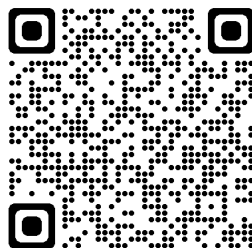




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Employee Spotlight - Jennifer Beatty >>>

Ms. Beatty is a Med Coordinator at our Lara Home. She has blessed us with her expertise for 19 Years.

She is said to be "Excellent as a Med Coordinator." "She knows all of the residents in her home, inside and out, including their medical history and urgent needs."

"She is ALWAYS here to offer a helping hand and back anyone when needed." "She is deeply appreciated by the Home Supervisor because she makes things easier for her by stepping up to assist her with anything including in her absence. " "She is always willing to learn."

She has 4 children, 3 Granddaughters, 1 Grandson and expecting a second Grandson in October!! Congratulations!!

She like most of us enjoys coffee and Honey Buns!

Her favorite color is Purple.

Her favorite sport is Hockey. Her favorite team is the Detroit Redwings.

She enjoys the scent of Vanilla.

Her hobbies are fishing, camping and riding horses.

In the fall her favorite activities are Pumpkin Patches and bonfires.

Her favorite movies are "Wonder Woman movies."

She will be enjoying a Family Reunion on her next vacation.

Her favorite workplace memory is going to the CMH dances!

Her favorite thing about CSCS is all the bonds she has made with staff and residents over the years. She enjoys outings with them and the company parties for the homes.

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Kitchen Cooking Tips



Keep pots from boiling over

Prevent overboiling by placing a wooden spoon across the top of pan.



De-kernel a cob of corn

Use a bundt pan to slice corn kernels off the cob. Place the pointy end of the cob on the center hole of the pan (with the open part of the pan facing up) and gently press downward. The pan doubles as both a stand and a kernel collector.



Reheat pasta in the microwave the right way

Reheating sauced spaghetti can somehow always ends up sizzling around the perimeter, ice cold in the middle. For even warming, shape leftover pasta into a donut (with a hole in the middle) on a plate.



Hole in the middle of spaghetti spoon

What is it for? This hole measures a single serving of pasta



Review: Absolutely outstanding! The combination of ingredients are so palatable! It's so easy to make and healthy. It's a keeper!



Tuna and Caper Pasta w/ crispy Breadcrumbs

INGREDIENTS:

- 150ml extra virgin olive oil
- 1 cup (70g) coarse day-old bread-crumbs
- 2 tsp dried Italian herbs
- 2 garlic cloves, finely chopped
- 2 tsp fennel seeds
- 1/3 cup (65g) capers in vinegar, drained
- 1/2 tsp chilli flakes
- 3 x 95g cans good-quality tuna in oil
- Finely grated zest & juice of 1 1/2 lemons, or more to taste
- 300g angel hair pasta, cooked to packet instructions

1. Heat half the oil in a non-stick frypan over medium heat. Add breadcrumbs and dried herbs. Cook, stirring, for 4-5 minutes until crisp and golden. Transfer to a bowl and set aside. Wipe pan clean and return to medium heat. Add remaining 75ml oil then add garlic and fennel seeds. Cook, stirring, for 2-3 minutes until fragrant and garlic has softened. Add capers, chili flakes, tuna and tuna oil, lemon zest and juice, and stir for 1 minute to heat through.

2. Stir pasta through the sauce and season. Scatter with crispy breadcrumbs to serve.

Berry Almond Energy Bites



BACK TO SCHOOL QUICK SNACKS THAT KIDS WILL LOVE!!

AND LITTLE DO THEY KNOW ~ THEY ARE GOOD FOR THEM!!

EASY: 15 MINS YIELDS: 24 SERVINGS

INGREDIENTS

- 1 cup raw almonds
- 1/3 cup dried blueberries
- 1/3 cup dried tart cherries
- 1/2 cup pitted dates
- 2 tablespoons flaxseed meal
- 1/4 cup shredded unsweetened coconut

1. Reconstitute any of the fruit that is not moist and tender by placing it in a bowl and covering it with warm water. Depending on how dry it is, this could take up to 15 minutes. Drain off the excess water and pat dry with a paper towel.
2. Put the almonds in a food processor and process until small pieces form, but before it becomes a paste. Pulse as needed. Add the blueberries, cherries, dates, and flaxseed meal. Pulse until the mixture pulls away from the sides, about 1 minute. If it doesn't, add 1 tablespoon water and process until it does, adding another tablespoon of water if needed. Sprinkle a plate with the coconut and using a 1-tablespoon scoop, portion the mixture into balls, about 24, and drop onto the coconut. Roll in the coconut. Store in an airtight container with any excess coconut in the refrigerator for up to two weeks.

Character Training

August 2023

PUNCTUALITY means: showing respect for others by doing the right thing at the right time. Punctuality is considered an essential trait for the Director of Accounting and Director of Human Resources.

You display punctuality when. . .

- ⇒ You understand that the way you spend time today will determine whether you look back from tomorrow with regret or satisfaction.
- ⇒ You recognize there are internal and external deadlines and responsibilities.
- ⇒ You value people, time, and projects now – before today's opportunities are gone.
- ⇒ You recognize we all get the same 24 hours each day. What differs is how we use those hours.
- ⇒ You recognize once time is spent, you can never replace it. The past is gone. The future is not guaranteed. The only time you have is NOW.

Five Ways to build PUNCTUALITY

1. **Begin early** - Allow time to compensate for one or two unexpected delays.
2. **Keep track of time** – Know what you should be doing at each point along the day.
3. **Prioritize your day** – Use a planner or personal calendar.
4. **Respect others' time** – Remember everyone has a schedule.
5. **Finish on time** – Pace your workday to be sure you can accomplish what is expected in the time that is expected.

THINK ABOUT THIS.....

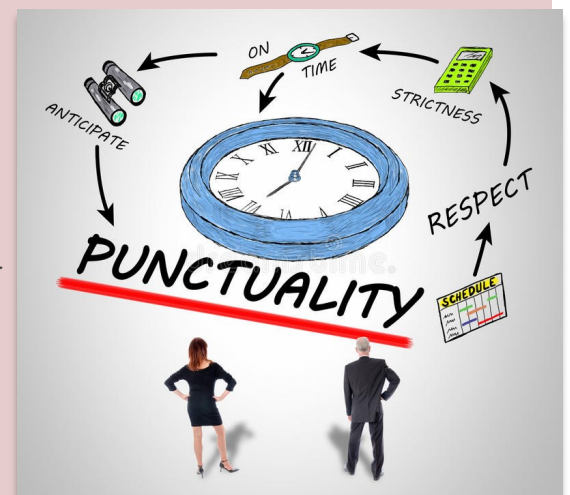
Question: What is the one currency we all share equally each and every day?

Answer: Time

No one receives more or less time than anyone else. Time is the great equalizer among all of us and it's the most precious resource we have.

It is, for this reason, that punctuality is among the most valuable character qualities we can exhibit. For when we are punctual, we show that we value our own time and the time of others.

If Punctuality means doing the right thing at the right



August Safety Topic
National Immunization
Awareness Month

Why are vaccines important?

The National Foundation for Infectious Diseases reminds us that vaccines are one of the most valuable public health tools to prevent a variety of diseases across the lifespan. Immunizations protect the entire community, especially vulnerable populations.

- ⇒ Engage in learning opportunities with CDC's Immunization Education and Training courses.
<https://www.cdc.gov/vaccines/ed/index.html>
- ⇒ Make immunization schedules to keep track easier.
- ⇒ Share clear and accurate information about the latest vaccine recommendations.



Protect precious moments

STAY UP TO DATE ON ROUTINE VACCINES

National Immunization Awareness Month



9 Facts to Share During National Immunization Awareness Month



National Immunization Awareness Month is a great time to spread the word about the importance of vaccines. Each year, vaccines are known to protect individuals from getting seriously ill with diseases. Share these facts from the WHO, CDC, and various other health organizations.

Fact #1: Vaccines Prevent Millions of Deaths

Timely vaccinations — like the MMR shot — are known to prevent between 2-3 million deaths annually from diphtheria, tetanus, pertussis (whooping cough), and measles.



Fact #2: There are 12 Recommended Vaccines

Vaccinations are recommended for adults, especially those who need boosters or are traveling overseas. Some you need every year — like the flu vaccine — and others only once, like the chickenpox vaccine.

Fact #3: Vaccines Stimulate Your Immune System

Just like if you were exposed to the disease, the vaccine you receive for specific diseases stimulates your immune system in order to create antibodies. These antibodies are what protect you and offer immunity without having to get the disease itself.



Fact #4: You Can Locate Your Vaccination Records

While there isn't a national vaccination records registry, you can do some detective work to track down your records. Doing so can reduce the chances you are vaccinated twice for the same health concern. Check with your parents for childhood records, your high school or college health services, previous employers, public health clinics, or your state's health department.

Fact #5: Certain Shots Are Suggested for Pregnant Women

Pregnant women are recommended to vaccinate against the flu and whooping cough during each pregnancy. Doing so provides immunity for the baby during the first few months of life when his or her immune system is developing. Hepatitis B and A shots may also be recommended.



Fact #6: Vaccines Are Thoroughly Tested

Prior to the release of any vaccine (with the exception of Emergency Use Authorization vaccines), lengthy testing is required in thousands of individuals to ensure its safety. After it's licensed, vaccines are monitored and any adverse reactions are tracked and reported by every health department nationwide.

Fact #7: Vaccines May Limit the Spread of Antibiotic Resistance

The World Health Organization (WHO) states that vaccinating humans and animals is one way to keep them from getting infected by various diseases that would require antibiotic treatment. Developing new vaccines is one way public health officials and scientists are working on antibiotic resistance.



Fact #8: Vaccines Have Nearly Eradicated Polio

Polio took its toll on thousands of people each year beginning in the 1900s. By 1950, two vaccines had been developed to fight against the disease that paralyzed so many individuals — including many in Africa. By the 1980s, a campaign to eradicate polio began. Thanks to the use of the vaccine in Africa, the country was declared "certified wild poliovirus free."

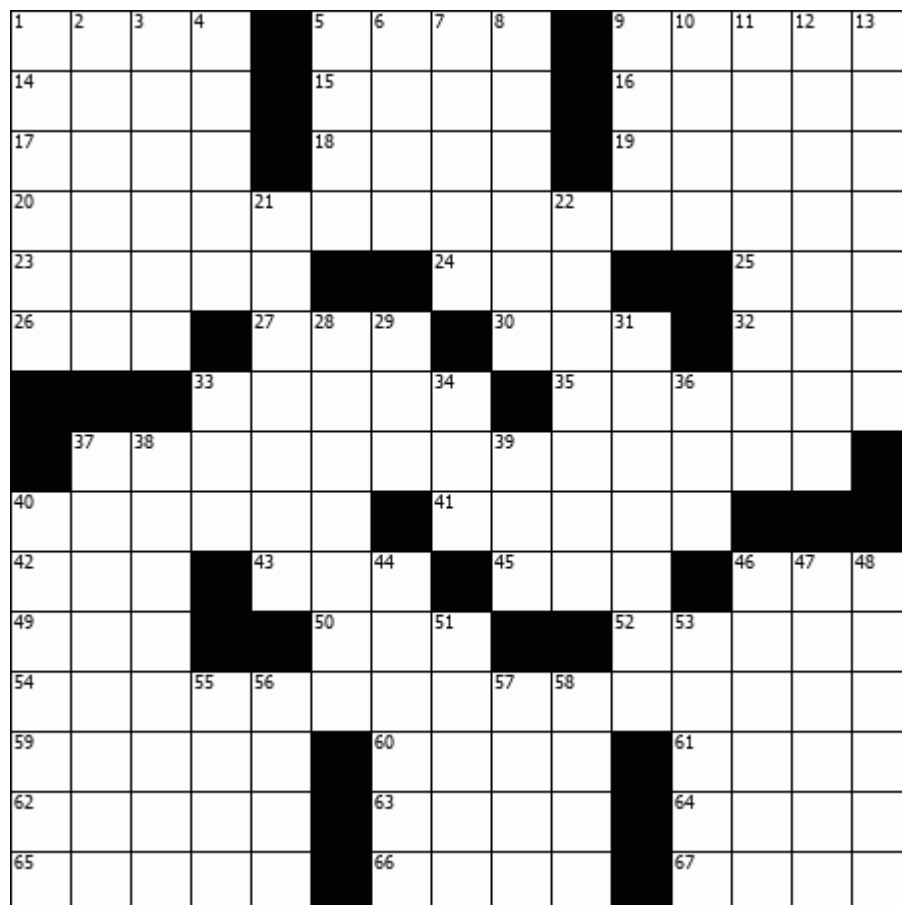
Fact #9: Not Everyone Can Vaccinate

The reason it's important for those who can get a vaccine to do so is for the individuals who can't. Some people with weakened immune systems may be unable to get the vaccine against the very disease they may be more prone to catching. But these individuals can be protected if they live among many who are vaccinated — this is called herd immunity.



Across

- 1. Meet transaction
- 5. Entwine
- 9. Tracking device
- 14. Honey of a spot
- 15. Member of the choir
- 16. Ryan of "The Beverly Hillbillies"
- 17. Mayberry drunk
- 18. Hard hit or hit hard
- 19. Myrrh, frankincense, et al.
- 20. Item influenced by 37-Across
- 23. Soggy spot
- 24. Org. for Couples and Love
- 25. Atty. org.
- 26. Bridge authority Culbertson
- 27. German 101 word
- 30. Blah, blah, blah, briefly
- 32. ___ out (dress up)
- 33. Change in London
- 35. Become an ex-member
- 37. Bout of forgetfulness
- 40. Fiery fleck
- 41. Played, as a cat with a mouse
- 42. "___ Life to Live"
- 43. Grand Central, e.g. (Abbr.)
- 45. Kind of knife or name
- 46. "Pooh!"
- 49. Big bird of myth
- 50. Hirobumi ___, Japanese prime minister
- 52. Meg of "The Big Chill"
- 54. Person influenced by 37-Across
- 59. Sainted 7th-century pope
- 60. Mac image
- 61. Tawny native of Africa
- 62. Old stringed instruments
- 63. It may have the spirit
- 64. Role for Jodie Foster
- 65. Church words
- 66. Sciences' counterpart
- 67. Takes the plunge



Down

- 1. Words in Missouri's state motto
- 2. Attachment to where
- 3. Feature of some zoos
- 4. Exterminator's targets
- 5. "Monster ___"
- 6. First name in jazz
- 7. Philatelist's find
- 8. It's to be paid
- 9. Capital where Lettish is spoken
- 10. Seed envelope
- 11. Killjoy
- 12. Immunity unit
- 13. Put on again
- 21. Edam and Gouda
- 22. Colorful playing marble
- 28. Sluggishness
- 29. Drill sgt., e.g.
- 31. Bonds a filling
- 33. Remitted in advance (Abbr.)
- 34. Young newt
- 36. Massachusetts' Cape
- 37. A floor covering
- 38. Amusing tale
- 39. Swab the deck
- 40. Toyota make
- 44. Region around Athens
- 46. Magician David
- 47. Candy-bar nut
- 48. Villains in "The Lion King"
- 51. Thespian's trophy
- 53. Relative by marriage
- 55. Austria's capital, to the locals
- 56. Sound of disapproval
- 57. Regis or Jay, e.g.
- 58. India and invisible

