Southern Alberta Community Living Association

CONTRACTOR CHRONICLE

APRIL 2009

Sue's Brew

There has been much activity within and outside of our Association during the last month and looking forward to the weeks and months ahead it would appear that there are many exciting opportunities yet to come! Here are some of the highlights...

- On Friday, March 27th our Association will be well represented at a symposium being hosted by PDD on Innovation and Change
- Our external COR (Health & Safety) Review was completed on March 13th. A special thank you to JoAnne DiMichele for her coordination and skill in leading us through this process and to all of you who participated. We passed!
- On April 11th from 10am—2pm the Galt Museum is hosting Eggstravaganza, featuring Joanne Kelly of the Gold Medal winning Canadian Women's Wheelchair Basketball Team. There will be lots of fun and activities for the entire family and our Association will have a booth at this event.
- In June of this year, we will be co-hosting information sessions on Alberta's new Adult Guardianship and Trusteeship Act with Family Voices, Lethbridge Association for Community Living (LACL).
- LACL is also hosting their annual Spring Fling on Saturday, May 2nd at the Lethbridge Lodge. It is a very fun evening that includes dinner, silent and live auctions and a dance with music by Southern Flyer. For more information please call 403-327-2911
- On Thursday, April 2nd we will be having Ham Day at the Northside Sobeys store. I look forward to seeing many of you on that day.

BEAT THE WINTER BLUES

On Saturday, February 28, 2009 over 160 staff and contractors attended the Association's Beat the Winter Blues Celebration. Six of our board members also attended this special occasion to thank staff and contractors for their contributions over the past year and to formally acknowledge people who had achieved certain milestones with the Association in 2008. Recipients of special recognition at this year's event included:

3 Years

Carmen Bankonin
Maria Armero
Jinan Dleikan
Nikki Ohlmann
Linda Enns
Tanya Agostinho
Sherry Murdoch
Carol Naylor
Bill & Marion Van Reeuwyk
Lonnie Shipley
Marget Jones
Rod McLeod
Willy Boot
Joy Lawson
Allen Skwarek
Candace Romeril

5 Years

Linda Guenther
Melody Williams
Cheryl Forsythe
Carmen Ostero
Elizabeth Ginn
Diane Secrist
Lisa Palma
Joanne Olson
Jeff Lewis
Judy Chaisson
Rhonda Boreen
Kim Jorgenson
Paula Mastel

10 Years

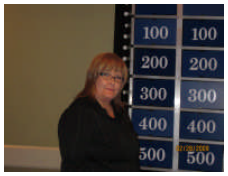
Jocelyn Sinclair
Danette Martin
Stephen Tuttle

15 Years

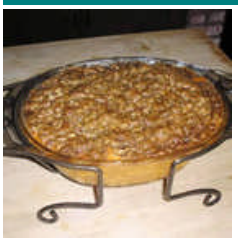
Terry Tollefsrud
Antonette Kampfl
Connie Jolicoeur

20 Years

Peter Rempel
Esther Kesler
Meredith Tuttle
Anna Purveen



RECIPE OF THE MONTH : GOURMET SWEET POTATO CLASSIC



INGREDIENTS

- 5 sweet potatoes
- 1/4 teaspoon salt
- 1/4 cup butter
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar
- 2 tablespoons heavy cream
- 1/4 cup butter, softened
- 3 tablespoons all-purpose flour
- 3/4 cup packed light brown sugar
- 1/2 cup chopped pecans

DIRECTIONS (6 to 8 servings)

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. Bake sweet potatoes 35 minutes in the preheated oven, or until they begin to soften. Cool slightly, peel, and mash.
3. In a large bowl, mix the mashed sweet potatoes, salt, 1/4 cup butter, eggs, vanilla extract, cinnamon, sugar, and heavy cream. Transfer to the prepared baking dish.
4. In a medium bowl, combine 1/4 cup butter, flour, brown sugar, and chopped pecans. Mix with a pastry blender or your fingers to the consistency of course meal. Sprinkle over the sweet potato mixture.
5. Bake 30 minutes in the preheated oven, until topping is crisp and lightly browned.

"You have all the reason in the world to achieve your grandest dreams.
Imagination plus innovation equals realization."
~ Denis Waitley ~

Reminder: HAM DAY

Don't forget to pick up your Easter Ham at Northside Sobeys on April 2nd
11:30 am - 1:00 pm
OR
4:00 pm - 5:30 pm

We will provide you with an update in the next newsletter regarding hams that were donated to community members.

Danette Martin began her career with us on May 15, 1998 and for the first four years of her employ held a number of different positions working relief, evenings, alternate weekends and overnights.
In June 2002, Danette left her many different Community Support Worker roles behind and moved to the Team Leader position supporting children, contractors and families. She found her perfect fit with our Association.
Danette is passionate about the work she does and is a strong advocate for everyone she supports.
Many of us are continually amazed by Danette's ability to juggle her busy life in a way that ensures everyone gets what they need when they need it!
She married Vaughn on April 27, 2002 and they are parents of two boys, Vaughn Christopher and Justin. In her "spare" time, she attends the Lethbridge College and is obtaining credits towards her nursing degree.
Danette has an amazing smile, an infectious laugh and her dedication and work ethics as second to none. Thank you Danette.

HEALTH & WELLNESS presents:

Shed, Garage or other Enclose Space Cleanup

Look for mice droppings, nests or dead mice when you enter enclosed spaces (such as Sheds or Recreational Vehicles) for the first time in the spring. **If you see any signs of mice in enclosed spaces:**

- Open doors and windows to ventilate the space for at least 30 minutes before cleaning.
- Stay out of the area while ventilating.
- Put on rubber gloves, and if desired, a face mask.
- Spray drippings, nests and dead mice with a bleach and water solution (1 part bleach to 9 parts water) or household disinfectant.
- Mop up the disinfected droppings, nest or dead mice: or pick them up with paper towels.
- Put disinfected matter into a plastic bag.
- Seal plastic bag and put in a garbage container with a tight fitting lid. Wash you gloves with bleach solution or household disinfectant before you take them off, and then wash your hands thoroughly.
- Do not vacuum or sweep the dropping, nests or dead mice as this can produce dust which may contain harmful airborne Hantavirus particles.

Additional information can be found at:
www.calgaryhealthregion.ca/healthinfo/features/2008/2008-04-24_springclean.htm