



CSC MONTHLY MAGAZINE  
**EMPLOYEE  
CONNECTION**



**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.

**MANDATORY  
HOUSE COORDINATOR MEETING**

Thursday, 4/6/2023 | 12:30pm @6600 Amberton  
Thursday, 4/20/2023 | 12:30pm @6600 Amberton

Everyone is **REQUIRED** to come and be on **TIME!**

**EMPLOYEE OF THE MONTH**

**Falilatu Lawal** is a shining example of hard work, dedication, and humility. Falilatu has proven to be a motivated and accountable employee, always striving for excellence in her work. We appreciate her willingness to always go the extra mile and take such wonderful care of the individuals.



**Antoinette Atake** is a dedicated and hardworking employee. She always rises to the challenge when help is needed and takes initiative to ensure that every task is completed with excellence. Not only does Antoinette have strong communication skills, but also, she has a great ability to engage the children in various fun activities and meet their daily goals.



**Mayowa Adesina** is an incredible team member who always has a humble and friendly attitude and enjoys working with the individuals. He displays great leadership skills by helping his coworkers resolve any conflicts and demonstrates exceptional commitment to making sure all tasks are completed in a timely manner.



WE'RE   
**HIRING!**  
JOIN OUR TEAM SEND US YOUR CV

**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 a 14-year-old child who has multiple disabilities.

Training required: All DDA mandated training, including CPR, First Aid, and Mandt.

Share your input on the Employee Connections. Send information to

Ms. Dana Dimas via Phone: 410 579 6789 \* 809 or Email: [dana@centerforsocialchange.org](mailto:dana@centerforsocialchange.org)

**WHAT DOES STRESS MEAN TO YOU?**

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

**MANAGE YOUR STRESS**



**Common reactions to a stressful event can include:**

- **Disbelief, shock and numbness**
- **Feeling sad, frustrated and helpless**
- **Difficulty concentrating and making decisions**
- **Headaches, back pains and stomach problems**
- **Smoking or the use of alcohol or drugs**

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

**Healthy ways for coping with your stress**

Here are some basic ideas to help you cope with stress:



- **Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.**
- **Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.**
- **Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.**
- **Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.**

**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.



**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.

**Happy Birthday**

Destiny Gingles	Solomon Mago
Ivon Nahjela	Lawrence Adusei
Omolara Jaiyesimi	Donna Bowles
Marthia Courtney	Cosmas Mutua
Femi Osadiya	Emerencia Gwenteh
Eze Inyama	Akumbom
Emmanuel Fatile	Ufuoma Doghor-A
Olanrewaju	Kehinde Shitta-Bey
Daramola	Dominique Chappell
Christiana Odususi	Temple Wole-Oke
Evelyn Okwese	Emmanuel
Prudencia Fieze	Ajigbotoluwa
Bernard Mbah	Nasiru Bundu
Margaret Ogunnaya	Elsie Iloabachie

**HAPPY Anniversary**

Adebowale Adeshakin	Michael Ramsey
Dozie Anyanwu	Olanrewaju Ayodele
Wanda Brown	Emmanuel Wike
Folasade Okoaye	Abiodun Adeyemi
Ibidunni Sangotikun	Sylvester Jeghede
Odetta Ekokobe Chi	Samuel Alale
Tinuola Joshua	Gertrude Eromosele
Osahenrumwen	Nkiruka Nibo
Obasuyi	Sheka Kamara
Yemisi Alade	Comfort Boye-Adebisi
Christiana Odususi	Gay Jones
Idowu Loni	Opeyemi Adeoyo



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](mailto:dana@centerforsocialchange.org)