

# The SOURCE

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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.

SOURCE works with employees from

- American Seating
- Butterball Farms,
- Cascade Fresh Clearing Co.
- The Decc Co.
- Employment Group
- Grand Rapids Foam Technologies
- GR 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  
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)

## Spanish Classes at The SOURCE

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

Basic Spanish: 5:30-7:30pm Tuesdays, October 20 to December 8

Intermediate Spanish: 5:30-7:30pm Mondays, October 19 to December 7

Pre-enrollment is required. There is a \$40 fee for the class, which includes a book that students may keep. For more information on how to enroll, 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.

## Sign Up Now for Holiday Baskets & Toys

If you need holiday food or toy assistance this season, help is as close as your neighborhood food pantry.

For over 20 years, ACCESS (All Area Churches Emergency Support System) has helped members of the community during the holiday season by coordinating free holiday food baskets for Thanksgiving and Christmas. Applications will be accepted until November 13th for Thanksgiving, and November 30th for Christmas food baskets. You may only register for one basket.

Children age 15 and younger may receive a free holiday gift. Unlike previous years, the gift may not be given out at the same pantry as the food baskets.

To find out where to go to register and hours of operation, call 211 or the Holiday Hotline at 459-2625. Apply early! Holiday food baskets are awarded on a first come, first served basis. Be prepared to bring the following when you sign up:

- An ID for all of the children and adults in the home. Make sure that the ID for your children has a date of birth.

- Proof of income. You can use a copy of your pay stub, a Medicaid card, or a BRIDGE card.
- Proof of address such as a piece of mail or a bill addressed to you.

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# Did you know The SOURCE can help you with food resources?

Do you sometimes worry about having enough food for yourself and/or your family? Many people are finding it harder and harder to afford enough healthy food to get themselves through the month. The SOURCE can connect you with various food resources and assist you with applications (if necessary), including:

- 🦇 your local food pantry, a supplemental food pantry, or an emergency food pantry
- 🦇 discount food programs, such as Angel Food Ministries
- 🦇 free warm meals at various local organizations
- 🦇 food stamps or WIC
- 🦇 mobile food trucks
- 🦇 holiday meal programs for Thanksgiving or Christmas dinner
- 🦇 meal programs or pantries for Seniors
- 🦇 free or reduced lunches for school aged children

Do you have your own food needs covered, but find that you are falling behind on other bills? The SOURCE can talk with you about how using local food resources can help free up money in your budget to put toward other bills for which there are not typically resources available, such as gas for your car or medical bills.

## Upcoming Classes for You and Your Family

### Catching on to Computers Level I and II

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.

#### Upcoming computer classes:

##### Level I

November 3, 5, 10, & 12, 3-5 PM

##### Level II

November 17, 19, & 24, 9-11 AM

Call The SOURCE today to enroll at 452-5295.



### Dollar Sense

Do you want to worry less about money? Would you like to get out of debt? Do you want more for yourself and your family? Learn how to make the most of your money by enrolling in the next Dollar Sense course.

**When:** The next course will begin on Tuesday, November 3rd and run for 5 consecutive Tuesday evenings from 6:30 to 8:30 p.m.

**Cost:** Only \$5.00 for the entire course.

**Where:** MSU/Kent County Extension Office  
775 Ball Ave. NE, Grand Rapids, MI 49503

Call Dave Treul at 336-3212 for more information and to register for class.

### Introduction to Home Ownership

The Inner City Christian Federation is offering a 6 hour class that teaches participants how to prepare for home ownership, how to shop for a home, the advantages of home ownership, what to expect during the mortgage process, and low cost ways to get into home ownership. There is a \$5 cost associated with the class for members of the public, which must be paid in advance upon registration. This class is free for employees of SOURCE companies with a SOURCE referral.

#### Upcoming classes:

October 15 and 22, 6-9 PM

November 16 and 17, 9 AM to noon

December 3 and 10, 6-9 PM

Call 452-5295 for more information.

## THE HEALTHY CORNER

### OCTOBER IS BREAST CANCER AWARENESS MONTH

The American Cancer Society encourages women to follow simple screening guidelines and to learn how to reduce their chance of developing this potentially life threatening disease.

Although some of the risk factors linked to breast cancer are known, it's not yet known what all of the causes are. It could be that a woman of average risk for breast cancer may lower her risk somewhat by changing some risk factors. These risk factors include not smoking, not drinking alcohol, exercising regularly, eating nutritious foods and maintaining the proper body weight.

It is also important for women to follow the American Cancer Society's screening guidelines for finding breast cancer early.

**Mammogram:** Women age 40 and older should have a mammogram every year.

**Clinical breast exam:** Women in their 20's and 30's should have a clinical breast exam (CBE) as part of a regular exam by a health expert, preferably every three years. After age 40, women should have a CBE by a health expert every year.

**Breast self-exam (BSE):** BSE is an option for women starting in their 20's. Women should report any changes in how their breasts look or feel to their health professional right away.

**Women at high risk:** Women with a higher risk of breast cancer should talk with their doctor about the best approach for them.

The most important thing is to see your doctor right away if you notice any breast changes. Much of the time breast changes are not cancerous, but they still need to be evaluated by a health professional.

Source: American Cancer Society.