



March 2022 Newsletter

Policy Spotlight—Jury Duty

JURY DUTY

As a good citizen, the employer encourages all employees, whenever they are requested to do so, to participate as an active member of a jury. Any regular employee who is called to, and reports for, jury duty shall be compensated by the employer for the difference between his/her regular pay and take jury fee for each day of jury duty performed on which the employee otherwise would have been scheduled to work, not to exceed eight (8) hours at straight time on any given day or of thirty (30) days in any calendar year. Such compensation shall be payable only if the employee (1) gives the employer prior notice of such jury duty call and (2) presents the proper evidence of performance of jury duty and the amount paid by the court. Employees who are excused from jury duty and who can work a minimum of two (2) hours of their regular shift on that day are expected to come in and do so. Time thus paid under this benefit will not be calculated as hours worked for the purpose of paying overtime wages.

March is:

- March Madness
- National Crafting Month
- National Kidney Month
- National Nutrition Month
- National Women's History Month
- Poison Prevention Awareness Month



Employee Spotlight—Shuron Hughes



Congratulations to Shuron Hughes from Sloan Rd Home for being the Employee of the Month for March. Shuron has been an employee with CSCS for 17 years. She is very compassionate when it comes to being a help to others. She loves Sloan Rd, a warm and welcoming home, and the consumers who reside there. Her favorite memory is painting the consumer's faces for Halloween a couple of years ago. It was hilarious to see the different reactions on their faces when they looked in the mirror to see themselves.

Shuron likes to take time in Spring to clean around the house, getting rid of older things and bringing in the new. Once the weather breaks, she enjoys walking exercises. For her birthday in April, she'd like to go to Las Vegas.

Shuron has 2 children, a daughter, age 23 years, and a son, age 18 years. She also has a grand-daughter, who is 2 years old and is good company when she comes over to visit.

Dates of Interest:

- 1st – Mardi Gras
- 2nd – Dr Seuss' Birthday
- 5th – Employee Appreciation Day
- 7th – National Cereal Day
- 9th – National Meatball Day
- 11th – Payday
- 13th – Daylight Savings Begins
- 14th – National Pi Day
- 17th – St Patrick's Day
- 19th – National Corn Dog Day
- 23rd – World Meteorological Day
- 25th – Payday
- 26th – Wear a Hat Day
- 30th – Take a Walk in the Park Day
- 31st – National Crayon Day

Safety Spotlight—Bathroom Safety

8 Bathroom Safety Tips to Reduce Bathroom Hazards

When it comes to bathroom safety, vigilance is the key to preventing hazards. Organize your bathroom and take a good look at the potential accidents that can happen. By following these bathroom safety tips, you can make sure that you'll get the best results that can keep everyone safe.

1. Install Grab Bars and Rails

Installing grab bars and rails is among the topmost bathroom safety tips. The benefits of grab bars are two-fold. First, they are something to grip before getting in and out of the shower. This helps people with weaker legs to stand for longer and even allows for secured movement.

Their second function is to prevent people from falling. If someone has poor balance, they can use grab bars for stability, which can prevent any excessive or even fatal physical injuries.



2. Replace Your Bathroom Rugs

One of the most common reasons for bathroom safety issues is bathroom rugs. For example, scatter rugs are easy to slip on or fall over. Therefore, it's best to remove them.

As a replacement, use non-slip mats on the floor, tub, and in the shower. In addition, you can apply non-slip decals on the bathroom tiles.

3. Keep Essentials Within Reach

Keeping essentials at arm's reach is one of the simplest bathroom safety tips. This not only improves your organization skills but also reduces clutter in your bathroom. Moving everything within arm's reach reduces the occurrence of foot movement. Therefore, reducing the risk of trips or falls. You should certainly consider the proper placement of all your linens. Washcloths, towels, and toilet paper should be easy to reach. Moreover, you can use a caddy to store bath products like shampoo, conditioner, and body soap.

4. Keep The Bathroom Clean

Be sure to keep the entire bathroom as clean as possible. It's best to keep it dry, as moisture can lead to slips. You should also cut down on soap scum, limescale, and even mildew to reduce slippage.



To prevent excess water from dripping onto the floor, use weighted shower curtains. This will reduce any chances for trips or slips.

To keep the bathroom clean, make sure to scrub it at least once a week. Remove any fallen hair or materials as soon as possible. You can also use a tile cleaner or bathroom cleaner to remove any excess soap.

5. Invest In Sufficient Lighting

For many individuals, one of the most common complaints is urination at night. With insufficient light, it discourages them from going to the bathroom. When they decide to go, this creates a potential accident situation if they can't see their surroundings.

For this reason, always make sure there's enough lighting and visibility in the bathroom and corridors. Invest in lighting to make sure the entire bathroom has illumination. Use light switches that are within reasonable reach and keep some corridor lighting on at night.

7. Install Adjustable Showerheads

Adjustable showerheads or even handheld showers are a great choice because these types of showers are maneuverable. They can reduce movement in the shower and the possibility of slips when you move around.

They're also great to combine with bath seats or benches, preventing extended periods of standing up.



8. Keep The Hot Water In Check

Make sure that any hot water sources have the proper labels. 120F is the max temperature you would want for hot water to prevent scalding.

Refresh Your Bathroom with This Step-by-Step Spring Cleaning List

With these simple and effective bathroom cleaning hacks, you'll never struggle to get into spring cleaning mode again — and your bathroom will never look better!

Health and Safety First

This spring cleaning season, be sure to look after your bathroom and yourself. As you start cleaning take the following precautions into consideration:

- **Don't mix cleaning products.** Certain chemicals can react to create toxic fumes or burn your skin.
- **Keep your bathroom well ventilated** no matter what cleaning products you're using.
- **Protect yourself against chemicals** by wearing rubber gloves and eyewear.
- **Wear old clothes to clean.** Chemicals such as bleach can discolor fabrics.
- **Don't use abrasive cleaners and tools.** These can damage the items in your bathroom.
- **Fully remove cleaning products after use** as they can leave a residue if they are not wiped or rinsed off.

How to Clean Your Bathroom Step by Step

Vent

The phrase out of sight, out of mind often applies to the bathroom vent. These vents are usually found high up on the wall, which means you might not have noticed how much dust, mold, and mildew they have accumulated. Give your vent a thorough cleaning inside and out. Just remember to shut off the circuit breaker before you get started, and get help if you use a ladder!

Bathroom cleaning hacks:

- Soak the vent cover in warm water and dish soap
- Wipe the blades with a damp cloth
- Remove the dust from inside the vent with a toothbrush
- Use a vacuum nozzle attachment to suck up the dust

Replace the cover only when it is completely dry



Sink

The sink drain has more bacteria than any other part of your bathroom, so a deep clean is just what the doctor ordered. You only need a few minutes to transform this part of your bathroom into a sparkly, germ-free space.

Bathroom cleaning hacks:

1. Pour white vinegar down the sink and flush with hot water
2. Clean faucets with disposable disinfecting wipes to avoid spreading germs

Use dental floss to remove the grime from where the fixtures join the sink

Toilet

When we think of cleaning the bathroom, the most obvious task is to clean the toilet. With these tips, you can clean your toilet without too much bending.



Bathroom cleaning hacks:

1. Clean the seat and handle with disposable disinfecting wipes
 2. Pour one cup of baking soda into the toilet bowl and brush
- Let the baking soda sit for about 30 minutes before flushing

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Patrick Green Potato Ireland Dublin Limerick Mischief Gaelic Saint
 Leprechaun Four Leaf Clover Emerald Isle Seventeenth Blarney Stone
 Shamrock Pot of Gold Whiskey Rainbow Shillelagh Guinness Snakes
 Gold Jig Irish Wish March Lucky Magic Stew Harp



Sunday, March 13, 2022

Peppermint Shake

—2 servings



2 1/2 C. Vanilla Ice cream, softened
 1/4 C. milk
 3/4 tsp pure peppermint extract
 3 drops green gel food coloring
 Optional: whipped cream and green sanding sugar, for serving

- 1) In a blender, puree ice cream, milk, peppermint extract and food coloring to combine.
- 2) If desired, top shake with whipped cream and sprinkle with sanding sugar.

Refresh Your Bathroom continued...

Shower

Cleaning your shower can be a big job. It doesn't just include the shower head, but also the tiles and grout on the walls and floor of the showering area. Fortunately there are a few tips and tricks to get great results without too much manual labor.

Bathroom cleaning hacks:

1. Spray tiles with a cleaning spray and then turn on the shower until it steams
2. After 20 minutes, wipe the tiles with a cloth
3. Scrub stained grout with a toothbrush dipped in bleach, then rinse well
4. Place your shower head in a bowl of white vinegar for a few hours
5. Remove the shower head and rinse well



Bath

A soak in the bath is all the more satisfying after you have spring cleaned your bathtub. The best part is, these tips include only natural cleaning products.

Bathroom cleaning hacks:

1. Spray the tub with a solution of 50% white vinegar, 50% warm water
 2. Apply a baking soda and white vinegar paste to stains
 3. Apply a borax and lemon juice mixture to rust stains
- Rinse the tub well after 30 minutes