

CENTRAL STATE COMMUNITY SERVICES

DECEMBER

2023

Employee Spotlight - Marissa Abbe

Congratulations to our December Spotlight! Marissa has been with Central State for almost 2 Years. She is a DSP at our Hurford home. Her favorite thing about the company is the people and goals within the company. Her best workplace memory is ongoing as she watches the residents laugh and have fun with the small things like doing crafts.

She is described by staff and Management as an Excellent employee who goes above and beyond every single day she works. The individuals she cares for enjoy having her around and are always excited to see her. She always puts them first and ensures they feel safe and loved.

This born leader is very simple and humble at heart. If she only had \$10 to pamper herself, she would put gas in her car and go for a drive. Maybe stopping by McDonald's for an Orange Hi-C.

She is close and interactive with her family. They love doing things that create lasting memories which includes making apple cider together. She feels valued with consistency in all of her relationships, work related and personal. She looks forward to their annual camping trip. Hence her favorite scent "campfire bread". Mmmm I have never had the pleasure of smelling that but it certainly sounds wonderful.

Her hobbies are cooking/baking, crafts and painting.

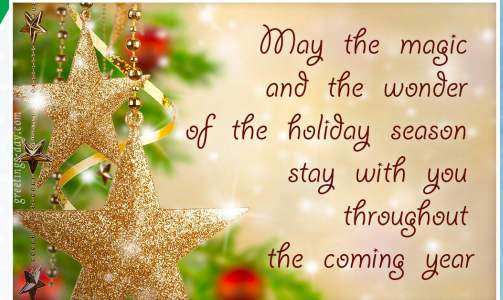
Her favorite sport is Hockey. Her favorite team is her little brothers team!

Her favorite candy is dark chocolate.

Her favorite T.V. series was *New Girl*

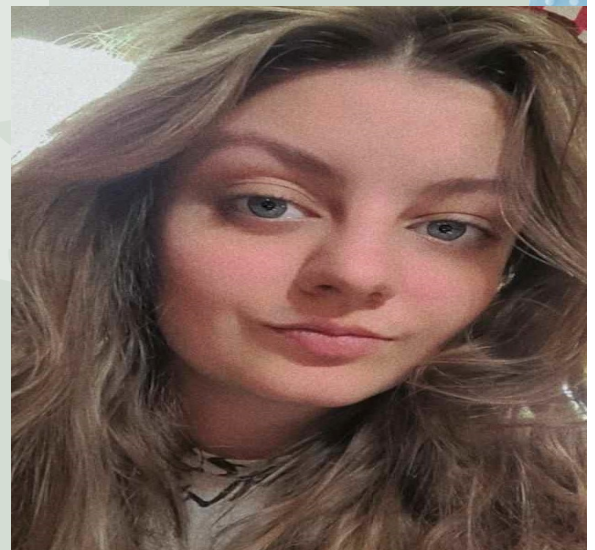
Her favorite fall activity is decorating with pumpkins and leaves.

Favorite color is blue and she likes to add greens and oranges.



INSIDE THIS ISSUE

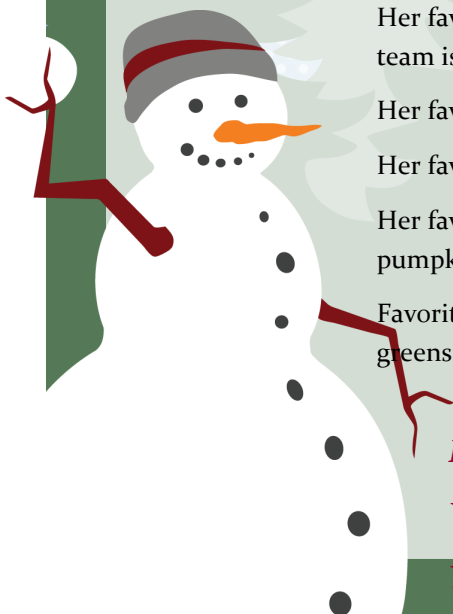
Employee Spotlight ~	1
December Safety ~	2
Disabilities Awareness ~	3
Anniversaries & Birthdays ~	4
Character Trait ~	5
Crossword & Recipes ~	6
Word Scramble ~	7



Marissa's Favorite Quote: By Eleanor Roosevelt

When you give to other people, you get more joy in return.

You should give a good thought to happiness that you can give out.





TIPS to keep your decorating, shopping and gathering under control.

1 DECORATING

Emergency rooms treat **THOUSANDS OF PATIENTS** FOR DECORATING INJURIES.¹

» Almost half of the injuries involved falls.¹

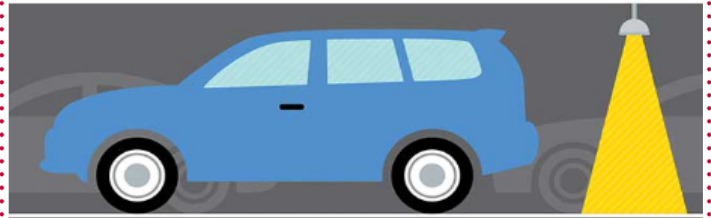


Use caution on ladders. **Don't stand on chairs or furniture** to hang decorations.



Keep breakable decorations up high, out of the reach of children. (Also consider keeping fragile ornaments in the box while your kids are young.)

2 SHOPPING



► Always park in well-lit areas.



► Don't leave purchased gifts in plain view—**lock them in your trunk.**



► Avoid carrying large amounts of cash. **Only bring credit cards you plan to use.**



► **Check your bank statements regularly** during the season to spot suspicious activity.



► Check holiday lights for **exposed or frayed wires**, loose connections or broken sockets. Toss any that you find.

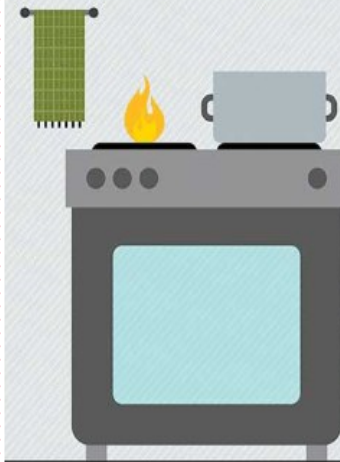
► **Keep any candles on a stable surface**, out of reach of children or pets, and away from the tree or other flammable objects.

► **Never leave a burning candle unattended.**

► Choose an **artificial tree with a "fire resistant" label** or a fresh live tree that has green, sturdy needles.

► Set up your **tree away from fireplaces and vents.**

4 COOKING AND DINING



► **Always have a cook in the kitchen.** Don't leave stove burners or the oven unattended.

► **Occupy the kids away from the kitchen**—too many hot appliances and dangerous utensils!

► Keep any towels, pot holders and other **flammable items away from the stove** and other heat sources.

Help prevent foodborne illness:



Wash hands frequently.



Keep **prepared foods away from raw meat, poultry, seafood and eggs.**



Cook food thoroughly, using a food thermometer to determine doneness.



Internal **food temperature** should be **140°F or above.**²



Refrigerate food within two hours at 40°F or below.³



Ditch leftovers after 4 days.³



Whew! This is a lot of work and it's all over in minutes!!

Honoring Persons with Disabilities Day



3 December International Day of Persons with Disabilities



take action disability-inclusion
women with disabilities understanding disability mobilize action
promote dignity plan events mainstream disability
organize forums ensure equality
develop social policies employment inclusive education
social integration advocate human rights
children with disabilities **empowerment**
accessible healthcare
data collection awareness-raising
end stigma and stereotyping

Accessible



Be informed! Get involved!
www.un.org/disabilities
enable@un.org

7 Tips to De-Stress Your Holiday Shopping

1. Determine how much you can spend.
2. Don't feel obligated to buy for everyone.
3. Make a list - and check it twice!
4. Use cash, not credit.
5. Use online shopping and keep an eye out for the best deals.
6. Think of creative (and inexpensive) gift ideas.
7. Plan ahead for next year!



December Anniversaries

1 Year - Victoria Hammie
Angela Joseph
Alana Moton
Hope Skutt
Contica Hightower
Diamond Horton
Zahria Green
Destynnee Banister

2 Years - Olivia Curtice
Patricia Ball
KeAnna Brown-Rios

3 Years - Barbara Whitney
Natya Williams
Alecia Lewis

6 Years - Amanda King



Mikenzee Smith, Montreal Simpson,
Lauri Wolfe, Keyona Marks,
Andre Bland, Jemetrius Kiff,
David Phugeh, Elizabeth Stacer,
Sandra Slabinksi, Shantel Wilson,
Kiara Settle, KeAnna Brown-Rios,
Tyrianna Spicer, Mark Dyer,
Rose Norris-Clements,
Jessica Wylie, Dana Marshall
Angelica Mendoza, Crystal Lesears



Paula Barnes - Executive Director 2022

Compassion



COMPASSION means helping those in need.

You display compassion when. . .

- You act as a "GOOD SAMARITAN" by putting aside your personal reputation or desire for gain and taking responsibility to help a fellow human being.
- You understand others' needs, griefs, and fears and ask questions to help clarify what the person needs.
- You slow your busy pace, take a breath and look around. People are everywhere, but you don't always see them due to focusing on your own issues.
- You understand life is more than just trying to meet schedules and deadlines. It is about relationships and caring for others.
- You make new people feel welcome.

Five Ways to Build COMPASSION:

1. **Stop to help** – Make it a priority to know and understand others so that you can notice and respond to their needs.
2. **Listen carefully** – Understand others' needs, griefs, and fears and ask questions to clarify what they mean.
3. **Clarify your response** – Determine what responsibility you have in a situation and identify how you can most benefit the other person.
4. **Get involved** – Participate in others' lives – in your home, in your neighborhood or in your workgroup.
5. **Heal hurts** – Compassion does not require you to solve another person's problem...it requires you to endure setbacks and invest in others.

THINK ABOUT THIS. . .

Compassion reminds us that life is more than just trying to meet schedules and deadlines. It is about relationships and caring for others. People are everywhere, but we don't always see them due to focusing on our own issues. This may even happen with the people who are most important to us including family, friends, or coworkers. Listen to the people around you. While this takes courage and a willingness to set aside your own schedule, it shows respect for the other person. Over time, this is how relationships are developed and strengthened. Once there is a connection with another person, then demonstrate your care or concern for them by getting involved.

How do you listen and ask questions in order to identify root issues?



Slow Cooker Creamy Chicken Taco

Directions:

1. SPRAY A SLOW COOKER WITH COOKING SPRAY. ADD ONIONS, BELL PEPPER, AND 1 TSP SALT. STIR IN CHICKEN BROTH, DICED TOMATOES, CONDENSED SOUP, AND CHILIES.
2. COMBINE OIL, TACO SEASONING, 1 TSP SALT, CUMIN, AND BLACK PEPPER IN A BOWL. ADD CHICKEN AND TOSS TO COAT ON ALL SIDES. TRANSFER TO THE SLOW COOKER.
3. COOK ON LOW UNTIL CHICKEN IS NO LONGER PINK IN THE CENTER AND JUICES RUN CLEAR. 2 TO 3 HOURS. AN INSTANT-READ THERMOMETER INSERTED INTO THE CENTER SHOULD READ ATLEAST 165 DEGREES F. REMOVE FROM THE SLOW COOKER AND SHRED.
4. ADD NEUFCHATEL CHEESE TO THE SLOW COOKER AND STIR UNTIL MELTED. RETURN CHICKEN TO THE SLOW COOKER AND COOK UNTIL WARMED THROUGH, 20 TO 30 MINUTES MORE.

Ingredients:

- NONSTICK COOKING SPRAY
- 1 CUP DICED ONION
- 1 CUP DICED BELL PEPPER
- 2 TSP SALT, DIVIDED
- 2 CUPS CHICKEN BROTH
- 1 (10 OUNCE) CAN DICED TOMATOES AND GREEN CHILES
- 1 (10 OUNCE) CAN CONDENSED CREAM OF MUSHROOM SOUP
- 1 (4 OUNCE) CAN CHOPPED GREEN CHILES
- 2 TBSP OIL
- 1 TBSP TACO SEASONING
- 1/2 TSP GROUND CUMIN
- 1/4 TSP GROUND BLACK PEPPER
- 1 LB SKINLESS, BONELESS CHICKEN BREAST
- 1 (8 OUNCE) PACKAGE NEUFCHATEL CHEESE, SOFTENED

Prep:

PREP TIME: 25 MINS

COOK TIME: 2 HRS 20 MINS

TOTAL TIME: 2 HRS 45 MINS

SERVINGS: 6

NUTRITIONAL FACTS:

302 CALS, 18G FAT, 12G CARBS,

22G PROTEIN

Something my family makes me bring every year is a ***Cream Cheese ball.***

- * Chipped Beef – 5 packages (cut into pieces)
- * Cream cheese (block) – 2
- * Fresh Green onions – 5 (diced fine)

Some people add 1 tablespoon of Worcestershire Sauce

Mix all ingredients into a bowl and form into a ball and chill. Serve with your choice of crackers.

If you do not like fresh green onions, substitute the regular Cream Cheese with chives added.

Or, sometimes I make these as a roll up.

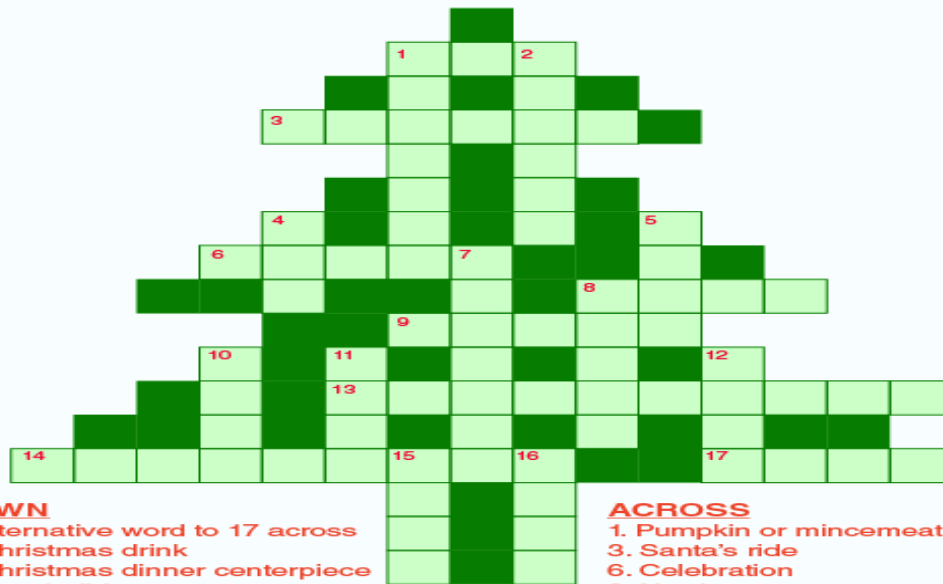
Same ingredients:

- * Cut up onions and mix them into the cream cheese.
- * Spread your desired amount onto 1 beef slice and roll. This is a lot more time consuming but good.



2024
HAPPY NEW YEAR

CHRISTMAS CROSSWORD PUZZLES



DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle _____"
10. Christmas tree
11. O. Henry's "The gift of the _____"
12. What carplers do
15. French Christmas
16. Snow glider

ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

WINTER WORD SCAMBLE

1. lcdo _____
2. nmwnaso _____
3. nirgfzee _____
4. cie _____
5. oftrs _____
6. wfksoaenl _____
7. soeglv _____
8. tha _____
9. tcoa _____
10. tbsoo _____
11. arcsf _____
12. olvehs _____
13. sswbonall _____
14. ddginesl _____
15. kngsii _____

