

# JANUARY 2010

LoSeCa  
FOUNDATION

## Thank You to all our 2009 Auction Donors!

The Lo-Se-Ca Foundation would like to thank everyone who attended the 8<sup>th</sup> Annual Silent and Live Silent Auction.

Thank you to all Volunteers and everyone who donated.

Ada Curial  
Alaura Artworks-Aaron and Al Anderson  
All Lo-Se-Ca Admin Staff  
Arden Theatre-St. Albert  
Artist Lewis Lavoie-St. Albert  
Barbara Lovegrove  
Bauxo Jewellery-Edmonton  
Beauty Blends-Kara Murray  
Bev Therrien  
Bill Page-Nut Man Representative  
Body Polish Day Spa-Edmonton  
Carol Templeton  
Charlene Gilmour  
Cherlyn McRae  
Citadel Theatre-Edmonton  
Company's coming  
Councilor Gareth Jones-St. Albert  
Councilor Roger Lemeix-St. Albert  
Councilor Carol Watamaniuk-St. Albert  
Dairy Queen-St. Albert  
Dale Klein  
East Side Marios  
East Side Marios-St. Albert  
Echo Promotions-St. Albert  
Edmonton Police Services  
Edmonton Sun  
Edmonton Symphony Orchestra  
Eric Templeton-Cummings  
Evelyn Huizinga & Larissa Talanchuk-Dishevelled  
Franci Miletic  
From Within Wellness Centre-Edmonton  
Fuss Cupcakes-Edmonton  
Game on Sports-Jasmine and Wayne  
Garry Ausmus  
Garry Lefebvre  
Gary Husing  
Gina & Tony Pino-Brew for Less  
Hudson's Canadian Tap House  
Island Tanning-St. Albert  
Jamie  
Jamie Cargrill-Clean and Sheen  
Jeanne Irwin  
Joanne Polakovits  
June Magnuson  
Kryko Family  
Leo  
Lotus Hair-St. Albert  
Luna Butterfly Spa  
Lynne Polluck  
Madison and Taylor Hook  
Marks Work Warehouse-St. Albert  
Marolyn Beck-St. Albert Artist  
Mary Kay Consultant-Karen Low  
Mauro Family  
Mayor Nolan Crouse  
Michelle & Andre Curial Hebert-Driving Miss Daisy-St. Albert  
Nait-Ernest's Restaurant & Vinod Varshney  
Paper Affair-St. Albert  
Premier Ed Stelmach-Edmonton  
Prints Galore-Wendy  
Purdy's Chocolate  
Rabbit Hill-Edmonton  
Rachel Harrison  
Ragged Edge Hair Studio-Michelle  
Rona-St. Albert  
Ross and Associates  
Servus Centre  
Sharon Baker  
Smart Brands Auto Group Inc.-Edmonton  
Nimmer Baker  
Sportsworld  
St. Albert Yoga-Tammy Klemmer  
St. Albert Bowling  
Sturgeon Valley Golf & Country Club  
Sunni Bixon  
Sury Photographic-Edmonton  
Susan and Darrell McBain  
Swiss Chalet-St. Albert  
Syrinx  
Telus World of Science-Edmonton  
The BAY-St. Albert  
Tim Horton's-St. Albert  
Timothy's-Sherri Monczunski  
Trudy Bosio  
VIA Rail  
Walter Carroll-Focus  
Wendy Hook-Daisy's & Dragons  
William Huff and Associates-Shirley Leggett  
Yellowhead Casino



**WELCOME  
YEAR  
2010!**


**In this Issue:**

**Page 2 :  
-Hours**





**Page 3 :  
-Staff Training  
-Workshop**

**Page 4 :  
-RRSP Session**

**Page 5:  
-CC Theme Revealed**



The Lo-Se-Ca Foundation office, discoveries program and thrift store will be closed on January 1<sup>st</sup> for New Years Day!



***PARENT/GUARDIAN MEETING UPDATE***

Next Parent Guardian Meeting will take place February 3<sup>rd</sup>, 2010 at 7:00pm

Guest speaker Mr. Andrew McLaughlin from Turning Point Law will speak about the new legislation for Guardianship and how it could affect families.

**January is Alzheimer Awareness Month**

**Alzheimer Society**  
ALBERTA AND  
NORTHWEST TERRITORIES

**A Forum on Behaviors & Dementia  
January 27, 2010**

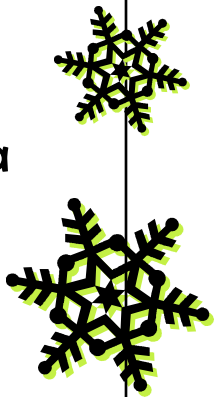
Guest Speakers:

Jeannine Chemello, Geriatric Psych. Nurse will provide information and practical tips on common behavioral issues.

We will also present information on common medications used with behaviors and people with dementia – speaker TBA

This session is free, but participants are asked to pre-register by calling 780-488-2266

The session will be held at: Central Lions Senior Center at 11113-113 street  
7pm - 9pm



## **Staff Training**

*Medication Administration*

*Tuesday February 2<sup>nd</sup>*

*5pm – 9pm*

*Agency Orientation*

*Monday February 8<sup>th</sup>*

*6pm – 9pm*

*Restrictive Procedures*

*Saturday February 20<sup>th</sup>*

*9am – 3pm*

Wolfgang  
Amadeus  
Mozart,  
Austrian  
composer,  
born January  
27, 1756.



Mozart

## **New Adult Guardianship and Trusteeship Act Repeat Workshop Offer**

Presented by:

The Dossetor Health Ethics Centre in collaboration with the Government of  
Albert (Office of the Public Guardian)

Friday January 29 2010

8:30am – 3:30pm

Bernard Snell Hall

Walter Mackenzie Health Sciences Centre

EVERYONE WELCOME!

FREE REGISTRATION

To Reserve your spot call 780-492-6676 or email

[dossetor.centre@ualberta.ca](mailto:dossetor.centre@ualberta.ca)

**Attention All Staff  
Participating in the  
Lo-Se-Ca Foundation  
Matching RRSP  
Contribution Plan.**

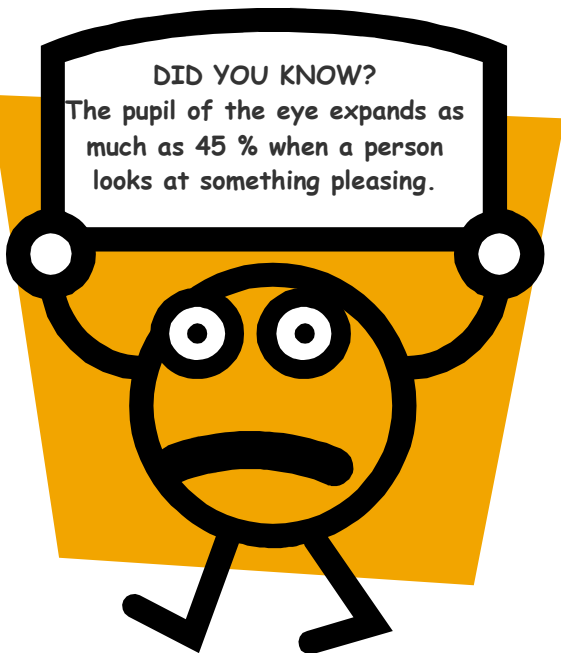
Standard Life will be conducting an information session on **Tuesday, January 5<sup>th</sup> at 10:00am** in the Boardroom.

**All new contributors are urged to attend**

There will be valuable information and paperwork to be filled out.

**DID YOU KNOW?**

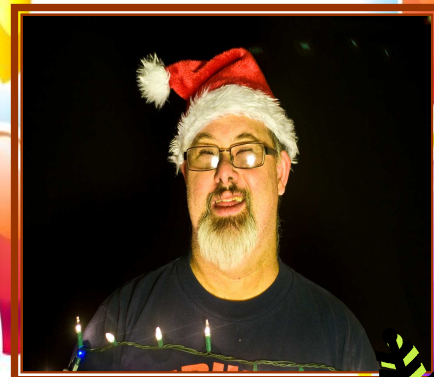
The pupil of the eye expands as much as 45 % when a person looks at something pleasing.



Congratulations Les Kich for his hard work and dedication to his employment over the month of December.

Les has decided to work over the Christmas break working with staff to establish a schedule and organize transportation! For his commitment, Les has been awarded a Cineplex Odeon Movie Ticket!

Way To Go Les!!



CORPORATE CHALLENGE 2010 THEME:

BEACH PARTY

GET READY LO-SE-CA

Canadian Winter Spiced Honey Banana Cake

**Lo-Se-Ca Foundation**

215-1 Carnegie Drive  
St. Albert. Alberta  
T8N 5B1

PHONE:  
(780) 460-1400

FAX:  
(780) 459-1380

We're on the Web!  
See us at:  
[www.loseca.com](http://www.loseca.com)

Ingredients

|              |                           |        |
|--------------|---------------------------|--------|
| 4 Tbsp       | butter                    | 100 mL |
| 3/4 cup      | sugar or dark honey*      | 175 mL |
| 1            | egg, lightly beaten       | 1      |
| 1 tsp        | vanilla                   | 5 mL   |
| 1 - 1/2 cups | flour                     | 340 mL |
| 3 tsp        | baking powder             | 15 mL  |
| 1 tsp        | baking soda               | 5 mL   |
| 1/4 tsp      | salt                      | 1 mL   |
| 1/8 tsp      | ginger                    | 0.5 mL |
| 1/8 tsp      | cinnamon                  | 0.5 mL |
| 1/8 tsp      | nutmeg                    | 0.5 mL |
| 1 - 1/4 cups | very ripe bananas, mashed | 280 mL |
| 1/2 cup      | chopped nuts              | 125 mL |
| 1 cup        | raisins                   |        |

Instructions

Preheat oven to 350°F (180°C); grease and flour an 8"x 8" cake pan.

Cream butter and sugar/honey together and add lightly beaten egg and vanilla. In another bowl, mix flour with baking powder, baking soda, salt and spices.

Add the butter mixture to the flour mixture, alternating with the mashed banana. Mix in the nuts and raisins (and/or other dried fruit to your taste).

Bake for 50 to 60 minutes.

Wrap well and keep in cold storage. As an option, drizzle with honey before serving.

