

May Newsletter



CENTRAL STATE COMMUNITY SERVICES, INC.

2603 W. Wackerly Street, Suite 201, Midland, MI 48640
Phone: (989) 631-6691 Fax: (989) 631-8760
Visit our website: www.cscsmi.com

Vol. I, Issue 12

May is Global Employee Health and Fitness Month

Four Ways to Kick-start Your Health and Fitness this Month

you're only
ONE WORKOUT
away from a
GOOD MOOD

www.fitfabrics.com

Fitting in movement and exercise requires a little proactive thinking and commitment to changing your strategy. If squeezing in a formal exercise session isn't possible, know that several short bursts of activity count too. We have put together a few exercise tips that will help you make this May your health and fitness success story.

1. **Get moving!** Take the stairs, park your car further away from the store when you go shopping.
2. **Invest in a fitness tracker.** Tracking physical activity will make you mindful of your daily movement and motivate you to shoot for a heart-healthy 10,000 steps or more a day.
3. **Join a gym that's right for you.** Join a gym that is in a convenient location to fit in your schedule.
4. **Work out at home.** Home exercise can be the best way to maximize convenience. A

wide variety of fitness apps bring classes and new instructors on demand and many can be done with no exercise equipment at all. Yoga, boot camp, cardio classes and strength training are all right on a tablet or smart TV.

Any time spent exercising will help improve your overall fitness, decrease stress and strengthen mindset.

Use this month to break the mold and stick to the wellness plan you've always wanted.

Happy Mother's Day to all the moms, grandmoms, foster moms, stepmoms, surrogate moms, mother figures, moms-to-be, and to all the men out there that are doing the mother and father jobs too!

Happy Mother's Day!

Character Core Word of the Month

Sincerity - Doing What is Right With Transparent Motives.

Healthy Recipes to Kick Start Your Fitness Program

RECIPE

SPINACH SALAD FOR SPRING AND SUMMER

This recipe provides 2.5 fruit and vegetable servings per person.



INGREDIENTS

3 cups baby spinach leaves

1 cup seasonal fresh snap peas, strawberry halves, blueberries, or peach slices

3 Tbsp. Vinaigrette salad dressing, low-fat

1/2 tsp black pepper

DIRECTIONS

Place the spinach and seasonal fruits or vegetables into a large bowl. The more colors you add to your diet, the more nutrients you get. Toss with the dressing and serve.

Nutritional Information: (per serving)

Calories: 59 Total fat: 2 g Saturated fat: 0 g Carbohydrate: 10 g

Sodium: 250 mg Fiber: 6 g

RECIPE

Stir-Fried Beef and Potatoes

Trim fat off beef before cooking.



INGREDIENTS

1 1/2 lb sirloin steak 1/8 tsp salt

2 tsp vegetable oil 2 large onions, sliced

1 clove garlic, minced 1 large tomato, sliced

1 tsp vinegar 3 cups boiled potatoes, diced

DIRECTIONS

Trim fat from steak and cut into small, thin pieces. In a large skillet, heat oil and saute garlic is golden. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes. Yield: 6 servings. Serving size: 1 1/4 cups.

Each serving with potatoes provides:

Calories: 274 Total fat: 5 g Saturated fat: 1 g Carbohydrate: 33 g

Sodium: 96mg Fiber: 3 g Protein: 24 g Potassium: 878 mg

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan. According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

MAY IS NATIONAL ASTHMA & ALLERGY AWARENESS MONTH

How to Tell the Difference Between Allergies and Colds?

- Colds may cause a fever, and symptoms resolve in two weeks or less; allergies do not cause fever and symptoms persist for much longer
- Food allergies may trigger asthma symptoms in some people, and asthma may increase your risk of migraines
- A true food allergy involves an immune response; a food intolerance produces symptoms without involving your immune system

A **runny nose**, watery eyes, sore throat, sneezing and coughing are among the most common symptoms of the common cold. Yet, they're also experienced by people with allergies. How can you tell the difference?

One of the most obvious telltale signs is a fever. Symptoms caused by a cold (or flu) may come along with a fever, but those caused by allergies do not (even though allergies are sometimes called "hay fever"). The duration of the symptoms is another clue.

Cold symptoms should resolve in two weeks or less, but allergies can hang around for much longer. The latter may persist for an entire season or even year-round, especially if you're allergic to an indoor allergen like dust mites or mold.

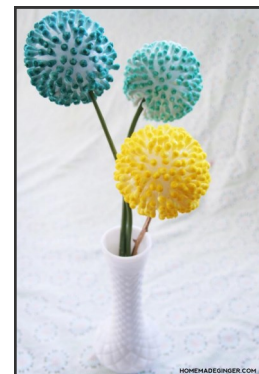
Craft Project Using Dollar Tree Items

Supplies Needed:

- ◆ Q-Tips
- ◆ Food Coloring
- ◆ Styrofoam Balls
- ◆ Fake Flowers

Directions:

- Cut the Q-tips in half.
- Poke them into the Styrofoam ball.
- If you make them too close together, the Q-tips won't push down very far.
- Once you are finished, mix up some water and food coloring.
- Keep rolling the ball around in the food coloring until all the Q-tips are evenly colored.
- Set it on a towel to dry. The color will lighten a little when dry, so keep that in mind when mixing up your color.
- Now, snip the stems off of some cheap flowers. Keep the wire stem.
- Poke it into the ball. You may want to secure it with a bit of hot glue.
- And there you have it! A cheap and easy project.





News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Dana Marshall is our Employee Spotlight of the Month. Dana is a Program Coordinator. She has been with Central State for 10 years and can honestly say she loves her job. There are many favorite things she likes about Central State. Her co-workers are great, but going into the homes and seeing the individuals make her day. Dana said "They get so excited when I walk in the door." Her favorite workplace memory was when she had an individual that was really struggling with behaviors and she worked with him and he became a happy person who felt safe in his environment. This was such a rewarding feeling. He went from acting out and hitting to smiling and hugging. Making a positive impact on someone is such a good feeling. Dana enjoys listening to all music. She likes country, classic, rock, R & B - just depends on her mood that day. Her favorite motivational quote is "With the new day comes new strength and new thoughts." Her next vacation she would love to take her girls to Disney World! Dana has 2 daughters. Her oldest turns 20 in May and her youngest just turned 2 in April. "She was my surprise baby." Her girls are her purpose is what she always says, She has 2 amazing parents, 1 sister, 3 nieces, 2 great nieces, and 2 great nephews.



MAY

May 6 - 12... Nurses Week

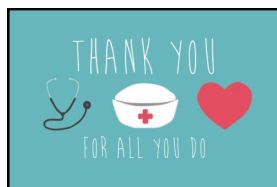
May 10 Payday

May 12 Mother's Day

May 15 Employee Health & Fitness Day

May 24 Payday

May 31 World No Tobacco Day



HOME NEWS



- ◆ **Thank you** to everyone for participating in the satisfaction survey process. I am in the process of evaluating them and will be sharing those results soon. We are due for our CARF audit this year. Most of you have had plant tours by HUB in preparation. Please keep in mind much of the required documentation you complete and send to the office is to maintain CARF compliance.
- ◆ **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