

March 2024

Women's History Month

Barbie's Unite!



A scene from "Barbie." (Warner Bros. Pictures via The Associated Press)

Barbie Monologue

(2023):

It is literally impossible to be a woman. You are so beautiful, and so smart, and it kills me that you don't think you're good enough. Like, we have to always be extraordinary, but somehow, we're always doing it wrong.

You have to be thin, but not too thin. And you can never say you want to be thin. You have to say you want to be healthy, but also you have to be thin. You have to have money, but you can't ask for money because that's crass. You have to be a boss, but you can't be mean. You have to lead, but you can't squash other people's ideas. You're supposed to love being a mother, but don't talk about your kids all the damn time. You have to be a career woman but also always be looking out for other people.

You have to answer for men's bad behavior, which is insane, but if you point that out, you're accused of complaining. You're supposed to stay pretty for men, but not so pretty that you tempt them too much or that you threaten other women because you're supposed to be a part of the sisterhood.

But always stand out and always be grateful. But never forget that the system is rigged. So find a way to acknowledge that but also always be grateful.

You have to never get old, never be rude, never show off, never be selfish, never fall down, never fail, never show fear, never get out of line. It's too hard! It's too contradictory and nobody gives you a medal or says thank you! And it turns out in fact that

not only are you doing everything wrong, but also everything is your fault.

I'm just so tired of watching myself and every single other woman tie herself into knots so that people will like us. And if all of that is also true for a doll just representing women, then I don't even know.

In a world where societal expectations often limit individuality, the Barbie Movie took center stage, showcasing a journey of empowerment and self-discovery that challenges stereotypes and redefines beauty and success.

The powerful monologue delivered by America Ferrera's character, Gloria, in the 2023 Barbie movie, highlights the complex and contradictory expectations that society often places on women. It expresses the immense pressure on women to conform to unrealistic standards of beauty, behavior, and success.

This monologue resonates deeply with the concept of women's empowerment by shedding light on the pervasive double standards and the constant struggle women face in trying to meet society's conflicting demands. As a woman, I found this monologue incredibly relatable and thought-provoking. It reminded me that the expectations placed on us, as women, are often unattainable and that it's essential to challenge these societal pressures.

It encourages us to embrace our individuality and reject the notion that we must fit into a specific mold to be considered successful or worthy. The monologue serves as a powerful call to action for women to support each other, break free from these constraints, and work toward a more equitable society where women can thrive without the burden of unrealistic expectations.

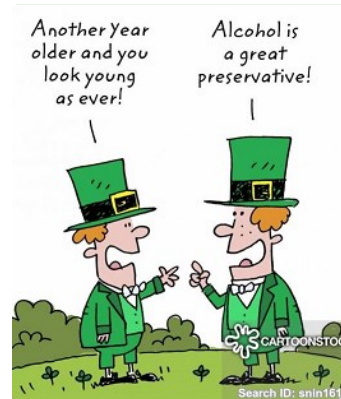
Central State Community Services is committed to empowering women in taking a step toward fostering a more equitable and peaceful world, where women are encouraged to embrace their individuality and contribute to a harmonious global community.

So during this Women's History Month, I encourage you to embrace your successes, your individuality, your power, your strength and your heart! Go out and be the best you can be!

-Author Unknown

Volume 5, Issue 3

March 1, 2024



Inside this issue:

Women's History Month Barbie's Unite!	1
Employee Spotlight	2
Birthdays & Anniversaries	3
Recipes & Crafts	4
Spring Cleaning	5
Character Training	6
Safety Awareness	7
Intelligence Page	8

#4—A River

Clarissa Miller—Employee Spotlight

Clarissa has been with CSCS since 2019. In her time with us, she has dedicated herself to being an exceptional and valuable team member at the Hurford home as the Assistant Home Supervisor. She takes her job seriously and works hard to ensure that every staff member knows what their job entails and is comfortable and confident to carry out their job duties. Her staff loves coming to work, knowing that there is a strong supportive staff, ready to help in a nice, relaxed environment. Her bubbly personality keeps everyone around her in good spirits. That includes both residents and staff. Clarissa skillfully manages her daily tasks while offering

guidance to others when necessary. Her commitment to her home and making sure everyone's needs are met, are unmatched.

When Clarissa Miller isn't helping residents or staff get through their day, you might find her gushing over her newest family member; her Great-Grand baby, Emberlyn Marie; who was just born on February 11th, 2024. She is also extremely proud to be the mother to 2 son's and a daughter; as well as a grandmother to 4 granddaughter's and 4 grandson's. Her love for family is



Clarissa Miller

strong! If she had any extra money, she would use it to buy gas and drive to see family!

Clarissa's love for her residents and staff runs deep. She knew she was having a positive impact on those around her when she was having a bad day and

one of her residents chose to console her and help her feel better.

Clarissa is a well-rounded person with a heart of love. Central State Community Services are proud to have her on the team.

#2- Remove the 'S' from "Seven"



Daylight saving time is the time between March

and November when most Americans adjust their clocks by one hour.

We lose an hour on **March 10th** (as opposed to gaining an hour in

the fall) to accommodate for more daylight in the summer evenings. When we "fall back" in November, it's to add more daylight in the mornings.

In the Northern Hemisphere, the vernal, or spring equinox is March 19, marking the start of the spring season.

Daylight saving time will begin

for 2024 on Sunday, March 10 at 2 a.m. local time, when our clocks will go ahead one hour, part of the twice-annual time change that affects millions, but not all, Americans.

When daylight saving time begins in March, we will "spring forward,".

Employee Birthdays



3/7 –Richard Barnette

3/9 –Misty Snead

3/12 –Fatima Evans-Miller,
Conner McQuaid, Courtney
Phillips, Brianna Starling

3/13 Ciara Hunter

3/14 Sharonda Williams

3/15 Jesshiah Miller-Gaines

3/16 Marissa Abbe

3/19 Sheinka Flood

3/24 Chelsea Banghart, Julie Winters

3/25 Kamryn Randle

3/27 Brianna Taylor-Williams

3/28 Nickolas Muhammad, Tennelle
Tucker

3/30 Tanea Streeter

Employee Workaversaries

17 Years –Robin Prince

13 Years –Tameka Miller,
Phillip Parrish

6 Years – Alyssa Valenti

4 Years - Prim Gruber

3 Years –Jamie Webb
Monica Hospodar

2 Years –Dorothy Adkins
Crystal Lesears

1 Year— Lauri Wolfe
Kylie Wilson
Teresa Lopez
Dquarius Huddleston
Alvontae Huddleston
Quishana Wilson
Karand Houston
Amber Hicks
Michelle Silman

Recipes and Crafts

Cheesy Potato Casserole

These cheesy potatoes are the stuff of family legends. Don't count on having any leftovers of this easy cheesy potato casserole, because this simplified recipe goes fast. This one is great for everyday dinners and holidays alike since all you need is one large bowl to combine the ingredients, and 45 minutes in the oven.

Ingredients:

- 1 pint (2 cups) sour cream
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1/2 C butter, melted
- 1 Tbsp garlic salt
- 1 C chopped onions
- 1 bag (30 oz) frozen country-style shredded hash brown potatoes, partially thawed
- 2 C shredded cheddar cheese (8 oz)

Directions

- 1) Heat oven to 350°F.
- 2) In large bowl, combine sour cream, condensed soup and melted butter. Stir until well blended. Add garlic salt, chopped onions, partially thawed hash brown potatoes and shredded cheese. Stir until well blended.
- 3) Spoon into ungreased 13x9-inch (3-quart) casserole or glass baking dish.
- 4) Bake uncovered 45 minutes or until potatoes are tender. Let stand 5 minutes before serving.

Want to customize this cheesy potato recipe? For a fun twist on the cheesy potato flavor, try using 1 (32-oz.) bag of frozen southern-style diced hash brown potatoes instead of the country-style shredded hash brown potatoes.



There are plenty of other fun ways to make this recipe your own, like mixing in some hearty diced cooked ham or spicy canned green chiles. The topping options are endless, too—we love adding a sprinkle of chopped green onion, a handful of finely-chopped parsley, or any other fresh herb just before serving this Cheesy Potato Casserole.

Spoon Bunnies

Fold pipe cleaners to form ears and attach them to spoons with craft glue. Draw bunny faces on the spoons using markers, paint, or colored pencils. Dip a pencil eraser in pink paint to "stamp" on cheeks.



Leprechaun Hat

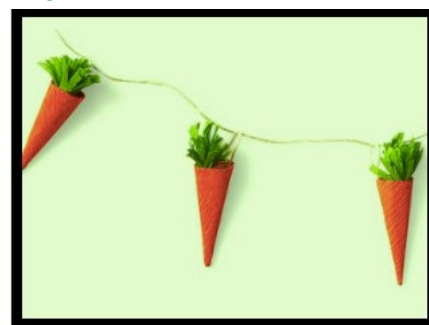


Take six craft sticks and glued them to a small piece of cardstock (or fiberboard). The cardstock is just to hold the craft stick

together. Glue one craft stick along the bottom of the six craft sticks for the brim of the hat. Paint the hat green and allow to dry. While drying, cut a long piece of black paper, a yellow square, and a smaller black square to make the belt. Once dried, glue the belt above the brim of the hat.

Carrot Garland

Use squares of card stock to make cone shapes, then cover with orange crepe paper. Cut green crepe paper into strips and place inside the cones for carrot tops. String together and hang!



SPRING CLEANING CHECKLIST

The Ultimate Guide to a Tidier Home

- ☐ **Get Organized** Eliminate clutter in each room before cleaning. Sort into piles for donation, garage sale, and garbage.
- ☐ **Wash Windows** Wash windows with water and a microfiber cloth on a cloudy day to avoid streaks.
- ☐ **Clean Sliding Door Tracks** Scrub sliding door tracks with a toothbrush, and vacuum any debris. Rinse with a wet sponge.
- ☐ **Clean Overlooked Surfaces** Wash baseboards, door frames, and walls with warm, soapy water.
- ☐ **Deep-Clean Carpets** Hire a professional carpet cleaner or rent a deep cleaner to wash carpets annually.
- ☐ **Clean Under Large Items** Lift furniture and roll up area rugs before vacuuming floors. Additionally, vacuum behind kitchen appliances.
- ☐ **Refresh Furniture** Polish wood furniture and restore smooth leather with an upholstery cleaner.
- ☐ **Dust Light Fixtures** Use a microfiber cloth to dust fixtures and bulbs. For ceiling fans, use an extendable duster.
- ☐ **Transition Wardrobe** Check the batteries in your smoke and carbon monoxide detectors. Purchase a fire extinguisher if you don't have one.
- ☐ **Clean Window Treatments** Vacuum curtains and draperies with an upholstery attachment.

ROOM-BY-ROOM CHECKLIST

Exterior

- ☐ Touch-Up Paint
- ☐ Power Wash
- ☐ Clean Gutters
- ☐ Wash Outdoor Furniture
- ☐ Store and Repair Tools

Bedroom

- ☐ Flip Mattress
- ☐ Wash Linens
- ☐ Clean Area Rugs
- ☐ Wash Pillows

Bathroom

- ☐ Toss Old Products
- ☐ Replace Mat or Liner
- ☐ Wash Shower Curtain

Kitchen

- ☐ Declutter Pantry
- ☐ Clean Cabinets and Drawer
- ☐ Donate Small Appliances
- ☐ Toss Expired Items
- ☐ Clean Fridge
- ☐ Vacuum Under Appliances

..... DECISIVENESS

DECISIVENESS means: processing information and finalizing difficult decisions.

You display decisiveness when...

- You gather good information and rely on those you have found you can trust.
- You learn to separate feelings and opinions and instead weight the facts.
- You consider how new information you gain might affect your views.
- You consider the moral and ethical consequences of your choices.
- You take responsibility for your decisions.



Five ways to build DECISIVENESS

1. Gather Accurate Information – Making good decisions relies on gathering good information. Ask questions to better understand what is expected of you.
2. Keep a Clear Perspective – Maintain a clear perspective by properly understanding your passions, interests, and desire for popularity and keeping them in check. Base your decisions on a clear understanding of all the relevant information that you have.
3. Make the Right Choice – When making a decision, make sure it is consistent with your personal principles and the values and goals of the task at hand.
4. Follow Through – When you fail to invest time and effort in a task or project, you doom it to failure. Do what needs to be done to complete the project to the best of your ability.
5. Weather Criticism – When the final call is yours to make, the final responsibility is yours to accept. Others may give input, but you must take responsibility for your decisions. Acknowledge wrongs when necessary and learn from critics and criticism.

Think on This . . .

After others criticized him for his “snap decisions,” General George S. Patton replied, “When a surgeon decides in the course of an operation to change its objective, to splice that artery or cut deeper and remove another organ which he finds infected, he is not making a snap decision, but one based on knowledge, experience, and training. So am I.” Whether you are responsible for an army, a company with 5,000 employees, a department with 15 workers, a family of 5, or only yourself, you must regularly make decisions as well.



In the familiar “domino effect,” one domino topples over another domino, and on it goes down the line. Similarly, one decision affects the next decision, which affects a result, and on it goes. Your choices one day affect your situation the next. Great achievements result from little efforts: great

results proceed from little causes. No matter where you are or what you do, your decisions and actions also have a “domino effect” on those around you. Live according to character-based principles, and you will make that effect positive!



.....



March - Safety Topic

Brain Injury Prevention



.....

March is **Brain Injury Awareness Month**, serving as a reminder to focus on the prevention of brain injuries where possible, and to spread awareness of people living with brain injuries.

What is a brain injury?

There are different types of brain injuries:

- **Acquired brain injuries** are not hereditary, congenital, degenerative, or induced by birth trauma. They can be either traumatic or non-traumatic.
- **Traumatic brain injuries**, or TBIs, involve trauma to the brain from an external force, such as during a fall.
- **Non-traumatic brain injuries** are caused by stroke, seizure, oxygen deprivation, tumor and substance use.



Symptoms to look for

Immediate medical attention is critical with a brain injury, especially if any of the following symptoms are present:

- Loss of consciousness
- Headache
- Confusion
- Difficulty talking like slurred speech
- Inappropriate emotional responses
- Blurred vision
- Problems with balance and walking
- Poor coordination
- Vomiting
- Lethargy
- Slow pulse
- Slow breathing
- Memory problems

A brain injury can happen to anyone, but **most brain injuries occur in people ages 15-19**. Children under 5 and adults over 75 are also at higher risk due to falls. Men are nearly twice as likely to be hospitalized and three times more likely to die from a brain injury than women.

Among children under 14, brain injury leads to an estimated 2,685 deaths, 37,000 hospitalizations, and 435,000 emergency department visits annually in the U.S.

One of every 60 people, an estimated 5.3 million, in the U.S. lives with a brain injury-related disability.

Avoiding brain injury for people of all ages

The best strategy is taking steps to reduce your chances of a brain injury:

- Ensure that children play in playgrounds made of shock-absorbing material, such as hardwood mulch or sand
- Install stair gates and window guardrails in homes with young children
- Wear a properly fitting helmet when riding a bike or playing football, hockey, snow sports, skating or skateboarding
- Always wear a seatbelt
- Don't drive under the influence of alcohol or drugs
- Improve lighting and eliminate trip hazards in the home or workspace
- Use nonslip mats and install grab bars next to the toilet and in the tub or shower for older adults
- Install handrails on stairways
- Improve balance and strength with regular physical activity

Intelligence Page

Riddle Me This! - *Answers are scattered throughout the newsletter. Can you find them?

- 1) You live in a one story house made entirely of redwood. What color would the stairs be?
- 2) How do you make the number 7 even without addition, subtraction, multiplication, or division?
- 3) I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
- 4) What can run, but never walks; has a mouth, but never talks; has a head, but never weeps; has a bed, but never sleeps?

Look for the # throughout the newsletter for the answers.

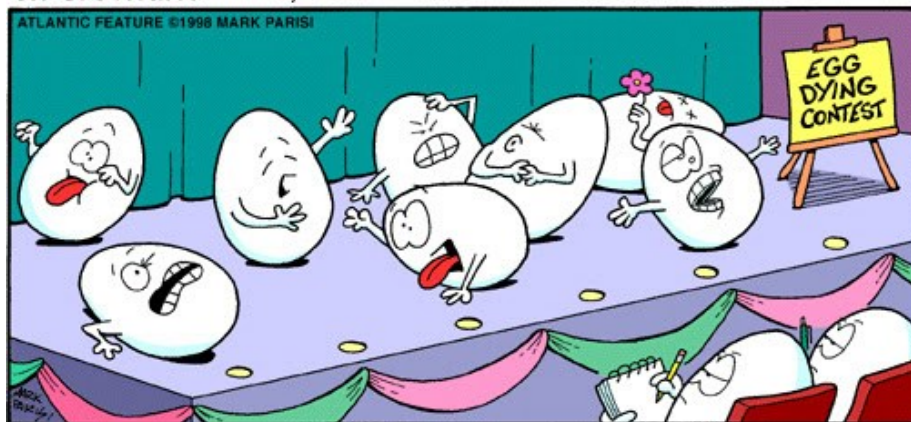


March Word Search

DAYLIGHT SAVINGS TIME	SAINT PATRICKS DAY
EASTER SUNDAY	SPRING BREAK
SPRINGTIME	JELLY BEANS
RAINBOWS	BASKETBALL
CHOCOLATE	FLOWERS
RAMADAN	GARDENS
CANDY	SUNNY
EGGS	PARKS

off the mark by Mark Parisi

www.offthemark.com



How many Words can you make out of:
Easter Bunny

Victory and Defeat—Can you see both?

