

January Newsletter



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5 Inspired Resolutions That Have Nothing to Do With Calories

1 Resolve to Get a Complete Picture of Your Health Status

If we're making resolutions that center at all around our health, it's important to know where we stand, and that means getting informed on our medical condition from head to toe. The start of a new year is an excellent time to focus on your health. It is recommended that people visit their medical provider for a routine physical. At the visit, your doctor will check to make sure that you have age-appropriate screening tests done, like Pap smears and colonoscopies, and they can also review your family history for important information. Taking a few moments for your health will save you significant time, money and stress in the long run.

2 Resolve to Drink More Water and Less Caffeine

Staying hydrated sounds simple enough, right? But most of us are chronically dehydrated, and chugging caffeinated beverages doesn't help. Resolve to drink more water: buy a good water filtering system and a solid reusable container that you can carry with you. Your kidneys and lymph nodes need to filter daily. By buying your own home filtering system, you are contributing less to cluttered waste for the earth. It may seem like a small goal, but staying hydrated can have drastic effects on your overall health, from more energy to better skin to increased productivity at work.

3 Resolve to Sleep Better

Sleep (or more specifically, lack of it) is often the underlying cause of many of our health issues, including stress and anxiety, weight gain and low immunity. But sticking to a rigid sleep schedule can be tricky, especially after the holidays when we're recovering from disrupted

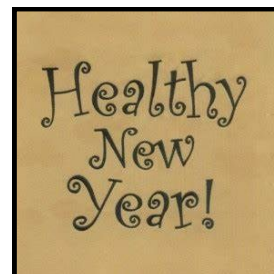
bedtime routines. So in the New Year, we can vow to start small. Buying a Himalayan salt lamp, getting black out curtains or masking any light with electrical tape are all good starts. We may also want to consider eliminating screens from our bedrooms, cutting back on caffeine and alcohol before bed, and aiming to get at least seven hours of sleep each night.

4 Resolve to Practice Mindful Eating

Just because I'm not looking to lose weight doesn't mean I'm ruling out ways to improve my diet and habits around food. Eating mindfully (aka not digging into a bag of chips in front of the TV or eating lunch at my desk). Mindful eating and working with your authentic appetite, involves slowing down while we eat and paying attention to our body's appetite, hunger and fullness signals. One of the primary focuses of mindful eating is to help you learn how to feed yourself when you are hungry, and stop when you are full. Ask these questions when you are choosing what you might want to eat: What does my body need to be nourished? What am I craving? Will I enjoy eating it? How will my body feel after I eat it?"

5 Resolve to Pay Down Debts

With the vast majority of us living paycheck to paycheck, many of us can benefit from dedicating more effort into dealing with our finances, which undoubtedly add stress to our lives that can affect our health and happiness. (In fact, 65 percent of Americans lose sleep over financial stress.)



*Character Core This Month: Discipline
Choosing Behaviors To Help Me Reach My Goals*

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams are Important

In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Risk Factors

Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.



Carbon Monoxide Poisoning

When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases.

Carbon monoxide is silent and deadly. When an individual is exposed to excess amounts of carbon monoxide, it can build up in your bloodstream. As the concentration of carbon monoxide in the air increases and the lungs begin pulling it in, the body starts replacing oxygen with it. This results in serious damage, unconsciousness, and even death.

Since carbon monoxide is colorless, odorless, and tasteless, individuals can be overcome by it without any warning. Proper ventilation of spaces where it could accumulate is vital to prevent poisoning.

Homes should also have **carbon monoxide detectors** to help protect the homeowners. And, if there is ever a doubt, a homeowner can usually contact their local fire department who can check the levels in their home to make sure they are not excessive.

CARBON MONOXIDE KNOW THE SIGNS!

- HEADACHE
- DIZZINESS
- NAUSEA
- BREATHLESSNESS
- COLLAPSE
- LOSS OF CONSCIOUSNESS

Where is CO found?

- ⇒ Smoke from a fire
- ⇒ Faulty devices or equipment, such as a furnace, water heater, gas stove, or wood-burning stove or fireplace
- ⇒ Gas-powered tools, vehicles, or machines used in poorly ventilated areas, such as a barbecue grill or chain saw
- ⇒ Non-vented devices such as propane heaters, stoves, grills, or lanterns used inside a house, trailer, or tent
- ⇒ Exhaust from cars or other vehicles

DOLLAR STORE CRAFTS

Easy DIY Whiteboard

These are SO SIMPLE. This is all you need:

- One frame from the dollar store (Pictured are 8" x 10" photos)
- One piece of fancy scrapbook paper
- Dry erase markers

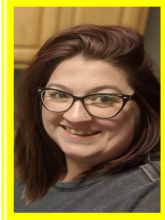




News About Us.....



MEET THE EMPLOYEE SPOTLIGHT OF THE MONTH



Lucinda Dice, Human Resource Clerk, from CSCS Administration is our Employee Spotlight for January. She has been with Central State since February, 2019. Her favorite thing about the company are the people she works with in the office and the homes. Everyone has been so welcoming and friendly since she started at CSCS. Her best workplace memory was the when the office staff celebrated Willows hard-work with a cook-out for winning the spring clean up contest. She enjoyed meeting and being able to visit with everyone. Her favorite motivational quote is “two things you are in total control of in life are your attitude and your effort.” She likes all kinds of music, but mostly country. If you come by her office she will always have music playing.

Lucinda is a proud Mom of two children. She has one son, Weston, who is 5 and a daughter Charleigh who is almost 2. They keep her extremely busy when she is not working. She also has many nieces and nephews who she sees as often as possible.

Be a Rainbow in Someone Else's Cloud!

CSCS & HOME NEWS

- Congratulations to Webb Home on 100% Licensing Audit!
- Congratulations to Mitchell Home for 100% CMH Audit!

As I sit here reflecting on our homes, employees and people we serve; I smile with pride. Day in and day out you all give of yourselves to care for a very vulnerable population. A population in which each home is unique; some deal with mental illness, medical frailty and developmental disabilities. Many have multiple diagnosis, at times creating multiple challenges with behaviors and/or medical concerns, but you show up every day ensuring love and safety. You show up even when yesterday you may have been hit or cursed at.

Thank you for showing up and caring. I hope your holiday season was filled with happiness and great memories for all of you. I can't wait to see what this new year has in store for us. We have really accomplished a lot over the past couple years and I feel we will continue to head in a great direction.

-Paula Ott, Executive Director

JANUARY

IS

NATIONAL BLOOD DONOR MONTH



Find a Blood Drive Local to YOU
<https://www.redcrossblood.org>

**MAKE
LIFESAVING
A HABIT**

JANUARY

January 1	New Years' Day
January 3	<i>Payday</i>
January 4	Nat'l. Trivia Day
January 5	Golden Globe Awards
January 17	<i>Payday</i>
January 20	Martin Luther King Day
January 21	Nat'l. Hug Day
January 26	Nat'l. Spouses Day
January 26	Grammy Awards
January 31	<i>Payday</i>