Southern Alberta Community Living Association
JANUARY 2007

Staff Appreciation Party

Mark your calendar!
Saturday, February 10, 2007
Southern Alberta Community Living Association will be kicking off the year with a staff appreciation party.
Dinner, drinks and
"Name that Tune"

Be sure to RSVP no later than Feb 2 to Dione at 329-1525.

New Board Members

Southern Alberta Community Living Association would like to extend a welcome to our newest board members!

DIRECTORS:

Ms. Rita Castellano
Ms. Joan Pommen

Contractor Get Together

In the Spring of 2007 we are planning a social evening for all Contractors.
Invitations will be going out next month.
Please plan to attend!

New Office Staff Welcome to SACLA!

Heather Todd

Jo Anne Di Michele

Southern Alberta Community Living Association would like to extend a warm welcome to the newest members of our Accounting Team, Heather Todd and Jo Anne Di Michele.

Heather brings with her over 30 years experience in the financial management area. She believes in "Lifelong Learning" and continues to take classes in finance and information technology. In addition to being a mother of two teenagers, Heather volunteers for various charities in the city.

Jo Anne has been working in the not-for-profit world for 12 years. She has an eclectic background from finance to marketing. Jo Anne and her husband Frank reside in Coalhurst with their two puppies: "Dixie" and "Chick." And...if you haven't heard already, Jo Anne's husband makes the best lasagna in southern Alberta!

2006—The Year in Review

2006 was a very busy and exciting year for Southern Alberta Community Living Association. During the year we welcomed many new individuals and families, staff, contractors and board members and sadly said good-bye to others.

Some of the highlights over the past year included:

- Provincial certification through the Creating Excellence Together review conducted by the Alberta Council of Disability Services (ACDS)
- Completion of both an internal and external Occupational Health & Safety Audit
- Coordination of a Public Forum to address the HR Crisis
- Implementation of an Operational Planning process that included the completion of an internal/external analysis of our strengths, weaknesses, opportunities and threats (SWOT) and hosting of focus groups to discuss the results and plan our direction and priorities for 2007 and beyond
- Individuals and staff (a total of 23) spending Christmas together at Castle Mountain

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Top 10 New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It is a time to reflect on the changes we want (or need) and to make and resolve to follow through on those changes. Did your New Year's resolutions make the top ten list?

1. Spend More Time with Family & Friends
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking Alcohol
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

Health + Safety

As many of you are aware, we recently participated in our first external audit to obtain a Certificate of Recognition (C.O.R) through the Alberta Association of Safety Partnerships. Following the completion of this extensive three-day review, we received some excellent informal feedback. The official report is expected by the middle of January.

We look forward to working together with you to implement the recommendations that the report will contain as we strive to increase safety for all employees and individuals support.

Operational Planning – Update

Between the months of August and November 2006, a number of approaches were implemented to encourage input from individuals supported, families and guardians, staff, contractors and board members regarding the future direction and priorities of the Association. As a result of input received, five key priority areas for the 2007 year were identified: Communication, Structure, Recruitment and Retention, Training and Support and Service Development and Growth. Our primary focus during the first three months of this year will be a review of our structure to ensure that we are well-positioned to take on the exciting challenges that lay before us. Many positive suggestions have been received from a variety of stakeholders and in response to your input we will be realigning positions and/ or responsibilities where necessary, creating new opportunities and updating Job Descriptions for all positions. While these tasks are keeping us busy, there have been other initiatives underway including:

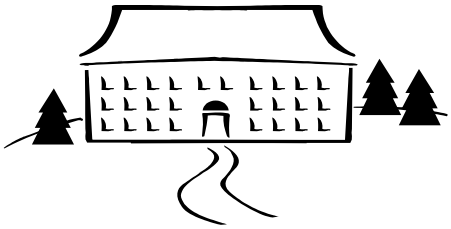
- Expanded distribution of this monthly Newsletter
- Staff recognition party February 10, 2007
- Contractor get together – TBA announced – spring 2007
- Recognition of both staff and contractors for their efforts – Christmas 2006
- Supervisory Training Levels I & II - April & June 2007
- Reduction of management positions
- Creation of new on-site supervisory positions

Christmas in the Rockies

A total of 23 individuals and staff spent six days nestled in at the Castle Mountain Ski Lodge. Everyone who participated agrees that it was a fun time and a wonderful way to spend Christmas in the company of others.

Our thanks to the Rehabilitation Society for providing us with three of their vans for this trip.

Again, we would like to thank all staff that participated or helped in making this a memorable and successful experience!



Revised Canada Food Guide – Spring 2007

Did you know that Health Canada expects to release a new Food Guide early this spring?
For more information visit:
www.hc-sc.gc.ca/fn-an/food-guide-vision/index_e.html

Share with your peers here!
Contact Dione Overes with your submission at 329-1525.