Southern Alberta Community Living Association

January 2006 Flyer

Staff Appreciation

Be sure to mark off your calendar for Saturday, February 4, 2006.
SACLA will be kicking off the year with a **staff appreciation** bash, with the theme being "Beat the Winter Blues."
In addition to an awesome dinner there will be "Name that Tune." Watch for the invitations and be sure to RSVP.

Self Advocacy

Change is on the horizon. In a recent meeting members of Self Advocacy decided to take a new direction. In the New Year, Self Advocates are planning on meeting once a week. At the moment they are in search of a new meeting space. Once a new location is secured, a schedule of meetings will be circulated. If you or someone you know is willing to donate or know of a community space, please contact Dave Lawson at 394-4679.

Open House Update

SACLA hosted a Christmas Open House on December 9, 2005. People that attended enjoyed appetizers and beverages, met some new faces and connected with old friends.

January 2006 Movie Reviews

By now, cabin-fever is usually setting in. Beat the cold winter nights with a great flick! Below is a sneak-peek of some movies that are coming out this January.

Matador
Action/Adventure/Comedy
Julian Noble (Pierce Brosnan) is a hit man who has a nervous breakdown in Mexico City, while on assignment.

The New World
Drama/Historical
Terrance Malick bring his personal interpretation of the fabled romance adventure surrounding Pocahontas, John Smith, and John Rolfe, whom she married. The action takes places in 1607 as European and Native Americans of what is now Virginia meet for the first time.

Underworld: Evolution
Horror/Action/Adventure/Sci-Fi/Fantasy/Drama
Underworld: Evolution, formerly known as Underworld 2, goes back to the very beginning of the feud between the Death Dealers, who are vampires, and the Lycans, werewolves.

Annapolis
Drama
When he won a coveted admission spot in the Navel Academy at Annapolis, local kid, Jake Huard thought

Winter Driving

Before another deep-freeze sets in, here are a couple of items you might want to check:

- Battery
- Heater
- Oil level
- Antifreeze
- Lights
- Defroster
- Wipers and windsheild washer fluid
- Exhaust system
- Flashing hazard lights

Be sure to dress warmly, wear layers of loose-fitting, lightweight clothing. Maintain at least a half tank of gas, and keep a windshield scraper and small broom for ice and show removal in your car at all times.

For a Winter Weather Car Kit Checklist visit:
www.kanetix.ca/ic_auto_info_auto_articles_10

"Christmas gift suggestion:
To your enemy, forgiveness.
To your opponent, tolerance.
To all, charity.
To a child, a good example.
To yourself, respect.

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.

Wind Chill Facts

Cold Injuries

Exposure to the cold can be hazardous, or even life-threatening. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest. Exposed skin may freeze, causing *frostnip* or *frostbite*. In extreme conditions or after prolonged exposure to the cold, the body core can also lose heat, resulting in hypothermia.

Frostnip

- A mild form of frostbite, where only the skin freezes
- Skin appears yellowish or white, but feels soft to the touch
- Painful tingling or burning sensation

What to do:

- Do not rub or massage the area
- Warm the area gradually—use body heat (a warm hand), or warm water, avoid direct heat which can burn the skin
- Once the affected area is warm, do not re-expose to the cold

Frostbite

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen
- Skin appears white and waxy and is hard to the touch
- No sensation—the area is numb

What to do:

- Frostbite can be serious and can result in amputation
- Do not rub or massage the area
- Do not warm the area until you can ensure it will stay warm
- Warm the area gradually—use body heat or warm water, avoid direct heat which can burn the skin

Hypothermia

- Feeling cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion and loss of muscular control can occur
- Can progress to a life-threatening condition where shivering stops, the person loses consciousness and cardiac arrest may occur

What to do:

- Get medical help immediately
- Get the person indoors and gently remove wet clothing

Preventing Cold Injuries

1. Listen to the weather forecast
2. Plan ahead
3. Dress warmly *(wear layers of warm clothing, cover exposed skin)*
4. Seek shelter *(when the wind chill is very cold, limit your time outdoors)*
5. Stay dry *(wet clothing chills the body rapidly)*
6. Keep Active
7. Know your limits *(some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems)*

Source: www.msc.ec.gc.ca/education/windchill/cold injury e.cfm December 5, 2005

Medical and Dental Plan

*Are you getting **married**?*
*Are you having a **child**?*
*Are you **changing** plans?*
If so, you have 31 days to complete a "change of status" form.

If you have any questions about these or any other issues, you can call Esther Kesler in the accounting department at 329-1525.

New Year's Resolutions

The New Year is an excellent time to set new goals and make healthy changes in our lives. Before you start, make sure you are planning for success. One way you can do this is by writing down your goals and making an action plan that includes milestones.

Below are some interesting websites that may help you on your quest for health, wealth, and success!

The History of New Year's Resolutions
www.goalsguy.com/Events/n_facts.html

Tips for making good New Year's Resolutions
www.mygoals.com/about/NewYearsTips.html

Personal Goal Setting: Find Direction, Live Your Life Your Way
www.mindtools.com/page6.html

The Sharing Corner

Thinking about quitting smoking?
Don't do it alone
www.albertaquits.ca

Call Dione for more information
329-1525