Southern Alberta Community Living Association

October 2006 Flyer

Maggie McGeough

Southern Alberta Community Living Association would like to introduce and welcome Maggie McGeough.

Maggie joined the staff team at 1516 six months ago as the new CRW II. She brings a great deal of experience and enthusiasm to this position and together with the other staff in this home has created many exciting opportunities for the ladies living there.

Maggie has a way of making your day as she greets everyone she meets with "beautiful" or "gorgeous". Welcome Maggie!

General Staff Meeting

Mark you calendars! There will be a general staff meeting at the office on Tuesday, October 24th from 6:00-8:00 p.m. Please RSVP to Dione no later than Wednesday, October 18th via email at **dione.overes@sacla.ca** or call 329-1525.

Vacation Requests for December

Christmas is right around the corner and before you know it the "white stuff" will be flying!
As per the Collective Agreement, all leave requests for the month of December are due no later than November 7th.
If you have any questions or require clarification, please feel free to contact Diane at 380-5262.

Welcoming New Staff

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

Katherine Faytone	CRWI
Michael Fisher	CRWI
Sandra Johnson	CRWI
Nadine Duckworth	CRWI
Nan Robertson	CRWII

Welcome back to:

Daria Stark	CRWI
Stephanie Vandenhoek	CRWI
Erin Harris	CRWI
Cameron Kienzle	CRWI

SACLA "All-Stars" BBQ

The staff appreciation BBQ was a success! Thank you to everyone who helped make it happen—setting up, cooking, bartending, cleaning, etc...
Fun was had by all… the weather was great and the food even better!
Special note to Jenn Larson and Kayla Timchishen… Awesome T-Shirts—way to go!

Canada Savings Bonds

It's that time once again to consider Canada Savings Plan deductions for the upcoming year. Forms must be completed and returned to the accounting office no later than Friday, October 20th.

If you have any questions or require assistance with your forms, call Esther at 329-1525.

For current job postings visit: www.sacla.ca

For more information, or to make a submission, contact Dione at 329-1525.

Remember to PASS

If you ever find yourself in an emergency situation and are required to use a fire extinguisher, here is an acronym that will help you remember what to do: **PASS**

P*ull* **A***im* **S***pray* **S***weep*

If you have any questions or are interested in learning more about fire extinguisher training, please contact Cathy Mosby, Risk Management Coordinator at 329-1525 or email at: **cathy.mosby@sacla.ca**

Success

To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty; To find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; To know even one life has breathed easier because you have lived. That is to have succeeded.

~Ralph Waldo Emerson

Human Resource Crisis in the Disability Field

ACDS ~ The Alberta Council of Disability Services (formerly known as AARC) recently published a booklet of information entitled "*A Human Resource Crisis in the Disability Field.*" A provincial strategy/campaign to distribute this information, increase awareness of the current crisis and advocate for higher wages is underway. The CEO of the Alberta Council met with the Honourable Minister Yvonne Fritz on October 5th and a press release will be issued by ACDS the week of October 10th. Southern Alberta Community Living Association will be coordinating with others in the South Region the campaign for our area.

The Sharing Corner

Share with your peers here! If you have read a good book, visited a great website, or have information that you would like to share—contact Dione at 329-1525 or email **dione.overes@sacla.ca**

Building Healthy Lifestyles

Did you know that the Chinook Health Region is offering no-cost workshops?

Fit & Functional
(2 hours ,Tues, 9-11a)
Introduction to physical activity.

- Discuss the benefits and principles of physical activity
- Explains the importance of warm-up, training levels, cool-down, and stretching
- Provides guidelines for safe, yet beneficial activities
- Offers ways to get started and tips to stick with it!

Get Fit: Physical Activity
(1 hour, Mon & Thurs 3-4p)
Are you someone who is limited in your activities, never participated in physical activity, or simply does not like to be active? You know the importance of activity and believe it will help improve your overall health.
This 10 week program will:

- Provide a group environment for support and encouragement
- Introduce physical activity slowly and progress in intensity over time
- Modify exercise to your abilities, expectations and limitations

(Fit and Functional class is preferred to be taken prior to this class)

For current job postings visit: www.sacla.ca