Southern Alberta Community Living Association
STAFF STAR
AUGUST 2009

"POSSIBILITY THINKING"

- Drives Achievement -

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Who are those rare breed of people that seem to be able to perform the business equivalent of turning water into wine? They come up with solutions that no one thought possible and seem to have limitless wisdom; the person that challenges conventional wisdom and is always on the cutting edge of innovation. These people are successful in utilizing "possibility thinking".

Possibility thinking is simply a mindset in which one chooses to look at possibilities and explore these possibilities until they are exhausted. Too often we all accept conventional thought, barriers or expert analysis as absolute whereas exploring possibilities leads us to achieve great things in organizations.

Although I concede that possibility thinking can be a combination of both nature and nurture, I remember when it really hit home with me for the first time and have to say that it has changed my thinking patterns ever since.

I was working on a project I perceived to be quite grandiose and perceptually close to impossible. Over the course of a couple of years and consistently looking at all angels to approach the project, it finally cam to fruition; at that moment possibility thinking became an activity I know I had to aspire to develop.

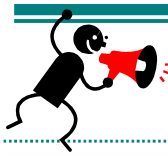
The John Maxwell book "How Successful People Think" contains a section on possibility thinking and he outlines some basic tenets for the value of possibility thinking.

1. Possibility thinking increases possibilities
2. Possibility thinking draws opportunities and people to you
3. Possibility thinking increases other's possibilities
4. Possibility thinking allows to dream big dreams
5. Possibility thinking makes it possible to rise above the average
6. Possibility thinking keeps you from giving up

Maxwell goes on to summarize how to create possibility thinking:

1. Don't focus on impossibilities
2. Stay away from so called "experts"
3. Look for possibilities in everything
4. Dream one size bigger
5. Question status quo
6. Find inspiration in great achievers.

Possibility thinking is obviously a lot deeper than these basic points and it can be easily dismissed as simply keeping an open mind, but it is more than that. Knowing something and practicing something are two entirely different things. Give possibility thinking a bit more attention over the next while and you may not only achieve more in your organization, you will likely have a lot more fun along the way!



"Sue's Brew will be back in September"

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SACLA BBQ

In order to offer a more relaxed BBQ atmosphere during the event, the venue has been changed to the PIONEER PARK BBQ area at the Exhibition Park. Nestled between the campground and Heritage Hall, the enclosed picnic area is perfect for our September 12th event. Don't forget to mark your calendars for this day. The event is slated to run from 2:00 p.m. to 6:00 p.m.

You will be receiving your invitations very soon. In order to facilitate the catering of this event, we ask that you RSVP your attendance by August 31, 2009.

Looking forward to seeing everyone there!

HEALTH & WELLNESS presents:

Source: WORK SAFE ALBERTA

A SAFE WORK BEST PRACTICE

Contact Stress

Contact stress happens when force is concentrated on a small area of the body, pinching or crushing tissue and causing discomfort and often pain. You experience contact stress, for example, when the edge of a work surface digs into your forearm or wrist, when ridges and hard edges on tool handles dig into your hand, and when you use your hand, foot or knee as a hammer. The sides of fingers, palms, wrists and forearms, elbows and knees are most susceptible to contact stress because in those areas the nerves, tendons and blood vessels are close to the skin and underlying bones

Contact stress happens when force is concentrated on a small area of the body, pinching or crushing tissue and causing discomfort and often pain.

When you rest some or most of your body weight on a small portion of your forearms, elbows, knees or thighs, the resulting highly concentrated forces may be enough to restrict the movement of tendons and cause inflammation, restrict the flow of nutrient and oxygen-carrying blood in the blood vessels, or bruise the muscles.

Avoiding injury

The sharp edges of tables and workstations can often be covered with soft padding, and some workstations come equipped with leading edges that are already rounded or have padded inserts.

For most people, tools that have grooves for the fingers don't work well because the grooves are either too big or too widely spaced. The resulting pressure ridges across the hand can damage nerves or create hot spots of pain. Grooves along the length of the handle, which are intended to prevent slipping, can also cut into the hand and create pressure ridges, especially if the tool is in continuous use. If a grooved handle is the only choice available, ensure that the grooves are many, narrow and shallow.

Workers should avoid using the base of the palm of the hand or the knee as a hammer. For example, carpet layers often use the knee repeatedly to install carpets, and in doing so are at high risk of injury

Other Suggestions:

- Redesign workstations or work processes to eliminate contact stress.
- Avoid resting against sharp edges, or try to have them rounded
- If a part of the body must rest against a sharp edge, pad the edge or pad yourself to better distribute forces.
- Spread contact forces over a greater surface area to minimize tissue injury. For example, increase the size and length of tool handles.
- Cover hard armrests with foam.
- Consider using wrist and mouse rests at computer workstations.

THE MORE YOU STAY THE MORE YOU PLAY!

JULY 2009 MONTHLY DRAW

- Costco $50.00 : Sherry Westhora
- Earls $50.00 : Justin Gross
- Chopstix $50.00: Terry Worboys
- Sweet Ideas $50.00: Chantelle Normand
- Swiss Chalet/Montana's: Lori Harasem
- Home Depot $50.00: Kayla Timchishen
- Walmart $50.00: Shannon Cosovan
- Superstore $50.00: Ron Wolfe
- Costco $50.00: Tom Cahoon
- Boston Pizza $50.00: Vanessa Alexander
- Cineplex : Terri Jensen
- Sears $50.00: Veronica Cuttini
- Moxie's $50.00: Brooke Alldredge
- Petro Canada $50.00: Marcia Rae
- The Keg $50.00: Shaun Penney
- Cineplex $50.00: Rhonda Link
- Chapters $50.00: Jo Anne Di Michele
- East Side Mario's $50.00: Halina Mielcarek
- HBC $50.00: Bert Kaga
- Future Shop $50.00: Chad Ormston

Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.

~ Mary Anne Radmacher~

In the spotlight!

Nick Gonsalvez has been with SACLA since May 2009. Nick has proven himself a valuable addition to our association and is known for his outstanding relationship building skills.

His commitment to his work is evidenced by his willingness to "go that extra mile" in his support of both the individuals he supports as well as his co-workers.

His resourcefulness has motivated new and fun activities for all to enjoy.

Originally from Fernie, BC, Nick is in his fourth year of full time studies at the University of Lethbridge where he is pursuing his degree in Kinesiology.

Outside of work (and school), Nick enjoys playing soccer, and spending time with family and friends.

Thank you Nick, for your positive gentle spirit and for your patience and consistency in supporting people to live their best lives.

RECIPE OF THE MONTH : MAC & CHEESE PICNIC SALAD

INGREDIENTS:

- 2 packages of Mac & Cheese (I prefer Kraft Dinner)
- 2 cups of broccoli florets
- 1 large tomato—chopped
- 2 green onions chopped
- 5 oz of chopped deli ham
- 1/2 C Miracle Whip

DIRECTIONS:

1. Cook the Mac & Cheese as per directions on the box—and place in refrigerator for at least 1/2 hour.
2. Once cooled, add the broccoli, tomato, onions, ham and Miracle Whip—mix lightly & serve.