

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, February 05, 2026 | 12:30pm @Amberton
Thursday, February 19, 2026 | 12:30pm @Amberton
Friday Zoom Meetings 4pm

Everyone is REQUIRED to come and be on TIME!

FEBRUARY EMPLOYEE OF THE MONTH



Joe Ndoeka continually excels in keeping our adult residential homes tidy and well-organized. Joe fosters independence and encourages residents to pursue their goals each day. His trustworthiness and dedication make him a role model for his colleagues. Joe consistently goes the extra mile, whether it's assisting with activities, supporting new staff, or making sure residents feel safe and respected. We appreciate you, Joe, for your hard work and for being such an essential part of the CSC team.



Navtej Chana stands out as an exceptional member of the day program team. He brings a consistently positive attitude to his work and goes out of his way to engage everyone in meaningful activities. He is always punctual, reliable, and ready to offer support wherever it's needed. His commitment to meeting individual needs helps everyone feel valued. Navtej's professionalism, and dedication set a high standard for others and make him a true role model within the team.



Weslyn White Kelly has been selected as CSC's Employee of the Month. As a valued member of the Children's Program, Weslyn consistently demonstrates exceptional accuracy and diligence in fulfilling her responsibilities. She is always willing to assist in any capacity required, routinely exceeding expectations to support her team. Weslyn's genuine commitment to her work and to the children in her care has a positive influence on all those around her. Thank you for everything you do.



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



WINTER WELLNESS & ENERGY CHECK

A winter wellness and energy check involve prioritizing annual blood panels (Vitamin D, thyroid, iron), ensuring proper immune support with nutrient-dense foods, and addressing mental health, specifically managing Seasonal Affective Disorder (SAD) with increased light exposure. Key actions include staying hydrated despite reduced thirst, moisturizing skin, maintaining consistent sleep, and scheduling overdue screenings.

Winter Physical Health Checklist:

- Preventive Screenings: Schedule your annual check-up, including blood panels for cholesterol, glucose (A1C), and Vitamin D, which is often low due to limited sunlight.
- Immune & Energy Support: Boost energy with a diet rich in protein and fiber, ensuring adequate Vitamin D and Omega-3 intake to combat fatigue and low mood.
- Hydration: Maintain hydration, even in colder weather, to help with circulation and skin health.
- Movement: Fight off stiff joints and winter lethargy with regular, moderate exercise

Mental and Emotional Wellness:

- Combat Seasonal Affective Disorder (SAD): The colder months often trigger low energy and mood. Increase exposure to natural light and consider light therapy.
- Prioritize Self-Care: Set aside time for hobbies, meditation, or social interaction to counter feelings of loneliness.
- Monitor Symptoms: Do not ignore ongoing depression, or anxiety; seek advice from a professional.

As we transition from winter's chill to the promise of spring, it is important to acknowledge the dedication everyone has shown in prioritizing wellness and sustaining energy during these demanding months. With a new season approaching, let us continue to build on these healthy habits and welcome the opportunities that spring will bring.



Benjamin Ani
 Cheikh Mbengue
 Misikir Zenebe
 Rosaline Ngeh
 Tyleen Munson
 Olugboyega Sotubo
 Lauren Walk
 Rilwane Shonibare
 Latifat Oyetoro
 Olasunkanmi Oluoyemi
 Adeyinka Olawunmi
 Mariam Yahaya
 Oluwajomiloju
 Ladi-Oderinde
 Babatunde Jinadu
 Shatara Jordan
 Tewelde Bahta

Adekunle Adenegan
 Abiola Akande
 Kehinde Badaru
 Nureni Oladipupo
 Abimbola Adejayan
 Mobolaji Abimbola
 Abisoeye Owoeye
 Serge Tamjong
 Temitayo Odewale
 Shakirat Alabi
 Kenneth Yai Bulawah
 Toyin Akinkuolie
 Felicia Ononye
 Sherrie Green
 Rameara Garrett
 Mouhamadou Diakhate
 Lameck Oroba



Lea Kandjii
 Ndeye Diop
 Olasehinde Olanipekun
 Oluwanifemi Oyejide
 Angwi Bayelle
 Olugboyega Sotubo
 Femi Osadiya
 Emmanuel Ibewuike
 Stanley Ononye
 Oladimeji Adesegha
 Chukwuka Egwunye
 Johnson Adesanya
 Emmanuel Ejiogu
 Adedapo Adefisan
 Shamira Aiken
 Elizabeth Salami
 Solomon Mago
 Nixon Betek
 Helen Nwabueze
 Meki Bowers
 Evans Okokoni
 Olatunji Mobolaji

Gilda Rodriguez Urbina
 Ariyo Awosanmi
 Bolanle Hampton
 Akinwumi Kehinde
 Olabisi Kusimo
 Giveth Nguaike
 Abimbola Adejayan
 Damilare Adekunle
 Oluwafunmike
 Asimolowo
 Khadim Ba
 Tinuke Adeusi
 Toyin Akinkuolie
 Felicia Ononye
 Mouhamadou Diakhate
 Adejoke Adeyemi
 Weslyn White-Kelly
 Linda Onye
 Lum Choh
 Blessing Joseph
 Claudius Otoo



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

