Southern Alberta Community Living Association

CONTRACTOR CHRONICLE

MAY 2009

SAFE WORK

West Nile Virus

Transmission

West Nile virus (WNV) is transmitted by mosquitoes to birds and other animals through the mosquito bite. WNV normally cycles between mosquitoes and birds, but if a person or animal is bitten the virus may be transmitted to them. There is no evidence to indicate that the virus is transmitted from person-to-person contact. Caution should be exercised in handling infected birds and other animals.

Symptoms of Infection

Most human WNV infections cause either no symptoms or a mild flu-like illness that may include symptoms such as fever, fatigue, headache and muscle or joint pain. Symptoms of severe infection include high fever, stiff neck, disorientation, tremors, muscle weakness and paralysis. Persons over the age of 50 and those with weakened immune systems are at higher risk of severe illness following infection. The time of incubation from mosquito bite to clinical symptoms is reported to be from 3 to 15 days.

Problem Work Environments

Mosquitoes may reproduce in any puddle or water that stands for more than four days. Workers near stagnant pools, ponds, rain barrels, etc. are at a greater risk. If water can accumulate—they will attract mosquitoes.

Worksite Control Measures

- Where possible schedule work to avoid working outdoors when mosquitoes are most active and biting (dusk and dawn).

NEWS FLASH

- We've booked this coming fall's **Staff & Contractor Appreciation event** on September 12th this year, and the event has been moved to the Croatian Centre. Again, your invitations and driving directions will be mailed to you in August.

- After the success of the **Ham giveaway** on April 2nd, and the subsequent donations of ham from contractors and staff to a number of not-for-profit organizations, we wanted to share with you a heart-warming note from one of the recipient organizations, Christine Cassie, Executive Director of the Y.W.C.A :

Sue

Historically our mothers shared food ~ sometimes to impress the neighbours, but most of the time to help and to show care for the community.

On behalf of the women and children served at the YWCA, we thank you for your kindness and in the honour of being your friends.

Christine Cassie

"My great hope is to laugh as much as I cry; to get my work done and try to love somebody and have the courage to accept the love in return." ~ Maya Angelou

BOOK SIGNING

Ellen McArthur, Contractor with Southern Alberta Community Living Association is about to unveil her newly published book . An avid photographer, Ellen has taken the plunge to publish her work. She has extended an invitation to the Staff & Contractors here at SACLA to attend book launch and signing. The event will be held at the Nikka Yuko Gardens on May 17th, 2009 @ 1:00 p.m.

Mother's Day

A Perspective from Oprah

Source: http://www.oprah.com/article/omagazine/wikfs/omag_200305_mission

I'm in awe of good mothers—those heroines all around me who sacrifice daily out of love for their children. In our society, we give motherhood plenty of lip service. We pat moms on the head, bring them flowers on Mother's Day, and honor them before crowds. But at the end of the day, we don't extend them the same respect we would a professor, a dentist, an accountant or a judge. Women who choose full-time mothering are often put in a box by their friends and former colleagues—a container labeled "just a mom."

I believe the choice to become a mother is the choice to become one of the greatest spiritual teachers there is. To create an environment that's stimulating and nurturing, to pass on a sense of responsibility to another human being, to raise a child who understands that he or she is created from good and is capable of anything—I know for sure that few callings are more honorable. To play down mothering as small is to crack the very foundation on which greatness stands.

The world can only value mothering to the extent that women everywhere stand and declare that it must be so. In our hands, we hold the power to transform the perception of motherhood. Whether we decide to work full-time while raising children, stay home with our kids, or bear no children at all, we need to understand that any put-down of the decision to mother is a threat to women's choices everywhere. We should no longer allow a mother to be defined as "just a mom." It is on her back that great nations are built. We should no longer allow any woman's voice to be drowned out or disregarded. As we affirm other women, and as we teach our sons, husbands and friends to hold them in the highest regard, we honor both the mothers whose shoulders we've stood on and the daughters who will one day stand tall on ours.

In May—and every other month of the year—I honor and thank every great spiritual teacher who goes by the name of Mother

RECIPE OF THE MONTH : Allison's "5 Minute Chocolate Mug" cake

INGREDIENTS

- 4 TBLS white flour
- 4 TBLS sugar
- 2 TBLS baking cocoa
- 1 egg
- 3 TBLS milk
- 3 TBLS oil
- 3 TBLE chocolate chips (optional)
- Dash of vanilla essence
- 1 coffee mug

SERVES: 1 (or 2 if you are willing to share!)

DIRECTIONS

1. Add dry ingredients to mug and mix well
2. Add egg & mix thoroughly
3. Pour in milk & oil—mix well
4. Add chocolate chips (if you want) and vanilla—mix well
5. Microwave cake in the mug—for 3 minutes at 1000 watts
6. The cake will rise over the top of the mug—that's OK!
7. Allow to cool—and tip out onto a plate and finally EAT!.

Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you ~ Wayne Dyer ~

When we feel stuck, going nowhere--even starting to slip backward--we may actually be backing up to get a running start. ~ Dan Millman ~

SPOTLIGHT

Laura Bevans grew up in the Cardston area. Along with her husband Gordon, they have raised 6 of their own children on a ranch just outside of Cardston. For the past 8 years Laura has been supporting a child in their home. Laura enjoys spending time with her 15 grandchildren, camping, waterskiing and big family dinners! Laura drives school bus and is a substitute Educational Assistant in Cardston. In her spare time she enjoys scrapbooking and sewing. When asked what the best thing is about being a contractor, Laura said she "enjoys the company, the challenge and it keeps her busy, and that he is just part of the family!" .

HEALTH & WELLNESS presents:

UPDATE on the Safety Audit

Congratulations to all staff and Contractors at Southern Alberta Community Living Association. Our recent external audit resulted in a final score of 87% - demonstrating significant improvements in our safety program over the past 3 years and ensuring our continued compliance for the coveted Certificate of Recognition (COR) designation. It is our goal that we continue to improve; to instill a comprehensive safety culture within our organization where HEALTH & SAFETY is everyone's responsibility .

As part of our improvements—watch for our SAFE WORK bulletins in the newsletters—these best practices will published as part of our ongoing commitment to a healthy & safe workplace!

(Continued from page 1)

- Eliminate as many sources of standing water as possible by:
  - ♦ Preventing stagnant water to accumulate
  - ♦ Turn over, cover or remove equipment such as tarps, buckets, barrels etc that accumulate water;
  - ♦ Discard old tires, buckets, cans and containers in the yard or place drain holes in containers that cannot be discarded;
  - ♦ Clean out rain gutters and ditches to get rid of standing water
  - ♦ Fill in depressions that can accumulate water.

Worker Protection Measures

- Use personal protective measures when you are outside, especially during peak hours of mosquito biting activity.
- Wear light colored, loose-fitting, tightly woven clothing.
- Wear long-sleeved tops, long pants, shoes & socks.
- Consider wearing mosquito repellent containing DEET. Products containing no more than a 30% concentration of DEET will provide sufficient protection (30% of DEET will provide approximately 6.5 hours of protection). Spray exposed skin and thin clothing. Be sure to read and follow the product directions. Wash repellant off skin with soap and water when returning indoors, and launder treated clothing before wearing it again.

  (**Note**: *DEET can be used with a sunscreen but may decrease the effectiveness of the sunscreen. In this case the sunscreen will need to be applied more often. Products containing DEET and a sunscreen are available, but should be applied sparingly (as an insect repellant*).
- When handling dead animals or birds—Don't touch them with your bare hands. Use a shovel, plastic bag or impervious gloves to pick up the bird or animal. Do not scratch or puncture your skin while handling the bird or animal—Immediately afterwards, wash your hands well with soap and water.

When to Seek Medical Attention

Workers with symptoms of severe infection, including high fever, stiff neck, disorientation, muscle weakness or paralysis, after exposure to mosquitoes should seek immediate medical attention. There is no specific treatment for WNV infection; however, many of the symptoms and complications of the infection can be treated.

More Information on West Nile Virus

Visit www.fightthebite.info or www.health.alberta.ca.

Albertans can also call Health Link Alberta in Edmonton at 780-408-LINK (5465), in Calgary at 403-943-LINK (5465), or across the province toll-free at 1-866-408-LINK (5465)