

# Central State Community Services

## HOLIDAY NEWSLETTER

### Employee Spotlight

**WERE PROUD TO SHINE THIS MONTH'S SPOTLIGHT ON ASHLEY CURNOW:**

Ashley has been with Central State since April 2025. She brings bright, outdoorsy energy to our team, and her life outside of work could easily be its own adventure series. She's married, a proud mom to her son Hendrix, and a bonus mom to three more wonderful kids. Add in two goats, sixteen chickens, and two dogs, and you can imagine the joyful swirl that fills her days.

When she's not cheering for football or sneaking a piece of white chocolate, Ashley is happiest when she is outside fishing, kayaking, camping, and gathering around a good bonfire with her family. She loves Chinese food, the color green, the scent of cranberry, and playing with the kids in her big, blended crew.

Ashley was nominated for the way she steps up without being asked. She takes initiative, tackles new tasks with confidence, and learns at lightning speed. She painted an entire bedroom, planted flowers outside, steamed carpets, and even rearranged bedrooms simply because she saw it needed to be done. Her take-charge attitude and willingness to go above and beyond make her an incredible asset to our team.



# DECEMBER

## 2025



### December Birthdays

3	Ellen Porter
4	Montrel Simpson
10	Andre Bland
10	Alexander Thorne
10	Grace Smith
11	Jemetrius Kiff
12	Tatiana McKnight
13	Angel Raetz
13	Jalaya Robinson
15	Sandra Slabinski
15	Shantel Wilson
15	Avionna Laboy
16	Beonyce Brown
18	KeAnna Brown-Rios
18	Annette Banks
19	Shawnae Hughey
22	Dacorian Wilson
23	Brandy Chelf
27	Joshua Atchley
29	Dana Marshall
30	Donna Coles



*Friendly holiday reminder!*

*Policy 05-52*

## **Santa can give gifts.....but you cannot**

**Buying items from or selling items to Individuals served is prohibited.**

Central State Community Services, Inc. has a clear policy prohibiting solicitation by and to any employee and a policy prohibiting employees from accepting gifts and loans from Individuals served. For the same reasons, buying and selling items from and to Individuals served is unacceptable.

Employees are to conduct personal business separate from work related business. Therefore, personal sales and purchases of any sort must not involve work time, the work site or the people who Central State serves, including their families, friends or guardians.

If it is discovered that an employee has or is in the process of engaging in such transactions, that employee will be subject to discipline up to and including termination of their employment. Any employee who becomes aware of such transactions is required to report activity to their Program Coordinator immediately.

<https://www.lifewithlessmess.com/no-gifts-please-wording/>



## **CALENDAR EVENTS**

- 1: Christmas Lights Day
- 2: Cyber Monday
- 3: Giving Tuesday
- 4: Cookie Day
- 5: International Volunteer Day
- 7: Pearl Harbor Remembrance Day
- 10: Human Rights Day
- 12: Payday!
- 15: Bill of Rights Day
- 17: Wright Brothers Day
- 18: Ugly Sweater Day
- 21: ~~French~~ Fried Shrimp Day
- 24: Eggnog Day
- 24: Christmas Eve
- 25: Christmas Day
- 25: Pumpkin Pie Day
- 26: Payday!
- 31: New Years Eve

# December Anniversaries

Ashanti Baber 12/10/24

Patricia Ball 12/21/21

Dexter Boyd 12/28/21

Suzanne Bristol 12/8/23

Olivia Curtice 12/12/21

Cecilia Davis 12/16/24

Mallynda Fernando 12/15/16

KesSean Harris 12/11/23

Contica Hightower 12/13/22

Shawnae Hughey 12/01/21

Ciara Hunter 12/04/2019

Apryl Jones 12/10/24

Angela Joseph 12/15/22

Amanda King 12/27/17

Michelle Myers 12/18/24

Ellen Porter 12/14/23

Robert Ramsey 12/19/24

Dakota Schmidt 12/27/24

Hope Skutt 12/07/22

Alexander Thorne 12/10/24

Charity VanAtten 12/02/08

Maria Welsh 12/21/23

Barbara Whitney 12/02/20

# 10 SCARY STATISTICS ABOUT STRESS AND WHAT TO DO ABOUT IT

1. 76% of workers cited that **WORK** was the leading cause of their stress.
2. \$300 Billion a year is the annual cost to employers in stress related health care and missed work.
3. Workers who are **UNHAPPY** are 10% less productive than those who are.
4. 54% stated that stress has caused them **TO FIGHT** with the people close to them.
5. 77% regularly experience **PHYSICAL** symptoms caused by stress.
6. 73% regularly experienced **PSYCHOLOGICAL** symptoms caused by stress.
7. 48% reported **LOSS OF SLEEP** due to stress.
8. 33% feel like they are living with **EXTREME STRESS**.
9. 87% of workers worldwide "ARE EMOTIONALLY DISCONNECTED" from their workplace.

## 5 POWERFUL STRESS RELIEVERS AT THE WORKPLACE

### Get Up An Move!

a fifteen-minute walk in the woods every day can reduce your cortisol levels (cortisol being the stress hormone) by as much as 50%! If you don't work near woods or any type of natural setting, not to worry. The same researchers found that a fifteen-minute walk in an urban setting will still give you a 25% cortisol reduction

### Practice Your Breathing

Take a few minutes out of each day to just relax and focus on your breathing. Close your eyes and draw in a deep breath, hold it for a slow five count, then exhale slowly and repeat. Spend just five minutes a day focused on the simple act of breathing and you'll find yourself more relaxed and clear-headed, and ready for whatever else the day may hold.

### Music To Soothe The Savage Beast

carve out the last ten or fifteen minutes of your lunch break each day, put your ear buds in, and queue up some of your favorite music. Just close your eyes and let the music wash over you. It doesn't really matter what you listen to, as long as it's something you enjoy. Lose yourself in it for a few minutes every day, and you'll be amazed at how much better you feel.

### Visualization

Picture it vividly in your mind's eye and imagine yourself there. Doing so will re-center your mind and prepare you for the next part of your day.

### Stress Balls

Stress can lead to workplace burnout, and health problems. It is important to remember this, and strive to keep work a stress-free environment that is pleasant to be in. Ignoring stress at work will only lead to problems, while finding effective ways to deal with will make a difference in moral and productivity. Mix and match any of the strategies above, and you'll be well on your way to bringing your stress down from the stratosphere and to more manageable levels.

# CHRISTMAS BREAKFAST IDEAS

## Bacon French Toast Bake

**Step 1-** Leave bread slices spread out on rack or platter at room temperature at least 2 hours or until slightly stale. Grease 3-quart baking dish.

**Step 2-** Arrange bread in prepared baking dish, slightly overlapping. In large bowl, whisk eggs, half-and-half Gruyere, 1/4 cup maple syrup, cinnamon, and 1/2 teaspoon each salt and pepper until combined. Pour all over bread in baking dish. With hands, press down on bread to submerge. Cover baking dish with plastic wrap. Refrigerate at least 4 hours or up to 1 day.

**Step 3-** Preheat oven to 375 degrees F. Remove plastic. Sprinkle bacon all over top of bread mixture. Bake 45 to 50 minutes or until golden brown and set. Drizzle with remaining 1 tablespoon maple syrup before serving.

## PB Chocolate Sheet Pan Pancake

**Step 1-** Place 12- by 17-inch rimmed baking sheet (half sheet pan) on center rack of oven. Heat oven to 450°F.

**Step 2-** In large bowl, whisk together flour, peanut butter powder, baking powder, baking soda and salt. In second bowl, whisk together buttermilk, eggs, sugar and vanilla.

**Step 3-** Melt 3 tablespoons butter and whisk into buttermilk mixture. Pour wet ingredients over dry ones and fold just until no traces of flour remain (batter will be lumpy). Fold in chocolate chips.

**Step 4-** Carefully remove hot pan from oven and swirl remaining tablespoon butter all over bottom to melt.

**Step 5-** Immediately pour in batter and quickly spread evenly. Bake until golden brown and wooden pick inserted in center comes out clean, 13 to 15 minutes. Cut into pieces and serve immediately with yogurt and syrup if desired.

## Jammy Egg Toasts

**Step 1-** In small bowl, combine vinegar, shallot, thyme and 1/4 teaspoon each salt and pepper. Let sit, tossing occasionally, 10 minutes.

**Step 2-** Meanwhile, heat medium saucepan of water to a boil and fill medium bowl with ice water. Reduce heat so water is at rapid simmer, gently add eggs and simmer 6 minutes. Immediately transfer eggs to ice water to stop cooking. Drain and peel eggs.

**Step 3-** Stir oil, mustard and parsley into shallot mixture. Spread bread with mayo, then coarsely chop eggs and arrange on top of bread. Spoon shallot vinaigrette over top and sprinkle with more thyme, parsley and cracked pepper if desired.

## Sheet Pan Sausage and Egg Breakfast Bake

**Step 1-** Heat oven to 400°F. On large rimmed baking sheet, roast sausages and bacon, 15 minutes.

**Step 2-** In large bowl, toss mushrooms, tomatoes, and garlic with oil and a pinch each of salt and pepper. Add to baking sheet and roast 10 minutes.

**Step 3-** Make wells among vegetables and crack 1 egg into each space; return to oven and roast until meat is cooked through and egg whites are opaque throughout, 8 to 10 minutes more.

**Step 4-** Sprinkle with parsley and serve with toast if desired.

# DECORATE A WREATH

Color, Cut and Build!

