



# CSCS Newsletter

## July 2025

### Happenings in July:

National Blueberry Month

July 4th– Independence Day

July 6– Fried Chicken Day

July 8– Cow Appreciation Day

July 13– Geekness Day

July 18– Caviar Day

July 20– Ice Cream Soda Day

July 24th– Cousins Day

July 27– Love is Kind Day

July 30– Cheesecake Day

Our employed spotlight for the month of July is Dexter Boyd. Dexter works at our Warner home as a DSP. He has been employed with us for 2 years. He says his favorite thing about working here is the smiles that he gets from everyone we encounter on a regular basis and knowing that we are making a direct impact. Dexter likes that the company makes him feel appreciated and staff are always grateful for the help they receive.

In Dexters free time he likes to get dressed up and look good. He says that he would like to travel somewhere that is warmer where the water is nice clear blue colored.

Dexter loves to eat fruit in any variety or colors. HE says that he likes to shoot pool, cut hair and travel. His favorite sport is any sport that his family or friends play.



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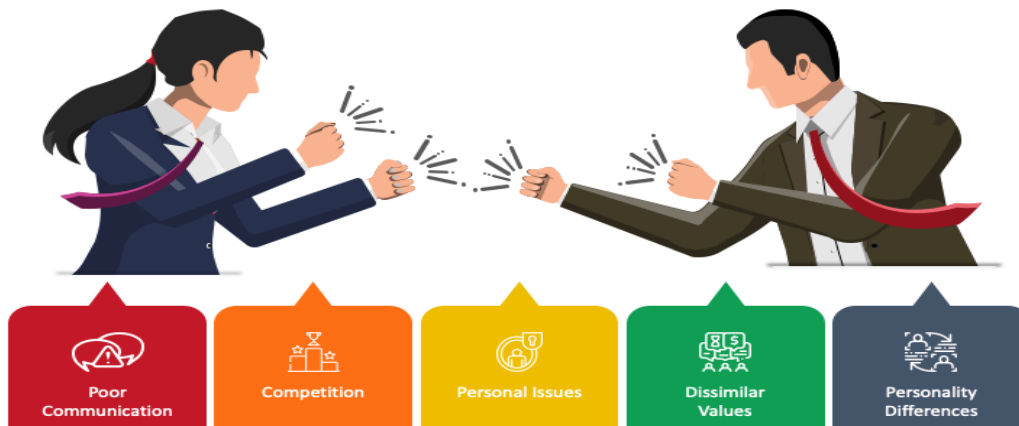
## Conflict Resolution

It is the policy of Central State Community Services to address conflict resolution on an individual basis:

If an individual is involved in a conflict with another person which cannot be resolved to his/her satisfaction, the conflict shall be addressed by the Individual's support team through the person-centered process. The individual shall call a special Person-Centered planning Meeting. The assistance of the Home Supervisor is always available as requested, if needed. The support team, through the person-centered planning process shall assist the individual in conflict resolution.

### WORKPLACE CONFLICT

5 Culprits of Workplace Conflict



### Thomas-Kilmann Five Conflict Modes

Competing is standing up for your own needs at the expense of others.

Accommodating is the opposite of competing, you neglect your own concerns to satisfy those of others.

Avoiding is about side-stepping, giving priority to nobody's needs including your own; effectively withdrawing from what is seen as a threatening situation.

Collaborating is the opposite of avoiding, attempting to find a solution which satisfies everybody's concerns; the classic win-win solution.

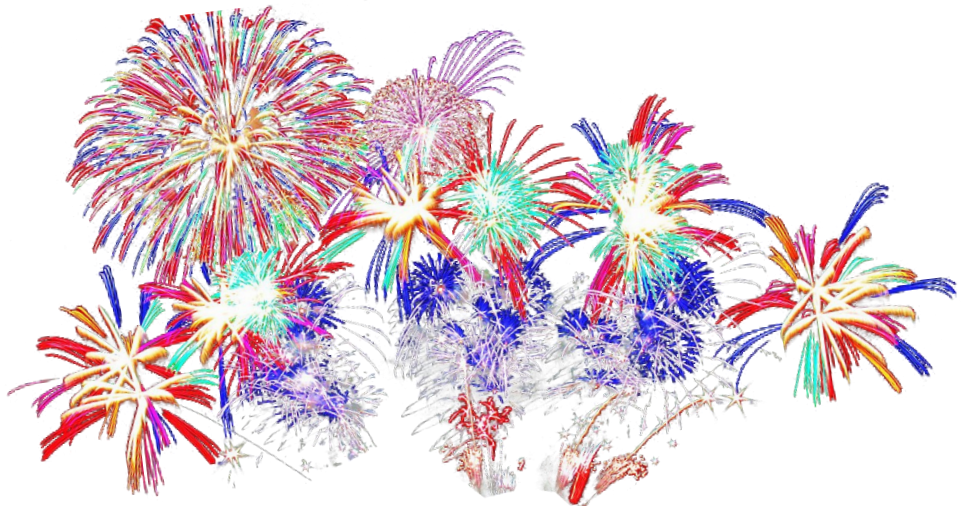
Compromising is about splitting the difference and agreeing a mutually acceptable solution.

# ***Birthdays!!!***

1– Cynthia Cheeks	14– Ryan Clark	28– Mary Roe
2– Mariah Campbell	16– Dale McAlpine	28– Lisa Pennyman
3– Nicole Anklam	21– Novella Franklin	31– Daisha James
6– Susan Robertson	22– Traci Hascall	
7– Brenda Struble	23– Tia Brown	
9– Gregory Ussery	27– Brittany Vega	
9– Cristiane Spencer	27– Regina Wheaton	
9– Trent Calkins	27– Alexis Christian	
11– Adesha Burton	27– Janae McMillian	

# ***Anniversaries!!***

- Victor Benson
- Jehan Shamsid– Dean
- Diana Howlett– Almqudashi
- Jermarco Harris
- Alexandria Dockery
- Margaret Anderson
- Torie Vollmer
- Brenda Struble
- John Pajak
- Festus Uzibor
- DaMarco Harris



# Character Training: Flexibility

**Flexibility** is being able to adjust to change with a good attitude. **What does it mean to be flexible?** It can look like an intrinsic personality trait from the outside, but in truth, being flexible is all about preparation and accepting that things will change. While it's impossible to expect the unexpected, you can still anticipate new developments before they happen and have a plan of action ready to meet the occasion. Some personal developments can be seen coming over the horizon, such as a new baby or a move to a new house. The impact of these events can be thought about long before they happen.



# RIDDLE ME THIS!!

1. **What rises in the morning, warms July afternoons, but disappears when night falls?** *The Sun.*

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2. **In July I wave high, colors vivid in the sky. People cheer when they see me; what could I be?** *Fireworks.*

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3. **I'm cold and creamy, loved in July. I come in a cone and can make children cry if I melt. What am I?** *Ice cream.*

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4. **When July heats up, I open wide. You jump in, and I hold you inside. What am I?** *Swimming pool.*

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5. **I buzz all July, annoying yet small. If you leave food out, I'll come to your call. What am I?** *Fly.*

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6. **I light up the night in a flickering show, a tiny lantern wherever I go. Who am I?** *Firefly.*

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7. **I'm full of fruits, bright and sweet. I hang on the table where people meet. What am I?** *Fruit salad.*

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8. **I'm often red and juicy, a picnic treat. Slice me up, and I'm ready to eat!** *Watermelon.*

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9. **I stretch on the sand with my colorful face, providing some shade in a hot, sunny place. What am I?** *Beach umbrella.*

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10. **I rumble in July skies, loud and clear. When I arrive, the rain isn't far, I fear.** *Thunder.*



#### Items Needed:

- dark blue cardstock
- white cardstock
- red cardstock
- red and white crepe paper
- star paper punch
- glue stick
- stapler
- scissors

## Instructions for making the Fourth of July Windsock Craft

**1. Cut out the stars** Cut out several stars from white cardstock paper with your star paper punch. We used 9 stars for our patriotic windsock but dependent on the size of your stars, you can use as many or as little as you would like.

**2. Glue the stars** Use a glue stick to glue each of your white stars on a dark blue sheet of cardstock paper. You can align them in rows evenly, or spread them around your paper in any way you fancy.

**3. Cut the paper** Cut out three 18-inch sections of red crepe paper and three 18-inch sections of white crepe paper. Turn your dark blue cardstock so the white stars are face down. Glue the red and white crepe paper on the bottom one-third of the blue cardstock in a red, white, red, white pattern.

**4. Connect the ends** Bend your fourth of July windsock into a circle, connecting the ends together. Place two staples at the top and bottom of the windsock to join the ends together.

**5. Make the handle** Cut a red paper strip handle that is 1-inch by 8 1/2-inches. Add a generous amount of extra strength glue stick on each end of the paper strip and attach it inside the top of the windsock for a handle.

**The final touch** Once the glue is finished drying on your windsock, hang it up from the ceiling or a covered porch and watch it spin around in the breeze for the Fourth of July.





- 2 (3-ounce) packages strawberry gelatin
- 2 **cups** boiling water
- 24 **oz.** strawberries, hulled and thinly sliced, plus more for decorating
- 2 (3-ounce) packages blueberry gelatin
- 16 **oz.** blueberries (about 3 cups), plus more for decorating
- 3 **cups** heavy cream
- 2 **cups** powdered sugar
- 1 (8-ounce) package cream cheese, at room temperature
- 2 **tsp.** vanilla extract
- 1 (16-ounce) pound cake loaf

## Directions

**1**In a medium bowl, stir together the strawberry gelatin and 1 cup of the boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the strawberries.

**2**In a second medium bowl, stir together the blueberry gelatin and remaining 1 cup boiling water, scraping down the sides of the bowl as needed, until the gelatin is dissolved, about 2 minutes. Mix in 1 cup ice water, then stir in the blueberries.

**3**Refrigerate both bowls of gelatin until softly set but still spoonable, 35 to 45 minutes.

**4**In the bowl of a stand mixer fitted with the whisk attachment, beat the heavy cream and powdered sugar on medium-high speed until stiff peaks form, about 3 minutes. Transfer the mixture to a large bowl.

**5**Fit the mixer with the paddle attachment and add the cream cheese and vanilla to the bowl (no need to wipe it clean). Beat on medium-high speed until light, fluffy, and smooth, about 2 minutes. Remove the bowl from the mixer and mix in 1 cup of the whipped cream with a rubber spatula, then gently fold in the remaining whipped cream.

**6**Thinly slice the pound cake into 24 slices (about 1/3-inch thick). Arrange 12 slices in a single layer in the bottom of a 9-by-13-inch baking dish.

**7**Spoon the strawberry gelatin mixture over the cake and spread to cover. Dollop half of the cream cheese mixture over the top and carefully spread to cover. Arrange the remaining 12 pieces of cake over the cream cheese mixture. Spoon the blueberry gelatin mixture over the cake slices and spread to cover. Finish with the remaining cream cheese mixture. Decorate the top with sliced strawberries and blueberries. Refrigerate for at least 4 hours and ideally overnight.

Tip: This red, white, and blue berry dessert will keep in the refrigerator, covered, for up to 3 days.