



EMPLOYEE CONNECTION

Center for Social Change

CSC Monthly Magazine

Mission

Our Mission is to provide services of the highest quality for people with cognitive and developmental disabilities and related disorders including autism that optimize each individual's independence and capabilities, ensure self-determination and rights and, with partnerships in the community, enhances their opportunities to live healthy, safe and valued lives.

Vision

Our Vision is to provide programs and services to individuals with developmental disabilities and related disorders including autism to live and work in the community and exercise their rights, choice and freedom and to live independent of institutional life through integrated efforts of change agents who are passionate about changing lives of people with

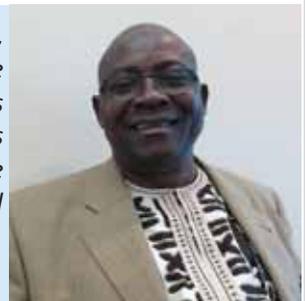
EMPLOYEE OF THE MONTH

Timilehin Akanji: *Timilehin has been highly recommended for the employee of the month. Timilehin has been described as a staff with high work ethics, passion and, empathy; He takes initiative and has a fresh approach when assisting the individuals. His positive attitude and excellent relationship with all the individuals is a true asset to CSC. He is punctual, hardworking and a dedicated CSC employee.*



Congratulations Timilehin!

Barnabas Mbonde: *Mr. Barnabas is a thoughtful, kind, and patient employee who works diligently to ensure the safety and well-being of all individuals at CSC. Barnabas always offers suggestions, listens actively, and responds positively and politely to all inquiries made by managers. He is a wonderful, hardworking employee, and very dedicated to the mission and goals of our organization.*



Congratulations Barnabas!



Current Job Openings

Direct Care Staff: Multiple positions during weekday, weekends, and awake overnight.

Requirements: High School Diploma, CMT, Valid Maryland driving license with less than 2 points in driving record at all times and Minimum one year of experience of working with individuals with developmental disabilities.

Mandatory House Managers /Lead Staff Meeting

Arrive at 12pm promptly!

- ◆ Wednesday, 08/01/2018
6600 Amberton Dr.
- ◆ Wednesday, 08/22/2018
9300 Liberty Rd.

Mandatory All Children Home Staff Meeting

Arrive at 12pm promptly!

- Thursday, 08/26/2018
12-2pm 6600 Amberton Dr.



- Marquita Reaves
- Damilola Benedict
- Oluwafunke Adeyeye
- Timera Pyles
- Charles Tangwan
- Folasade Adelugba
- Tramaine Gause
- Chantel Perry
- Olubunmi Salami
- Tejumade Adegboye
- Zainab Sadique
- Ghana Bell
- Adaeze Uzoukwu
- Natasha McQueen
- Olasunkanmi Adelanke
- Vincent Ezeaputa
- Odette Ekokobe Chi
- Akeem Bakare
- Korpo Zaza
- Tiffani Mosley
- Kenneth Iwu
- Lydia Barare
- Danielle Williams
- Chijioke Obi
- Denise Langley
- Ragi Puthur
- Gloria Onyeukwu
- Olayode Olayede-Asanike

Watch over your heart

Cardiovascular Disease is a general term that includes many different conditions affecting the heart and blood vessels.



According to the American Heart Association, over 39 million American men suffer from one or more of these conditions, and every year just under half a million of them die of cardiovascular disease (1 in 4 men)—that's more than cancer and diabetes combined. Approximately 392,000 men and 419,000 women die from cardiovascular disease each year. CVD is also a major cause of disability and decreases the quality of life for millions of people.

Common heart attack signs and symptoms include:

- ◆ Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
- ◆ Nausea, indigestion, heartburn or abdominal pain
- ◆ Shortness of breath
- ◆ Cold sweat
- ◆ Fatigue
- ◆ Lightheadedness or sudden dizziness

Nutritional tips for High Blood Pressure and Cardiovascular Disease.

- ◆ Eat at least three ounces of whole grain cereals such as whole wheat, oats and brown rice per day.
- ◆ Eat plenty of fruits and vegetables. They are rich in antioxidants and vitamins, which reduce the risk of developing high blood pressure and heart diseases.
- ◆ Limit your sodium in take to 2300 mg/day. Too much sodium can cause high blood pressure.
- ◆ Use less oil, margarine, mayonnaise and salad dressings.
- ◆ When using oils choose olive, canola or nut which contain mono-unsaturated fats. Avoid saturated fats such as bacon fat, cream cheese, lard, coconut oil or chocolate.
- ◆ Low-fat or reduced fat dairy products will help to reduce your cholesterol levels. Too much cholesterol can lead to heart disease.



Share your input on the Employee Connections.

Send information

to Fahad Arshad (System Support Analyst)

via phone 410-579-6789*809

Email: fahad@centerforsocialchange.org

Staff Training and Electronic Documentation System (STEDS)

A training program allows you to strengthen those skills that each employee needs to improve. A development program brings all employees to a higher level so they all have similar skills and knowledge. Staff Training and Electronic Documentation System (STEDS) is a program used in CSC for the employees. There are different sections in STEDS and the Friday Package is one of the sections where staff can log all documentation electronically relating to the ALU where they are working.

Friday Package

◆ **Weekly Check list**

The first section is the Weekly Check list. This form is mandatory for the employee to complete on a weekly basis. The form is for logging the status of the ALU such as in the kitchen, Living area, Bathroom and Bedroom. The quality assurance team can take effective measures to maintain the ALU standards based on the reviews submitted by the staff.

◆ **Change of Shift**

The Change of shift form must be completed by the employee at the end of their shift. The form has important input regarding the Individuals, Medication, ALU environment, Vehicles etc. This form is helpful for the person who is taking over the next shift.

AUGUST OBSERVANCE

8/7 Purple Heart Day
8/19 National Aviation Day
8/21 Senior Citizens Day
8/26 Women's Equality Day



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|-----------------|-----------------|
| Kuyoro Clement | Shakira Ford |
| Olatunde Amao | Doreen Adubea |
| William Pinkney | Kate Odianoson |
| Natasha McQueen | Nabena Onyitari |
| Grace Nufea | Donna Bowles |