



QUEST SUPPORT MARCH NEWS 2016

COMMUNITY FORUM ON PDD SAFETY STANDARDS

We are excited to announce that there will be a consultation on the PDD Safety Standards and STANDATA in Lethbridge on March 7th. As you may know from previous newsletters and announcements, these additional standards impact many of the people we support. This consultation represents our best opportunity to influence the PDD Safety Standards and STANDATA moving forward.

We would like to encourage everyone in the Quest Community to attend: self-advocates, families, guardians, landlords, staff members, neighbors and friends. People can attend the forum at any time within the allotted time frame and stay as long as they like. No pre-registration is required.

Also, please visit the website of the Safety Standards Consultation Committee to make submissions through an online questionnaire by March 14th, 2016. There is a fact sheet and information and facilitation guide. This consultation is meant to be as inclusive as possible and submissions can be made electronically, written or in person.

<http://www.humanservices.alberta.ca/disability-services/pdd-safety-standards-consultation.html>

If you have questions about these new standards and how they might impact you or someone you know, please contact us to discuss it further. We strongly encourage everyone to stay informed on this important issue!



On March 7th, 2016 from 2:00 pm – 7:00 pm

@ The Italian Canadian Cultural Centre

1511 St. Edward Blvd N

EMPLOYEE RESOURCE CENTRE

The Employee Resource team has been working hard encouraging staff to get their Employee Files up to date. Thank-you employees who continue to strive to maintain up to date personnel files without on-going reminders. Meeting this standard ensures that we are providing the best and most safe supports possible.

Employee File Statistics as of February 15th, 2016.



File Requirement	% Complete
Medication Administration	94%
Abuse Prevention	93%
CPI	95%
First Aid	98%
Criminal Record Check	96%
IRC Check	94%

HEALTH & SAFETY



Accidents in the Workplace

Although most injuries are preventable, accidents do happen. Slips, trips and falls are common and can occur in any setting. It is important to be alert and watch out for potential hazards. A few ways to be proactive are wear proper footwear, shovel and salt slippery walkways, and always be aware of your surroundings. Remember; even a minor injury needs be reported before the end of your shift. If you get injured at work, immediately contact your Supervisor or On Call.

BEHAVIOR MANAGEMENT

Trauma Informed Care (TIC) is a concept that is becoming more widely recognized in the field of human services. At its core TIC is based on the idea that we each experience events in our lives that are traumatic, and those experiences often shape the way we view the world. The way we cope with future stressors are therefore based on the trauma we've experienced in the past.

When we view people through a TIC lens we begin to look less at their behavior, and focus more on why the person feels they need to engage in the behavior. We start asking the question of "what is the person going through?" rather than "what's wrong with them?" It's only through an empathetic approach to someone's distress that we can truly help him or her.

Trauma Informed Care is a new training course that Quest will be offering to staff in the coming months. If you are interested in attending this training, watch for dates and availability in upcoming newsletters.



COMMUNITY LIVING

SPRING CLEANING CHECKLISTS

SPRING is just around the corner again! Here are some tips to help with the cleaning:

- ✓ Make doormats welcoming- wash them!
- ✓ Clean carpets and upholstery
- ✓ Move furniture around to give things a fresh look and feel.
- ✓ Wash walls, cabinets, baseboards and woodwork.
- ✓ Clean ceiling fixtures!
- ✓ Check your coils... on the back of the refrigerator and vacuum.
- ✓ Pull out all appliances in the kitchen and clean underneath.
- ✓ Wash the windows inside and out- this will give a fresh and clean perspective!

MARCH STRETCH



MIDDLE BACK

1. Stand so your feet are shoulder width apart and your hands are on your hips.
2. Twist at your waist until you feel a stretch. Hold for 10 to 15 seconds, and then twist to the other side.

ACTS OF KINDNESS

JSC-washed & folded kitchen linens
DSP-bought supper for his roommate
QG-shoveled his neighbor's sidewalk 4 times

DDD-invited friends over for her birthday
DNC-visited his roommate in the hospital
LW-opens doors for her friends

JW-makes sure to say "Hi" to all she meets
HC-made her friend some tea
KW-drew a picture for his friend
TA-gave a gift to her friend ICC

Can you paddle?

Do you like to be on the water?

Do you enjoy being part of a team?

Here is your chance to get to know other members of the **Quest Team** and have a lot of fun!

Quest is looking for 20-25 people to join their Dragon Boat team for 2016.

The festival weekend is June 24-26. If you are interested in joining or simply have questions please email Ashley at a.herbers@questsupport.com

Membership consists of a fee to cover your shirt, food and entrance fee for the weekend, as well as you need to attend a minimum of 3 practices in the weeks prior to the festival to participate. We are looking to get our team together earlier this year and to make it to the finals once again!

QUEST COMMUNITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LEGEND ACCESS: PURPLE IMPACT: ORANGE ORC: BLUE COMMUNITY: REGULAR TRAINING: GREEN/ITALIC</p>	1	2	3	4
	COOKING CLASS 1000 MUSIC CLASS: INTERACTIVE GAMES 1300	ARTS & CRAFTS 1000 MULTIMEDIA 1300 OR GAMES TOURNAY 1800	COOKING CLASS 1000	DANCE CLASS 1415
7	8	9	10	11
JAM SESSION OFF WINTER GAMES 1300 ABUSE PREVENTION 1300-1600	COOKING CLASS 1000 MUSIC CLASS: INTERACTIVE GAMES 1300 LIFT & TRANSFER 1600- 1900	ARTS & CRAFTS 1000 BOWLING 1330 OR SWIM NITE 1830 N.S POOL	COOKING CLASS 1000 OPOKAASIN 1330	DANCE CLASS 1415
14	15	16	17	18
JAM SESSION OFF 1300	COOKING CLASS 1000 MUSIC CLASS: INTERACTIVE GAMES 1300	ARTS & CRAFTS 1000 OR ST. PATRICKS DAY POTLUCK 1800	COOKING CLASS 1000 BOWLING 1330  ST PATRICKS DAY	DANCE CLASS 1415 BAKING 1000 TEA/BINGO 1300
21	22	23	24	25
JAM SESSION NORBRIDGE OR 1330 OFF 1300 DRAMA AUDITIONS THIS WEEK⇒	COOKING CLASS 1000 MUSIC CLASS: INTERACTIVE GAMES 1300	ARTS & CRAFTS 1000 LC MASSAGE 1000 BOWLING 1330 OR KARAOKE 1800	COOKING CLASS 1000 OPOKAASIN 1330	QUEST CLOSED
28	29	30	31	
	COOKING CLASS 1000 MUSIC CLASS: INTERACTIVE GAMES 1300	ARTS & CRAFTS 1000 OR OUTDOOR GAMES HENDERSON LAKE 1830 CPI REFRESHER 1700- 2100	COOKING CLASS 1000 BOWLING 1330 MED ADMIN 1630-1830	OPEN HOUSE MARCH 23 RD 1330-1500 COME CHECK OUT THE NEW BUILDINGS!

QUEST SUPPORT SERVICES TRAINING SCHEDULE

April 2016			May 2016			June 2016		
2	CPI Full	9:00 – 16:00	7	PBS	8:30 – 16:30	2	Abuse	13:00 – 16:00
9	MHFA	9:00 – 16:00	24	Agency O	8:00 – 16:30	3	PBS	8:30 – 16:30
10	MHFA	9:00 – 16:00	25	Med Admin	16:30 – 18:30	11	First Aid	8:00 – 16:30
16	First Aid	8:00 – 16:30	26	CPI Recert	17:00 – 21:00	13	MHFA	9:00 – 16:00
19	Agency O	8:00 – 16:30	28	CPI Full	9:00 – 16:00	14	MHFA	9:00 – 16:00
20	Med Admin	16:30 – 18:30	31	L&T	13:00 – 16:00	21	Agency O	8:00 – 16:30
21	CPI Recert	17:00 – 21:00				22	Med Admin	16:30 – 18:30
23	CPI Full	9:00 – 16:00				23	CPI Recert	17:00 – 21:00
26	L&T	17:00 – 20:00				25	CPI Full	9:00 – 16:00
28	Abuse	17:00 – 20:00				27	Abuse	17:00 – 20:00
						28	L&T	9:00 – 12:00
July 2016			August 2016			September 2016		
5	Foundations	8:00 – 16:00	13	First Aid	8:00 – 16:30	17	PBS	8:30 – 16:30
7	Foundations	8:00 – 16:00	15	MHFA	9:00 – 16:00	20	Agency O	8:00 – 16:30
12	Foundations	8:00 – 16:00	16	MHFA	9:00 – 16:00	21	Med Admin	16:30 – 18:30
14	Foundations	8:00 – 16:00	20	PBS	8:30 – 16:30	22	CPI Recert	17:00 – 21:00
16	Foundations	8:00 – 16:00	23	Agency O	8:00 – 16:30	24	CPI Full	9:00 – 16:00
19	Agency O	8:00 – 16:30	24	Med Admin	16:30 – 18:30	29	Abuse	13:00 – 16:00
20	Med Admin	16:30 – 18:30	25	CPI Recert	17:00 – 21:00			
21	CPI Recert	17:00 – 21:00	27	CPI Full	9:00 – 16:00			
22	CPI Full	9:00 – 16:00	29	Abuse	17:00 – 20:00			
26	L&T	13:00 – 16:00	30	L&T	9:00 – 12:00			
28	Abuse	13:00 – 16:00						
October 2016			November 2016			December 2016		
1	L&T	10:00 – 13:00	1	L&T	17:00 – 20:00	6	Agency O	8:00 – 16:30
15	PBS	8:30 – 16:30	5	First Aid	8:00 – 16:30	7	Med Admin	16:30 – 18:30
22	MHFA	9:00 – 16:00	7	PBS	8:30 – 16:30	8	CPI Recert	17:00 – 21:00
23	MHFA	9:00 – 16:00	28	Abuse	17:00 – 20:00	10	CPI Full	9:00 – 16:00
25	Agency O	8:00 – 16:30				13	L&T	13:00 – 16:00
26	Med Admin	16:30 – 18:30						
27	CPI Recert	17:00 – 21:00						
28	Abuse	13:00 – 16:00						
29	CPI Full	9:00 – 16:00						
January 2017			February 2017			March 2017		
21	MHFA	9:00 – 16:00	2	Foundations	8:00 – 16:00	1	Med Admin	16:30 – 18:30
22	MHFA	9:00 – 16:00	7	Foundations	8:00 – 16:00	2	CPI Recert	17:00 – 21:00
24	Agency O	8:00 – 16:30	9	Foundations	8:00 – 16:00	4	CPI Full	9:00 – 16:00
25	Med Admin	16:30 – 18:30	11	PBS	8:30 – 16:30	6	Abuse	17:00 – 20:00
26	CPI Recert	17:00 – 21:00	14	Foundations	8:00 – 16:00	7	L&T	17:00 – 20:00
27	Abuse	13:00 – 16:00	16	Foundations	8:00 – 16:00	11	First Aid	8:00 – 16:30
28	CPI Full	9:00 – 16:00	28	Agency O	8:00 – 16:30	16	MHFA	9:00 – 16:00
31	L&T	17:00 – 20:00				17	MHFA	9:00 – 16:00
						28	Agency O	8:00 – 16:30
						29	Med Admin	16:30 – 18:30
						30	CPI Recert	17:00 – 21:00