



Leveraging Resources, Creating Opportunities, Keeping Promises

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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
Butterball Farms, Inc.
Byrne Electrical
Cascade Engineering
Cascade Fresh Cleaning Co.
Comfort Research
Covenant Village of the Great Lakes
Decc Co.
Grand Rapids Foam Technologies
Herman Miller Inc.
Lumbermen's Inc.
Proos Manufacturing Inc.
Richwood Industries
Samaritas
Spectrum Health,
Environmental Services & Nutrition Services
Spectrum Industries
The Gluten Free Bar
WMCAT
Wolverine Coil Spring
Zeeland Lumber & Supply

Our office is open 8:00 am to 4:30 pm Monday through Friday, but special arrangements may be made for after hour appointments to best meet your needs. Please call us at 616.452.5295 for more

The SOURCE welcomes two new member companies!

BYRNE™

We're excited to welcome Byrne as a new member company here at The SOURCE. Founded nearly fifty years ago, Byrne is based in Rockford and has been a power leader in our community for quite a while. Their curious, hard-working teams deliver a wide range of innovative solutions to help us all be our most powerful, every day. At work or at home. Indoors or out. Technology is a very big deal—and when phones are charged and laptops plug right in, life is just better. From great thinking to great products, Byrne is one of the most respected names in power out there, and we're delighted to extend our services to this special group of employees and their families.



We are excited to welcome a new member company Samaritas. Samaritas has been sending ripples of positive change across Michigan since 1934. Samaritas Senior Living offers retirement living for seniors with five communities in Michigan. The organization provides assisted living, memory care, along with skilled nursing, short-term rehabilitation options or home care services. "We connect people with families and communities, empower them to live their fullest life possible, and create a ripple effect of transformation." The SOURCE extends a big welcome and looks forward to working closely in partnership with Samaritas and their employees.

information or feel free to stop by the office at any time.

Featured stories

An employee contacted the info email at The SOURCE because they needed help filing two different PPOs. The employee did not know how to go about filing and was stressed by the process. The resource navigator found and printed the different forms and met with the employee at their workplace to complete them. The resource navigator explained the next steps to the employee and talked them through the filing process. The employee submitted the forms but only one got approved. The employee and resource navigator made a plan for what the employee would do if contacted by either person. The resource navigator continues to check in on the employee and gets regular updates at site visits.

Free Dental Day Friday, February 8th!

Exalta Health will be offering a FREE dental day. It's on a first come, first served basis regardless of insurance coverage or financial status. Exalta Health provides Free Dental Days three times per year serving 30-50 people each time. No appointments are necessary. The Health Clinic will open doors to patients from 7:30 am to 12:30 pm on Friday, February 8th. Address is 2060 Division Ave, Grand Rapids, MI 49507.



For more information about Free Dental Day, or the dental and medical services available at Exalta Health, call **616-475-8446**.

Free Fitness Classes!

The Y's Healthy Living Hubs offer Free group fitness classes led by Y-Certified Instructors that are open to all fitness levels!

Basketball: Drop-in program for youth and adults looking for an indoor pickup game. Located at Baxter Community Center on Thursday for youth at 5:30 pm and adults at 7:00 pm.

Bootcamp: Provides a variety of high-intensity interval circuits uses weights and resistance bands to target all major muscle groups to burn calories and strengthen the entire body. Located at New City Fellowship on Tuesday at 6:00 pm and Saturday at 11:00 am.

Site & Be Fit: Work all muscles and joints safely, as well as work on balance, muscle reflex, and flexibility. This class is designed for those who need a little extra stability in their workout. Located at UCOM on Wednesday at 11:30 am.

Kickboxing: A combined element of boxing, martial arts, and cardio movements for high-energy class that will provide fat burning and strengthening. Located at Cook Art Center on Thursday at 6:00 pm.

Yoga: Helps to reduce stress, strengthen the body, relax the mind, and

Board of Directors

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

Executive Committee

Bonnie Mroczek, Chair
Butterball Farms

Lisa Gavranovic, Vice Chair
Zeeland Lumber & Supply

Gina Triick, Treasurer
Spectrum Industries

Shannon Hoyt, Secretary
The DECC Co.

Diane Peacock, Executive
Committee Member
Wolverine Coil Spring

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increase flexibility. Located at North Kent Connect on Tuesday at 4:30 pm and at North Kent Connect in Campau Commons on Wednesday at 5:30 pm.

Free Tax Preparation

Appointments can be scheduled for Wednesdays and Fridays 6-9 pm, and Fridays and Saturdays 9 am—noon. To qualify for free tax preparation at The SOURCE, you must meet the following income guidelines:

- Single individuals with no children that earn less than \$27,000
- Families with more than 1 person in the home that earn less than \$57,000

The SOURCE **does not** accept walk-ins for tax appointments. Please call in advance to schedule an appointment. When you call we review what you 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.

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