



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, March 7, 2024 | 12:30pm @Amberton
Thursday, March 21, 2024 | 12:00pm @Amberton

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

EMPLOYEE OF THE MONTH

Eunice Lukong has joined our team at the Children's Medically Fragile Home as a Licensed Practical Nurse. Eunice brings with her a remarkable blend of hard work, dedication, humility, and a proven track record of motivation and accountability. In her time with us, she has already showcased her exceptional skills and compassionate care for children in need. Her professionalism and kind-hearted nature make Eunice a standout staff member, and we couldn't be happier to have her on board.



Olanrewaju Sodipo has been recognized as employee of the month for his hard work. With a sharp eye for detail, Olanrewaju has been pivotal in the early reporting of maintenance issues, ensuring a safe and well-functioning environment for everyone. Not only has Olanrewaju been an advocate for our team during the onboarding of new staff, but he has also seamlessly facilitated communication about the needs of individuals at CSC. He and has been a positive role model for all employees.



Saubana Okewoye is a truly remarkable employee. Punctuality and respect are hallmarks of his work ethic. His hardworking spirit is matched by a helpful, cooperative, and unwaveringly positive attitude. Whether it's with a supervisor or a fellow coworker, Saubana is the epitome of professionalism and kindness. Saubana embodies what it means to be a team player. His presence uplifts the whole team, creating an environment where collaboration and mutual support thrive.



- 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



UNDERSTANDING SPRING ALLERGIES: CAUSES, SYMPTOMS, AND MANAGEMENT TIPS

Spring brings with it many upsides, from longer days and warmer weather to budding flowers and more outdoor activities. However, if you suffer from spring allergies, this season can also cause discomfort in the form of sneezing, sniffing, and coughing. The good news: You can take certain steps to reduce your misery and get back to enjoying all that spring has to offer.

Spring Allergy Symptoms

As anyone with spring pollen allergies knows, the symptoms can be difficult. Spring allergens, like tree and grass pollens, can trigger allergy symptoms such as sneezing, runny or stuffy nose, swollen mucous membranes, coughing, and itchy, watery eyes. Just as the amount of pollen can be affected by your location, so can the type of symptoms and severity.



Managing Spring Allergies

• **Check Your Allergy Forecast**

Certain weather conditions can contribute to the severity of allergies. For example, dry, windy days cause an increase in pollen in the air, while rain helps reduce the amount. It can also be helpful to check the pollen count via local weather reports

• **Avoid Coming in Contact with Outdoor Allergens**

Specific actions can make a difference in your exposure to pollen. Keep windows and doors closed at night, and avoid outside activities in the early morning when pollen counts reach their highest. Wear protective clothes — or better yet recruit someone else — for lawn mowing and other gardening tasks. After spending time outdoors, take a shower to remove pollen from your hair and skin and wash your clothes.

• **Keep Your Air Clean**

While it's impossible to keep all pollen out of the house, you can reduce the amount. There are a handful of home improvements you can make that can help reduce outdoor allergens from coming in, including using air conditioning units, installing high-efficiency particulate (HEPA) air filters in your home heating or cooling systems, using portable HEPA air purifiers, and being sure to vacuum frequently.

• **Relieve Your Allergy Symptoms**

It is impossible to avoid pollen altogether. Some people may find over-the-counter medications improve symptoms and quality of life. Oral antihistamines can help relieve the misery of sneezing, runny nose, and itchy, watery eyes. Decongestants can also be used to reduce congestion but should only be taken for a few days at a time. If allergy symptoms are significantly impacting your daily life, talk to a doctor or allergist for additional help.

Happy Birthday

Fatimat Ogunsanmi	Abosede Folawole
Sylvie Fondjo	Oluwafunmilayo
Hugues Tsanan	Bello
Anthony Olemgbe	Olubunmi Famadeji
Kiera Blackwell	Margaret Offiah
Courtney Bennett	Giveth Nguaike
Diminque Lucas	Victor Sotubo
Veronica West	Lawrence
Carine Ngwashi	Oluwagbemi
Adijat Parrish	Richard Ifughe
Raymond Nkafu	Damilare Adekunle
Adekitan Oyefeso	Oyindamola
Gina Kamara	Gbadebo
Ajibike Adelabu	Adenike Akinduro
Oladimeji Adesegha	Nina Odukwu
Kenneth Eidaghese	Olanrewaju Sodipo
Ismail Ajao	Nixon Betek
Idowu Talabi	Venetta Tarplain
Diamond Lucas	Esther Olaniyi
Osita Onyekwere	

HAPPY Anniversary

Samuel Nyiawung	Idowu Talabi
Hugues Tsanan	Jobson Omolewa
Olabisi Taiwo	Gabriel Adepoju
Oluwafemi Ibadapo	Margaret Offiah
Felicia Ocran	Cecilia Abiwu
Elizabeth Nelson	Zainab Adaraloye
Shatara Jordan	Selpha Koyier



What would you like to know more about?
 Send information to
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 T: 410-579-6789*225 | E: dana@centerforsocialchange.org