



**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 •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) • [info@grsource.org](mailto:info@grsource.org)

## Free Tax Preparation Brings In The Money!

For the 5th straight year, The SOURCE has been providing free income tax preparation to employees, their families, and the community. This year The SOURCE has offered the services of 15 certified volunteers and 2 coordinators, who as of February 29<sup>th</sup> have already prepared returns for 162 individuals and families. Our volunteers are specially trained to access all the credits a tax filer deserves. Likewise, tax returns are filed electronically so that refunds are received quickly.

*\$401,786.00 in total refunds have been given back to the community so far.*

*That's an average of \$2,480 per client!*

**Call The SOURCE today to make your appointment before time runs out!**

**452-5295**

## Courses That Work:

### **Financial Literacy Classes at The SOURCE**

Thanks to collaboration between The SOURCE and Flagstar Bank, two 12-week Financial Literacy courses are being offered at The SOURCE. These classes are free of charge and offer attractive incentives, including a 50% match on contributions to a personal development savings account and an attendance bonus incentive. The classes began February 28<sup>th</sup> and March 1<sup>st</sup> and focus on many aspects of banking, including savings and checking accounts, credit card management, loan procedures, consumer rights, and other topics.

As expected, there was much interest in the educational opportunity, resulting in the enrollment of employees and family members from 11 different SOURCE member companies including American Seating, Butterball Farms, Cascade Fresh Cleaning, DECC, Grand Rapids Foam Tech, Michigan Family Resources, Oliver Products, Pridgeon & Clay, Ridgeview Industries, Spectrum Industries, and Vi-Chem Corp., as well as several additional enrollments from the community.

**In this issue:** ♪ Camp Tall Turf ♪ Catching on to Computers ♪ The Healthy Corner: Preventing Diabetes

## CAMP TALL TURF 2008

Camp Tall Turf is an intentionally diverse Christian camp that was founded in 1969. Annually Tall Turf serves over 600 youth through summer camp sessions and year-round programming opportunities. Summer camp takes place on shores of Lake Campbell in Walkerville, MI, while school year programs take place in Grand Rapids. An income based sliding fee scale helps make Tall Turf affordable.

### Youth Camp: Ages 8-13

***Campers spend time with cabin mates and staff while eating, playing, going on a campout, praying, and learning new skills. Session 3 is staffed with doctors and nurses through a partnership with the Helen DeVos Children's Hospital to allow asthmatic youth to attend.***

Session 1: June 16-23

Session 2: June 26-July 3

Session 3: July 7-12 (Asthma Camp)

Session 4: July 15-22

Session 5: August 4-11

### Adventure Camp: Ages 14-17 - July 26-31

***This active session allows teens to make choices and participate in a variety of activities such as high ropes, tubing, canoeing/kayaking, volunteering, and a lake day to Ludington State Park. Evenings feature on-site group activities with guest speakers and worship leaders.***

All Camp registrations are residential (overnight, and carefully supervised 24 hours-a-day) at the Walkerville site location (70 miles N/NW of Grand Rapids). Free busing is provided from Grand Rapids.

**Call for registration forms today! (616) 459-7206**

## Upcoming Catching on to Computers Classes



- ✓ If you feel lost when it comes to computers...
- ✓ If you don't feel confident enough to create a letter or a résumé on the computer...
- ✓ If you use a computer at work, but you feel you need more practice...
- ✓ If surfing the Internet intimidates you...

**Then this basic computer class is for you!**

If you or your family member is interested in learning more about basic ways to navigate a computer, use Microsoft Word, and surf the Internet, call The SOURCE at 452-5295 to sign up for our basic computer class.

### Upcoming computer classes:

March 6th, 13th and 20<sup>th</sup> – 9-11am or 3-5pm

April 3<sup>rd</sup>, 10th and 17th – 9-11am or 3-5pm

May 1<sup>st</sup>, 8th and 15th – 9-11am or 3-5pm

### The Healthy Corner

### Preventing Diabetes – It Is Our Choice

The National Nurses' Health Study II has followed over 100,000 nurses in the US since 1989 and has analyzed many aspects of women's health over the past 20 years. One very interesting result has been the relationship found with diabetes risks, exercise, and inactive lifestyle. Major factors for Type II diabetes in women include:

- Obesity
- Inactive lifestyle
- High-calorie diet
- Older age (>55)
- Family history (genetics)

When we are diagnosed with Type II diabetes, we have already lost at least 50% of the function of our cells in our pancreas that provide us with insulin. In other words, pre-diabetes will exist for up to 10 years prior to the time diabetes is diagnosed. That includes years of already raised blood glucose levels as well as early damage done to our cardiovascular system before the diagnosis is ever made. That is why preventing it from ever happening, which can be done in many cases, is the most important aspect of diabetic care.

This study found that for every 2 hours per day of watching TV, diabetes risks were increased 14%, and that every 2 hours of sitting at work was associated with a 7% increase. In contrast, standing or walking around the home for 2 hours per day decreased diabetes risk by 12%, while briskly walking for one hour per day was associated with a 34% reduction in risk for diabetes!! In the same group of nurses it was also estimated that 43% of all new cases of diabetes would be prevented by viewing less than 10 hours per week of TV and adding 30 minutes a day of brisk walking.

So when we are speaking of improving women's health, including cardiovascular disease, diabetes, hypertension and strokes, daily moderate exercise and more physical activity daily is the best way we know.

This information is brought to you courtesy of Dr. Tom Peterson from "Preventing Diabetes – It Is Our Choice". Dr. Peterson is the Medical Director from Spectrum Health Healthier Communities and oversees The SOURCE Wellness Program.