

Creating a pollinator garden for your home can be a relatively simple task, requiring low maintenance and upkeep,

April Newsletter
Volume 3, Issue 4



April is Stress Awareness Month

10 TIPS TO HELP YOU DE-STRESS

These days it seems everyone is living and breathing stress. Trying to undo the tension can just add more stress if you take the wrong approach. But there's no need to do that; there are many healthy, proven ways to get stress relief.

Here are some tried and true tips to get stress relief:

1. **Exercise.** Exercise is an easy way to manage stress that doesn't have to break the bank. For example, a 20-minute walk or jog around your block can yield up to 12 hours of improved mood. The main thing is to find a physical activity that you enjoy, whether it's dancing, bicycling, kayaking, yoga or fishing.
2. **Socialize.** Spending time with friends and family who give you a sense of belonging, purpose, and fun may provide all the stress relief you need.
3. **Laugh.** Laughter really is the best medicine. It is proven to lower tension, and at the same time, improves blood flow and the health of your heart. Stream a funny movie or hang out with that wannabe-comedian pal and forget about your worries for a while.
4. **Take care of yourself.** When tension spikes, it can be tempting to put yourself last — but prioritizing healthy eating, physical activity, relationships, and sleep is necessary if you want to avoid making your stress worse.
5. **Be kind to yourself.** Think about positive affirmations daily. Thinking negative thoughts only makes you feel bad and will increase stress. Tell yourself you are doing a good job and believe it!
6. **Be thankful.** Showing thanks for your family, friends, and loved ones and being thankful for the positive aspects of your life has a calming affect. Not only does it give you perspective, it makes other people feel good, too.
7. **Pet your dog.** Or it may be a cat, a parakeet, or any other pet. Science shows that the unconditional love that pets freely give helps us to de-stress and has powerful effects on lowering our blood pressure.
8. **Get musical.** Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.
9. **Get a Hug From a Loved One.** Physical touch can do a lot to relieve your stress. Hugging a loved one can be especially beneficial. When you hug someone, oxytocin (also known as the "cuddle hormone") is released. Oxytocin is associated with higher levels of happiness and lower levels of stress.
10. **Get creative with color.** Adult coloring books have risen in popularity and for good reason—coloring can be a great stress reliever

APRIL IS ALSO:

National Humor Month
International Guitar Month
Keep America Beautiful Month
Lawn and Garden Month
National Pecan Month

SPECIAL DATES OF INTEREST

1st – National One Cent Day
2nd – World Autism Day
4th – Easter Sunday
7th – National Walking day
10th – Golfer's Day
11th – National Pet Day
12th – **Payday**
14th – National Pecan Day
15th – Tax Day
16th – National Stress Awareness Day
17th – Blah, Blah, Blah Day
22nd – Earth Day
23rd – Zucchini Bread Day
25th – National Drug Take Back Day
26th – **Pay Day**
28th – International Astronomy Day
30th – International Jazz Day



Character Core
Word of the Month

Cooperation

Understanding others
so I can effectively
work with them

Home News

Waterview Home
has opened in
Oakland County.
A warm welcome
to all the new staff
and residents!



Congratulations, Carleen Briney for being the CSCS Employee of the Month. Carleen has been employed with CSCS for 3 years and currently works at Hurford Home as the Medication Coordinator. She loves being able to make a positive difference in people's lives. Carleen's favorite motivational quote is, "Welcome to nightshift, where every day is Monday, today is yesterday and tomorrow is today." Carleen enjoys working at Hurford Home. "Every day is an adventure.

Someone always does something to make us smile or laugh." Her favorite music can be found on Sirius XMs, 70's on 7.

Carleen has 2 daughters, a chosen daughter, and a daughter-in-law. Her family has grown with the addition of 3 grandchildren and 3 chosen grandchildren. Carleen's youngest daughter has Cerebral Palsy and psychosis. She has faced many challenges during her life.

One positive thought in the morning can change your whole day!

APRIL IS HUMOR MONTH

Some say whatever makes us laugh is good for the soul ... and apparently the brain, the heart, lungs, liver, and just about everything else. As April is Humor Month, why not take some extra time each day to master your mirth and find a way to laugh—and make sure someone else does too!

APRIL FOOLS DAY

Although April 1st, April Fool's Day, is not recognized as a national holiday, it is regarded as a day to play practical jokes on one another. The challenge is to carry out a joke that is believable, if only for a little while. Jokes are most successful if played earlier in the day before a person is wise to what is going on. That may be the reason for the saying, "Don't play a trick after Noon - or you are the fool!"



Celebrate Pecan Month with a Pecan Pie Upside-Down Cake!



PECAN PIE UPSIDE-DOWN CAKE

SOURCE: BETTYCROCKER.COM

Ingredients

Topping

- 1/3 cup butter, melted
- 1/2 cup packed brown sugar
- 1 tablespoon water
- 1 cup pecan halves

Cake

- 1 1/2 cups Original Bisquick™ mix
- 1/2 cup granulated sugar
- 1/2 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 1 egg

Glaze

- 1/2 cup powdered sugar
- 2 to 3 teaspoons milk

1. Heat oven to 350°F. Spray 9-inch round cake pan with cooking spray; line with cooking parchment paper.
2. In medium bowl, stir melted butter, brown sugar and water until well blended. Stir in pecans to coat evenly. Pour into pan, and spread pecans in an even layer; set aside.
3. In large bowl, beat Cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour batter evenly over pecan mixture in pan.
4. Bake 29 to 34 minutes or until toothpick inserted in center comes out clean. Run knife around side of pan to loosen cake. Cool pan on cooling rack 5 minutes. Place heatproof serving plate upside down over pan; turn plate and pan over. Remove pan. Replace any pecans that may still be in pan on top of cake. Cool 15 minutes.
5. In small bowl, mix powdered sugar and 2 teaspoons of the milk until well blended. If too thick to drizzle, add additional milk, 1/4 teaspoon at a time. Drizzle with fork over top. For 8 servings, cut into 8 wedges. Store loosely covered in refrigerator.

NATIONAL HUMOR MONTH ACTIVITIES

Surround yourself with funny people

Go out and spend time with your friends — reminisce about things that make each of you laugh until it hurts.



Tell daily jokes

Take a moment each day of National Humor Month to act silly or share a funny joke with a friend.

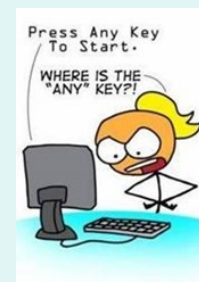
Why do potatoes make good detectives?



Because they keep their eyes peeled

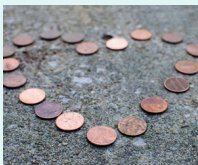
Social Media

Use the hashtag #NationalHumorMonth online to share silly jokes with friends and family.



FUN PENNY FACTS

- ◇ The penny was the first currency in the United States. The original penny was minted in 1787. It was 5 times heavier and 50% larger than the penny today.
- ◇ Paul Revere supplied some of the copper for pennies minted during the early 1790s.
- ◇ Lincoln pennies were first minted in 1909 to commemorate the 100th anniversary of Lincoln's birth.
- ◇ According to statisticians at Stanford University, if you spin a penny, it will land tails-side-up 4 out of 5 times. The reason: Heads weighs slightly more, pulling it downward.
- ◇ Want to clean your penny? Stir a little table salt into a 1/2-inch of vinegar, and let it soak.
- ◇ Despite what some websites will tell you, pennies are "legal tender for all debts, public and private." However, businesses don't have to accept pennies (or any other form of payment) if they find it inconvenient to do so, but the government must.
- ◇ 2/3 of the coins produced by the US Mint are pennies.
- ◇ The average life span for a penny is 25 years.



NATIONAL ONE CENT DAY IS APRIL 1ST

In honor of One Cent Day, try this. One of these images of a penny is correct. Which one is it? Answer is found on page 6



I see retirement as just another of these reinventions, another change to do new things and be a new version of myself.
-Walt Mossberg

HAPPY RETIREMENT, ROSE JOHNSON!



Rose has been the heart of Willow Home for 26.5 years. She was devoted and worked hard to make the home safe and pushed staff to do their best. Willow is a strong behavioral home, but with the right support the residents have led a calm life. Rose's favorite memory is when the home took a road trip to Crossroads Village. One of the residents loved western movies and part of the adventure was going on a train ride. When the train stopped and two "robbers" came aboard, the resident was beyond ecstatic, smiling and laughing.

Willow has always been a model house under Rose's care. Rose worked hard to maintain the homes budget. Actually, Rose was so mindful of spending that she was under budget and had to work at increasing her purchases. Willow Home has been used to set the standard for cleanliness, paperwork on time, décor of home, staff retention, etc.

Rose will be taking time to travel up north to a cabin by the lake and spending time around the campfire. She looks forward to spending time with her two sons. She lost her daughter last year.

We will miss you, Rose. Wishing you the best of everything!

SIMPLE MINDFULNESS TECHNIQUES

Source: michgan.gov/

Mindfulness is one way to lesson the effects of stress – emotionally and physically. These techniques promote being present, in the moment, and mindful.



Sit outside in the sun. Feel the heat of the rays on you. Appreciate how far the rays have traveled just to reach you.

Walk around. Feel as much as you can – notice the grass, pebbles, or soft carpet under your feet.



Deep breathing. Take long, slow breaths at the top of the hour, or set a reminder on your phone throughout the day.

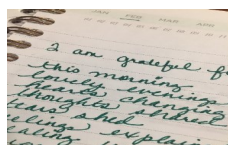
This Photo

Look at the night sky. Appreciate how delicate the stars and moon appear. Admire the twinkling light – maybe notice a satellite or shooting star.



Sit quietly. Feel the breath coming and going from your chest, through your nose. Feel how the breath is cool as you inhale and warm as you exhale.

Write in a journal. Write down happy moments you can look back on when you're feeling anxious or stressed. Acknowledge the appreciation you feel for the things around you.



Positive culture comes from being mindful, and respecting your coworkers, and being empathetic.

-Biz Stone

Grounding technique:

A grounding technique can help decrease anxiety and anger when you are feeling overwhelmed.

Thing 5-4-3-2-1 as you notice:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



Try this free app for meditation, sleep, and movement exercises.
Headspace.com/mi

EARTH DAY IS APRIL 22, 2021

Earth Day was founded in 1970 as a day of education about environmental issues,. This year will mark the holiday's 51st anniversary.

You don't have to wait for the holiday to take action, here are some tips to make a difference, every day of the year.

Unsubscribe to catalogs and shop online.

Enjoy spending time outside? Support the Great Global Cleanup and pick up trash while enjoying your walk or start plogging aka picking up trash while jogging.

Try a foodprint calculator to find out exactly how your meals impact the planet at :
www.earthday.org/foodprints-calculators/

Change your paper bills to online billing. You'll be saving trees and the fuel it takes to deliver your bills by truck.

Buy local food to reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market,

Use a reusable water bottle to make a big impact on your plastic consumption.

Avoid single-use plastic items, and if possible buy products in glass or paper. Glass products are easily reused and paper is a much friendlier product to the environment.

FEED THE BEES AND HUMMINGBIRDS!

Creating a pollinator garden for your home can be a relatively simple task, requiring low maintenance and upkeep, and can have a positive impact for bees, butterflies and hummingbirds.

Websites to help with planning your garden are:

xerces.org/pollinator-conservation/pollinator-friendly-plant-lists

dowgardens.org/a-garden-for-pollinators/

www.fws.gov/midwest/news/

PollinatorGarden.html



A

PENNY QUIZ ANSWER

If you picked “A”, you’ve made the right choice. Most people have a hard time making this choice. You need to be able to recognize a penny when you see one. But you don’t need to remember many details to distinguish it from a dime or quarter. The fact that most people don’t make the correct choice suggests that we’re likely to remember only enough about an object to recognize it in everyday life.

April 23rd is Zucchini Bread Day!

DOUBLE-CHOCOLATE ZUCCHINI BREAD

Source: bettycrocker.com

Ingredients

- 1 box Betty Crocker™ Super Moist™ milk chocolate cake mix
- 3 eggs
- 1½ cups shredded zucchini
- 3 teaspoons vanilla
- 1 tablespoon ground cinnamon
- 1 tablespoon butter, melted
- ½ cup granulated sugar
- ½ cup miniature semisweet chocolate chips
- ½ cup powdered sugar



Steps

1. Heat oven to 350°F. Generously spray 2 (8x4-inch) loaf pans with cooking spray.
2. In large bowl, beat cake mix, eggs, zucchini, vanilla, cinnamon, melted butter and granulated sugar with electric mixer on medium speed until blended, or mix with spoon. Stir in chocolate chips. Divide batter between pans.
3. Bake 45 to 50 minutes or until center of loaf springs back when touched. Run knife around sides of pans to loosen; cool completely, about 2 hours. Remove from pans to cutting board. Sprinkle with powdered sugar. Cut each loaf into 8 slices.

Expert tips

- Instead of sprinkling with powdered sugar, frost the zucchini bread with Betty Crocker® Rich & Creamy or Whipped cream cheese frosting for an extra kick of flavor and sweetness.
- Spread slices of this bread with cream cheese...or top with fresh raspberries, chopped green apple and extra mini chips. It’s a treat for breakfast, snack time or dessert!

