

THE SOURCE

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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 Autocoat
- American Seating Co.
- Butterball Farms, Inc.
- Cascade Engineering
- Cascade Fresh Cleaning Co.
- Covenant Village of the Great Lakes
- Decc Co.
- Grand Rapids Foam Technologies
- Pridgeon & Clay
- Proos Manufacturing Inc.
- Richwood Industries
- Spectrum Health, Environmental Services and Nutrition Services
- Spectrum Industries
- Vi-Chem Corp.
- WMCAT
- Wolverine Coil Spring

Please call us at 616.452.5295 for more information or feel free to stop by the office at any time. Our office is open 7:30am to 4:30pm Monday through Friday, but special arrangements may be made for after hour appointments to best meet your needs.

April is National Stress Awareness Month!

Extreme stress affects 1 in 5 Americans nationwide and can often result in an increase chance of depression, heart disease and stroke. There are several things that individuals can do to prevent stress from affecting their health and their daily lives.

1. Make a decision to get and/or stay healthy: Whether it is through diet, exercise, or simply getting that checkup you've been putting off, let April be the month you put yourself back in control
2. Make a change: Clearing the clutter off your desk, cleaning up an area of the house or going out of town, the important thing is that you do something different.
3. Focus on now: Most folks live their entire lives in yesterday or tomorrow. In truth, however, there is only Now.
4. Talk to yourself: Sometimes a good pep talk is all that is needed to keep stress at bay.
5. Get the giggles: Watch a funny show or video, tell a funny joke, or go to a card shop and read funny cards. Whatever it takes, give yourself time for laughter each and every day.
6. Meditate: A still mind is a stress-free mind, so take a deep breath, quiet your thoughts and let the stress melt away.
7. Keep a happiness journal: For the next 30 days, spend a few minutes reflecting on the day and list things about the day that made you happy.
8. Put a positive spin: No matter what challenge you may be facing, do your best to think about it positively.
9. Help someone else: Putting your focus on others takes the focus off your own challenges leading to less rumination and stress.
10. Reach out for help: if you feel you are unable to manage your stress at a healthy level, ask for assistance. The SOURCE can help you with resources to manage stress. Make an appointment at 616.452.5295 to speak with a caseworker.

Grand Rapids Children's Museum Joins Museums for All

The Grand Rapids Children's Museum will now offer a programs for low-income families to visit the Grand Rapids Children's Museum, located at 11 Sheldon Ave NE, and present their EBT card and photo ID to qualify for a reduced rate of \$1.75 per person for up to four guests. Contact The SOURCE for more information!

Free Community Events

Grand Rapids Latin American Film Festival

When: Friday, March 31– April 2, times vary

Where: Wealthy Theatre, 1130 Wealthy St. SE Grand Rapids, 49503.

What: The event is free to the public and all films will be presented with English subtitles.

Super Hero Activity Day

When: Saturday, April 1, at 10am-1pm

Where: 3 Mile Project, 3050 Walkent Dr NW SE, Grand Rapids, 49503

What: Arts and crafts, video games stations, athletic courts, pool and foose ball tables, movies, a magician, face painting, music and dancing, and a bounce house. Guests will also receive free pancakes from 10 am to 12 pm.

Drive-in Movie

When: Wednesday, April 5 at 1-3:30pm

Where: Grand Rapids Public Library, 111 Library St NE Grand Rapids, MI 49503

What: Join us for a drive-in movie right inside the library! Kids can create their own cardboard car, then hop in and enjoy a movie on the big screen. Bring blankets and pillows if you want to snuggle in your "car". Popcorn and refreshments provided.

Art.Downtown. 2017

When: Saturday, April 8 at 12-9pm

Where: Grand Rapids Public Library, 111 Library St NE, Grand Rapids, 49503

What: Artists and musicians exhibiting and performing at a variety of unexpected locations from U-haul trailers, the art museum, parking lots and private studios. Grand Rapids Trolley will provide free transportation to all the major areas of Art.Downtown.

HUGE Indoor Garage Sale

When: Saturday, April 22 at 9am-4pm

Where: HSB Inc., 5625 Burlingame Ave SW, Wyoming 49509.

What: Sell unwanted items or browse vender tables. The sale boasts FREE parking, FREE admission, and delicious concessions for shoppers and sellers.

Play, Learn, Explore! Early Childhood Fair

When: Saturday, April 29, at 9am-1pm

Where: 1655 East Beltline NE, Grand Rapids, 49525.

What: This FREE event includes fun activities for families and children as well as access to many valuable programs, resources, and organizations.

Board of Directors

The SOURCE's Governing Board of Directors is comprised of leaders from our partner companies.

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Contact Information

Mindy Ysasi
Executive Director
mindy@grsource.org

Erika Gonzalez
Director of Operations
erika@grsource.org

Joyce Lewis Rohrer
Director of Development
joyce@grsource.org

Angela King
Case Manager
angela@grsource.org

Samantha Klaskow
Career Navigator
sam@grsource.org

Carola Carassa
Office Manager
info@grsource.org

1409 Buchanan Ave SW
Grand Rapids, MI 49507
616.452.5295
www.grsource.org