



The SOURCE

Volume 9, Issue 7

Spanish Classes at The SOURCE

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

Basic Spanish, Day Time: Thursdays 9:30-11:30pm
July 16th to September 3rd (8 weeks)

Basic Spanish, Evenings: Tuesdays 5:30-7:30pm
July 14th to September 1st (8 weeks)

Intermediate Spanish: Mondays 5:30-7:30pm
July 13th to August 31st (8 weeks)

The cost of the class is \$35 per student which includes a book that students may keep. Students who already have the book only pay \$25. 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.

¡Buena Idea!

¡Increíble!

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 Products
- 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

Relay for Life



Each year across the nation, one event brings together entire communities to take part in the fight against cancer. 2009's Relay for Life of Grand Rapids took place on May 29 and 30 at the Ah-Nab-Awen Park with three different SOURCE companies taking part in its activities throughout the day: Butterball Farms, Spectrum Industries and Vi-Chem Corporation along with The SOURCE.

Here are some of the highlights:

- Total amount raised was \$2159, which exceed our goal of \$2000 and is more than last year (\$1600).
- Over 150 laps were walked (totaling almost 40 miles).
- Over 25 employees volunteered to walk the loop and work the booth. Wayne Mason from Butterball Farms walked the most laps, which totaled 25.
- Mr. Beurre, Butterball Farms' mascot, was there to greet everyone and did a great job raising money.

The SOURCE would like to thank all the volunteers that coordinated, attended and/or donated to the cause and congratulates everyone for their great efforts!

In this Issue:

- Computer Classes
- Bike Program
- Financial Management
- The Healthy Corner: Skin Cancer

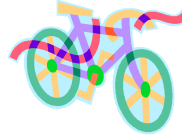
Bike Program

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



We are always looking for more bikes for the bike program. If you have unused bikes in road worthy condition, locks, and/or helmets bring them to The SOURCE or call us and we will come pick them up. We are also looking for individuals who are willing to donate their time to help with bike tune-ups, repairs, and general upkeep.

Catching on to Computers Level I and II

Don't Miss This Opportunity!

Learn your way around the computer with a Basic computer class. Learn how to navigate a computer, use Microsoft Word, and surf the Internet. 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. Both classes are FREE! Class size is limited, so sign up early.

Call The SOURCE today
to enroll at 452-5295.

Upcoming computer classes:

Level I

August 4th, 6th, 11th, 13th, 9-11 AM

September 8th, 10th, 15th, 17th, 3-5 PM

Level II

July 21st, 23rd, 28th, 9-11 AM

August 18th, 20th, 25th, 3-5 PM

September 22nd, 24th, 29th, 9-11 AM

Financial Management Classes

The Inner City Christian Federation is offering a great opportunity to develop and improve your skills in money management, budgeting, and long-term financial planning in these upcoming financial management classes.

Topics include:

- Mastering Money
- Banking Basics
- Spending Plans!
- Credit
- Debt Reduction
- Consumer Protection
- Long Term Planning
- Healthy Home

This course is free for employees of SOURCE member companies with a referral from a SOURCE caseworker. Classes are located at The Inner City Christian Federation. Classes will meet on:

Thursday Evenings - 07/23/2009 through 09/10/2009, 6:00 pm - 8:00 pm

Saturday Mornings - 07/11/2009 through 08/29/2009, 10:00 am - 12:00 pm

For more information,
call The SOURCE at 452-5295.

The Healthy Corner

10 Ways to Prevent Skin Cancer

1. Reduce Sun Exposure

- Especially between 11 am and 4 pm.

2. Shade your Skin

- Seek shade under trees, or create your own shade with a hat, shirt, or umbrella.
- Wear clothing to cover your arms and legs. Make sure the fabric has a tight weave.

3. Beware of clouds

- Up to 80% of the sun's rays can penetrate light clouds, mist and fog. You can still get a sunburn on a cloudy day.

4. Remember about Reflection

- Water, sand, snow and concrete can reflect up to 80% of the sun's damaging rays.

5. Stop on the Sunscreen

- Use sunscreens with an SPF of 15 or more that contain both UVA and UVB protection.

Apply sunscreen 15-30 minutes before going outside, and reapply every 2 hours (more often when playing, or swimming).

7. Wear sunglasses

- Wrap-around sunglasses with at least 99% UV absorption give the best protection to your eyes and the skin around your eyes.

8. Avoid tanning salons and sunlamps

- These lights emit mostly UVA radiation – up to 2 – 5 times as much as natural sunlight. UVA radiation causes sunburn, premature aging of the skin and skin cancer. The UVB radiation from tanning lights is the main cause of sunburn and skin cancer and also contributes to premature skin aging.

9. Protect Children

- The most harmful effects of sun exposure occur during early childhood. Keep babies under 1 year out of direct sunlight. Once infants turn 6 months of age, begin using a sunscreen for added protection.

10. Spot Check Your Moles

Examine your moles and freckles every month to check for any changes. See your health care provider immediately if you notice:

- any new growth
- a mole or discoloration that appears suddenly or begins to change
- a sore that does not heal

Source: American Cancer Society