

November Newsletter

VOLUME 4, ISSUE 11

NOVEMBER 2023

INSIDE THIS ISSUE:

Family Story Month	1
Winter Driving	
Character Training	2
Safety Topic	3
Birthdays	4
Anniversaries	5
Recipes & Tips	6
Crafts	7
Employee Spotlight	8
Nov Story	9
Intelligence Page	10

Family Stories Month

November is: **Family Stories Month** & it brings families closer together every year. This is because family traditions and ancestral stories hold a special place in everyone's life.

Use this month to bond with your kids or family. Tell them numerous stories related to your youth and how things were during that era.

Watch old home movies with your family. This could include videos of your kids when they were young, as well as videos from your youth. Pull photo albums out and introduce your kids to family they may have never seen or met before!

Start a new tradition! During the month, plan activities with your kids and start a tradition that can be repeated every year. The traditions you form will be a part of the stories they tell their own kids one day.

Kids learn the value & importance of family & why one's history is important. Who knows... maybe it'll inspire them!

Sharing family stories strengthens bonds and makes everyone feel more connected to their ancestors and personal history.

This family sharing can even help with depression, as it connects people and brings them closer together, help strengthening that family support system from within.



Now is the perfect time to revive the past & fondly reflect on your family history!

Family is what YOU make it.

The quote "Blood of the covenant is thicker than the water of the womb." means, your CHOSEN bonds are more significant than the bonds of family.

But no matter who you call family, where you call home, or who you love and who love you ; ...we all have stories, and sharing them, helps connect us; young and old; to each other for lifetimes to come.

Happy Thanksgiving!

Preparing For Winter Driving

As we get ready to face the white powdery season demon here are some tips that can help you.

1. **Car Blanket:** Emergency warmth, Bright bold blanket can be used as a flag alert if stuck & buried.

2. **Cat Litter:** A small bag can be as cheap as \$2, and can help give traction to a stuck wheel.

3. **Folding Shovel:** With the cat litter will make getting that tire unstuck so much easier.

4. **Road Flares:** It gets dark fast, and road flares help keep everyone safe, when stuck on the side of the road.

5. **1 Gal. Water:** It may become ice, but if stranded for a long time, it can be-

come invaluable to staying alive.

6. **Snacks:** Granola, jerky, sandwich crackers. Small easily storable snacks.

7. **MISC:** Emergency Feminine Hygiene, products, diapers/wipes, T.P., first aid kit.. **Make sure you're prepared!**

WISDOM

N O V E M B E R



WISDOM means making practical application of what is learned.

You display wisdom when. . .

- You understand your basic core values and who you are.
- You realize you don't know everything and you value input from others.
- When a coworker/person you support becomes angry, you do not respond in kind. You listen to identify the real issue.
- You understand your outlook on life shapes your everyday decisions and responses.
- You are not afraid to change your opinion or outlook.
- You observe others and learn from their successes and failures.

Five Ways to build **WISDOM**

1. **Get understanding** – Observe how people and things interact and recognize how you can apply character to each situation.
2. **Seek good advice** – Ask questions, and converse with others so that you can learn from their experiences.
3. **Learn from the past** – Experiences alert us to what we do not understand. Consider what ideas contributed to choices you have made in the past.
4. **Choose your friends wisely** – Align yourself with those who keep their word, those who tell the truth, and those who respect others.
5. **Apply what you learn** – A wise person learns what is right and does what it takes to do it.

THINK ABOUT THIS. . .

Wisdom begins with understanding who you are and your basic core values because any decision you make will be filtered through your own worldview lens. One of the primary ways we learn about life is through our experiences. We also receive information from other sources such as people, books, the internet, and our surroundings. A wise person realizes they don't know everything, and they value input from other people. Receiving advice from others can assist in getting the facts we need in order to properly apply the information we have.

What have you learned from the successes and failures in your life?





LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1-2 days in the refrigerator

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird

Cold water:

Cook immediately after thawing

How to thaw:

Submerge the bird in cold water and change every 30 mins.

Microwave:

Cook immediately after thawing

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean



Wash your hands for 20 seconds with soap and warm water.



Utensils
Plates
Countertops
Cutting boards
SHOULD ALSO BE WASHED



Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE



Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.



Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.



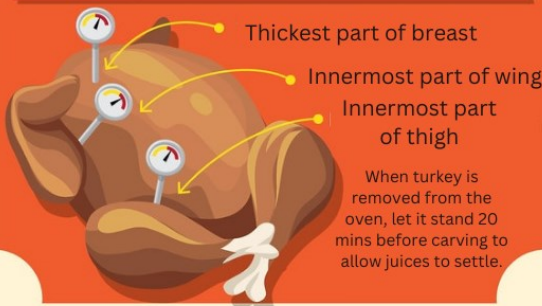
COOK



Your bird is not safe until it reaches 165 degree F-you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 degrees F, too!

Use three places to check the temperature



Thickest part of breast

Innermost part of wing

Innermost part of thigh

When turkey is removed from the oven, let it stand 20 mins before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!



Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality



Last day Thanksgiving leftovers are safe from the fridge.



Leftover turkey should be cut into small pieces, and store items separately in smaller containers.



Be sure to pack leftovers in a cooler if traveling.



Reheat thoroughly to a temperature of 165 degrees F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleKaren.gov for questions in Spanish.



November Birthdays

November 1st

Festus Uzibor

November 2nd

Roger Criss

Robin Prince

November 4th

Meoshie Hardy

November 7th

Alvontae Huddleston

Erin Krumenacker

November 8th

Marlene Wallace

November 11th

Alyssa Cole

November 15th

Nora Connelly

Jillian Mahoney

Aleksandra Razumovskiy

November 16th

DeVarion Reynolds

November 19th

Agnes Amakove

November 20th

Kyle Bonesteel

Carleen Briney

Kari Conner

Mark Huffman

Diane Shreeve

November 21st

Courtney Diawara

November 24th

Joshalyn Redmond

November 25th

Monica Hospodar

November 28th

Stacey McMillion-Mugut

November 29th

Tazia Price

November 30th

Kasie Culver

Jamie Webb

**Everyday you are in the world, you make it a better place to
live and work. Thank you for being you!**

Happy Birthday! We hope your birthday dreams come true!

CONGRATULATIONS!

November Anniversary's

14 Years

11/12/09 Deborah McGuire

10 Years

11/12/13 Jamilla Cheatom

5 Years

11/2/18 Delaina Sanders

3 Years

11/3/20 Kari Conner
11/15/20 Esohe Oghor
11/20/20 Elizabeth Atchley
11/25/20 Ty Mertle

2 Years

11/4/21 Michele Stinson
11/8/21 Misty Snead
Keisha Watt
11/15/21 Christy Benton-Mayes

1 Year

11/3/22 Stephanie Johnston
11/24/22 Amy Savi
11/25/22 Cortney Hayward



The Juiciest Turkey Day Tips



How to get the most flavorful & juiciest Turkey this Thanksgiving!

As someone who has cooked Thanksgiving meals for hundreds of people over the last 40 years through catering and church gatherings, here are a few tips I've learned along the way.

Make sure to always **cook your turkey breast side down**. It may seem counter intuitive

but when your turkey is cooking, all those flavors and juices flow to the bottom, so it makes sense to cook breast side down so all of those flavors and juices will just gather and pool around the "breast" part of the turkey. You'll be amazed at how moist & juicy your turkey will become, especially if you make sure to **let it rest for 20-30 mins, covered**

in foil, after you remove it from the oven.

Another tip is to **cook in broth**, for added flavor & moisture.

Make some **herb infused butter** a week prior. When preparing, slather the butter between the skin & the meat. This helps infuse flavor during the cooking process. **ENJOY!**

"Only a well kneaded dough can produce soft and fluffy dinner rolls"

Quick Dinner Rolls

- **Flour: 325g (2½ cups)**
- **Warm Milk (100°-110°F) : 150ml (½ cup + 2 tbsp)**
- **1 Egg**
- **Butter: 50g (3½ tbsp)**
- **Instant/active dried Yeast: 1 tsp**
- **Sugar: 2½ tbsp (30g)**
- **Salt: 1 ¼ tsp (7g)**

Into a bowl, add the milk, sugar, yeast, egg, salt, butter and flour

and mix them together.

Transfer the dough onto a clean work surface. Knead the dough until the dough become soft and elastic. Only a well kneaded dough can produce soft and fluffy dinner rolls.

Once dough is ready; divide the dough into approx 15 equal dough balls. Roll each into small balls, tucking the

edges towards the center.

Place on a parchment lined baking tray, cover and let rise for at least 1 hr until doubled in size.

Bake the rolls at 375°F for 18-20 min. Place foil on top if rolls are browning too fast.

Try it in the crock pot on **HIGH** for 2 hrs. Prepare as directed!



Caramel Apple Dump Cake

- ~ **1 box cake mix (Yellow, or Spice is best)**
- ~ **1-2 cans apple pie filling (2 cans if you want a cake-like crust, 1 if you want more of a crumble crust)**
- ~ **¾ cup caramel topping (½ of 12oz jar)**
- ~ **1C butter melted**

350°F & a casserole dish

- Spread Apple filling evenly on bottom of greased dish.
- Spread caramel sauce evenly on the pie filling.
- Dump cake mix on top, spreading evenly to the edges.
- Drizzle evenly the melted butter over top

the cake mix. **DON'T MIX IT!**

BAKE at 350° for 40-50 minutes. Edges will be golden brown, & butter will be absorbed.

Best served warm. Add ice cream, caramel, or whipped cream for added fun!

Grateful Place Settings

This project can be done at home, in our group homes, school, work, or wherever friends, family, or coworkers gather to help spread gratitude and appreciation for what we have, give, or enjoy.

We are encouraging each home to make a small tree on a wall, fridge, door, or even window, with empty branches.

1- Have each individual trace their hand onto construction

paper, and then cut out. Do this as many times as one wants!

2- Write something that you are grateful for on each hand, however often as you want. Daily, weekly, etc.

3- Tape, glue, or staple each gratitude hand to a tree branch!

Now watch your tree bloom & grow with gratitude all month long! Maybe read some of the thankful hands on Thanksgiving day! Makes for a great conver-

sation and gets us thinking about what to be thankful for.



"Giving hands and grateful hearts, are what sets us all apart!"

Easy Holiday Crafts

Salt Dough Ornaments

No Christmas tree is complete without these homemade ornaments. To

whip up your own: Combine 4 cups all-purpose flour, 1 cup salt, and 1 1/2 cups of warm water in a mixing bowl. Knead until the dough is firm & smooth. Roll out dough and cut desired shapes (use a straw to poke

a hole for hanging). Bake at 300°F until dry, approximately 1 hour; cool completely.

Thumbprint Christmas Cards

Even the "all thumbs" type can tackle these crafts, which start with plain white notecards.

Greenery: Using green ink, stamp thumbs and press onto card to make leaves. Add berries and bow with a red marker and stems with

green watercolor paint.

String Lights: Stamp thumbs in various ink shades. Use a black fine-tip marker to draw a string connecting the lights.

Reindeer Herd: Stamp thumbs in brown ink and press onto blank card. Use fine-tip markers to draw antlers, eyes, and noses.



DON'T FORGET THE LEFTOVERS

When it comes to Thanksgiving, the one thing we all look forward to is the leftovers. However, many forget to factor in the amount of containers one might need for those leftovers. So here's your reminder, and ideas on what to use for that food you want to eat later.

-Don't forget to start saving all of those reusable containers you throw away. Save those butter, sour cream, cottage cheese, & other containers. Easily tossed if you forget you had leftovers.

-Running out of time? Good thing we have the ability to buy reusable & tossable containers. You can even meal prep with them.

-Ziploc type bags are great for softer foods like potatoes or stuffing. They'll be able to fit in your fridge compared to hard containers. Use Freezer bags to freeze food for later.

-If all else fails, wrap it in foil! Or better yet, make a sandwich out of everything and enjoy!



Don't forget the LEFTOVERS!



Alyssa and Chorben at
Tahquamenon Falls

*"I work
80 hours
a week,
just so
I can take
time off
to travel!"*

November Employee Spotlight

Alyssa Valenti

5 years ago, on March 3rd, 2018; and 9 days after her 18th birthday, Alyssa Valenti joined the Central State Community Services family, at the Mulberry home. This powerhouse has made it through the pandemic with us and her residents! More impressively, in her time here she's moved up from a DSP to the Program Coordinator of Macomb County, and she is doing amazing work! She keeps a VERY hearty work schedule, putting in 80 hours a week, just so she can travel and explore the world.

One of her more recent trips took her to Kentucky for the 4 day "Louder Than Life Festival" [<https://louderthanlifefestival.com>]; where they got to listen and rock out to bands like Pantera, Foo Fighters, 311, Weezer, Green Day, Megadeath, Limp Bizkit, Letdown and SO MANY MORE. I don't know about you, but I wish I had gone with her. It sounds amazing!



Alyssa's found a work life balance for her that allows her to work hard and play even harder! This past year included a trip to the Tahquamenon Falls, in the U.P.; and in the past they've visited Mackinac Island. Always a favorite for Michiganders. So if she's not working, or at home; you may have to play a little game of "Where in the World is Alyssa Valenti?"

Before coming to CSCS, Alyssa grew up in the Macomb County area, and went to college for a couple of years for Veterinary Sciences. However, she soon realized that a career with animals meant doing somethings she knew she could never do, so she started looking for a new career. We're glad she did, as she's been with us for about 6 years now and moving up in the field!

Today, Alyssa owns her own home with her boyfriend, Chorben; 2 miniature Dachs-hunds; Remi & Juice, and a French Bulldog; Hospin, up in Marlette.



Why Do We Hate Talking About Ourselves?

Originally published November 11, 2020, by Natalie Watkins, M.Sc

Talking about yourself can feel like a huge social challenge, particularly in a group or amongst people you don't know well. Talking about yourself can bring up a range of anxieties, for example:

"Did I talk about myself too much?" "What if I can't think of anything to say?" "Won't everyone think I'm boring?" "I'm going to sound like I'm bragging" "What if everyone else is so much more exciting?"

Almost all of us have these thoughts at some time in our lives. The good news is that talking about yourself is a skill that you can train. Learning to open up can help you to build the kind of strong, supportive social network you

We're going to look at some reasons why talking about yourself is an important social skill and show you some of the strategies that helped us.

Understand why talking about yourself is important.

Many of us dislike talking about ourselves when we don't really know what we're aiming for. We assume that other people are unlikely to care about the details of our lives and so try to avoid the topic altogether.

Talking about yourself is a key ingredient in letting people like you. Sharing personal information lets others feel that you trust them and encourages them to open up to you. Studies show that sharing personal information about yourself makes others like you more. It also encourages them to open up about themselves more, which makes them more enjoyable for you to be around.

Challenge your self-critical voice.

If you ever feel overwhelmed or intimidated that someone else might actually be interested in hearing about your life, you might benefit from improving your confidence. Lots of people find that their internal voice tells them that others aren't really interested. For example, it might say;

"I know they asked what I do for a living, but they don't really care so I shouldn't talk for too long"

This makes it difficult for you to talk about yourself and feeds into your feelings of insecurity.

Learning to like yourself enough to talk about yourself positively can take a long time and effort. Be patient and kind to yourself in this journey.

Realize talking about yourself isn't bragging.

If you worry about coming across as bragging, consider talking about things others have said about you, instead of having to come up with your own words. Remind yourself that almost no-one who worries about bragging; actually does it.

Spend time doing things you can talk about.

Lots of people struggle because they don't feel happy with the way that they spend their time. One of the best pieces of advice I have received is to try to have at least one 'adventure' per month. An adventure doesn't have to be bungee jumping. It can be anything you find exciting or interesting. For example, I recently walked through an area I'd never walked before and found some beautiful sculptures only half a mile from my house that I'd never seen before.

Now, when people ask where I live, I have something to talk about, rather than just telling them the name of my town.

Remind yourself how little people think about others

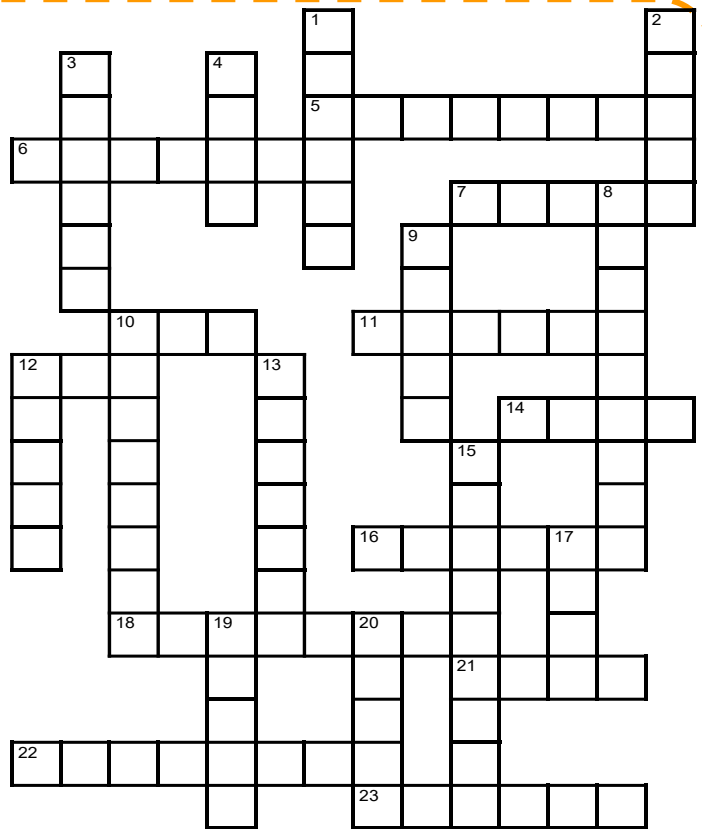
Many worry about talking about themselves because they are scared of being judged. When you talk about yourself, especially in a group, you might feel that everyone is noticing everything about you and remembering every tiny error you make. In actual fact, people notice much less about us than we think they do.

Intelligence Page

Across

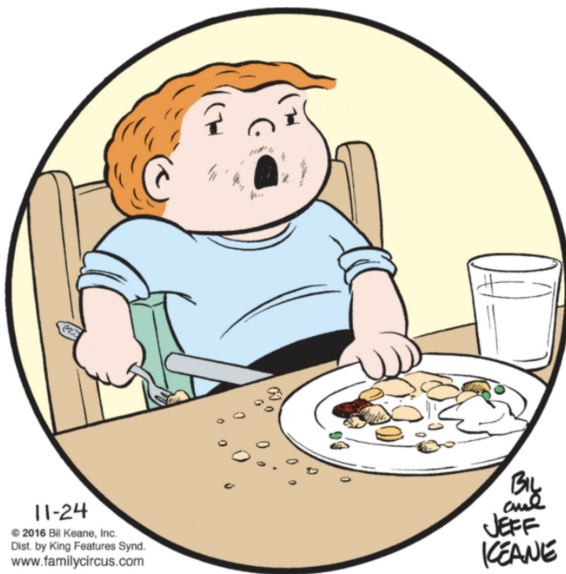


- 5 The month of Thanksgiving.
- 6 A large orange vegetable.
- 7 Have a _____ of pumpkin pie for desert.
- 10 _____ the table before dinner.
- 11 A festival with bands, people wearing costumes, and floats marching down the street.
- 12 Families _____ together on Thanksgiving.
- 14 A yellow vegetable that was grown by Native Americans.
- 16 A long journey over the ocean.
- 18 Another way to say for thankful.
- 21 A place where things are baked.
- 22 The people on board the Mayflower.
- 23 A large bird eaten on Thanksgiving.



Down

- 1 The evening meal.
- 2 Use a knife to _____ a turkey.
- 3 An odd shaped vegetable that resembles a pumpkin.
- 4 _____ a pie in the oven.
- 8 Americans _____ Thanksgiving in the Autumn.
- 9 _____ a turkey in the oven.
- 10 Something cooked inside the turkey and served at dinner.
- 12 A sauce that is poured over the turkey.
- 13 Gather the crops.
- 15 The ship that pilgrims came to America on.
- 17 _____ thanks for the food we eat.
- 19 The nut of an oak tree.
- 20 A large dinner celebration.



11-24

© 2016 Bill Keane, Inc.
Dist. by King Features Synd.
www.familycircus.com

BILL
and
JEFF
KEANE

"That's it. I'm done being thankful."

