator made border with their mini tiles.
5. Use smaller tiles and beads to fill in the spaces between the charms and the tile border
6. Allow to dry and then they are ready to hang!

* The silicone starts to set within 15 minutes. If you don't want to be pressed for time, just smear on a little silicone at a time and work in those areas.

Birthdays



- 3rd - Shakayla Croom
- 4th - Kimberly Shirey
- 12th - Connor McQuaid
- 12th - Ashanti Baber
- 13th - Ciara Hunter
- 14th - Sharhonda Williams
- 14th - Rebecca Skelton
- 15th - Miracle Home
- 15th - Cecilia Davis
- 17th - Shayla Johnson
- 19th - Alexis Carper
- 24th - Julie Winters
- 24th - Chelsea Banghart
- 25th - Shannon Davis
- 27th - Dontrell Thompson
- 27th - Nateesha VanBuren
- 28th - Nickolas Muhammed
- 28th - Tennelle Tucker
- 28th - Freddie Hill
- 29th - Angellic Guyton
- 30th - Tanea Streeter

Anniversaries

- 2nd - Tameka Miller (14yrs)
- 2nd - Alyssa Valenti (7 yrs)
- 3rd - Robin Prince (18 yrs)
- 5th - Dorothy Adkins (4 yrs)
- 5th - Emily Misany (1 yr)
- 7th - Michri Owens (1 yr)
- 7th - Derrick Webster (2 yrs)
- 7th - Phillip Parrish (14 yrs)
- 8th - Jamie Webb (4 yrs)
- 16th - Teresa Lopez (2 yrs)
- 19th - Crystal Thorne (4 yrs)
- 19th - Keisha Jackson (1 yr)
- 20th - Kamari Nelson (1 yr)
- 20th - Stanley Brown (1 yr)
- 21st - Jessica Collins (1 yr)
- 27th - Quishana Wilson (2 yrs)
- 27th - Dana Warner (4 yrs)
- 28th - Karand Houston (5 yrs)
- 28th - Katy Keeling (1 yr)
- 28th - Dora Hale (1yr)
- 30th - Michele Sliman (2yrs)





Spanish Paella

8 Servings | 30min Prep | 1 Hour Total

Instructions:

1. Mix olive oil, paprika, oregano, salt, and pepper for marinade in a glass bowl.
2. Add chicken and stir to coat. Cover and refrigerate until needed.
3. Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic and pepper flakes, then stir in rice. Cook and stir until rice is coated with oil, about 3 minutes.
4. Add saffron threads, bay leaf, parsley, chicken stock, and lemon zest. Stir until well combined and bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes.
5. While the rice is cooking, heat olive oil in a separate skillet over medium heat. Stir in marinated chicken and cook for 3 minutes. Add onion and cook until translucent, about 5 minutes.
6. Add bell pepper and sausage; cook and stir, breaking sausage up with a spatula, for 5 minutes. Add shrimp; cook and stir until shrimp are bright pink on the outside and the meat is opaque, about 2 minutes.
7. Combine everything and enjoy!

Ingredients

Marinade:

- 2 tablespoons olive oil
- 1 tablespoon ground paprika
- 2 teaspoons dried oregano
- salt and ground black pepper to taste

Paella:

- 2lbs skinless, boneless chicken breasts, cut into 2 inch pieces
- 2 tbsp olive oil, divided
- 3 cloves garlic, crushed
- 1 tsp crushed red pepper flakes
- 2c uncooked white rice
- 1 pinch saffron threads
- 1 large bay leaf
- 1/2 bunch Italian flat leaf parsley, chopped
- 1 quart chicken stock
- 2 medium lemons, zested
- 2 tablespoons olive oil
- 1 medium Spanish onion, chopped
- 1 medium red bell pepper, coarsely chopped
- 1 pound shrimp, peeled and deveined
- 1 pound chorizo sausage, casings removed and crumbled

