

# Quest News

## Individual Edition

### February 2014



February's *Individual Edition* newsletter is always an exciting one! It is an opportunity for us to highlight the accomplishments of the many people we support and to touch base on some important agency news. 2013 was a year of growth and success for many, and we hope that we were able to capture that with some of the articles included this month.

#### Our Rights Proudly Developed by the Quest Community

- I have the right to travel to new or familiar places.
- I have the right to spend time alone when I want and to have staff knock if they want to come in.
- I have the right to be seen as an okay person, just as I am.
- I have the right to live in a clean home and to live with people I like.
- I have the right to have my own house key.
- I have the right to be safe and kept from harm.
- I have the right to spend my money on things that I want.
- I have the right to choose food that I like to eat.
- I have the right to set my own goals and choose what I want to do with my life.
- I have the right to talk to my doctor, my nurse, and my psychiatrist.
- I have the right to be treated the same as other people.
- I have the right to feel good and happy about who I am.
- I have the right to learn about sex and to say yes or no.
- I have the right to get married or to live with someone who I love.
- I have the right to love the people that matter to me.
- I have the right to have children and to look after them as they grow up, even if I need help with this.
- I have the right to carry things that are special to me such as toys, books, or clothing.
- I have the right to think as I want and no one should treat me badly if they do not agree with me.
- I have the right to be heard and listened to even if I cannot speak to you or communicate with you.
- I have the right to feel sad, angry, hurt, or upset.
- I have the right to speak up for myself or get support to do this.
- I have the right to do things I enjoy such as sports, cooking, going to movies, adult activities, etc.
- I have the right to use public services such as the city bus.
- I have a right to be seen as a member of my community.
- I have the right to make bad choices and to learn from my mistakes.
- I have the right to go to school and to learn new skills.
- I have the right to choose my religion and go to church if I want to.
- I have the right to vote for someone in an election (when people are picked to make rules for the country, the province, the city or town).
- I have the right to have trained staff that will give me good service and support.
- I have the right to have support that is fair and can be counted on.

If you ever feel that you have not been heard, that your rights have been stomped on, please do not hesitate to let someone know so that they can help you. This might be a friend, a coworker, a member of the Quest team or a family member. Your rights are important to us and we want to respect them!



Sonja Swanson 1941-2013

Farewell friend, thank you for the memories.

Sonja was a girly girl. She loved to dress up, curl her hair, put on her make-up, and have her purse match her outfit. She also loved her dolls dearly and would dress them many times throughout the day. Every doll had a personality and a story to share with others.

Sonja loved to spend the day rocking in her chair on the porch if the weather was nice. While rocking, she would share stories with her dolls and visitors.

She was very outgoing and enjoyed meeting new people. Anyone who got the privilege of getting to know Sonja would understand how much love and excitement she had to offer the world. Sonja would share her love of country music and dolls with anyone who was willing to listen. It was an honour to support and spend time with Sonja and she will be forever missed. We can still hear her today yelling – “HEY LADY!”



#### A reminder to our staff:

The information you learn about me while supporting me is *NOT* yours to share. Please respect my rights, and respect my privacy. Quest has a zero tolerance policy for breaching my confidentiality. If I want to share – I will do so!

Southern Alberta Individualized Planning Association (SAIPA) envisions a community where individuals with developmental disabilities:

- Have equal opportunity in attaining the quality of life they desire.
- Are fully participating members of their community
- Can receive assistance where it is needed
- Are encouraged to plan & dream
- Where community members have access to information & resources



Working together with the **South Region Self-Advocacy Network (SRSAN)**, many resources and learning tools are available to you. Visit at: 527 - 6 Street South or phone: 403-320-1515.



www.saipa.info

## Staffing Info

The Employee Resource Centre (ERC) is the hub of staffing for the agency. Jen or Ashley are responsible for staffing shifts everyday. They will be happy to assist you in finding out who your staff will be on a certain day, or passing on messages to staff who are coming onto shift to support you. Some examples of this are: "please meet us at the bowling alley", or "I will be at home today and not at CAP" or "I will be busy until 5pm so please don't come at 4pm".

If you have any questions you can call us at anytime between 8am & 4:30pm at **403-381-9515!**

When Jen and Ashley are looking for support staff, they try to find staff who best suite the person needing supports. This might include features such as: athletic because you enjoy sports, or maybe quiet because you enjoy a calmer staff. Please do not be scared to let us know what kind of things you want to do with your staff so that we can work our hardest to find the right match! This might take time, but we will always try our best.



**Thank you Tracy!**

Your help with the recycling upstairs is so appreciated, and you are doing a wonderful job!



Did you know... The Access 2 Entertainment Card gives one staff free admission when they go to the movies with you at Galaxy Cinema?? This card costs \$20 and it is good for 5 years! Pick up your application form at the office!

## News from Advanced Cooking Class

Our Advanced Cooking Class has been busy in the last few months! They have masterfully prepared the following dishes: Homemade Mac and Cheese, Mini Shepherds Pie, Ham and Cheese Puff Pastry, and Salmon Salad Sandwiches with Chicken Noodle Soup. For more information on cooking class, or any other life skills classes, please contact Kevin at 403-381-9515!

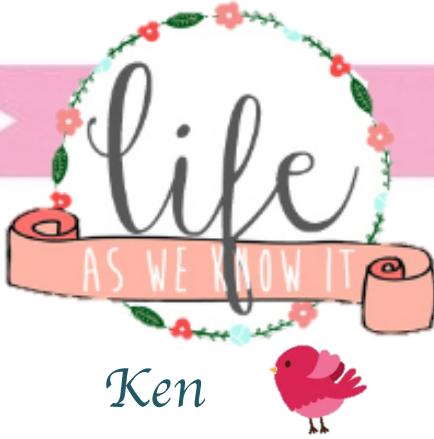


## Welcome to Quest!

Quest would like to extend warm welcomes to Diann (left) and John (right)!

Diann recently moved to Lethbridge from Ontario and joined our CAP program. She brightens up each day with her great smile and warm personality.

John has joined us from Edmonton. He is originally from the Yukon. He is a vibrant spirit and full of life. He is getting along great with his new roommates and with everyone at CAP. Thank you both for joining our community!



## Ken



Ken has been a member of Rainbow Riding Association for many years. He enjoys his rides every Tuesday faithfully. Ken says his horses name is Reno and that he is a very nice horse. "You can't walk behind him or he will kick ya!" are Ken's words of advice for anyone interested in joining. Congratulations Ken on another year of excellent riding!

## Dee Dee & Christine



These adventurous ladies went camping in Calgary this summer. While there they were there, they were able to visit the Telus World of Science!



## Jaclyn Pelech talks Job Hunting, & Clogging!

*"So what do you do for fun?" Kevin asked Jaclyn Pelech, expecting her to say something along the lines of sports, movies, or music.*

Jaclyn: I'm a clogger.

Kevin: Oh cool, I'm a jogger too!

Jaclyn: No a clogger!

Kevin: Well what you do in the privacy of your own bathroom is your business.

Jaclyn: (growing visibly annoyed, Kevin has that effect on women) It's a form of percussive dance that you can perform to any type of music. It's similar to tap but it also incorporates other styles of dance like hip-hop and ballet. I've been a member of the Canadian Rocky Mountain Cloggers for 3 years now!

Quinn seems to be one of the most known members of the Lethbridge community! He frequents the Movie Mill and Little Caesar's where he has developed friendships with many of people who work there. Staff have even been known to give Quinn gifts! Another example of Quinn's community presence is a recent experience at Denny's. When Quinn went pay for his lunch, a stranger had paid for Quinn and his support staff's meals, just because! It's awesome seeing Quinn out there meeting new people and sharing his personality!!



## Quinn



## Yvonne

Yvonne celebrated her 65<sup>th</sup> birthday recently. Her party was wonderful and was attended by numerous family and friends. Thank you to Lana, Aiza, and Connie for helping to make this event so great! Happy birthday Yvonne!



Kevin: Well, don't I have egg on my face ☺. Tell me more about it!

Jaclyn: I practice in our studio on the north side once a week and in May we're going to a competition in Utah!

Kevin: That is so cool! I did rhythmic gymnastics once in elementary. My mom said I was good. Probably not the same thing though eh?

Jaclyn: Nope, clogging takes a little more skill I think.

Kevin: That's so great. I didn't realize you were so talented! I mean I probably should have known. (starting to put his foot in mouth, time for a subject change) So how is your job search going? I know you've been working very hard.

Jaclyn: Its going good. I've applied at over 50 places in the last year.

Kevin: Good for you! That persistence will pay off, just keep it up! Where have you applied?

Jaclyn: I've applied at pretty much every place in Park Place. Yep, I applied at the whole mall. I had an interview at Booster Juice.

Kevin: Well I'm proud at how hard you've been working. Do you think maybe we could get a Clogging performance some time at CAP?

Jaclyn: It would cost you.

Kevin: How much?

Jaclyn: You couldn't afford me.

Kevin: Thanks for your time Jaclyn!

## Healthy Living

### Tips to stay healthy during flu season!!

- WASH YOUR HANDS!!!! If you can, have a shower before bed and try to go to bed clean & germ free. If that's not an option make sure you scrub your hands clean.
- Keep your space clean!! Disinfect your home every couple of days to ensure that any germs are not spreading between yourself, roommates and friends.
- Drink a lot of water!
- Get at least 8 hours of sleep a day

If you start feeling sick make sure you tell someone and stay home for the day. Your support team will do their best to help you get better as quickly as possible!!



**Smoothies** are a great breakfast idea. All you need is a blender or a magic bullet (available at Walmart for \$40.00) and the ingredients you enjoy:

- 1 cup of fruit/vegetables (spinach!). Pick whatever you want fresh or frozen! Frozen fruit will make your smoothie colder if you like that better.
- 1 cup yogurt. If you enjoy your sweets than try to add in a flavoured yogurt instead of plain or vanilla.

Throw these two ingredients into the blender and blend to the texture of your choice! If you want your smoothie to be runnier, than you can add a couple of spoonfuls of milk/water. Pour it into a glass and enjoy! This is a great way to get some added fruits and veggies in each day.



### A Word from Matt

Do you sometimes get upset and need help calming down? Maybe your doctor has prescribed a special medication to help you feel better when you're mad. Medications that are given to you when you are upset are called PRN's. When you are getting mad, your staff might ask you if you want a PRN. Can you recognize when you need help calming down? Do you know when to take a PRN? Do you know how to ask for a PRN?

If you need help understanding the medications that help you calm down, or if you need more information about when and how to ask for PRN medications, you can talk to your staff, supervisor or you can call me (403-381-9515) and we can meet to discuss it together.

## Voices for Self-Advocacy

Our Voices for Self-Advocacy Committee had a busy year in 2013, and it sounds as though 2014 will be full of even more great activities. Annual special events held by the Voices Committee include:

- Valentine's Candy-Grams Fundraiser (including sugar free options!): These small packages are assembled by Voices and for sale in the week leading up to Valentine's Day.
- Whoop Up Days Parade Float: During the months of July and August Voices organizes and creates a float for the Whoop Up Days Parade that takes place mid-August.

This year Voices is going to be fundraising for a trip to Waterton! For more details or to find out when and where Voices meetings will be held, please contact Curtis at 403-381-9515. Everyone is welcome to attend meetings! The more the merrier!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Jam Session Bowling 1030 Swimming 1300 <b>Quest For Fitness 1300</b>	<b>Music Class 1300</b> Swimming 1300	Adopt A Park Chinook Walking Club 1300 <b>OR Swim S.S 1830</b>	<b>Cooking Class 10:30</b> Swimming 1300 Bowling 1330	Adopt A Park Chinook <b>Quest Winter Olympics 1300</b>
10	11	12	13	14
Jam Session Swimming 1300 <b>Quest For Fitness 1300</b> Norbridge Outreach 1330	Swimming 1300 <b>Music Class 1300</b>	Adopt A Park Chinook Walking Club 1300 <b>OR Sledding Sugar Bowl 18:00</b>	<b>Cooking Class 1030</b> LCC massage 12:00-14:00 Swimming 1300 Opokaas'in 1330	Adopt A Park Chinook <b>Valentines Day Party 1300</b>
17	18	19	20	21
<b>Family Day</b> Quest Closed	Swimming 1300 <b>Music Class 1300</b>	Adopt A Park Chinook Walking Club 1300 <b>OR craft night 1800</b>	<b>Cooking Class 1030</b> Bowling 1330 Swimming 1300	Adopt A Park Chinook
24	25	26	27	28
Jam Session Bowling 1030 Swimming 1300 <b>Quest For Fitness 1300</b>	Swimming 1300 <b>Music Class 1300</b>	Adopt A Park Chinook Walking Club 1300 <b>OR movie night 1800 @ Quest</b>	<b>Cooking Class 1030</b> Swimming 1300 Opokaas'in 1330	Adopt A Park Chinook

## Crossword

Please submit your filled out crosswords to Steph with your name on them. Two winners will be drawn for a \$10 gift card each.

### Across

- The receptionist at Quest is named \_\_\_\_\_.
- This is a healthy thing to have for breakfast.
- The theme of the Quest BBQ last year was \_\_\_\_\_.

### Down

- This Self-Advocacy group has a President named Randy.
- There are \_\_\_\_\_ food groups in the Canada Food Guide.
- Quest's mission is: To provide quality \_\_\_\_\_ which enhance the lives of people with disabilities.
- You should drink eight cups of \_\_\_\_\_ per day.

## CAP Calendar

