Southern Alberta Community Living Association

# CONTRACTOR CHRONICLE

February 2008

## NOTABLE QUOTES

**"Opportunities multiply as they are seized."**
~ Sun Tzu ~

**"Good communication is as stimulating as black coffee, and just as hard to sleep after."**
~ Anne Morrow Lindbergh ~

**March into Spring**
**An evening of Appreciation**
March 1, 2008
Be sure to RSVP by February 22nd

### BUYING GROCERIES ?

SACLA is selling IGA and Sobeys-grocery certificates. All funds raised through these sales will go directly to individuals we support to help them offset the cost of their personal vacations.

Please consider supporting this exciting initiative and help make dreams come true.

Gift cards can be purchased at the office by cash, cheque, Interac, Visa or MasterCard.

### LETHBRIDGE MUSICAL THEATRE

Lemmy's (Lethbridge's equivalent to the Tony Awards) were recently given out and Ms. Sheena Lawson, a contractor with us, received the "Back Stage" award. It would appear that Sheena is just as talented behind the scenes as she is on stage.

Congratulations Sheena!

## NEWS from Sue's desk….

It is only natural that as a new year begins we take time to reflect on the year that was...

**Some 2007 Headlines…**

- Over 90 contractors attend Spring Appreciation Evening
- Association receives provincial COR Certification for Health & Safety
- Contractors receive wide assortment of "SACLA" clothing
- Over 120 contractors and staff attend Appreciation BBQ in September
- Executive Director is invited to meet with the Minister of Seniors & Community Supports to discuss innovation and is chosen as part of 5-person provincial panel to approve projects for funding
- SACLA sponsors Community Connections evening at the Galt Museum
- Association is chosen to pilot new flexible funding initiative for PDD
- Staff travel to Ontario to meet with other leaders in the field
- Work done by the Association is featured in the Lethbridge Herald
- Association participates in provincial HR Tracking tool pilot
- Association secures place on City's Social Housing in Action Committee
- Fundraising initiative begins to provide financial assistance to individuals for personal vacations
- Association hosts recruitment fairs and co-sponsors display ad during National Careers Week
- Association says thank you to contractors and sends Christmas gift of Sobeys and Georgio's Gift Certificates

Southern Alberta Community Living Association is clearly recognized as a leader in our field. This leadership has been demonstrated throughout the organization by many people who play many different roles. Collectively, we are what makes SACLA unique.

Thank you for your continued support, enthusiasm and creativity. I am confident that by working together in an a cooperative, trusting atmosphere that promotes a mindset of "possibility" thinking we will continue to be a leader in the work we do.

I look forward to 2008 and am excited by the possibilities that lay before us.

If, at any time, you have questions and/or suggestions please do not hesitate to contact me at 329-1525 or sue.manery@sacla.ca. I am always available to provide clarification, information, hear exciting ideas …..

## NAVIGATING AN INCLUSIVE PATHWAY— A PILOT PROJECT

The Provincial Persons with Developmental Disabilities has committed funding for several pilot projects around the province with the intent of demonstrating new and innovative practices that will ultimately lead to better lives for people with developmental disabilities.

One such project is the Community Navigator project which will be piloted in both the South and Calgary PDD regions. Community Navigators will assist families to find their way through the maze of human services and government programs and at the same time help them to access community resources and natural supports that will help them to achieve their hopes and dreams.

The outcomes of this project will have benefit for individuals with developmental disabilities and service providers. With a clear understanding of the role organizations may play in a person's life, it will enable the service provider to work with the individual and his/her family to enable inclusion in the community.

With Sue's support and encouragement, I am taking a leave of absence from SACLA for the next 14 months to coordinate this project. I am pleased that SACLA has offered office space for the duration of the project and I am confident that when the project is completed in March of 2009, SACLA will benefit from the lessons learned for SACLA is an organization with values and ideals that reflect the essence of this project.

I look forward to my return in 2009.

Barbara Nish

*((source: http://www.familysafety.ca/carbon.html)*

**HEALTH & WELLNESS presents:**

# CARBON MONOXIDE POISONING

**It's winter time, and we've all heard recent news reports about the "silent killer" - Carbon Monoxide poisoning. Carbon monoxide** is produced when fossil fuels like gas, oil, kerosene, wood, or charcoal are burned and becomes a danger to humans and animals when there is inadequate ventilation. The following information is from the http://www.familysafety.ca/carbon.html website (visit this site for a number of home-safety tips!)

### HOW DOES CARBON MONOXIDE ENTER THE HOME?

- A recent report from the United States reports that up to 30% of newly remodeled energy efficient buildings have indoor air quality problems related to CO. New homes are constructed to seal in as much heat as possible. While this conserves energy, it limits free air exchange.
- CO is produced by the incomplete combustion of fuel. Appliances such as water heaters, furnaces, stoves and space heaters that are fueled by natural gas, propane, kerosene or wood emit CO. If these appliances are not properly installed, maintained or used, dangerous CO can result.

### WHAT ARE "CO" POISONING SYMPTOMS

Depending on the level of exposure, symptoms can range from flu like shortness of breath, mild nausea, mild headache to severe headache, dizziness, vomiting, mental confusion and eventually to unconsciousness that may lead to coma or even death.

### IF YOU EXPERIENCE SYMPTOMS THAT YOU THINK COULD BE FROM CO POISONING:

- **Get fresh air.** Open doors and windows, turn off combustion appliances and leave the house.
- **Get to a hospital.** If CO poisoning has occurred, it can be diagnosed by a blood test done soon after exposure.
- **Prepare.** Answering these questions will help your physician diagnose you:

  - ◊ Do your symptoms occur only in the house?
  - ◊ Do they disappear or decrease when you leave home and appear when you return?
  - ◊ Is anyone else in your house with similar symptoms?
  - ◊ Do symptoms appear about the same time with everyone else?
  - ◊ Do you use fuel-burning appliances in the home?
  - ◊ Have you had these appliances inspected lately?
  - ◊ Are your appliances working properly

### PREVENTION CAN KEEP YOU ALIVE AND WELL

- **Inspect it.** Have all oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves inspected by a trained professional prior to every winter. Make sure your flues and chimneys are connected, in good condition, and not blocked.
- **According to the instructions….** Choose appliances that vent fumes outside, have them installed professionally, and maintain them to manufacturer instructions.
- **A little goes a long way.** Read and follow all instructions that accompany any fuel-burning device. If you can't avoid using an unvented fuel space heater, carefully follow cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window for ventilation.
- **Don't use a gas oven to heat your home, even for a short time.**
- **Of running cars and closed garages….** Don't idle your car in a garage, even if the garage door to the outside is open.
- **Not even in a fireplace.** Don't use a charcoal grill indoors.
- **Curling up with kerosene can kill you.** Never sleep in any room with an unvented gas or kerosene space heater.
- **Do it outside.** Use gasoline-powered mowers, weed trimmers, snow blowers, chain saws, small engines or generators where nature intended it, outside.
- **If you feel sick, see your doctor.** Don't ignore unusual or flu-like symptoms, particularly if more than one person is feeling them in your house. Be aware. Be prepared. And stay safe