

# September Newsletter



## CENTRAL STATE COMMUNITY SERVICES, INC.

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## Surprising Facts About Labor Day

### ✓ No one is sure who came up with the idea first

The credit for the idea behind Labor Day goes to...one of two people. According to the U.S. Department of Labor, there are some records that suggest Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a co-founder of the American Federation of Labor, first proposed a day celebrating workers. However, some historians believe the credit actually goes to a machinist named Matthew Maguire, who reportedly suggested the idea while he was secretary of the Central Labor Union.

### ✓ Here's where the "no white after Labor Day" rule came from

Ever wonder why you're not supposed to wear white after Labor Day? The tradition goes back to the end of the Civil War, when society was ruled by the wealthy wives of old-money elites. As more new-money millionaires entered society, the jealous old regime invented a whole suite of arbitrary fashion rules that only those in the in-crowd would know. Anyone who showed up to an autumn dinner party in a white dress, for example, would be instantly outed as a *nouveau riche* newbie. That tradition of not wearing white past summer has since trickled down through fashion magazines and into mainstream culture... even for those of us whose ideal dinner party garb is sweatpants. The good news is, most fashion experts agree that there's no need to follow this elitist rule today.



### ✓ President Grover Cleveland made it a national holiday

But his intentions behind this declaration weren't so pure. In 1894, nearly 4,000 factory employees of the Pullman railway company started a strike in response to reduced wages. Boycotts, riots, and sabotage ensued; 30 people were killed across the country, and an estimated \$80 million in damages was incurred. President Cleveland eventually called in the Army to bust up the strikers. Six days later, on June 28, he rushed legislation through Congress to declare Labor Day a national holiday as a conciliation.

### ✓ Going to amusement parks is literally the law



Many school districts around the country start classes before Labor Day, but in at least one state, such anti-delinquency is illegal. In 1986, Virginia passed the Kings Dominion Law, an actual on-the-books statute that prohibits city and county schools from starting before Labor Day weekend so families have one last chance to hit up popular theme parks like Busch Gardens and, yes, Kings Dominion. To answer your next question: Yes, there is an amusement park lobby, and yes, they may or may not have helped keep this law on the books by donating 324 free park tickets to lawmakers between 2001 and 2013. So enjoy a roller coaster if you live in Virginia. *It's the law.*

### Thank You Central State Staff

Labor Day is a special occasion to honor all workers. Please know that your efforts make a huge difference in the success of our team.

## Healthy Recipes

### RECIPE

### Broccoli & Chicken Alfredo Spaghetti Squash

#### INGREDIENTS

- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 2 tablespoons avocado oil or extra-virgin olive oil
- 12 ounces boneless, skinless chicken breast, cut into bite-size piece
- 3 cups small broccoli florets
- ½ teaspoon salt
- 2 large cloves garlic, minced
- 1 cup reduced-fat milk
- ¾ cup grated Parmesan cheese
- 2 tablespoons cornstarch
- ¼ teaspoon ground pepper



#### DIRECTIONS

1. Preheat oven to 450°F.
2. Place squash halves, cut-side down, in a microwave-safe dish. Add 2 tablespoons water. Microwave on High until the squash is tender, about 10 minutes. (Alternatively, place squash halves, cut-side down, on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.) When cool enough to handle, use a fork to scrape the squash flesh from the shells into a medium bowl. Place the squash shells, cut-side up, on a rimmed baking sheet.
3. Heat oil in a large skillet over medium-high heat. Add chicken, broccoli and salt; cook, stirring, until the chicken is cooked through and the broccoli is tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute. Whisk milk, Parmesan, cornstarch and pepper together in a measuring cup. Add to the pan and cook, stirring, until thickened, 1 to 2 minutes more. Stir in the squash flesh. Fill the squash shells with the chicken mixture. Top with mozzarella. Bake until heated through and cheese has melted, 12 to 15 minutes.

**Per serving:** 1/2 stuffed squash half, 435 calories; Fat-22 g; Saturated Fat-9 g, Cholesterol-87 mg, Sodium-48 mg, Potassium-860 mg, Carbohydrate- 2 g, Sugars-10 g, Protein- 34 g

Exchanges: 3½ vegetable, 3 lean protein, 1½ fat, 1½ high-fat protein

## HEALTH BENEFITS OF SQUASH

Boosts immune system	Improves bone & eye health
Helps reduce gastric & duodenal ulcer	Effective in managing diabetes
Gives relief from asthmatic conditions	Helps to improve blood circulation
Effective in preventing heart diseases	Reduces risk of lung cancer & emphysema



## TIPS FOR FALL FITNESS



**Be an active TV watcher.** Many people get geared up for fall premieres of their favorite television shows. If you're going to sit down and watch hours of TV. Get moving. Make a date with exercise and TV.

While you watch, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups. In a one-hour show, you probably have close to 20 minutes worth of commercial interruption.

**Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Get a massage after your run. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.



**Find your motivation.** People are motivated by different things. It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event.

But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts. So choose something you'll enjoy doing and will be likely to keep up, whether it's walking or hiking with a friend, working with a trainer, or taking part in a "boot camp" class.

Creating a challenge for yourself will motivate you, as will encouragement and accountability. You want to know when you're doing a good job, and when you're not.

***"Remember too, that anything worth having takes work."***

## LET'S GET CRAFTY CORNER!

### FALL PORCH DECORATIONS

#### Supplies Needed:

- Galvanized Tub or Wooden Basket
- Small Pumpkins, flowers, leaves, hay, etc. (Purchase items at the Dollar Store)
- White Lights
- See Pictures.



**Character Core This Month:**  
*Compassion - Helping those in need.*



# News About Us.....



## MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Daniele Klages works at the Webb Home and has been with Central State for almost 2 years. Daniele's favorite thing about working for Central State is whenever she has any questions or needs any help someone always gets back to her quickly with an answer. Her favorite workplace memory is going to the rodeo with the residents. They all had such a good time. Also, anytime they can get to go to a Tiger's game is always fun.

Her favorite quote is "A ship is safe in the harbor, but that's not where ships were intended to be." Her next vacation is in Chicago. She loves to travel! There are many residents at Webb who enjoy listening to music. She likes to listen to country music, Michael Jackson, Justin Bieber, and rock and roll. Anything and everything!

Daniele is one of five children. She currently has 3 sisters who are pregnant together! She has 7 nieces and nephews (soon to be 10). She is the only sibling in her family who doesn't have "human children." She does have 3 amazing fur babies. Daniele is the "fun Aunt" and enjoys spending time with all of them!



### SEPTEMBER

Sept. 2.....Labor Day  
 Sept. 6.....Read A Book Day  
 Sept. 8.....Grandparents' Day  
 Sept. 13.....**Payday**  
 Sept. 14.....Potter Zoo/1:00 - 4:00 p.m.  
 Sept. 17.....Constitution/Citizenship Day  
 Sept. 27.....**Payday**  
 Sept. 28.....Family Health & Fitness Day

### 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!
- Central State will have an information booth at Potter Zoo on September 14.
- Oregon home will be opening soon!

CMHA-CEI staff, families, consumers, and friends are all welcome to visit free of charge at Potter Park Zoo, 1301 Pennsylvania Ave., Lansing on:

**Saturday, September 14, 2019 from 1:00PM to 4:00PM**

**Activities:** Animal Exhibits, Bag & Lunch, FREE Kona Ice Snow Cone, Meet Captain America and Wonder Women, Free Books, Crafts Table, Face Painting, Giveaways and much more. Central State will have a informational booth.