



CSC MONTHLY MAGAZINE
EMPLOYEE CONNECTION

Happy Valentine's Day

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.

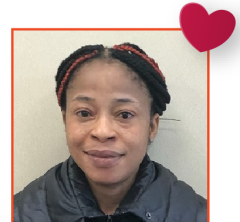
MANDATORY HOUSE COORDINATOR MEETING

Thursday, Feb 08, 2024 | 1:00pm @Amberton
Thursday, Feb 22, 2024 | 12:00pm @Amberton

Everyone is REQUIRED to come and be on TIME!

EMPLOYEE OF THE MONTH

Olabisi Taiwo is dedicated to providing the best care and support for the individuals she works with on a daily basis. Her commitment to her job is evident in her punctuality and positive attitude towards completing assigned tasks. Olabisi also takes the time to get to know each individual on a personal level. She understands their behaviors and needs, allowing her to provide the best possible care for them, including accompanying them to medical appointments.



Adenike Akinduro has been recognized as employee of the month for her outstanding work in creating a safe and nurturing environment for the children in her care. She excels at actively listening to the needs and wants of the children and she ensures that those needs are met. Her patience and understanding allows her to build strong relationships with the children at CSC. Aside from her professional skills and qualifications, she brings warmth, joy, and positivity to the children's lives.



Darius Scott's dedication and commitment to his work is truly commendable. He not only performs his assigned tasks with utmost efficiency, but also goes above and beyond to ensure the well-being of the individuals at CSC day program. He takes on extra tasks without complaint and consistently puts in 100% effort to ensure that everything runs smoothly. His positive attitude and strong work ethic make him a valuable asset to the team.



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

WORK AND FATIGUE

Fatigue has been described as “a feeling of weariness, tiredness or lack of energy.” In workplace settings, it is commonly associated with nonstandard schedules which disrupt or shorten sleep. Examples of nonstandard schedules include night shift work and extended work hours. Nearly 30% of the American workforce has a work schedule that is outside of a “regular daytime shift.” One in four workers reports working more than 40 hours per week. Fatigue can also be associated with other workplace factors, such as:

- Stress
- Physically or mentally demanding tasks
- Working in hot environments

Fatigue can:

- Slow down reaction times
- Reduce attention or concentration
- Limit short-term memory
- Impair judgment

High levels of fatigue can affect any worker in any job. It has serious consequences for worker safety and health. Fatigue-related safety issues can occur every day, as tired workers drive on public roads, raising public health and safety concerns.

What Can Employers Do?

Employers can reduce the risk of worker fatigue in the workplace by:

- Examining staffing issues such as workload, work hours, understaffing and worker absences, scheduled and unscheduled, which can contribute to worker fatigue.
- Arranging schedules to allow frequent opportunities for rest breaks and nighttime sleep.
- Making adjustments to the work environment such as lighting, temperature and physical surroundings to increase alertness.
- Providing worker education and training addressing the hazards of worker fatigue, the symptoms of worker fatigue, the impact of fatigue on health and relationships, adequate quality and quantity of sleep and the importance of diet, exercise and stress management strategies to minimize the adverse effects of fatigue.
- Consider implementing a Fatigue Risk Management Plan under which, like other risk factors, fatigue can be managed.

What Can Workers Do?

Workers can promote restful, healthy sleep by following sleep hygiene recommendations. Here are some suggestions:

What is healthy sleep?

- tMake sure that your sleep period is 7-9 hours daily without disruptions.
- Try to sleep at the same time every day.
- Avoid drinks with caffeine prior to bedtime to improve sleep quality.
- If working evening or nights, make sure that sleep has occurred within the last 8 hours before going to work.
- If napping before work, make sure that the duration is less than 45 minutes or greater than 2 hours to allow for a complete sleep/wake cycle.
- Make sure that the sleeping environment is comfortable, cool, dark and quiet.
- Exercise regularly. Eat a balanced diet. Maintain a healthy weight.
- If you have difficulty sleeping, keep a sleep diary and talk to your doctor.



What would you like to know more about?

Send information to

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Abimbola Adejayan
Emilia Hojoh
Otia Reeves
Emmanuel
Cobbinah
Felicia Ononye
Jasmine Taylor
Mobolaji Abimbola
Henrietta
Amoo-Mitchual
Agnes Kuteyi

HAPPY Anniversary

Robert Kumbelay
Olugboyega Sotubo
Femi Osadiya
Happie Richards
Yannick Bumahbuh
Elizabeth Salami
Stanley Ononye
Corey Hamilton
Oladimeji Adesegha
Johnson Adesanya
Ismail Ajao
Adedapo Adefisan
Shamira Aiken
Solomon Mago
Kwaku Acquah
Evans Okokoni
Olatunji Mobolaji

George Nkwenti
Akinwumi Kehinde
Olabisi Kusimo
Giveth Nguaike
Abimbola Adejayan
Damilara Adekunle
Oluwafunmike
Asimolowo
Tinukey Adeusi
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Venetta Tarplain
Felicia Ononye
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Nyasia Daniels

