



CSC MONTHLY MAGAZINE
EMPLOYEE
CONNECTION

Happy
Halloween



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, October 3, 2024 | 12:30pm @Amberton
Thursday, October 17, 2024 | 12:30pm @Amberton

Everyone is REQUIRED to come and be on TIME!

EMPLOYEE OF THE MONTH



Adaorah Ojukwu has been named our Employee of the Month! Adaorah is an integral part of our Children's Program, constantly demonstrating a deep dedication to helping our children reach their full potential. Her unwavering commitment and ability to step in wherever needed are truly inspiring. Adaorah's knack for keeping the children engaged have not gone unnoticed. Her positive influence and passion for her work significantly contribute to the nurturing environment we strive to create.



Juan Joke is a dedicated employee at the CSC and employee of the month. He consistently demonstrates punctuality, a positive attitude, and dedication towards completing every task assigned to him. His special care and attention to detail ensure that everyone under his care feels valued and supported. Juan's involvement in his shift duties goes beyond expectations, as he maintains his unit in a well-ordered and impeccably clean manner. His efforts make a significant difference in our team's success.



Kacey Hamilton's dedication to her role is truly inspiring. She consistently goes above and beyond to support and engage with the individuals she works with in the day program. Her perfect attendance record and punctuality showcase her commitment and reliability, while her cheerful demeanor and readiness to tackle challenges make a positive impact every day. Thank you, Kacey, for your unwavering dedication and the remarkable work you do.

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



World Mental Health Day is celebrated on Oct. 10 of each year to raise awareness around the world and to mobilize efforts in support of mental health. World Mental Health Day is a reminder for employees to take care of their own mental health, to be mindful of coworkers' behavior and be willing to recognize signs of distress in their peers and leaders as well.

Recognize the Warning Signs

Being familiar with the warning signs may help employees determine if themselves or a coworker is at risk for a potential mental health issue, especially if the behavior is new, has increased or changed because of recent events at work or home.

- Withdrawing from people and activities
- Low energy and fatigue
- Weight or appetite changes
- Thoughts of harming self or others
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Trouble performing everyday tasks
- Severe mood swings

Stress Reduction Techniques

It is recommended that employees take a moment to identify their triggers and apply any of the below techniques daily to help reduce any stress or anxiety they may be experiencing in their life:

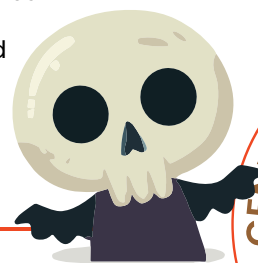
- Keep a journal
- Laughter
- Meditation or breathing exercises
- Exercise, and making sure to eat healthy, regular meals
- Stick to a sleep routine and making sure to get enough sleep.
- Establish a social network
- Maintain attitude of gratitude

Final Message:

- 1. Essential Component of Well-being:** Good mental health is a crucial aspect of our overall well-being.
- 2. Universal Human Right:** Mental health is a right that belongs to every individual, transcending geographical or societal boundaries.
- 3. Importance of Community Mental Health Services:** Accessible and high-quality mental health services and supports in our communities are vital for the well-being of all.
- 4. Combatting Stigma:** We must actively challenge the stigma and discrimination surrounding mental health to promote a more inclusive and understanding society.



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



Samuel Nyiawung
 Ibiidunni Sangotikun
 Karen Swift
 Elizabeth Nelson
 Seyi Babarinde
 Tunde Amadu
 Corey Hamilton
 Adesina Ayoku
 Christopher Ajuonuma
 Kelly Mufalume
 Idowu Loni
 Adedapo Adefisan
 Otis Pullen
 Bai Bundu
 Anthony Webb Sr

Oluwasegun Ekundayo
 Justin Knuckles
 Olajide Bashorun
 Anthony Kuyoro
 Godwin
 Chukwu-Johnson
 Dorcas Agbaje-Martins
 Modupe Epebinu
 Nidacarole
 Dzedzou Kazi
 Peter Kings Mbikang
 Gay Jones
 Omolola Fatusa
 Paulette Jones

HAPPY
Anniversary

Benjamin Ani
 Tolulope Olukoga
 Nonye Ezem
 Sylvie Fondjo
 Bosede Ajeigbe
 Olufemi Olabimtan
 Mojisola Ogunji
 Mobolaji Oliuwasesan
 Tiffany Odom
 Adarius Udell
 DaeSera Brown
 Ezekiel Omole
 Latrell
 Pearson-Buttenschon
 Adesola Adisa
 Evans Awuna
 Busayo Olabode
 Ayobami Efunwole
 Ruth Johnson
 Karen Swift
 Christine Njotsa
 Carine Ngwashi
 Adijat Parrish
 Ramatou Malade
 Abosede Olutoye
 Boniface Mouafo
 Kuietche
 Evaristus Atemlefeh
 Mbea-Ncho
 Charles Tangwan

Abria Cooley
 Christina Watters
 Keyanna Smith
 Doxael Yidiki
 Abimbola Ogundipe
 Sara Wako
 Olubunmi Famadeji
 Oluwatoyin Ojo
 Alice Mgbejume
 Mohamed Jah
 Godwin
 Chukwu-Johnson
 Kafilat Atiku
 Candee Keel
 Cecilia Smith
 Adaorah Ojukwu
 Adenike Akinduro
 Tolulope Adegoke
 Olanrewaju Sodipo
 Adela Angwafo
 Korpo Zaza
 Oluwasomidotun
 Dauda
 Mavis Boamah
 Linda Asanga
 Olawale Esan
 Olufunke Folorunsho
 Christina Vanbeber
 Olarenwaju Oladaye

