

FEBRUARY

Page #1



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February Newsletter 2021
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UPCOMING EVENTS

Feb. 2nd—Groundhog Day

Feb. 4th—World Cancer Day

Feb. 5th—Nat'l Wear Red Day

Feb. 7th—Super Bowl

Feb. 9th—Nat'l Pizza Day

Feb. 12th - Chinese New Year

Feb. 14th—Valentine's Day

Feb. 15th—Presidents Day

Feb. 16th—Mardi Gras & Paczki Day

Feb. 17th—Random Act of Kindness Day

Feb. 22—Nat'l Margarita Day

February is Black History Month

In 1926, the ASLAH chose the second week in February as a time to celebrate the contributions of African Americans. The week was picked to coincide with the birthdays of Abraham Lincoln and Frederick Douglass, two men who played a prominent role in eliminating slavery.

Mayors across the country issued yearly proclamations, but for many around the country, a week wasn't enough. In the 1960s, college campuses extended the celebration to a month.

In 1976, President Gerald Ford officially recognized February as Black History Month.

This year, much of the focus is on the 150th anniversary of the 15th amendment to the Constitution which gave African American Men the right to Vote.



World Cancer Day – February 4, 2021

World Cancer Day every 4 February is the global uniting initiative led by the Union for International Cancer Control (UICC). By raising worldwide awareness, improving education and catalyzing personal, collective and government action, we're working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equal for all - no matter who you are or where you live.

Created in 2000, World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

Each year, hundreds of activities and events take place around the world, gathering communities, organizations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship - in the streets and online - acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

This year's World Cancer Day's theme, 'I Am and I Will', is all about you and your commitment to act. We believe that through our positive actions, together we can reach the target of reducing the number of premature deaths from cancer and noncommunicable diseases by one third by 2030.

Join us on February 4th and speak out and stand up for a cancer-free world.

Our time to act is now.

Groundhog Day - is a popular American tradition observed in the United States and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but if it does not see its shadow because of cloudiness, spring will arrive early.

Valentine's Day—also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14th. It originated as a Western Christian feast day honoring one or two early Christian martyrs named Saint Valentine and is recognized as a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

Carbon Monoxide Poisoning

Carbon Monoxide is colorless, odorless, and tasteless, individuals can be overcome by it without any warning. Proper ventilation of spaces where it could accumulate is vital to prevent poisoning.

Carbon monoxide—is found in smoke from a fire.

Faulty devices or equipment, such as Furnace, gas water heater or stove.
Wood burning stove or fireplace.

Gas powered tools, vehicles, or machines used in poorly vented areas.

Propane heaters, stoves, grills, or lanterns used inside a house, trailer, or tent.

Exhaust from cars or other vehicles.

Know The
Signs!

Nausea
Headache
Dizziness
Collapse
Breathlessness
Loss of Consciousness

Elvis
Word Search



Army
Comeback
Ed Sullivan
Elvis
Gold Record
Graceland
Gyrate
Hound Dog

Hysteria
Jailhouse Rock
Jumpsuit
Las Vegas
Lisa Marie
Love Me Tender
Memphis
Movies

Presley
Priscilla
RCA
Rockabilly
Sun Records
Teddy Bear
The King
Tupelo

Home News

We've had lots of activity this month! There are 2 new homes from Oakland County. Hickory Ridge is in Milford and Truax is in Ortonville.

A home in the Saginaw/Bridgeport area is in the works.

Both, Willow House and Harrington Farms, have suffered the loss of a resident during January. Our deepest condolences to the staff and residents of those homes.



Covid-19 Frequently Asked Questions

Q: How effective are the vaccines? Data showed the Pfizer-bioNTech vaccine is about 95% effective and the Moderna Vaccine is about 94.1% effective. (The Moderna vaccine was shown to be 100% effective at preventing severe disease.)

Q: How many doses are there? Both vaccines require two doses, spaced either three or four weeks apart.

Q: How much will a Covid-19 vaccine cost? Nothing, The Federal Government the vaccine will be provided to the American public for FREE.

Q: What are the side effects? Some volunteers have reported flu-like effects after getting shots. Health experts say, don't freak out if this happens to you.

Q: Is it possible to get Covid-19 from the Covid-19 Vaccine? NO.

Q: Will Americans be required to get a Covid-19 vaccine? They do not see a mandate in the U.S, if only half of Americans are willing to be vaccinated, Covid-19 could stick around for years.

Q: Will I still have to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine? Yes. Not enough information is currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision.

Q: How long does immunity last? Research is still evolving, but a recent study examining antibodies suggests you could be immune for months after infection. Although not proven.

Q: How long are people contagious with Covid-19? Do I need to keep isolating or getting retested? It's been 10 days since your symptoms started and at least 24 hours since you had a fever (without the help of fever reducing medications) and your other symptoms have improved, you can go ahead and stop isolating.

Information provided by; CDC.



Play Bingo with made up cards and cotton balls.

Blow up a balloon and have residents play tennis over tape placed on floor.

Play Hot Potato— maybe with a potato, stuffed animal, or tennis ball.

Get creative and do different fun activities, whatever your residents are capable of doing.



Carrie Ayala
Accounts Payable

Congratulations to Carrie Ayala! Carrie has been with Central State for 9 months and was recently promoted to Accounts Payable. Carrie enjoys how everyone at Central State is willing to help, being patient and understanding. She enjoys learning about our residents, where she may not have ever met them but feels like she knows them.

Carrie's favorite motivational quote is: "Laughter is the corrective force which prevents us from becoming cranks" from Henri Bergson. She lives true to these words. Her best workplace memory is when Paula, Jodi and Kim were out in the parking lot looking at a new van. Carrie was inside, looking out the window and pushed the alarm button on the other set of keys. The group outside didn't know what was going on until they saw that Carrie couldn't stop laughing.

Carrie's loves listening to 80's rock on the radio and reading books. She would love to return to Mexico for a full week of vacation...spending time on the beach with a fu-fu cocktail. Ahh!

Carrie has been married to her wonderful husband for 31 years. Her son is a talented chef in Chicago. Carrie shares her birthday with her grandson, who keeps her laughing and is described as "the best grandson ever!"

It is in the company of a good friend that the heart finds a home.

Devil's Food Cupcakes for Two

With an emphasis on the CUP in cupcakes, you can whip up these chocolaty desserts in the microwave, and you'll have a decadent dessert in no time.

Ingredients

- 6 tablespoons Gold Medal™ unbleached all-purpose flour
- 1/2 teaspoon baking powder
- 3 tablespoons granulated sugar
- 3 tablespoons packed light brown sugar
- 1/4 cup unsweetened Dutch processed baking cocoa
- 2 eggs
- 1/4 cup vegetable oil
- 1/4 cup milk
- Powdered sugar

Directions

1. In medium bowl, mix flour, baking powder, granulated sugar, brown sugar and cocoa with whisk until thoroughly combined. Add eggs, oil and milk; stir with whisk until smooth.

2. Pour batter evenly into 2 (1-cup) microwavable coffee cups. Microwave on High about 3 minutes or until outsides edges are firm and centers are almost set. Watch to make sure the batter doesn't overflow (if it looks like it's about to overflow, stop the microwave until the batter settles back down, then continue to heat).
3. Immediately sprinkle cupcakes with powdered sugar. Serve warm.

Expert Tips:

- Use high-quality baking cocoa for best results.
- Top the cupcakes with warm caramel sauce or serve alongside a scoop of vanilla ice cream for extra oomph

Recipe from bettycrocker.com.