Southern Alberta Community Living Association

December 2006 Flyer

Human Resource Crisis in the Community Disability Services Field

A Public Forum was held on Wednesday, November 29th, 2006. Ms. Maureen Murphy-Black, Director of Strategic Development for the Alberta Council of Disability Services provided an overview of provincial initiatives underway and those present participated in a brainstorming session to identify additional action strategies related to: wages & benefits, recruitment & retention and raising the profile of the community disability field. If you would like a copy of the material from this event please contact Sue Manery at 329-1525 or email **sue.manery@sacla.ca**

On this topic, we would like to thank the staff of our Association for their commitment, dedication and extra efforts during this challenging time.

New Board Members

Southern Alberta Community Living Association would like to extend a welcome to the newest members of the Board of Directors: *Rita Castellano and Joan Pommen.*

Around Town

Santa Comes to Town
Park Place Mall
November 24—December 23, 2006

Holiday Hours for Christmas Shopping
Park Place Mall
**Monday—Friday 9:30 a.m.-9:00 p.m.*

Toys for Tots
Park Place Mall
November 24—December 17, 2006
For every ***new*** toy donation you make, your name will be entered into the draw for $1000.00 worth of gift certificates a trip to Whitefish MT plus $100.00 spending money at Park Place Mall.
Draw Date: December 18, 2006

Operational Planning Update

Work is continuing on Operational Planning for the 2007 year. The four focus groups that were held at the end of November were well attended and provided us with some very valuable input and suggestions. All of the material gathered is being reviewed and more information will be made available in the new year.

Office Closure

The office will be closed on December 24-25 and January 1st, 2007.

Christmas History...

Christmas Tinsel
Around 1610, tinsel was first invented in Germany made from genuine silver. Machines were invented that shredded silver into thin tinsel-sized strips. Silver tinsel tarnishes and loses its shine over time, eventually, artificial replacements were invented. The original inventor of tinsel remains unknown.

Candy Canes
The origin of the candy cane goes back over 30 years, when candy-makers both professional and amateur were making hard sugar sticks. The original candy was straight and completely white in color.

Staff Appreciation Party

Staff Appreciation Party
Saturday, February 10, 2007
6:00 p.m. Cocktails
Dinner & "Name that Tune"
Invitations will be sent out in January... be sure to RSVP

For current job postings visit: www.sacla.ca

Deadline for submissions is the 15th of every month. For more information, contact Dione at 329-1525.

Health and Safety

After almost two years of developing and improving our Health & Safety program we are ready to be audited by the Alberta Association for Safety Partnerships. A sincere thank you to all staff for your support and teamwork toward creating a safe environment for all to live and work in.

New Expense Claim Form

Reminder… Effective January 1, 2007 Southern Alberta Community Living Association will be implementing a new expense claim form. If you have any questions regarding the new form or need help completing it, please contact your Team Leader.

Use Your Brain to Cut Stress

Relieve your stress by understanding which brain hemisphere is stressed.
If you feel depressed or emotionally overwrought, your stress is in the right hemisphere ~ the creative, emotional, holistic side.
What to do: Switch to your matter-of-fact left hemisphere by doing math, writing factual prose or organizing. The emotional right brain will calm down.

If you feel time-stressed and overburdened, the left hemisphere is involved. Switch to your right brain by singing or playing sport.

Source: Wellspring Seminars, Communication Briefings

Christmas Safety Tips

Ho-ho-ho… Here are some great tips for a safe Christmas!

- Get a freshly cut tree. It will stay green longer and be less of a fire hazard.
- Choose decorations that are flame-retardant, non-combustible and non-conductive.
- Inspect light strings before use.
- Place candles away from absolutely anything that could catch fire.
- Don't hang Christmas stockings from the mantel when the fire place is in use.
- There is often a tendency to overload wall outlets during the holiday season.. This is an unsafe practice and should be avoided even for short durations.
- Last but not least, make sure your smoke detectors work.

FITNESS BENEFIT

Be sure to submit your Fitness Benefit claim with your December expense claim for the period of JULY to DECEMBER 2006.

Welcoming New Staff

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

Andrew Telfer	CRWI
Brad Wolcott	CRWI
Marcie Fitzsimonds	CRWI
Shelley McMaster	CRWI

Welcome back to:

Tanya Agostinho	CRWI

Driving Alternative

Operation Red Nose
Operating days and hours:
December 1 & 2, 7-9, 14-16, 21-23, & New Years Eve
9:30 p.m.– 3:00 a.m. GET HOME SAFE!