Southern Alberta Community Living Association

June 2006 Flyer

"Going the Extra Mile…"

Angie Gleason

Southern Alberta Community Living Association would like to take this opportunity to recognize Angela Gleason for her history of hard work and dedication within the association. Angie is always willing to go that "*extra mile*" to assist both the individuals that she supports and her coworkers. She focuses on assisting the individuals that she supports to live the lives that they choose. Angie strives to create a welcoming atmosphere in all of the homes where she works and we would like to congratulate her on a job well done.

Most importantly, SACLA would like to recognize Angie for always coming to work with a smile on her face and spreading joy everywhere that she goes…

Father's Day, June 18

The word "father" comes from the Old English word "foeder," and "dad" is believed to be a variation of the Welsh word "tad," which also means "father." According to a survey by the Public Broadcasting System, 79 percent of kids call the father figure in their lives "dad' or "daddy;" 3 percent call them by their first name; 1 percent call them "father."

The Galt Museum

Did you know that there are many tours, programs and activities for adults, children and families at the Galt Museum?

TOURS

Roving Interpreters
Cemetery Tours
Downtown Walking Tours
Self-guided Tours
Wild Tales on Park Trails
The Galt Hospital Haunting

PROGRAMS

Café Galt
Beatnik Poetry Night
Sci-Fi Movie Night

Family time is important…
Make time…

For a complete listing and more information visit: **www.galtmuseum.com**

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.

Alice Bui
Alice Nygaard
Anthea Neill
Cara Charles
Carla Hecht
Catherine Handerek
Claudia Grohs
Jennifer Konschuh
Josh Neill
Margaret McGough
Yoon Bae Bang

For current job postings visit: www.sacla.ca

Health & Safety

Reminder… Be sure to complete the form sent out by Cathy Mosby, requesting your input on possible courses for the Wellness Program.
If you have any questions feel free to call Cathy at 329-1525 (ext. 116)

June Expense Claims

Reminder...June 30th is our fiscal year end. *Please be sure to submit your expense claim no later than* ***Wednesday, June 28th.***

Reminder…. Your fitness benefit should be included on your June expense claim. If you have any questions contact Esther in accounting at 329-1525 (ext. 114)

Fact or Fiction?

1. The dimples on a golf ball make it faster in the air.
   True or False
2. Dragonflies can travel up to 40 miles an hour.
   True or False
3. Falling coconuts kill 150 people per year.
   True or False
4. Oenophobia is the fear of wine.
   True or False
5. Reno, Nev., is west of Los Angeles, Calif.
   True or False

Answer key: *All True*

The Power of Thought

A single footstep will not make a path on earth, so a single thought will not make a pathway in the mind.
To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.

~ Henry Thoreau

Breast Cancer: It's Your Health

Did you know that one in nine women in Canada will develop breast cancer in her lifetime? In 2003 twenty thousand Canadian women developed the disease and about 5000 died from it.

Minimize Your Risk

While there are risk factors for breast cancer that you cannot change (such as your age, your family history or your reproductive history), you can substantially reduce your risk by making positive changes in your lifestyle.

- Lose excess weight
- Be physically active
- Limit your intake of alcohol
- Quit smoking

For more information about breast cancer and other health related topics visit: **www.hc-sc.gc.ca**

Source: www.hc-sc.gc.ca/iyh-vsv/diseases-maladies/breast-sein_e.html

Email

If you would like correspondence sent to you via email, please respond to admin@sacla.ca

The Sharing Corner

Great Website: **www.health.gov.ab.ca**
Topics include:

- Nutrition & Physical Activity
- Disease and Injury
- What's New & Interesting Facts

If you have a great book, website, restaurant, etc… and would like to share with your peers, contact Dione at 329-1525.