

# Quest News

May 2013



## Spring Cleaning Checklist!

With spring just around the corner (we hope), it's time for annual spring cleaning! Please complete the items on this list in each of the houses.

- |  |   |
|--|---|
| <input type="checkbox"/> Store away all snow-removal items (shovel, de-icer, mitts, toques, winter coats, etc.)  | <input type="checkbox"/> Rake lawn to remove and bag dead grass   |
| <input type="checkbox"/> Bring out all summer equipment from storage. Ensure you have sprinkler, hose, rake, lawnmower (or shared access to one).<br>If the house does not have these items please report it to the Residential Team Leader or Supervisor. | <input type="checkbox"/> Add weed control as necessary  |
|  | <input type="checkbox"/> Clean debris from around the premises  |
|  | <input type="checkbox"/> Clean exterior windows and window wells  |
|  | <input type="checkbox"/> Turn off heating system when weather allows  |
|  | <input type="checkbox"/> If there are large items to dispose of, please contact your Residential Supervisor |

### Upcoming Training Dates

Abuse Protocol  
May 8 17:30-20:30  
June 26 13:00-16:00

Medication Administration  
June 4 16:30-19:30

Lifting, Transferring &  
Wheelchair Safety  
May 14 13:00-16:00  
June 4 13:00-16:00

Crisis Prevention Intervention (CPI)  
Full Course: May 11 9:00-16:00  
Refresher Course: May 9 17:00-21:00  
July 4 9:00-16:00

## Larry's Trip Home to Kugaaruk, Nunavut

Larry grew up in the small hamlet of Kugaaruk, NU, four hours north of Yellowknife by plane. There are about 900 people living in this remote area.

Larry and his support staff recently traveled to Kugaaruk for a visit. Upon arrival, Larry was greeted by 25-30 family members, including two new nieces.

His first stop upon arrival was to grab a snowmobile from his mom's house and cruise around town. Larry is a very cautious driver. His second stop was to visit his grandfather, Otto. They are very close.

During their trip, Larry took staff sightseeing many times on snowmobiles. They had a great time exploring Larry's school and seeing students building canoes, harpoons, and sleds. Thank you for sharing your story! Larry cannot wait to visit again over the Christmas holidays.

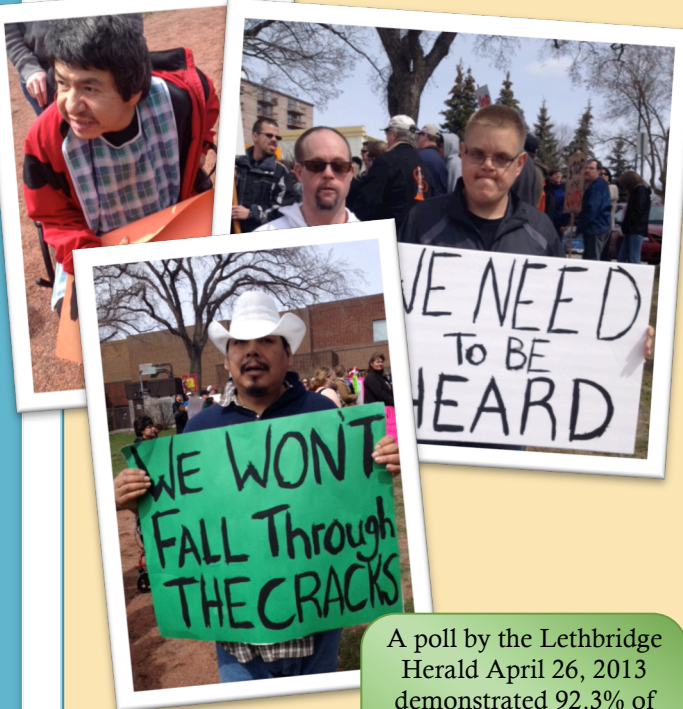


## Rally for Reason: Fighting for Community Access

Last week hundreds of individuals, staff, and supporters gathered at the Civic Centre to voice support for Community Access Programs (CAP). Randy Chandler has some insight into his employment experiences and CAP.

Randy: I have been working at Save On Foods for 10 years and I am the head courtesy clerk. I was able to get the job in the first place with the help of a former staff Ben Kwan. I think that everyone who can work should try and find jobs. It is hard sometimes to find jobs but a piece of advice I can give is to just keep trying and work with your staff to drop off resumes everywhere you can. Persistence will pay off.

CAP programs are important to provide the necessary support to individuals. I don't really know what people would do if they couldn't come to day program. I guess they would stay home. I'm with the Outreach program but I used to love coming to CAP. I met lots of good friends here and enjoyed the activities and parties. CAP provided the support I needed to help answer my questions and live my life.



A poll by the Lethbridge Herald April 26, 2013 demonstrated 92.3% of 686 respondents polled are concerned about cuts to CAP programming

## Positive Approaches with Matt



I don't spend a lot of time lecturing people on Agency dress code. But at this time of year, as the weather warms up and wardrobes begin to change, I thought it would be a good opportunity to remind everyone that the things we wear can affect our safety.

Sturdy footwear is always a good idea. Although flip-flops are a popular choice for summer footwear, open-toed shoes and shoes without backing don't provide the stability that one might need should they have to run to safety or perform a restraint. Some settings within the agency do not require staff to wear close-toed shoes; however, safe footwear that is both close-toed and has a backing is an Agency recommendation in all settings.

Loose fitting clothing and jewellery can also pose a safety risk. Depending on the person you're working with, or the environment in which you work, jewellery and loose fitting clothing can catch or snag on things, or be an easy target for someone trying to get your attention. Avoid large hoop or dangly earrings and necklaces, neckties, and other clothing or jewellery items that could be grabbed or used to control your movements.

Other safety precautions you can take include: pulling your hair back or wearing a cap, wearing long-sleeve shirts, using the CPI supportive stance to stay out of the person's reach, etc. As you prepare for work, take a proactive approach by avoiding items that might potentially increase your risk.

## Kevin's Corner: Interview with Brett Colburne

This month Kevin interviewed someone who has had tremendous success as an Entrepreneur in the Southern Alberta. Brett Colburne shared about his recycling business, his interests, favourite sports teams, and travel experiences.

Kevin: So Brett, I understand you have an incredibly successful business. What kind of business is it?

Brett: It's recycling paper, cardboard, metal cans. I take the labels off the "Campbell's" soup cans and give them to a school in Nanton.

Kevin: How long have you been in business for?

Brett: 8 years

Kevin: That's great. How many customers do you have?

Brett: 86 regular customers

Kevin: Wow that's impressive. So what do you do with your time when

you are not working?

Brett: I like to go out for coffee and watch hockey games. I also volunteer with Meals on Wheels one week a month.

Kevin: That's really great giving back to your community. So who is your favourite hockey team?

Brett: Calgary Flames

Kevin: That's my favourite team too. It has been a lean year. Do you have a favourite player?

Brett: Mike Vernon

Kevin: Classic choice! So Brett, do you travel lots and if so where

have you been?

Brett: Yes I do, I have been to Disneyland, Disney World, and I go visit my mom in the States. I'd like to go to California next.

Kevin: Wow you have traveled around. What do you do for fun around Nanton?

Brett: I go to the rodeo and chuck wagon races

Kevin: Sounds like a lot of fun.

Thanks for sharing with everyone Brett!

## CAP Shout Out!

The ERC would like to recognize the staff at the Community Access Program for their hard work and perseverance over the last month. In efforts to accommodate an influx of employee absenteeism and resignations, the ERC has had to pull and switch CAP staff frequently to ensure all of our programs are staffed properly. Thank you to all CAP staff who are willing to help out in these situations. A special thanks to Team Leaders Anne, Ursula, and Shardé, who have stepped up to organize a sometimes short-staffed team on the CAP floor. This agency could not run without the hard work and support of these dedicated employees!



Thanks CAP!  
-ERC



## Open Shifts: Apply for open shifts by submitting a contact note to the ERC.

### Female Positions:

H03 E/O Sat&Sun 9:00-21:00  
\*First Aid  
H05 E/O Wknd Live In 23:00 Fri-  
23:00 Sun \*First Aid  
H05 Mon-Fri 16:00-23:00 \*First Aid  
H16 Mon-Fri 16:00-23:00 \*CPI  
H18 Mon-Fri 16:45-21:00 \*CPI  
H18 E/O Wknd ½ Live In 20:45 Sat-  
21:00 Sun \*CPI  
H25 1 Wknd Live In per Month 22:00  
Fri – 22:00 Sun \*Lift & Transfer  
H26 E/O Wknd Live in 23:00 Fri –  
15:00 Sun

### Male Positions:

H01 E/O Sat & Sun 11:00-22:00  
\*CPI  
H04 E/O Sat & Sun 12:00-20:00  
\*CPI  
H12 Tues & Thurs 18:00-23:00  
\*CPI  
H17 Tues, Thurs & Fri 15:30-22:00  
\*CPI  
H17 1 Wknd Live In per Month  
22:00 Fri – 22:00 Sun \*CPI  
H20 E/O Sun ON 22:00-8:00 \*CPI  
H20 E/O Sat 9:00-21:00 \*CPI  
H23 1 Wknd Live In per Month  
23:00 Fri – 23:00 Sun \*CPI  
H28 1 Wknd Live In per Month  
23:00 Fri – 23:00 Sun  
H29 E/O Sat & Sun 11:00-23:00  
\*CPI

### Female or Male Positions:

H02 E/O Sat & Sun 8:00-20:00  
H02 Mon-Fri 15:00-23:00  
H14 E/O Wknd Live In 23:00 Fri  
– 23:00 Sun \*Lift & Transfer  
H19 E/O Wknd Live In 23:00 Fri  
– 23:00 Sun \*CPI & First Aid  
H19 E/O Wknd ½ Live In 22:00  
Sat – 22:00 Sun \*CPI & First Aid  
H25 Mon-Fri 7:00-16:00 \*Lift &  
Transfer  
H25 E/O Sat & Sun 7:00-15:00  
\*Lift & Transfer

Team Leader Positions: \*All Team  
Leader Positions Require a Vehicle  
& a completed file.

Female: H25 Mon-Fri 15:00-23:00  
Male: H08 Mon-Fri 16:00-22:00  
Male: H17 15:30-22:00  
M or F: H14 Mon-Fri 15:30-23:00  
M or F H02 Mon-Fri 7:00-15:00



## Important Dates from the CAP/OR Calendar:

Wednesday May 1 – Outreach Swim Night  
6:30PM at Stan Sewik Pool  
Tuesday May 7 – Job Fair 4:00PM-7:00PM at  
the Coast Hotel  
Wednesday May 8 – Outreach Movie Night  
6:30PM at the Movie Mill  
Friday May 10 – IACC Dance Party 1:30PM

at the Henderson Kiwanis Shelter  
Wednesday May 15 – Outreach Bingo 6:30 at  
CAP  
Wednesday May 22 – Outreach Frisbee Golf  
6:30PM at Nicholas Sheran Park  
Wednesday May 29 – Outreach Edible Dirt  
Cups 6:30PM at CAP