



The month of September was a very busy month for me both personally and professionally.

Committees, both internal and external started up again after an extended summer break. My two children started back to school (Grade 12 and 4th year university), my Mom came for a visit for 10 days and I made a quick trip back to Ontario to meet with the team of staff who support my friend John (for whom my sister and I are co-guardians).

Within SACLA some of the highlights were:

- meeting with external Health & Safety representatives to discuss ways to improve our practices;
- completion of our external audit;
- finished our coordination of the provincial Public Service Announcement campaign to heighten the public's awareness of the work we do;
- continued to prepare for our external Creating Excellence Together Review (Nov 3-5) and
- hosted a SACLA BBQ at Pioneer Park.

**Sue's Brew**



On the external front, I participated in meetings with the Provincial Workforce Council; met with other representatives

from across the province responsible for the branding and marketing of our sector and participated in a day-long discussion with Mr. Jim Dier from Seattle on community building.

One other highlight this month was the invitation I received to participate in a Leadership Summit in Edmonton. This event was organized by Laurie Winder, a senior management person employed at Transitions in St Albert who is completing her Masters in the Faculty of Leadership Studies. She is conducting research that will hopefully answer the question "*Can a group of trans-disciplinary leaders collaborate to develop new practices that create community capacity for adults with developmental disabilities?*" We met on September 11th and I will share the highlights of our discussion with you next month.

Brainstorming

Developing Friendships

Open Discussions

**Community Support Group**

Problem Solving

Positive Role Modeling

Respite Possibilities

Creating Community Supports

**If you are interested in being a part of a  
 Contractor Support Group**

Please provide your contact information to Liz @ 403 329-1525

Most serious falls in the home involve stairs, so extra caution should be taken when considering furnishings and décor near and on stairways, especially if young children and elderly persons are in the home. To keep everyone as safe as possible, follow these guidelines:

Stairs should not be used when wearing stockings or floppy slippers

Loose rugs should never be on a landing or at the top of a staircase

Outdoor stairs should be kept clean, dry and clear to protect your family and guests, and your liability.

**SAFE  
WORK**

Stairs require at least one handrail, and should be well lit with light switches located at the top and bottom

Stairway carpet runners should have a low pile, and always be securely fixed

**BEST PRACTICE  
Stairway Safety**

A laundry bag that can be dragged on stairways should be used, rather than a hamper that needs to be lifted.

**HAPPENINGS...**

**South Region Self-Advocacy Network**

- ◆ November 4th 10:00 am—3:00 pm @ the Royal Canadian Legion. Call 403 320-1515 for more information

**The Power, Possibility and Potential of Relationships**

- ◆ Saturday, October 17 8:30am-3:30pm @ The Lethbridge Lodge Hotel. For more information contact The Lethbridge Association for Community Living at 403-327-2911

**Celebrating Community Living Awareness Month!**

- ◆ Gala at the Lethbridge Lodge (Anton's) on Friday, October 16th @ 6 pm  
Everyone welcome—free of charge

**University of Lethbridge Fine Arts Events**

- ◆ Drama, Art and Music are all part of the happenings at the U of L. Check out their website:  
[www.uleth.ca/finearts/events](http://www.uleth.ca/finearts/events)

**Community Disability Service Fair**

- ◆ Wednesday, October 21st from 2:00 pm - 7:00 pm come to the Galt Museum and learn more about the many services and employment opportunities available in community disability services. Be sure to check out the amazing Galt Museum while you're there!

**EMERGENCY FIRST AID/CPR**

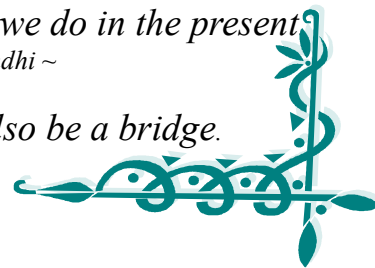
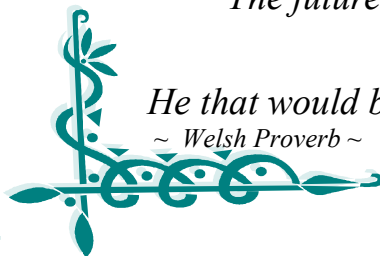
- ◆ If your Emergency First Aid CPR Certificate is up for renewal, please contact Shannon Cosovan at 403 329-1525, or [shannon.cosovan@sacla.ca](mailto:shannon.cosovan@sacla.ca). She will be happy to help you with the enrollment process.
- ◆ Please remember that it is a requirement that all Contractors maintain a current certification.

*The future depends on what we do in the present*

~ Mahatma Gandhi ~

*He that would be a leader must also be a bridge.*

~ Welsh Proverb ~



Introducing our new Supports to Families Team Leader, **Marie Pedersen**. Marie started her position on September 1 and will be here on a one year contract..

Marie has a blended family with 3 children and 2 stepchildren. Originally from Oyen where her family still resides on a farm, Marie maintains a close relationship with her large extended family. She enjoys spending time with family, camping, hiking and fishing.

Marie comes to us with numerous years of experience supporting children and families in the non-profit sector. She is completing her social work degree and is transitioning to life as a working mom. Marie will be focusing on recruitment and would like to here from you if you have any ideas, referrals or know a community group that she could present to.

Please join us in welcoming Marie to the SACLA team.

**In the spotlight!**



**RECIPE OF THE MONTH :  
SLOW COOKER KIELBASA & BEER**

Well, it's that time of year again, OKTOBERFEST! To help you get into the spirit of this fall festival, give this easy and delicious recipe a try. Serve with mashed potatoes and crusty buns...(oh! ....and don't forget the German mustard)



**INGREDIENTS:**

- ◆ 2 lbs Kielbasa sausage, cut into 1" pieces and skinned (if you wish)
- ◆ 1 (12 oz) can of beer (or apple juice)
- ◆ 1 (20 oz) can of sauerkraut, drained

**DIRECTIONS:**

- ◆ Combine all ingredients in slow cooker. Cook on low for 5—6 hours until meat is tender & plump.