**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.

**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.

### CSC VIRTUAL ZOOM CLASSES



### How to connect

- Open the Zoom App on your device.
- Join a meeting using one of these methods:

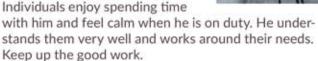
Click Join a Meeting Enter the meeting ID number and your display name.

 Select if you would like to connect audio and/or video and click Join.

# **EMPLOYEE OF THE MONTH**

# Oluwadamilola

Olukemi works as a Direct Care weekend support staff and always willing the assist in order to make sure that whatever needs to be done in the house is done.



Uzoma Olua been highly recommended for June 2021 employee of the month. Uzoma has been with the Children's Program for several years now and is always willing to step in and help. Uzoma engages the children daily



with their ADL's, she communicates daily with her coordinator, and completes all of her trainings on time.



# Requirements:

- \* High School Diploma \* Valid Maryland Driving License
- Must have at least 12 months experience of
- working with medically fragile children
- " Ability to lift 60+ pounds, CMT
- Sensory input techniques and operation of adaptive equipment and attentive to the child's needs

For more information contact Ms. Dana Dimas

Director of Programs

Center for Social Change Inc. 6600 Amberton Dr, Elkridge, MD 21075

Ph: 410 579 6789 Ext: 225

PERSONAL SUPPORT STAFF REQUIRED

Center for Social Change and the family of a child is looking for a highly-skilled, motivated, and compassionate staff to work with an 11 year old child who has multiple disabilities.

# TIPS FOR PREVENTING HEAT-RELATED ILLNESS





Stay Informed



Wear Appropriate Clothing: Choose lightweight, light-colored, loose-fitting clothing.

**Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Keep in mind: Electric fans may provide comfort, but when the
temperature is in the high 90s, they will not prevent heat-related illness.
 Taking a cool shower or bath or moving to an air-conditioned place is a
much better way to cool off. Use your stove and oven less to maintain a
cooler temperature in your home.

Schedule Outdoor Activities Carefully: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

Avoid Hot and Heavy Meals: They add heat to your body! (Source CDC)

**Thank you CSC Workers** for all of your hard work and support during this difficult time. Thank you for being courageous superheroes on the front lines.

All Staff members must wear masks or cloth face coverings in work place, retail spaces and on public transportation.



Abosede Olutoye Funmilayo Longe Happie Richards Norman Cofield Ngozi Oluwole Stella Olaleye Kelie Tchouya Abdulwahhab Idris Yemisi Alade Ugo Kalu Margaret Britton Olatunde Ajayi Linda Asanga Oluseye Olusoga Titilayo Olaiya Tanika
Murray-Whitehurst
Atinuke Omole
Christine Njotsa
Khadijah Akinyemi
Brittany Wooding
Oluwafemi Ibidapo
Omowumi Adebayo
Olusegun Daramola
Onyitari Nabena
Bridget Abegunde
Gbenga Ajiboye
Saubana Okewoye



Mercillina Abidakun Omowumi Adebayo Lawrence Oluwagbemi Megan Kenny Ajibike Adelabu Ragi Puthur Oluwasegun Ekundayo Roy Munson Ange-Richmond Nguessan Racheal Ismail Atinuke Omole Mayowa Sanusi Funmilayo Akanji Olasunkanmi Adelanke Idris Oyetoro Brittany Wyatt Cosmas Mutua



What would you like to know more about CSC? Send information to

### Dana Dimas

Director of Programs T: 410-579-6789\*225

E: dana@centerforsocialchange.org