

Central State Community Services Newsletter

December 2021

Vol. 4, Issue 3



Support Linc - Employee Assistance Program

eCONNECT® MOBILE
ON-THE-GO EAP RESOURCES

- Access Confidential Support from a Licensed Counselor by Phone or Live Chat
- Request More Info or Schedule a Callback
- Schedule Video Counseling
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SUPPORT LINC
EMPLOYEE ASSISTANCE PROGRAMS
1-888-881-LINC (5462)

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December is:

- National Drunk & Drugged Driving (3D) Prevention Month
- Safe Toys and Gifts Month
- Universal Human Rights Month
- Month of Giving

Dates of Interest:

- 3rd – International Day of Persons with Disabilities
- 3rd – **Pay Day**
- 6th – St. Nicholas Day (Gifts in your shoes!)
- 7th – National Pearl Harbor Day of Remembrance
- 10th – Human Rights Day
- 11th – National App Day
- 14th – National Free Shipping Day
- 15th – National Cat Herders Day
- 17th – **Pay Day**
- 20th – Go Caroling Day
- 21st – Winter Solstice
- 23rd – National Christmas Movie Marathon Day
- 28th – National Download Day
- 30th – National Bacon Day



Facebook.com/CSCSMICH



Tips for Driving in the Snow



Drive slowly. Always adjust your speed down to account for lower traction when driving on snow or ice.

Accelerate and decelerate slowly. Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.

Increase your following distance to five to six seconds. This increased margin of safety will provide the longer distance needed if you must stop.

Know your brakes. Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

Don't power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.

Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Resolution Ideas for a Successful New Year!

Tired of resolutions that fall by the wayside and are never accomplished. Here are some fresh ideas to help set successful New Year's Resolutions.

- Give one compliment a day
- Do random acts of kindness
- Read a book a month
- Write down one thing you're grateful for every night
- Drink more water
- Talk to yourself with kindness
- Clean out your car
- Start a new hobby
- Sanitize your cell phone and other personal items
- Donate clothes you never wear
- Pay off your credit card every month
- Make your bed every morning
- Try guided meditation
- Craft something yourself
- Pay it forward
- Talk less, listen more

For more ideas, head straight to the source of this list at: [New Year Resolution Ideas](#) or [100 Resolution Ideas](#)



Meet Kelly Lambert (House Supervisor) and Shannon Ford (Assistant House Supervisor) of Harrington Farms Home

Kelly and Shannon were nominated together for the Employee Spotlight because they frequently work as a team to cover staff shortages in other homes... and because they are both great employees!

Kelly has worked for CSCS for the just over a year but has been at Harrington Farms for many years. Her favorite thing about CSCS is the teamwork.

We are fast approaching one of her most loved times at the home. She feels it's always the best watching the consumers on Christmas Day enjoying their gifts and their dinner. Christmas cookies are also at the top of her list during this time.

Outside of work, Kelly spends her time working on her house and shopping. When asked about her favorite sport, she replied "Walking my 2 XL dogs at the same time successfully!" 😊



Shannon has work at CSCS for the past 9 months. She feels at CSCS that her questions are answered, everyone works as a team, and staff receives recognition for their hard work and efforts. Her favorite motivational quote is, "Work smarter, not harder." At Harrington Farms, her favorite workplace memory is making tiedye shirts and playing bingo with the consumers.

Shannon has 2 sons and 1 daughter. At this time of year, she loves spending time with them cooking dinners together, especially turkey, and baking Christmas cookies. Her next vacation plans involve travelling to Knoxville.

Her favorite hobby is hunting and she enjoys fishing too! In fact, as shown in her picture ~ she caught one this big! 😊



Cheesy Spinach and Bacon Dip



What You Need

- 1 pkg. (10 oz.) frozen chopped spinach, thawed, drained
- 1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cubed
- 1 can (10 oz.) RO*TEL Diced Tomatoes & Green Chilies, undrained
- 8 slices cooked OSCAR MAYER Bacon, crumbled

Let's Make It

Microwave ingredients in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 3 min.

Kitchen Tips

Tip 1

Serving Suggestion
Serve with tortilla chips and cut-up fresh vegetables.

Tip 2

Use Your Slow Cooker
When serving this dip at a party, pour the prepared dip into a small slow cooker set on Low. This will keep the dip warm and at the ideal consistency for several hours. For best results, stir the dip occasionally to prevent hot spots.

Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER

