



THE SOURCE

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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

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HOLIDAY BASKETS & TOYS

If you and your family are in need of holiday food or toy assistance, sign up today!

Every year, ACCESS (All-County Churches Emergency Support System) teams up with The Salvation Army and Toys for Tots to provide holiday food baskets and toys for Grand Rapids families in need. Families who are interested in receiving a holiday food basket this Thanksgiving or Christmas need to pre-register **today!** Applications will be accepted starting October 1st and will be available until November 9th for Thanksgiving and until November 30th for Christmas. However, once capacity is reached for food baskets, applications will no longer be accepted.

Applications are available at your local food pantry. Don't forget that food pantry schedules can vary, so please call or check in with your local pantry to get specific times and dates. You may call 2-1-1 or the Holiday Hotline at 459-2625 for more information and contact number for your local pantry. Consideration will be given to families that are able to show a need for assistance.

Please be prepared to bring as many forms of identification as possible, including:

- ◆ Personal identification, such as social security card, Michigan Id and/or driver's license
- ◆ Proof of current address
- ◆ A current declaration of benefits letter for food stamps, Medicaid, and/or SSI benefits
- ◆ Names and birthdates of all children in the household, this can be proven with social security cards, school report cards and birth certificates
- ◆ Proof of income, such as tax forms and/or pay stubs

If you would like to know more about the registration process, the location of your local food pantry, or have any questions about the program, please call the Holiday Hotline @ 459-2625

ESL CLASS SCHEDULED AT THE SOURCE

Many will recall that last May and June The SOURCE offered a beginner and intermediate ESL class to member company employees. The success of that pilot class has lead to another round of classes, this time with a capacity of 60 students and lasting up to 24 weeks!

The ESL program will consist of three 20-student classes classified by Beginner or Intermediate and, starting the second week of October, will be held Tuesdays thru Fridays.

If any person employed by any of the SOURCE Member Companies is interested in taking this class, please contact your HR Department or call The SOURCE at 452-5295.

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The SOURCE Wellness Program Turns 1!

The SOURCE Wellness Program was launched in five companies in June of 2006 with more joining later. We have truly seen and *felt* the results!

The Wellness Program consists of four goals – Weight Reduction, Blood Pressure control, a habit of continuous Exercise, and the elimination of Tobacco use. Each one of these goals, when achieved, is corresponded with a money bonus payout every three months, although the health benefits truly surpass any bonus.

Those enrolled also meet quarterly with a Health Coach. This is to identify and establish goals and provide individual attention to any and all wellness concerns. Many have lost weight by developing a weekly exercise routine and by making an effort to eat healthier. Others have taken the necessary steps to quit smoking.

The program has also offered educational health presentations focusing on Stress, Nutrition and Exercise.

The SOURCE will continually provide helpful information concerning the Wellness Program and in the coming months we will report out aggregate statistics for year one.

Bikes & Locks

Last month we requested bikes in good working condition as a donation to help with employees' transportation needs.

The SOURCE would also appreciate any locks that could be used for the bikes.

Whether it's a bicycle or a lock, any donation will be accepted.

Please call The SOURCE at **452-5295** for more information.

Winter Hats and Scarves at The SOURCE

Do you remember words like "below zero" and "wind chill"? The winter season is about to arrive and many of us are already pulling out the coats and sweaters from the closet.

Don't let the winter chills creep up on you this season! Thanks to a donation made by a SOURCE supporter, an assortment of hand-made hats and scarves will be available here at The SOURCE. Each family member present may choose from one children or adult size set!

These will be available while supplies last.

Call us at **452-5295** for details.

The Healthy Corner

Childhood Obesity A Tougher Battle Than We Ever Thought

Most of us are well aware of the ever increasing epidemic we face with overweight children, one that shows no sign of slowing down in the near future. The prevalence of overweight or obese children in the US has tripled in the past 3 decades. The majority of overweight teenagers go on to become overweight adults, which will result in more and more cases of high blood pressure and diabetes in the next generation. The previous approach specialists in health care tended to start with, to attempt to correct this multi faceted problem, was through better education of our children. Many, however, have had to admit that education is not the solution.

In July of this year it was reported that the approximately \$1 billion our federal government commits annually to nutritional education for our children is not working. A presented survey by the Associated Press of multiple research studies showed that these nutrition education programs virtually never change the way the kids eat, and make no dent in the obesity problem. The real issue is that it is going to take some very serious changes in not just our social norms, but also in our industries that profit from children consuming excessive calories.

The childhood obesity issue is not only a very serious problem, but also a very complicated one. Even with all the expertise in America, we still do not know exactly what will work. The family influence, high cost of staying healthy, and never ending sedentary promoting technology all have significant influences also. While it is a big problem, with the little we know today it is even a bigger problem to correct.

This information is brought to you courtesy of Dr. Tom Peterson from "*Childhood Obesity – A Tougher Battle Than We Ever Thought*".

Dr. Peterson is the Medical Director from Spectrum Health Healthier Communities and oversees The SOURCE Wellness Program.