Southern Alberta Community Living Association

STAFF STAR

January 2009

Sue's Brew

2008 … WHAT A YEAR!

By working together with a renewed sense of purpose and passion we have accomplished so much.

Thank you for your commitment, excitement, creativity and determination. By fostering an environment of possibility thinking you have creating positive outcomes for so many people.

I look forward to your continued support and enthusiasm over the coming year as we strive to demonstrate why we are a leader in community disability services

"Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless."

THE MORE YOU STAY THE MORE YOU PLAY!

GRAND PRIZE WINNERS

$1500.00 Sobey's—Margaret Mericle
$1500.00 Costco—Halina Mielcarek
$1500.00 Park Place Mall—Tara Brown
$1500.00 Gas King—Salish Fenwick-Wilson
$1500.00 Travel—Meredith Tuttle

December WINNERS!

HBC gift card—Arlene Mantie
Regent Restaurant—Dinner for four—Sheila Read
Round Street Café/Chris Yanick Photo—Natalie Ashbee
Tony Roma's/Gas King—Jamie Karlowsky
Nicholai—Art Concengco

Centre Village Mall—Nick Kedoin
Country Blooms—Carmen Bankonin
Coco Pazzo/Meridian Therapy—Anthea Neill
M&M Meat Shops—Denise Barnes
Josee's—Richard Hogg

Door Prize Winners
Red Roaster—Nan Robertson
Red Roaster—Dawn Baumann
Red Roaster—Brenda Verhaeghe
Chocolate basket—Meredith Tuttle

Hair basket—Johanna Anderson
$25.00 Sobey Gift Card—Brooke Alldredge
$25.00 Sobey Gift Card—Cathy Mackenzie
$25.00 Sobey Gift Card—Shannon Cosovan
$25.00 Streetside Eatery—Angie Gleason

$25.00 Streetside Eatery—Halina Mielcarek
Heritage F. Dry Cleaning—Jake Van Luyk
Scores—Barb Heske
Scores—Fran Huber
Cheesecake—Tara Brown

I am COMMUNITY

I am COMMUNITY event at the Galt Museum on December 11th was a great success with over 200 community members in attendance.

" Only when all contribute their firewood can they build up a strong fire" was a most appropriate quote for this community event as it clearly demonstrates that each one of us must play a role if we wish to create welcoming and inclusive communities.

Be sure to check out I am COMMUNITY T-shirts and bookmarks the next time you visit the office.

AWESOME, FANTASTIC, EXTRAORDINARY, INCREDIBLE are just some words to describe the staff that went out of their way to hand in and sign off timesheets early. A BIG THANK YOU from Accounting. Hope your Christmas was wonderful and have a Happy New Year.

TURKEY DAY !

Tuesday, December 16th was SACLA's "Turkey Day" at the downtown IGA store. Fortunately, the weather decided to cooperate and it was a balmy –15 degrees. We distributed over 200 turkeys to contractors and staff with a total of 58 birds being donated to the following community organizations: The Lethbridge Food Bank, the Lethbridge Seniors Centre and the YWCA Lethbridge & District.

What: **The Unstoppable Giving Challenge Celebration**

Why: **Together, we are going to build a school in Africa**

When: **Saturday, January 10th, 2009**

Where: **The D.A. Electric Barn (28th St. S & 30th Ave. S.)**

6:30 pm – Cocktails and Silent Auction 7:30 pm – Dinner 9pm – The Chevelles

Tickets are $60 CDN each (or table of 8 for $400)

ALL PROCEEDS go towards the Unstoppable Giving Challenge

You will receive a charitable tax receipt for the entire ticket purchase amount

For tickets please call Dan Lyon at 403-605-3570 or Sue Manery at 403-329-1525

Please join us at this celebration on January 10th.
And help the children of Africa Create an Unstoppable story of their own.

HEALTH & WELLNESS presents:

BE FIT FOR LIFE—WRAP UP

In September we kicked off our Be Fit for Life Challenge. It is hard to believe that our three months have passed by so quickly. Stephanie Wierl and the Be Fit for Life Center to put together the challenge for Southern Alberta Community Living staff to participate in. Staff could earn points through attending activities and seminars, by improving their fitness and by tracking some of the things they had been doing. BFFL offered information sessions such as Getting Started with Exercise, Nutrition for Health, Stress Management as well as numerous others. The Nutrition for Health Seminar was such a success that the instructor came back to do another session with us. There were also Activity Sessions such as Golf, Kickboxing, Tai Chi, and Yoga. Golf lessons were really great, and I am happy to report that no one was seriously injured although there was talk of kidnapping the instructor. On December 17th we held the Wrap up Party; a number of people braved the elements and joined us to award the Grand Prizes to the staff who had accrued the most points.

The winners were as follows:
1st Place: $500.00 Wal-Mart Card: Arlene Mantie
2nd Place: $400.00 Wal-Mart Card: Fran Huber
3rd Place: $300.00 Wal-Mart Card: Jamie Karlowsky
4th Place: $200.00 Wal-Mart Card: Esther Kesler
5th Place: $100.00 Wal-Mart Card: Heather Todd

We had a fun time and gave out some great door prizes.

The door prizes and winners were as follows:

YWCA Pedometer: Brenda Verhaeghe, Diane Mitchell
YWCA 10 Visit Pass: Arlene Mantie, Jo Anne DiMichele, and Terri Jensen
$25.00 Streetside Eatery Certificate: Sheila Read, Dzintra Campa, Cheryl Forsythe
Evergreen Pass: Fran Huber
Salon Aphrodite Manicure/Pedicure: Esther Kesler
$20.00 Cheesecake Café Certificate: Brooke Alldredge
Biomax ½ Hour Massage: Jamie Karlowsky
$20.00 Popeye Certificate: Dan Infanti
Keho Lake Golf Certificate: Barbara Nish
U of L One Month Pass: Angela Jans
Flaman Exercise Bike: Jenni Gove

Even though this challenge is over, we will continue to look at offering a variety of education/learning opportunities and activities that have a focus on wellness. We discussed a number of good ideas at the Wrap up Party and look forward to continuing our commitment to making Health and Wellness one of our focuses for 2009.