



THANK YOU FOR SUPPORTING THE SOURCE

The SOURCE has just completed our expansion project and we officially moved into the new space in late-January 2009. The expansion will allow us to meet the growing needs of The SOURCE by allowing us to better accommodate the space and privacy needs of our wellness program and also provide room for two large trainings simultaneously. This space will allow our caseworkers more private space for their work, as well. This renovated facility will certainly strengthen our wellness, programmatic, and educational services for all who use our facilities.

We would like to thank all of the following for their generous donations. All of these organizations provided either funding, in-kind labor, reduced pricing, technical assistance, or in some cases, all of the above!

- American Seating
- BCI Construction
- Butterball Farms, Inc.
- Custer Workplace Interiors
- Frey Foundation
- Grand Rapids Community Foundation
- Lion Rock Holdings
- Michigan State Medical Society Foundation
- Oliver Products
- Ottawa Communications
- Peninsular Club
- Pridgeon & Clay
- Richwood Industries
- Robert and Cheri Vanderweide Foundation
- Sebastian Foundation
- Spectrum Industries
- Triangle Construction

FINANCIAL LITERACY CLASSES AT THE SOURCE

Don't miss the opportunity to develop and improve your skills in money management. Flagstar Bank and The SOURCE will offer two 12-week Financial Literacy courses 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. Classes will meet on:

Monday Evenings - 03/2/2009 through 5/18/2009, 6:00 pm - 7:30 pm

Saturday Mornings - 2/28/2009 through 5/16/2009, 10:30 am - Noon

Some of the topics include:

- Bank on it
- Borrowing Basics
- Money Masters
- Pay day Cash Advances
- Pay Yourself First
- Loan to Own



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

In this Issue:

- Free Tax Preparation
- Computer Classes
- Coat Drive



FREE INCOME TAX PREPARATION

For the sixth straight year, The SOURCE is providing free income tax preparation assistance for families earning less than \$42,000/year and single individuals and families with no dependants earning less than \$22,000/year. Tax returns are filed electronically, so you will have your money as quickly as possible.

The SOURCE is open to prepare taxes BY APPOINTMENT each Monday evening from 6-9pm and every Saturday morning from 9am-noon. We have qualified volun-

teer professionals that are specifically trained to help you get every possible tax credit for which you qualify. This service is free of charge and we would like to serve the employees and families of SOURCE member companies as well as the general public.

For more information or to make an appointment please call The SOURCE at 452-5295.

CATCHING ON TO COMPUTERS

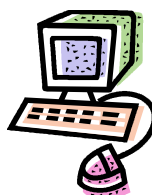
Learn your way around the computer with a Basic computer class. Learn how to navigate a computer, use Microsoft Word, and surf the Internet. It is free! It is fun! It is easy! Class size is limited, so sign up early.

Call The SOURCE today to enroll at 452-5295

Upcoming computer classes:

February 3rd, 5th, 10th and 12th from 9 -11 am

March 3rd, 5th, 10th and 12th from 3 -5 pm



IN THE IMAGE COAT DRIVE A SUCCESS

Thanks to the generosity of employees from Butterball Farms, The DECC Company, Grand Rapids Foam Technology, Grand Rapids Spring & Stamping, Imperial CRS, Michigan Family Resources, Oliver Products, Richwood Industries, Spectrum Industries and Vi-Chem, the Coat Drive was a great success. We were able to collect approximately 2000 adult and child sized coats.

Paul Haagsman, Executive Director from In The Image, said "So far this winter season, In The Image has distributed more than 8,700 winter coats along with countless hats, mittens and gloves to children, men and women in need. None of this would not have been possible with the generous support In The Image received from the businesses in the SOURCE group."

Healthy Corner

SIX WAYS TO PREVENT CHILDHOOD OBESITY!

Wish you could help your child – or a child you love – avoid a life-long battle with the bulge? You can! Childhood obesity expert Sharron Dalton recommends that parents do the following:

1. Be the authority: In between letting kids eat whatever they want and monitoring every bite is the balanced approach to helping your child learn to eat right. Make eating a balanced, healthy diet with reasonable portions an everyday family goal!
2. Plan and eat meals together: Research shows that children with families who eat together have a lower risk of eating disorders.
3. Eat moderately: Serving children large portions teaches them to overeat! Learn what an appropriate serving size is (measure it out if you have to) for you and your child.
4. Engage in indoor and outdoor activities: Have a family plan to stay active year-round, regardless of the weather!
5. Promote healthy alternatives: Put away the video games and television, and opt for a walk, bike ride, trip to the park, or other active pastime instead.
6. Get enough sleep: Studies have shown a link between sleep deprivation and obesity. Make sure that children aged 7 to 18 get nine hours a night. Keep in mind that younger children need even more!

Source: Denise Austin Fit Forever