



I hope that each of you is enjoying the last week of summer holidays before school starts up again and life becomes a wee bit more hectic as fall activities crank up into full gear.

Over the past several months, we have been actively exploring possible affordable housing options and opportunities for community members including individuals we support. A property has been identified that, once modified, could provide housing for 8-10 individuals and families. A proposal for funding was submitted

Sue's Brew



on August 21st and I hope to receive official word within the next few weeks. I'll keep you posted. We are also beginning discussions with the Lethbridge Housing Authority on the possibility of entering into a Memorandum of Understanding that identifies certain activities and common projects, which may be joint ventured by our agencies.

There are many things happening regionally and provincially during the months of September and October. I will provide you with an update on the many activities in next month's Newsletter.

Southern Alberta Community Living Association will be undergoing the Creating Excellence Together accreditation in November of this year. All organizations funded by Persons with Developmental Disabilities are required to have this accreditation, which is renewed every three years, through the Alberta Council of Disability Services.

Part of the process involves surveyors looking at staff files to ensure documentation is in place and recorded properly. Consent must be given by staff prior to any file review and confidentiality will be respected at all times.

Creating Excellence Together

To accommodate this requirement SACLA will send a consent form to each staff member in September and if you are willing to have your file reviewed, please fill out the form and have it back to the office (attention Barbara Nish) no later than October 25.

When the survey team arrives, they will randomly choose files to be reviewed from the consents received.

If you have any questions, please do not hesitate to contact Barbara at 403.329.1525. Thank you for your assistance.

HAPPENINGS...

SACLA

- ◆ Friday, September 11th—Monthly draw for The More you Stay the More you Play
- ◆ Saturday, September 12th— SACLA barbeque at Pioneer Park.

COMMUNITY

There are also a number of events being hosted by others in our community that may be of interest to you, individuals you support and/or families and guardians. They are:

- ◆ YOU, others and the community! The 8th Annual Self-Advocacy Conference October 16th in Lethbridge
- ◆ The Power, Possibility and Potential of Relationships - Parents & Guardians Workshop October 17th
- ◆ Community Living Awareness Month Celebration Gala - 6pm Friday, October 16th at the Lethbridge Lodge

Considered a "newbie", Ashlynn Van Buuren has been with us since the end of April 2009. Ashlynn has chosen to work relief and over the last four months many individuals have benefited from the excellent support that she provides.

Ashlynn keeps a busy schedule and will soon be entering her third year of studies at the University of Lethbridge.

In her free time, Ashlynn loves to spend time with her family (teasing her younger brother Braydon). She has many hobbies and in her limited spare time enjoys camping and spending time with her new dog Indica.

Welcome Ashlynn—and thank you for all the good work you do.

In the spotlight!



The older generation thought nothing of getting up at five every morning ~ and the younger generation doesn't think much of it either. ~ John J. Welsh ~

The major hazards associated with the laundry room include fire, water damage due to a burst water supply hazard, shocks and tripping. Follow these tips to promote a safe laundry experience.

GENERAL LAUNDRY SAFETY

- ◆ Install a smoke alarm in the proximity of your laundry area.
- ◆ Ensure that washer and dryer are properly grounded.
- ◆ Have the proper sized fuse or breaker switch installed. Ensure you have an outlet with a ground fault circuit interrupter (GFCI).
- ◆ If your laundry room shares the basement with the furnace, avoid hanging clothes, or storing laundry products, such as bleach near the furnace where they can create fire.
- ◆ Water, electrical appliances and tight spaces present dangers to children, so make the laundry room off limits as a play area.
- ◆ Watch your step while carrying laundry, especially if you have to take the stairs. It's better to take two small loads so you can see where you're going over the top of the laundry basket and avoid tripping. Use a hip laundry basket to ensure you have a clear view of your path.
- ◆ Do not locate the laundry hamper or basket on the stairs.

**THE MORE YOU STAY
THE MORE YOU PLAY!**

- Moxies \$50.00 : Jenni Hyland
- Costco \$50.00 : Halina Mielcarek
- Superstore \$50.00: Kim Farrell
- Mojos \$50.00: Sandy Wilson
- Future Shop \$50.00: Sarah MacKenzie
- 2 Cineplex Night Out: Patti Henker
- Chopstix \$50.00: Leon Bodrug
- Sears \$50.00: Matt Hillen
- The Keg \$50.00: Katherine DeGeorgio
- Home Depot \$50.00: Maria Elliot
- Walmart \$50.00: Josh Neill
- Catwalk Salon & Spa \$50.00: Richard Hogg
- The Sous Chef \$50.00: Rachele Ismond
- La Mezza Luna \$50.00: Darlene Beyer
- London Drugs \$50.00: Dzintra Campa
- Mark's Work Wearhouse \$50.00: Barb McMillan
- Luigi's Pizza (South) \$50.00: Maggie McGeough
- Canadian Tire \$50.00: Fran Huber
- Cineplex \$50.00: Nick Gonsalvez
- Home Hardware \$50.00: Maria Armero

AUGUST 2009 MONTHLY



The whole purpose of education is to turn mirrors into windows.

~Sydney J. Harris~

The following letter was submitted by staff supported by Ms. Kayla Timchishen with a request for inclusion in the Staff Newsletter.

To whom it may concern,

This letter is to acknowledge Kayla Timchishen as a leader and co-worker.

We, the staff at 2209, would like to show our gratitude towards her. Kayla goes above and beyond to make sure that co-workers and individuals we support are taken care of. She is a great person to work for and with. Kayla treats everybody with respect and takes interest in our lives. We want to commend all her hard work and countless hours she puts in. The individuals she works with as well as the team who works for her are very lucky.

Thank you Kayla for all the hard work you put in. You are a great Team Leader, co-worker and person.

*Sincerely,
Your co-workers from 2209*



3 'MUSTS' for Team Communication

Communication is a prime suspect when conflict flares or your team hits a dead end. Steer your group clear of those roadblocks by focusing on:

1. **HUMILITY:** Top team leaders and players *listen with open minds*. Willingness to listen encourages others to open their own minds to different ideas and new possibilities.
2. **CURIOSITY:** Because they are willing to entertain new and diverse ideas, strong team members are eager to debate with passion but without defensiveness. Because they are curious to see how their ideas and plans pan out, their discussions tend to lead to action instead of endless meetings and circular discussions.
3. **HONESTY:** Elite team members speak openly in front of the group instead of bottling up their concerns or frustrations. They also respect others' needs to speak out, and they listen to feedback without fear.

Adapted from "Workshops: Team Communication," Davis Marcum & Steven Smith

RECIPE OF THE MONTH : BAKED UP FRIED CHICKEN

- ◆ 1/2 cup (125 mL) buttermilk
 - ◆ 1 egg white
 - ◆ 6 skinless, boneless chicken breasts
 - ◆ 1/2 cup (125 mL) all-purpose flour
 - ◆ 2 tsp (10 mL) each salt, garlic powder, dried oregano leaves, chili powder and baking powder
 - ◆ 1 to 2 tbsp (15 to 30 mL) olive oil
1. Preheat oven to 450F (230C). Line a rimmed baking sheet with foil and set a wire rack on top. Spray rack with cooking spray.
 2. In a large bowl, whisk buttermilk with egg white. Add chicken and turn to evenly coat.
 3. Measure flour, salt, garlic powder, oregano, chili powder and baking powder into a large plastic bag. Close top and gently shake to

evenly mix.

4. Remove chicken, one piece at a time, from buttermilk and shake off excess liquid, then place in bag. Close top and shake gently to evenly coat. Remove from bag, shaking off excess coating, then place on rack. Repeat with remaining chicken, one piece at a time.
5. Discard any remaining milk and flour mixtures. Don't sprinkle over chicken. Using a brush, lightly dab oil as evenly as possible over coating on chicken (or use a spray bottle if you have one)
6. Bake in centre of preheated oven until coating is crisp and golden, about 30 minutes.

