



August Newsletter

August is:

- International Pirate Month
- Family Fun Month
- National Picnic Month
- Happiness Happens Month
- National Sandwich Month
- National Wellness Month
- National Golf Month

Special Dates of Interest

- 1st – National Friendship Day
- 2nd – National Ice Cream Sandwich Day
- 4th – U.S. Coast Guard Day
- 6th – National Root Beer Float Day
- 8th – National Happiness Happens Day
- 9th – National Book Lover's Day
- 13th – Payday
- 16th – National Tell a Joke Day
- 21st – Senior Citizen's Day
- 25th – National Banana Split Day
- 27th – Payday
- 29th – National Lemon Juice Day
- 31st – National Trail Mix Day

Make the Most of Your BCBS Benefits During National Wellness Month!

Did you know that August is National Wellness Month? CSCS hopes you will think about all the ways you can better your mind, body and soul! With everything going on in the world today, family responsibilities, your job, stress or whatever else you may be dealing with, it's easy to forget that you need to take care of yourself.

During August, take some time to focus on self-care, stress management and creating healthy routines. Challenge yourself to create new, healthier habits that promote holistic wellness. To get started, there is no better place to find easily accessible resources than your own BCBS of Michigan health insurance plan.

There are an assortment of Blue365 Member Discounts available to help you improve your daily health and wellness:

- If you are looking to become more active this month, you can find discounts on clothing, shoes, or equipment, along with exercise programs or memberships.
- Looking to drop a few pounds? A variety of program discounts are available where services vary from diets/nutrition services, to pre-packaged meals, to life-style/health coaching, and/or individualized exercise plans.
- If your focus this month is to improve your overall nutrition or you're looking to expand meal choices by trying a meal delivery service, again there are quite a few options. The services range from full meals to just fruit and vegetable delivery.
- Maybe your path to personal wellness is geared toward improving your work/life balance. If you're looking to spend some quality time with your family this month, there are some discounted admission fees to area attractions for that too!

This month take some time to concentrate on you. You invest a lot into your health insurance, please take the time to take advantage of all it has to offer beyond your medical care. Log in to your BCBSM.org account, go to the Health and Well Being Tab, and choose the Blue365© Member Discounts from the drop-down menu. You'll be amazed at all the opportunities!



**Meet
Benefit
Spot** 
POWERED BY HUB INTERNATIONAL

— BIG NEWS... —
WE'VE GONE MOBILE!

To help you access your benefits and HR information—even when you're away from work and need it most—we've launched the Benefit Spot app!

WITH BENEFIT SPOT, YOU'LL BE ABLE TO:



**ACCESS
OUR BENEFIT
PLAN
INFORMATION**



**WATCH
EDUCATIONAL
VIDEOS**



**LOOK UP
CARRIER
CONTACT
INFORMATION**



**LEARN
WHO IS ELIGIBLE
AND HOW
TO ENROLL**



**CALL
HUMAN
RESOURCES
DIRECTLY**

...AND MUCH MORE!

TO GET STARTED

Search "Benefit Spot" on the Apple App Store or Google Play or scan the QR code on the right. Download the app and enter company code **CSCSMI**. That's it—you're ready to go! **NOTE: The company code is case sensitive.**



Employee Spotlight



Michelle Hoyt is the Employee Spotlight for August! Michelle has worked for CSCS for the past 18 years. She works as a Direct Support Professional at Coleman Home. Developing bonds and relationships with the residents is her favorite part of the DSPs role. Michelle feels she has learned so much from this group of wonderful people and hopes they have learned as much from her. Michelle works to be a positive influence at the home. Michelle loves being creative—enjoying arts & crafts, stenciling, and painting. She is always decorating and making things more cheerful. She likes to print out pictures for Holidays and put them in various sized picture frames to decorate on a budget! Michelle has 2 motivational quotes, which display her bright and pleasant disposition. “Time to make the donuts” is her motivation to get into work mode and “Outty like a belly button” is the motivation for her going home mode. She shares her home with Nala Jean, her fur baby, who at 2 years old, is very spoiled. Michelle loves spending time with her family in the Upper Peninsula. Her next vacation will be spent traveling South to Cedar Point for some fun! Although August celebrates root beer floats, Michelle feels the shakes from Arby’s are the best on a hot summer day!

House News—

Bad Axe Knights of Columbus #1546 Dinner

The Bad Axe Knights of Columbus #1546 awarded funds to both Genesis and Hurford Homes at an dinner held on Sunday, July 11th. CSCS Program Coordinator Brett Perhase, House Supervisors, Kelly Smith and Erin Krumenacker, along with 2 consumers (1 from each home) represented CSCS at the event. Don Bredow Jr., K of C Grand Knight, presented the funds to Brett. The funds will be used to purchase items for the homes and/or outings for the residents.



Celebrate Dora’s Retirement!

Dora is retiring and moving into a new phase of her life. Please join her to celebrate her career at CSCS with an evening filled with food and smooth jazz...

When: September 16, 2021

Where: The Training Center
2029 S. Elms Road
Swartz Creek, MI 48473



Time: 4:00pm

RSVP: kconner@cscsmi.com

*Appetizers will be provided

Will You Be Celebrating Root Beer Floats or Boston Coolers this August!

Root Beer Float Day is celebrated on August 6th every year. Between the luxurious vanilla ice-cream and the sumptuous root beer foam, how can any individual resist this delightful beverage? This amazingly refreshing summer treat has its own special day to celebrate its undeniable brilliance.



Towards the end of the 19th century, a gentleman named Frank Wisner created the first root beer float. Strangely, this float was nicknamed the “black cow.” If you are wondering how to make one of these superb drinks, then simply add a scoop of vanilla ice-cream to a cold glass of root beer. The taste of root beer float makes the taste buds tingle with utter excitement.

However, Michiganders know that the Boston Cooler, aka Vernor’s Cooler, that was created in Detroit by Dr. James Vernor, is Michigan’s favored concoction. A Boston Cooler is not a float. It’s Vernor’s ginger ale and vanilla ice cream blended in a perfect union of creamy and spice. Something like a shake.

The Boston Cooler’s origins remain shrouded in mystery. The word about town says that the Boston cooler got its name from Detroit’s Boston Boulevard and its proximity to Dr. Vernor’s original soda fountain. Others connect the name to Detroit’s Boston Edison neighborhood. Both theories have their skeptics. Thankfully, there are also facts: in 1967 Vernor’s filed a copyright for a Boston Cooler ice cream bar, containing—you guessed it!—Vernor’s ginger ale and vanilla ice cream.



What ever concoction you enjoy... the root beer float, the Boston Cooler, or one of the variations listed below... the bottom line is, all are refreshing on a hot August day!

Float and Cooler Variations

- **Brown cow:** Chocolate lovers will dig this twist. Use chocolate ice cream instead of vanilla!
- **Cola float:** Use cola instead of root beer for a tangy, bubbly experience. Cherry cola tastes amazing, too!
- **Purple cow:** Pretty purple drinks for all! Use grape soda in place of root beer for a fruity treat. You can also use strawberry, pineapple or lemon-lime soda.
- **Orange cream:** Love creamsicles? Blend orange soda and vanilla ice cream as an alternative to a Boston Cooler.

Sources: www.daysoftheyear.com, <https://detroitisit.com> and www.tasteofhome.com

August is Happiness Happens Month

August is traditionally thought of as summer vacation month, but it also hosts Happiness Happens month. Milton Berle says that laughter is like a mini vacation, so in an effort to squeeze out a little more vacation time, take a stress-free moment to laugh today. Find something that tickles your funny bone. Look on-line. Chat with a funny friend. Recall a funny family moment.

Happiness does not just happen. It has to be worked at. It takes effort to really notice and be thankful for the big and small things that make us happy. To help identify some ways to improve your level of happiness, check out the happiness happens worksheet on the next page. The more you items you check, the happier you are!

Sources: <https://worksmartlivesmart.com> and www.sohp.com



You Might Be a Happy Person If...

Check All That Apply:

- You smile for no apparent reason
- You count your blessings
- You see the glass half full of your favorite smile making beverage
- You think funny things
- You sing out loud for no reason
- You don't rain on other people's parades even when you're not so happy
- Your hobby is practicing Random Acts of Kindness
- You respect differences
- You celebrate when other people are happy
- You care about other people's feelings but, not necessarily what they think
- You dance when no one is watching
- You don't react to unnecessary drama
- You love animals
- You enjoy sharing lessons learned even if it's a little embarrassing
- You accept and embrace change because you expect something better is around the corner
- You make other people feel good about themselves
- You seek silver linings when life rains on your parade
- You laugh out loud
- You make mundane tasks fun
- You seek solutions instead of assigning blame
- You know it's OK to cry when you're sad
- You have the confidence to respectfully stand up for what you believe
- You're so busy living life that you don't notice time
- You actually stop to smell flowers
- Most of your social media posts are positive

Total: _____

Did you check one? More than one?

You did 😊 ... then, happy, happy!!! You're in the right place 😊

Welcome to the Society of Happy People

CSCS Policy Spotlight

Are You Filing Incident Reports Properly?

We all do our best to ensure a happy and healthy workplace. That's why, in a perfect world, you would never have to create an incident report. But since incidents do happen, it's never a bad idea to be prepared for any situation—especially the unexpected.

Knowing when—and how—to file incident reports can help you protect yourself, the residents of the home, your co-workers, and the company. When a situation is significant—resulting in an injury to a person or damage to property—it's obvious that an incident report is required. But seemingly minor incidents may go undocumented, exposing facilities and staff to risk.

So, what about something that may be considered a minor injury, such as a scrape or scratch that requires the application of an antibiotic ointment and a Band-aid or a bruise. Yes, it is important that incident reports be completed for these events, too. You never know when what appears to be a minor injury may evolve into a severe or debilitating wound. It is better to be covered by an incident report, than to be under scrutiny for not providing adequate basic care. Be on the safe side, fill out the form.

The following best practices should be observed when filling out the form:

1. Practice a sense of urgency. Fill out the report form and file it within 24 hours.
2. Include small details and all pertinent data.
3. The supervisor should verify the information in the report.
4. Only the person that is directly involved in the incident can fill out the form.
5. Be thorough and avoid making corrections.
6. Proofread.
7. Don't assume that the reader will understand general statements.
8. Keep it confidential and don't let unauthorized individuals read the information.
9. Sign and date the document when done.
10. The supervisor should **submit the report to the CSCS Administrative office** and when necessary, also to Recipient Rights.

Every CSCS employee undergoes training with regards to handling an incident at work. This ensures they will know how to report an incident when something happens.

Although being prepared for the unexpected is often difficult, preventative measures are the cornerstone of maintaining a happy and healthy working environment.

Character Core for the month of August:

*Creativity—Approaching a need, task, or
an idea from a new perspective.*

