Southern Alberta Community Living Association
APRIL 2007

Mission Statement: "Southern Alberta Community Living Association is a leader in supporting people to live their best lives and pursue their dreams"

WELCOMING NEW STAFF

Southern Alberta Community Living Association would like to extend a welcome to the newest members of our team:

Matt Hillen
Dan Infanti

Welcome back to:

Abby Metz
Giselle Popplestone
Jacob Van Luyk
Sharon Brown

SUMMER LEAVE REQUESTS

Reminder…
All staff summer leave requests are due by May 7, 2007.

If you have any questions or require clarification, please contact your Team Leader or Diane Mitchell at 380-5262.

MAKE YOUR MEAL TV-FREE

Turn off the Tube…

Did you know that people who eat dinner in front of the TV are more inclined to overeat and to report having trouble maintaining a healthy weight? So make your meals TV-free!

GIVING CREDIT WHERE CREDIT IS DUE… A JOB WELL DONE!

Tanya Agostinho

Southern Alberta Community Living Association would like to formally acknowledge Tanya Agostinho for a job well done!

Tanya works "Roving Relief" and there are very few SACLA supported homes that Tanya hasn't visited over the past year and a half. Her support of individuals is exemplary ~ she always goes above and beyond anyone's expectations.

Tanya also participated in the holiday to Castle Mountain this past Christmas and was the official driver of one of the Rehabilitation Society's vans to and from the ski hill. Way to go Tanya!

CLOTHING IS COMING!

We are pleased to announce that new articles of clothing with the SACLA logo and name will soon be available for all staff and contractors compliments of the Association. Everyone will receive at least three articles and choices will include: Outerwear jacket, vest, windbreaker, zipper hoodies and sweatpants. Please contact the office the week of April 9th to arrange a time to drop by to pick your favourites and provide us with sizing information.

HEALTH & WELLNESS

Come and join us for our first "Lunch & Learn" session on April 16th from 12:30-1:30 p.m. at the SACLA office.

John Thompson of L.F.S. will be showing a Loretta Laroche video entitled, *Humor Your Stress.* Get more joy and less stress out of both work and life in general. Bring your lunch, mingle with your coworkers and prepare to have a good laugh.

Please RSVP to Shannon Cosovan by April 11th at 329-1525

CHILDREN & LEARNING DISABILITIES

WORKSHOP: **'Why Social Skills?'**
WHEN: Wednesday, April 26, 2007 @ 7:00 p.m.
WHERE: Lethbridge Public Library Theater Gallery

Understand how social skills are affected by learning disabilities, ADHD and Asperger's Syndrome.
Learn how you can help your child develop appropriate social skills.

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YOUR MONEY

Now is the time to reassess your RRSP investments as the year is already a quarter of the way through. Now is the time to be planning for the next tax year end so you are not scrambling at the last minute.

Everyone is gathering their tax information for this year. Are you worried or calm? Some of you are hoping they will not have to pay, but not sure. Some of you are wishing you had invested a little more into RRSP's. By preparing now, a lot of stress can be eliminated a year from now.

Some of you are looking ahead to your retirement years. Are you prepared? Or do you need a little more money set aside to play as you would like to do?

If you are interested in a workshop on RRSP's, general investment information, savings, education planning, or any information on investments and insurance, please contact Esther at 329-1525

NOTABLE QUOTES…

"It is a fine thing to have ability, but the ability to discover ability in others is the true test."

~ Elbert Hubbard

"Shoot for the moon, even if you miss, you'll land amongst the stars…"

~ Les Brown

"People rarely succeed unless they have fun in what they are doing."

~ Dale Carnegie

CONTRACTOR EVENING

On March 10, 2007, over 90 people attended the Contractor Appreciation evening at the Lethbridge Lodge. It was a very fun evening and a wonderful opportunity for contractors to meet.

WEBSITE FOR WOMEN

Check out www.everydayhealth.com/womens-health/index.aspx for information on a wide-range of topics such as self-care, fitness, menopause and diet.

BROCCOLI SOUP IN A SNAP

A nutritious and delicious soup that's made in a snap!
Especially good garnished with grated cheese. Makes 2-3 servings. For an easy 4-food-group meal, just add whole-grain flatbread spread with hummus.

INGREDIENTS:

1	(300 g) pkg frozen broccoli
1	medium onion, chopped
2	tsp butter
2	cups milk
3/4	tsp powdered chicken stock
	Salt and pepper to taste

INSTRUCTIONS:

- Prepare frozen broccoli according to package instructions
- Meanwhile, in a saucepan, sauté onion in butter until tender
- Add broccoli and cook over medium heat about 5 minutes, until broccoli is very tender
- Puree with about a cup of the milk
- Return to pot, add remaining mild and powdered chicken stock
- Stir well. Add salt and pepper to taste.