

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

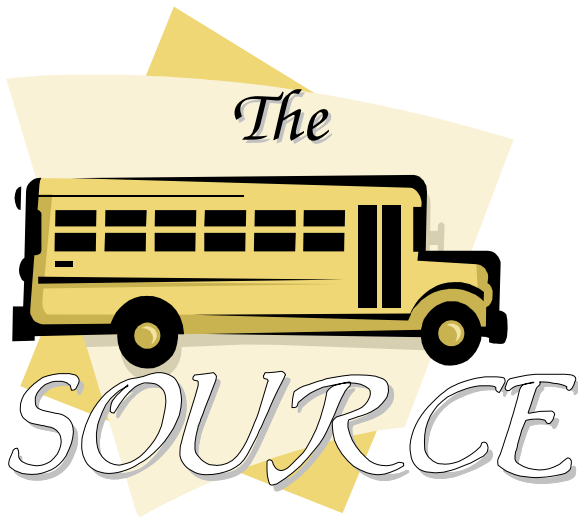
Where is The SOURCE?

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



THE SOURCE ACCEPTING BICYCLE DONATIONS!

Many employees face the dilemma of not having reliable transportation to get to and from work on a daily basis. Here at The SOURCE, we'll often provide help finding a dependable and consistent way of getting to work, perhaps through public transportation, carpool or even by hunting down an available bike.

Many times, a bicycle results in the best option. Not only does the employee benefit from the exercise sessions out of their trips, but they are also able to freely choose their schedule and route, making them more dependant on themselves rather than a schedule set by someone else.



For those reasons, The SOURCE is making a request for donated bikes; we are very grateful for bikes that are in *good working condition*. This would make it possible for employees that are struggling to keep their jobs and help solve their transportation setbacks.

If you or someone you know has a bike they would like to donate, don't hesitate to call The SOURCE at **452-5295** or come by and speak to one of our caseworkers for more information.

Youth Leadership Opportunity

Now entering its ninth year, the Mayor's Youth Council (MYC) has given 120 young people the opportunity to develop their leadership skills and be a voice to city government. Nearly two thousand youth have participated in MYC facilitated youth forums and other activities.

The Mayor's Youth Council is organized to:

- Actively involve youth on policy issues affecting them
- Broaden the scope of youth leadership in city affairs
- Promote experiential learning on the functions of city government
- Develop healthy citizenry habits for the future of the community
- Promote public awareness of the strengths and abilities of youth

Grand Rapids residents in the 9th-12th grades can apply by Friday, September 21, 2007 by downloading an application from www.grcity.us/ocyf or by contacting Shannon L. Harris - Program Coordinator at 616-456-3558.

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Back to School: TRAVELING TO AND FROM SCHOOL

It's time for thousands of children to return to another school year. Be it by bus, car, bike or walking, you can never be too safe when traveling to school. The following health and safety tips are from the American Academy of Pediatrics (AAP). Review the basic rules with your youngster:

School Bus

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing.
- Make sure to always remain in clear view of the bus driver.



Car

- All passengers should wear a seat belt and/or an age- and size-appropriate car safety seat or booster seat.
- All children under 13 years of age should ride in the rear seat of vehicles.
- Remember that many crashes occur while novice teen drivers are going to and from school. You may want to limit the number of teen passengers to prevent driver distraction. Do not allow your teen to drive while eating, drinking, or talking on a cell phone.

Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility.



Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.

Upcoming Events

Hispanic Festival – Sept. 7-9

The Hispanic Festival is a non-stop fun and exciting way for everyone to share in the diverse Hispanic heritage. Free admission.

Festival Highlights Include:

*Numerous food booths boasting traditional cuisine from Mexico, Puerto Rico, Colombia, the Caribbean and Central/South American countries

* A retail Mercado (Marketplace) with vendors and artisans from Latin, Central and South America

* An expanded Community Area which includes visits from Dora the Explorer (Sat. 12-6 p.m., Sun. 12-5 p.m.), Ronald McDonald, and Crash from the West Michigan Whitecaps. This area will also include a voter registration booth, artist exhibitions, martial arts instruction, goodies from local businesses and agencies, arts and crafts and much more

* And lots of entertainment for everyone!

Time: 11:30 AM - 11:30 PM

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

Celebration on the Grand – Sept. 6-8

The 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. Free admission.

Time: 5:00 p.m. - 10:30 p.m.

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

Garfield Park Arts & Crafts – Sept. 8th

The fair features a wide variety of handmade arts and crafts, fine arts, food booths and a children's play area.

Time: 9:00 AM - 04:00 PM

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

Eastown Street Fair – Sept. 22nd

A party for all ages with musical entertainment by local bands, hands-on children's activities, art booths, and great food. This year's event will feature diverse musical offerings on two stages ranging from hip-hop to jazz, rhythm and blues to rock. A complete schedule will be published soon. Families will want to check out the expanded children's activities in the designated children's area. More details will be posted as plans are finalized. Free event on Wealthy Street in the heart of Eastown.

Time: 9:00 AM - 10:00 PM

Location: Eastown, Wealthy Street,
Grand Rapids, MI 49506

The Healthy Corner

Identifying Stroke Symptoms

Often, stroke isn't treated as an emergency. The problem is, one in three Americans can't identify any of the symptoms. That can lead to dangerous delays in getting care. Use this "F.A.S.T." action plan originated by *Reader's Digest* magazine to tell if someone may be having a stroke. You could save a life.

Face. Ask the person to smile. A stroke can cause one side of the face to droop. Abrupt dimming of vision or a sudden, severe headache with no known cause are also warning signs.

Arms. Ask the person to raise both arms. If one arm drifts downward, that could signal a stroke, which can trigger weakness, numbness or paralysis of an arm or leg, particularly on one side of the body. Sufferers may also have unexplained loss of balance, or a sudden fall.

Speech. Ask the person to repeat a simple sentence. Stroke victims may slur their words, have trouble speaking or understanding speech, or not be able to talk at all.

Time. If the person has any of these symptoms, call 911. Stroke is a life-or-death emergency in which every minute counts. To have any hope of reversing the effects, a patient must get TPA (a genetically engineered blood clot dissolver for preventing permanent heart damage) within three hours, or the Merci Retriever procedure within eight hours (a medical device used to remove blood clots from the brain in patients experiencing a stroke).

For more information, call 1-800-STROKES or visit The National Stroke Association at stroke.org.

Info taken from:
readersdigest.com