

# The SOURCE

## 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.

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## Spanish Classes at The SOURCE

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

**Basic Spanish:** Tuesdays 5:30-7:30pm October 20<sup>th</sup> to December 8<sup>th</sup> (8 weeks)

**Intermediate Spanish:** Mondays 5:30-7:30pm October 19<sup>th</sup> to December 7<sup>th</sup> (8 weeks)

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.

### Registration for Classes

**Beginning September 7, 2009:** Registration will open only to SOURCE member company employees, Health Field Group employees, and their family members

**September 21, 2009:** Registration opens to the general public.

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

Payment for class is due at registration and will be accepted by cash or check only.

Payment may be dropped off in person between 8 a.m. and 5 p.m. or mailed to:

The SOURCE  
Attn: Spanish Classes  
1409 Buchanan Ave. SW  
Grand Rapids, MI 49507  
Please do not mail cash

Call The SOURCE for more information at 452-5295.



## Are you out of the Loop?

Make sure you and your kids are in the know this year with Grand Rapids Public Schools' FREE after school program, The LOOP.

The Loop is an after school program where children feel they belong and learning is fun, creative, interactive and safe. This program is

FREE to students in grades K-8 that attend one of the Grand Rapids Public School LOOP sites. The program offers tutoring, homework assistance, and an array of youth enrichment activities including recreation, field trips, arts, and cultural activities.



The program starts September 21, 2009. Registration packets are available in the main office at each school. For more information, call 819-2165

## The Healthy Corner

September is Prostate Cancer and Ovarian Cancer Awareness Month.

### Facts about Ovarian Cancer

1. Ovarian cancer occurs in one out of 57 women - regardless of age.
2. If diagnosed in its early stage, the chance of survival is 90%.
3. Ovarian cancer is the 4th leading killer among American women.
4. Unlike breast and cervical cancer, there's no reliable screening method for detecting ovarian cancer. (A PAP smear does not test for ovarian cancer.)
5. A pelvic examination should be performed every one to three years for women aged 18 to 39 and every year for women over the age of 40.
6. Ovarian tumors may grow to considerable size without producing any symptoms and are first detected upon examination of the pelvic organs.

### Facts about Prostate Cancer

1. One in every six men will get prostate cancer sometime in his life.
2. African American men are at increased risk for the disease: one in four men.
3. Prostate cancer is the second-leading cause of male cancer-related death in the United States.
4. There are no noticeable symptoms of prostate cancer while it is still in the early stages. This is why screening is so critical.
5. Every man age 50 or over should resolve to be screened annually. African American men or those with a family history of the disease should start annual screening at 40.
6. Screening for prostate cancer involves a simple blood test and a physical exam.

Awareness is just the first step to better ovarian and prostate health. The second is action. Do all you can to encourage the women and men in your life to take positive action by getting annual physicals and having regular screenings.

Source: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

## Did you know The SOURCE can help you with housing?

The SOURCE can help you find an affordable apartment or buy a house. The SOURCE can also help you if you're in foreclosure now or worried about foreclosure in the future. There are programs to help stop foreclosure regardless of your situation. We have information that can help. Don't wait! Call The SOURCE at **452-5295**.



## Upcoming Community Events

### Celebration on the Grand - Sept. 10-12

The annual festival features two stages with live music, food and fireworks stretching from Rosa PARKS circle on Monroe center to the Gerald R. Ford Museum. Free admission.

**Time:** 5:00 PM Sept. 10th to dusk on Sept. 12th

**Location:** Downtown Grand Rapids, Pearl St. NW & Monroe Ave NW, Grand Rapids, MI 49503

### Hispanic Festival 2008 - Sept. 11-13

The Hispanic Festival is hosted by the Hispanic Center of Western Michigan. It is a cultural event highlighting the music, art and food of Latin America. Enjoy live performances, food booths, beer tent and Mercado (marketplace).

**Time:** 12:00 PM to 12:00 AM

**Location:** Calder Plaza, 300 Ottawa Ave NW, Grand Rapids, MI 49503

### Garfield Park Arts & Crafts Fair - Sept. 12

The Fair provides fun for the whole family. In addition to fine art, there will also be music and entertainment for all to enjoy! Free admission.

**Time:** 9:00 AM to 4:00 PM

**Location:** Garfield Park, Burton St. SE & Madison Ave SE, Grand Rapids, MI