

# Southern Alberta Community Living Association



## March 2006 Flyer



### Celebrating Team Work



Linda Rombs



Katherine DeGeorgio &  
Johanna Anderson



Johanna Anderson

Johanna, Katherine and Linda are making a difference and it shows! For the past several years, Katherine, Johanna and Linda have been supporting the ladies at 1710.

Recently, there have been some big changes and everyone has stepped up to the plate. When asked why their team works so well together, here's what they said: "We don't sweat the small stuff," and "Everyone takes care of each other and picks up where the other left off."

Johanna, Katherine and Linda all spoke about the significance of communication, respect and how important it is to "really get to know people." When you take the time to listen and truly understand, communication happens much more effectively.

It is truly essential to recognize the positive contributions people are making. Johanna, Katherine and Linda... thank you again for your dedication. Keep up the great work!



### PDD Funding

Over 500 people attended an information night on February 8, 2006 at the Lethbridge Lodge that was organized by SACL. An information package outlining the issues and actions to be taken was sent out to over 1,500 people across the region following this meeting.

On February 27, 2006 the Provincial Government issued the following Press Release:

*Edmonton...* Approximately 12,000 frontline staff members who provide supports to Albertans with developmental disabilities will be getting a wage increase, thanks to \$10 million in new provincial funding approved as part of the third quarter fiscal update. The wage increase will be retroactive to April 1, 2005 and help address concerns such as staff recruitment and retention.

Details of the allocation of salary increases to contracted employers will be provided through PDD's six regional boards during the weeks ahead.

While this announcement is a step in the right direction, there is still much work to be done. Southern Alberta Community Living Association is committed to advocating on your behalf and is currently involved in a number of provincial initiatives focused on staff compensation.

### NEW FACES THE SACL 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.

Dzintra Campa

Jason Sloove

Kristy Murphy

Charlene Knowles

Rosemary Quist

Welcome!

### CPP Info

Do you have questions about:

- Retirement & Disability Pensions
- Old Age Security Pension
- Survivor Benefits
- Taxation of CPP/OAS Benefits
- What happens to my pension if I work past 65?
- I'm getting married. Does that affect my pension?

For more information call  
Esther in Accounting

## Professional Development

**Toastmasters International**



There is a new opportunity starting up for you at the Rehabilitation Society (North side building) and it is open to all individuals and staff alike. It is the opportunity to improve upon the most basic skill set that you have: your communication skills. Your personal development of excellent communication skills will determine your level of self-confidence as well as the degree of your successes when working alongside other people throughout your life. This club is open for anyone with a focus on helping those 18 years of age or older who have a disability. The Toastmasters club will be hosted every week on Wednesdays at the Rehabilitation Society: 1610 29 St. North in Lethbridge. This is a *lunch-hour* Club (meaning: you can bring your lunch and eat during the meeting if you like) with the meeting time running between noon and 1:00 p.m. every Wednesday, except for Holidays.

If you would like more information please contact Dione Madock @ 329-1525 or email [dione.madock@sacla.ca](mailto:dione.madock@sacla.ca)

## Staff Appreciation

130 people attended the "Beat the Winter Blues" party on February 4th and judging by the feedback, it was a great success. *"best party I've been to in a long time!" "When can we do it again?"*

We are already planning our next get together and have made application to the City of Lethbridge for a Summer Soiree at Pavan Park.

## Celebrate Small Wins

Imagine if football fans reserved their applause for touchdowns only. Imagine that no one cheered third down conversions, waved giant foam hands in the air or painted their faces in the team colours. Much of the fun and excitement would be missing from the sport—and players' motivation would reflect that.

The same is true on your team. Why hold back recognition until the work is complete? Celebrate the small achievements that move you in the right direction. The momentum you create helps carry the team toward the ultimate goal.



## St. Patrick's Day



St. Patrick's Day commemorates the patron saint of Ireland, Bishop Patrick, who in the year 432 left his home to bring Christianity to Ireland. Tradition says that Patrick drove the snakes from Ireland, but biologists say there were none in the country at the time.

Shamrocks are associated with St. Patrick's Day because the Bishop used the three leaves to illustrate the Trinity.

The holiday, March 17th, is marked by parades in cities across the United States. The largest of these, held since 1762, is in New York City, and draws more than one million spectators each year. In Ireland, it is a religious holiday similar to Christmas and Easter. The parades, shamrocks, and green beer are provided primarily for tourists.



*source:*

<http://www.geocities.com/Heartland/Forest/8483/stpatclass.html>

## New Deputy Minister

*Edmonton...* Tim Wiles has been named the new Deputy Minister of Alberta Seniors and Community Support. His appointment, which follows an open competition held to recruit to the position, is effective February 27th. Wiles is leaving his current position as the provincial government's Controller. While in that position, he also served a period of time as Acting Chief Internal Auditor.



### The Sharing Corner

Great Book: Submitted by Katherine DeGeorgio

**Book: *Swing Low: A Life***  
Author: Miriam Toews

A must read for anyone who has been impacted by mental illness. *Swing Low* is about one mans journey through bipolar disease. This book was written by his daughter after he took his own life in 1998.

If you have any questions or would like to discuss this book, contact Katherine at 317-1467.

*Call Dione for more information or submissions 329-1525*