Southern Alberta Community Living Association

STAFF STAR

February 2008

WELCOME

Please welcome, **Kellie Peta, Andrew Kennedy, Richard Hogg, Lori Harasem** and **Rene Plaizier** who joined our staff in the month of January

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 ~

BUYING GROCERIES ?

SACLA is selling grocery certificates for IGA and Sobeys. All funds raised through these sales will go directly to individuals we support to help them cover the cost of 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.

CHRISTMAS IN WHITEHORSE

Brent B. had a once-in-a-lifetime experience when he traveled to Whitehorse for Christmas with his friends & guardians Lindsay and Clayton. Special thanks to Angie Gleason who overcame her fear of flying to make this trip possible for Brent!

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…

- 120 attend Beat the Winter Blues Appreciation Evening
- Association receives COR Certification for Health & Safety
- Staff receive one-time bonus in March, increase to awake rate retro to April, increases to sleep rate—April and September, SACLA clothing in June, Christmas bonus, Sobeys and Georgio's gift certificates
- Number of on-site Team Leaders increases from three to fourteen
- Over 50 staff take part in professional development opportunities
- The *More you Stay the More you Play* staff appreciation initiative begins
- Over 120 staff and contractors attend Appreciation BBQ
- 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 Action in Housing 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
- Cara Milne (M-Powered Consulting) reports that staff teams at SACLA are "awesome"

Southern Alberta Community Living Association is clearly recognized as a leader in our field. This leadership has been demonstrated by many people throughout the organization in many different areas and positions .

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

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 leader in the work we do.

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 …..

"IT'S A WINTER WONDERLAND"

Cara Charles—1 hour flight training
Gerard H. Holmes—Night at the Quality Inn
Kayla Timchishen—Popcorn and bowls
Marcie Fitzsimonds—Brunch at Ericksen's
Jodi Baker—SACLA Hoodie
Cheryl Forsythe— Certificate - Ric's Grill
Duane Petluk—Pottery
Shelley Dragland— Wool Afghan
Wendy Robinson—Autographed Hockey Stick
Josh Bourelle—Portrait certificate
Krista Carlyle—Average Joe's jacket, glasses
Tara Brown—Pronghorn Tickets & Certificate - Streetside Café
Arlene Mantie—Glass Bowl
Marcia Rae—SACLA Hoodie

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

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.

◊ 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

- 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:

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