

December Newsletter



CENTRAL STATE COMMUNITY SERVICES, INC.

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December is National Safe Toys and Gifts Month



It's the holiday season, and that means toy-sharing and gift-giving are in full swing. But before you give that special child a new toy, it's important to stop and consider: Is this toy safe and age appropriate? Unfortunately, thousands of children are hurt or even killed each year due to an interaction with an unsafe or

developmentally inappropriate toy. December is known as Safe Toys and Gifts Month in order to create a happy, healthy, and safe gift-giving experience for all involved.

Safety tips to keep in mind this holiday season:

Balloons

Children can choke or suffocate on deflated or broken balloons. Keep deflated balloons away from children younger than eight years old. Discard broken balloons immediately.

Small balls and other toys with small parts

For children younger than age three, avoid toys with small parts, which can cause choking.

Scooters and other riding toys

Riding toys, skateboards and in-line skates go fast, and falls could be deadly. Helmets and safety gear should be worn properly at all times and they should be sized to fit.

Magnets

High-powered magnet sets are dangerous and should be kept away from children. Whether marketed for children or adults, building and play sets with small magnets should also be kept away from small children.

Once gifts are open:

- Immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Keep toys appropriate for older children away from younger siblings.
- Battery charging should be supervised by adults. Chargers and adapters can pose thermal burn hazards to young children. Pay attention to instructions and warnings on battery chargers. Some chargers lack any mechanism to prevent overcharging.

Read the warnings and safety precautions accompanying the toy:

Reading warnings will give you a good idea of suitability and safety issues for the child in question. This requires some contextual thinking on your behalf, given your knowledge of the child; for example, the warning may indicate to you that a child who is quiet and still will use the toy sensibly, while a child who is restless, always taking things apart and is prone to throwing things might misuse the toy. Other things to bear in mind when reading the warnings and safety precautions include:

Small pieces. Toys with small pieces are always unsuitable for children under 3. Even if you're purchasing the gift for an older child, if there is a sibling under 3, can you be certain that the younger sibling won't have access to the toy?

Fire hazards. If your home has hazards such as open fires, old and open radiator heaters, etc., think twice before purchasing flammable toys.

Adult supervision. If a safety precaution suggests that the toy requires adult supervision, are you able to ensure that supervision in your household or do you know for sure it'll happen if giving the gift to another household?

Fake food gifts. For children, some fake food gifts are very dangerous because the children mistake them for food and try to consume them. For example, glass candies are enticing because they're pretty but they're dangerous if a child bites one. The only fake foods that are suitable for children are those marked clearly as made for children, using non-toxic materials and sized accurately for the age group.

Toxic items. Avoid any toys that should be non-toxic but are not (check the labels). Items such as crayons, bath products, markers, paints, face paint, etc. should be non-toxic.

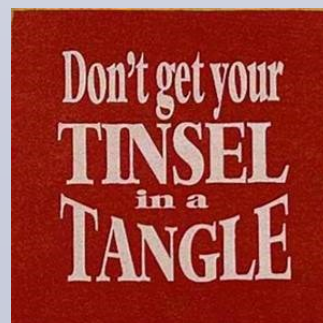
*Character Core This Month: Generosity
Managing Resources to Freely Give.*

Christmas 'To Don't' List: What Not To Stress About This Year

Between buying and wrapping gifts, playing Santa and prepping and cooking a meal for 12, the joy of the Christmas season can quickly dissolve into stress if you're not careful. Some simple tactics can help reduce the holiday stress and allow you to enjoy the season more, like letting go of past family arguments and making time for yourself, whether it be to get some extra sleep or go to yoga.

Just in case that's a little easier said than done for you this year, here is your official permission to stop stressing about these things this Christmas.

- * Spending big bucks on the best presents. A homemade gift can be worth much more.
- * Crafting. On the other hand, if you just don't have the time, no need to stress over homemade gifts, either.
- * Thinking up the perfect present for everyone on your list. A gift certificate for a massage may not be the most personal choice, but he or she will like it, we promise.
- * Giving the same gift to multiple people. Unless they live under the same roof, they'll never know.
- * Cooking everything yourself. It's okay to delegate.
- * Staging elaborate scenes with the Elf On The Shelf. Who has the time?
- * A homemade pie crust. No one will notice.
- * A last-minute addition to the guest list. They won't expect an elaborate, personal gift; they'll just be glad to have your company and hospitality.
- * Sending Christmas cards/photos. You keep in touch with the people you want to keep in touch with already. Shoot your other friends a "Thinking of you" email and save yourself the stress of staging the family photo.
- * Arguments. They happen. Move on!
- * Wrapping stocking stuffers. That's what the stocking is for!
- * Attempting to be everywhere at once. Trying to make it to 4 p.m. Christmas dinner at your mom's house, dad's house and significant other's house is *physically* impossible. Don't ruin your own Christmas just to please others!
- * Inviting the *whole* family over for Christmas Eve or Christmas dinner. There's plenty of time to see everyone throughout the holiday season.
- * Professional-caliber wrapping. It gets torn, after all. Why not recycle some newspaper?
- * Spending the same amount of money on each friend/sibling/child. Just because a gift for one of them costs a little extra doesn't mean you love one any more than the other.
- * Dining out. Lots of restaurants are open on Christmas, and you can start a fun tradition.
- * Buying a card for every present. A simple tag -- even something made out of wrapping paper -- will do.
- * Trying to cram in every single Christmas tradition -- going out to look at lights, building the perfect snowman, making sure you bake the Christmas cookies, having the house all decorated. If you run out of time for one (or a few!) of these traditions, remember: There's always next year!





CARF Update

Central State just completed our CARF audit for 2019. Although, we won't know the final results for another 6-8 weeks, I feel good about the survey.

I would like to thank all of you for all you do, and for providing quality services to those we serve. Extra shout out to all of the office staff, PC's, and homes surveyed (Mulberry, Oregon, Morowske, Warner, Wilson, Vienna, Coleman, State, Webb and Grand Ledge). The surveyors enjoyed meeting with all of you, and were very pleased with our homes.

This accreditation sets us apart from others, in that it shows that we hold ourselves to a high standard of quality and continually work towards improvement.

-Paula Ott, Executive Director

HEALTHY HOLIDAY EATING TIPS

*A Healthy & Fit
Holiday Survival
Guide*



1. DRINK WATER
2. EAT BEFORE THE PARTY
3. EXERCISE
4. MODIFY YOUR RECIPES.
5. DONT GRAZE
6. EAT MORE VEGGIES
7. EAT SMALLER PORTIONS
8. DONT WASTE YOUR CALORIES
9. DONT OVERSTUFF YOURSELF
10. ENJOY IN MODERATION

www.teamsamfitness.com

INEXPENSIVE CHRISTMAS DECORATIONS

Paper Plate Lollipops

If your day-after-Thanksgiving leftovers tradition includes polishing off that turkey on paper plates, consider it perfect timing for a craft opportunity. Plates make the coolest life-size lollipops when you add paint, a cellophane wrapper, and a pretty red bow.

Supplies Needed

- Paper plates
- Wooden dowel (from the craft store)
- Cellophane
- Ribbon
- Green and red paint plush paint brushes
- Scissors
- Hot glue gun (or tacky glue for kids)



Directions:

- Paint various lollipop designs on the back of 2 paper plates (or one paper plate if the back of the lollipops will be hidden wherever you display them).
- Let them dry.
- Cut two small squares out of each paper plate as seen in the video.
- Glue the paper plates together, making a hole for the dowel to be inserted.
- Once dry, insert the wooden dowel.
- Wrap cellophane around the paper plates and tie a ribbon around them (this keeps them attached to the dowel).
- To watch a video on how to make the lollipops go to: <https://www.smartschoolhouse.com/diy-crafts/giant-paper-plate-lollipops>



News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Heather Hill, DSP, from Mitchell home is our Employee Spotlight for December. She has been with Central State since October 13, 2018. Her favorite thing about the company are the individuals, staff, and a nice environment. Her best workplace memory was the Halloween Party with the residents put on by the ARC in Midland. Her favorite motivational quote is "God is Good all the Time."

Her next vacation will be to Texas. She enjoys listening to R & B. Heather has two beautiful boys named Malachi and Malek.

DID YOU KNOW?

If you received all the gifts from the song "The Twelve Days of Christmas" you would have 364 presents.



More than

1.8 BILLION CANDY CANES

are made each year.

90% of those are sold between Thanksgiving and Christmas.

DECEMBER

December 1	National Aids Awareness
December 6	<i>Payday</i>
December 7	<i>Pearl Harbor Day</i>
December 20	<i>Payday</i>
December 22	<i>Channukah</i>
December 24	<i>Christmas Eve</i>
December 25	<i>Christmas Day</i>



CSCS & HOME NEWS



The CARF auditors made special mention of two Home Supervisors: Eva at Morowske and Sue at State. They were very impressed with their excellent organizational skills.

Thank you for all that you do, great job!

-Paula Ott, Executive Director

The office staff at Central State would like to express our sincere appreciation for all your hard work and dedication this past year. We say thank you and wish you and your family a Happy Holiday.



An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.