Southern Alberta Community Living Association

STAFF STAR

December 2008

Sue's Brew

December will definitely be a very busy time… I hope that you have marked your calendars and are able to attend the following events:

I am **COMMUNITY**

"Only when all contribute their firewood can they build a strong fire" is the theme of this community building come & go event being hosted by our Association at the Galt Museum on Thursday, December 11th from 3-6 pm.

Please be sure to RVSP by Dec 8th

The MORE you STAY the MORE you PLAY!

The day after the *I am* **COMMUNITY** event we will be holding the draws for the December prizes as well as the GRAND PRIZES here at the office. Please try to join us begin 11:30 –1:30 on December 12th for lunch and lots of fun and excitement.

And the winner is…

Please RSVP by December 8th

TURKEY DAY !

Included with this Newsletter is your invitation to TURKEY DAY.

On Tuesday, December 16th, we will be at the downtown IGA giving out turkeys to all staff. Receive or give a turkey ~ the choice is yours. Please see your invitation for more details and let Liz know your wishes by December 11th. Contact info: 403 329-1525 or liz.gibboney@sacla.ca.

On November 27, I was asked to present to the PDD South and Central Region Boards. I was very proud to report on the happenings at SACLA and the many positive accomplishments we have achieved over the past year. My sincere thanks to each of you for your enthusiasm and commitment. During my talk, I shared with those present that I recently celebrated my 30th anniversary of full-time employment in this field and there is no place I'd rather be than at SACLA. I look forward to the year ahead . It's going to be an exciting year!

DID YOU KNOW?

- Our staff retention rate currently stands at 91%
- The number of people applying to work at SACLA has increased 251% over the past year

Amazing statistics in community disabilities field!

PLEASE REMEMBER...

The office will be closed on the following statutory holidays:
Thursday, December 25th, Friday, December 26th and Friday, January 1st

Wishing everyone Happy Holidays and a Festive New Year!!

RECIPE OF THE MONTH : No Bake Rum Balls

Source http://allrecipes.com/Recipe/No-Bake-Rum-Balls/Detail.aspx

INGREDIENTS

- 2 1/2 cups crushed vanilla wafers
- 1 cup confectioners' sugar
- 2 tablespoons cocoa powder
- 1 cup chopped walnuts
- 3 tablespoons dark corn syrup
- 1/4 cup rum

DIRECTIONS

1. In a medium sized bowl, mix together the vanilla wafers, cocoa and sugar. Stir in the chopped walnuts, corn syrup and rum. Mix until well blended.
2. Form dough into 2 inch balls and roll in confectioners' sugar. Store in covered tin.

QUOTES

"Christmas is a time when you get homesick - even when you're home. "
~Carol Nelson~

"One of the most glorious messes in the world is the mess created in the living room on Christmas day. Don't clean it up too quickly."
~ Andy Rooney ~

"There's nothing sadder in this world than to awake Christmas morning and not be a child. "
~ Erma Bombeck ~

HEALTH & WELLNESS presents:

HOLIDAY HAZARD CHECKLIST

REPRINTED FROM SOURCE: http://www.rd.com/christmas-safety-checklist/article15322.html

Prevent holiday calamities with our helpful list of tips.

The holidays should be a magical time for children. Yet each year, hospital emergency rooms treat about 8700 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees.

In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than $15 million in property loss and damage. Young children are particularly at risk for injury from sharp objects, such as glass ornaments, or from well-intentioned gifts of toys that are not appropriate to their age.

Safer Trees and Decorations

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Use only noncombustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on a tree or near other evergreens. Always use nonflammable holders and place candles out of children's reach.
- Take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food, which may tempt a child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial-snow sprays.

Bright Ideas for Lights

- Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety standards.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Use no more than three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks. Or run strings of lights through hooks (available at hardware stores).
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Friendlier Fireplaces

- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result, as wrappings ignite suddenly and burn intensely.
- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.

Trouble-Free Toys

Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him how to use it properly.

- Follow recommended age ranges on toy packages. Toys that are too advanced could pose a safety hazard for younger children.
- To prevent both burns and electrical shocks, don't give young children (under age ten) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

Outdoor Play

- Make sure your child's gloves and shoes stay dry. If either becomes wet, change your child into a dry pair.
- Sledding on or into the roadway should be prohibited. Look for shallow slopes that are free of obstacles, such as trees and fences.
- Most skiing and skating injuries involve twists, sprains and strains. Prevent injuries by providing your child with competent instruction, proper equipment and appropriate supervision.

Happy Visiting

- Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
- Remember that the homes you visit may not be childproofed. Keep an eye out for danger spots.
- Keep a laminated list with all of the important phone numbers you or a baby-sitter are likely to need in case of an emergency. Include the police and fire department, your pediatrician and the national Poison Help Line, 1-800-222-1222.
- Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels. Trying to stick to your child's usual routines, including sleep schedules and timing of naps, can help you and your child enjoy the holidays and reduce stress.

Food Safety

- Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
- Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands.
- Wash your hands frequently, and make sure your children do the same.
- Never put a spoon used to taste food back into food without washing it.
- Always keep raw foods and cooked foods separate, and use separate utensils when preparing them.
- Always thaw meat in the refrigerator, never on the countertop.
- Foods that require refrigeration should never be left at room temperature for more than two hours.