

February Newsletter



CENTRAL STATE COMMUNITY SERVICES, INC.

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February is American Heart Month!

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. Here are some facts, how-to tips, and resources to inspire you to join with others to improve your heart health.

Heart disease is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active:

- Ask a colleague to walk with you on a regular basis, put the date on both your calendars, and text or call to make sure you both show up.
- Join an exercise class at your local community center and bring a neighbor along. Carpool or walk there together to make it a regular date.
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance. Make your social time active and encourage everyone—family and friends alike—to think of fun activities that get you off the couch and moving.

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day.

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Character Core This Month: Tolerance
Demonstrating Respect for Others Who Do Not Share My Perspective

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Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Do healthy activities together, like walking or playing on a neighborhood sports team. Share low-calorie, low-sodium meals or recipes. Check out NHLBI's Aim for a Healthy Weight web page.

Eat heart healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free Dietary Approaches to Stop Hypertension (DASH) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves blood cholesterol levels. Find delicious recipes at NHLBI's Heart Healthy Eating web page.

Quit smoking

To help you quit, ask others for support or join a support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can also help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree.hhs.gov and Smokefree.gov.

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Thousands of adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage stress

Reducing stress helps your heart health. Join with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in a stress management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of watching TV before bed, relax by listening to music, reading, or taking a bath.

Track your heart health stats, together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet.

National Wear Red Day

Friday, February 7, 2020



Rosa Parks Day

Friday, February 7, 2020

Famed civil rights activist Rosa Parks was born Rosa Louise McCauley on February 4, 1913, in Tuskegee, Alabama. Her refusal to surrender her seat to a white passenger on a public bus Montgomery, Alabama, spurred on a citywide boycott and helped launch nationwide efforts to end segregation of public facilities.



Civil Rights Pioneer

"People always say that I didn't give up my seat because I was tired, but that isn't true...No, the only tired I was, was tired of giving in."

Rosa Parks was presented with the Congressional Gold Medal in 1999

DOLLAR STORE CRAFTS

Easy DIY Conversation Heart Picture Frame

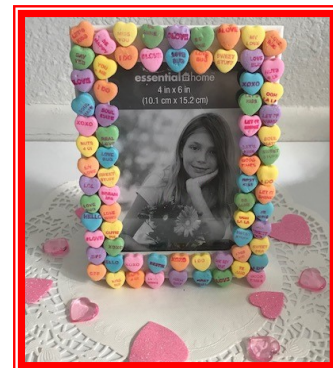
SO SIMPLE. This is all you need:

Supplies:

- white picture frame
- 1/2 bag of conversation hearts
- glue gun

Directions:

Glue conversations hearts onto the picture frame. It only takes about 15 minutes to do. A half bag of conversation hearts for a 4×6 frame should be enough.

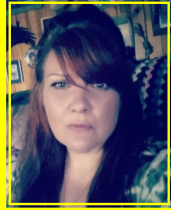




News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Shawna Beaver, from Willow Home is our Employee Spotlight for February. She has been with Central State since August of 2019. Her favorite thing about working for Central State is the open communication within the company. I feel that it is important to be heard as an individual, to be respected for our ideas no matter who you are and to be recognized as an important part of the company as a whole. This is the first company I have worked for that values this statement.

Her favorite workplace memory was when she was off from work for a couple of days for an emergency and upon returning to work one of her residents grabbed both of her hands and held them to his face. This individual is nonverbal and made several loud excited sounds telling her what happened during the time she was off. She hadn't even taken her coat off because he wanted to make sure he had her full attention. When he was finished with everything he wanted to say, he released her arms, smiled and walked away. She felt he was filling her in on everything that happened while she was away. It meant a lot to her—she felt accepted. Her favorite motivational quote is “Visualize your highest self and start showing up as her.” Her next vacation she would love to go to either the Grand Canyon or New Orleans.

Shawna lives in Sterling with the love of her life in a log cabin in the woods. She will be celebrating 19 years together this year, but really they have been in each others lives for 34 years. She has two adult children Skylar who is 31 and Mariah who is 29. Shawna has two grandchildren—Amara age 4 who lives in Indiana with her Dad; Jaidyn age 11 who lives in Standish with his Mom. Plus, lots of fur babies thrown in the mix.

CSCS & HOME NEWS

- I am excited to announce that Central State will be adding two new homes in Macomb County and one new home with CEI. This will bring us back to 26 homes and growing. I am very proud of the team of staff that work so hard to make this happen and provide a smooth transition for the individuals that live in the home.
- I would like to congratulate Eva Hemphill on promoting to Program Coordinator for Macomb County. Eva has many years of experience in Macomb County, both as a Home Supervisor and Program Coordinator. She has an excellent relationship with the CMH and consistently does well on all of her audits. I am excited to work with her during this transition.
- Congratulations Eva and team Morowske for a recent 100% financial audit conducted by the CMH.
- Congratulations Sue and team State for 100% no citation licensing renewal. Excellent job!
- Congratulations Brittany and team Mitchell for 100% on your RR site review. Great job!!!
- Congratulations team Willow on your annual audit, with a score of 98%.
- Congratulations to all of you and all that you do every day! We achieved 3-year accreditation from CARF and couldn't be done without all of you.

-Paula Ott, Executive Director



FEBRUARY



February 2	Groundhog Day
February 4	Rosa Parks Day
February 5	Leadership Trng. Series 10AM to 1PM
February 7	National Wear Red Day
February 14	Valentine's Day
February 14	Payday
February 17	President's Day
February 28	Payday
February 29	Leap Year Day