

O C T O B E R 2 0 1 2

Quest News

Quest Support Services

Quest Staff Christmas Party!

Date: November 16
Where: The Coast
Hotel
Ticket Price \$20.
Time: Cocktails
5:00PM, Dinner
6:00PM
Sign up at the front
desk!



Tracy Abtosway participates in Therapeutic
Riding!

Upcoming In-House Training

Crisis Prevention Intervention

Refresher: October 18 5:00PM-9:00PM

Full Course: October 20 9:00AM-4:00PM

Dress in comfortable clothing, running shoes

Abuse Protocol

October 11 5:30PM-8:30PM

Medication Administration

December 11 4:30PM-8:00PM

Lifting, Transferring & Wheelchair Safety

October 17 1:00PM-4:00PM

*Dress in comfortable clothing, running
shoes*

Announcements & Upcoming Events

The annual **Flu Clinic** is happening **Wednesday October 3rd** at Quest! All staff and individuals (pending guardian approval) are able to receive the flu shot. Registered nurses will be on site from **1:00PM-3:00PM**.

Until the end of October **Kevin** is collecting unwanted used clothing from management, staff and individuals for a **clothing drive**.

During the week of November 5th individuals will have the chance to come and shop for free.

All clothing must be clean and in good condition. No underwear or socks please!

Do you have extra **plastic bags** at home that you would be able to donate? If so, please bring them in to the Community Access Program and hand them over to Stephanie at the front desk!

A reminder to all **Team Leaders** that the upcoming TL meetings are:

Mandatory Financials Meeting

October 10 1:00PM-3:00PM

Home Health Care Nurse Guest Speaker

October 25 2:00PM-4:00PM

A note from Betsy Elliott:

"Thank you to Quest management, my co-workers, and individuals for all your support. Thank you is a small phrase that doesn't adequately describe how inspirational you have been to me. The gifts of food are also well appreciated!"

-Betsy

Shout Outs:

Thank you to **Ben Pancheshen and Robyn deGroot** for your flexibility! The ERC very much appreciates your willingness to be pulled to help out in tough staffing situations.

Thank you to **Liz Green** for your contributions to the running of 50/50 draws at the CAP. In September, \$66.50 was raised for the Voices self-Advocacy Group. Congratulations to Kristina MacMillan who had the winning ticket! This draw takes place every two weeks. Come on by for tickets!

Thank you to **Brenda Clark and Connie Knoblick** for your years of hard work and dedication, and for being willing to pick up shifts at H16 on short notice!



Positive Approaches with Matt

Holds, restraints, removing items or denying rewards. These are things that come to mind when we talk about restrictions. However, one of most commonly used restrictions is the use of PRN medications. PRN's are medications administered when a certain criteria are met. This is illustrated by giving someone Tylenol when they have a headache. Although they might take Tylenol daily as part of their regular medications, an additional dose may be given when the criteria (headache/pain) is present, making the additional dose a PRN.

Tylenol and other over-the-counter (OTC) drugs are PRN's, but they are not considered restrictive. PRN's that fall into the restrictive category are psychotropic medications used as needed (PRN) to treat behaviors of concern.

One of the key differences between physical and chemical (PRN) restrictions is the timeframe in which they're employed. We learn in CPI that physical interventions are used as a last resort. However, PRN's given as a last resort are often ineffective because these medications are designed to be given before behaviors escalate, rather than to calm the person down once they're out of control. The administration of PRN medications differ from person to person and medication to medication, but the guidelines for administering the PRN often follow a similar format. See chart to the right.

If you are unfamiliar with the specific steps to administer a PRN to the individual with whom you work, take some time on your next shift to learn the protocol to ensure you're administering those medications correctly.

Reminder to Staff

Cell phone usage at the Community Access Program is strictly **prohibited**. This applies to all management, relief staff or visiting residential staff to the CAP. Cell phone use residentially is limited to emergency and work related calls. Thank you for your cooperation.

Free Adult Comedy Tickets

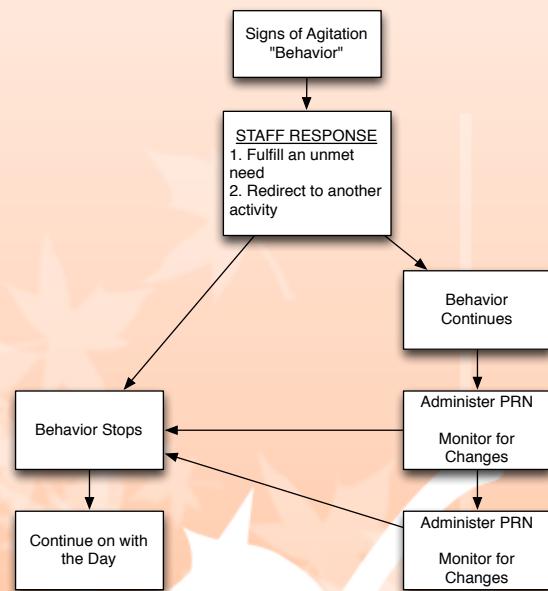
Quest has purchased 15 admission tickets to an upcoming **Adult Comedy Show** taking place at the **West Pavilion, Exhibition Park** on **Monday October 15th at 8:00PM**. This show is for adults 19 years of age and older only. Tickets will be handed out for staff and individuals on a first come first serve basis. Contact **Mecole** for tickets.

LCI Free Event Admission

Quest has been provided with a free admissions card to LCI events within the community. These include all sporting events. Please see the announcement bulletin board at CAP for a calendar of upcoming events. The card can be signed out from Stephanie at the front desk.

Roommate Companion

A female individual who owns her own home is looking for a support staff to live with her as a **roommate companion** as soon as possible. Interested candidates are requested to contact Robyn.



News from the ERC

The Employee Resource Centre would like to remind all staff to begin thinking about Christmas holidays, and to get your time off requests in as soon as possible. Please keep in mind that there are no guarantees, but the ERC will attempt to fill as many requests as possible.

Available Shifts: CNW = Complex Needs Wage, ONs = Overnights

Male & Female Staff Shifts:

H03 E/O Sat & Sun 9:00-21:00

H14 E/O Sat & Sun 8:00-20:00

H19 Mon-Fri 16:00-21:00 Team Leader Position

H19 Mon-Fri 8:30-16:30 **\$17.00/hour**

H19 E/O Sat & Sun 9:00-21:00 **\$17.00/hour**

H24 E/O Sat & Sun 9:00-15:00 **CNW**

H24 E/O Sat & Sun 11:00-23:00 **CNW**

H24 E/O Sat & Sun 15:00-21:00 **CNW**

H25 E/O Sat & Sun 7:00-15:00

H25 E/O Sat & Sun 15:00-22:00

H28 Mon-Fri 8:00-16:00

H28 Mon-Fri 16:00-22:00

Female Staff Shifts:

H15 Mon-Fri 16:00-23:00

H18 E/O Wknd ½ Live in 20:45 Sat - 21:00 Sun **CNW**

H25 E/O Wknd Live in 22:00 Fri - 22:00 Sun

H26 Mon-Thurs 15:00-23:00

H26 E/O Wknd Live in 23:00 Fri – 15:00 Sun

H26 Sun-Thurs 23:00-8:00 **ONs**

H26 E/O Sat & Sun 10:00-21:00

Male Staff Shifts:

H01 E/O Sat & Sun 11:00-20:00

H06 E/O Sat & Sun 12:00-21:00

H06 Mon-Thurs 15:00-22:00

H08 Tues & Thurs 16:00-22:00

H12 Thurs 18:00-23:00

H12 E/O Sat & Sun 13:00-21:00

H23 Mon-Fri 17:00-23:00

H28 E/O Wknd Live in 22:00 Fri – 22:00 Sun

H37 E/O Sat & Sun 12:00-16:00

CAP Openings

Male Staff Mon-Fri 7:00-15:00

Male Staff Mon-Fri 9:00-16:00

Children's Services & ORC Relief Available

Weekend Respite Available Contact Manon



Please note: Mecole has taken over Alberta Blue Cross & WCB from Jen. Please feel free to give Mecole a call if you have any questions or concerns relating to ABC or WCB. Kendal has taken over wage monitoring and updates. Please direct all wage inquiries to Kendal.

Staff Anniversaries

Congratulations to the following staff who will celebrate their anniversaries between October-December

Dan Phillips – 17 years

Cindy Reynolds – 12 years

Jana Lippa – 11 years

Mike Sherwood – 11 years

Cory Trombley – 10 years

Ursula Drover – 10 years

Betty Lou Riewe – 10 years

Debbie Iwaasa – 10 years

Robyn Scarfe – 10 years

Tony Uher – 9 years

Brenda Clark – 8 years

Connie Knoblick – 6 years

Jimmy Tablan – 4 years

Mary Bradbury – 4 years

Allan Wilson – 4 years

Craig Boehmer – 3 years

Russ Kultgen – 3 years

Maggie Thompson – 2 years

Amina Mburugu – 2 years

Katie Budda-Binder – 1 year

Kat Done – 1 year

Melanie Elliott – 1 year

Darcy Nalder – 1 year

Ellen Mills – 1 year

Linda Rombs – 1 year

Renee Hicks – 1 year

Vanessa Monaghan – 1 year

Robin Stubbs – 1 year

Scott Navratil – 1 year

Ashlyn Higgs – 1 year

Leah Robertson – 1 year



Kevin's Corner

Kevin: What are your favorite foods?

Ike: Chinese Food and Pizza

Kevin: Where are your favorite places to travel and where have you been?

Ike: The Calgary Zoo

Kevin: What do you like to do for fun?

Ike: To go to Park Place Mall and the Dollar Store.

Kevin: Last month you saw the Blackfoot Dancers put on a few dances for you at Quest. What did you think of this and isn't it true that you've done some dancing of your own?

Ike: I liked the dances. They were good. I went to a Pow Wow at the Enmax Center and danced men's fancy dance. My mom and Aunt were with me.

Kevin: What is your favorite season and why?

Ike: Summer because I love it and I can go swimming.

Kevin: Can you share a joke with us?

Ike: Knock Knock

Kevin: Who's There?

Ike: Boo

Kevin: Boo hoo

Ike: You don't have to cry about it.

Kevin: Haha Thanks for the interview Ike!



CAP Guest Speaker

Dave Lawson with the Lethbridge Association of Community Living, will be presenting information on Registered Disability Savings Plans and speaking with individuals on how they can effectively save money at the **Community Access Program**. Everyone is encouraged to attend on **October 10 at 1:00 pm**.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 |
| Stretching Class 9:15 Ursula's Comp. Updates Jam Session Swimming 1300 | Arts and Crafts Class 1000 Swimming 1300 | QFF Lite Class 1300 Flu Shots 1300 Sledge Hockey Try It Day 1345 to 1545 @ N.S OR Swim N.S 18:30 | Life Skills Class 10:15 Swimming 1300 | Stretching Class 9:15 Adopt A Park Chinook |
| 8 | 9 | 10 | 11 | 12 |
| Stretching Class 9:15 Deb's Comp. Update Jam Session Swimming 1300 | Arts and Crafts Class 10:00 Swimming 1300 Walking Club 1300 | Speaker: Disability Savings Plans 1300 QFF Lite Class 1400 OR Craft Night 19:00 | Life Skills Class 10:15 Bowling 1030 Bowling 1:30 Opokaasin @ F.C 1300 | Stretching Class 9:15 Adopt A Park Chinook |
| 15 | 16 | 17 | 18 | 19 |
| Stretching Class 9:15 Bowling 1030 Jam Session Swimming 1300 Bowling 1330 | Arts and Crafts Class 10:00 Swimming 1300 Walking Club 1300 Anne's Comp. Update | Adopt A Park Chinook QFF Lite Class 1300 OR Board game Night 19:00 | Life Skills Class 10:15 Bowling 1030 Swimming 1300 Holiday Bowl 1330 | Stretching Class 9:15 Adopt A Park Chinook |
| 22 | 23 | 24 | 25 | 26 |
| Stretching Class 9:15 Stu's Comp. Updates Jam Session Swimming 1300 | Arts and Crafts Class 10:00 Swimming 1300 Walking Club 1300 | Adopt A Park Chinook QFF Lite Class 1300 OR Karaoke at D.P 19:00 | Life Skills Class 10:15 Swimming 1300 Opokaasin @ Friendship Center 1300 | Stretching Class 9:15 Adopt A Park Chinook CAP Birthday Cake |
| 29 | 30 | 31 | | |
| Stretching Class 9:15 Jam Session Bowling 1030 Swimming 1300 Holiday Bowl 1330 | Arts and Crafts Class 10:00 Swimming 1300 Walking Club 1300 OR Halloween Party 18:30 | Adopt A Park Chinook CAP Halloween Party/Haunted House | | |



Bold means all individuals at Quest are invited to participate. OR = Outreach organized events.

I am so clever that sometimes I don't understand a single word of what I am saying

-Oscar Wilde

I'll bet living in a nudist colony takes all the fun out of Halloween"

-Charles Swartz

"Eat, drink and be scary"

Anon