



SPECIAL POINTS OF INTEREST:

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- Connections Counselling
- Nutrition Tip
- ClikFIX

NEWSLETTER Summer 2009

Stampede Breakfast, July 9th

You are invited to the Stampede Tenant Breakfast on July 9th in the Livingston Place Plaza from 7am to 10am.

We are pleased to present another "Zero Waste" breakfast this year. There will be three composting stations set up throughout the Plaza where you will be able to discard your waste. All materials that the breakfast is served on will be compostable including the forks, knives, plates, and cups. Even the stir sticks are compostable!

This year we have partnered up with Clean Calgary, who will also be attending the breakfast. If you bring a

travel mug or reusable cup, the Clean Calgary staff will reward your green behavior with a free gift.



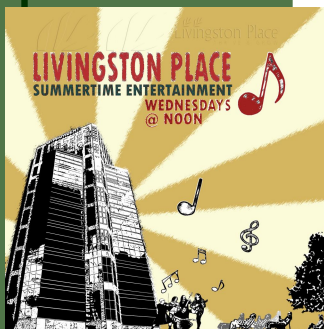
Don't miss out on the greatest Plaza show on Earth!

Bentall will once again be sponsoring Connections Counselling & Consulting Foundation and have provided them with space on the Plaza to set up an information

booth. They will be selling 50/50 tickets and will have a duck pond game set up with a chance to win a Sony Playstation III. Test your luck with two chances to win a prize for only \$5.00!!

For entertainment, there will be a band with roving musicians, a Guns of the Wild West show, dancing, a juggler, a musician, and even a caricature artist ready to draw your picture! This will definitely be the best "Plaza show" on Earth!

Remember to bring your building access card to the Breakfast, as you will need it to gain entry.



Summer Time Entertainment

Don't forget that every Wednesday at noon there will be free entertainment on the stage in the Plaza. Here is a preview of the July lineup:

- 8th, Shane Chisholm
- 15th, Karen Lee Batten
- 22nd, Chris Garrin & the Graveyard Gang
- 29th, "Africa Day" special performer

Take advantage of the beautiful days and head out there to see some wonderful sights and sounds. Belgo will be set up on the Plaza selling boxed lunches during the month of July. Check-out www.belgo.ca for information on their menu items.



Wellness Tip



Drink tea or coffee to get your blood flowing!

"If you have health, you

probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it's not all you want."

—Elbert Hubbard

Lets reduce the usage of water in Calgary and use a rain barrel!



Do you wonder why most people feel better in the summer than during most of the year? Healthy activities are the answer!

Eating fresh food, regular exercise, vacations, up and out of the office chair and fresh air can be summed up as living a healthy lifestyle.

At the Centre for Chiropractic Care, we believe that this healthy living starts from within you. Your innate intelligence tells you that to be healthy and well is a year-round effort,

which starts with consistently caring for your entire mind, body and soul.

Chiropractic care helps to restore and nurture your health naturally by correcting posture, alignment and function. So this summer live out those great moments of exhilarating health and wellness. Challenge yourself to extend those great feelings throughout the year with a healthier lifestyle.

-Dr. Alan Chong, Director Centre for Chiropractic

Care and Massage, Main floor, BP Centre. For questions or a consultation please call us at (403) 237-5200.

At Centre for Chiropractic Care, find out more about **Live Fresh!** at

www.centreforchiropractic.ca



Why Use a Rainbarrel?

"Rain barrels are used to catch water flowing from your eaves trough. Using this water instead of tap water is an easy and economical way to help you maintain a healthy yard.

A considerable portion of the City of Calgary's total electricity bill is spent on water treatment. Using a rain barrel means that less water needs to be treated, cutting down on water waste and reducing demand on water treatment

facilities, which in the end saves us all money.

Rainwater is soft, non-chlorinated rainwater and in the summer at the perfect temperature for plants. Your plants and trees will thank you for the all-natural water.

Using a rain barrel reduces runoff and keeps H2O out of the sewers and our rivers helping to protect against the possibility of flooding.

Rain barrels sold at the sale are 45 gallon food grade plastic barrels that are being reused as rain barrels

instead of being dumped into the landfill, they are fitted with a tap and have a hole for a downspout. Rain barrels fill quickly – a 2.5 centimeter rainfall on a 93 square meter roof can provide 2,000 liters of water (source City of Calgary).

Rain barrels are available for sale year round at the Clean Calgary Association EcoStore located at 809 - 4th Avenue SW."

-Clean Calgary Association
http://cleancalgary.org/index.php/rain_barrel_sale



Connections Counselling and Consulting Foundation

At Connections Counselling and Consulting Foundation, we are aware of the amazing support that Livingston Place has shown our organization in the past. We look forward to a part of your Stampede celebration, in support of our deserving clients. This year at your Stampede Breakfast you will have the opportunity to have a lasting impact on both parents with intellectual disabilities and their children within the Calgary community, by participating in our 50/50 draw, our duck pond game, caricature drawing, or through a small donation at our information booth.

Connections Counselling and Consulting Foundation is a registered charity, committed to the belief that parents with developmental disabilities can provide a safe, nurturing and stimulating environment for their children. Our mandate is to ensure quality of life for individuals with intellectual disabilities and their families; enhancing

stability by increasing self reliance, social interaction and community participation, and ensuring parents with intellectual disabilities can provide a safe environment for their children.

Each of these aims is directed at parents with disabilities who are able to improve the lives of their children. Rather than requiring outside intervention, as research has shown that parent child attachment is one of the key factors in determining long term well being in children. We achieve these aims through the following programs:

In-home support, group workshops focusing on expectations for child development, 'Sibshops' and counselling to assist adults with intellectual disabilities in reaching and sustaining their potential within our society and as parents.

Persons with intellectual disabilities may need help addressing issues including isolation, poor educational experiences, having little sense of control over their

own life decisions, trust issues, and past abuse.

These programs are of great importance because children being raised by a parent with a developmental disability, who is not receiving necessary supports, may face risk factors including poverty, neglect, abuse, isolation, developmental delay due to environmental circumstances, assuming parental responsibility, and adjustment difficulties as they recognize their parent's disability and society's judgment toward him/her.

Overall, your donation will go to a child living with a parent with an intellectual disability. Thank you for your ongoing support, and we look forward to seeing you at the Stampede Breakfast next week.

For more information on how you can become involved with Connections, or to donate directly, please visit www.connections counselling.ab.ca.

"At Connections, our efforts are focused on achieving this goal: People with intellectual disabilities are accepted as valued members of their families and communities."

Nutrition Tips from the Fitness Centre

Did you know? Your brain is the only organ to run only from glucose (digested carbohydrate)? This is why it is so important to eat a well balanced meal, including carbohydrates at the beginning of each day, to give our brain the energy it needs to perform. Feeling sluggish before a meeting? Give a brain boost from yogurt with

fruit, or whole grain crackers with cheese to make you more productive and attentive.



Good news for coffee drinkers! Drinking moderate amounts (2-3 cups/day) of coffee or tea is now considered part of our daily fluid intake. You can enjoy that cup of java with a little more satisfaction, but still remember to include plenty of pure water to benefit from its multiple functions.

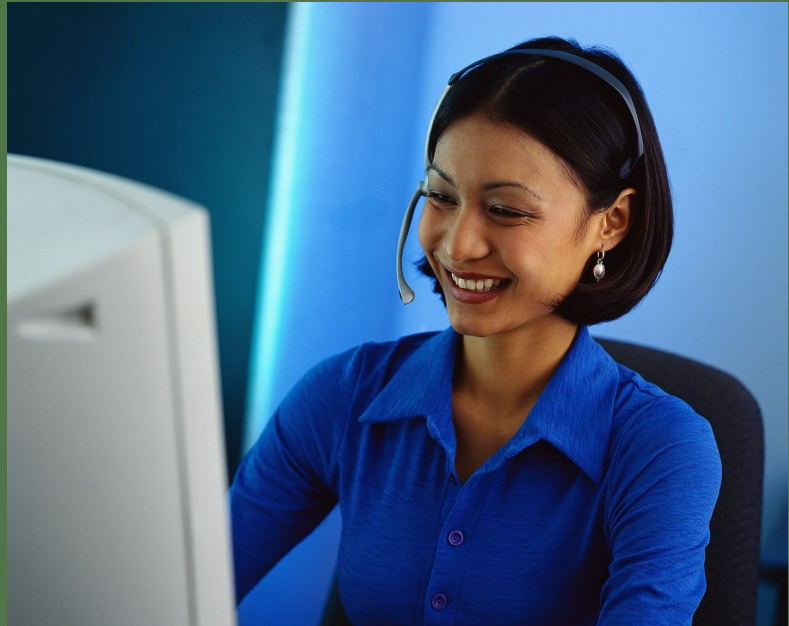


Bentall

ClikFIX...

Bentall's Tenant Service Contact Centre

- Lighting & Electrical
- Security • Plumbing
- Heating & Air Conditioning
 - Fire & Life Safety
- Housekeeping • Parking
- Construction • Recycling
 - Shipping & Receiving
 - Landscaping
 - Moves • Locks
- Repairs & Modifications
 - Leasing Inquiries



ClikFIX is Bentall's tenant service contact centre.

Designed to make it easy for you, ClikFIX provides a central resource for your service needs.

You can either phone, email, or simply "Clik" and log your service request online.

ClikFIX personnel are available 24 hours per day, 7 days a week to receive your request.

Placing a service request is easy with ClikFIX. Regardless of the size of your space or type of property you occupy, we are here to serve you.

Whether it's on-line, by phone, or email, ClikFIX can take care of all your service needs.

1-866-ClikFIX (254-5349)

Web: www.clikfix.com E-mail: service@klikfix.com

Fax: (604) 661-5004

