

Great Outcome for SOURCE VITA Tax Site

For the sixth straight year, The SOURCE provided free income tax preparation to employees, their families, and the community. During the 2009 tax season, The SOURCE had 13 certified volunteers prepare returns for 390 individuals and families. These volunteers are trained to access all the credits a tax filer deserves. Likewise, tax returns were filed electronically so that refunds were received quickly. Nearly half of the returns processed were for individuals and families that had used this service at The SOURCE before.

The SOURCE also helped clients save a total of over \$50,000 in tax preparation fees would had paid to have their taxes filed at a for-profit tax preparer. Free tax preparation is a great way to save money during this time of year!!

Refund Totals in 2009

390 returns were processed
\$781,309 in total refunds
\$602,362 in federal refunds
\$140,115 in State refunds
\$5,279 in city refunds
\$218,863 in Earned Income Tax Credits

Thank you to all of you who chose The SOURCE as your tax preparation site.

We hope to serve even more individuals and families next year!



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

2009 Relay For Life

Friday, May 29th - May 30th at 3:00 pm

Location: Ah-Nab-Awen Park, 303 Pearl Street

Join this year's SOURCE team and help The American Cancer Society Relay For Life® celebrate the lives of those who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much.

The Relay For Life is a great event for the entire family and we are looking for volunteers

from our member organizations and their families to join our team. Volunteers can do a variety of tasks, such as:

- Sign up to walk
- Run games in our tent
- Sell snacks to participants

If you are unable to volunteer, we encourage you to stop by the relay to play games, cheer on our team and support this event. If you have any questions or would like more information on singing up to volunteer, please contact Joyce at The SOURCE 452-5295 or joyce@grsource.org

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
Email: info@grsource.org

Catching on to Computers I and II

Many employees need to use computers at work or at home, but they are unsure of their skills or are intimidated by the technology. If you are one of those employees, then catching on to computers is for you!



Catching on to Computers level I class will help you feel more comfortable with basic computer use, and will give you the confidence to

use the internet and create basic documents.

If you already have some experience with computers, but would like to learn more about Microsoft Word, then the level II class is for you. Participants will learn how to insert pictures, create lists, make columns, draw tables and more. Classes are free and open to the community.

**Call The SOURCE today to enroll
at 452-5295**

Upcoming computer classes:

Level I June 2nd, 4th, 9th and 11th from 9 -11 am

Level II June 16th, 18th, 23rd from 3 -5 pm

Free Spring Events: Get Outside!

Millennium Park:

The park provides diverse opportunities for healthy family and community recreation. Millennium Park opens on **May 1st** through October 31st. During that time, park hours are from 8:00 a.m. to dusk. The beach is open daily from 10:00 a.m. to 8:00 p.m. (*may vary due to weather*) Check it out at 1415 Maynard Avenue SW or call 616-336-3697 for more information.

Great Lakes Kite

Festival: May 16-17, Grand Haven - Mackinaw Kites & Toys hosts the annual event on the beach of the Grand Haven State Park with giant kites and expert kite fliers from around the region. During the day, stunt teams will provide demonstrations and at night, the public is invited to bring lighted kites for the Night Fly on the Beach. **Free admission;** parking fee inside the State Park.

Festival of the Arts:

June 5-7, Grand Rapids' largest outdoor arts event celebrates 40 years in 2009 with food booths, live local bands, artist booths, dance performances and more.

Free Admission!

Location:

Downtown Grand Rapids
300 Monroe Ave NW
Grand Rapids, MI 49503

The Healthy Corner

Laughter can be Your Best Medicine

Many people think they should have a strict weight loss diet, a punishing exercise program, a limited salt and fat intake, and a grueling regimen in order to be healthy. However, prominent cancer specialist David Sobel, M.D. said, "the reality is that healthy people tend to be pleasure seekers with a sense of humor rather than rigid lifestyle adherents." Laughter appears to be more than a coping mechanism to face major illnesses. It can reduce stress hormones and boost the immune system. Laughter not only refreshes the spirit but has physiological benefits as well. Laughter brings many benefits to your life including easing muscle tension, increasing pulse and breathing, and improving blood circulation and immune system function. In essence, a good laugh amounts to a small workout!

What Makes You Laugh

Here are several ways to add humor to your day:

- ✓ Watch funny films, read joke books, and watch comedy shows on a regular basis.
- ✓ Browse through the humor section when you visit bookstores or the local library.
- ✓ Look for cartoons in the newspapers and magazines. Clip the ones that make you laugh and place them in places where you can see them, possibly on the refrigerator or bulletin board and change them regularly.
- ✓ Expose yourself to humor. Look for funny stories from around the world. You will enjoy yourself more as you tune into the funny side of the world.

There are many ways in which you can find humor on a regular basis. Find what you like and make it a daily habit so you get your daily fill of humor.

Source: Information collected and provided by the Fisher Institute for Wellness and Gerontology, Ball State University from www.welcoa.org