

Southern Alberta Community Living Association

November Flyer



Around Town

Looking for something fun to do?
Support Local sports, go to a Hurricanes game.
Ticket Centre: 329-7328

November 2005

November 25/26 Country Christmas Craft Show
Exhibition Park

December 2005

December 11 Mayor's Christmas Concert
Yates Memorial Centre

Self Advocacy

Inclusive Citizenship & Self Advocacy Conference

Facilitator: *Judith Snow*
Monday, November 14, 2005 8:30a.m.-4:30 p.m.
Lethbridge Lodge Hotel
(registration deadline is Nov 7)

For more information call Dione at 329-1525.



Accomplishments

If you or someone you know has an inspiring story, accomplishment, or would like to recognize someone for a job well-done, we would like to hear about it!

Have your story published here.
For submissions contact Dione or email
admin@sacla.ca

Did you know...



- November begins on the same day of the week as *March* every year and also *February* except leap years?
- November's *flower* is the *chrysanthemum*
- November's *birthstone* is the *topaz*
- If you are born in November, your star sign is either a *Scorpio* (1st-22nd) or a *Sagittarius* (23rd-30th)
- In *Finnish*, November is called *Marraskuu*,

Looking Ahead... December at a Glance

SACLA Workshop:

Abuse Reporting and Response Protocol
Tuesday, December 20, 2005 from 5:00-9:00 p.m.
Facilitator: *Nancy Brown*
To register call Dione at 329-1525

Self Advocacy

Christmas Party
Date: TBA
For more information call *Dave Lawson*
at 394-4684



PURPOSE

"Challenges are what make life interesting; overcoming them is what makes life meaningful."

JOSHUA J. MARINE



Halloween Open House

SACLA is hosting a Halloween open house, on Monday, October 31, 2005, complete with Halloween decorations, from spiders and pumpkins, to creepy cobwebs. Come dressed to scare! Enjoy some treats with friends.



Health and Safety

Did you know that SACLA is implementing a new Health and Safety Program? This program is being put into place to keep people safe. If you have any questions about Health and Safety, you can talk to Cathy Mosby, Risk Management Coordinator at 329-1525.

Health and Safety Update:

- Health and Safety manuals have been distributed
- New policies have been developed

Thank you to all staff for coming together and working as a team to create a safe and healthy work environment.



Fitness Benefit

Be sure to submit your Fitness Benefit claim with your December expense claim for the period of June 2005 to November 2005.

Costco Memberships

Memberships are due by December 8, 2005. See Esther in Accounting for more information.



Winter Activities

Recreation Swim Pass

\$62 for a 3 month pass

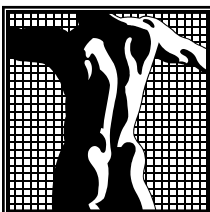
Swim/Skate Combo Recreation Pass

\$83 for a 3 month pass

For more information about recreation and leisure services, call the City of Lethbridge at 320-3020.

Tips for a Healthy Back

1. Stretch and exercise regularly
2. Follow a healthy diet
3. Maintain good posture
4. Stretch your back before and after sports or physical activity
5. Don't overload your backpack, purse, or shoulder bag
6. Stretch your legs and back after each hour of sitting
7. Never cradle the phone between your neck and shoulder
8. Sleep on your back or side, but not on your stomach
9. Invest in a good chair, pillow, and mattress. It's worth it!
10. Have regular spinal check-ups



Wellness in the Workplace Manage Stress with Laughter

We need to laugh more! Why laugh? How will it help you?

- It reduces aggression and conflict. People laughing are unable to hold each other at sword point.
- It improves our physical well-being. We develop a stronger immune system, reduce levels of stress hormones, create a healthier heart and circulatory system, relax muscles, and feel less pain.
- It improves our mental health. We have less stress, reduced anger and anxiety, increased joy, and more positive, optimistic mood, and a stronger sense of control.
- Above all else, it's fun. It gives us back our playfulness.

<http://www.cascadewellnessclinic.com/tips/00tips/tip0006.html>



The Sharing Corner

Have you read a great book?
Visited a helpful website?
Found a great place for coffee?
Share with your peers here.

Call Dione for more information 329-1525