

# 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 and families 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

## Where is The SOURCE?

We are located at:

**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 • info@grsource.org

## Interactive Presentations Planned As Part Of The SOURCE Wellness Program

There will be several opportunities for training for those enrolled in The SOURCE Wellness Program. The table below illustrates when and where these classes take place. Look for flyers posted at work that tell you how to enroll in one or all of these classes. The topics include how to identify and treat stress, good nutrition choices and habits, and the benefits of exercise. Please see the postings at work or call The SOURCE for more information at 452-5295.

DATE	Progressive AE	Spectrum Industries	Pridgeon & Clay	The SOURCE
8/14	<b>Nutrition</b>	<b>Exercise</b>		<b>Stress</b>
8/21	<b>Nutrition</b>		<b>Stress</b>	<b>Exercise</b>
8/28	<b>Exercise</b>	<b>Stress</b>		<b>Nutrition</b>

## Basic Spanish Class to be offered at The SOURCE in September

The Spanish for Neighbors I is a basic Spanish language class that is designed for individuals who have little to no knowledge of the language. It will focus on basic vocabulary, sentence structure, and pronunciation.

*The dates and hours for the class are as follows:*

**Wednesdays 5.30--7.30pm,  
September 12--October 31 (8 weeks)**

*Location:*

**The SOURCE  
1409 Buchanan Ave SW  
Grand Rapids, MI 49507**

This class is primarily offered to SOURCE Member Company employees and registration for them will begin August 8. After August 22<sup>nd</sup> registration will open to members of the community. So it's important to register as soon as possible because, as you can imagine, it does fill up quickly.

The classes cost \$35, which includes a book that students keep.

Please call **452-5295** for more information.

## In This Issue...

- **Recreation Reaps Rewards**
- **Upcoming Events**
- **5 Ways to Save Energy**
- **The Healthy Corner**
- **Meet The Staff: April Faasen**

## Recreation Reaps Rewards

The Recreation Reaps Rewards programs provide FREE after school and evening recreation, enrichment, and life skills activities for youth and teens. The mission of the program is to promote, teach, and reward hard work and positive behavior through involvement in recreation, academics, physical fitness, community service, and special events.

Most programs begin on September 17, 2007 and are offered in the following schools and other neighborhood locations: Aberdeen, Alexander, Buchanan, Congress, East Leonard, Hall, Harrison, Shawnee Park, Sibley, Southeast Academic Center, Stocking, Southwest Community Campus elementary schools, Madison, Alger and Harrison middle schools, Creston Plaza, Baxter Community Center and the Paul I. Phillips Recreation Center.

Call 456-4091 for schedules or more information.

### Youth Activity Club

An after school program for youth in grades 1-6 that includes activities such as:

- Arts and crafts
- A daily snack
- Recreation, sports, physical fitness, and team games
- Life skills curriculum and educational games
- Special activities such as dance classes, field trips, and more

### Teen Activity Club

An evening program for teens ages 13-18 includes activities such as:

- Recreation, basketball, volleyball & fitness
- Arts and crafts
- Life skills curriculum
- Special events, dances, talent shows, field trips, and more

## Upcoming Events

### Grand Rapids' Children's Museum

#### *Building Our World*

Grab your tool belts and hard hats and head to the GRCM's construction site! Get ready for hands-on fun with the new and improved Building Our World exhibit open May 8 through September 3!

- \* Dig into more than 2,000 pounds of play gravel!
- \* Sort and stack hundreds of safe foam rocks!
- \* Test masonry skills by laying stones!
- \* Load and transport kid-sized wheelbarrows across the new construction bridge!
- \* Dress up in official gear and study blueprints!
- \* Play with shovels, flashlights and other fun tools!
- \* And so much more!

Phone: 616-235-4726

Regular admission is \$5 per person, Senior admission is \$4.25, AAA discount admission is \$4.50, Family Night is \$1 and Pals Members and children under 2 are free.

### Celebration on the Grand

The free annual festival features two stages of live music, food and fireworks stretching from Rosa Parks Circle on Monroe Center to the Gerald R. Ford Presidential Museum.

*Downtown Grand Rapids.*

*September 6th, 2007 -- 5:00 PM - 11:00 PM*

## Five Ways to Save Energy and keep your cool this summer:

- **Dial up.** Set the thermostat for your air conditioner at the highest comfortable setting. Raising the temperature just a couple degrees can cut your cooling costs by as much as five percent!
- **Install a programmable thermostat.** When leaving home for more than five hours, raise the thermostat five to ten degrees.
- **Go with the flow.**
  - Ceiling fan blades should rotate counter-clockwise to create a 'wind-chill' effect that will make you feel cooler.
  - Whether you use window air conditioners or central cooling systems, check filters at least once a month. Dirty filters cause air conditioners to work harder and use more energy. If you have central air conditioning, leave room doors and air registers open so the system can operate most effectively. (Remember, the opposite holds true if you are using window units. Room air conditioners are generally not designed to cool more than one room. Close doors leading to uncooled parts of your home for more efficient operation.)
- **Use shade to your advantage.** Close blinds, shades and draperies to keep the sun's heat out throughout the day. If you use window air conditioning units, position them on the shaded side of the house and away from direct sunlight.
- **Be a savvy shopper.** In the market for a new central or room air conditioner? The U.S. Dept. of Energy offers helpful information on properly sizing air conditioning units, as well as selecting and maintaining a cooling system that will best meet your needs.

## The Healthy Corner

## Nutrition Labels (Part 2)

Most of us don't bother looking at the nutrition labels of what we're about to eat. Some of us don't even want to know! However, Nutrition labels give you information about which **nutrients** are in the food.

Most nutrients are measured in **grams**; other information on the label is given in **percentages**.

It's important to know that these numbers are based on consuming 2,000 calories in a day, the amount that many school-age kids eat. Some people will need more or less depending on their needs.

A calorie is a unit of energy, a way of expressing how much energy you would get by eating a certain food.

In part 1 of our Nutrition Labels article we considered elements like Serving Size, Calories, Fat, Cholesterol and Sodium.

**Total Carbohydrates.** This number tells you how many carbohydrate grams are in one serving of food. Carbohydrates are your body's primary source of energy. This total is broken down into grams of sugar and grams of dietary fiber.

**Protein.** This number tells you how much protein you get from a single serving of the food. Your body needs protein to build and repair essential parts of the body, such as muscles, blood, and organs. Protein is often measured in grams.

**Vitamins and Minerals.** These list the amounts of vitamin A and vitamin C, two especially important vitamins, in a serving of the food. Each amount is given as a percent daily value. If a food provides 20% of the RDA for vitamin A, that one serving of food gives an adult one fifth of the vitamin A needed for the day.

**Calcium and Iron.** These list the percentages of, two especially important minerals, calcium and iron, which are in a serving of the food. Again, each amount is given as a percent daily value. If a food has 4% of iron, you're getting 4% of the iron you need for the whole day from that serving.

Now that you know a little more about food labels, you can read up on what you're eating and make a more educated decision!

*Info taken from: kidshealth.org*



## Meet the Staff: April Faasen, SW Caseworker

April Faasen joined The SOURCE staff this past spring as a caseworker for the Southwest companies job-sharing with Rachel. They assist employees on retention issues by providing counseling and offering referral services such as education, housing, transportation and childcare. April is a graduate of Calvin College and has been working in community outreach for the past four years. She has begun making monthly visits to the Southwest companies and looks forward to meeting with employees and providing resources. When she visits your company, stop by and see how April can help you and your family.