Southern Alberta Community Living Association

February Flyer

New Team Member

Barbara Nish
Associate Director

"I am looking forward to the new opportunities and experiences that lie ahead."

SACLA would like to welcome and introduce the newest member of the management team, Barbara Nish.

Formerly the Executive Director for the Lethbridge Association for Community Living, Barbara has held many volunteer positions over the years, both provincially and nationally.

Born and raised in southern Alberta, Barbara moved to Lethbridge after her husband, Robert, graduated from college. Barbara and Robert have four children, one of whom has a developmental disability. Andrew is 30 years old, and since his first birthday Barbara has been actively involved in advocacy and the community.

Welcome to the team Barbara!

Winter Skin Care

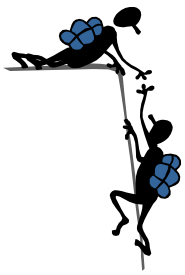
Winter is hard on the skin. Dry air and harsh wind can zap moisture from the skin, causing cracking, chapping, and irritation. Even though it's not blazing hot, your skin is still vulnerable to damage from the sun's ultraviolet rays.
Here are some tips to help you keep your skin as healthy as possible throughout the winter months:

- Continue to protect your skin with SPF15+ (especially your face)
- Don't take *long hot* showers, they strip your skin of natural oils
- Humidify indoor air, it will help keep skin and nasal passages from drying out
- Moisturize regularly

ON-CALL—When should I call?

Have you ever found yourself in a situation where you questioned whether or not you should call *on-call*? Knowing that there are many different situations that can happen after-hours, the list below can be used as a guideline:

- **S**ICK LEAVE: When you are sick and need to be replaced
- **A**BUSE: If you suspect or know abuse has occurred
- **F**AILURE TO ARRIVE: If a staff fails to arrive for their shift
- **E**MERGENCY: If you have to take an individual to the hospital, or after you have called 911



***Please note**: it is impossible to list every scenario that may occur, the on-call system is in place to assist you in the event of an emergency. If you are unsure, do make the call.*

NEW FACES THE SACLA TEAM

Southern Alberta Community Living Association would like to extend a welcome to the newest members of our team. Be sure to introduce yourself and make them feel welcome.

CRWI'S

Abby Metz

Bonnie Dennis

Carmen Bankonin

Jennifer Heggie

Jennifer Stenbeck

Lane Collins

Maria Armero

Nicole Sikkema

Peter Williams

TEAM LEADER

Crystal Budzich

ACCOUNTING TECHNICIAN

Bobbi Jo Martin

ASSOCIATE DIRECTOR

Barbara Nish

Welcome!

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

The Right Way to Lift

Back injuries are the most common workplace injury. Approximately 25 percent of all on-the-job accidents reported each year involve back injuries and usually happen when employees are lifting something incorrectly. The following tips can help you lift safely:

LIFT, pull, and push with your legs, not your arms or back. Bend at your knees, not at your waist, to help you keep your centre of balance.

AVOID lifting higher than your shoulder height. Use a step stool or ladder to move objects at these heights.

USE a mechanical aid such as a dolly, hand truck or forklift when you need to move heavy or bulky objects.

TURN with your feet, not your hips or shoulders. ***Reason***: Twisting can overload your spine and lead to serious injury.

CARRY heavy objects close to the body and avoid carrying them in one hand. Avoid a long reach to pick up an object.

Back injuries can be debilitating. Stay on the safe side and lift correctly.

(Source: The National Ag Safety Database, University of Maryland)

Alberta Dispensing Fees

Did you know that pharmacies charge a "dispensing fee" for every prescription filled? A dispensing fee represents the charge for the professional services provided by the pharmacist—pharmacies are free to set their own fees. The following are the average dispensing fees submitted in Alberta, by pharmacy chains, for the period of January 1, 2005—June 30, 2005:

Canada Safeway	$10.03
Costco	$5.74
London Drugs	$8.02
Save on Foods & Drugs	$8.07
Shoppers Drug Mart	$11.13
Wal-Mart	$6.44
Zellers	$8.32

MENSA Puzzle

2 5 9 14 20 ?

Can you complete this series?

Answer: 27

Did you know...

- Food stored in a fridge keeps for 1-7 days
- Food stored in a freezer keeps for 1-6 months
- Dry food lasts 4-24 months
- Freezing does not kill germs, it only puts them to sleep
- Raw foods should be kept away from cooked foods
- Hot food should be kept away from cooled foods
- Ready-to-eat foods should be stored above raw and uncooked foods

"When in doubt, throw it out!"