

# The SOURCE

## Spanish Classes at The SOURCE

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

Basic Spanish: Tuesdays 5:30-7:30pm

April 14<sup>th</sup> to June 9<sup>th</sup> (8 weeks, no class on May 25<sup>th</sup>)

Intermediate Spanish: Mondays 5:30-7:30pm

April 13<sup>th</sup> to June 8<sup>th</sup> (8 weeks, no class on May 26<sup>th</sup>)

Pre-enrollment is required. For more information on how to enroll please 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.

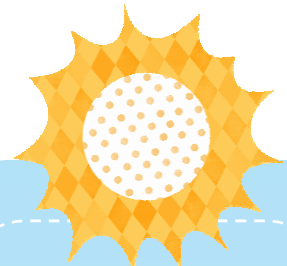
Intermediate Spanish will move students to the next level and will expand vocabulary and verb usage.

## Tax Deadline Coming Soon – Last Chance!

April 15 is just around the corner so if you still have not filed your 2008 income tax return and you made less than \$45,000 last year, there is still time for you to receive **free** income tax assistance through the Volunteer Income Tax Assistance (VITA) program.

All returns are filed electronically and taxpayers can expect to receive their refund within seven to 10 days. Those eligible to participate in the VITA Program may also qualify for the Earned Income Tax Credit, Child Tax Credit, and other additional tax credits.

**To schedule an appointment call The SOURCE at 452-5295**



### 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

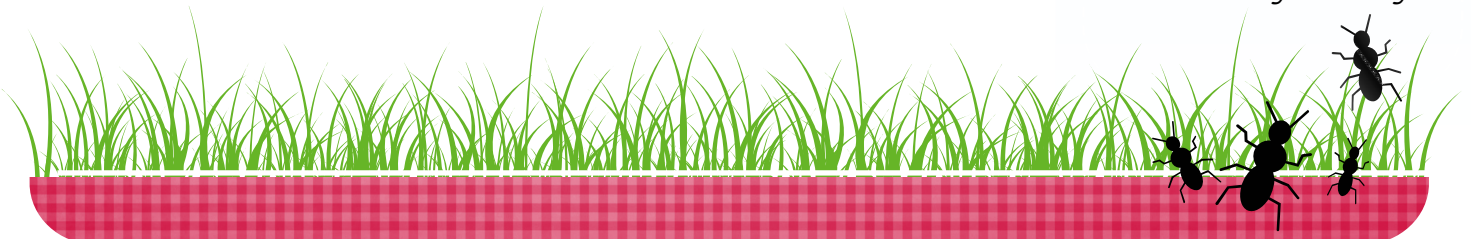
Our location is:

**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.

[www.grsource.org](http://www.grsource.org)

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



## The Healthy Corner

### Take These 3 Little Health Tests

How's your body doing? These surprising self-checks will tell you instantly.

#### 1. Test your...balance

Stand with your feet in a line, heel to toe, arms by your sides. Close your eyes and count to 10. If you wobbled, you need better balance, says sports medicine expert Keith Lustig, M.D. "People with bad balance are more likely to have their ankles or knees give out," he says. You can work on yours by standing on one leg whenever you can (try it when you're doing dishes).

#### 2. Test your...ears

Have a friend stand three feet in front of you, facing away, then try to have a conversation. If you can hear her clearly, increase the challenge by turning on the TV at a background volume. Did you miss the endings of her words or sentences? Then get your ears checked. Mild hearing loss is on the rise among young people, partly because of listening to too-loud music on headphones. You can't get lost hearing back, but you can likely stop it from getting worse by keeping the volume on any audio device to no more than 50% of full volume.

#### 3. Test your...lungs

Hold a lit candle at arm's length, then open your mouth and try to blow it out *without* pursing your lips. If you can't do it, you may have a respiratory problem such as chronic bronchitis or early-stage asthma, which often goes undiagnosed in young people who think they're too "old" to develop it, says Hormoz Ashtyani, M.D.

Source: [www.glamour.com/healthfitness/2009](http://www.glamour.com/healthfitness/2009)

## In the Image's Crib Full of Blues

Save the Date  
**Crib Full of Blues**

Thursday, May 14  
at McFaddens.

Featuring musical guest

**Jason Ricci**

This is the main fundraiser for In The Image, and right now, with demand for their life-affirming services at an all time high, they need our support more than ever.

They have reduced the ticket price to help you help them. This year tickets will be \$25 in advance and \$30 at the door. Tickets will be available at In The Image and Schuler's book store.

This year, Crib Full of Blues will take place at McFadden's Restaurant and Saloon, 58 Ionia SW. Doors will open at 7:00 pm with music starting at 7:30 pm.

## Bike Program

Do you need transportation to get to and from work?

If you are a SOURCE member company employee, you are eligible for a bicycle loan with a \$10 refundable deposit, \$15 if borrowing bike, helmet, and lock.

The goal of the program is to loan a bike to employees to meet immediate transportation needs while our case workers work with the employee to find a better long-term solution.

**Please call The SOURCE for more information**

**(616) 452-5295**

## Relay for Life Update

So far The SOURCE companies have raised almost \$400 for the upcoming Relay For Life event May 29th - 30th. The event theme is "Countries Around the World". Our booth will be representing Mexico. We would love to hear your suggestions regarding traditional games or food.

If you are a cancer survivor and would like to participate in the Cancer Survivor's Celebration at 10:30am on Saturday, May 30th please contact Joyce Lewis at The SOURCE at 452-5295.

