

RESOURCEFUL TIMES NEWSLETTER

“MEANINGFUL WORK- STRONGER COMMUNITIES”

APRIL, 2011

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Donations, Donations

RFCSL is a non profit organization providing a number of activities for Adults with Disabilities at our Activity Centre. Some of the Activities include:

- * Music
- * Cooking classes
- * Photography
- * Arts and Crafts
- * Book Club
- * Cosmetology

If you have music instruments, kitchen gadgets/small appliances, picture frames, arts and craft supplies, books, cosmetology items etc, lying around, please contact Lisa at 403 531 8631 ext 201 or email her at lisam@resourcefulfutures.org to make arrangements.

Thank you in advance for any donations you may have that will enhance the activities for the folks we serve.

RFCSL Leadership Team

Director's Corner (April 2011)

*"The seasons are what a symphony ought to be: four perfect movements in harmony with each other."
~Arthur Rubenstein*

Happy Spring Everyone

Since kicking off the HR Plus initiative in January 2011, under the coaching of our HR Consultant, Val Johnson, I have noticed that the initiatives are moving the four teams (management, leadership, frontline caregivers and the internal committees) forward in harmony with each other. It is envisioned that, by the end of the HR Plus initiative in September, RFCSL will have a well developed HR Strategic Plan to guide us far into the future as an exceptional, satisfied workforce, achieving the best services and supports for the people accessing our services.

Eric Jensen, HR Director and Lisa Mckee, HR Manager, have been busy over the past couple of months, compiling the HR satisfaction surveys results. The results of these satisfaction surveys clearly demonstrate that RFCSL is well advanced in the development of a cohesive successful organization. Eric and Lisa will share specific results of the HR Satisfaction survey with all caregivers in the very near future. Thanks to each and everyone who has taken the time to complete the satisfaction surveys. Your individual input is important to RFCSL, to assist with guiding the organization in achieving our mission, vision and values for supporting people with disabilities.

Have a wonderful summer everyone!!!!!!!!!!

Rob Halfyard, RSW, CEO

"Tell me and I forget; show me and I remember; involve me and I understand."

Financial Update

A friendly reminder that if you would like to request documents from us, such as verification of incomes, or if you would like us to speak to someone about your employment/subcontractor work, that you please do so in writing. The easiest way to do this is to send an email to ericj@resourcefulfutures.org. Please allow a reasonable time to process your request.

Benefit Update

Please be reminded that it is very important that you inform us as to any changes which may affect your benefit coverage. For example, changes to your family situation (marriage, living common law for over a year, divorce, having children, adoptions, etc.) or changes to another plan you may have coverage under (coordination with our benefit plan, termination of another plan, etc.). Any such changes must be reported to the benefit company **WITHIN ONE MONTH**, or serious consequences may result, such as denying or altering benefit coverage.

If you have any questions about the benefit program, please contact Eric in administration. Thank you!

Workshops & Training

CPI Training

October 11, 2011 9:00- 4:00 Community Access Staff

October 15, 2011 9:30 - 4:30 Permitted Subcontractors & Relief Staff

Medication Administration

May 07, 2011 10:00-1:00 Permitted Subcontractors & Relief Staff

Positive Behaviour Support- Level 1

Dates will be sent out once they become available

First Aid/CPR

Saturday Dates May 07, 14, 21 & 28, 2011 9:00 - 5:00

Thursday Date May 12, 2011 9:00 - 5:00

Training is open to all employees, permitted subcontractors and relief staff.

If you require First Aid/CPR please contact Lisa @ 403 531-8631 ext 201 or email lisam@resourcefulfutures.org and we can set up a training date.

"The greatest pleasure in life is doing what people say you cannot do."

THANK YOU, THANK YOU, THANK YOU

Resourceful Futures would like to take this opportunity to thank Merle Jensen for the wonderful SPA Package she donated for our 1st Penny Parade.

Your SPA donation will truly make a difference in someone's day.

Your New E.R.A.

Chair: Val McLellan
CoChair: Struan McLeod
Members: Heather Halfyard
Jordan Lorentzon
Carrie Redding
Admin Rep: Eric Jensen

- Are voted in by YOU!!!
- Promote good communication & morale
- Represent your collective voice
- Write down your thoughts!!!

Community Access News

Summer is almost here; please remember to bring sunscreen, bug spray, water bottles and a hat.

April 20th - We will be having an Easter Party, there will be dancing, music and games.

New Summer Groups-

- * **Geo Caching-** exploring the community and finding treasures using a Global Positioning System.
- * **Theatre Group-** Clients and staff using their imagination and bodies to express themselves.
- * **Language Group-** Clients will be exploring new languages, learning to say simple phrases "Hi", "Hello", from the diverse Culture we have here at RFCSL
- * **Fishing Group-** Spinning bait and tackling fish in the local river to catch a big Bow Trout
- * **Photography Group-** Capturing great moments, exploring the wonderful city we live in and looking to grab that next shot of WOW. Clients and staff will be out and about, you may be captured by their lenses-lookout.

Cultural Diversity Committee

Since our official forming in January 2011 we have put together the dates of significant cultural celebrations to help identify the diversity of our office, staff and client alike. We have had the privilege of learning about the Chinese New Year in February presented by Alice Zhang and learning about St. Patrick's Day presented by Cam Lorentzon.

In April, Marylenn Cortes is going to be putting together a presentation that will help us understand the significance of the Lenten season based on a few of the cultures that celebrate this event. This presentation will happen on Thursday April 21 at 9:30am at the RFCSL office for staff and clients alike. We look forward to a great presentation and hope to see you all there.

"You're braver than you believe, and stronger than you seem, and smarter than you think"

BIRTHDAYS

April

Charles A
Ron B
Donald B
Justin H
Dan K
Blair L
Casey F
Mike M
Daniel N
Greg S
Charles
Nikki W

May

Maria
Jennifer G
Suzanne K
Helen S
Sen T
Stuart W
Andrew W
Richard A

June

Fred A
Corey L
Steven S
Amanda V

HAPPY BIRTHDAY ALL!!!

OFFICE CLOSURES 2011

April 22	Good Friday	September 05	Labour Day
April 25	Easter Monday	October 10	Thanksgiving Day
May 23	Victoria Day	November 11	Remembrance Day
July 1	Canada Day	December 23	In Lieu of Christmas Day
August 1	Heritage Day	December 26	Boxing Day

January 02, 2012 In Lieu of New Years Day

Please ensure that your Access Calgary Bookings are cancelled for these dates.

STAR OF THE MONTH

December, 2010

Elizabeth

She never calls me by my name. To her, I'm *my buddy*. But whether she's dishing out hugs or jumping for joy at bowling, her smile spreads to those around her like ripples in a pond. Elizabeth was recently spotted pushing in chairs and wiping down tables to help keep our office tidy. For this, she is December's Star of the Month. God Save the Queen!

Written By: Jordan Lorentzon, CDSP

January, 2011

Corey

What can you say about Corey? What's not to say? Corey is well-liked among his peers as well as staff. He knows the other participants so well that I sometimes feel like he should get a pay cheque!

Always playful, readily helpful, and cooler than a cucumber, Corey is a natural role model, and for this reason is the Star of the Month for January. Shine on Corey, Shine on.

Written By: Jordan Lorentzon, CDSP

February, 2011

Rosemary

Rosemary was nominated by her peers for February*s star of the month. They had excellent things to say about her encouragement, her willingness to assist a friend in need and her kind heart. Having seen the above in Rosemary, I can agree that she deserves this nomination. Always helpful in all her clubs and programs, she is a valuable contributor to the atmosphere of friendship. Great job, Rosemary!

Written By: Chelsie Graham, CDSP

March, 2011

Keith

Keith is a helpful person by nature, always willing to lend a hand. Trying always to mimic his Idol John Wayne by being a *Tough Cowboy Indian* and offering his assistance at every turn. Either by taking his friends lunch garbage to the bin, or offering to carry friends* things and even helping James, gladly, with his job on Tuesday. Keith demonstrates this quality every day, no matter where he is. Due to this trait he has been chosen for Star of the Month for March. Great job Keith!

Written By: Chelsie Graham, CDSP

If you have witnessed a participant at Resourceful Futures going above and beyond, we would love to hear from you. You can either fill out a caught in the act form at Resourceful Futures office or send an email to rfcsl@resourcefulfutures.org

If the individual is selected to be the "Star of the Month" he or she will receive their name on a plaque posted in the day room as well as receive a gift certificate from Tim Hortons.

**Because I am the only person I will have a relationship with all of my life, I
CHOOSE:**

- * To love myself the way I am now
- * To always acknowledge that I am enough just the way I am
- * To love, honour and cherish myself
- * To be my own best friend
- * To be the person I would like to spend the rest of my life with.
- * To always take care of myself so that I can take care of others
- * To always grow, develop and share my love and life

The New In-Definite Arts Coffee Card

Beginning April 01 coffee, tea and hot chocolate will cost \$0.50 per cup. You will pay for your coffee and get the cup from the receptionist at the front desk at Indefinite Arts.

You can save money by buying the new coffee card. Each card costs \$5.00 but is good for 12 cups of coffee, tea or hot chocolate...that's the same as getting two cups FREE!!

Coffee cards can be bought at the front desk. The receptionist will punch your coffee card each time you get a cup of coffee, tea or hot chocolate.

F.R.I.E.N.D.S

Fights for YOU
Respects YOU
Involve YOU
Encourage YOU
Need YOU
Stand by YOU

RFCSL OPEN HOUSE/ STAMPEDE BBQ

Date: Friday, July 15, 2011
Time: 12:00pm - 2:30pm
Loc: RFCSL Office

Please stay tuned, more information will be sent out in June.

HAPPY MOTHER'S DAY

- * Only mothers can think of the future - because they give birth to it in their children.
~Maxim Gorky
- * A man loves his sweetheart the most, his wife the best, but his mother the longest.
~Irish Proverb
- * There is only one pretty child in the world, and every mother has it. ~Chinese Proverb
- * She never quite leaves her children at home, even when she doesn't take them along.
~Margaret Culkin Banning
- * A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. ~Tenneva Jordan
- * It takes a woman twenty years to make a man of her son, and another twenty minutes for another woman to make a fool of him. ~Helen Rowland
- * There is no way to be a perfect mother, and a million ways to be a good one." ~Jill Churchill
- * All that I am or ever hope to be, I owe to my angel Mother. ~Abraham Lincoln
- * When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child. ~Sophia Loren

10 SPRING CLEANING TIPS

1. Work from the top down, inside to outside, to avoid getting what you just cleaned dirty again.
2. Do one room, even one area of one room, at a time to avoid unfinished jobs. The satisfaction of seeing one room sparkle will make the hard work feel like it's worth the effort.
3. When tidying, reduce trips around the house by temporarily depositing items in one spot en route to but not at their final destination.
4. Do two things at once. While laundry is going, scrub the shower stall.
5. Make small repairs. If you're not handy, hire someone.
6. Invest in good rubber or vinyl gloves to protect your skin and nails.
7. Dust before vacuuming or cleaning the floor. Try feather or lambswool dusters, especially extendable ones for reaching above window and door casings and into corners. Household rags are invaluable for jobs requiring a damp cloth * natural fibres work best.
8. Buy mops with a squeeze mechanism (great for vinyl, linoleum or ceramic tile floors) and a decent-size heavy-duty pail * one with a measuring scale helps get soap-to-water ratios correct.

9. Don't stand your brooms on their bristles. It will destroy their shape and diminish their effectiveness. Instead, get a broom holder, like the Magic Holder 5-position broom organizer.

10. Use a Swifter for light dusting, or your favourite broom or vacuum attachment to clean hardwood floors. Then damp-mop with a mild cleaner such as Murphy Oil Soap. I recently discovered BonaKemi's Micro Plus Hardwood Floor Care System, which includes a mop with a removable washable microfiber pad and a nontoxic water-based spray cleaner. It makes the floors glow, and smell good, too.

Summer Camp Information

Camp He Ho Ha

Activities: Pool
Arts & Crafts
Canoeing, Fishing
Wall Climbing for Wheelchairs

Location: Seba Beach, Alberta

Contact Info:

Ph# (780) 429-3277 ext. 240
Alternate# (780) 797-3854
Fax# (780) 797-3812
Email: matthew@camphehoha.

William Watson Lodge

Location: Kananaskis Country, AB

Contact Info:

Ph# (403)591-7227
Fax# (403)591-7372

Address: William Watson Lodge
Peter Lougheed Provincial Park
P.O.Box 130
Kananaskis Village, Alberta T0L 2H0

Camp Horizon - Easter Seals

Activities:

High and Low rope obstacle course
Archery Range
Swimming Pool & Hot Tub

Climbing and Traverse Walls
Location: Bragg Creek, Alberta

Contact Info:

*Ph# (403) 949-3818

*Fax# (403) 949-3388

Email: camphorizon@easterseals.ab.ca

These facilities are all wheelchair friendly, and have several on site activities for wheelchair individuals.

Employee Resources/Interest websites:

CDSCalgary: Community Disabilities Services Calgary
Meaningful Work Stronger Communities
www.cdscalgary.com

CRSPCC: Community Rehabilitation Service Provider Council of Calgary
To co-ordinate, collaborate, and act as a resource consultant in the planning of services for people with disabilities.
www.crspcc.ca

ACDS: Alberta Council of Disability Services
The association facilitates interaction, co-operation and communication between association members, PDD Community and external stakeholders.
www.acds.ca

Government of Alberta:
Helps you find services available in Alberta.
www.servicealberta.gov.ab.ca

ADWA: Alberta Disability Workers Association
A Professional Association for every individual employed in the Community Disability Services Field.
www.disabilityworkers.ca

Client Resources/Interest websites:

AISH: Assured Income for the Severely Handicapped
AISH can help you get money for things like rent, groceries, and transportation.
www.seniors.gov.ab.ca

Access Calgary: Access Calgary is responsible for managing the eligibility, booking, scheduling and dispatching shared-ride, door-to-door transportation services for Calgarians with disabilities.

www.accesscalgary.ca

Calgary Transit: Calgary's public transportation system Bus and Light Rail Transit (LRT) services.

www.calgarytransit.com

Handi Bus: Calgary HandiBus is passionate about providing our customers with access to the community and promoting independence.

www.calgaryhandibus.com

PDD Calgary: Persons with Developmental Disabilities, Calgary Region
The Calgary Region Community Board Persons with Developmental Disabilities is dedicated to enhancing the quality of life for adults with developmental disabilities.

www.calgary-pdd.org

Client Resources/Interest websites:

VRRRI: The Vocational Rehabilitation Research Institute: VRRRI

The mission of the VRRRI is to be leaders in innovative services and research that support persons with disabilities to live as contributing and valued members of the community.

www.vrri.org

City of Calgary: Here you can find the Street Survival Guide. You can also find "People Resources" here (under City Living)

www.calgary.ca

Enable Link: Online resources for people with disabilities, their families, friends and professionals

www.enablelink.org

Down Syndrome Research Foundation:

www.dsrf.org

Autism Treatment Services of Canada:

www.autism.ca

Autism Society Canada:

www.autismsocietycanada.ca

Arnika Centre: Arnika Centre for Dual Diagnosis is a service for adults and teenagers 16 years of age and up with an intellectual disability and a mental health problem.
www.arnikacentre.ca

Calgary Health Region:
www.calgaryhealthregion.ca