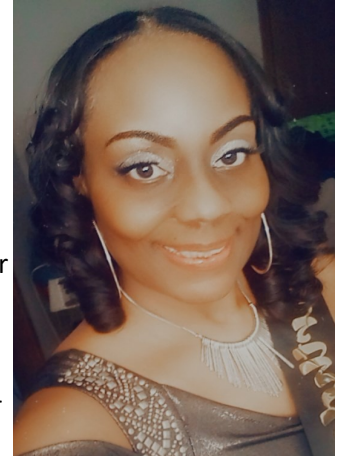




Employee Spotlight - Sharon Butler, PC



Ms. Sharon Butler is one of our Program Coordinators and Our Spotlitged Employee of the month. Sharon has been with CSCS since June of 2021.

Sharon enjoys the teamwork the company shares when working together to accomplish goals. Her coworkers **RAVE** about

working with her and have *endless* great things to say about her.

Some of the characteristics they describe her as possessing are as follows: always positive, dedicated, professional, approachable, respectful, uplifting, shares knowledge, friendly, team player, quick to respond, great listener, caring, dependable, and honest. She is known for her commitment, patience, strength, helpfulness, and uplifting spirit. She always makes you feel welcome and wanted. Her smile makes you smile and feel happy. High respect for and from her staff and residents. I am fortunate to have her as a peer.

Sharon lives by and demonstrates the quote “All our dreams can come true if we have the courage to pursue them”. Central State Community Services is thankful to have Sharon on our team helping make dreams come true for those we serve!

She has two sons, 23 and 18 years of age. Sharon also has a 2-year-old granddaughter who she considers to be ‘the daughter she never had’. During her free time, you may find Sharon having a tasty meal at her favorite restaurant, Lucky’s or having a snack such as popcorn and Reece’s while watching Kevin Durant play basketball with her favorite sports team, the Phoenix Suns. Go Team!

During the fall season, Sharon enjoys spending time with her sons and granddaughter at the apple orchard. She enjoys taking photos, going on walks, reading, and watching Lifetime Network as the leaves fall to the ground. These are memories she will forever cherish.

Speaking of memories, one of Sharon’s most cherished memories continues to be when the individuals in the homes see her, then smile and tell her excitedly about their day.

She enjoys sharing these because it makes her feel is making a difference in the individuals in the coworkers do.

happy moments with them the most valued and appreciated knowing she the lives around her. It is evident that homes adore her just as much as her



Inside this issue:

Employee Spotlight	1
Romance on a Budget Ideas	2
Recipe Crossword	3
“Night of Elegance” photos	4
Safety Tip	5
Character Training	6
Anniversaries & Birthdays	7



Valentines Day - Wednesday February 14th

Valentine's Day is a day to celebrate love and affection, whether it's romantic love, friendship, or familial bonds. It's an opportunity to express appreciation for the special people in your life and create cherished memories. However you choose to celebrate, make it a day

February comes from the Latin word *februa*, which means "to cleanse."

Cheap Date Ideas for Staying In

You can have fun dates without even stepping out your front door. And sometimes, after a long week, staying in might be just what the two of you need.

1. **Cook a special meal or fancy dinner together.** Cooking dinner with your special someone is a great way to spend some quality time together. Try out a new recipe or sample some ingredients you don't normally buy.
2. **Eat takeout by candlelight.** Eating this way can make eating at home feel like a fancy experience. Put on some nice instrumental music and give it a try.
3. **Have a picnic on the floor.** You don't need good weather to have a picnic. Turn on a YouTube fireplace on the TV, spread a blanket out on the living room floor, and have a cozy picnic!
4. **Make drinks and sip them on your patio.** Have your own happy hour at home and sip your drinks on your patio or in the backyard. It is much cheaper than buying drinks out.
5. **Stargaze from your backyard.** If you don't live in the heart of a city, you're likely to see stars in the sky on a clear night. Grab a blanket, look up, and be amazed. You can't beat that natural ambience.
6. **Play board games.** You can branch out with some strategy games or some timeless classics, like Monopoly and Clue. And for something a little less brainy, checkers and backgammon is always a good go-to.
7. **Get dessert to go from your favorite restaurant.** You can save around \$30–40 on date nights (*and* not have to pay a tip) just by making dinner at home and picking up dessert to go. Or Make milkshakes, floats, or fancy ice cream sundaes at home. Instead of going out and dropping \$10–15 at your favorite ice cream shop, make your own treats at home. You can grab a variety of toppings or mix-ins and *still* come out cheaper than you would at the ice cream shop (and you'll probably have extras, so you can do this again a different day).
8. **Rent the newest release for a movie night at home.** Yes... it's exciting to see the latest blockbuster on the big screen, but between tickets and snacks, the cost can add up really quick. You'll save *at least* \$30–40 by not going to the movies and buying from the concession counter. Instead, pick up snacks at the dollar store and rent it through Amazon Prime or YouTube.
9. **Take a trip down memory lane.** Get out old photos or family home movies and spend some time reminiscing. Maybe even getting crafty and making books to keep them in. Going through your phone and choosing what memories you would like to print out and keep in this book or put in a Goodwill frame and place them around you.
10. **Plan a vacation you're not taking (yet).** Sitting at your laptop and planning a vacation that you have no intention of going on right now is a lot of fun! If you keep saving money on dates, you could be taking that dream vacation sooner than you think.

"The way to love anything is to realize that it may be lost."
— Gilbert K. Chesterton

"When you adopt the viewpoint that there is nothing that exists that is not part of you, that there is no one who exists who is not part of you, that any judgment you make is self-judgment, that any criticism you level is self-criticism, you will wisely extend to yourself an unconditional love that will be the light of the world."
— Harry Palmer

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."
— Rumi

"To be brave is to love someone unconditionally, without expecting anything in return."
— Madonna

YOU ARE ENOUGH

Meatless Monday Lasagna



Directions:

1. Preheat the oven to 375 degrees F.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain and rinse with cold water. Toss with 1 tablespoon olive oil to prevent sticking and add flavor.
3. Meanwhile, mix 2 cups mozzarella, ricotta, 1/2 cup Parmesan, tofu, and eggs together in a bowl. Combine remaining mozzarella and Parmesan in a smaller bowl.
4. While the noodles are cooking, heat remaining tablespoons olive oil in a skillet over medium-high heat. Add carrots, zucchini, onion, bell pepper, and mushrooms; saute until tender, 5 to 7 minutes. Add pasta sauce and spinach; simmer until sauce is heated through and spinach is wilted, about 3 minutes.
5. Cover the bottom of a 2-quart rectangular baking dish with a little of the vegetable sauce and arrange 1/2 of the lasagna noodles, overlapping slightly, over top. Layer with 1/2 of the cheese-tofu mixture over noodles and 1/2 of the remaining sauce. Repeat layers with remaining noodles, cheese-tofu mixture, and sauce. Top with mozzarella-Parmesan mixture.
6. Bake, covered, in the preheated oven for 30 minutes. Uncover and bake until bubbly, about 20 minutes more. Let stand for 10 minutes before slicing into 8 large squares and serving.

Prep:

Prep Time: 35 mins
Cook Time: 1 hr 5 mins

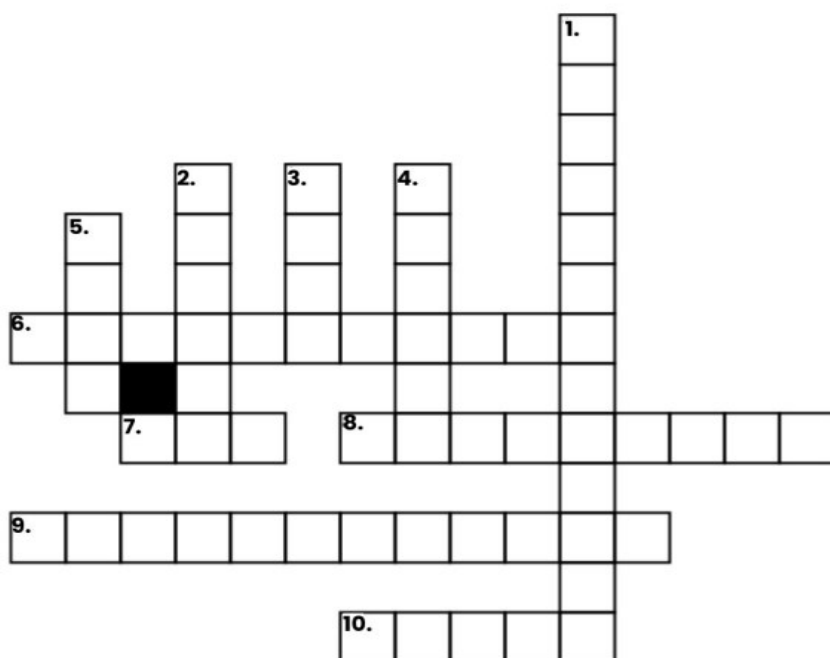
Additional Time: 10 mins
Total Time: 1 hr 50 mins
Servings: 8

Nutritional Facts: 669 cal,
27g fat, 73g carbs, 36g
protein

Ingredients:

- 1 (16 ounce) pkg dry lasagna noodles
- 3 tablespoons olive oil, divided
- 4 cups shredded part-skim mozzarella cheese, divided
- 1 (15 ounce) container part-skim ricotta cheese
- 1/2 cup shredded parmesan cheese, divided
- 4 ounces silken tofu
- 2 large eggs
- 2 large carrots, shredded
- 2 medium zucchini, diced
- 1 medium yellow onion, diced
- 1 medium red bell pepper, diced
- 1 cup sliced portobello mushrooms
- 1 1/2 (28 ounce) jars pasta sauce
- 4 ounces baby spinach

Crossword Puzzle



Across:

6. This star made the song "9 to 5"
7. Some people will not eat this type of soup
8. Charlie and the _____ factory
9. This actor played in Smokey and the Bandit
10. Nothing is written in what

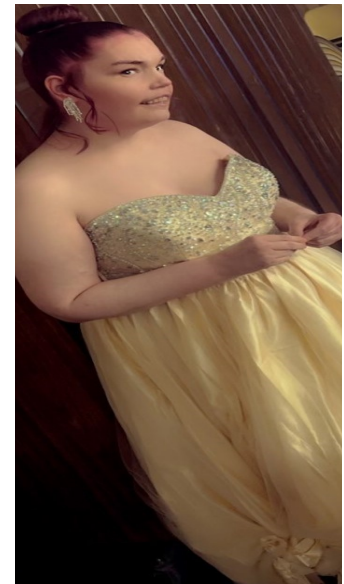
Down:

1. What soup is good for the soul
2. How many months are in a year
3. Chinese food is eaten with this type of stix
4. Most people grew up attending what
5. "Mary had a little lamb whose fleece was white as _____"



My Staff I Love them ❤️

Genesee County "Night of Elegance"
Hosted by our wonderful Staff



Dressed to the nines for this night out on the town!



Safety Topic

February 2024

FEB 4TH - 10TH IS NATIONAL BURN AWARENESS WEEK

NON-FIRE COOKING BURNS

FACTS:

- Children under five face a higher risk of non-fire cooking burns. These young children account for 6% of the population but much larger percentages of non-fire burn injuries from cooking equipment, tableware such as bowls and cups, and cookware such as pots and pans.
- In contrast to the non-fire burn estimates, reported home structure fires caused by cooking killed 530 people and injured 5,270 people between 2013-2017. This was a fraction of total burn injuries caused by cooking, hot food, or hot drinks. Children under five accounted for only 6% of home cooking fire deaths and 3% of home cooking fire injuries. Cooking was still the leading cause of home fire injuries in the under 5 age group.

TIPS:

- Ranges or ovens were the most common cooking equipment involved in non-fire cooking burns. Only 14% of thermal burns involving ranges or ovens were due to fire or flame.
- Although tableware is not itself used for cooking, it often holds very hot food, soups, or drinks, and may itself be very hot.
- Keep hot foods and liquids away from table and counter edges.
- Have a "kid-free zone" or at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.



TREATING MINOR BURNS

Major burns need emergency medical help.

For minor burns:

- **Cool the burn.** Hold the area under cool (not cold) running water for about 10 minutes. If the burn is on the face, apply a cool, wet cloth until the pain eases. For a mouth burn from hot food or drink, put a piece of ice in the mouth for a few minutes.
- **Remove rings or other tight items from the burned area.** Try to do this quickly and gently, before the area swells.
- **Don't break blisters.** Blisters help protect against infection. If a blister does break, gently clean the area with water and apply an antibiotic ointment.
- **Apply lotion.** After the burn is cooled, apply a lotion, such as one with aloe vera or cocoa butter. This helps prevent drying and provides relief.
- **Bandage the burn.** Cover the burn with a clean bandage. Wrap it loosely to avoid putting pressure on burned skin. Bandaging keeps air off the area, reduces pain and protects blistered skin.
- **If needed, take a nonprescription pain reliever,** such as ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve) or acetaminophen (Tylenol, others).

Honesty

HONESTY means: being truthful in what I say and do.

You display **honesty** when. . .

- You base your responses to others on facts and not on your opinions.
- You promise only what you can deliver.
- You pay close attention to the way others perceive what you say, and address any misunderstandings.
- You respect the property, interests and trust of others.
- You refuse to participate in any plan that misleads others.



Five ways to build HONESTY

1. **Face the Facts** – When facts do not fit previous assumptions or current comfort, avoid trying to make it right by tweaking the numbers, blaming others, or reinterpreting the facts. Ignoring conflicts or sensitive issues creates the appearance of peace while the underlying problems continue to grow.
2. **Tell the Truth** – Truthfulness will help others to face reality and speak the truth, whether or not it is commonly accepted, brings pleasure or pain, or serves immediate interests or not. Discipline yourself to secure accurate information, and take responsibility to say what needs to be said.
3. **Do Not Exaggerate** – While you can't control what others think, do not give a misleading impression by either neglecting or "managing" details.
4. **Do Not Cheat or Steal** – Truthfulness requires honesty when dealing with the property, interests, and trust of others. However small the promise, however insignificant the item, respect others and their possessions.
5. **Encourage Truthfulness** – Contribute to an atmosphere of truthfulness by living truthfully yourself and by acknowledging truthfulness in others.

Think on This . . .

The information we accept as true will shape our view of the world and influence our decisions. If we fill our minds with untruths, we will experience the results (e.g., poor decisions, emotional instability, flawed judgment, confusion). By filling our minds with truth, we build a foundation from which to think clearly and make good decisions. Build good things into your life, and good things will come out.

William Shakespeare is credited with saying, "No legacy is so rich as honesty." In other words, it is of great value to be known as an honest person—by reputation and by character. Think of all of the people in your life. Chances are, the ones you feel the closest to—the ones you can trust—are those who are honest. Being honest is not an excuse to be cruel. If there is something you need to share with someone else, be sure to be kind and considerate of the other person's feelings.

CENTRAL STATE
COMMUNITY
SERVICES



We are on the web
CSCSmi.com

RATE US ON
INDEED

LIKE US ON
FACEBOOK



February 11th @ 6:30 p.m.



February Anniversaries

Celebrating 16 Years
Michael Payne

Celebrating 10 Years
Rose Clements

Celebrating 6 Years
Novella Franklin

Celebrating 4 Years
Sandra Slabinski
Breyana Williams

Celebrating 3 Years
Rebecca Morgan-Norris
Crystal Thorne

Celebrating 2 Years
Tiffany Jones
Annette Perry
Caleb Phillips
Angela Starling

Celebrating 1 Year
Dinease Bryant
Vonita Cooper
William McKenzie



February Birthdays

*Annette Perry, Yolanda Foster,
Gracie Hisler, Michael Owens,
Phillip Parish, Kimoya Green,
Dorothy Adkins, Barbara Whitney,
Terrell Weston, Frankie Johnson,
Gabrielle Lesko, Tiffany Gordon,
Alyssa Valenti, Corteny Hayward,
Tonisha Fisher, Danielle Williams,
Mallynda Fernando,
Donna Dennis*

Did you know?
Michigan has more miles of freshwater shoreline than any other state in the nation. About 3,000 miles, to be exact. One of the most breathtaking views is along the Pictured Rocks National Lakeshore in Michigan's Upper Peninsula.