Southern Alberta Community Living Association

CONTRACTOR CHRONICLE

August 2008

from Diane's desk

I'm hoping everyone is having a great summer!

Changes have been made to the adult Contractor Agreement as of this new fiscal year beginning on July 1, 2008. (changes to the Supports to Families contracts will be announced later in the year)

These changes now include:

Section 1 Number 1: *" Provide services and supports to the Individual as outlined within this Agreement* ***and the Personal Support Plan****."*

Section 1 Number 5: *"Complete all necessary documentation and respond promptly to any reports requested or inquiries made by the Agency. (i.e.* ***monthly summaries****, incident reports, medication forms etc.)*

Section 1 Number 8: *" Attend and participate in the preparation, planning and implementation of the Needs Analysis and* ***Personal Agreement*** *for the individual* ***as requested****."*

We are working to develop a comprehensive Personal Support Plan for each individual that we support. These support plans will be your guidelines in the areas that the individual and/or guardians have requested supports.

In an increased effort to provide appropriate training to our contractors, Shannon Cosovan has been contacting each of you to set up a time for you to go through our new agency orientation. So if you have not yet gone through this new process, expect to hear from Shannon within the next few months.

I am looking forward to seeing all of you at the upcoming Staff & Contractor annual BBQ, on September 13, 2008 at Pavan Park. Invitations will be coming in August!

Great Canadian Head Shave!
Friday, September 12, 2008

Participant: SACLA Staff Member ARLENE MANTIE

Reasons for Participating:

"I am proud of what Terry Fox stood for and what he accomplished in his short life. Terry and I were born two weeks apart to the day in 1958 and therefore I will be turning 50 this summer, just as he would have.

Out of respect for my "Great Canadian Peer", I am participating in the "GREAT CANADIAN HEAD SHAVE" on September 12, 2008 and raising money for Terry's foundation.

This is my way of carrying on his legacy and honouring his memory"

"LETS BEAT THIS DISEASE AND FIND A CURE!!!"

HOW CAN YOU SUPPORT ARLENE IN THIS EVENT?

Fill out the pledge forms provided (SACLA front desk) and make cheques payable to "THE TERRY FOX FOUNDATION" or Pledge online at www.terryfoxrun.org (search for "Arlene Mantie")

MENNONITE GUEST HOUSE

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Do you need a home while your loved one is in the hospital?

Do you need a home while receiving Outpatient Treatment?

If you have ever had to travel to Calgary to support a loved one in the hospital, or to receive hospital outpatient treatment, you know the stresses (both emotionally and financially) that can accompany these crisis's.

We recently heard about the Mennonite Guest House in Calgary. After visiting their website at *http://guesthouse.mennonitechurch.ab.ca*, we wanted to share this information with as many people as possible.

The Mennonite Guest House offers:

- lodging
- breakfast
- internet access
- local phone
- access to shared kitchen

Daily Rate:
$40/night *(cash only)* for one person per room. Additional $10 for a 2nd person sharing the same room *(bathroom may be shared)*

Weekly Rate:
$250 *(cash only)* for one person per room. Additional $50 for a 2nd person sharing the same room *(bathroom may be shared)*

The History
Foothills Mennonite Church (Calgary) opened the Mennonite Guest House in the fall of 2007 to meet a growing hospitality need in the community. It provides an affordable housing option to families and outpatients receiving care at the Foothills Hospital.

The Purpose
The purpose of the Guest House is to provide accommodation to adults who want to stay close to their loved ones who are in the hospital and also to adults who are coming to Calgary as an outpatient to receive treatment or therapy.

For more information or to book a room call (403) 282-7101

IN THE SPOTLIGHT

by *Darren Seely, Team Leader*

So there I was sitting in my comfy chair, with pen in hand, doing some paperwork, when my coordinator quickly slid through the doorway reminiscent of Kramer entering into Jerry's place. (Have to remember to close that in the future…) "Hey can you think of anyone for the spotlight on contractors this month…today"….. I turned and looked towards her even as my hand was already on the way to the phone.. It knew just the right person to call before I did… it dialed… 403-32*-**** (then I hung up and dialed the right numbers…..)

Anna Puurveen has lived in and around Iron Springs all her life and has provided respite for individuals through SACLA since 1988 (20 years!) Anna said her interest stemmed from her daughter working in the rehabilitation field, and by friends who recommended she apply for a contractor position. That phone call sparked a 20 year relationship with this Association.

Over the course of the years Anna has provided respite for 5 individuals and said the experience "couldn't be better".

Anna enjoys gardening, knitting and doing arts and crafts. She also enjoys time spent with her eight children, 17 grandchildren and 2 great grandchildren.

RECIPE OF THE MONTH

One of NISH'S Favourite Rice DISHES

- 2 Cups brown rice
- 1/3 Cup almond flakes
- 5—6 eggs
- 1 onion - chopped
- 3/4—1 Lb sliced mushrooms
- 1 Cup frozen peas
- Olive oil
- Butter
- Chopped Parsley

1. Cook brown rice according to instructions on package and set aside
2. Toast flaked almonds
3. Beat eggs and gently fry in a pat of butter or oil until firm—then chop into pieces. Set aside
4. Sauté onion and mushrooms until well cooked.
5. Add cooked rice, toasted almonds, egg pieces and frozen peas.
6. Add some olive oil, butter and parsley. Mix together and warm entire mixture over medium heat until heated through.

(Recipe submitted by Barbara Nish)

QUOTES

"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

~Martin Luther King Jr. ~

"You can`t live a perfect day without doing something for someone who will never be able to repay you." *~John Wooden~*

HEALTH & WELLNESS presents:

"TORNADO — SIGNS & ACTIONS"

Reprinted from: http://getprepared.ca/risks/tornadoes_e.asp

Tornadoes are relatively common in Canada, but only in specific regions: southern Alberta; Manitoba and Saskatchewan; southern Ontario; southern Quebec; the interior of British Columbia; and western New Brunswick. Tornado season extends from April to September with peak months in June and July

Tornado facts

- Canada gets more tornadoes than any other country with the exception of the United States.
- Tornadoes are rotating columns of high winds.
- Sometimes they move quickly (up to 70 km/hour) and leave a long, wide path of destruction. At other times the tornado is small, touching down here and there.
- Large or small, they can uproot trees, flip cars and demolish houses.
- Tornadoes usually hit in the afternoon and early evening, but they have been known to strike at night too.

Warning signs of a potential tornado

- Warning signs include:
- Severe thunderstorms, with frequent thunder and lightning
- An extremely dark sky, sometimes highlighted by green or yellow clouds
- A rumbling sound or a whistling sound.
- A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

Canada's tornado warning system

- Environment Canada is responsible for warning the public when conditions exist that may produce tornadoes. It does this through radio, television, newspapers, its internet site, as well as through its weather phone lines.
- If you live in one of Canada's high-risk areas, you should listen to your radio during severe thunderstorms.
- If you hear that a tornado warning has been issued for your area, find shelter and follow the instructions below.

What to do during a tornado

If you are in a house

- Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.
- If you have no basement, protect yourself by taking shelter under a heavy table or desk.
- In all cases, stay away from windows, outside walls and doors.

If you are in an office or apartment building

- Take shelter in an inner hallway or room, ideally in the basement or on the ground floor.
- Do not use the elevator.
- Stay away from windows.

If you are in a gymnasium, church or auditorium

- Large buildings with wide-span roofs may collapse if a tornado hits.
- If possible, find shelter in another building.
- If you are in one of these buildings and cannot leave, take cover under a sturdy structure such as a table or desk.

Avoid cars and mobile homes

- More than half of all deaths from tornadoes happen in mobile homes.
- Find shelter elsewhere, preferably in a building with a strong foundation.
- If no shelter is available, lie down in a ditch away from the car or mobile home. Beware of flooding from downpours and be prepared to move.

If you are driving

- If you spot a tornado in the distance go to the nearest solid shelter.
- If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.

In all cases

- Get as close to the ground as possible, protect your head and watch for flying debris.
- Do not chase tornadoes – they are unpredictable and can change course abruptly.
- A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.