Southern Alberta Community Living Association

November Flyer

Christmas Open House

On Wednesday, December 13th Southern Alberta Community Living Association will be hosting a Christmas Open House. This event is scheduled to run from 2:00-6:00 p.m. Drop by and join us for some Christmas cheer! See you there!

Important Meeting: Human Resource Crisis

In response to the current HR crisis in this region and across the province, the South Region Joint Planning Group will be hosting a public information forum at the Lethbridge Lodge Hotel on the evening of Wednesday, November 29th at 7:00 p.m.

Participants will receive a copy of the booklet recently developed by the Alberta Council of Disability Services entitled *'A Human Resource Crisis in the Disability Services Field'* and future actions and impacts will be discussed.

Please mark your calendar and plan to attend this IMPORTANT MEETING

Fitness Benefit

Be sure to submit your Fitness Benefit claim on your December expense claim for the period of July 2006 to December 2006.

Costco Memberships

Memberships are due by December 6, 2006. See Esther in Accounting for more information.

Message from the Alberta Disability Coalition

On November 16th all the candidates running for premier are going to be at the Lethbridge Lodge at 7:00 p.m. If we can get as many people with disabilities to be there to show support for the Alberta Disability Coalition that would be great.
Marlin Styner, the spokesperson for Alberta Disability Coalition, is going to be present.
If you haven't already done so, please take the time to visit the website: **www.332000strong.ca**

Welcoming New Staff

Southern Alberta Community Living Association would like to extend a welcome to the newest members of our team:

Shelley McMaster	CRWI
Steven Mathers	CRWI
Marcie Fitzsimonds	CRWI
Andrew Telfer	CRWI

Vacation Requests

As you know, all leave requests for the month of December were due on November 7th—thank you for your timely submission—all requests are being considered. Keeping in mind the HR crisis that we are facing, SACLA is looking at innovative ways to provide support over the Christmas holiday in an effort to grant more leave requests. Communication is the key, so during this time we will do our best to keep you updated.
If you would like to work over the Christmas holiday, please contact Diane 380-5262.
Thank you too all the staff that have gone above and beyond.
Your hard work is appreciated!

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.

Head Lice

Two day programs have reported head lice infestations. Below is some information that may be helpful to you if you find lice in your home:

What are the recommended ways to treat head lice?

Head lice will not go away without treatment.

If one person in the family has head lice, there is a good chance other family members do as well. Check all family members and treat those who have head lice *all at the same time*. This will help ensure head lice are properly treated and will not spread.

There are many different products and ways to treat head lice. Some treatments are proven by research to be effective, while others have not been proven yet. If one treatment does not work to get rid of head lice, then try a different treatment. Parents, students and teachers are advised to work closely with local public health nurses on treatment options.

What should be cleaned?

Head lice do not survive for long once they are off the scalp. Head lice do not pose a risk to others through contact with furniture or carpets.
There is no evidence that a major cleaning of the house or car is necessary.

On the day you start the treatment, wash in hot water all dirty clothes, bedding, towels, brushes and combs. Items that cannot be washed, for example pillows or stuffed animals, can be placed in a plastic bag for ten days or in the freezer for 48 hours. A child's car seat may be vacuumed as a precaution.

Health and Safety

Southern Alberta Community Living Association has recently acquired a wheelchair, donated by Angie Geworsky of Medichair. This wheelchair will be used for training in lifting and transferring techniques, and will also be available for emergencies.
For more information please contact Cathy Mosby at 329-1525 or for weekend and evening emergencies contact the on-call Team Leader.

Reading a Good Book?

Book recommendations: By Elizabeth M. Ginn

"Social Intelligence"
Author: Daniel Goleman

Wow! "when someone dumps their toxic feelings on us - explodes in anger or threats, shows disgust or contempt - they activate in us circuitry for those very same distressing emotions" (p 13). Best-selling author of Emotional Intelligence, Daniel provides us with profound insight into relationships, how critical they are in our formative years and set the groundwork for relationships throughout life. "It takes a socially intelligent family to help build what developmental psychologists call a 'positive affective core' - in other words, a happy child." (p 175).
You can find this book at the public library or buy it at Costco for $21 ($36 elsewhere).

Favorite Recipes Wanted

Just for fun, we are putting together a cookbook. Anyone who would like to contribute their favorite recipe is encouraged to do so. Please send your submission to Terri Jensen. You may either come by the office and drop off your submission in person or email Terri at: **terri.jensen@sacla.ca**

Name that cookbook! Along with your submission, include a name for this community cookbook. You just might be a winner! A prize will be awarded …

Please submit your favorite recipe no later than November 30, 2006.

Please print clearly. Copies of the book can be purchased for the price of printing and materials.
We thought this would be a fun way for people to share their favorite recipes and it could make a nice Christmas gift.

Influenza Vaccine

Chinook Health has begun providing influenza vaccines. More info can be found at:
www.chr.ab.ca