

November Newsletter



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Vol. II, Issue 6

How to Avoid Thanksgiving **STRESS**

Are you getting stressed just thinking about the Holiday season approaching? There are quite a few reasons why Thanksgiving may give us the jitters. From the stress caused by having to plan a 3 course meal for 20+ people to being questioned again by your aunt when you will start having kids or why you've gained 10 lbs. Fortunately, there are a lot of things you can do to reduce this kind of holiday stress.

Plan as much ahead of time as you can

From getting an early head count to planning the menu well in advance, you'll feel much better knowing that you have at least one part of the day under control.

Lists are your best bet to avoid getting stressed out. Keep a master list of everything you need to do, along with smaller daily to-do lists and of course grocery lists. And then of course there's the "Honey Do" list, which brings us to...

Ask For Help

Get your family to help clean and get ready for the big day. They can run errands for you, help set the table, decorate and cook along side with you

Ask every guest to bring a single dish. With everyone chipping in it will quickly add up. Ask those family members and friends who are "culinary challenged", to bring some chips, drinks, or even napkins and paper plates. And, get them to help clean up afterwards.

TIPS TO HELP YOU PREPARE FOR WINTER



When Is a Winter Storm Serious?

There are four different types of winter storm warning that you may get via the news, radio, weather channel etc. It is important to know the difference. Here are the definitions from the American Red Cross:

Winter Storm Outlook – Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory – Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch – Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning – Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

How to Prepare for a Winter Storm Before it happens....WAY Before

- Make sure you have a good shovel. You may need to dig yourself out before help gets there. Or you simply may need to dig out your car!
- Purchase a supply of flashlights (with batteries) and candles.
- Make sure you have an ample supply of blankets. If your power goes out, you will need as many as you can get!
- Clear rain gutters and repair roof leaks.
- Weather strip any drafty doors or windows.
- Purchase rock salt (or something similar) to help you keep walkways safe.



Slips and falls. To avoid injuries, clear walking surfaces of snow and ice and use salt, sand, or other materials to melt ice and provide traction. If you must walk on snow and ice covered surfaces, make sure to wear boots with good rubber treads to provide traction. Walking slowly and taking smaller steps also help to prevent slips and falls.

Character Core This Month: Gratefulness

Demonstrating Appreciation To Others For What I Have and How They Have Helped Me

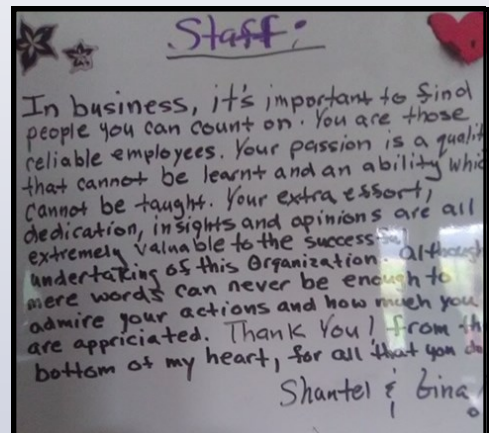
We Love Our Direct Support Professionals!

Our **D**irect **S**upport **P**rofessionals (DSPs) show up every day to provide our Adult Program participants with the support they need. That support comes in many forms in any given moment. DSPs help each individual lead a self-directed life, providing opportunities for participants to choose meaningful activities and helping them make community connections. At the end of the day, it's about establishing relationships. DSPs get to know each individual and their unique ways of communicating. Ask any DSP what they love about their job and they are likely to say "being with the people." Being a DSP takes a lot of heart, but it also takes strength, resilience, creativity, and ingenuity.

Direct Support Professionals Recognition Week happened in September, and we celebrated ours with catered meals, fun and games, cakes and gifts. The work they do is invaluable to our adult participants, their families, and to the community. We love our DSPs! THANK YOU for the heart and the professionalism you bring to your work. You make the world better and brighter!



Pictured above: (left to right) Porter Staff LaJaya Jones (AHS), Deja Bennett (HS), Tya Ratcliff (DSP), Emily Bingham (DSP), Shawanda Chaney (DSP), in the center - Diamond Dixon (DSP)



Shantel Player (HS) and Regina Wheaton (AS) from Herrington expressed in a note how much they appreciate their DSP workers!



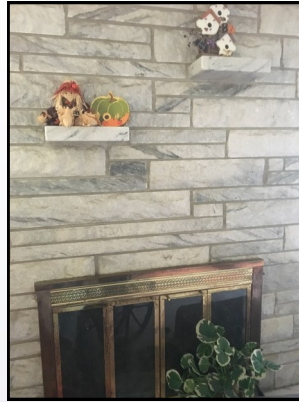
Pictured above (left to right): Demarco, Taliyha, Amya, Jaontray, Stephen, Tonisha, Breanshay, Remona, and Andre.

Vassar (pictured left) celebrated their DSP's with spirit week which ended with a cookout on Friday. It turned out well. Deborah McGuire, HS, made a board and put each one of the staff's pictures on it and picked a character trait for them. The staff also received a goodie bag.

CONGRATULATIONS TO VIENNA HOME

Fall Decorating Contest Winner!!!

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Vienna home enjoyed the apple orchard and hay ride for winning the fall decorating contest!



INEXPENSIVE THANKSGIVING CENTERPIECES FOR YOUR TABLE

Pumpkin Vase Centerpiece

- ◇ Pumpkins (various sizes)
- ◇ Vase
- ◇ Fresh flowers or silk flowers
- ◇ Gold tacks

Directions:

Put your blooms center stage by hiding a water-filled vase inside a hollow pumpkin. Punch it up by adding shiny gold tacks along the ridges. (See picture)



Gold Pumpkin Centerpiece

- ◇ Plastic pumpkins
- ◇ Large vase or basket

Directions:

Gold spray paint adds an elegant touch to plastic pumpkins. Pile them in a vase or basket for a simple, inexpensive centerpiece.





News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Deborah McGuire, House Supervisor, from Vassar home is our Employee Spotlight for November. Deborah has been with the company for 10 years (as of November 12th). Her favorite thing about the company are the individuals and the services provided to them and also working with her coworkers.

Her best workplace memory is seeing the individuals that she supports become successful. Taking challenging behaviors and turning them around. Seeing the individuals happy and full of life. These are the greatest memories. Her favorite motivational quote is "Don't forget to tell yourself positive things daily. You must love yourself internally to glow externally."

Her next vacation will be to Florida to visit her sister, nieces and nephews. Deborah is married and has one daughter who is 19 years old and attending the University of Michigan for Nursing. She wants to be a Pediatric Nurse. She just adores this young lady. Deborah loves spending time with family and friends.



Ever since the first NFL broadcast in 1934, the Lions have played on every Thanksgiving except during WW2.



NOVEMBER



November 3	Daylight Savings Ends (turn backwards 1 hour)
November 8	<i>Payday</i>
November 11	<i>Veterans Day</i>
Nov. 20-22	CARF
November 22	<i>Payday</i>
November 28	Thanksgiving



Bet you didn't know that the woman who wrote "Mary Had A Little Lamb" is also the person responsible for making Thanksgiving an official holiday. After petitioning the government for 17 years, writer Sarah Josepha Hale finally convinced Abraham Lincoln in 1863 to make it a national holiday that took place every year on the fourth Thursday of November.

CSCS & HOME NEWS



- Chris Holvey from Licensing complimented Jamilla Cheatom on how nice the Wilson Home looks. In fact, he said it's the best it has looked in a long time! Keep up the great work Wilson Home Staff and Jamilla!
- We will be having our *CARF* survey starting **November 20-22, 2019**.
- If you missed the Leadership Training Series, please look for upcoming dates every month. This is very important you attend.