

August Newsletter



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Back to School Tips for Parents

Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

Tour the school

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling

When it's almost time to stop playing, give a five-minute warning. Giving clear directions.

Chat about today's events and tomorrow's plans

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.



Character Core This Month: Cautiousness

Taking time to ensure the right decision is made or action is taken.

Healthy Recipes

RECIPE

Berry Cheesecake Pops

INGREDIENTS

- 1 (5-ounce) can evaporated low-fat milk
- ¼ cup sugar
- 3 ounces ½-less-fat cream cheese, softened
- ¼ cup plain fat-free Greek yogurt
- 1 teaspoon vanilla extract
- 2 tablespoons honey
- 1 teaspoon lemon juice
- 6 ounce strawberries, hulled
- 1 pint of raspberries
- ¼ cup graham cracker crumbs

DIRECTIONS

1. Combine milk and sugar in a saucepan over medium heat; cook 3 minutes.
2. Place cream cheese in a medium bowl; gradually add milk mixture, whisking until smooth. Stir in yogurt and vanilla. Cool completely.
3. Place honey, juice, and berries in a blender; process until smooth.
4. Divide half of cream cheese mixture among 6 (4-ounce) ice-pop molds. Top with strawberry mixture, followed by remaining cream cheese mixture. Stir slightly with a skewer.



Per serving: Calories - 74.5; Total Fat - 2.8g, Saturated Fat-1.7g, Polyunsaturated Fat - 0.1g, Monounsaturated Fat-0.8g, Cholesterol-8.8mg, Sodium-48.0mg, Potassium-63.4mg, Total Carbohydrate-9.8g, Dietary Fiber-0.6g, Sugars-7.4g, Protein-1.9g

Slow Cooker Mozzarella Stuffed Meatballs

INGREDIENTS

- 1 pound lean ground turkey
- 1 medium onion, finely chopped, divided
- 1 slice whole grain bread, lightly toasted and ground
- 1 large egg
- 1 teaspoon Kosher or sea salt, divided
- 1/2 teaspoon black pepper
- 1 (3.5-ounce) ball of mozzarella, roughly chopped
- Whole-wheat flour to coat the meatballs
- Extra-virgin olive oil for browning
- 1/2 cup chicken broth
- 1 (14-ounce) can diced tomatoes
- 1 teaspoon dried oregano
- 4 fresh sage leaves, roughly chopped




6 servings - Per serving (3 meatballs): Calories - 255; Total Fat - 14g, Saturated Fats-5, Trans Fats - 0, Total Carbohydrate-9.8g, Dietary Fiber-3g, Sugars-3, Protein-21g; SmartPoints (Freestyle): 7

RECIPE

DIRECTIONS

1. In a medium bowl, mix turkey, ground bread crumbs, egg, half of the onions, 1/2 teaspoon salt and black pepper. Mix well until it becomes compact.
2. Make small balls then push a few pieces of the mozzarella at the center of each meatball. Roll the meatballs on a plate with flour then set aside. Over medium heat, in a saucepan with olive oil, brown the outside of the meatballs. When they are browned, set them aside in a bowl. Discard the oil. Note that the meatballs do not need to be cooked through all the way as they will cook in the sauce and slow cooker.
3. Over medium heat, still in the same saucepan, pour some new oil then sauté the remaining onion. Put back the meatballs then pour in the broth. Cook until the sauce thickens.
4. In the slow cooker, pour the meatballs with the sauce, canned tomatoes, oregano, sage, the remaining salt and a dash of pepper. Set the slow cooker to low for 6 hours or high for 4 hours.

POWER FAILURE PROCEDURES

- ⇒ **Staff should immediately check on the Individuals**, assuring them calmly that everything is okay. A staff person should go to the location of the emergency bag. Get out the flashlight and battery operated radio. Use that flashlight to get out the other battery operated lighting and extra batteries. Distribute the lighting around the areas where the Individuals are, to make them feel more comfortable. Turn on the battery operated radio and monitor the weather and news stations.
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- ⇒ **Call the power company** to report that the power is out (you may need the home's address, if they cannot identify where you are by the phone number). Ask the power company if they have an idea of how long the power will be out.
 - ⇒ **Call the on-call Supervisor for your home.** Report the power failure and what you were told by the power company about the cause and expected duration of the power failure. Also report to the on-call Supervisor any issues you may have immediately (not enough batteries, water, etc).
 - ⇒ **The on-call Supervisor is responsible for bringing anything necessary to keep the Individuals and the staff safe and comfortable.**
 - ⇒ **Try to keep things as normal as possible for the Individuals.** If it is the time of day when they would normally be active, engage them in low key, but fun, activity. If it is not too dark, and the weather is nice, go outside and do something fun. If it is time that Individuals would normally be sleeping, assist them with getting ready for bed and check on them occasionally to be sure they are feeling comfortable and secure.
 - ⇒ **The on-call Supervisor will notify the on-call PC** and discuss the conditions of the power failure. If the power is expected to be on in a short time, the temperature of the home is reasonable, and there are plenty of supplies (including enough water for drinking and for flushing the toilets between uses), the home will not be evacuated. If there are significant issues with not evacuating or if the power is not expected to be on in the short term, then the Program Coordinator will contact the Executive Director and prepare for evacuation. See the plan for Evacuating the Home (Refer to Appendixes F-1, F-2, and F-4 in the Emergency Preparedness Manual).

LET'S GET CRAFTY CORNER!

Tulip One-Step Tie Dye Kit

Supplies Needed:

- Tulip One-Step Dye Kit (buy on-line or at craft stores)
- Tulip Surface Cover and Paper Towels
- Prewash T-shirt (Do not use fabric softener or dryer sheet.)
- Fill dye bottles with water.
- Rubber Bands

Directions:

Spiral T-shirt: Lay fabric flat on work surface. Decide the area on the fabric where you want the swirl to be. Pinch fabric around into a flat spiral. Bind with rubber bands creating 6 wedges. Use more rubber bands as desired. Apply dye on wedges using as many colors as desired in the desired arrangement - alternating wedges, connecting wedges, etc. or using a single color.



Final Step: Rinse your project thoroughly before setting the dye. Once you have untied your project, it is time to make sure you set your tie dye properly! Use the tips below to make sure you finish your project and keep it from fading.

- Rinse out your project in cold water, making sure to squeeze as much excess dye out of your project.
- Rinse it out again. Seriously. There will be a lot of dye waiting inside that project.
- Place your project in your washer. Place it on the biggest load (even though it is one project) on hot with just a hint of soap. Wash it!
- Allow your project to air dry.

Hint: If you are worried about having dye in your washer, consider running an empty load or a load of rags after washing your tie dye project in there to rinse it out.



News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Dianna Mahoney works at the Mulberry Home and has been with Central State for 7 years. Dianna's favorite thing about working for Central State is the opportunity to serve such amazing individuals. She has many favorite workplace memories. All include outings with our individuals, like going to the aquarium and seeing the smiles and amazement on the guy's faces. Her favorite motivational quote is "Everyone has two eyes but no one has the same view." Dianna is looking forward to canoeing down the AuSable River at the end of August. She enjoys listening to alternative and classic rock music.

Dianna has 3 children and 2 nieces. We just bought a home in Croswell. I like to spend as much time with them as possible.

There are more vacations and holidays taken in this month than any other month.



AUGUST

- August 2..... **Payday**
- August 4..... National Friendship Day
- August 4..... National Sisters Day
- August 10... National Spoil your Dog Day
- August 11... National Son and Daughter Day
- August 16... **Payday**
- August 25... National Banana Split Day
- August 26... National Heroes' Day
- August 30... **Payday**

CSCS & HOME NEWS



- Get ready homes for a Fall Fest Home decoration contest. Pictures are due by the last day in September. The best decorated home will win a prize!
- The new home in Lapeer will be opening soon!
- Congratulations Eva and staff at Morowske Home for a 100% on your audit!

