

June Newsletter



CENTRAL STATE COMMUNITY SERVICES, INC.

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June is National Safety Month

PREVENT Slips, Trips and Falls

Though they might seem harmless, slips, trips and falls are some of the most common hazards we face in the workplace. Always following safety procedures is crucial to avoiding injury, but so is speaking up to keep your coworkers safe.

We've all been in a situation where a coworker was doing something risky and we weren't sure what to say. Here are some scenarios to consider and tips for handling these sometimes difficult conversations.

Scenario #1

You and a coworker are taking the stairs. Your coworker's arms are full with groceries, coffee and a cell phone. They kindly refuse your offer to help carry a few items but then struggle up the stairs.

- Though many of us use them every day, a trip or fall down the stairs can cause serious injuries. Handrails exist for a reason so always keep a hand free when taking the stairs and encourage those around you to use the handrails.
- Open drink containers like coffee mugs can easily cause spills that then create fall hazards. Remind your coworkers to always use containers with a lid to avoid spills.
- We often refuse assistance even when we could use it. If your coworker has their arms full, insist on carrying a few items so you can both get up the stairs safely.

Scenario #2

You're walking with a few coworkers when one of them gets a text message from their spouse. They look down at their phone and attempt to text back while walking.



- Distracted walking is a serious risk and can turn something as simple as a box into a major hazard. Just because it seems silly doesn't mean we should ignore it.
- In this instance, consider stopping and telling your coworker you'll wait with them while they finish sending their message.
- You can also be more direct, telling your coworker it is unsafe and pointing out hazards they might trip over. We can sometimes be defensive in these situations, so frame the conversation around your coworker's safety and encourage them to finish the text message once they're sitting in the break room.

Bring it home

When you see a risk with a simple fix, don't hesitate to fix it safely. This applies whether you are at work, back home or out in your community. Sometimes that fix means cleaning up a mess you didn't create or having a quick, awkward conversation, but the end result is worth it. Embrace this concept and you can help us all keep each other safe.

Character Core Word of the Month

Endurance - The inner strength to withstand stress and do my best.

Healthy Recipes

RECIPE

Buffalo Chicken Wrap

INGREDIENTS

2 tablespoons hot pepper sauce, such as Frank's Red Hot
3 tablespoons white vinegar, divided
¼ teaspoon cayenne pepper
2 teaspoons extra-virgin olive oil
1 pound chicken tenders
2 tablespoons reduced-fat mayonnaise
2 tablespoons nonfat plain yogurt
Freshly ground pepper, to taste
¼ cup crumbled blue cheese
4 8-inch whole-wheat tortillas
1 cup shredded romaine lettuce
1 cup sliced celery
1 large tomato, diced

DIRECTIONS

1. Whisk hot pepper sauce, 2 tablespoons vinegar and cayenne pepper in a medium bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce; toss to coat well.
3. Whisk mayonnaise, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese.
4. To assemble wraps: Lay a tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken, lettuce, celery and tomato. Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich. Repeat with the remaining tortillas.

Per serving: 349 calories; 11 g fat(3 g sat); 3 g fiber; 31 g carbohydrates; 30 g protein; 40 mcg folate; 70 mg cholesterol; 6 g sugars; 1,891 IU vitamin A; 9 mg vitamin C; 186 mg calcium; 3 mg iron; 804 mg sodium; 472 mg potassium
Nutrition Bonus: Vitamin A (38% daily value)

RECIPE

Cucumber Mint-Spritzer

INGREDIENTS

3 mini cucumbers
6 leaves fresh mint, plus sprigs for garnish
2 lemons or limes
1 liter lemon seltzer water
Ice cubes

DIRECTIONS

Slice cucumbers into thin ribbons or disks using a mandoline or vegetable peeler. Place in a pitcher. Add mint leaves and gently muddle. Squeeze juice from 1½ lemons (or limes) into the pitcher, reserving the other half for garnish. Stir in seltzer. Serve over ice, garnished with mint sprigs and lemon (or lime) slices, if desired.



Per serving (3/4 cup): 12 calories; 0 g fat(0 g sat); 1 g fiber; 3 g carbohydrates; 0 g protein; 6 mcg folate; 0 cholesterol; 1 g sugars; 0 g added sugars; 189 IU vitamin A; 9 mg vitamin C; 20 mg calcium; 1 mg iron; 2 mg sodium; 91 mg potassium
Carbohydrate Servings: 0
Exchanges: Free Food

7 Reasons Why Sugar is Bad For You

www.NaturalHolisticHealth.guru

1. Sugar is Highly Addictive

2. Can Cause Insulin Resistance which may lead to Type II Diabetes

3. Bad For Your Teeth



4. Contributes to Obesity

7. Can Cause Non-Alcoholic Fatty Liver Disease

6. Raises Your Cholesterol and Gives You Heart Disease

5. Can Give You Cancer

FOOD SAFETY TIPS



Four basic food safety principles work together to reduce the risk of foodborne illness:

Clean, Separate, Cook, and Chill

Happy Father's Day

S
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A good father is
one of the most
unsung,
unpraised,
unnoticed,
and yet one of the
most valuable
assets in our society.

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16

Craft Project Using Dollar Tree Items

How to Make a Fun and Easy Prism Candle with Mason Jars

Supplies Needed:

- ◆ Mason Jar
- ◆ Round glass Decorative elements
- ◆ Any glue rated for affixing to glass
- ◆ Ribbon or twine
- ◆ Tea light
- ◆ Brushes

Directions:

- Apply glue to Mason Jar
- Take your glue and apply in small patches to the surface of the mason jar in a well-ventilated area with your brush.
- Apply glue to a small area on the jar, working from the base of the lid downward.
- Once the area is dry, move on to the next row, slowly covering the body of the mason jar. The process will take a few hours, so no rush!
- You can add your own décor on the lid of the mason jar or you can tie simple ribbon with a rustic charm. Place a candle inside and enjoy.





News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Lynda Fath is our Employee Spotlight of the Month. Lynda works at the Administration Office and holds the position of Accounts Receivables Clerk. She has been with Central State for 13 years. Her favorite thing about working at Central State is that all of the staff can joke around and laugh even when it is a stressful in the office and still have a good day.

Her favorite workplace memory is when Central State had company picnics with all of our individuals we serve, home supervisors, and staff whom are an essential part of our team. It was nice to be able to see them all and socialize.

Lynda's favorite motivational quote is "The past can not be changed. The future is yet in your power." Her next vacation will be up north on a fishing trip.

Lynda has a daughter who is going to be 30 years old on June 4th and a son who is 25 years old. She has 2 step sons, 4 granddaughters and 4 dogs. She recently acquired a pregnant cat who now has 5 kittens.



JUNE

June 7..... **Payday**

June 5..... **Spring Competition Ends**

June 14..... **Flag day**

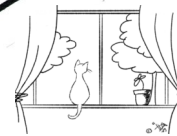
June 16..... **Father's Day**

June 21..... **Payday**

June 21..... **Longest day of the year**



HOME NEWS



- ♦ All employees of Central State shall treat recipients and their family members with dignity and respect. Examples of treating a person with dignity and respect include, but are not limited to: calling a person by his or her preferred name; knocking on a closed door before entering; using positive language; encouraging a person to make choices instead of making assumptions about their preferences; taking a person's opinion seriously; including a person in conversations; allowing a person to do things independently or to try new things.
- ♦ **Spring Competition:** Get your yard in order. Add some color, plant vegetables, and have some fun! **Submit your pictures by Wednesday, June 5th** and the winning house will get a hot dog/ hamburger cook-out provided by the office staff.

-Paula Ott, Executive Director