

January
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The SOURCE

Volume 10

Issue 1

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.
- Employment Group
- Grand Rapids Foam Technologies
- Grand Rapids Spring & Stamping
- Imperial CRS, Inc.
- Michigan Family Resources
- Oliver-Tolas Healthcare Packaging
- Pridgeon & Clay
- Richwood Industries
- Ridgeview Industries
- Spectrum Industries
- 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 8 am to 5 pm Monday through Friday, but special arrangements may be made for after hour appointments.

www.grsource.org

Email: info@grsource.org

FREE Tax Preparation at The SOURCE!

Beginning Monday, January 11th, The SOURCE will begin scheduling appointments to provide FREE income tax preparation.

Appointments will be available starting January 25th, 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 \$29,000
- If you have 1 or more dependants & your household income is under \$49,000

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 11th at 452-5295

Spanish For Neighbors I

Spanish language classes have been scheduled at The SOURCE as follows:

Basic Spanish: 5:30-7:30pm

Mondays, January 18 to March 8

Pre-enrollment is required. There is a \$40 fee for the class, which includes a book that students may keep.



For more information on how to enroll, call us at **452-5295**.

Basic Spanish is designed for individuals who have little to no knowledge of the Spanish language and will focus on basic vocabulary, sentence structure, and pronunciation.

In this Issue:

- Health and Fitness Resources
- Winners of the Weight Loss Challenge
- Smart Things to do with your Tax Return
- The Healthy Corner: Tips for Making Good New Year's Resolutions

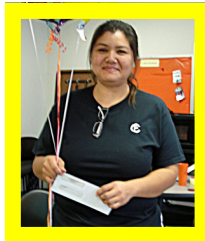
Did you know The SOURCE can help you with Health and Fitness?

Losing weight is one of the most popular New Year's resolutions year after year. In a recent study*, nearly half of the women interviewed intended to make weight-loss a resolution for the new year. Nearly all of them (97%) also admitted that they think they will need some assistance to keep their resolution. For some people, joining a gym can provide the needed outlet and motivation to get moving. But gym memberships can get expensive, which can be a discouragement. Many gyms offer financial assistance for moderate to low income individuals and families. In addition, the City of Grand Rapids Parks and Recreation Department and local community centers offer adult and youth fitness programs at very reasonable prices. Caseworkers at The SOURCE are available to provide you with the information you need to get yourself and your family members moving! Call us today at 452-5295.

*<http://www.medicalnewstoday.com/articles/35472.php>

Congratulations to the Participants and Winners of the Weight Loss Challenge!

After 12 weeks of competition, education, friendship and growth, our Weight Loss Challenge participants have reached the end of this stage of their journey. Congratulations to all participants of the Weigh Down To Win Challenge. The total weight lost after 12 weeks is an amazing 342.85 lbs! Be very proud of your weight-loss efforts and stay motivated.



Congratulations Ana Matienzo

(Pridgeon and Clay)

\$450 GRAND PRIZE WINNER

Congratulations Abigail de Jesus Cruz

(Butterball Farms)

\$250 2ND PLACE WINNER



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. 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

The Healthy Corner: Tips for Making Good New Year's Resolutions

There is a right way and a wrong way to make a New Year's resolution. Here are a few expert tips to see that your resolution actually makes a difference:

1. Create a Plan

Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to *have resolve*, (as the word "resolution" implies), it must translate into clear steps that can be put into action. A good plan will tell you A) What to do next and B) What are all of the steps required to complete the goal.

2. Create Your Plan IMMEDIATELY

If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions completely.

It is imperative that you begin creating your plan immediately.

3. Write Down Your Resolution and Plan

Commit your resolution and plan to writing someplace, such as a notebook or journal.

4. Think "Year Round," Not Just New Year's

Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.

And finally...

5. Remain Flexible

Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change.

Most of all, recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come!

Source: www.mygoals.com