

Quest News

March

2014

Announcements!

- Quest is launching a brand **new website!** Keep your eyes open for an estimated launch date of early March. Our new website includes such great features as: common Quest forms available for printing, job descriptions, training dates and sign up, upcoming events calendars, and updates on our employment initiatives. www.questsupport.com
- Congrats to the new members of our **Joint Health & Safety Committee:** Nicole Vingo, Jacinda Taylor, Rene Jacob, and Robbie Ward. This team will be working together to improve safety in each of our facilities and homes. If you have a concern regarding health or safety, please contact Nicole at the main office.
- Do you have a **concern or request for our maintenance department?** Beginning in March, staff will be provided with new "work request" forms which will be available online (on our new website!), and at each facility. Once a work request form is submitted to the maintenance department, a numbered work order will be issued by the Director or Associate Director of the Maintenance department. The numbering will help us track work progress and ensure each request receives the appropriate follow up. This new form will be reviewed at upcoming house meetings. If you have any questions or concerns please feel free to call our maintenance department at 403-381-9515. If you are curious about the status of your request, please contact Tom.
- Spring is coming! Maybe... regardless, Quest and the QSS Enterprise are getting ready to set sail once again in the annual Lethbridge Rotary **Dragon Boat Festival.** A sign up sheet will be located at the front desk. Registration fees will be paid by Quest. Participants will be responsible for the cost of their team shirt. More details to come! June 27-29, 2014. This is an excellent opportunity to stay fit and have fun!

Upcoming Training Dates: If you have questions about your file requirements, you can speak with Stephanie or Mecole for an update!

Abuse Protocol

March 5 13:00-16:00
April 9 17:00-20:00

Dress Comfortably with flat shoes for CPI & L&T. All courses take place at CAP.

Crisis Prevention

Intervention
Full Course
March 8 9:00-16:00
April 12 9:00-16:00
Refresher Course
March 6 17:00-21:00
April 10 17:00-21:00

Lifting & Transferring

March 19 13:00-16:00
April 17 13:00-16:00

Medication Administration

April 15 16:30-19:00



You & I

By: Elaine Popovich

I am a resident. You reside.

I am admitted. You move in.

I am aggressive. You are assertive.

I have behaviour problems. You are rude.

I am noncompliant. You don't like being told what to do.

When I ask you out for dinner, it is an outing. When you ask someone out, it is a date.

I made mistakes during my check-writing program. Some day I might get a bank account. You forgot to record some withdrawals from your account. The bank called to remind you.

I wanted to talk with the nice looking person behind us at the grocery store. I was told that it is inappropriate to talk to strangers. You met your spouse in the produce department. Neither of you could find the bean sprouts.

I celebrated my birthday yesterday with five other residents and two staff members. I hope my family

sends a card. Your family threw you a surprise party. Your brother couldn't make it from out of state. It sounded wonderful!

My case manager sends a report every month to my guardian. It says everything I did wrong and some things I did right. You are still mad at your sister for calling your Mom after you got that speeding ticket.

I am learning household skills. You hate housework.

I am learning leisure skills. Your shirt says you are a "Couch Potato."

After I do my budget program tonight, I might get to go to McDonald's if I have enough money. You were glad that the new French restaurant took your charge card.

My case manager, psychologist, R. N., occupational and physical therapist, nutritionist and house staff set goals for me for the next year. You haven't decided what you want out of life.

Someday I will be discharged . . . maybe. You will move onward and upward.



News from the ERC

April Turnover!!

The ERC would like to prepare in advance for our yearly turnover that typically occurs in April and May to ensure that the transition of staff leaving and coming into the agency occurs smoothly for the people we support. Please contact Jen or Ashley in advance if you are expecting a change in your availability in the upcoming months.

Summer Holidays

If you are planning a holiday during the summer months, please ensure to get your Time Off Request in as soon as possible.

Children's Summer Camp

If you want full-time hours this summer, there is an opportunity to be a part of our children's summer camp! Please submit letters of interest to Jen if you are interested in having fun at this awesome program.

Respite Openings. Contact Jen for more information

#RESP-01: Looking for a couple or a male to provide respite weekend support for a young adult male. This young man is very independent, likes to keep active and live a healthy lifestyle. Supportive behaviour programming is in place for this person, and training will be provided. Respite payout is \$300.00 per weekend, and respite is for 2 weekends per month.

#RESP-02: Two weekends per month of 48 hour respite supports for a young adult male who is fully ambulatory, but does have some behaviours of concern and does have a supported behaviour plan in place. Looking for a male staff or couple (with no young children) to provide supports to this wonderful man. Being able to cue and redirect is important with the program planning of this individual. Respite payout is \$700.00 per weekend, and respite is for 2 weekends per month.

Open Shifts

Female Shifts:

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

H05 Mon-Fri 16:00-23:00 *First Aid & CPI

H05 1 Live in Wknd/Month 23:00Fri-23:00Sun *First Aid & CPI

H11 ONs Sun-Thurs 23:00-8:00

H25 1 Live in Wknd/Month 22:00Fri-22:00Sun *Lift & Transfer

Male Shifts:

H01 Mon-Fri 7:00-15:00 *CPI

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

H17 1 Live in Wknd/Month 23:00Fri-22:00Sun *Complex Wage & CPI

H23 Mon-Fri 9:00-17:00 *CPI

H23 Mon-Fri 17:00-21:00 *CPI

H28 E/O Live In Wknd 23:00Fri-23:00Sun *CPI

H29 ONs Sun-Thurs 23:00-8:00 *CPI
H29 E/O Sat & Sun 11:00-23:00 *CPI

Female or Male Shifts:

H07 E/O Sat & Sun 9:00-21:00 *Complex Wage, CPI & First Aid
H07 Awake ONs Fri & Sat 23:00-11:00 *Complex wage, CPI & First Aid
H14 Mon-Fri 16:00-22:00 *Lift & Transfer
H14 E/O Sat & Sun 8:00-20:00 *Lift & Transfer
H14 ONs Sun-Thurs 23:00-9:00 *Lift & Transfer
H19 Wed & Thurs Support 17:00-21:00 *Complex Wage, CPI & First Aid
H24 Mon-Fri 15:00-22:00 *Complex Wage, CPI & First Aid
H25 1 Wknd/Month Sat & Sun 15:00-22:00 *Lift & Transfer

Team Leader Positions

(Complete file required prior to interview. Applicants must also have a vehicle)

Female TL Shifts:

H18 Mon-Fri 8:45-17:00 *Complex Wage
H25 Mon-Fri 15:00-23:00 *Lifting required, available March 17

Male TL Shifts:

H08 Mon-Fri 16:00-22:00
H17 Mon-Fri 15:30-22:00
H29 Mon-Fri 15:30-23:00



Positive Interventions with Matt

Positive interventions are strategies that are not restrictive, meaning they don't force the person to make the "right" choice. Positive interventions use non-restrictive means to help the person you're supporting make their own choices. These strategies can be used in emergency situations that do not pose an imminent risk, but where inappropriate behaviour is present. When inappropriate behaviours are not present, positive approaches can also be used to teach new skills that replace the behaviour of concern with a more adaptive behaviour.

Quest is offering a new training program developed by the Alberta Council of Disability Services called Positive Behaviour Supports (PBS). This training provides participants with the tools needed to use positive interventions and teach new skills to the individuals they support. As training dates are scheduled, they will be posted at the front desk and in the newsletter.



Staff Shout Outs!

-James Caldwell: Thank you for your professionalism and diligence when contacting On Call. You are a capable and responsible staff, and we are lucky to have you on our team!

-Thomas Ekubazgi: Thank you for your flexibility and openness to change. You have come through for us on more than one occasion with last minute switches and we can't thank you enough!

-House 28 (Deanna Glenn and Darla Lee): Thank you so much for the consistency you are providing at H28! Your hard work and dedication have made a great impact on how well this house is running!

-House 27 (Steven Layton, Shane Johnson, Jeff Johnson, Mike Ostrom, Trevor Gilbert & Darren Majeran): Thank you for your consistency in providing the person you support with a comfortable, active, healthy and happy home!

-House 15 (Brittany Salmon, Darcelle Brown Weasel, Lacey Otway, Kasyn Sell, Jill Boyson, Christina McKenzie): Thank you for working together as a team to plan ahead and cover each other's shifts!

-Linda Stevenson: You have made a wonderful addition to the TL team! Thank you for all the great work you do!

-Trevor Gilbert: Welcome to the Management Team! Trevor has started as a new Supervisor on the Residential Team. If you see him, wish him congratulations!

-Greg Imeson: Thank you so much for joining our team at CAP! Your professionalism, creativity, and great attitude are an amazing addition to the team. We are so lucky to have you!

Is there a staff you would like to recognize for their hard work? Request a recognition card from your Supervisor!



Healthy Living

Lower Back Stretch

Sit forward in your chair.

Bring one of your knees toward your chest. Use your hands to grab the back of your thigh and gently pull it toward you. Keep your back straight, being careful not to lean forward.

Hold the stretch for 30 seconds. You'll feel tension in your lower back and the upper part of your buttock.

Relax and slowly return to the starting position.

Repeat the stretch with the other leg.



Squat



Jump Squat



Alternating Side Lunge

In-Home Workout

You don't always need to go to a gym to get a great workout. Here is a workout you can do at home without using any equipment other than your body and a bit of hard work!

Complete 5 sets (repetitions) of each exercise after you complete the circuit, holding or performing each exercise for 30 seconds. After each plank, rest for 30 seconds.

Walking Lunges

Plank

Alternating Side Lunges

Plank

Alternating Reverse Lunges

Plank

Jump Squats

Plank

Squats

Plank



Plank



Walking Lunge



Don't forget to stay hydrated and drink plenty of water after you exercise!

Happy 10 year anniversary!

Celebrating: Liz Green & Derek Melting Tallow



Quest would like to say a special thank you to Liz Green for 10 years of dedicated service! Liz is a staple of the Community Access Program, and is well known for her enthusiasm for advocating and raising money for special programs. She often organizes and holds 50/50 draws that benefit the Voices Self-Advocacy group, and just this past Christmas Liz raised funds to adopt a family of five. Liz, thank you for everything you do!



Liz and Derek will receive iPads as their 10 year anniversary gift



Quest would like to recognize Derek Melting Tallow for his decade long service to the Agency! Derek is responsible, caring, and dedicated to the people he supports. Over the years, Derek has responded to medical emergencies, and has come forward time and time again to organize and execute float decoration, the Quest Dragon Boat Team (Captain again in 2014!) and other special events. Derek, thank you so much for bringing your special gifts to team Quest.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Jam Session Bowling 1030 Swimming 1300 Quest For Fitness 1300	Music Class 1300 Swimming 1300	Adopt A Park Chinook Walking Club 1300 OR Swim N.S pool 1830	Cooking Class 10:30 Swimming 1300 Bowling 1330	Adopt A Park Chinook
10	11	12	13	14
Jam Session Swimming 1300 Quest For Fitness 1300	Swimming 1300 Music Class 1300	Adopt A Park Chinook Walking Club 1300 OR Name that Tune 1800 @ day program	Cooking Class 10:30 LCC massage 12:00-14:00 Bowling 1330 Swimming 1300 Opokaa'sin 1330	Adopt A Park Chinook St Paddy's Lunch and Shuffleboard Tourney
17	18	19	20	21
Jam Session Swimming 1300 Quest For Fitness 1300 Norbridge Outreach 1330	Swimming 1300 Music Class 1300	Adopt A Park Chinook Walking Club 1300 Henderson Lake Walk 1800 meet outside pool	Cooking Class 1030 Bowling 1330 Swimming 1300	Adopt A Park Chinook
24	25	26	27	28
Jam Session Bowling 1030 Swimming 1300 Quest For Fitness 1300	Swimming 1300 Music Class 1300	Adopt A Park Chinook Walking Club 1300 OR Charades/ Pictionary 1800	Cooking Class 1030 Swimming 1300 Opokaa'sin 1330 Bowling 1330	Adopt A Park Chinook Fun with Science 1300
31				
Jam Session Swimming 1300 Quest For Fitness 1300				

