

RESOURCEFUL TIMES NEWSLETTER

"MEANINGFUL WORK- STRONGER COMMUNITIES"

OCTOBER, 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

DIRECTORS CORNER

October 2011

Troy Hudson has worked in various leadership positions at Resourceful Futures over the past 8 years. His contributions have been instrumental in assisting RFCSL developing best practices within our administration systems. Among the many skills and attributes Troy has, I will certainly miss calling upon Troy, on a daily basis, to help me with my computer. On behalf of the entire leadership team, clients and the community access staff, we would like to wish Troy, a very fond farewell on his departure as Team Leader effective October 14th, 2011. We wish you all the best Troy.

As part of RFCSL succession planning, RFCSL interviewed three frontline staff to assume the role of Team Leader. From the feedback I received from the HR hiring department, all three interviews went exceptionally well making it very challenging deciding the final decision. To that end, please join me welcoming Cameron Lorentzon in his promotion to Team Leader effective October 24, 2011. You can contact Cameron at 403-531-8631 ext 206. Once we have his email set up, Cameron will ensure everyone receives it. Cameron worked in the Community Access program for the past six years. He developed great rapport with all the clients and frontline staff and has an abundance of positive energy, enthusiasm and very eager to take on additional roles and responsibilities. Over the past few days, Cam has been dipping his toes in his new position; his positive energy is already resonating throughout the day program site and office.

Over the next few months, Rob and Eric will be painting and redesigning the community access site. We thank everyone who has given us suggestions and ideas for improvements. We are very excited about all the art work that is being done by the participants. Once completed, the art work will be proudly placed throughout the office and the day program site.

It is hard to believe that another summer has past us by; we are now into autumn and planning for RFCSL annual holiday social, (Christmas dinner). We hope to see you all at this year's Annual Social event.

Fiery colors begin their yearly conquest of the hills, propelled by the autumn winds. Fall is the artist.

Takayuki Ikkaku

Rob Halfyard, CEO

Financial Update

BENEFITS

Did you know that, if you have our health and dental benefit coverage, you do not need to purchase additional medical insurance for an out of country trip? Your medical coverage with Desjardins covers you for this.

However, if you have an incident/accident while away and you need medical attention, you MUST call Voyage Assistance (if you are able). They can be reached from anywhere in the world by a toll free number (1-800-465-6390 in Canada and USA) or by collect call from anywhere else (514-875-9170).

Always carry your benefit card with you when traveling.

CHANGES TO PERSONAL INFORMATION

It is CRITICAL that you keep us up to date on changes to your personal information. This information is crucial for Canada Revenue Agency, our Benefit Program and for our Admin office to be able to contact you.

If you have changes to your name, address, phone number, marital status, dependents, beneficiary, please notify the office as soon as possible. Failure to notify within 30 days may have serious consequences for your benefits!!!!

"EFAP"

If you are a full time employee, don't forget about our EMPLOYEE & FAMILY ASSISTANCE PROGRAM (EFAP). There are posters around the office which show a toll free number for you to call to get advice on numerous issues, from family concerns to life management tools to stress management and more. They are there to help you with your personal well being.

Workshops & Training

CPI Training

October 22, 2011

9:00 - 4:00 Permitted Subcontractors & Relief Staff

First Aid/CPR

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."

Client Advocacy Committee

The client advisory committee is in full swing with Heather and Chelsie learning the ropes. Having first completed our first client monthly meeting, we are working towards a functional, fully inclusive and pro-active committee. Focusing on service excellence and giving individuals a voice and an outlet for their ideas and concerns regarding ways to make their programs better suited for all individuals.

We have chosen the colours for the day room and the art classes are in motion. We have received excellent feedback on both. If you have any further ideas, concerns, solutions feel free to bring them in writing to Chelsie or Heather.

A Beautiful Poem....

Please Look A Little Deeper

Please don't judge me by my face,
By my religion or my race.
Please don't laugh at what I wear,
Or how I look or do my hair.

Please look a little deeper
Way down deep inside,
And although you may not see it,
I have a lot to hide.

Behind my clothes, the secrets lie.
Behind my smile, I softly cry.
Please look a little deeper,
And maybe you'll see,
The lonely girl inside me.

Please listen carefully to her,
She'll show that she's insecure.
Please try and be a friend to her,
And show her that you care.

Please just get to know her,
And maybe you'll see,
That if you look deep enough
You'll see the real me.

~April~

THE MEASURE OF A MAN

Not "How did he die?"
But "How did he live?"

Not "What did he gain?"
But "What did he give?"

Not "What was his station?"
But "Had he a heart?"
And
"How did he play his part?"

Not "What was his shrine?"
Nor "What was his Creed?"
But
"Had he befriended those really in need?"

Not "What did the piece in the newspaper say?"
But "How many were sorry when he passed away?"

Was he ever ready with a word or good cheer,
To bring back a smile, to banish a tear?

These are the units to Measure the Worth
Of a Man as a Man, regardless of birth.

Community Access News

The Community Access Program had a great time this past summer with many events. We would like to thank everyone who helped out with the Stampede BBQ and Annual Sports day picnic at Bowness Park. Great times had by all.

The Community Access Program is starting up new programs this Fall. The new "Art Program" held on Wednesday. The first art projects are a creation on canvas with multiple steps to create a final masterpiece, and working on paper mache Halloween decorations. The art class is in need of donations - plastic containers (cottage cheese, yogurt containers), glass or plastic jars, old foil pie tins, news papers if you happen to have any of these materials the donation would be greatly appreciated by all.

Sign Language class has resumed for the fall and winter season. Everyone loves to learn a new language especially with your hands. Classes are on Thursdays.

Cultural Diversity Committee

The next event is called United Nations Cultural Day and will be held on Thursday, November 17th. We will be taking a look at different cultures from around the world. If you would like to be involved and would like more information please contact Derwin (d_buting@yahoo.com) or Marylenn (lenncortes@gmail.com). We hope that you will be able to join us for this fun and exciting event.

BIRTHDAYS

October

- * John G
- * Chandra H
- * Jennifer L
- * Michael R
- * Arlene R
- * George V

November

- * James
- * Garry M
- * Richard P
- * Tracy R
- *Keith T
- *Cody W

December

- * Barb B
- * Michael. B
- * Bobby B
- * Denum M
- * John P
- * Gertride P

OFFICE CLOSURES 2011

*October 10	Thanksgiving Day
*November 11	Remembrance Day
*December 23	In Lieu of Christmas 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.

Fun Facts

- There are 293 ways to make change for a dollar.
- "Dreamt" is the only English word that ends in the letters "mt".
- The average person falls asleep in seven minutes.
- Donald Duck comics were banned in Finland because he didn't wear any pants.
- I am. Is the shortest complete sentence in the English language.
- Most people get married in June because they took their yearly bath in May and were still smelling pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the b.o.
- Houses had thatched roofs. Thick straw, piled high, with no wood underneath. It was the only place for animals to get warm, so all the pets...dogs, cats and other small animals, mice, rats, bugs lived in the roof. when it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs."
- Sometimes they could obtain pork and would feel really special when that happened. When company came over, they would bring out some bacon and hang it to show it off. It was a sign of wealth and that a man "could really bring home the bacon". They would cut off a little to share with guests and would all sit around and "chew the fat."
- England is old and small and they started running out of places to bury people. So, they would dig up coffins and would take their bones to a house and reuse the grave. In re-opening these coffins, one out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on their wrist and lead it through

the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night to listen for the bell. Hence on the "graveyard shift" they would know that someone was "saved by the bell" or he was a "dead ringer"

CHRISTMAS PARTY

Resourceful Futures will be having their annual Christmas Dinner, please look for your invitation the first week of December.

Santa will be making an appearance again this year so be sure to RSVP.

Happy Holidays to you and your family from all of us at Resourceful Futures

HALLOWEEN PARTY

Date: October 31, 2011
Time: 10:00 - 2:00
Loc: RFCSL Office
Who: RFCSL Employees and ****Participants

We are excited to host our annual Halloween Party, filled with fun and excitement. This year we will be having our first ever spooktacular Murder Mystery. We will be providing snacks throughout the party but please bring your lunch that day. Make sure you wear your costume and come join the fun.

H alloween's a sudden BOO!!
A nd just as quick a scream:
L aughing in the scary dark,
L oving friendly fright.
O n Halloween, witches come true;
W ild ghosts escape from dreams.
E ach monster dances in the park,
E ating candy like a shark
N ow kiss and say goodnight

Home Heating Tips to Save Money

With home heating costs skyrocketing, we've included 10 inexpensive tips on how to bring down your heating bills this winter

The most obvious solution to saving on home heating bills is to turn down your thermostat. Even a couple of degrees can make a difference. However, here are 10 useful tips that are less obvious:

1. Clean Your Furnace

A clean furnace is an efficient furnace. If you're looking to save money on energy bills, you should start with having your furnace checked and cleaned. While this isn't the cheapest way to save on home heating costs, it is one of the most effective.

2. Change Your Air Filter

For less than \$20 you can change the air filter on your furnace. A dirty air filter will block the airflow from your furnace and can actually decrease the furnace's life expectancy.

3. Use Your Ceiling Fans

This advice may sound counter-intuitive, but you should actually use your ceiling fans during the winter. A ceiling fan set in reverse can draw warm air through your home, helping to keep it warm.

4. Use Washing Machines and Dishwashers Wisely

When running your washing machine or your dishwasher, make sure that you only do full loads of laundry or dishes. If you don't run full loads, you'll need to run your appliances more frequently, wasting energy in the process.

5. Use Compact Fluorescent Lighting

Compact fluorescent light bulbs use less than half of the energy of incandescent light bulbs, and they last longer as well. Fluorescent lighting technology has improved dramatically over the past few years, so even if you didn't like fluorescent lighting in the past, it's worth trying again now.

6. Keep Shades Up and Blinds Open

Take advantage of natural daylight and solar heat through your windows. Rather than having light bulbs running all day, keep your shades and blinds open and you'll be able to make use of the natural sunlight and the warmth that naturally comes from the sun.

7. Insulate Your Water Heater

If you have an older model water heater, buy insulation wrap and insulate your water heater. It will help the heater retain heat and will help reduce your energy bill by about \$20 per year. When you need to replace your water heater, buy an energy efficient model. (This is also good advice when you need to replace your furnace -- buy a high-efficiency model.)

8. Install and Use a Programmable Thermostat

If you talk to any heating and cooling specialist, they will tell you that one of the best things to do in order to save money on your energy bills is to install a programmable thermostat. You'll be able to program the thermostat to reduce the heat of your home when you're away and when you're asleep.

9. Seal Leaks

If you have air leaks in your home, seal them up with caulk or weather strips. Drafts can add significantly to your home heating costs during the winter, so make sure that you locate and seal off any drafts in your home.

10. Turn It Off

A simple rule of thumb is if you're not using it, turn it off. From lights to televisions to appliances, if you're not using them, make sure you turn them off or you're wasting energy on things you're not even using.