

CFS INSIDER

September 2009



Kim McNew



Kelly Nightingale

New News is Good News!! by Elizabeth Thomas

August sure did fly by!! Fall is on its way...the leaves have already begun to turn orange & red. We didn't get much of a summer unfortunately but we'll have the beautiful autumn colors to enjoy. ☺ This month we've added a couple new faces to our CFS family. **Please take the time to welcome the following employees to our team!!**

Kim McNew – Receptionist/Administrative Office Assistant

Kelly Nightingale – Director of Shelter Services

Something Yummy!

Yield

2 servings (serving size: 1 1/4 cups)

Ingredients

- 1 cup fresh or frozen blueberries
- 2/3 cup fat-free milk
- 1/2 cup reduced-fat firm silken tofu (about 4 ounces)
- 2 tablespoons raspberry spread (such as Polaner All Fruit)
- 1 (6-ounce) carton raspberry low-fat yogurt

Preparation

1. Combine all ingredients in a blender; process until smooth.

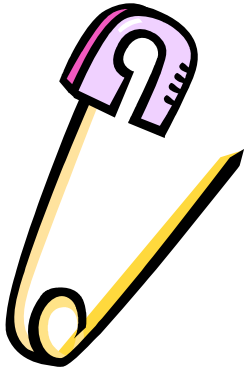
Nutritional Information

Calories:	202
Fat:	1.3g (sat 0.6g,mono 0.1g,poly 0.3g)
Protein:	9.4g
Carbohydrate:	38.2g
Fiber:	2.3g
Cholesterol:	6mg
Iron:	1.6mg
Sodium:	134mg
Calcium:	231mg



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By taking some time to store emergency food & water supplies, you can provide for your entire family.

Safety First by Rita Cotterman

FOOD & WATER IN AN EMERGENCY Part 2

If an earthquake, hurricane, winter storm, or other disaster strikes your community, you might not have access to food, water and electricity for days or even weeks. By taking some time now to store emergency food & water supplies, you can provide for your entire family.

IF THE ELECTRIC GOES OFF –

First – Use perishable food from the refrigerator, pantry, garden, etc.

Then – Use the foods from the freezer. To limit the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.

Finally – Begin to use non-perishable foods.

HOW TO COOK IF THE POWER GOES OUT –

For emergency cooking indoors, you can use a fireplace. A charcoal grill or camp stove can be used indoors. You can keep cooked food hot by using candle warmers, chafing dishes, & fondue pots. Use only approved devices for warming food. Canned food can be eaten right out of the can. **If you heat it in the can, be sure to open the can & remove the label before heating.**

WHEN FOOD SUPPLIES ARE LOW –

If activity is reduced, healthy people can survive on half their usual food intake for an extended period & without any food for many days. **Food, unlike water, may be rationed safely, except for children & pregnant women.**

If your water supply is limited, don't eat salty foods, since they will make you thirsty. Instead, eat salt-free crackers, whole grain cereals, & canned foods with high liquid content.

NUTRITION TIPS –

During & after a disaster, it is vital that you maintain your strength. Remember the following:

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body to function properly
(two quarts or a half gallon per day)

Take in enough calories to enable you to do any necessary work.

Include vitamin, mineral & protein supplements in you stockpile to ensure adequate nutrition.

TO BE CONTINUED NEXT ISSUE...



Helpful HR Info by HR

Software Training – David emailed all staff regarding training on Microsoft Word, Excel & Outlook. Please take the time to “broaden your horizons” & learn how to make the tools you use daily work more efficiently for you. You have the option to choose from a list of training sessions. There's a test at the end of each session. These trainings are very informative & easy to follow. When you're finished with the entire training, you'll be asked to give feedback. After submitting your feedback there's a link you need to click on called [Quick Reference Card](#). That will give you a list of the training topics you completed. Print & submit to HR. We will include this in your personnel file. If you need those training link's emailed to you again or you have any questions please contact HR.

Vital Signs by Julie Langdon, RN – Agency Nurse

Current government statistics obtained from NHANES 2001-2004 (National Health and Nutrition Examination Survey) place 66% of U.S. adults as overweight or obese. This equates to 133.6 million adults in the U.S. The cost of medical spending in the U. S. due to the overweight population is \$117 billion annually. From 1960 to 2004, the prevalence of those overweight increased from 44.8 to 66 percent, with most of this rise occurring since 1980. Body mass index (BMI) is used to screen for obesity in adults. It is a calculation that is based on height and weight and not gender specific in adults. This is calculated by multiplying your weight in pounds by 704.5, divide the result by height in inches, and then divide that result by height in inches a second time. The NIH (National Institute of Health) identified obesity as a BMI greater than 30.

There are 1,440 minutes in every day. Schedule 30 of them for physical activity!

Physical activity is any form of exercise or movement of the body that uses energy. Think of some of the reasons why you have not exercised. The number 1 excuse reported is “I don’t have the time”. You can start with 10-minute segments of exercise spread throughout your day. Walk during a break or dance with your children or spouse to your favorite music. Another commonly heard phrase is “I haven’t been active in a very long time”. Choose something that you like to do. Before you know it, you will be doing more each day. Many have been heard to say “It costs too much”. I reply to that, can you afford not to be active? When you are not physically active, you are more likely to get heart disease, type II diabetes, high blood pressure and cholesterol and have a stroke.

It is recommended that adults should get at least 2 hours and 30 minutes of moderate aerobic activity each week. Strengthening activities should be done 2 days a week. These include sit-ups, push-ups and lifting weights. To be more successful, pick an activity you like that fits your lifestyle. Pick a time that works best for you. Team up with a friend. It will be more fun and will keep you motivated. Track your time and progress. I have handouts in my office if you would like to use them. I know that it isn’t easy starting an exercise routine. I will conclude with a quote that says it all.

Those who do not find time for exercise will have to find time for illness.

Earl of Derby, 1873



CPR CLASSES by Julie Langdon, RN

Friday, Sept 18, 2009	8:30 am – 12:00 pm
Friday, Oct 16, 2009	8:30 am – 12:00 pm
Friday, Nov 20, 2009	8:30 am – 12:00 pm
Friday, Dec 11, 2009	8:30 am – 12:00 pm
Friday, Jan 15, 2009	8:30 am – 12:00 pm

First Aid Classes by Julie Langdon, RN

Thursday, Sept 3, 2009	8:30 am – 12:00 pm
Thursday, Oct 1, 2009	8:30 am – 12:00 pm
Thursday, Nov 5, 2009	8:30 am – 12:00 pm
Thursday, Dec 3, 2009	8:30 am – 12:00 pm
Thursday, Jan 7, 2010	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

Grady Clay – BH DSS	Sept 10
Michelle Lozmack – Homecare Nurse	Sept 19
Leslie Shupert – Accounting	Sept 23
Elizabeth Thomas – HR	Sept 30
Anniversaries:	
Sue Struwin – Director Adult Svcs	13 years
Sherrill Friedman – Nursing Supervisor	4 years
David Ford – HR Manager	2 years
Shelton Parker – Link LTS	2 years
Nancy Doerr – Paw Paw DSS	2 years
Nicole Childs – BH DSS	1 year
Julie Langdon – Agency Nurse	1 year
Jennifer Wike – Link Counselor	1 year

SEPTEMBER 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 September is as follows:

Mike Struwin	Sept 11 (10:00pm)
Casey's in New Buffalo	
Maxton Struwin	Sept 18 (9:30pm)
Bell's in Kalamazoo	

CFS Family Bits & Pieces

Please participate in recognizing our hard-working employees. Reward them with an ABC coupon. The employee with the most coupons at the end of the quarter will be awarded Employee of the Quarter. If you don't have access to the coupon, email Debra Trapikas.

ABOVE & BEYOND COUPON



A Retro 80's Evening for LADIES Celebrating Life and Survival

Dress in Retro 80's

"Pretty in Pink" Party

80's music/dancing

Divas Host/ess

 Robin Van Dyke

Gifts

 98.3 the coast
 Best Mix - 80's - 90's - Today!

Proceeds benefiting

 MAKING STRIDES Against Breast Cancer
 American Cancer Society

Door Prizes

 Heavy Show' downs
 Cash Bar

Special Guest Speakers

Tickets: \$120 table of 8
www.theccast.fm
 Coast Studios –Napier, Benton Harbor

Thursday, October 1, 2009
 Santaniello's Glenford Restaurant & Pizzeria
 6 p.m. – 10 p.m.

