



Sue's Brew 

Southern Alberta Community Living Association Trivia



Did you know . . .

The Association is Registered under the Societies Act and provides tax receipts for all charitable donations.

The Association was incorporated on September 18, 1980.

We are a member of:

- The Alberta Association for Community Living (AACL)
- The Alberta Council of Disability Services (ACDS)
- The South Region Service Provider Council (SPC)
- The Provincial Workforce Council
- The Human Resource Managers Association of Lethbridge (HRMAL)

- The Lethbridge Chamber of Commerce
- The Canadian Society of Safety Engineers (CSSE)
- The Lethbridge Family Circle Association
- Volunteer Alberta
- Alberta Association for Safety Partnerships (AASP)
- The Alberta Committee of Citizens with Disabilities (ACCD)

The Association is also accredited:

- Creating Excellence Together (CET)
- Partners in Injury Reduction (PIR) with a Certificate of Recognition (COR)

Please ensure that your calendar is marked for our 30 year walk down memory lane on Saturday, September 11, 2010

SEE YOU IN SEPTEMBER.....A NEW AND IMPROVED CONTRACTOR CHRONICLE WILL BE ISSUED QUARTERLY STARTING IN SEPTEMBER.

*Nothing great was ever achieved without enthusiasm
 ~ Ralph Waldo Emerson ~*



Did you know?

SACLA is on Facebook!

If you have a facebook account and have not yet been invited to join our group...just click into the search box and type in "Southern Alberta Community Living Association." It will be loaded with upcoming events, training sessions, general information, and more. No personalized pictures or videos will be posted.

If you have any comments or suggestions please contact Shannon @ 403 329-1525 or shannon.cosovan@sacla.ca



We extend a warm welcome to **Robin V.** ~ our newest Team Leader. Robin first joined our Association in November 2009 as a Relief staff member and in her new Team Leader role will be responsible for supporting both children and adults involved with SACLA. She holds a Bachelor of Social Work degree and has had much experience working with both children and adults who have a developmental disability.

Robin lived in both Calgary and Red Deer prior to her move to Lethbridge. She has three grown children: two daughters who live in the Calgary area and one son who lives and attends school in Lethbridge. Robin thoroughly enjoys the outdoors, all kinds of physical activities and is a strong believer in physical fitness. Please join us in welcoming her to the SACLA team.

"Knowledge is a process of piling up facts; wisdom lies in their simplification." ~ Martin Fischer~

Do you have any friends, neighbours, acquaintances...

We are currently searching for single people interested in sharing accommodation. The interested roommate would either live in the home of the individual we support, the individual would live in the roommate's home, or they would find a new home to share together.

This is a **GREAT OPPORTUNITY** for students or anyone with full-time employment to assist with supporting an individual to learn the skills to live on their own.

If you know someone who might be interested, please have them contact Shannon Cosovan at 403-329-1525 / Shannon.cosovan@sacla.ca or visit our website to fill out an application

Health & Safety Spotlight

Sun Safety For All

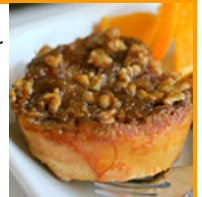
Before you head for the beach, the park or even the back-yard, take a few minutes to learn about sun safety. You can protect your family and still have fun under the sun. This advice applies to everyone regardless of age or ethnicity.

- Avoid needless exposure to the sun.
- Protect your eyes by wearing UV blocking sunglasses.
- Select shaded areas for outdoor activities.
- Clothing such as a broad brimmed hat, long-sleeved shirt, and long pants can protect your skin. Tuck a handkerchief under the back of your hat to help prevent sunburn on the neck.
- If you can't cover up, use a sunscreen containing a Sun Protection Factor (SPF) of at least 15, verify it has both UVA and UVB protection, re-apply every two hours and after sweating or swimming.
- Avoid using sun lamps.
- Some medication can make skin more sensitive to UV rays, consult your doctor if you have any questions.
- Don't let infants or children play or sleep in the sun in a playpen, carriage, stroller, etc.
- Get children used to wearing sunscreen lotion, paying particular attention to the most exposed parts - the lips, face, neck, shoulders, back, knees and tops of feet.

People can use both sunscreen and insect repellent when they are outdoors to protect their health. Follow the instructions on the package for proper applications of each product. Apply the sunscreen first, followed by the insect repellent.

Orange Pecan French Toast

A simple baked French toast that won't have you slaving over a hot stove. An orange batter and caramel coating makes this French toast so delicious, you won't need any syrup. Serve with a little sweetened whipped cream & berries!



INGREDIENTS:

1 cup packed brown sugar	1/2 cup 2% milk
1/3 cup butter, melted	3 tbsp white sugar
2 tbsp light corn syrup	1 tsp ground cinnamon
1/3 cup chopped pecans	1 tsp vanilla extract
12 (3/4 inch thick) slices French bread	3 egg whites
1 tsp grated orange zest	2 eggs
1 cup fresh orange juice	1 tbsp confectioner's sugar for dusting

Directions:

1. In a small bowl, stir together the brown sugar, melted butter and corn syrup. Pour into a greased 9 x 13 inch baking dish, and spread evenly. Sprinkle pecans over the sugar mixture. Arrange the bread slices in the bottom of the dish so they are in a snug single layer.
2. In a medium bowl, whisk together the orange zest, orange juice, milk, sugar, cinnamon, vanilla, egg whites and eggs. Pour this mixture over the bread, pressing on the bread slices to help absorb the liquid. Cover and refrigerate for at least one hour, or overnight.
3. Preheat the oven to 350 degrees F (175 degrees C). Remove the cover from the baking dish, and let stand for 20 minutes at room temperature.
4. Bake for 35 minutes in the preheated oven, until golden brown. Dust with confections' sugar before serving.