



# 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 disabilities throughout the world.

#### 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.

### EMPLOYEE OF THE MONTH



**Ayodele (John) Falokun:** John has worked with multiple individuals and is always calm, patient, and attentive to all of their diverse needs. John helps the individuals we serve meet their goals and always encourages them to practice healthy coping skills and to communicate clearly. John is reliable with being on time to work consistently and willing to work different assignments as asked. John is a trustworthy and kind employee!



**Congratulations**

**Lydia Barare:** Lydia has been highly recommended for the employee of the month. She always makes sure that individuals are served and documentation is properly completed. Lydia communicates with other staff members about the individuals' care and needs. CSC appreciates your craving for perfection, communication skills and your humble attitude with all the staff members and individuals.



**Congratulations**



#### Mandatory House Managers /Lead Staff Meeting

**Arrive at 12pm promptly!**

- ◆ Wednesday, 01/02/2019  
6600 Amberton Dr.
- ◆ Wednesday, 01/16/2019  
9300 Liberty Road

#### Mandatory All Children Home Staff Meeting

**Arrive at 12pm promptly!**

- ◆ Thursday, 01/24/2019  
9300 Liberty Road.

#### OSHA Training

Osha Training is due for all staff by **January 31, 2019**. Contact your Program Coordinator for any questions.



Roy Munson for scoring 100% marks in the 2 Year Clinical Update Course.



- Kwasi Aboagye
- Uchenna Ibezue
- Kate Odianosen
- Idris Oyetoro
- Ifeoluwa Olapade
- Lisa Hughes
- Oluwafiropo Ojo
- Robert Kumbelay
- Bimbo Akinyede
- Adedoja Erujole
- Morufu Fagbenro
- Carrie Fleming
- George Asare
- Angufor Numfor
- Morayo Adedayo
- Anthonia Nwaogu
- Olakunle Ogunbiyi
- Badewa Agbomuserin
- Olaniyi Agboola
- John Sotubo
- Lisa King
- Olusola Adeoye

**How Does Sleep Affect Your Heart Health?**

**Getting good sleep isn't just important for your energy levels—it is critical for your heart health, too.** Sleep is not a luxury. It is critical to good health. Sleep helps your body repair itself. Getting enough good sleep also helps you function normally during the day.

**How much sleep do I need?** Most adults need at least 7 hours of sleep each night. Not getting enough sleep over time can lead to serious health problems—and make certain health problems worse.

**What health conditions are linked to a lack of sleep?**

**High blood pressure.** During normal sleep, your blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer amount of time. High blood pressure is one of the leading risks for heart disease and stroke.

**Type 2 diabetes.** Diabetes is a disease that causes sugar to build up in your blood, a condition that can damage your blood vessels. Some studies show that getting enough good sleep may help people improve blood sugar control.

**Obesity.** Lack of sleep can lead to unhealthy weight gain. This is especially true for children and adolescents, who need more sleep than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

**What can I do to get better sleep?**

1. Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
2. Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.
3. Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.
4. Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.
5. Don't eat or drink within a few hours of bedtime, especially alcohol and foods high in fat or sugar.
6. Keep your bedroom cool, dark, and quiet.

Source: CDC



- |                      |                       |
|----------------------|-----------------------|
| Justin Knuckles      | Emmanuel Fatile       |
| Seraphin Kouesi-Adri | Emmanuel Che Ndikum   |
| Olusegun Daramola    | Kolawole Salami       |
| Mercy Situ           | Kenneth Egabou        |
| Taofik Ajuwon        | Elizabeth Olaleye     |
| Chimaobi Okereke     | William Salami (Muda) |

**HOW TO PREPARE FOR A WINTER STORM**

Winter storms can bring extreme cold, freezing rain, ice, snow, high winds, or a combination of all of these conditions. Planning and preparing can make a big difference in safety and resiliency in the wake of a winter storm.

**Now/Prepare**

**Sign up** for local alerts and warnings.

**Create and test** emergency communication plan (s).

**Stock emergency supplies**, and install battery-powered or battery backed-up carbon monoxide detectors and smoke detectors.

**Review** your property insurance, and safeguard critical documents.

**Get trained** on specific needs your family may have.

Also, consider joining your local Community Emergency Response Team (CERT).

**Identify** a place nearby where you can safely warm up should you lose heat in your home.

**During/Survive**

**Stay indoors** and off the roads. If you must drive, keep emergency supplies in your car.

**Close off rooms** to consolidate and retain heat.

**Dress in layers**, and use blankets to stay warm.

**Bring pets into a warm place** and out of the storm or severe cold.

**Never use a generator**, camp stove, charcoal grill, or gasoline or propane heater indoors, as these items can start accidental fires, cause electric shock, and/or cause deadly carbon monoxide poisoning.

**Never heat** a home with a cooktop or oven.

**Limit your time outdoors**, and stay dry.

**After/Be Safe**

**Only drive if necessary.** Remove snow and ice from your tailpipe before starting your car, and check regularly if idling. Clean all snow and ice from your car before driving.

**Dress in warm clothing**, stay dry, prevent prolonged exposure to cold and wind, and avoid overexertion clearing/shoveling snow. Overexertion can lead to a medical emergency.

**Monitor local news** and alerts for emergency information and instructions.

**WINTERIZE YOUR VEHICLE** During the fall, before winter weather sets in, make sure you or a mechanic completes a winter weather check on your vehicle by ensuring that the following car components are safely working:

- \* Antifreeze levels
- \* Battery and ignition system
- \* Brakes
- \* Exhaust system
- \* Fuel and air filters
- \* Heater and defroster
- \* Lights and flashing hazard lights.
- \* Oil
- \* Thermostat
- \* Windshield wiper equipment.

Source: FEMA

