

CFS INSIDER

June 2009

Above & Beyond



New News is Good News!! by Elizabeth Thomas

How about this fine Michigan, early summer weather!?!? I'm loving it!!! On to the better news...

My part of the newsletter is going to be a little different this month...I'd like to dedicate this section to thanking the employees that I feel have done an exceptional job these last couple of quick passing months.

First and foremost, Beverly Stewart is such an amazing woman. I truly want to be like her when I grow up! She is so hard-working and humble. She's always willing to help no matter what the job entails! She is such an encouragement to me. Thanks to her we have helpful volunteers. ©

Debra Trapikas has just become a full time employee with CFS. **Welcome Debra!!** I believe she has a very humble spirit as well but she's also VERY hard-working! Ill or not, she's here grinding away at COA stuff that completely baffles my mind. She's always full of great ideas and she's a great mulcher too. ©

Katrina Walker has definitely earned her stripes in my opinion. She has proven to be an incredible multi-tasker. She coordinated the Open House for the Link on May 27th which went very well especially for being her first event. She continues to juggle her various assigned tasks and still maintains a very pleasant attitude and aura.

Thank you ladies for your hard work and going above and beyond!! It is **VERY MUCH** appreciated!!! ©

I was also asked to give a **BIG** "thank you" to Deb and Rick Malich for volunteering their Saturday and Sunday to spruce up and make repairs on the 3 DSS bathrooms which included painting, installing cabinets and new door stops, securing various fixtures securely to the walls, and deep cleaning the floors and other surfaces.

Inside This Issue

- 1 New News is Good News
- 1 COA
- 2 Safety First
- 2 Yummy!!
- 2 Helpful HR Info
- 3 Vital Signs
- 3 CPR Classes
- 3 First Aid Classes
- 4 Birthdays and Anniversaries
- 4 Upcoming Events
- 4 CFS Family Bits & Pieces



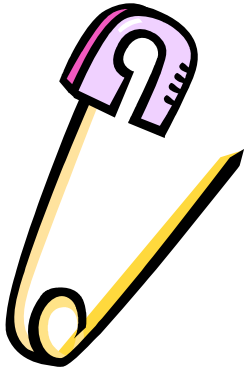
What is COA and what is all the hype about? by Debra Trapikas

We finished the self-study portion of the COA project on time – thanks to many of you and the hard work you put into getting me the information. We'll probably have a lot of changes to make when we get our review back – but we bought more time, which was critical.

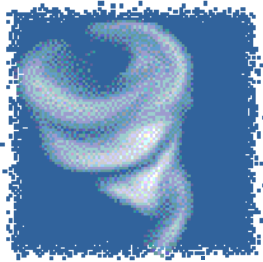
We now have our accreditation visit coming up the first week of August and we must be ready for that. We will have an agency mock site visit on July 21. More information will be disseminated shortly on the visit and what will be expected. This is all to get you to be more comfortable with what will be going on in the near future.

In other news. I will be working on the website over the next several weeks. I invite your comments before, during and after. If there is something you would like to see on the website, please let me know. Ideas, suggestions, critiques ... are all acceptable, and appreciated.

Thanks again to all who helped with the COA self-study. This includes just about every single one of you in one way, or another.



They are mainly robbing homes where elderly live.



Safety First by Rita Cotterman

COMMUNITY ALERT

BREAK-INS IN WATERLIET & LOWER INDIANA:

So far this month there have been 12 break-ins in our area. A team of 5 men & 1 woman are watching to see who isn't home during the day. One of them will knock on the door & if someone answers, they will ask for a fatuous name & then leave. If no one answers the door, they will enter either through a window or a door & in 45 minutes they are gone. They are taking anything they can carry, flat screen TV's, VCR/DVD's money, & jewelry. This occurs between the hours of 9:00am & 1:00pm. It was reported that they are driving a red car & the police believe drugs are involved.

ST. JOSEPH – STEVENSVILLE AREA:

Team of 2 men driving a white van with no markings on it are going to homes after 4:00pm & telling people that there is low water pressure in their area & the water in many homes has been reported to be cloudy. They ask to enter so they can check the water at the residence.

(It is after 4:00pm so you cannot call the water company to see if the information is accurate). While one person is in the kitchen with the resident, the other will go to the bathroom to check the water there. While back there, he will take medications out of the bathroom & any money or jewelry he can find in the bedrooms. Then they leave the residence & are gone before anyone notices that things are missing.

They are mainly robbing homes where elderly live. If you see a suspicious car or van in your neighborhood, please **contact the police immediately**.

Yummy!! Pizza Rustica by Sue Struwin

2 lbs of sweet Italian Sausage (I used Jenos turkey sweet Italian Sausage).
Remove sausage from casing and sauté in ½ Olive Oil and ½ butter.

1 lb of Mozzarella Cheese shredded

1lb of Muenster Cheese shredded or chopped fine

Optional ¼ lb of hard salami chopped in small pieces

½ to 1 cup of Romano or Parmesan cheese grated

6 eggs beaten salt and pepper to taste

Mix all above ingredients together

3 packages of croissant rolls or Pepperidge Farm pastry dough

1 large 14x 11 (approximately) baking pan

Use 1 and ½ packages of croissant rolls to line the bottom of the baking pan. Spread mixture on top of CR.

Spread remaining CR on top of mixture. Bake at 350 for 45-50 minutes until top is brown and mixture is bubbly.

Cut into small pieces and serve, may be refrigerated and reheated. If freezing cool completely cut and freeze.

Defrost then bake 15 minutes further or until hot.



Helpful HR Info by HR

Just a friendly reminder – Employees are required to provide a copy of their current, valid driver's license and proof of car insurance. If you've recently renewed your car insurance or your driver's license please stop in so that we can copy it and add it to your employee file.

Vital Signs by Julie Langdon, RN – Agency Nurse

The month of June is the time every year when the American Cancer Society Relay for Life occurs. This year, it is June 27th and 28th at the Berrien County Youth Fairgrounds. We have all been influenced by this disease in one way or another. Here is my story.

I initially experienced it on the periphery of my life when I was younger. Both of my grandmothers fought cancer. As I grew older, it became even more personal. I lost a close friend to it. My aunt fought it. My mother-in-law fought hard and lost. Lastly, my son was diagnosed with cancer.

It started out not the best of years. Our family was still recovering from the shock of losing my mother-in-law. Four months after our mother's death, my son started having problems. He was only eleven. It happened suddenly. The doctors thought that he had fallen while riding his mini bike and lacerated his kidney. Looking back, I remember thinking that I was a horrible parent to not have noticed that he had fallen and hurt himself. The tumor that was on his kidney had started to bleed. It took the rest of the summer to recognize that there was a tumor growing in his abdomen concealed by the blood there.

Speaking with Mathew's oncologist, I wondered if there had been anything that we could have done to diagnose this disease earlier. She reassured my husband and me that this was not even on the list of probable diagnoses. Nobody expects an eleven year old to have cancer.

Mathew had surgery to have his right kidney removed followed by radiation and chemotherapy. It would be an understatement to say that after the initial news of being told that he had cancer, and the treatment that would be required, Mathew was very angry. The invasion of his body not only by the disease but by the nurses, doctors and ancillary staff gave him quite a feeling of helplessness.

As caregivers, my husband and I were there with him on the journey through treatment but we could never truly understand how profoundly this affected him. Every year since his diagnosis, Mathew has attended Camp Catch a Rainbow. This is sponsored by the American Cancer Society.

I see the transformation that he goes through every year at camp when he spends a week with children that have experienced what he has experienced. He has made lasting friendships and keeps in touch with them throughout the year until they meet up again at camp.

I was blessed with guidance from a mother, who was referred to me through the American Cancer Society, who went through her own battle with her son. She shared her experience with me and helped me to maintain a balance in parenting throughout this difficult time. Mathew is seventeen now and continues to attend the young adult retreats offered by the American Cancer Society. When he is old enough, he plans on continuing to attend as a counselor.

He is now cancer free, and if you look at him, you would never know that he had ever been sick. Mathew wears his survivor shirts with pride and to help bring awareness to the public. I suspect that this helps him to feel empowered. Finally, our two families gather every year to celebrate, remember, and fight back against this disease that has affected those that we love. This is why I Relay.

I walked around the track today;
I walked to help a disease go away.
I walked because there is a need.
I walked that bodies could be freed.

I walked to give a small child hope;
I walked to help someone cope.
I walked for a husband or a wife;
I walked to help prolong a life.

I walked with my head held high;
I walked for that one about to die.
I walked excitedly not demure;
I walked to help find a cure.

I walked for everyone to see;
I walked for you, I walked for me.



Child and Family have staff that are members of 2 relay teams this year.

Team: Vision of Hope - Captain Darryl Rogers

And

Team: Flame of Hope – Captain Julie Langdon

Please come out and join us at the Berrien County Fairgrounds.



CPR CLASSES by Julie Langdon, RN

Friday, June 19, 2009	8:30am – 12:00pm
Friday, July 17, 2009	8:30am – 12:00pm
Friday, August 20, 2009	8:30am – 12:00pm



First Aid Classes by Julie Langdon, RN

Thursday, June 4, 2009	8:30 am – 12:00 pm
Thursday, July 2, 2009	8:30 am – 12:00 pm
Thursday, August 6, 2009	8:30 am – 12:00 pm

All classes will be held in the big conference room in the administration building.

Please register for any classes that you are planning to attend. Call Julie Langdon, RN at 925-1725 ext. 123 or email langdon@cfsswmi.org.



Birthdays and Anniversaries

Nancy Knott – Safe Shelter June 10
 Thelka McComb – BH DSS June 19
 Shirley Fedeli June 23



JUNE 2009						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Upcoming Events

Mike Struwin's Schedule of Music Events for the month of June is as follows:

Every Thursday except the 25th from 6pm to 10pm at The Boat House in St. Joseph, outside on the deck next to Clementine's

- Approved Fire Protection Training** June 4 (7am – 4pm) Admin Large Conference Room – Sessions are about 45 minutes
- The Misfits Chorale Group @ BH DSS** June 5 (1:00pm)
- Mike Struwin Music Tour – FREE** June 7 (7:30 – 10:30pm) Wally's in downtown Saugatuck, outside seating available
- Mike Struwin Music Tour – FREE** June 12 (7:30a – 10:30pm) Wally's in downtown Saugatuck, outside seating available
- Agency Picnic (location TBD)** June 19 (12 – 3pm)
- Mike Struwin Music Tour – FREE** June 19 The Castaways in Bay City, MI
- Old Antique Car Show @ BH DSS** June 22 Rides from 11am – Noon, Cook out from 12 – 1pm outside green space weather permitting
- Day of Action** June 24 (11am – Noon)
- Mike Struwin Music Tour – FREE** June 25 (7:30 – 10:30pm) Wally's in downtown Saugatuck, outside seating available
- Mike Struwin Music Tour – Cover Charge** June 26 (10:00pm – 1:00am) Harrison Landing in downtown Elkhart
- Mike Struwin Music Tour – FREE** June 27 (7:30 – 10:30pm) Wally's in downtown Saugatuck, outside seating available

Celebrate literacy and education with your kids by joining local celebrities for Reading on the bluff at the Howard Band Shell



CFS Family Bits & Pieces

DSS's garage sale was very successful! They raised about \$800! Thanks to Kathy Hammond for her time and energy in organizing the DSS garage sale as well

Beginning in June, Seniors from DSS will be attending the brown bag concerts on Wednesdays at the St. Joseph Band Shell. If you would like to be a part of the group and adopt a senior for the outing let Kathy Hammond know.

Welcome and thank you to all our Volunteers at DSS. You are such a big help and very much appreciated. They are as follows: Holly Angelo, Mary Horne, Heather Kaler, Peggy Myers and Kim Pater. You all make our DSS program a special place for our seniors!

The Link Crisis Center has a new logo thanks to talented Emily Engler! T-shirts with the new logo will be available soon.

A big thank you to all staff that spread mulch, weeded and spruced up the green space to prepare for the Link Open House. It looks great!

Katrina Walker would like to extend a **BIG** "thank you" to all the staff that helped with the Link Open House on May 27th especially Sue Struwin, Beverly Stewart, Deb Trapikas, Patricia Allen, and Elizabeth Thomas. Also to everyone that cooked and provided the tasty treats that were served. This event came together nicely with the group's effort.

