

November Newsletter



Kelly Smith Genesis Home

Kelly Smith, the House Supervisor for Genesis Home, is in the employee spotlight this month. Kelly has been with CSCS for just over a year and her favorite thing about the company is that everyone is here to make someone else's life better. She loves coming into work and being greeted by the Genesis Home clients.



Fall is one of Kelly's favorite seasons. She loves seeing all the colors change and Football, which is her preferred sport, is just starting its season. There is nothing like a big bowl of chili, one of her best-loved foods, to ward off the cool weather that Fall brings. As much as she loves Fall, her desire for her next vacation is to visit someplace warm. ☺

Kelly is blessed with a son and daughter-in-law, and 3 amazing grandchildren. Kelly enjoys playing pool, hunting, fishing, playing poker, crocheting, and hanging out with her grandchildren.

Her favorite quote is, "When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy.' They told me I didn't understand the assignment, and I told them they didn't understand life." ~ John Lennon

November is:

National Diabetes Month
National Alzheimer's Disease Awareness
Banana Pudding Lovers Month
National Epilepsy Awareness Month
No-Shave November
National Peanut Butter Lovers Month
National Fun with Fondue Month



Special Dates of Interest:

2nd – National Recreation Day
3rd – National Sandwich Day
5th – **Payday**
7th – Daylight Savings Time Ends
8th – International Tongue Twister Day
11th – Veterans Day
14th – World Diabetes Day
15th – National Recycling Day
18th – Mickey & Minnie Mouse's Birthdays
19th – **Payday**
22nd – Go For A Ride Day
25th – Thanksgiving
28th – National French Toast Day
29th – National Mason Jar Day

Policy Spotlight

Confidentiality

It is a violation of Mental Health Standards and the rights of the Individuals served, to take pictures or to make audio/video recordings in and around their homes without proper written authorization. It is also a violation of both the Individuals served and staff's right to confidentiality to keep unauthorized logs or collect data logging the activities in and around the home.

Since personal cell phones and pagers are prohibited, there should be no opportunity to use them to photograph or record the individuals served, their home or

their records. Transmitting protected healthcare information electronically is a violation of the Federal HIPAA law and is prosecutable. Any employee with permission to photograph an Individual served, their records or areas in and around their home must also have written authorization from the Executive Director. It is not only a contractual obligation, but also the law as well as the right of each Individual we serve and each person we employ to have his or her personal business kept private.

In accepting employment with Central State, the employee is placed in a position of trust in regard to information concerning the consumers of the home. Employees must be constantly aware of the confidential nature of ALL information regarding the Individuals served, the employees, and the home. Employees are expected to demonstrate consideration for the private and confidential lives of their co-workers. Information regarding people receiving supports or fellow co-workers is not to be discussed outside the workplace. Information concerning people receiving supports or fellow co-workers should not be released, whether written, orally, or over the phone, to any individual or agency without the approval of the person, Central State, and/or the appropriate consenting authorities.

*The Individuals served always have a right to refuse to be photographed.



November is National Diabetes Month

National Diabetes Month occurs every November, with World Diabetes Day being celebrated on Sunday, November 14, 2021.

Raising awareness about diabetes is crucial. It can encourage people to know the signs and symptoms, drive research, and foster community.

To learn about diabetes and explore a variety of resources, visit the American Diabetes Website at diabetes.org.



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

NATURAL

KOSHER

FREE-RANGE

ORGANIC

FRESH

FROZEN

*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.

Microwave:

Cook immediately after thawing.

How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?

It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleKaren.gov for questions in Spanish.

Ham & Cheese Pinwheels



We'd take a buttery, flaky crescent roll over sandwich bread any day. So with that in mind we developed these ham and cheese pinwheels. Also! These can be done with any cheese and deli meat. Wanna try turkey and gouda? Amazing. Roast beef and horseradish cheddar? Sounds legit incredible.

Ingredients

1 (8-oz.) tube crescent roll dough
1/2 lb. deli sliced ham
2 tbsp. Dijon mustard
8 oz. sliced Swiss cheese
4 tbsp. butter, melted
1/4 tsp. garlic powder
2 tbsp. chopped parsley
1 tsp. poppy seeds

Directions

1. Preheat oven to 350°. Grease an 8-x-8" baking pan with cooking spray.
2. On a lightly floured surface, unroll dough and separate the sheet into rectangles. Pinch the perforations to seal. Spread mustard onto each rectangle. Top with sliced ham and cheese. Starting with one short side, roll up each rectangle. Pinch edges to seal. Cut each roll into 5-6 slices. Place cut side up in baking pan.

In a small bowl, whisk together melted butter, garlic powder and parsley. Brush over pinwheels, then sprinkle poppy seeds on top. Bake for 12-15 minutes, until the rolls are golden.

View the video to make them here:

[Ham & Cheese Pinwheels](#)

Source: Delish.com



HAPPY THANKSGIVING!

Every year on the fourth THURSDAY of NOVEMBER, Americans take a moment to give thanks for the blessings of FOOD, FAMILY, and FRIENDS. Solve this puzzle by finding all the Thanksgiving terms listed below.

APPLES

FAMILY

GRAVY

BREAD

FEAST

HARVEST

CORN

FOOD

HISTORY

CROPS

FOOTBALL

HOLIDAY

DINNER

FRIENDS

MEAL

NATIVE

(Americans)

NOVEMBER

PIES

PILGRIMS

PLYMOUTH

POTATOES

PRAYER

REUNION

ROAST

ROLLS

SALAD

STUFFING

THURSDAY

TRADITION

TURKEY

VEGETABLES

YAMS

Y	A	D	S	R	U	H	T	C	R	T	S	D	H
Y	F	R	I	E	N	D	S	N	R	L	M	T	R
R	L	C	S	R	L	E	H	A	R	V	E	S	T
O	L	C	O	M	O	B	D	O	O	F	A	A	C
T	A	C	R	T	A	I	A	A	P	P	L	E	S
S	B	R	A	O	T	Y	P	T	L	P	P	F	O
I	T	T	K	I	P	R	L	Y	E	K	R	U	T
H	O	U	O	P	E	S	M	I	R	G	L	I	P
P	O	N	F	Y	N	O	V	E	M	B	E	R	R
I	F	L	A	F	U	O	U	D	D	A	Y	V	O
E	F	R	I	T	I	N	O	A	T	A	F	G	A
S	P	R	H	D	I	N	N	E	R	O	L	L	S
N	G	V	O	O	A	V	G	R	A	V	Y	A	T
M	H	L	N	U	I	Y	E	B	T	Y	B	L	S