

July Newsletter



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Have A Safe and Fun Fourth of July: Follow These Safety Tips

Independence day is a time to celebrate, right? The Fourth of July is a celebration for most in America, but it's important to point out that it's one of the deadliest holidays. From fireworks, to overindulgence and reckless driving there are many factors putting you at risk this Fourth of July holiday. Protect those around you from increased risk.

Fourth of July Safety Tips

- **Fireworks are explosives.** Only use fireworks as directed. They are dangerous and play a large role in injuries that occur each Fourth of July season, with 68 percent of fireworks injuries taking place within a month of July.
- **Keep an eye on children.** Supervise children using fireworks. Yes, fireworks are fun and fascinating to children, but they can cause serious harm. In 2016, emergency departments treated an estimated 900 injuries associated with sparklers.
- **Properly dispose of fireworks.** Clean up remains as soon as possible. Wet them down and place in a metal trash can until the next day. This is important in ensuring the fire is completely extinguished.

- **Travel safely.** With the added traffic and anticipation, roads can become dangerous. Added vehicles on roads contributes to higher accidents. Always be sure children are in the back seat, safely strapped into seatbelts. Be aware of drivers around you and always have a plan to get home safely.

- **Don't overindulge.** Americans drink more on July fourth than any other holiday. In 2016, beer sales reached over \$1 billion on July fourth. Mixing alcohol with many July fourth activities, such as swimming and fireworks, can be very dangerous. Monitor your alcohol intake and never drink and drive.



Tips to Prevent a Sunburn for this Summer

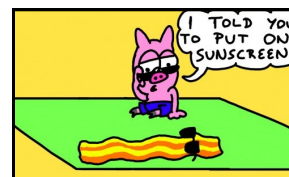
- Sunscreens expire. When? Their effectiveness ends after a year.
- Sunburns increase your risk of developing melanoma, a serious skin cancer. Statistically, individuals who have had five or more sunburns, double the chance of getting this skin disease.
- The best sunscreen is water proof or water resistant and filters out both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- Despite popular belief, people can still get sunburned on cloudy days. UV rays penetrate through them.
- Mid-day is when you're most apt to

burn from the sun. Go inside or cover up during this time period.

- Are you on a budget? The higher the SPF of a product, the higher the price. Non-brands and drugstore-manufactured sunscreens are the cheapest.
- Cool whip and mayonnaise can soothe symptoms associated with mild sunburns. Users should apply either product liberally to the skin.
- Sunburn-prone individuals can get sunburned in less than fifteen minutes of sun exposure.
- Avoid breakouts from sunscreens by doing a wrist test. How? Rub a small amount of the product on the inside area of your

wrist, wait an hour, and see how your skin reacts.

- Sunscreen should be applied at least 30 minutes prior to going out in the sun. This time gives the product time to work and absorb into your skin. Reapply every two hours.
- No treatment exists that quickly relieves a sunburn than any other. Anti-inflammatory drugs (aspirin, naproxen, or ibuprofen), cool compresses and lotions can relieve the pain associated with sunburns.



Character Core This Month: Responsibility

Knowing and doing what is expected of me.

Healthy Recipes

RECIPE

Cod with Bacon & Balsamic Tomatoes

INGREDIENTS

- 4 center-cut bacon strips, chopped
- 4 cod fillets (5 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups grape tomatoes, halved
- 2 tablespoons balsamic vinegar



DIRECTIONS

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels.
2. Sprinkle fillets with salt and pepper. Add fillets to bacon drippings; cook over medium-high heat until fish just begins to flake easily with a fork, 4-6 minutes on each side. Remove and keep warm.
3. Add tomatoes to skillet; cook and stir until tomatoes are softened, 2-4 minutes. Stir in vinegar; reduce heat to medium-low. Cook until sauce is thickened, 1-2 minutes longer. Serve cod with tomato mixture and bacon.

Per serving: 1 fillet with 1/4 cup tomato mixture and 1 tablespoon bacon: 178 calories, 6g fat (2g saturated fat), 64mg cholesterol, 485mg sodium, 5g carbohydrate (4g sugars, 1g fiber), 26g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable.

RECIPE

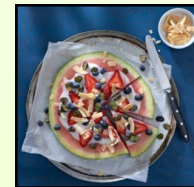
Vegan Watermelon Fruit Pizza

INGREDIENTS

- 1/2 cup unsweetened coconut-milk yogurt alternative
- 1 teaspoon pure maple syrup
- 1/4 teaspoon vanilla extract
- 2 large round slices watermelon (1 inch thick), cut from the center of the melon
- 3/4 cup sliced strawberries
- 1/2 cu halved blueberries or blackberries
- 2 tablespoons toasted unsweetened coconut flakes

DIRECTIONS

Combine yogurt alternative, maple syrup and vanilla in a small bowl. Spread 1/4 cup of the yogurt mixture over each watermelon round. Cut each round into 8 wedges. Top with strawberries and blueberries (or blackberries). Sprinkle with coconut (optional).



Serving size: 2 wedges

Per serving: 70 calories; 2 g fat(1 g sat); 1 g fiber; 15 g carbohydrates; 1 g protein; 8 mcg folate; 0 cholesterol; 11 g sugars; 1 g added sugars; 813 IU vitamin A; 20 mg vitamin C; 47 mg calcium; 0 mg iron; 5 mg sodium; 196 mg potassium

Nutrition Bonus: Vitamin C (33% daily value); Carbohydrate Servings: 1; Exchanges: 1 fruit



Blanching Tomatoes Before Freezing

You can freeze whole tomatoes unpeeled! When you're ready to use them, run them under warm water to remove the skin. Then chop and add to your favorite soup and sauce recipes.

Cutting Melon without Washing the Outside

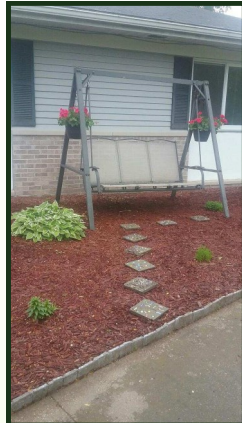
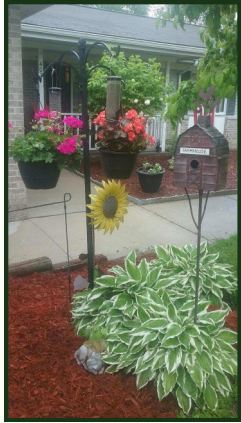
Make sure to wash watermelon, honeydew and other melons before slicing. When slicing dirty melon, you can transfer dirt and dangerous bacteria from the outside to the edible portion.



CONGRATULATIONS TO WILLOW HOME

Spring Competition Winner!!!

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Willow Home

Thank you to all the homes who participated in our 1st Annual Spring Competition! It was a tough decision! All the landscaping looked so nice! Willow is the winning home and will get a hot dog/hamburger cook-out provided by Central State office staff.

State Home



Mitchell Home



LET'S GET CRAFTY!

Lady Bugs Painted Rocks

Supplies Needed:

- ◆ Patio paint in colors of your choice (colors used on picture: Larkspur Blue, Petunia Purple, Fiesta Yellow, Fuchsia, Citrus Green and Salmon)
- ◆ Smooth rocks preferably oval or round in shape
- ◆ Paintbrush
- ◆ Toothpicks
- ◆ Outdoor sealer, Patio Paint Clear Coat, or Mod Podge.
- ◆ Brushes

Directions:

- Wash and dry your rocks.
- Paint with colorful Patio Paint (don't paint the bottoms if these will be sitting in the soil.)
- Paint on a black head and let dry.
- Use the handle end of a paintbrush to dot on white eyes. LET DRY COMPLETELY!
- Cut the tip off a toothpick. Dip in black paint and dot onto white eyes.
- When completely dry, paint ladybugs with sealer.





News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Dora Weston works at the Training Center and has been with Central State for 10 years. Dora’s favorite thing about working for Central State is being made to feel appreciated. Her best workplace memory happened on her birthday one year. A coworker came into the Training Center and she had her hands full. I asked her if she needed any help and she said “Can you get the package on the backseat of my car.” I went out to get the package and to my surprise it was a birthday cake with my name on it. I cried like a baby holding the cake! Her favorite motivational quote is “Let Go and Let God.” Dora is looking forward to her upcoming vacation to Mackinaw Island. She loves listening to all genres of music: Jazz, Blues, Country Western, New Age, Rap, & Hip hop. She enjoys listening to Hattie Bryant “I Have It My Way.”

Dora has 2 sons and both are married. She has one grand daughter. Her oldest son lives in Virginia and her youngest lives in Lansing. She was a widow at a very young age so her sons were her life. They had many fun times.



JULY



- July 4..... **Happy 4th of July**
- July 5..... **Payday**
- July 5..... **National Apple Turnover Day**
- July 6..... **National Fried Chicken Day**
- July 7..... **Chocolate Day**
- July 10..... **Cook-out at Willow Home**
- July 17..... **National Hot Dog Day**
- July 19..... **Payday**
- July 21..... **National Ice Cream Day**
- July 26..... **Aunt and Uncle Day**
- July 28..... **Parent’s Day**

CSCS & HOME NEWS



A Message from Jodi Heil, Human Resources Manager:

- ◆ Open Enrollment is now closed.
- ◆ Hiring for Lapeer Home.
- ◆ Audit Season is about to begin.
- ◆ Make sure your contact information is updated in Employee Navigator.

Between Memorial Day and Labor Day, Americans eat over 7 billion hot dogs.