



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](#)
- [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](#)

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

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Imperial CRS Joins The SOURCE's NW Group



IMPERIAL
Clinical Research Services, Inc.®

Employees from Imperial Clinical Research Services, Inc. have recently been able to enjoy the same opportunities and support through The SOURCE as the rest of the companies that make up the Northwest SOURCE consortium.

Located at 3100 Walkent Drive NW, this printing and distribution company produces documents and materials used in the clinical testing fields. Their client list includes large and small companies from around the world that rely on them to help reduce the total cost of data acquisition and speed their products to market.

We are thrilled to extend our services and support to Imperial employees and their families!

Bike Program

Many of the employees that we serve struggle with barriers to reliable transportation to and/or from work. Some employees struggle with transportation because they live outside the bounds of the public transportation system, while others cannot take public transportation due to work schedules that don't align with the bus schedules. Our Case Managers at The SOURCE have had to get creative to find a solution to these issues, and what has resulted is an effort to develop and maintain a bike program.

The goal of the program is to loan a bike to the employee to meet immediate transportation needs while our Case Managers work with the employee to find a better long-term solution. We have been lucky enough to receive some bicycle donations from generous members of the community, which have worked quite well for several of our employees. However, we are in need of additional donations to help us meet the transportation needs of additional employees. The SOURCE is looking for donations of the following goods and services:

- **Adult sized bicycles in decent working condition**
- **Adult sized bicycle helmets**
- **Bike Locks**
- **Repair items, such as tires and tubes, a tire pump, reflectors, etc.**
- **Funds to help pay for tune ups and repairs**
- **We are also looking for individuals who are willing to donate their time to help with bike tune-ups, repairs, and general upkeep**

If you have items to donate or would like to donate your time to the program, please contact Rachel at (616) 452-5295 or email rachel@grsource.org.

Relay for Life

Each year, across the nation, one event brings together entire communities to take part in the fight against cancer. 2008's Relay for Life of Grand Rapids took place on June 20 and 21 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:

- * Money raised by this group amounted to \$1578.28.
- * Over 150 laps were walked (almost 40 miles)
- * Over 30 employees volunteered
- * Sam Torre from Butterball Farms walked the most laps which totaled 19
- * Mr. Beurre, Butterball Farms' mascot, was there to greet everyone and did a great job raising money
- * We also had baked goods and bags of chips for sale
- * Games were offered at our booth, such as Color Us Wild, Hippo Hockey and Stuffed Animal Toss

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



Habitat for Humanity of Kent County Accepting Homeownership Applications

Habitat for Humanity of Kent County is looking for people ready to pursue homeownership, and will be accepting applications for homes that will be built throughout Grand Rapids and Sparta in 2009.

This organization builds an average of 25 homes per year, selecting applications 3 times per year. Habitat is for people who need a better place to live and who are willing and able to take on the responsibility of home ownership. The demand for Habitat homes is extensive, and consequently, applicants must demonstrate the ability and commitment to repay the interest-free mortgage. In addition, all Habitat homebuyers are required to invest 300-500 hours of sweat equity, depending on the size of the family, building Habitat homes, plus attending home ownership classes.

Financing Fundamentals

Habitat begins by offering accepted applicants zero percent financing on their home mortgage. The average price of a 2007 Habitat home is \$98,000 - \$106,000. An earnest payment of \$500 is required. Monthly payments (including taxes and insurance) on the 25-year, 0% interest mortgage are typically between \$500-\$525 for homes built in Grand Rapids. Homes built in other communities in Kent County may have higher tax rates and consequently higher monthly payments.

Advocacy

Habitat relies on thousands of volunteers and generous donors to continue building decent, affordable housing. Consequently, becoming a Habitat homeowner may involve some publicity. The homeowner is often the center of attention among volunteers. Habitat expects their cooperation and participation at groundbreaking, dedication services, media interviews, or whenever volunteers are working. At the same time, Habitat respects the homeowners' privacy and will secure permission for interviews prior to scheduling media appointments or accepting requests for speaking engagements.

If you are interested in applying...

1. Pick up an application information packet at the Habitat Office (539 New Ave. SW) or call to have one sent to you.
2. Return Registration Form to Habitat office by Monday, July 21, 2008.
3. Call Miriam if you have any questions at 774-2431, ext. 235



Call The SOURCE for assistance with completing the application or to discuss other housing options.

The Healthy Corner Omega-3 Fatty acids and Your Health

Omega-3 fatty acids have a well-earned reputation as one of the most important nutrients in the modern diet. There are three major types of omega-3 fatty acids that are ingested in foods and used by the body, known as: ALA, EPA, and DHA. Once eaten, the body converts ALA to EPA and DHA, the two types of omega-3 fatty acids more readily used by the body.

Most types of seafood, especially cold-water varieties like tuna, are rich sources of EPA and DHA. DHA serves a particularly essential role in the body as it is the primary structural component of brain tissue. ALA is found in seeds and oils, green leafy vegetables, and nuts and beans, but the human body must break it down into EPA and DHA to be usable.

The benefits of omega-3 fatty acids as a whole range from cardiac health to long-term memory retention to improved eye and skin health.

Research by the American Heart Association (AHA), has repeatedly recommended that people eat one to two servings of fish per week. Some studies have even shown that fish consumption at least once weekly reduces the likelihood of heart disease among older individuals by 44 percent.

Additionally, omega-3 fatty acids have long been touted for fighting depression and easing complications of other psychological disorders. Moreover, research also indicates that EPA and DHA are important in the growth and development of newborn and young children. Since the human body does not produce omega-3 fatty acids on its own, canned tuna, high in lean protein and low in saturated fat, is an easy and delicious way to add omega-3 to any diet.

Sources: www.omega-3info.com.