



EMPLOYEE CONNECTION

Center for Social Change

CSC Monthly Magazine

Mission

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.

Vision

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.

Current Job Openings

Direct Care Staff: Multiple positions during weekday, weekends, and awake overnight.

Requirements: High School Diploma, CMT, Valid Maryland driving license with less than 2 points in driving record at all times and Minimum one year of experience of working with individuals with developmental disabilities.

EMPLOYEE OF THE MONTH



Saubana Oladotun Okewoye: Center for Social Change's tagline "we change lives!" does not ring more true than it does with job coach Dotun. Dotun is an incredibly patient, hardworking, and compassionate employee. He listens to each individual's needs and always rises to the occasion when asked by supervisors to step in. Dotun is someone who can be trusted, no matter the situation. He is a wonderful asset to the CSC team. Thank you for all of your hard work!"



Congratulations

Kafilat Atiku: Kafilat demonstrates outstanding work quality every day she works. She can be commended for 100% attendance! Kafilat goes above and beyond to get her job done and is wonderful with team work. She is praised for her hard work, sincerity, and perseverance. CSC appreciates your craving for perfection, wonderful communication skills and your humble behavior with all the individuals and staff members.



Congratulations



Mandatory House Managers /Lead Staff Meeting

Arrive at 12pm promptly!

- ◆ Wednesday, 04/03/2019
6600 Amberton Dr.
- ◆ Wednesday, 04/17/2019
9300 Liberty Road

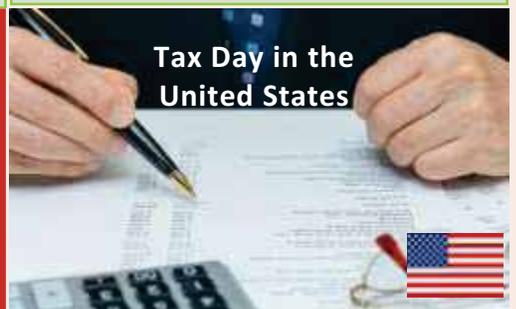
Mandatory All Children Home Staff Meeting

Arrive at 10am promptly!

- ◆ Thursday, 04/25/2019
6600 Amberton Drive.

Incident Reporting, Abuse and Neglect and Defensive Driving

All Staff unless exempted by
April 30, 2019
Contact your Program Coordinator for Query



Tax Day in the United States



Eze Inyama
 Ivon Nahjela
 Danesha Mathurin
 Michael Franklin
 Aminat Okunnu
 Williamae Bellamy
 Solomon Mago
 Yvonne Abongmekam
 Epse Nguh
 Bernard Mbah
 Abolore Olufemi
 Kehinde Ajayi
 Anthony Onyebuchi
 Cosmas Mutua
 Donna Bowles
 April Marks
 Yannick Cho
 Olanrewaju Daramola
 Esther Umejiaku
 Theresa Makell
 Keiniest Ellerby
 Stephen Akinkuade
 Prudencia Fieze
 Aliyah Hibbert
 Tyra Salisbury
 Marthia Courtney
 Akua Crosby
 India Harding
 Dominique Sanchez-
 Feenster
 Elsie Iloabachie
 Tellatha Lee
 Destiny Gingles
 Nasiru Bundu
 Toure Johnson
 Temple Wole-Oke

Importance of Exercise & Eating Healthy

Regular exercise and the consumption of a healthy diet can lead to a host of benefits, including increased energy, happiness, health and even a long life. Exercise and diet are pivotal to determining a person's overall health, and making them both part of your lifestyle can make a dramatic difference in how you look and feel.

According to the U.S. Department of Health and Human Services, a healthy diet should consist of fruits, vegetables, whole grains, low-fat dairy products and lean meats. On top of eating well, you must also minimize your consumption of cholesterol, sodium, sugar and saturated fat. In conjunction with regular exercise, a healthy diet can reduce your risk of heart disease, osteoporosis, type-2 diabetes, high blood pressure and some cancers.



If you're overweight, eating healthfully and exercising regularly can help you lose weight safely and keep it off. If you don't have a weight problem, physical activity and a healthy diet can help you maintain your current weight and reduce your risk of gaining weight as you age. Healthy foods are generally lower in calories and higher in nutrients than other foods,

According to the National Institute of Diabetes and Digestive and Kidney Diseases, a combination of working out and eating healthy foods can boost your energy level and help you feel more alert and aware, both mentally and physically. Healthy foods give your body the nutrients and vitamins it needs to function at its best.

Exercise and healthy eating can help make your life more diverse and interesting. Seek creative ways to be physically active in your daily life and don't to stick with the same exercise routine all the time. Exercise with co-workers, go dancing with friends, play on a sports team and spend active time with your kids and family members.

Happy Anniversary

Anthonia Nwaogu	John Odelola
Barnabas Mbonde	Candace Mccorkle
Abiodun Adeyemi	Folarin Owolabi
Jerome Iheoma	Odette Ekokobe Chi
Sheka Kamara	Ibidunni Sangotikun
Olubukola Oyeyemi	Oluwafiropo Ojo
Aliyah Hibbert	
Ernest Nji	



Friendly Reminders

- ◆ Emergency Kits should be sealed at all times. If for any reason something needs to be taken out, you are to immediately notify your coordinator. **Every month** the lists need to be updated.
- ◆ Consults should stay inside the medicine cabinet. No consult should not be on any of the bulletin boards or hung up elsewhere in the open.
- ◆ It is the staffs' responsibility to ensure that everything that is on the Activity and HR board is up to date. Any activities, trainings or other notices that are past due should be taken down and thrown away. Make sure to let your coordinator know.
- ◆ All fire extinguishers need to be initialed and dated by the staff that perform the fire drill each month. Don't forget about the fire extinguisher in the basement if your unit has one.
- ◆ All the fire drills and emergency drills are to be filled out completely. No sections should be empty.
- ◆ No staff is allowed to be on any electronic device during his or her shift. This includes cell phones, headphones, Bluetooth, and laptop. If seen using any of these, it will result in disciplinary action.
- ◆ No staff should be sleeping on duty. This is **neglect** and will also result in disciplinary action.
- ◆ Shoes are to be kept on at all times. No slippers are allowed.
- ◆ No other personal belongings are allowed at the unit. These include backpacks or school books.

APRIL OBSERVANCE

April 06: International Day of Sport for Development and Peace
 April 07: World Health Day
 April 19: Good Friday
 April 21: Easter Sunday
 April 22: International Mother Earth Day
 April 23: World Book and Copyright Day
 April 25: World Malaria Day
 April 28: World Day for Safety and Health at Work



Share your input on the Employee Connections. Send information to Fahad Arshad (System Support Analyst) via phone 410-579-6789*809 || Email: fahad@centerforsocialchange.org

