

# OCTOBER NEWSLETTER



## CENTRAL STATE COMMUNITY SERVICES, INC.

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## October is National Fire Prevention Month



The [National Fire Protection Association \(NFPA\)](#) has announced [“Not Every Hero Wears a Cape. Plan and Practice Your Escape!”](#) as the theme for Fire Prevention Week, October 6-12, 2019. This year’s campaign recognizes the everyday people who motivate their households to develop and practice a home fire escape plan; these seemingly basic behaviors can have life-saving impact.

Not Every Hero Wears a Cape. Plan and Practice Your Escape *frequently* (*per Central State Policy*). Also focus on what a home escape plan entails and the value of practicing it. These messages are more important than ever, particularly because today’s homes burn faster than ever. Synthetic fibers used in modern home furnishings, along with the fact that newer homes tend to be built with more open spaces and unprotected lightweight construction, are contributing factors to the increased burn rate.

People tend to underestimate their risk to fire, particularly at home. That over confidence lends itself to a complacency, but in a fire situation, time and again that advance planning can make a potentially life-saving difference.

A home escape plan includes working [smoke alarms](#) on every level of the home, in every bedroom, and near all sleeping areas. It also includes two ways

out of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole or mailbox) that’s a safe distance from the home. Home escape plans should be practiced several times a year by all members of the household. For more information visit:

[www.firepreventionweek.org](http://www.firepreventionweek.org)

Keep in mind that some of the Individuals who Central State serves may tend to be forgetful and easily confused. Direct assistance and instruction may be necessary. Several escape routes are available. Be familiar with them. They are posted.

Please note that from the bedrooms, if fire exit is blocked, go out the window. Use fire extinguishers for escape and rescue only. Depending on the location of the fire, Individuals will have to be directed to the nearest exit, by the quickest route. After the Individuals are evacuated, accompany them to the designated meeting spot. (Please refer to the “Emergency Preparedness Manual” for more information.)



*Character Core This Month: Initiative*

*Recognizing and doing what needs to be done before I am asked to do it.*

## HALLOWEEN CHILD SAFETY TIPS

**E**veryone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

### Hard Facts

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

### Top Tips

- ❑ Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- ❑ Since masks can sometimes obstruct a child's vision, try non-toxic face paint and makeup whenever possible.

- ❑ Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- ❑ Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.
- ❑ **Popular trick-or-treating hours are 5:30 p.m. to 9:00 p.m. so be especially alert for kids during those hours.**
- ❑ When selecting a costume make sure it is the right size to prevent trips and falls.



## Keto Pumpkin Spiced Sheet Cake

### INGREDIENTS

Sheet Cake:

- 1 1/2 sticks (6 ounces) butter, melted
- 4 large eggs
- 2 teaspoons vanilla extract (no sugar added)
- 1 cup solid pack pumpkin puree
- 2 cups superfine blanched almond flour\*\*
- 1/2 cup coconut flour\*\*
- 2/3 cup granulated erythritol sweetener\*\*
- 1/2 teaspoon xanthan gum\*\*
- 1/8 teaspoon kosher salt
- 4 teaspoons baking powder
- 2 teaspoons ground cinnamon



### DIRECTIONS

- Preheat the oven to 350 degrees.
- Grease a 9" x 13" sheet pan with butter or coconut oil.
- Place the melted butter, eggs, vanilla extract, and pumpkin in a blender and blend until smooth.
- Combine the almond flour, coconut flour, sweetener, xanthan gum, salt, baking powder, cinnamon, nutmeg, ginger and cloves in a large bowl and whisk together until blended.
- Pour the blended wet ingredients into the dry ingredients, using a rubber spatula to scrape it all out of the blender. Stir until the batter is mostly smooth.
- Transfer the batter to the sheet pan and spread out evenly.
- Bake at 350 degrees for 35 minutes, or until a toothpick inserted in the center comes out clean.
- Remove from the oven and cool for at least one hour before frosting.
- Spread the cream cheese frosting evenly over the cake and sprinkle with nuts if using. Cut and serve.
- Store any leftover cake in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.

### Keto Cream Cheese Frosting

8 ozs. Cream cheese, softened  
1/2 cup (1 stick) butter, softened  
2/3 cup powdered erythritol (Swerve)  
1/2 tsp. vanilla extract (no sugar added)

Directions: In a medium bowl, cream the butter and cream cheese together with a mixer until fully combined.

Add the sweetener and vanilla extract and beat slowly until the sweetener is incorporated so it doesn't get blown into the air.

Once the sweetener is incorporated, beat on high for 2 minutes or until fluffy.

Use immediately, or store in an airtight container in the refrigerator for up to a week, or in the freezer for up to 3 months. Then bring to room temperature before using. (Serv. Size - 2 tsp., Cal - 100; Fat-11g.; Carbs - 1g; Protein-1g)

NUTRITION INFO FOR 1/12TH OF THE CAKE WITHOUT FROSTING IS: 264 CALORIES, 23G FAT, 4.5G NET CARBS, 7G PROTEIN

## OCTOBER IS BREAST CANCER AWARENESS MONTH

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.
- If you have any signs that worry you, see your doctor right away.



### When Should I Start Getting Mammograms?

At Mayo Clinic, doctors offer mammograms to women beginning at age 40 and continuing annually. When to begin mammogram screening and how often to repeat it is a personal decision based on your preferences and should be discussed with your doctor.

Other than skin cancer, breast cancer is the most common cancer among American women. **Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.**

*Women can reduce their risk of breast cancer by watching their weight, quitting smoking, exercising regularly, limiting alcohol intake, and avoiding or limiting menopausal hormone replacement therapy.*

## HALLOWEEN JACK-O'-LANTERN LUMINARIES

### Supplies Needed:

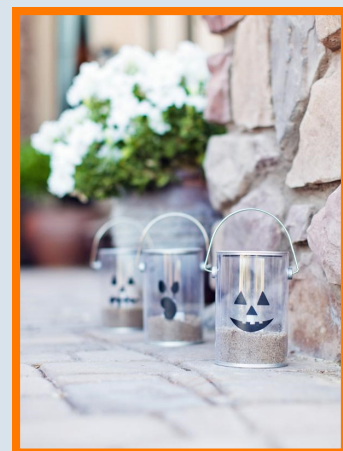
- ◇ Clear acrylic paint buckets (or cylindrical glass vase)
- ◇ Jack-o'-lantern face glass clings (or permanent marker)
- ◇ Sand
- ◇ Battery-operated tea lights

### Directions:

Gather all supplies and select the face cling/decals you would like to use. Peel backing off of cling and adhere to front of paint bucket.

**Tip:** Alternately, you can draw a jack-o'-lantern face directly onto the bucket with a permanent marker.

Add sand to the bottom of paint bucket. Add a battery-operated tea light and your luminary is ready to light your walkway. **Note:** Most flameless candles have a battery life of around 100 hours, which should last through several nights leading up to Halloween.





# News About Us.....



## MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Cora Jackson works at the Sloan Home as the Home Supervisor and has been with Central State since October of 2008 and at Sloan since October, 1996. Cora's favorite thing about working for Central State is that whenever Sloan home needs anything she is able to put in a request and purchase it in a timely manner. One of her favorite workplace memories is when she was off sick and one of the guys greeted her when she came back and said "I missed you Cora." He said "it has been a couple of days since I have seen you." That just melted her heart! Her favorite motivational quote is "Treat people the way you want to be treated." Cora is looking forward to taking time off to visit her in-laws in Mississippi. When asked what she was listening to right now either music or podcast she said neither, "I am doing paperwork and I enjoy the quiet."

Cora was recently married to her lifetime honey of 35 years. She has raised 3 nieces and 1 nephew and is now raising her 3 great nieces. She visits her mother everyday at Tim Hortons. Cora is very family oriented and loves her residents.

According to superstition, catching leaves in the autumn brings good luck. Every leaf means a lucky month next year. This is perfect incentive to get the kids to help with picking up leaves.



### OCTOBER

October 11 ..... **Payday**  
 October 16 ..... **Boss's Day**  
 October 19 ..... **Sweetest Day**  
 October 25 ..... **Payday**  
 October 31 ..... **HALLOWEEN**



### CSCS & HOME NEWS



- The Fall Fest winning home will be going to the Apple Orchard.
- Congratulations to Warner and Porter for 100% on their licensing audit.
- We will be having our *CARF* survey starting **November 20-22, 2019**.
- Leadership Series training is starting on October 1, 2019.

On Saturday, September 14<sup>th</sup> Central State teamed up with CEI along with CMH partners to offer "**COMMUNITY MENTAL HEALTH DAY**" at Potter Park Zoo in Lansing. The Event brought hundreds of people from the area along with residents from Coleman, Webb and State Road. Everyone was offered a free sack lunch, snow cones, first aid kits and admission into Potter Park.