



RESOURCEFUL FUTURES

COMMUNITY SUPPORT LTD.

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Newsletter December 2009

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Resourceful Futures

would like to wish
you and your family
a very safe and

HAPPY HOLIDAYS

Board Members:

Rex Brown, Rob Halfyard,
Shelly Roach, Julie Roach,
Colleen Hamilton

CEO

Robert Halfyard, RSW



Workshops

Medication Training

Jan 23 - 9:30-11:30 This is open to all relief staff

Positive Approaches

Jan 23 - 12- 5:00 This is open to all relief staff.

Crisis Prevention Intervention

Feb 20- 9:30- 4:30

All classes are held at Resourceful Futures Office. Please remember to bring your lunch.

Director's Corner

Another year has come and just about gone. When I take a moment, reflect, and spend time with the folks we serve, I am grateful, proud and blessed to be a leader of an organization that employs *world-class caregivers* who have enhanced a service model that truly demonstrates the true meaning of supporting caring and welcoming people into their hearts, homes and personal lives while maintaining the professional image of our sector.

Recently we heard from our government that there would be significant changes regarding allocation of funding for the Community Disability Service Sector over the next few years. In the past week, there has been a flurry of news releases that leaves one with a feeling of uncertainty and fear, particularly, with service users fearing their supports will be diminished and caregivers wondering if they will be facing layoffs.

As a committed Leader of Resourceful Futures and having the privilege to work with an administrative team of six, who are equally committed and confident, will work on your behalf over the next month or two, to uphold the level of support service users require to maintain and/or (in some cases) enhance the service user*s quality of life.

As the administration team embarks upon these new funding challenges, we ask that caregivers, families and service users relax over the holiday season and leave the challenges in our capable hands.

From all of us at Resourceful Futures, we wish you all, many warm wishes for a Happy Holiday season.

Rob Halfyard, Director

Financial Updates

This is a good time to review your TD-1 deduction form to ensure you are getting the correct amount of tax taken off your paycheque. Changes to your family situation such as getting married or having a child could impact the amount of tax owing. Also, if you are working more than one job, you should consider getting additional taxes taken off your paycheque; otherwise you may be hit with a large tax bill when you do your taxes.

If you are part of our benefit program, it is a good time to make sure your information is up to date, and the beneficiaries you have chosen are still appropriate.

Changes can be made by getting a form from Eric.

Community Access News

***Adopt a Family**

This year Resourceful Futures staff and clients had the great pleasure in adopting a family in need for the holidays. The family was a single mother of 3 children ages 5, 6 and 8. The support that we had received from everyone was overwhelming and heart warming. We would like to extend our sincere thanks to everyone who participated. THANK YOU, THANK YOU FOR A JOB WELL DONE!!!

***Weather**

As extreme cold weather has arrived, please ensure that all clients are appropriately dressed and prepared for the conditions.

***Christmas Dinner**

Another successful Christmas party has come and gone. Great food, joyful friends, Christmas caroling and to top it off Santa made an appearance bringing gifts for everyone. We would like to give a great big thank you to Santa and all the volunteers for their time and energy it took to make it a huge success.

THANK YOU ALL!!

Employee Relations Advisors

The ERA has been tremendously busy in the last few months. Our largest project, Community Inclusion, has been coming along successfully. With 3 programs already running and numerous others in the works, we are well on our way to an exciting inclusive and structured program.

Members of the ERA include Kendra Lee as Chair, Chelsie Graham as Co-Chair as well as Christina Redding, Carrie Redding, Johna Grant and Cynthia Gao as members at large. We encourage all employees to bring any and all concerns and possible solutions as well as comments and ideas or suggestions to any of the above mentioned members. For purposes of privacy, there is also a box in the resource room where anyone may submit their ideas and concerns anonymously.

The ERA is working hard to be your voice and to assure our clients are receiving world class service from world class employees. As members of the ERA we are the employees' voice and ask that you use your creative minds to assist us in making this a happy, world class environment for us and most importantly our clients.

BIRTHDAYS

January

- * Elizabeth B
- * Sharon C
- * John D
- * Matthew H
- * Rosemary Z
- * Marion J
- * Kim M
- * Colton M
- * Reinhart W

February

- * Clinton L
- * Loretta M
- * Cameron S

March

- * Dustin M
- * Peter M
- * Emile L

OFFICE CLOSURES 2010

- | | | |
|--------------------|----------|--------------------------|
| ** January 1 | Friday | New Years Day |
| ** February 15 | Monday | Family Day |
| ** April 2 | Friday | Good Friday |
| ** April 5 | Monday | Easter Monday |
| ** May 24 | Monday | Victoria Day |
| ** July 1 | Thursday | Canada Day |
| ** August 2 | Monday | Heritage Day |
| ** September 6 | Monday | Labour Day |
| ** October 11 | Monday | Thanksgiving Day |
| ** November 11 | Thursday | Remembrance Day |
| ** December 24 | Friday | In Lieu of Christmas Day |
| ** December 27 | Monday | In Lieu of Boxing Day |
| ** January 3, 2011 | Monday | In Lieu of New Years Day |

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

Employees Matter

DERWIN BUTING

SEPTEMBER 2009

Written By: Chelsie Graham, CDSF

During the 2008/2009 Employer of Choice service excellence advisors presentations, we were presented with a phrase that I feel suits this situation. *If your client could choose their support staff, would they choose you?* I can say with certainty that Derwin Buting would be a number one choice for many of our participating individuals. His can-do, unwavering positive attitude brings a smile to almost everyone in our day room, every day.

Derwin grew up in Calgary Alberta, the youngest in a family of four. He is the Co-leader of the Calgary Chinese Baptist youth group, which defines his leadership skills and his sense of fun. His future aspiration would be to work with children in a specialized field.

He works hard, plays hard and manages to combine the two with ease and professionalism that is hard to match. His humor is a welcome addition to everyday interactions with clients and staff alike. Always with an encouraging word for anyone who is struggling, and an infectious lets go attitude, he manages to uplift everyone he comes in contact with and even inspires them to go that extra mile, to succeed and rise above any adversity.

Derwin came to Resourceful futures to complete his Practicum for Applied Behavioral Sciences and has since remained on staff! He tells proudly that since working for RFCSL he has learned to stop and enjoy the simple things life has to offer. He also learned that each and every individual*s needs are diverse.

At the end of the day, he says that he feels like he has been a positive influence on individual's lives, and I cant help but agree.

Of himself, he tells us I believe that I am handsome and ridiculously good looking! On top of that, I bring laughter and patience.

A quote that he offered and lives up to:

"One of the most insidious maladies of our time is: the tendency in most of us to observe rather than act, avoid rather than participate, not do rather than do; the tendency to give into sly, negative, cautionary voices that constantly counsel to be careful, controlled, to be wary and prudent and hesitant and guarded in our approach to this complicated thing called living."

-Arthur Gordon, A Touch of Wonder

CHRISTINA REDDING

OCTOBER 2009

Written By: Chelsie Graham, CDSF

At first glance you see a laid back ease in Christina Redding. With a sense of ability she makes three and a half years of experience look like a cake walk. You would be

hard pressed to find Christina in a state of stress, always willing and able to find compromise and quick fixes in many of the various hitches one would find in our day to day lives in Community support.

She claims fun and enthusiasm is needed for a complete day, and her work with the current individual she supports embodies that very premise. She allows these aspects to color her attitude and spreads it to her co-workers as well as those we support here at Resourceful Futures.

Her entry into this life style career was initiated by a friend. She was looking for a fun exciting career that was close to home and comfortable, therefore she decided to give the field of Community Support a go.

Christina is an active participant in various initiatives at Resourceful Futures such as Social Committee member, member at large for the ERA, member of the Health and Safety, baker, decorator, craft organizer and more.

This young woman was born in Wetaskiwin. As the youngest of two sisters she has the innate sense of fun that speaks of being the "Angel" of the family, with teasing and jokes that make her a joy to be around in our Day Room.

If you were to ask any of Christina coworkers they would be proud to say that Christina is hard working, dedicated, enthusiastic; a natural in the field of community disability support.

TRACY DUNN

NOVEMBER 2009

Written By: Christina Redding, CDSP

The Day room of Resourceful Futures is blessed with a small bubble of pure patience every day. Sitting right in the middle of that bubble, you will find Tracy Dunn. It seems that nothing can faze this mother of two; her acceptance of all that day to day life throws at her is an inspiration.

Born and raised in the Province of Nova Scotia, she brings to us a piece of that beautiful place to bask in here in Calgary with Resourceful Futures. Tracy has been employed here over a total accumulated time of fourteen months, and will continue to be a member of the family for years to come.

Her co-workers will be quick to tell anyone who asks, that she is ready to compliment, encourage, and thank her fellow workers for a job well done. Tracy's sense of humor and teasing sarcasm buoys everyone in her presence. Her honesty, integrity and ability to problem solve on the fly is a role we can all follow in trust.

Tracy's work with those she supports always seems like a joy to her, and each day is used to help give the people she supports the best of every moment.

Tracy is not completely sure why she joined this career, but feels that she is here to lend her aide, to assist people, and share her joy of life with those possibly struggling to get along.

Transit Fares

CASH OR TICKETS

Adult

Single ticket/cash \$ 2.75

Book of 10 tickets \$ 24.00

Youth (ages 6 -14 and/or while attending Grade 1 -12 up to age 18 with student ID.
Excludes summer vacation, adult education and ESL.)

Single ticket/cash \$ 1.75

Book of 10 \$ 15.00

DAY PASSES

Adult \$ 8.25

Youth (ages 6-14) \$ 5.25

MONTHLY PASSES

Adult \$ 85.25

Youth (ages 6*14 and/or while attending Grade 1-12 up to age 18 with student ID.
Excludes summer vacation, adult education and ESL.) \$ 52.50

SENIOR CITIZENS TRANSIT PASS

Annual fee \$ 35.00

Guaranteed income supplement recipient \$ 15.00

LOW-INCOME MONTHLY PASS

\$ 41.50

*Not available for purchase online.

** Available only at the Calgary Transit Customer Service Centre, 224 Seventh Ave. S.W., City Hall Cashiers, Village Square and Southland Leisure Centre.

Tickets and monthly passes are available from Calgary Transit vendors or purchase online at Calgary transit. www.calgarytransit.com 403-262-1000

ARNIKA CENTRE CANCELLATIONS & MISSED APPOINTMENTS

MISSED APPOINTMENTS OR CANCELLING WITHOUT 48 HOURS NOTICE TAKES AWAY SERVICE TO

PATIENTS IN NEED PLEASE GIVE 48 HOURS NOTICE FOR CANCELLATIONS.

IF THERE ARE REPEATED CANCELLATIONS OR NOT SHOWING UP FOR

APPOINTMENTS, THE PATIENT WILL BE DISCHARGED TO THE CARE OF THE FAMILY PHYSICIAN.

WILMA MILLSON SOCIAL CLUB

Hillhurst Sunnyside Community Centre

1320 5th Ave. N.W

2010 Schedule

January 9
January 23
February 6 Valentines Dance
February 20
March 20
March 27 Easter Dance
April 10
April 24
May 8 Hot Dog Night
May 29
June 12
June 26
July 3 Stampede BBQ

Cost:		Refreshments:	
Members	\$4.00	Pop	\$1.00
Non-Members	\$6.00	Chips	\$1.00
Memberships	\$10.00	Coffee	\$0.50

Contact: Nellie 403 283 9794

All Dances run from 7:00p.m. To 10:00p.m*

SUMMARY OF LIFE

Great Truths That Little Children Have Learned:

- 1) No matter how hard you try, you can't baptize cats...
- 2) When your Mum is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3 year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair

Great Truths That Little Children Have Learned:

- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) Don't wear polka-dot underwear under white shorts.
- 9) You can't hide a piece of broccoli in a glass of milk.
- 10) The best place to be when you're sad is Grandpa's lap.

Great Truths That Adults Have Learned:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.

- 3) Families are like fudge...mostly sweet, with a few nuts
- 4) Today's mighty oak is just yesterday's nut that held its ground...
- 5) Laughing is a good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

Great Truths About Growing Old:

- 1) Growing old is mandatory; growing up is optional...
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) Its frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician
- 7) Wisdom comes with age, but sometimes age comes alone.

THE FOUR STAGES OF LIFE

- 1) You believe in Santa Clause
- 2) You don't believe in Santa Clause
- 3) You are Santa Clause
- 4) You look like Santa Claus

IF I HAD A SECOND CHANCE....

If I Had a Second Chance
I'd stop looking and start seeing
and treat everyone as a human being

I'd stop taking and start giving,
Stop hiding and start living.

I'd do more listening and a lot less talking,
Enjoy the world and do more walking.
I'd take my eyes off my watch and watch with my eyes,
to notice the trees and the beautiful sky.

I'd stop criticizing and show more love,
be less forgetful and give thanks up above.
I'd be less angry and swallow my pride,
and share with the world what I have inside.

I'd stop hating and be more kind,
and give a little more of my precious time.
I'd give more encouragement and a lot more praise,
And do a lot less judging for I too have lost my way.

I'd get my priorities in order and straight,
better now than never, I'm just a bit late.

I'd stop hopelessly chasing after the wind,
from this point on anew I begin.

Employee Resources/Interest websites:

CDS Calgary: Community Disabilities Services Calgary
Meaningful Work Stronger Communities

www.cdscalgary.com

CRSPCC: Community Rehabilitation Service Provider Council of Calgary
To co-ordinate, collaborates, and acts 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

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

VRRI: The Vocational Rehabilitation Research Institute: VRRI

The mission of the VRRI 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