



Chromeshield Voice

COMMUNITY LABOUR ADJUSTMENT CENTRE

CHROMESHIELD LABOUR ADJUSTMENT

WHERE TO FIND US
1801 WALKER RD
SUITE 200
519-256-6142
EXT 226

Special points of interest:

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Upcoming Events

Get Your Grade 12 or GED Education Made Easy

Information Session
Sat. May 2 @ Local 195
9:30 till Noon
First Aid/ CPR
May 22 & 25
Local 195
9:00 till 4:00

Excel 1&2 and Power Point
Taking Names
(date to be determined)
Forklift Certification
Taking names
(date to be determined)

Contact us for Information

Trillium Drug Program

What Is Trillium?

The Trillium Drug Program (TDP) is intended for Ontario residents who have a valid Ontario Health Card and who have high prescription drug costs in relation to their net household income.

TDP provides coverage for prescription drug products listed on the Ontario Drug Benefit Formulary/Comparative Drug Index (Formulary). In addition, drug products that are not listed on the Formulary are also considered for coverage for TDP recipients through the ministry's Exceptional Access Program (EAP) on a case-by-case basis.

Who?

You can register in the Trillium Drug Program if :
You have a valid Ontario health card and are a resident of Ontario and you don't have private insurance coverage or if your private insurance

does not cover 100% of your prescription drug costs

Deductible

The program runs from August 1 to July 31 of the following year. Before you will receive coverage for eligible prescription drug products through the TDP, your household must pay for a set amount of your prescription drug purchases, otherwise known as the "deductible", each year starting August 1. The deductible is paid in four instalments over the program year and is calculated based on **net** household income and household size.

For example, a household with an annual deductible of \$500 will pay for the first \$125 of prescriptions purchased at the start of each quarter on August 1, November 1, February 1, and May 1. After the deductible is paid in each quarter, the household will be eligible to receive drug benefits for that quarter,



and will be asked to pay up to \$2 per prescription each time they purchase an eligible drug product Any unpaid deductible in a quarter will be added to the next quarter's deductible.

Drug Costs

Only eligible drug costs count towards your Trillium Drug Program deductible or are covered as program benefits. To ensure coverage under the program, check with your pharmacist or health care provider to make sure your prescriptions fit into one of the following categories :
Are listed in the ODB Formulary/Comparative Drug Index; or are on the Facilitated Access List of HIV/AIDS drugs; or have been approved for coverage through the ministry's Exceptional Access Program (EAP). If you have any question or need an application you can call us at the Adjustment Centre

Online Tutoring for Grades 9 to 12



Do you have trouble helping your children with their homework or maybe you have gone back to school to achieve your Grade 12 or GED. Then you must visit this website ilc.org

Online tutoring for grades 9 to 12, get free homework help from experienced, certified teachers every Sunday to Thursday 5:30pm to 9:30pm

EMAIL: CHROMESHIELDLABOURADJUSTMENT@HOTMAIL.COM

Canada's 10 Top Job's

Financial Manager

Demand for money managers is increasing as the private and government sectors are looking for whizzes who know the complexities of financial management.

Skilled Tradesperson

If you don't want an office job, but do want a salary that pays above the national average, this is the sector for you. Unfortunately (or fortunately for you, depending on how you look at it), the skilled trades have suffered stigmatization for a generation. As a result, a shortage of trades' people is looming in the service (chefs, horticulturalists), construction (electricians, carpenters, plumbers), transportation (aviation technicians, automotive service technicians) and manufacturing (industrial mechanics, tool and die makers) sectors.

College or Vocational School Teacher

The boom in skilled trades means there's also a need for instructors at community colleges, Quebec's CEGEPs, technical institutes and other vocational schools.

Dentist or Dental Hygienist Dentistry

Is a field you can really sink your teeth into, whether you've got the stamina to stick it out through three years of undergrad university studies plus four to five years of dentistry school or want to get working in this field sooner by becoming a dental hygienist. To obtain a diploma in dental hygiene, you can attend a private educational institution for a minimum of 16 months, or a 2 year program at a community college, or at the University of Manitoba and Dalhousie University. Also, dental hygiene degree programs are offered at the University of British Columbia and the University of Alberta. For more information on how to become a hygienist in your province, check out the Canadian Dental Hygienists Association's website.

Computer and Information Systems Managers

The 2001 slowdown in the computer industry didn't put a dent in this field. Wage growth is still better than average, as are actual wages (almost double the national average), while the unemployment rate is well below the national average.

University Professor

The Ivory Tower is also experiencing increased government spending on education and research, coupled with workplace demand for a highly trained and educated workforce.

Human Resource Specialist or Manager

Demand for human resources specialists and managers is increasing and expected to stay strong, as companies place greater emphasis than ever before on human resources issues such as recruitment, training, employee relations and retention.

Pharmacist

A growing and aging population means more prescriptions needing to be filled. From hospital pharmacists to your friendly local pharmacist, there's greater demand for them than there are qualified grads or trained immigrants to fill the positions.

Registered Nurse

Canada's aging population means this sector's a dynamic place to be. A combination of factors will ensure a wealth of opportunity for nurses with college or university nursing degrees.

Retail Manager

OK, OK, we all remember doing a McJob. But as the retail sector continues to grow, consumer spending is holding strong, and because there are more openings than there are job seekers in this field, finding employment is still relatively easy.

If you would like any information and how to take advantage of any of these job opportunities please contact us at the Chromeshield Labour Adjustment office.

Family Fun Corner



**Spring
Has Sprung!**

April Showers Bring May Flowers

Now that the warmer weather is upon us we want to offer you some interesting activities for you and your families.

Windsor offers a lot of beautiful places to have a family picnic and what a way to enjoy the spring weather with your family and friends!

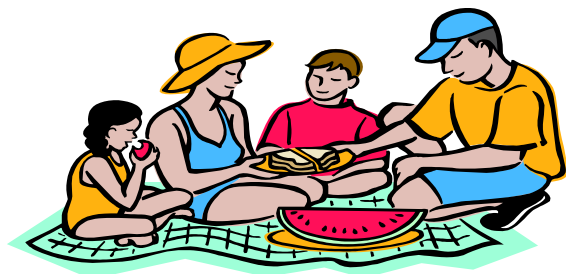
Windsor also offers some very beautiful garden parks such as Jackson Park and Pillette Dock which also has the evening lights of the Peace Fountain.

Ojibway Park and Recreation is open to the public all year round. Picnics, BBQ grills, wildlife and nature trails.

Don't forget a family orientated walk, ride or run along the Ganatchio Trail.

Jack Miner's Bird Sanctuary is open all year round.

A walk along the waterfront offers some nice parks for the kids to play as you take a few moments for yourself and enjoy the evening sunset.



1550 Road 3 East
Kingsville, Ontario
519-326-3287



**New!
BUMPER CARS**

**Bumper Cars Are
Now Included In
The All Day Access
Ride Pass.**

Mother's Day Brunch

Sunday May 10, 2009
9am-2pm - Book Early!
Extended Buffet & Dessert Table

Webkinz For \$1.00 On May 1-3

Visit Our Website To See
How You Can Qualify.
Limited Quantities, One \$1
Webkinz Per Person

Save \$5.00



Save \$5.00 when you spend \$30 or more
before taxes in our restaurant.

Valid for Dine In Meals, Take Out And Frozen Foods.

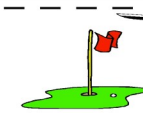
Valid Until June 30, 2009. One Coupon Per
Customer. Not Valid With Any Other
Offer/Discount. No Cash Value.



Buy 1 Get 1 FREE

Buy any one regular priced mini golf admission and
receive a second admission for FREE.

Valid Until June 30, 2009. One Coupon Per
Customer. Not Valid With Any Other
Offer/Discount. No Cash Value.



25% off

Bring In This Coupon And Save 25% off Any
One Regular Priced Sports Store Item OR Home
Decor Item. (Does Not Include Dept. 56 Collectables)

Valid Until June 30, 2009. One Coupon Per
Customer. Not Valid With Any Other
Offer/Discount. No Cash Value.



In the Community Resource section you will find a variety of support services that you may find helpful for you and your family.

If there is something that isn't included in here that you need information on please don't hesitate to contact us at the office. Remember that your call is confidential.

Sincerely,
Your Committee

Organizations

Food Banks

UHC

6955 Cantelon Drive
Mon to Fri
8:30 to 11:30 &
12:30 to 3:30 excluding
holidays

Drouillard Place

within boundaries
Mon., Tues, Wed. and
Friday 1:30 to 4:00

Goodfellows

401 Park St. W.
519 252-2739 for
hours of operation

Salvation Army

355 Church St.
519 253-7473 for more
information

Community Resources

ABC's of Balance & Control

Lets face it stress is an avoidable fact of life. Learning how to cope with stress is an essential skill that we need to develop for both our physical and mental health. All change is stressful both positive and negative because it forces us to adapt to consequences. You need enough stress in your life to keep you involved but the difficulties begin when you are overwhelmed by it.

As Peer Helpers we have been taking part in a course offered by the Canadian Mental Health Society called the ABC's of Balance & Control with a curriculum targeted at coping with stress and change. CMHA offers many programs for the public geared towards mental fitness and we encourage you to call them or have a look at the website at: www.-webc.on.ca for more information on those programs.

As a membership we have had to face and will have to face a lot of challenges due to the idling of the plants. The loss of wages, the self esteem that comes from going to work every day, an uncertain

economic future and for some of us the return to a school environment and a host of obstacles in our lives may have left some of us feeling a little shell shocked.

To learn to focus on that which you can change in your life and let go of that which you can't is a continuing skill that needs to be practiced. Compare this to someone who is weight training, when they stop, their growth stops and may even revert and so it is the same with our mental health. **And there is no health without mental health.**

A sense of control is essential to our mental health yet we are at a time in our lives where that sense of control has been eroded. It can be helpful to find meaning in what you are going through and to know that while each person's life and stresses are individual to them, you aren't going through this alone.

It's important to remember while learning to cope with stress the of Balance and Control: AAAABC's

- A – Acknowledge the stress
- A – Avoid it if possible
- A – Alter the stress if it's avoid-

- able
- A – Accept it
- B – Build long term coping strategies
- C - Change your perception or thinking such as seeing this lay off not as an ending but as a beginning

In managing your fast paced life you have to look at your responses to stressors. What are your core values? Learn to say no and do it without guilt. Learn to manage your time effectively and always take part in the activities that are important to you, with the people who are important to you.

By Leslie Farough

Community Resources



211WindsorEssex.ca

Home About 211 211Store Help



The following information is provided to anyone who has not been informed of this exceptional site that was created to assist people in their time of need.

211WindsorEssex.ca is a directory of over 3000 community, social, health and government services. You can access this service

24hrs a day. Some of the services include; Emergency and Crisis, Employment, Education, Training, Financial Assistance, Food Assistance and Housing. These are just a few of the number of services that are provided for you.

Remember, there is help available at the touch of a button. If you have any

questions on how to access this service or how to use this service, don't hesitate to call us at the Labour Adjustment Centre.

Jeff Desjardins



Credit Counselling Services has helped thousands solve their money problems-people just like you and me. They'll work with you on a solution together!

While every situation is unique, here's what they can do for you:

- Confidential meeting with a personal credit counsellor
- Review your situation and develop several plans of attack
- Contact creditors and negotiate a workable payment plan
- Work on budgeting and money management skills
- Help you regain financial stability

Credit counselling and debt management

Professional counsellors are available Monday – Friday 8:30 a.m. to 4:30 p.m. to meet with you to discuss your circumstances and to offer solutions. There are usually three available options:

Financial Fitness



1. Budgeting and money management: When we recommend this option, the client can usually manage the debt load on his or her own with a little coaching and proper planning. A counsellor will sit down one on one and work with the client to set up a budget and discuss ways to cut back on expenses. Clients can also sign up for group workshops on a range of subjects.

2. Third Party Intervention is used when the client needs help contacting creditors and making arrangements for some payment relief. In these situations, the client can manage their debt on their own, once the counsellor has contacted the creditor for some relief.

3. Our debt management programme is the core of our counselling programme. Clients with large debt to income ratios may qualify for debt management if they have enough disposable income left after paying the necessary basic expenses. This allows the client to pay back the debt without having to apply for a loan, which in many cases is not granted due to the client's past credit history. It also helps the client avoid bankruptcy and the negative consequences associated with personal

bankruptcy.

Bankruptcy counselling is a service we offer for those people who have filed for Bankruptcy and must go through Bankruptcy counselling in accordance with the Bankruptcy Act. Talk to your Trustee about using our services.

Community Education: Credit Counselling Services of Southwestern Ontario is committed to providing education about money management to the general community. We offer seminars and workshops, speakers, and a variety of resource material to organizations who request it.

Your first interview is on us! Come on in and we will refer you for your first big step to achieving financial freedom or you can contact Financial Fitness Centre @ 519-258-2030

You can also find them on the web: ccswindsor.com or

mail: info@ccswindsor.com

**We're
Open**

Our Office

Hours

Monday 9 –4

Tuesday 9 –4

Wednesday 9 –3

Composite committee
available 3-4

Thursday 9 –4

Friday 9 –4

We're on the Web

www.labouradjustment.
com

CHROMESHIELD ADJUSTMENT COMMITTEE

CHAIR

JOHN TOTH

YOUR COMMITTEE

TAMMY ANGER

CANDY EAGEN

JOHN BENCAK

LESLIE FAROUGH

PEER HELPERS

KELLY NICHOLLS

WHERE TO FIND US

1801 WALKER RD

SUITE 200

519-256-6142

EXT 226



**PUBLISHED BY:
CANDY EAGEN**

Career Strategy

SECOND CAREER STRATEGY

Who is Eligible?

Anyone considering up to one year of upgrading to get a grade 12 diploma, or as a prerequisite to get into a skills course **and/or** anyone considering a skills course between 6 months and 2 years in duration:

E.I. active claimants

Reach back claimants - formerly on claim in the past 3 years (or 5yrs for those on maternity or parental claim)

Non-E.I. and laid-off on or after 01 January 2005, Anyone still in receipt of Severance Persons who have taken a job (less pay or hours than what they used to make before Lay-Off) to make ends meet after their lay off are eligible whether they are now unemployed or still working in such a job. (Yes, you could be authorized to quit that less than suitable job, if you have selected a course that will ensure a better paying job in the future).

How is training Financed?

A maximum total of \$28,000 per individual is available for a skill course. This is expected to cover tuition as well as your living expenses.

You can expect to continue to collect the number of weeks of E.I. Benefits that have been allocated to you, before a training allowance would come into effect.

Additional funds are available to cover:

Dependent care allowance/babysitter

Living Away from Home Allowance (Yes, extra living expenses are available if your school is out of town)

Your present E.I. benefits or a training allowance (if your benefits have ended) can be made available to support you while you upgrade your credits for a Grade 12 Diploma and/or College Diploma

What Courses are eligible?

A course that will provide you skills for a demand occupation in Ontario and is offered by an accredited college like:

St Clair College, Trios College, Everest College, Canadian College, Academy of Learning, Compu Campus College, Windsor Welding Institute, Ontario Truck Driving School, Northstar Truck Driving School, Transportation Training Centres of Canada, 5th Wheel,

The Ontario Ministry of Training Colleges and Universities (MTCU) is the government agency that is responsible for this training strategy. These occupations are listed in Statistic Canada and are available at the Labour Adjustment Centre

Research for an IN DEMAND OCCUPATION

When applying for funding for a new occupation you are required to research that occupation to ensure that it will be a successful career. What you will need to do is collect all job advertisement and labour market information. These following websites will assist you in completing your necessary research:

www.labourmarketinformation.ca www.ontariojobfutures.ca www.jobbanks.gc.ca
www.5hrsdc.gc.ca www.labouradjustment.com

If you do not have a computer or need assistance we have computers available so that you may access these important tools.

If you are struggling in finding that perfect career choice there is a quiz available that can help you decide the type of job you would be best suited for: www.jobfutures.ca/pls/jf-ea/dpt.page_one