Southern Alberta Community Living Association

# CONTRACTOR CHRONICLE

March 2008

## NOTABLE QUOTES

"The most damaging phrase in the English language is: 'It's always been done that way'."
*~ Rear Admiral Grace Hopper ~*

"The things we fear most in organizations - fluctuations, disturbances, imbalances - are the primary sources of creativity."
*~ Margaret J. Wheatley ~*

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." *~ John Quincy Adams ~*

## *MAKE A REFERRAL MAKE $ $*

As of February 1, 2008, if you refer a community member for employment at SACLA (sorry ~ due to funding restrictions, staff positions only), Contractors will be eligible for one or more of the following…

| | |
|---|---|
| Applicant interviewed | $100.00 |
| Applicant hired & begins work | $100.00 |
| Applicant completes probation | $100.00 |

You and the applicant both remain with $100.00 SACLA for one year each

If you have any questions, please feel free to contact Sue at 329-1525 or sue.manery@sacla.ca

## NEWS from Sue's desk….

If activity in January and February is any indication of what's to come, 2008 will be a very busy and exciting year!

**On the Provincial Front…**

- The Alberta Council of Disability Services (ACDS) Workforce Council has launched a marketing campaign to raise the profile of the Community Disability Services sector. February 25th -March 9th, radio ads are running across the province. Tune into The River or My 96 in our region.
- The latest copy of *IN THE LOOP*~ An ACDS quarterly publication of what's happening provincially was recently released. You can access it at http://www.acds.ca/intheloop.html to view or if you'd prefer, come by the office for a hard copy.
- The Provincial HR Council will be meeting again April 10th & 11th and will be involving additional regional representatives in our discussions. I'll keep you posted on all of the exciting happenings!

**At a Local Level…**

- Persons with Developmental Disabilities South Region, with the assistance of community stakeholders, recently established their three-year Strategic Direction. PDD South will:

1. Enhance and develop new mechanisms/ opportunities to communicate and meet with its community members.
2. Promote inclusion and the valued contributions of adults with developmental disabilities.
3. Continue to respond to the needs of families through flexible funding options.
4. Foster collaborative efforts for employers to meet, plan and problem solve retention and recruitment issues.
5. Focus on developing innovative pilot projects and funding options to achieve better outcomes for people with developmental disabilities.
6. Effectively operate within its legislated mandate and allocation.
7. Actively engage other community resources to contribute to the quality of life for adults with developmental disabilities.

- In the Fall of 2007, Minister Melchin requested that all PDD regions allocate 1% of their operating budget towards new and innovative pilot projects. PDD had sixteen projects approved under this "Achieving Better Outcomes for Individuals Initiative".

**Here at Home…**

- Our first combined staff/contractor Appreciation Evening is scheduled for Saturday, March 1st. I hope that you were able to join us.
- Our Association is participating in the Achieving Better Outcomes for Individuals Initiative and is piloting Funding for Outcomes: Flexible Funding for Agencies.
- IGA/Sobeys coupons are FOR SALE at the office. Funds received through these sales will make a difference in the lives of individuals we support. Please consider participating in this endeavour.

## IN THE SPOTLIGHT!

The SACLA front office is where you will find Liz Gibboney. She is the person who cheerfully answers the telephone and more often than not greets you by name as you enter the building. Since joining us in August 2002, Liz has proven herself to be a multi-tasker extraordinaire.

She is a lady of many talents who keeps our records for individuals and contractors organized and up-to-date, makes sure our supply cupboards are fully stocked, and performs a multitude of "fix-it" jobs around the office with her trusty tool box.

Liz is the mother of three boys and in her spare time watches every televised Detroit Red Wings game with her husband Doug.

## OFFICE CLOSURE

The SACLA office will be closed on Good Friday (March 21, 2008), and will re-open 8:30 on Monday, March 24th.

*"Southern Alberta Community Living Association is a leader in supporting people to live their best lives and pursue their dreams"*

Don't forget **Daylight Saving's Time** begins on Sunday March 9,2008 at 2:00 a.m.!

How many clocks do you have in your life?? It take me an hour to move an hour!

P.S. this is a perfect time to….

**Change** the **batteries** in all your **smoke detectors!**

## Board of Directors

Southern Alberta Community Living would like to congratulate Board Member Rita Castellano who was recently appointed Vice-Chair of the Lethbridge Housing Authority.

The Lethbridge Housing Authority "*strives to provide safe, secure and affordable housing for people in need, in our region.* Their Vision is *Safe and Secure Housing for All." ( Source—lethbridgehousing.ca )*

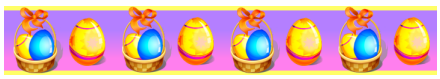
We wish her much success in this exciting new position and are very pleased that Rita will also continue to serve on the SACLA board.

For more information about the Lethbridge Housing Authority, visit www.lethbridgehousing.ca.

## March is…

### AUTISM AWARENESS MONTH

Family Support for Children with Disabilities is bringing in a panel of experts from across Canada and the US to present a number of workshops over the month of March. For more information on the training programs available and how to register, call (403) 382-4275.



**RECIPE OF THEMONTH**

## Sloppy Joes with Corn

*(serves 6)*

**Ingredients**

- 1 teaspoon canola oil
- 1 cup finely chopped onion
- 1 cup finely chopped green bell pepper
- 2 garlic cloves, minced
- 1 1/2 pounds lean ground beef
- 1 (6-ounce) can tomato paste
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 (14-ounce) can chicken broth
- 1 (15-ounce) can corn, rinsed and drained
- 6 whole wheat hamburger buns, toasted

**Preparation**

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and garlic; sauté 3 minutes.
- Add meat to pan; cook 5 minutes or until browned, stirring to crumble.
- Stir in tomato paste; cook 2 minutes.
- Add chili powder, cumin, salt, and broth.
- Reduce heat, and simmer 12 minutes or until thickened, stirring occasionally.
- Stir in corn; cook for 2 minutes or until thoroughly heated.
- Spoon about 1 cup meat mixture on bottom half of each bun; cover with top half of each bun.

**HEALTH & WELLNESS presents:**

## HEALTHY LUNCH CHECKLIST

If you pack lunches for yourself, your family or others for whom you are responsible—have you ensured that this critical mid-day meal is a healthy and nutritious one?

TAKE THE QUIZ...see where your lunches stand on the scale...and look for additional ways to improve and enhance.

Give yourself one checkmark for each of the elements that were included in your lunch

- ❑ check this box just for packing a lunch

Give yourself a check mark for each of the four food groups that are in the lunch:

- ❑ Vegetables & Fruit
- ❑ Grain Products
- ❑ Milk & Alternatives
- ❑ Meat & Alternatives

If you answer "yes" to the following questions, give yourself a checkmark

- ❑ Is there a dark green or orange vegetable choice such as broccoli, bell pepper, spinach, romaine lettuce or carrot?
- ❑ Is there a whole grain choice?
- ❑ Is there milk or a lower fat milk alternative?
- ❑ Is there a lower fat meat, or meat alternative such as eggs or legumes?

Add another checkmark if:

- ❑ The beverage option is plain water, milk or 100% fruit or vegetable juice
- ❑ The serving sizes are reasonable
- ❑ Foods higher in calories, fat, sugar or salt are absent or represent only a small portion of the whole lunch
- ❑ The cold food is kept cold and the hot food is kept hot until lunch time
- ❑ There is a little something special to make the lunch more enjoyable

TOTAL = _____ out of 14

If you are not satisfied with your lunch score, visit www.canadian-health-network.ca to learn how to improve your score!