

# THE SOURCE

Volume 7, Issue 2

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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.

## FREE Tax Preparation

Appointments are now being scheduled on Mondays 6-9pm, Fridays 9am-5pm and Saturdays 9am—noon.

To qualify for free tax preparation at The SOURCE, you must meet the following income guidelines:

- Single individuals and families with no children that earn less than \$34,000
- Families with one or more children that earn less than \$54,000

The SOURCE **does not** accept walk-ins for tax appointments. Please call in advance to schedule an appointment and to review what you will need to bring with you to make your appointment successful.



**To schedule an appointment or for more information, please call The SOURCE at 616.452.5295.**

## Make Healthy Choices Easier!

By February, some people have forgotten about their New Year's resolutions. If your resolution included eating healthier or saving money, here are some health habits that you can start practicing that can help you accomplish both:

- Creating a meal plan allows you to stay organized and avoid eating out. You can also plan meals that use the same ingredients, which can make for faster meal prep.
- Premeasuring pasta and rice so recipes come together quickly, is also a great trick. Family members can also help place items in containers or plastic storage bags.
- Purchasing "Family Size" packages of poultry or meats can save you money. You can divide large quantities and use for multiple meals. Or, you can prepare enough food to last in the fridge for the whole week.

These steps, along with having a plan at the grocery store can help you and your family make healthier choices, save time and save money!

For more information on food resources or healthy lifestyle programs, call a caseworker at The SOURCE, 616.452.5295.

## FREE Community Events

### Kent Conversation District Showcase

**Where:** Grand Rapids, Township Hall, 1836 E. Beltline Ave NE, Grand Rapids, MI 49525

**When:** Thursday, February 9 at 5:30-7:30pm

**What:** Enjoy a delicious complimentary meal, conservation updates and a 45-minute program, titled "What is the District doing for You and Kent County?"

### Exalta Health: Free Dental Day!

**Where:** 2060 Division Ave S, Grand Rapids MI 49507

**When:** Friday, February 10 8am-12:30pm

**What:** First come, First served! Serving ages 13 and up. Call 616.475.8446 with any questions.

### Rail Jam Ski & Snowboard Competition

**Where:** Ah-Nab-Awen Park, 220 Front Ave NW, Grand Rapids, MI 49504

**When:** Saturday, February 11, 2017, 12-8:00pm

**What:** Event activities include: open riding ski and snowboard rail jam, intermediate competition, and advanced rider competition for the Cup, live ice-carving demonstration, food trucks, warming tent, sledding (bring your own sled or borrow one from us), games, photo booths, ski-extreme, and partner booths.

## Break A Sweat, Not Your Budget!

Deciding on a good gym can be difficult. There are a lot of things to consider: price, availability, location, programs offered, daycare options, etc. You do not have to make this health investment alone! At The SOURCE, we can assess your needs and wants, check out community classes that fit your schedule, and see if you and your family are eligible for income based fees. If your New Year's resolution included joining a gym or breaking a sweat, call a caseworker at The SOURCE to discuss options at 616.452.5295.

## February is National Children's Dental Health Month!

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Brushing twice a day, for two minutes each time and changing out toothbrushes every 3 months are good habits to implement early. To access free online resources that can help you with teaching children about good oral health, visit ADA.org. A SOURCE caseworker can also help find local resources for you and your family for any dental need. Call 616.452.5295 to schedule an appointment in the month of February!

### Board of Directors

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

### Executive Committee

Linda Grund, Chair  
*Cascade Engineering*

Bonnie Mroczek, Vice Chair  
*Butterball Farms*

Gina Triick, Treasurer  
*Spectrum Industries*

Shannon Hoyt, Secretary  
*The DECC Co.*

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