

# The SOURCE

## What is The SOURCE?

The SOURCE is a not-for-profit employee support organization designed to help employees keep their jobs, receive training to enhance their employment, and help employees move into better positions within or across companies. The SOURCE works with employees from:

- American Seating Co.
- Butterball Farms, Inc.
- Cascade Fresh Cleaning Co.
- The Decc Co.
- Grand Rapids Foam Technologies
- GR Spring & Stamping
- Imperial CRS, Inc.
- Michigan Family Resources
- Oliver Products
- Pridgeon & Clay
- Richwood Industries
- Ridgeview Industries
- Spectrum Industries
- TAS Solutions
- TrimQuest
- Vi-Chem Corp.
- Wolverine Coil Spring

Our location is:

1409 Buchanan Ave. SW  
Grand Rapids, MI 49507

Please call us at 452-5295 for more information or feel free to stop by the office at any time. Our office is open 8am to 5pm Monday through Friday, but special arrangements may be made for after hour appointments.

Email: [info@grsource.org](mailto:info@grsource.org)

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## FREE Tax Preparation at The SOURCE!



Beginning Monday, January 12<sup>th</sup>, The SOURCE will be scheduling appointments to provide FREE income tax preparation.

Appointments will be available starting January 26<sup>th</sup>, on the following days:

**Mondays from 6:00-9:00 p.m & Saturdays from 9 a.m. to noon.**

To qualify for free tax preparation at The SOURCE, you must meet the following income guidelines:

- If you have no dependants & your household income is under \$22,000
- If you have 1 or more dependants & your household income is under \$42,000

The SOURCE will not be taking walk-ins, so make sure you call in advance to schedule an appointment and to review what you will need to bring with you.

**To schedule an appointment  
call The SOURCE after January 12<sup>th</sup> at 452-5295**

## Spanish For Neighbors I at The SOURCE

**Hola!** This class is designed for individuals who have had little to no exposure to the Spanish language. There is a \$35 charge for the class, which includes a book that students may keep. Class begins January 26<sup>th</sup>, 2009 and will run every Monday from 5:30-7:30 p.m. for 8 weeks. Payment is due at registration.

- December 15, 2008: Registration opens only to SOURCE member company employees, Health Field Group employees, and their families
- January 12, 2009: Registration opens to the general public



## Smart Things To Do With Your Tax Refund

Instead of spending your tax refund this year on something that may not last beyond today, why not consider putting it towards something that will help make your financial future grow? **Pay off your credit card debt.** The wisest way to use your refund money is to get debt free first.

**Apply one part of your tax refund to the principal of your auto loan.** Be sure to call your auto creditor first to get the right payment mailing address for the principal payments. Most of the major auto creditors have different addresses for the regular monthly payment and principal only payment. Decreasing your principal

balance will reduce the amount of your monthly interest.

**Make an extra house payment** to reduce your interest costs.

**Consider buying a U.S. savings bond.** You can purchase these bonds from most banks, credit unions or your workplace.

**Contribute to an IRA.** If you qualify for a tax-deductible IRA, you have until April 15th to contribute and claim the contribution for your current tax return. Or, you could put your tax refund into an IRA for the following tax year.

Source: [www.ehow.com](http://www.ehow.com)

## Financial Literacy Classes at The SOURCE

Thanks to collaboration between The SOURCE and Flagstar Bank, two 12-week Financial Literacy courses will be offered at The SOURCE. These classes are free of charge and offer attractive incentives, including a partial match on contributions to a personal development savings account. The classes will be offered on Monday evenings and Saturday mornings starting mid-February. The class focus on many aspects of banking, including savings and checking ac-

counts, credit card management, loan procedures, consumer rights, and other topics.

Look for more details in our next newsletter, feature flyers or you can call 452-5295 for more information.



## Thank You For Your Donations!

Thanks to the generosity of employees from The DECC Company, Michigan Family Resources and The SOURCE, the Mitten Tree has been a great success this year. We collected over 200 adult and child sized mittens, gloves, scarves, and hats! A special thanks to employees from The DECC Company and Michigan Family Resources for the many items they knitted themselves



by hand. Thanks to all of these generous contributions we are sure that many families will be warmer during our cold winter this year.

We would also like to invite all employees and family members that have not been able to come and get items from the mitten tree to stop by The SOURCE.

## Portion Distortion

Do you know what a serving of meat looks like? No, it's not the 22-ounce T-bone at your local steakhouse. A proper portion of meat is 3 ounces. Do you know what that looks like?

That's one of the major problems of weight loss: understanding portion size. You can eat all the right foods, but if you eat them in over-sized portions, you'll still be consuming too many calories.

Knowing what a proper portion looks like doesn't have to be difficult.

To give you visual comparisons for suitable serving sizes, here are some food cues to properly pick your portions.

Visual examples of different food portions:

- 1 medium fruit - tennis ball or tight fist
- 1 cup of raw salad - the amount you can hold in two hands cupped together
- 1 medium baked potato - computer mouse
- 1 cup of cold cereal - tight fist
- 3 ounces of meat, poultry or fish - palm of a woman's hand or deck of cards
- 1 ounce of cheese - 4 dice or the top half of your thumb
- 3 1/2 ounces of tofu - 4 ice cubes
- 1 ounce of meat, fish, chicken or poultry - 1 egg

A recent study in the journal *Diabetes, Obesity & Metabolism* confirmed that use of packaged entrees as part of a weight-loss diet is an effective means of achieving portion control and enhancing losses of weight and fat mass in overweight men and women.

Source: [ediets.com](http://ediets.com)