



Central State Community Services, Inc.  
2603 W. Wackerly St. Ste; 201  
Midland, MI. 48640  
Ph: (989)631-6691 Fax: (989)631-8760  
Visit our website-www.cscsmi.com



Vol I, Issue IV 2021 CLA



Elvis was originally blonde. He started coloring his hair black for an edgier look. Sometimes, he would touch it up himself using shoe polish.

The line, "Born and raised in South Detroit" in Journey's "Don't Stop Believin" actually refers to Canada, not Michigan.

Mercury and Venus are the only two planets in our solar system that do not have any moons.

Hershey's chocolate syrup, Ritz Crackers, DumDums, and Oreos are all suitable for vegans.

Researches have found that flossing your teeth can help your memory. Flossing prevents gum disease, which prevents stiff blood vessels, which cause memory issues.

Violin bows are commonly made from horse hair.

Jan. 1—New Years Day

Jan. 1—Pay Day

Jan. 4—Nat'l Spaghetti Day

Jan. 7—Orthodox Christmas

Jan. 9—Law Enfor. Apprec. Day

Jan. 11—Human Trafficking Awareness

Jan. 15—Nat'l Hat Day

Jan. 15—Pay Day

Jan. 18—Martin Luther King Jr.

Jan. 19— Nat'l Popcorn day

Jan. 21 -Nat'l Hug Day

Jan. 23 -Nat'l Pie Day

Jan. 29—Pay Day

Jan. 31—Nat'l Hot Chocolate Day

Martin Luther King Jr. Was born Michael Luther King Jr. on January 15, 1929, in Atlanta Georgia. (He changed his name to Martin later) King was a gifted student, attended segregated public schools and at the age of fifteen was admitted to Morehouse College, where he studied medicine and law. After graduating in 1948, King entered Crozer Theological Seminary in Pennsylvania, where he earned a Bachelor of Divinity degree, won a prestigious fellowship and was elected president of his predominantly white senior class.

King then enrolled in a graduate program at Boston University, completing his coursework in 1953 and earning a doctorate in Systematic Theology two years later. It was while he was in Boston when he met Coretta Scott, a young singer from Alabama, they wed in 1953 and had four children. Activists coordinated a bus boycott that continued for 381 days., after Rosa Parks was arrested. The Supreme Court ruled segregated seating on buses unconstitutional in Nov. 1956, by then King had entered the national spotlight as an inspirational proponent of organized, nonviolent resistance. In 1957 he and other civil rights activists-most of them fellow ministers-founded the Southern Christian Leadership Conference. Their moto was "Not one hair of one head of one person should be harmed."

He traveled around the world, giving lectures on nonviolent protest and civil rights as well as meeting with religious figures, activists and political leaders. On August 28, attended by some 300,000 participants, the March on Washington is widely regarded as a watershed moment in the history of the American civil rights movement. That March culminated King's famous address, known as the "I have a dream" speech. Later that year King was named "Man of the Year" by Time magazine, and in 1964 became the youngest person ever awarded the Nobel Peace Prize. When violence erupted in the spring of 1965 in Selma, Alabama, where the SCLC and SNCC had organized a voter registration campaign, the scene was captured on television and outraged many Americans. That August, Congress passed the voting rights act, which guaranteed the right to vote to all African Americans. On the evening of April 4, 1968 we lost Martin Luther King Jr. he was assassinated while standing on the balcony of a motel in Memphis.

Observed on the third Monday of January, MLK Day was first celebrated in 1986.



WE WOULD LIKE TO WELCOME

**Annette Gellise** is our new Admin Assistant. Welcome to Central State!

**Carrie Ayala** is taking on a new role as Finance Assistant! Congratulations!



Residents getting restless, take them on a road trip and have them look for these items. Offer a prize to whoever see's the most.

## Road Trip Hunt



### Winter Weather Bringing you Down!

- 1) Get as much Sunlight as Possible.
- 2) Start a book club or a movie club.
- 3) Treat yourself for Good Behavior.
- 4) Get the right amount of Sleep.
- 5) Make a list of everything you are going to do that day. (gives you a sense of accomplishment)
- 6) Make a Commute playlist. (make it upbeat)
- 7) Don't over—or under—commit.
- 8) Volunteer in your Community.
- 9) Dress for the Weather.
- 10) Find Things you Love about Winter.
- 11) Take a Walk when it's Snowing out.
- 12) Stay Healthy.



### Answers to last months trivia:

- 1) 1940's
- 2) Duck
- 3) Scut Farkus
- 4) Jingle Bells
- 5) A Lamp
- 6) Little Orphan Annie
- 7) Randy
- 8) Drink your Ovaltine
- 9) Cleveland St.
- 10) A Bunny





### Seven Ways to get in Shape Faster.

- 1) Switch to a higher protein diet.
- 2) Drink more water.
- 3) Join a Training group or workout partner.
- 4) Set tangible goals.
- 5) Change your workout up.
- 6) Pace yourself.
- 7) Change your mindset.

It's not easy getting started on a workout plan. Start off slow, walk to the corner and back for a week. Then increase the distance. Do leg lifts when your sitting in your chair. Start with 1-5 on each leg then increase each week.

As with any workout you need to stretch before hand. Please don't over do it!



### Human Trafficking - Recognizing the signs...

People may be vulnerable to trafficking if they:

- Have an unstable living situation
- Have previously experienced other forms of violence such as sexual abuse or domestic violence
- Have run away or are involved in the juvenile justice or child welfare system
- Are undocumented immigrants
- Are facing poverty or economic need
- Have a caregiver or family member who has a substance use issue
- Are addicted to drugs or alcohol

Reality: Human trafficking cases have been reported and prosecuted in industries including restaurants, cleaning services, construction, factories and more.

Reality: Many survivors have been trafficked by romantic partners, including spouses, and by family members, including parents.



Here are a few situations that might raise concerns:

- A would-be employer refuses to give workers a signed contract or asks them to sign a contract in a language they can't read.
- A would-be employer collects fees from a potential worker for the "opportunity" to work in a particular job.
- A friend, family member, co-worker, or student is newly showered with gifts or money or otherwise becomes involved in an overwhelming, fast-moving, and asymmetric (e.g., large difference in age or financial status) romantic relationship.
- A friend, family member, or student is a frequent runaway and may be staying with someone who is not their parent or guardian.
- A family member, friend, co-worker, or student is developing a relationship that seems too close with someone they know solely on social media.
- A family member, friend, or student lives with a parent or guardian and shows signs of abuse.
- A family member, friend, or co-worker is offered a job opportunity that seems too good to be true.
- A family member, friend, or co-worker is recruited for an opportunity that requires them to move far away, but their recruiter or prospective employer avoids answering their questions or is reluctant to provide detailed information about the job.



Congratulations to Christopher Young!!  
He's our January Spotlight of the Month.



Chris started working for CSCS in July of 2019, he moved here from Northeast GA. He lives in Clinton Twp; with his Jack Russel/Chihuahua mix, Chico. Him and his partner Josh have been together for over a year. His parents and niece live in Georgia. Next vacation he gets he is going down to visit his parents in the beautiful mountains of Clayton, GA.

He loves working with the individuals, and the challenges he faces every day, whether it is helping someone meet a difficult goal or navigating through difficult staffing issues. He works a lot of hours (like all of you are doing right now) but when he see's an individual smile after meeting a goal it makes it all worthwhile. Aside from the individuals, I have never felt as much support as I feel from CSCS employees. Especially his PC Eva Hemphill.

When staff took residents to Bronner's for the first time, just seeing the residents eyes light up and how excited they were. They have been playing a lot of Christmas music at the house.

One of the quotes that stands out to him is "We may not have it all together, but together we have it all" It just describes how he feels about the challenges everyone faces on a day to day basis at work.



# Happy New Year!



Loyal and dedicated employees like you all, are the foundation to any successful company. Thank you for your contribution to our success! Throughout this time it's important that we support each other and the community. We are so PROUD to have each and every one of you as part of our work family. We hope that you keep up the Great Work for many more years to come! We're all in this together and want to do everything we can to help get us through these challenging times.

Hope you all have a Safe and Wonderful New Year!

Paula Ott