

# April Newsletter



**CENTRAL STATE COMMUNITY SERVICES, INC.**

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## 5 Ways to Spring Clean Your Health

**T**he dark, cold days of winter make it all too easy to skip morning workouts and crawl back under the covers, or eat unhealthy comfort food every night of the week. Spring is synonymous with starting fresh, so there's no better time than the present to brush off the winter doldrums and give your health a reboot!

1. **Greet the sun.** With less sunlight during the winter months, the body can quickly become depleted of vitamin D, an essential nutrient for healthy bones, immune function, hormone balance and many other vital body processes. Going for an early morning walk is a great way to naturally soak in some vitamin D, plus allow for some quiet meditative time to organize activities and goals for the day.
2. **Eat with the season.** Out with the processed food—in with the fresh. Stock up on fresh seasonal produce at your local grocer or the farmer's market for a variety of delicious, nutritious options. Asparagus, broccoli, butter lettuce, honeydew, mango, oranges, green beans, pineapple, peas, spinach and strawberries are just some of the fruits and veggies at their peak in March, April, and May.
3. **Decimate dust.** Deep spring cleaning can be therapeutic—and improve health. Weekly or bi-weekly “maintenance” cleaning around the house may seem like enough, but it's time to clean out the clutter and the cobwebs hiding in some

corners. A recent George Washington University study found that household dust contained 45 different chemicals! Open up the windows, pull out the HEPA vacuum, plug in an air purifier, remove those dust bunnies and breathe better tonight.

4. **Take your workout outside.** Indoor exercise equipment is great for dreary days, but fresh spring air calls for going outside. Bicycling on a path, running or walking can boost creativity and lower stress. Spring is also a great time to get back to enjoying activities best suited to milder weather, like water sports, tennis and golf.
5. **Get your hands dirty.** It's time to get planting! Maybe it's that flower border, a new shrub or even a new house plant. Of course, spring is also the ideal time to start growing your own healthy fruits and vegetables—many can thrive even in a small space. Fresh herbs can be grown in a simple window or balcony planter, and make tasty additions to salads, pasta, and chicken.

Spring  
IS IN THE  
air

**Did you know that April was named for the Greek Goddess, Aphrodite (Aphros).**

## BRIGHT SALAD RECIPE FOR SPRING

### Strawberry –Blue Cheese Steak Salad

#### Ingredients

1 beef top sirloin steak (3/4 inch thick and 1 pound)  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 2 teaspoons olive oil  
 2 tablespoons lime juice

#### Salad:

1 bunch romaine, torn (about 10 cups)  
 2 cups fresh strawberries, halved  
 1/4 cup thinly sliced red onion  
 1/4 cup crumbled blue cheese  
 1/4 cup chopped walnuts, toasted



#### Directions:

Season steak with salt and pepper. In a large skillet, heat oil over medium heat. Add steak; cook 5-7 minutes on each side until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Remove from pan; let stand 5 minutes. Cut steak into bite-size strips; toss with lime juice.

On a platter, combine romaine, strawberries and onion; top with steak. Sprinkle with cheese and walnuts. Serve with vinaigrette.

**Editor's Note:** To toast nuts, cook in a skillet over low heat until lightly browned, stirring occasionally.

**Health Tip:** If you're looking to trim calories, leave off the walnuts and blue cheese; they're adding almost 40 calories per serving.

#### Editor's Note

To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

#### Nutrition Facts

1 serving: 289 calories, 15g fat (4g saturated fat), 52mg cholesterol, 452mg sodium, 12g carbohydrate (5g sugars, 4g fiber), 29g protein. **Diabetic Exchanges:** 4 lean meat, 2 vegetable, 2 fat, 1/2 fruit.

## Refreshing Healthy Drinks

### Cranberry Juice

This tangy juice is packed with antioxidants that can help prevent cardiovascular disease and some types of cancer, and promotes a healthy urinary tract. Cranberry juice is tart on its own, so it's combined with sugar or other, sweeter fruit juices. Look for varieties that are 100% juice.

### Coconut Water

The flavor of this tropical water is a bit controversial. Some people love it, and some hate it. But there's no debating the fact that drinking it can hydrate the body and provide a surprising amount of potassium. Potassium plays an important role in maintaining a healthy heartbeat and regulating blood pressure.

### Pomegranate Juice

All natural pomegranate juice is one of the most nutritious beverages on supermarket shelves. This vibrant fruit juice is packed with antioxidants which help protect cells from damage and decrease inflammation, which may help relieve some types of arthritis. It's also rich in immune-boosting vitamin C to help fight off colds.

## APRIL IS NATIONAL AUTISM MONTH

### Activities for Adults with Autism

#### Overview

In general, people with autism enjoy the same type of activities that neuro-typical (non-autistic) people like. Like everyone else, people with autism enjoy a range of recreational and educational activities depending on their tastes. However, certain sensory processing issues or social impairments may limit some activities involving a sensory trigger or negative social encounter. A person's tastes, interests and level of impairment all play a part in determining what type of activities he/she prefers.

Activities can improve autism symptoms by providing chances for social interaction, improving communication skills, language and providing sensory stimulation. Many autism

treatments involve therapeutic activities or are compatible with extracurricular activities that provide benefits

Some examples of activities for adults with autism are:

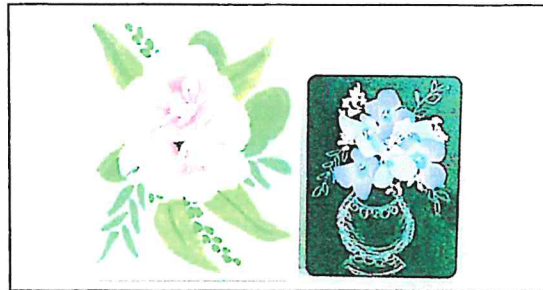
- ◆ Art classes
- ◆ Singing
- ◆ Music class
- ◆ Martial arts
- ◆ Drama club
- ◆ Storytelling
- ◆ Card games and board games
- ◆ Online computer games
- ◆ Swimming
- ◆ Basketball
- ◆ Gymnastics

## Craft Projects Using Dollar Tree Items

### Get Creative with a 3-D Floral Art

#### Gather Your Arts & Crafts Supplies:

- Foam Board or Chalkboard
- Chalk
- Paint
- Paint Brushes
- Markers
- Hot Glue Gun (Not Sold at Dollar Tree)
- Hot Glue Sticks
- Your Favorite Faux Flowers
- Scissors



#### Create Your 3-D Masterpiece:

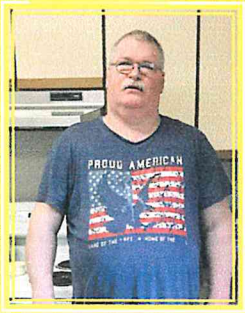
- Use chalk, paint, markers, or any writing supply to draw your floral vase, vines, leaves, or whatever your creativity inspires. Be sure to leave room for where your faux flowers will be glued in place. Pull apart your faux flowers from their stems. Use scissors to trim off any excess stem so that it's easier to glue in place. Add small dabs of hot glue to the stem and back of each flower and press in place so that the blooms are facing outward. Add as many flowers as your space allows, overlapping them to create the look of a bouquet if you'd like. Let your work of art dry completely and then hang or prop in place.



# News About Us.....



## MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Mike Payne is our Employee Spotlight of the Month. Mike works at the Willow Home in Pinconning. He said his favorite part of his job is working with the individuals. One of his best workplace memories was sharing a Halloween Party with their sister home.

His favorite quote is Get'er Done! He is looking forward to his next vacation at Mackinac Bridge.

Mike is married with three fur babies!

Character CORE word of the Month

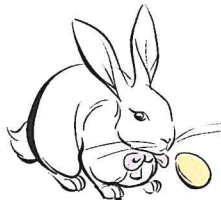
### PATIENCE

*Taking the time necessary to work through a difficult situation.*

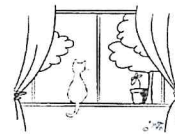


### APRIL

- April 1..... April Fool's Day
- April 12..... Payday
- April 15..... Tax Day
- April 19..... Good Friday
- April 21..... Easter
- April 22..... Earth Day
- April 26..... Payday



### HOME NEWS



◆ We are excited to be opening Webb Home in Dewitt on April 1, and purchased a new home in Lapeer. Kudos to all of you—we have decreased substantiated recipient rights by 92%. That is fantastic!

-Paula Ott, Executive Director

