

The SOURCE



Volume 5, Issue 11

November 2008

SIGN UP NOW FOR HOLIDAY BASKETS & TOYS

Have you heard? ACCESS (All-County Churches Emergency Support System) has teamed up with Toys for Tots and the Salvation Army again this year to bring holiday meals and gifts to families in need. Help is as close as your neighborhood food pantry. When capacity is reached for food baskets, applications will no longer be accepted. **You must sign up as soon as possible!**

Applications will be accepted until November 14th for a Thanksgiving basket and until November 26th for a Christmas basket, but availability may run

out sooner. You may only register for one basket.

You can register for a holiday food basket at your local food pantry. To find the location and hours of your local pantry, call the Holiday Hotline at 459-2625.

When you sign up for a holiday food basket, your family is entitled to participate in Toys for Tots as well. Children ages 15 and younger may receive a free holiday gift if their family is pre-registered for the program. Just let the volunteer know that you would like to participate! Apply early! Holiday food bas-

kets are awarded on a first come, first served basis.

Be prepared to bring the following when you sign up:

- An ID for all of the children and adults in the home. Make sure that the ID for your children has a date of birth.
- Proof of income. You can use a copy of your pay stub, a Medicaid card, or a BRIDGE card.
- Proof of address such as a piece of mail or a bill addressed to you.



ENJOY A FREE THANKSGIVING DINNER



You are invited to:

The 13th Annual Thanksgiving Banquet

There will be great food, great music, and great fellowship!

When: Thursday, November 27th (Thanksgiving Day), festivities begin at 11:30 a.m.

Where: The Grand Ballroom, DeVos Place, 303 Monroe NW

Who: Everyone! There are no income or eligibility guidelines.

Bring the whole family!

Cost: FREE!

*Free rides are available. Call 682-4663.

Compliments of:

MEL TROTTER
MINISTRIES

DONATIONS NEEDED FOR THE SOURCE MITTEN TREE

The SOURCE will be hosting a mitten tree again this year to help child and adult clients of The SOURCE stay warm this winter. We are asking for donations of mittens, hats, and scarves. Donated items may be newly purchased or gently used. You may also give a cash donation and The SOURCE will purchase needed items. All cash donations are tax deductible. Please drop off your donations at the front desk of The SOURCE. The Mitten Tree will provide much needed protection from the chill starting in mid-December. Help us give the gift of warmth this season!



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

In this Issue

- Upcoming Computer Classes
- Prevent Financial Worry

TIME IS RUNNING OUT! SIGN UP FOR COMPUTER CLASSES

Don't Miss This Opportunity!

Learn your way around the computer with a Basic computer class. Learn how to navigate a computer, use Microsoft Word, and surf the Internet. It is free! It is fun! It is easy! Class size is limited, so sign up early.

Call The SOURCE today
to enroll at 452-5295.



Upcoming computer classes:

November 6th, 13th, and 20th
9-11 am or 3-5 pm

November 5th, 12th, and 19th
5:30-7:30 pm

December 4th, 11th, and 18th
9-11 am or 3-5 pm

Healthy Corner



Healthy Holiday Eating Tips for Thanksgiving

Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can be healthy after the Thanksgiving dinner without having to deprive yourself.

PREVENT FINANCIAL WORRY OF THE HOLIDAYS

It's been called "the most wonderful time of the year." Family gatherings. Festive parties. Traditional meals. Gift giving. And the arrival of the season's most unwelcome visitor: DEBT. To eliminate and prevent debt follow these tips:

- **Create a spending plan.** Before you begin shopping, start by reviewing your current financial situation and determine how much you can afford to spend on each item.
- **Make a list and check it twice.** Create a holiday gift list for those you are purchasing for, and take it with you when you go holiday shopping. Stick to the list!
- **Avoid overspending.** Take a pre-determined amount of money with you and leave the credit cards at home.
- **Shop smart.** Plan your trips to the store wisely by avoiding peak shopping times, and refraining from bringing young children with you.

- **Just say no.** It can be very tempting to accept a new credit card from department stores that usually comes with an instant discount when you apply for it at the time of purchase. You may think you are saving money up front, but be aware that department store cards usually carry higher-than-normal interest rates. Also, remember that your credit score can be affected when you apply for several cards at the same time.
- **Ask for gift boxes** and tissue paper whenever you buy something, and take advantage of free gift-wrapping services.
- **Search for an alternative.** Homemade gifts such as baked goods, family photographs, or creative artwork can convey just as much generosity as an expensive gift. Gifts of time for babysitting, house cleaning, or volunteering at a homeless shelter can also be very meaningful.

- **Shhh...it's a secret.** Large families or a big circle of friends can participate in a Secret Santa gift exchange rather than purchase gifts for individuals.
- **Find a Santa's Helper:** If you find yourself struggling to maintain your budget, trying to stay out of debt and still enjoy the gift of giving, get some help to manage your spending habits. Meet with one of our caseworkers at The SOURCE for some advice. We can help alleviate the financial pressure of the season.

The information was obtained in part from clearpointfinancialsolutions.org



- **Don't go to the Thanksgiving dinner hungry:** Eat a wholesome breakfast and lunch to avoid overeating at dinner time.
- **Thanksgiving dinner is not an all-you-can-eat buffet:** Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.
- **Turkey - go skinless:** choose your 4-oz turkey portion skinless to slash away some fat and cholesterol.
- **Side Dishes - watch your portion size:** go for smaller portions. This way you can sample all the different foods. Moderation is always the key.
- **Make a conscious choice to limit high fat items:** high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal.
- **Drink plenty of water:** alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

Source: www.healthcastle.com