

WELCOME New Staff

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

Ashley Eckel	CRWI
Carla Hecht	CRWI
Melinda Lemire	CRWI
Daniel Neufeld	CRWI

Notable Quotes...

The Future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt



We all have ability.
The difference is
how we use it.
Stevie Wonder

FITNESS BENEFIT

Southern Alberta Community Living Association remains committed to encouraging a healthy and happy workforce! Staff are reminded that the Fitness benefit expense claim is due and should be included on the June 27th expense claim form. Up to \$60 can be claimed for "fitness" expenses incurred between December 2006 and now.

Examples of qualified expenses include (but not limited to...)

- Gym membership
- Golf membership
- Exercise club
- Running shoes
- Exercise equipment



If you have not yet used your Fitness Benefit, you are encouraged to take the opportunity to "take the steps" towards fitness and health!

If you have any question, please see Esther in payroll for clarification.

NEWS from Sue's desk....



OPERATIONAL PLANNING UPDATE: *STRUCTURE*

One of the top recommendations in this area was the creation of additional on-site support and supervisory positions. There has been much work done in this area over the past six months, and I am pleased to inform you that eight new frontline supervisors are in place. Recognizing and appreciating the skills of these supervisors and the responsibilities they have assumed, the number of Team Leaders employed by the Association has been decreased.

SUMMER GETAWAY

Planning is underway for any interested individuals or staff to spend some time in the mountains July 12th to 19th. If you would like to hear more about this exciting getaway to Fernie, please contact Diane Mitchell @ 380-5262

RECRUITMENT FAIR

Southern Alberta Community Living Association hosted a JOB FAIR May 24th to 26th at the Holiday Inn. Many people stopped by to learn about our organization and we are currently arranging interviews for some of the applicants!



HEALTH & WELLNESS presents:

Summer Severe Weather: What do you do?

Tornado

When a tornado threatens, take shelter immediately. Stay away from windows, doors and exterior walls. Don't waste time opening windows to keep pressure from building up in the house. It's unlikely to help anyway! In a house, go to the basement and seek shelter under a stairway or a sturdy work table. In a house with no basement, the safest spot is the ground floor in the center of the house, in a hallway, small room, closet or bathroom.

Lightning

During a thunderstorm with lightning, you are safe inside a vehicle. Don't park near or under trees or other tall objects that may topple over. Be wary of downed power lines that may be touching your car. Stay inside your vehicle; you may get a shock if you step outside.

Wind

In any strong wind storm, secure everything that might be blown around or torn loose, indoors and outdoors. Flying objects such as garbage cans and lawn furniture can injure people and damage property. Prior to wind storms, trim dead and rotting branches and trees to reduce the danger of one falling on you or your house.

Heat Waves

During summer heat waves, drop into a cool store, restaurant or theatre every so often. At home, cool down by running water on wrists, behind the knees and holding a wet towel on your neck or forehead. Also try sitting in front of a fan blowing over a bowl of ice cubes.

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THOUGHTS ON DADS

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years.

Mark Twain

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

Charles Wadsworth

RECIPE OF THE MONTH



NO DRIP POPSICLE TREATS!

1 (3 oz.) pkg. Jello
1 pkg. unsweetened Kool-Aid (same flavor as Jello)
1/2 c. sugar
2 c. hot water
2 c. water

Dissolve Jello and Kool-Aid in hot water. Add cold water. Pour into 6 ounces waxed paper cups and partially freeze. Insert wooden sticks in the centre of each cup and freeze until hard.

Peel cups off and then eat a non-drip popsicle.



Activities to do with Kids on Father's Day:

- Tell them a story, but not one from a book. Make something up or tell them a few anecdotes from your childhood – especially ones where you got into trouble.
- Make a movie of the day. If you don't have a movie camera, take a few rolls of regular film, get them developed at a one-hour photo place and make a scrapbook.
- Pretend you like the tie they got you and wear it all day.
- Take (don't send) them to a movie or concert. They get to pick the event and you resist the urge to complain about it.
- Listen. Set aside some time and let the kids know that you're available to listen to anything they have to say on any topic at all. Give advice only if they ask for it.
- Visit, call or write your own father to wish him a happy Father's Day. If he's not alive, spend some time telling your kids about him.
- Let them meet the secret you. Tell them something about yourself that they've never heard before – could be a favorite place or a secret dream you had as a kid.
- Best of all: Do absolutely nothing. Spend a completely unstructured day with the kids doing exactly what they want to do. Ignore the distractions of the phone, e-mail, bills, work and errands and focus completely on them. Eat ice cream!

(Continued from page 1....Summer Severe Weather: What do you do?)

UV/Radiation

If your shadow is shorter than you are, you should protect yourself from the sun. Wear clothes that cover your skin such as hats, shoes, long pants, and long sleeved shirts. Protect your eyes with sunglasses that are UV rated.

Flooding

Do not drive into water covering a road, especially if the water is moving, as it can hide a washed out roadway. If the car stalls in flood water, leave it immediately and wade to safety; even a little water can wash away a car.

Reprinted from Environment Canada's webpage: <http://www.mb.ec.gc.ca/air/summersevere/ae00s03.en.html>

DEALING WITH ALTERED BEHAVIOURS

Adapted from the Alzheimer Calgary Newsletter, 1993

Submitted by Denita Nicolas

Remember—this behaviour is symptomatic of an illness, not a voluntary act aimed at upsetting others. Remain calm and objective despite the urge to react personally.

Reassess—Consider if the problem might be due to physical discomfort, a drug reaction, boredom, a noisy or confusing situation; look for any precipitating factors

Reconsider—Simple tasks may appear too complicated and threatening to persons with dementia and caregivers need to constantly modify their expectations about impairment as well as abilities.

Rechannel—Distraction may be the key to stopping a behaviour; a favourite food or an enjoyable activity may sidetrack in to the right direction

Reassure—Those with memory loss depend on others for basic security; reduce their anxiety and frustration by preserving their self-esteem and letting them know you are there to help, - one bit hug is worth a thousand words

Review—After the dust has settled, analyze how you responded to a difficult behaviour, what might be learned and then applied in the future

Reflect—Is the behaviour a problem for you or the person with the disease? e.g. The person you are caring for won't wear dentures—you may not like how it looks but the individual with the disease may be more comfortable.