



September 2023

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Helpful Healthful

- **Ginger** is said to have anti-viral properties & can be added to cooking or made into a tea.
- **Turmeric** is an anti-inflammatory, anti-oxidant 'superfood' which can be added to cooking in powder form
- **Licorice Root** works on the adrenal system alleviating stress & susceptibility to infection.
- **Oregano** contains immunity benefits as well as an oil extract that helps fight viruses.
- **Vitamin C & Zinc** are a Classic

Sit with a Stranger

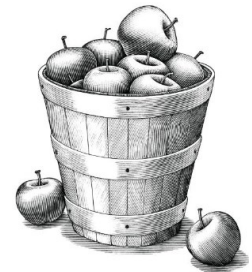
September 16th is National Sit with a Stranger day. And most people spend part of every day surrounded by strangers, whether on their daily commute, sitting in a park or cafe, or visiting the supermarket.

Yet many of us remain in self-imposed isolation, believing that reaching out to a stranger would make you both feel uncomfortable.

Thinking others aren't interested in talking, or won't like you, are the very things that will keep you from making contact. In fact, research suggests

that we consistently underestimate how much a new person likes us following an initial conversation.

Of course, nobody likes unwanted attention; however, individuals found connecting with strangers was surprisingly pleasant. The positive impact even seems to spread to the person you talk to. In another experiment conducted in a waiting room, we found that not only did the people we encouraged to talk have a more pleasant experience, but so did the person they were asked to talk to.



There are over 7,500 varieties of apples.

Humans are inherently social, who are made happier and healthier when connected to others. Feeling isolated and lonely, in contrast, is a stress factor that poses a health risk comparable to smoking and obesity.

These brief connections with strangers are not likely to turn a life of misery into one of bliss. However, they can change unpleasant moments -- into more pleasant ones.

Cold & Flu Season: Staying Safer

September means sending kids back to school, football season, homecoming and more. It also means more contact to germs!

So how do we fight against germs on the daily? Well, if we don't know how by now, what rock were you under during the pandemic!?

Wash Hands: Keeping our hands clean is the No.1 way to stop the spread. It's most effective with warm frothy soap & water for 20 seconds, before rinsing. Dry with clean paper towel, or use hand sanitizer.

Cover Your Cough: Cough into your elbow or shoulder, and NOT your hand or fist.

Vaccinate: If you vaccinate, get your boosters for flu and covid!

During these coming months make it a priority to get enough sleep, reduce stress, and be mindful for a fighting chance against germs, today!

RESILIENCE

S E P T E M B E R ' 2 3



RESILIENCE means: recovering from adversity.

You display resilience when. . .

- You adapt well in the face of difficult times in your personal or professional life.
- You do not lose heart when faced with obstacles.
- You do not take criticism personally.
- You develop the humility to change when you are wrong and to endure when you are right.
- You do not waste time and energy worrying about results you cannot control.

Five WAYS to build RESILIENCE

1. **Develop relationships with others** – Make strong connections with coworkers and accept help and support from them.
2. **Look at the bigger picture** – Understand you cannot change the fact that highly stressful events happen, but you can change how you interpret and respond to these events.
3. **Know your limitations** – Accept circumstances that cannot be changed and focus on circumstances you can alter.
4. **Believe in yourself** – Develop confidence in your ability to solve problems and trust your instincts.
5. **Practice self-care** – Be good to yourself by engaging in activities you enjoy and find relaxing. This helps to keep your mind and body primed to deal with situations that require resilience.

THINK ABOUT THIS.....

Life isn't called the "school of hard knocks" for nothing. Being able to pick yourself back up after being knocked down is essential for you to be happy, healthy, and successful. At some point in everyone's life, there will be setbacks, disappointments, or tragedies. It is inevitable. What is important – and what defines us – is how we respond to those setbacks.

Especially during a crisis, the quicker we learn what triggers us personally, the better we manage the hard-wired Fight or Flight reaction. What are your triggers?



Eat Safe Food after a Power Outage



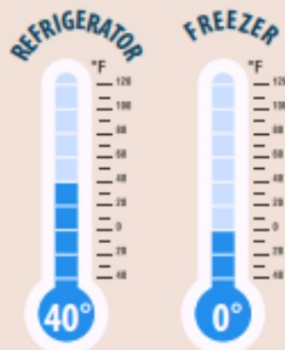
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.



Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.



www.cdc.gov/foodsafety

September 21st is... *World Gratitude Day*

Gratitude has the power to transform our relationships, mood, outlook on life, and even our physical health. Happier Human breaks down the benefits of gratitude into five categories that all impact human happiness. Here are some facts and figures from Happier Human:

1. Emotional Benefits: Five minutes a day writing in a gratitude journal can increase your long-term well-being by

10%, just as much as doubling your income!

2. Social Benefits: Research reveals people who are 10% more grateful than average have 17.5% more social capital, that's significantly better relationships and networking.

3. Health Benefits: Studies show gratitude can lower blood pressure, pain, and bad health symptoms. It can also increase energy, recovery speed, exercise time, quality

sleep time, and possibly even lifespan.

4. Career Benefits: Gratitude makes you a more effective manager, networker, decision-maker, and mentor. It also increases productivity.

5. Personality Benefits: Gratitude reduces feelings of envy, strengthens optimism, boosts confidence, & helps us bounce back from stress.

The life-changing impact of gratitude is well-documented and undeniable. That is why it is beyond worthy of celebration! It is a reminder to practice mindful gratitude & infuse our lives with its many benefits.



September Birthdays *Happy Birthday!*

**September 26th is-
National:**

**Voter Registration Day
Pancake Day
Johnny Appleseed Day
Situational Awareness Day
Dumpling Day**



9/1
Stephanie Izvorski

9/2
Keisha Watt

9/3
Elizabeth Njak

9/4
Michael Miller

9/5
Olivia Rodriguez

9/6
Averiana Hunter

9/8
Nudzejma Serifovic
Ashley Stevens
Torie Vollmer

9/12
Angela Joseph

9/13
Myisha Hill

Jason Miller
Latisha Richardson
Lawanda Richardson

9/15
Sherrie Lipskey

9/16
Marquisha Williams

9/17
Jatana Cripe

9/18
Annie Holmes

9/22
April Richardson
Breyana Williams

9/25
Karand Houston
Cora Jackson
Michelle Maggs
Amy Savi

9/26
Stephanie Loper

9/27
Christy Benton-Mayes
Krystina Childress

9/28
Alicia Chapman

9/29
Kenya Howell



September Anniversaries

Happy Anniversary!

23 Year Anniversary

Marlene Wallance – 9/21

18 Year Anniversary

Shuron Hughes – 9/5

16 Year Anniversary

Lisa Pennyman – 9/7

8 Year Anniversary

Erin Krumenacker -9/25

7 Year Anniversary

Julie Winters – 9/12

4 Year Anniversary

Luanda Seevers – 9/13

Donna Dennis – 9/25

3 Year Anniversary

Mary Roe – 9/4

Gregory Ussery – 9/9

Sherry Anderson-Orum – 9/17

Kelly Lambert – 9/21

2 Year Anniversary

Michelle Maggs – 9/2

Natalia Baca – 9/13

Roger Criss – 9/13

Betty Millen – 9/23

1 Year Anniversary

Lisa Calhoun -9/8

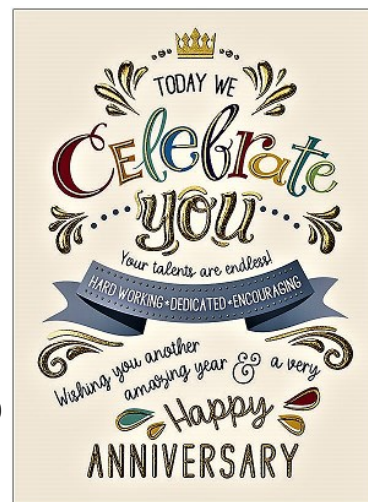
Mariyah Barney – 9/10

Dalisa Redick – 9/19

Meoshie Hardy – 9/21

Kimoya Green – 9/26

Kenya Howell – 9/28



Mary Roe Employee Spotlight

Mary Roe has been with CSCS for 3 years now as of September 4th and is currently providing her services to the Willow Home.

One of her favorite memories with us, was when she helped take residents to a Detroit Tiger's game. Seeing the resident's faces light up with joy and excitement as they laughed, played, and clapped really gave Mary a sense of happiness and fulfillment.

Mary recently turned 53 on July 28th and has been married for 34 years. She has 3 children, and currently has 7 grandchildren, as well as a dog and a cat.

Seeing how we are in Sep-

tember and in the full swing of autumn, you might find Mary partaking in one of her favorite activities during the season which is taking her grandchildren to the orchards for some pumpkin and apple picking and the corn mazes.

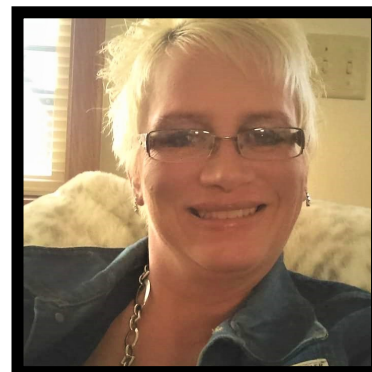
Autumn is also a wonderful time for her many outdoor activities as she loves to camp, fish, hunt, kayak, as well as going tubing or boating. But nothing beats a good ol' football game from the living room, or the stadium. However, if the weather is too down-trodden then staying in to play some darts or a round of pool is always a good

back-up plan for her.

Some of the more comforting foods Mary likes to eat during the season is Chili or Chicken & Dumplings. Both sound perfect after those chilled outdoor adventures.

Mary is also hoping to take her granddaughter to Florida one day.

One of Mary's mantras in life is... 'Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.'



Chicken Cranberry Casserole



2-8oz pkg refrigerated crescent rolls
 ½ C real mayonnaise
 2 Tbsp honey Dijon mustard
 ½ tsp black pepper
 2 C shredded cooked chicken
 ½ C chopped celery
 3 Tbsp parsley
 ½ C Craisins
 1 C shredded cheese (Swiss is best)
 ¼ C walnuts, crushed

Pre-heat at 375° F

Line your 9x13 baking dish with parchment paper. Spray with cooking oil, & lay 1 can of croissant rolls on the bottom of the pan & set aside.

In a large bowl mix together all of the other ingredients. Once combined place on top of your layer of croissant roll dough, spreading evenly. Top with extra cheese.

Open the second can of croissant dough and lay on top of the mixture. You can leave gaps .

Cover with foil and bake for 25 minutes. Remove foil cover and bake for an additional 5 minutes or until golden brown.

Cool for about 5 minutes before serving.



Tastes just like a pumpkin pie!

Perfect with apples, vanilla wafers, or pie crust chips.

Pumpkin Pie Dip

1- 8oz pkg Cream cheese, room temp
 2C Powdered sugar, sifted
 1-15oz can Pumpkin puree
 1 tsp Vanilla extract
 1 Tbls Pumpkin pie spice

In a large bowl mix the cream cheese until smooth with a mixer.

Turn to low speed & gradually add powdered sugar. Once the sugar is thoroughly combined, turn the mixer up to medium-high speed & continue mixing for another 2 minutes.

Reduce speed & add the puree, vanilla, and pumpkin pie spice. Mix until thoroughly combined.

Best served chilled with fruit, cookies, or pie crust chips.

Pumpkin dip will keep within the refrigerator for up to 3 days, covered.

If you care for a little more spice, simply increase the amount of pumpkin pie spice to suit your tastes.

Pie Crust “Chips”

*Refrigerated pie crust
 *Sugar & Cinnamon Mixture
 *Melted Butter

Pre-heat oven to directions on Pie crust container.

Next, unroll the pie crust & cut into small triangles.

Brush the triangles with melted butter.

Then sprinkle the cinnamon/sugar mixture on them front and back.

Place them on a baking sheet lined with parchment paper.

Bake the chips for about 8 minutes or until golden brown.

Cool and serve with your favorite dipping sauces or pie fillings as a dip.

Of course, try it with the Pumpkin Dip!!



Simple String Pumpkin

Simple fall décor can be made from things around your home. This cute little string pumpkin just uses 4 things! A balloon, glue, pipe cleaners, and yarn.

You'll need:

Disposable container, scissors, gloves, balloons, yarn, glue, pipe cleaners.

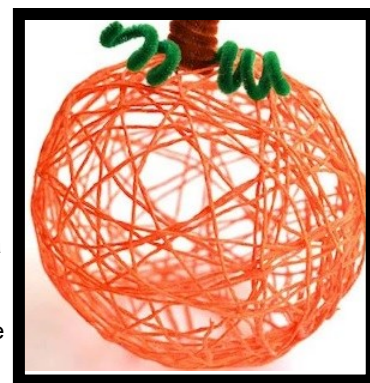
Once you've gathered your supplies you can get started!

- 1) Blow up the balloon you want to work on first.

- 2) Take your yarn & start wrapping your balloon until you feel like you have enough & cut to size.
- 3) In your disposable container pour some glue. With your gloved hands, submerge your yarn and coat well.
- 4) As you pull the yarn out to cover your balloon, try to remove excess glue, as you wrap the balloon in the glue coated yarn until you are satisfied. Tie the

end off at the balloon stem.

- 5) Once fully dry (allow 24 hours to fully dry); take a brown pipe cleaner and twist to create a 'stem' and glue to the top of the pumpkin.
- 6) Pop the balloon and now you have your string pumpkin décor!



Monster rocks!

Paint some found rocks assorted Halloween colors and paint spooky mouths on them. Add googly eyes and you're done!

Quick Crafts

Mummy Wrap!

Cut black cardstock into a gingerbreadman shape. With white yarn wrap the

cutout for a very easy mummy! Add some eyes for fun and you're done!



Ghostly Suckers!

Wrap your favorite lolly in a coffee filter, tissue paper, or Kleenex. Secure with a ribbon, and add a spooky face! Scare your friends with this treat without the tricks!

September 7th is

**National:
Grateful Patient Day
Beer Lover's Day
Salami Day
Neither Snow Nor Rain Day**

Some Harvest Preserving Ideas!

September is the season of **harvest**! What better way to preserve your yields than with ideas on how to preserve some of your favorite crops.

Freeze— Herbs in water in ice cube trays.

Root Cellar—You might not have one, but get online and discover the many alternatives that you can make at home to easily preserve your root vegetables like onions, potatoes, carrots, and radishes. Even Apples & gourds can be preserved.

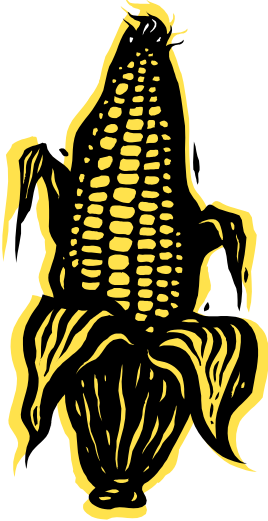
Baked Goods—Carrots & zucchini are great ways to use up some veggies in breads & cakes.

Jams & Pickles—Too many cucumbers make for great pickles. All those extra berries or apples make great jams for those winter toasts.



Kimchi is perfect for fermenting a lot of vegetables at once, especially cabbage. Look online for recipes.

Intelligence Page



T S Y Z H S C A R E C R O W V O T C
E Q U I N O X L P S W E A T E R V R
B H O T C H O C O L A T E F B D X I
L B O N F I R E S R R X O T V F E S
A C A O D R H A R V E S T Z E W O P
N B S O L S T I C E S C A R V E S A
K O C T O B E R Z C H I L L Y S G U
E A R R R X S E P T E M B E R D P T
T U L A C O R N N O V E M B E R I U
S D Z P U M P K I N S P I C E J E M
V U C O R C H A R D U A H O G B S N
D C I D E R C A N D L E S Z C O P U

ACORN
AUTUMN
BLANKETS
BONFIRES
CANDLES
CHILLY
CIDER
CRISP

EQUINOX
HARVEST
HOT CHOCOLATE
NOVEMBER
OCTOBER
ORCHARD
PIES
PUMPKIN SPICE

SCARECROW
SCARVES
SEPTEMBER
SOLSTICE
SWEATER

Bobbing for Apples was a Courting Ritual:

This old-fashioned Autumnal game originally started as a British courting ritual. According to Redbook, Men were assigned an apple and the women would bob for them trying to get the right apple from the man she had her eye on. If she was successful, it was taken as an omen that they were meant to be together.



CLEARING A PATH FOR EVERYONE!