

# RESOURCEFUL FUTURES NEWSLETTER

**JUNE, 2010**

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## **CPI Training**

June 26 9:30-4:30 Permitted Subcontractors & Relief Staff. There are a limited number of available spots for relief staff on this date.

June 29 9:00-4:00 Community Access Staff

October 05 9:00-4:00 Community Access Staff

October 16 9:30-4:30 Permitted Subcontractors & Relief Staff. There are several spots available for relief staff.

## **Medication Administration**

September 18 9:30-11:30 Permitted Subcontractor, Community Access & Relief Staff

## **Positive Approaches**

September 18 12:00-5:00 Permitted Subcontractors, Community Access & Relief Staff

Please let Lisa know as soon as possible if you have someone you would like to register for any of these dates.

### **First Aid/CPR**

If you require First Aid/CPR please contact Lisa @ 403 531-8631 ext 0 or email rfcs@shawbiz.ca and we can set up a training date.

## **Directors Corner June 2010**

*\*What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade.\* ~Gertrude Jekyll*

The leadership team at RFCSL hopes you had a chance during the spring months between the rain and sunshine to work in your yards, gardens or whatever your summertime pleasures are, and are now ready to sit back, relax and let the fresh young beauty grow that will hopefully bring more clarity and meaning into your life.

After spending the past 10 months participating in many initiatives, surveys etc., the leadership team here at RFCSL decided to spend the summer months mulling over our learnings and incorporate BEST PRACTICES within our administrative policies and procedures. We are confident that our learnings to date will continue to demonstrate our passion and commitment to continually improve the quality of life for the people we serve delivered by world-class compassionate caregivers.

Finally, I would like to announce that on or before October 31, 2010, RFCSL will be relocating our administrative office and day program to larger premises. The overall square footage of the new location is slightly larger than our current space. The new premise is designed to accommodate more space for the community access program, improved washroom facilities and ample FREE parking for staff and visitors.

Once we complete the final designing details and the lease agreement is signed, a memo will be sent to everyone with the new address and the official date of our move.

*\*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.\**

-- James Dent

Have a great, relaxing summer everyone and talk to you in the fall.

Rob Halfyard, CEO

## BENEFITS

Remember to keep your personal information up to date!!! Failing to do so can cause serious consequences for benefit coverage. For example, if you fail to notify the plan within 30 days that you have: had a child, got married, started living common law, etc., there could be serious consequences for the people you would like to have under the plan. After 30 days, in order for new dependants to be covered, they would need to fill out an EXTENSIVE medical questionnaire, and then Desjardins would decide whether or not they will cover the new applicant.

ALL THIS CAN BE AVOIDED IF YOU KEEP US INFORMED OF CHANGES WITHIN 30 DAYS!!!! (SEE ERIC FOR CHANGES)

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Did you know that if you have our 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 YOU TRAVEL!!!

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There is strong evidence of a connection between periodontal disease (gum disease) and heart disease. It is believed that the inflammation caused by gum disease may have an affect throughout the body, including the heart and blood vessels. Taking care of your teeth is clearly very important !!!!! Brush your teeth and see your dentist regularly !!!

### ***Stampede Parade Day, July 9 2010.***

Resourceful Futures Community Access program is planning on attending this year's Calgary Stampede Parade on July 9th 2010, everyone going downtown will meet at Resourceful Futures and will be heading out between 8:30-9:00am

will be heading to 9th ave near the end of the parade route. For those individuals that can not make it down to the parade route we will watch it on TV at Resourceful Futures.

Please ensure that all clients that are planning on going down town to the parade route are dressed for the weather Jackets, hats, sunscreen, water bottles, etc.

### ***STAMPEDE DAY FOR DAY PROGRAM***

Will be on Wednesday July 14th, 2010.

Any individuals wishing to go to the Calgary Stampede during day program will need to have their money ( \$11.00) into their Team Leaders no later than July 5th 2010 in order for us to purchase the 2 for 1 gate admissions.

Please make sure to bring a hat, water bottles and sun screen. If individuals wish to buy their lunch or play any of the games or try some rides they will need to bring in extra money for this in addition to the \$11.00 gate admission.

### ***Stampede BBQ***

Resourceful Futures will be holding its Annual Stampede lunch

Date: Friday July 16th, 2010

Time: 12:00 pm-2:30pm

Loc: RFCSL Office for all Community Access staff and clients.

**Wear your western wear and come and join us for some fun. There will be games, prizes, music, hamburgers, hot dogs, pop and snacks.**

### **Community Access News**

The Community Access program is happy to announce two new summer programs, the Fishing Club and the Photography Club. Thanks to Struan and Johna for putting these clubs together.

We would also like to thank the individuals that participate in the Seniors Community Initiative. We have received positive feed back from our community. Thanks everyone!

Just reminders to all Residential Support please have your individual\*s day money and bus pass money in before the end of each month. Thank you. If individuals are going to be taking some vacation time this summer please let the Team Leaders know as soon as possible as it make it easier for scheduling purposes. Thanks for your cooperation.

Have a Wonderful Summer !!

### ***Employee Relations Advisors***

The ERA has been a hub of activity in the last few months. We have expanded our ranks with the addition of Derwin and Wenkai to the ERA members at large. They will work alongside Kendra, Chelsie, Carrie, Christina, and Cynthia to address all employee\*s concerns and all questions as well as concerns and comments regarding the new client programs.

Our most active task has been to clarify and re-organize some of the program activities paper work. We just want to remind all Frontline staff, that they are able to add to the program reports through out the week and that the books are reviewed every Thursday.

As we have stated before, this ERA cannot reach its goals of having a World Class environment without the help and feedback of our frontline staff. It is important that you bring your positively stated feedback to any member of the ERA in writing and if possible with any solutions or ideas you may have to make things run better, stronger, and more effectively.

Without frontline feedback, common problems cannot be addressed as they arise, which really defeats the purpose of this committee. Handing in information can be done any way you deem comfortable, anonymously through the ERA box, printed or written and handed into any member at Large, as well as e-mailed to Kendra directly if that suits your needs to [kendrarfcs1@shawbiz.ca](mailto:kendrarfcs1@shawbiz.ca).

### **Health and Safety Committee.**

Just reminders to everyone that the warm weather is here so please dress accordingly. Please ensure that the individuals you support bring in their hats, water bottle, and sunscreen as well as proper footwear. As to RF policy and procedures please ensure all individuals have consent before applying sunscreen or bug spray. If unsure please see Team Leaders.

We would like to take this opportunity to welcome our new members of the Health and Safety Committee. Troy H, as the New Chair, Kendra L as Co-Chair and members at large Wellanie P, Marylenn C, Moe O.

#### **A Child's Wisdom**

An elderly woman and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws. "You've got so many freckles, there's no place to paint!" a girl in the line said to the little fella. Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. "I love your freckles. When I was a little girl I always wanted freckles, she said, while tracing her finger across the child's cheek. "Freckles are beautiful!"

The boy looked up, "Really?"

"Of course," said the grandmother. "Why, just name me one thing that's prettier than freckles." The little boy thought for a moment, peered intensely into his grandma's face, and softly whispered, "Wrinkles."

## BIRTHDAYS

July	August	September
Theo B	Keith H	Walter B
Daniel D	Marsha W	Lori Ann H
		Trevor P
		Peter S
		Stephen U
		Michael B

## OFFICE CLOSURES 2010

** July 1	Thursday	Canada Day
** August	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

Jane Bakidan  
March, 2010

Written By: Derwin Buting, CDSP

For the past few months, I have had the pleasure of getting to know Jane as a co-worker and a friend. I first met this woman at the RFCSL Christmas party. I thought she was a bit shy and since I had never seen her before, I thought she was one of the residential workers. When I saw her on the following work day, I assumed that she was part of our very own RFCSL day staff and continued on with my day. Since then, I have seen her grow and become more outgoing with me and the other staff. She also has a pretty good aim with snowballs, I should know, she caught me right in the face!

I asked her what she did before coming to Resourceful Futures and how she found us. She told me that she was doing rehabilitation work for 2 years. She found us by one of her in-service training courses and saw our lovely RFCSL logo

on the bottom of our certificate. So through the power of the internet and Google, she came upon our website and spotted two things, A) this writers handsome picture on our employees matter section of the site and more importantly B) That we were hiring at that time. With that she submitted her resume and a few days later got the call to be interviewed and eventually hired by RFCSL.

As the months have passed by I have seen her go above and beyond the expectations of an everyday worker. I have seen her assist staff members with their clients when need be. I have seen her volunteer to do the paperwork for various activities that we have in the office such as arts and crafts and the reading club. She has also shown patience when dealing with the difficulties our clients face throughout the day. She says that she \*loves her job, the new challenges that she faces and the knowledge that she gains everyday while working.\*

When I asked her about what she wanted to do in the future, she told me about how she wanted to continue her education and eventually graduate to become a registered nurse. With the care and passion that she shows in this job, I am confident she will accomplish this dream.

A quote that she is encouraged is as follows:

\*For everyone who asks receives he who seeks finds, and to he who knows the door will be open\*

She says that this verse from the bible gives her hope, courage and encouragement in everyday life no matter what life has to throw at her.

Jane has been an encouragement and a joy to have in the workplace. I thank you for reminding me to always push and strive for your goals and aspirations as well as to work to the best of our abilities.

Val McLellan

March, 2010

Written By: Struan MacLeod, CDSP

I would like to introduce you to a friend, co-worker, and a remarkable woman who enjoys life to the fullest. Born and raised in Nova Scotia, she came to Calgary in 1996 to make a new life for her and her kids. Val has been on numerous committees and enjoys seeing clients grow within their abilities. Working alongside Val gives us a sense of security, which makes our job easier. Val enjoys life outside of work by being active and her strongest passion is climbing the mountains. Her biggest adventures were traveling to Mexico, the United States, Europe and the Caribbean, just to name a few. Her next big adventure is to climb Mount Kilimanjaro in Africa.

Well done Val.

Modupe Oluwayomi

April, 2010

Written By: Chelsie Graham, CDSP

Modupe Oluwayomi is originally from Nigeria, West Africa. She has been a resident of Canada for the past 14 years and is a single mother of a lovely daughter. She has been in this field for a period of five years as well working in the Disabilities Sector she has accomplished many courses and seminars in the industry.

Modupe has a very good sense of humor, she is very jovial, kind, generous, and is extremely friendly to both Staff and clients. She is a cheerful person, very enduring, accommodating, reliable, responsible and very industrious.

Modupe is very easy to get along with, very energetic to be around, and always there to lend a helping hand to anyone in need of aid. Modupe loves to dance, joke around, and is someone who takes her job seriously. She is very respectful and someone to definitely count on.

Kendra Lee

May, 2010

Written By: Christina Redding, CDSP

Kendra Lee was originally born in Ontario although has lived in Calgary Alberta since she was five and calls the city of Calgary home. Kendra is a mother of one son and has recently become a proud grandmother.

Kendra has been with the Resourceful Futures team for 12 years and previously worked in group homes in this field. Kendra has a great amount of knowledge and experience in this field and therefore is a great asset to the Resourceful Futures team.

Not only is Kendra a very positive and enthusiastic individual that spreads her great personality to others, she is very dedicated and utilizes her knowledge and patience to ensure each client is receiving the best care and quality of life possible.

In my own words I would say Kendra does it all, I can't begin to express how much she is appreciated and respected for her hard work and dedication to our individuals at Resourceful Futures. Kendra not only works in our day program but also has made a great transition working with our management team as a Resource team leader.

Kendra also chairs our Employee Relations Committee and is actively participating with health and safety, and social committees.

Kendra also is a great asset to our residential program and has most generously opened her home to many individuals over the years. Kendra currently supports

two individuals within her home and still finds time to be a loving mother, grandmother, wife, and friend.

On behalf of everyone at Resourceful Futures, thank you for showing us what it takes to be a world class employee and setting a great example for our clients at the day program and at home.

## SUNSCREEN MISTAKES, MYTHS AND SOLUTIONS

It's sun season, so UV rays have been on my mind lately (and most likely yours, too). And while we all know how important making sure you've got some SPF on hand is to preserving your natural beauty, there are some sneaky missteps you could be leaving your skin vulnerable to damage. Without becoming housebound, there is not way to avoid coming in contact with the sun's rays, so here's a round-up of the common mistakes people make:

Mistake 1: Missing those out-of-the-way places. According to dermatologist Dr. Arielle Kauvar, there are several spots that often get overlooked when it's sunscreen-slathering time. Some areas that are commonly missed: Tops of the feet, the dip between your breasts, and your lips. So make sure to hit those spots before you leave the house. Also, since your bathing suit or clothes can shift throughout the day, make sure to put on your first coat of the day before you get dressed to get full coverage.

Mistake 2: Only remembering SPF on sunny days. When it's bright outside, you get a natural reminder to take cover, but those rays are present on cloudy days, too. And since sun exposure is cumulative, meaning that all the sun you get-even just the few minutes you spent walking for your car to the grocery store in the parking lot-can add up to some big-time damage over time.

That's why it's important to wear your sun block seven days a week, all year round. And luckily, there are a slew of new everyday moisturizers on shelves now so you'll never step outside without SPF again. One to check out: Aveeno Daily Moisturizing Lotion with SPF 15

Mistake 3: Not applying often enough. Though there are now longer-lasting formulas on the market, as a general rule, you should reapply your sunscreen every two hours. And while you are more likely to remember to do a redo at the beach, it's the everyday sun exposure you probably aren't thinking about. Which means that the face or body lotion you put on in the morning needs to be refreshed by lunchtime. So keep an SPF lotion in your bag for a touchup. And if you're afraid to mess up your makeup by reapplying on your face, a dusting of a mineral powder (which has natural sun filters) will do.

Mistake 4: Using it too sparsely. You may think a spot of lotion is enough to fend off sun damage, but in actuality, the American Academy of Dermatology recommends that you use a full ounce (about the amount of a shot glass) to

cover your body. And since most bottles are 3 to 4 oz., you'll be using a significant chunk of it every time. The bottom line: If your bottle lasts more than 4 applications, you're not using enough. And even if you're using a high SPF, of say, 30, spreading it out too thinly it can knock that protection factor down into the teens or lower. So I say just keep piling the stuff on. Your skin will thank you.

Mistake 5: Going to a tanning salon to get a "bas tan" thinking it will protect you from sun damage and skin cancer. The "safe" tanning beds many tanning salons claim to offer use mainly UVA rays, and block out UVB (burning) rays. You won't burn, but you'll be getting a large dose of cancer-causing UVA rays. One study showed that people aged 35 or younger who used tanning beds regularly had eight times the risk of developing melanoma compared to those who never used tanning beds. Another study showed that women who used tanning beds at least once a month were 55 percent more likely to develop melanoma, the most deadly skin cancer.

What you can do: Don't use tanning beds- ever. "There is no such thing as a safe tan, and tanning beds, because of the UVA rays they use, are particularly dangerous, " says Dr. Wu.

Despite the risk, more people than ever-of all ages and both sexes- are using tanning beds. In fact, the number of Americans using tanning beds in the past decade has doubled. Some states have legislation to limit tanning bed use among minors.

### How Green is Your Grill?

You can't really pin the blame for climate change on barbecues, but they are an overlooked contributor. Consider that on the July 4th holiday alone, Americans fire up 60 million bbq\*s, burning enough emission-producing fuel to power 20,000 homes for a year.

While it may feel like uncharred territory, there are some simple things you can do to reduce your barbecuing footprint.

When a bbq is operating, a charcoal grill gives off twice the amount of carbon dioxide as a gas bbq. Although it can be argued that burning charcoal is technically completing the carbon cycle because the carbon dioxide that gets released is the same carbon dioxide the tree absorbed during its lifespan, fossil fuel is often used to burn the wood to make charcoal. So, gas-natural or propane- is better from a greenhouse gas perspective.

Be efficient when using gas. You don't need to excessively preheat your grill. When the food is cooked, turn the gas off right away. Lastly, check for leaks.

Methane is the primary component of natural gas and is 20 times as potent a greenhouse gas as carbon dioxide.

In Alberta, using a gas bbq outdoors is also probably better than cooking indoors with an electric oven as the majority of our electricity comes from coal-fired power plants.

*Parking Stalls for People with Disabilities- What are the Rules?*

*Who can legally park in a stall designated for a person with a disability?*

*Parking is permitted in a stall designated for a person with a disability only when the vehicle displays the designated parking placard or a designated license plate.*

*Placards are issued to individuals. Only the placard holder is entitled to use the placard. Loaning the placard to a friend or family member may result in the card being cancelled.*

*Anyone who helps a person with a disability run errands should avoid using the designated stalls if the person with the disability remains in the vehicle. This is an abuse of the placard privileges.*

*Visitors to Alberta with a valid parking permit for people with disabilities may use their valid placard from the home province.*

*What is the penalty for unauthorized parking in a designated stall?*

*Failure to display the parking placard or license may result in a \$150.00 fine.*

*How can abuse of parking placards be reported?*

*Please make a written report of the occurrence. Record all details of the incident, including the date, time, place, vehicle license number and description and send the information by email to [pat.morkin@gov.ab.ca](mailto:pat.morkin@gov.ab.ca), fax# 403 297 8982 or by mailing the information to:*

*Registry Services, Alberta  
Government Services Building  
710-4th Ave. S.W  
Calgary, AB T2P 0K3  
ATTN: Pat Morkin*

*Reminder: Not all disabilities are visible. For example, heart or lung conditions may not warrant a wheelchair however, people who have them may qualify for a parking placard because they are unable to walk further than 50 meters.*

## **Tips for Avoiding Identity Theft**

Many Canadians have experienced the shock and stress of identity theft. They get a call from their bank or credit card Company to tell them their card has

been compromised. The consequences of such a violation can be devastating- emotionally and financially.

If you have a bank account or credit or debit card, get bills in the mail, or simply have a social insurance number, you could be at risk for identity theft. Identity theft occurs when a criminal uses your personal information without your knowledge. The thief then uses the information to commit a crime such as applying for a loan, credit card or even renting an apartment in your name.

**Guard your personal information**

Develop a preventative mindset- never leave documents lying around your home or office protect your various PINs, guard your mail, shred as much as you can instead of recycling or discarding, never divulge personal information over the phone and cut up old credit or debit cards.

**Be watchful and alert**

Report all missing cards and documents immediately, carry minimal identification, always protect your PIN and if you have to write it down, keep it in a safe place- never in your wallet or purse.

**Guard your computer and its information**

Install anti-virus software, never reply to spam e-mails, always create passwords using letters and numbers and never use easy-to-guess passwords such as birthdates.

**Get a copy of your credit report**

Once a year, you should get a copy of your credit report, especially if you think your personal information has been stolen. You can find a list of providers at [www.ConsumerInformation.ca](http://www.ConsumerInformation.ca) - search for Be Informed About\*Identity Theft.

## **The Price of Raising Kids**

This is just too good not to pass on to all. Here is something absolutely positive for a change. I have repeatedly seen the breakdown of the cost of raising a child, but this is the first time I have seen the rewards listed this way. It's nice.

The government recently calculated the cost of raising a child from birth to 18 and came up with \$160,140.00 for a middle income family. Talk about price shock! That doesn't even touch college tuition.

But \$160,140.00 isn't so bad if you break it down. It translates into:

- \* \$8,896.66 a year,
- \* \$741.38 a month,
- \* \$171.08 a week.
- \* A mere \$24.24 a day!

\* Just over a dollar an hour.

Still, you might think the best financial advice is; don't have children if you want to be 'rich.' Actually, it is just the opposite.

What do you get for your \$160,140.00?

- \* Naming rights . First, middle, and last!
- \* Glimpses of God every day.
- \* Giggles under the covers every night.
- \* More love than your heart can hold.
- \* Butterfly kisses and Velcro hugs..
- \* Endless wonder over rocks, ants, clouds, and warm cookies.
- \* A hand to hold usually covered with jelly or chocolate.
- \* A partner for blowing bubbles and flying kites.
- \* Someone to laugh yourself silly with, no matter what the boss said or how your stocks performed that day.

For \$160,140.00, you never have to grow up. You get to:

- \* finger-paint,
- \* carve pumpkins,
- \* play hide-and-seeK,
- \* catch lightning bugs,
- \* never stop believing in Santa Claus.

You have an excuse to:

- \* keep reading the Adventures of Piglet and Pooh,
- \* watch Saturday morning cartoons,
- \* go to Disney movies, and
- \* wish on stars.

You get to frame rainbows, hearts, and flowers under refrigerator magnets and collect spray painted noodle wreaths for Christmas, hand prints set in clay for Mother's Day, and cards with backward letters for Father's Day .

For a mere \$24.24 a day, there is no greater bang for your buck. You get to be a hero just for:

- \* retrieving a Frisbee off the garage roof,
- \* taking the training wheels off a bike,
- \* removing a splinter,
- \* filling a wading pool ,
- \* coaxing a wad of gum out of bangs, and
- \* coaching a baseball team that never wins but always gets treated to ice cream regardless.

You get a front row seat in history to witness the:

- \* First step,
- \* First word,

- \* First bra,
- \* First date,
- \* First time behind the wheel.

You get to be immortal. You get another branch added to your family tree, and if you're lucky, a long list of limbs in your obituary called grandchildren and great grandchildren. You get an education in psychology, nursing, criminal justice, communications, and human sexuality that no college can match..

In the eyes of a child, you rank right up there under God. You have all the power to heal a boo-boo, scare away the monsters under the bed, patch a broken heart, police a slumber party, ground them forever, and love them without limits, so one day they will, like you, love without counting the cost. That is quite a deal for the price!

Love & enjoy your children & grandchildren & great-grandchildren!  
It's the best investment you'll ever make!