

# August

## Quest News 2015

### Community Living Challenge!

#### Best-kept yard!

We are looking to reward the "Best Kept Backyards" at Quest! Judging to commence mid-August. Top 4 spots with the best maintained yards receive a Costco membership!



### Quest Carnival

**WHEN:** August 28<sup>th</sup>, 2015 11:30-5:00 pm

**WHERE:** John Martin Recreation Area  
(Located in Pavan Park 110-62 Ave North)

**WHAT:** BBQ, Carnival Games, Prizes & Fun!!

**WHO:** Everyone is welcome to come down for a fun filled day of activities! If you attend another program during the day, you are more than welcome to come from there if able!

#### **\*\*REMINDER\*\***

Please dress for the day. Families are welcome, but must not interfere with your work if you are on shift. Children may not attend without a secondary responsible adult present. We look forward to seeing you there!!

# ERC

## September Availability

All employees whose availability is changing in September need to inform the ERC as soon as possible. The beginning of September is a high turnover time for the Agency and therefore the more notice employees are giving us regarding changes the smoother the transition will be for the people we support! Please fill out an availability form at the front desk, or fill one out on the website and email to [a.herbers@questsupport.com](mailto:a.herbers@questsupport.com).



## Shout Outs

Shout out to Matt Olson & Nicole Vingo for taking on a Residential caseload to assist with the supervisor shortage! You guys are the best and I am so glad you are on my team! ~ Michele

Huge thanks to all House 34 staff who have been so flexible with all the recent changes! ~ Ashley

Thank you Ashley & Brenna for stepping up while the ERC is short staffed! ~ Kendal

The Outreach team welcomes Alisha Van Den Biggelaar to the team. You are a great asset to the Outreach program! ~ Cynthia

Shout out to the **Iron Chef** competitors- awesome job putting out some tasty east while under intense pressure! Thank- you Judy & Kristine for attending the competition, supporting our competitors and playing the difficult roles of official judges. Congratulations to the winning team: Nicole, Marsha, Heather & Deb!

Big shout out to the Outreach team for working hard everyday! ~ Melissa

Thank you Brenna for all of your help with staffing! ~ Ashley

Huge shout out to Kendal & Ashley for the support, help & training so I could assist in staffing, also to Steph for taking on part of my caseload so I wouldn't fall behind! ~ Brenna

Thanks TP for volunteering to take care of the yards at House 23/24! They look amazing! We appreciate you so much! ~ Michele

Shout out to Gary Klassen, Will Kellet & Julian Atkinson for picking up shifts. You guys are awesome!! ~ Brenna

Shout out to Jessica Diakow for going above and beyond for the individuals she supports! ~ Alicia

Thank you to House 12 staff, DP & FH for working hard to move houses! You guys Rock! ~ Melissa

Shout out to Greg Rogers & Tiffany Ross for helping out at the main office, you're both rock stars!!! ~ Brenna

Huge thanks to Josh Devine for being so awesome and always willing to help out! ~ Alicia

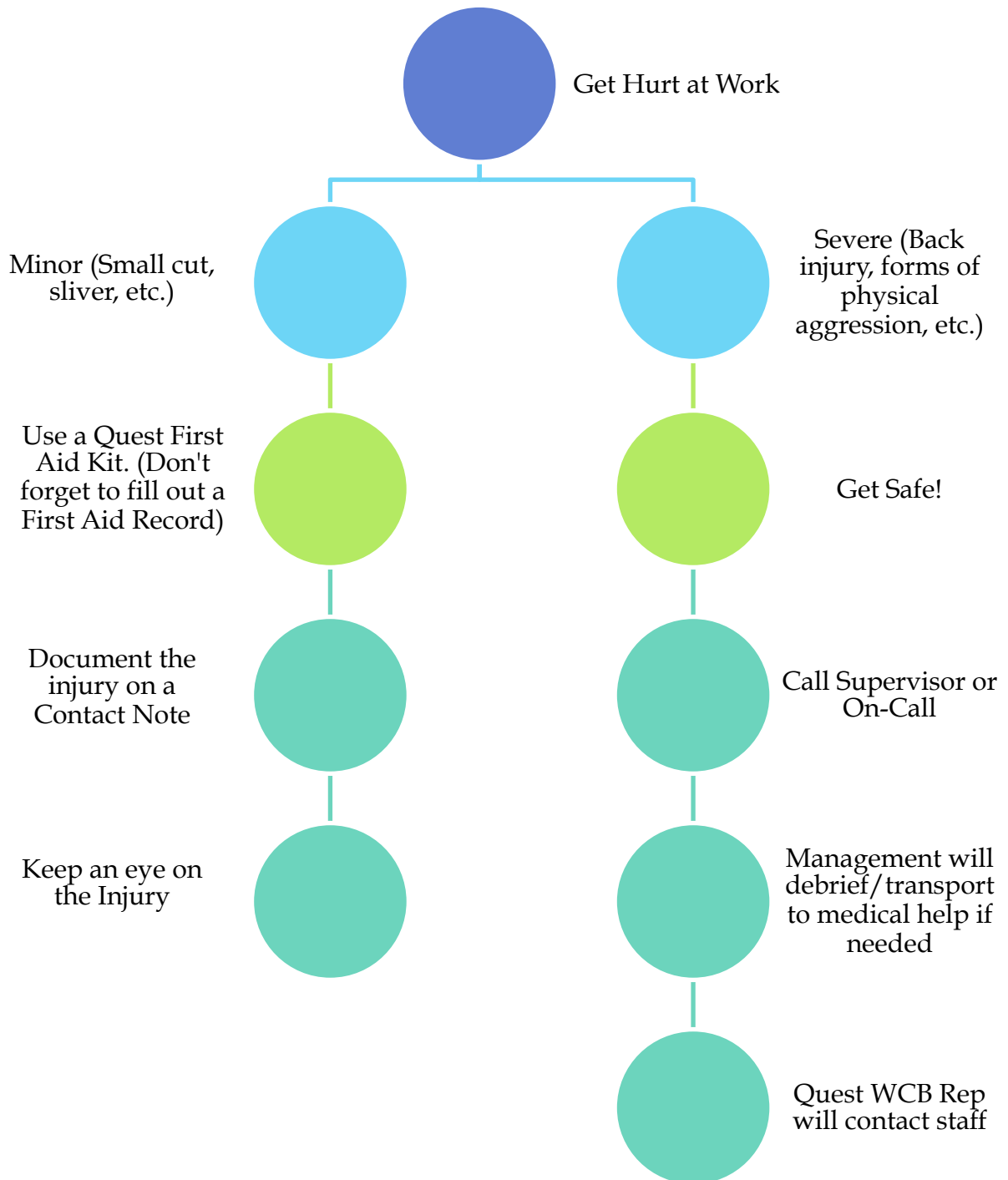


# Health & Safety

## What if I get injured at work?

A work place injury is one that: happens at work, on company property or on company business, may require medical treatment, and may or may not require time away from work. Safety, awareness and training are our best defense against workplace injuries. If an injury does happen it is important for everyone to report the incident to his or her Supervisor or On-call as soon as possible.

Here is a helpful chart that will explain what to do if a work place injury occurs.





# Behavior Management



Objective writing is a way of documenting situations using observable and measurable facts. This removes any feelings, emotions and opinions on the part of the writer and allows the reader to come to their own conclusions based on the facts, rather than the writer's personal bias. This can be particularly important when documenting any strange or unusual behavior that someone is exhibiting. For example, stating that someone was "in a bad mood all day" is the opinion of the writer. But saying that someone was "not responding to staff cues" and "refused all activities" can be proven as a fact. These objective statements allow the readers to determine for themselves if the person was in a bad mood, or if there was something else affecting their behavior.

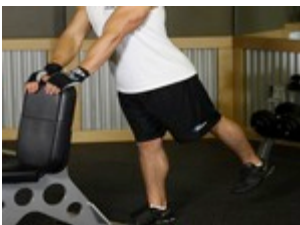
For more information on objective writing, visit our website and view the video  
["Objective Writing"](#)

## Monthly Stretch

### Leg Lift

1. While standing up straight with both feet next to each other at around shoulder width, grab a sturdy surface such as the sides of a squat rack or the top of a chair to brace yourself and keep balance.
2. With or without an ankle weight, lift one leg behind you as if performing a leg curl but standing up while keeping the other leg straight. Breathe out as you perform this movement.
3. Slowly bring the raised leg back to the floor as you breathe in.
4. Repeat for the recommended amount of repetitions.
5. Repeat the movement with the opposite leg.

**Variations:** You can perform the same movement with a low pulley attached to your ankle using an ankle attachment. Optionally, you can use exercise cables as well.



## Update from the Maintenance Department

Our dates have been set for the 2015 PDD Safety Standards inspections:

September 9<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup>.

All DSWI and DSWII staff are encouraged to report maintenance or safety related concerns to the Maintenance Department by submitting Work Request forms to their Residential Supervisor. Please make sure that all residential homes are cleaned, organized, and remove all debris from backyards. Please remember to keep lawns nicely mowed and sidewalks free of debris. (Detailed schedule will be in September's newsletter and all houses will be notified in August)

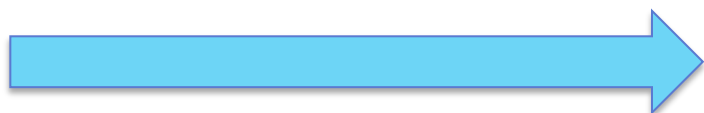




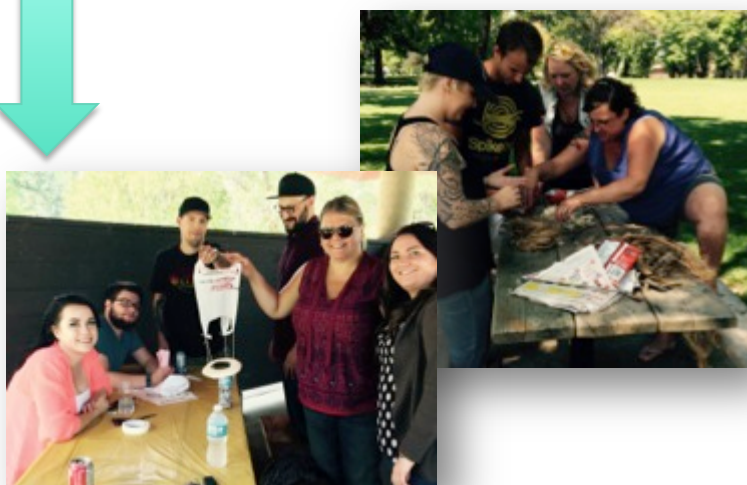
# Community Living

## Acts of Kindness

The community living program handed in 13 Acts of Kindness notices for the month of June. Great work everyone keep it up!!!



The Community Living Team Leader crew enjoyed an afternoon of Team Building in July. Thanks to everyone who attended, excellent Egg Drops!



## June 2015 Acts of Kindness Highlights

Jeremy W- Shared his orange juice with roommate

Alicia B- Held the door open for an elderly lady

Jeremy and Allan greeted each other with a warm welcome and asked how each other was after being apart

Joanne W- waved to and greeted security personnel at the library

Tina N- Helped her peer to her seat when coming from the morning bus

Lana W- made coffee in the morning for her roommate and staff

John M- Held the door open while groceries were being brought in

Fabian P- Willing to give up his bed and "shotgun" in the van in order to make someone else happy

Levi DR- Invited supervisor over for supper

Adam B- Made breakfast for his roommate and offered assistance

## New Residential Supervisors

A huge welcome to 2 new Supervisors on the Community living team! Welcome Christina Van Hardeveld who has recently moved here from Ontario. She brings extensive experience and education to our team. Welcome John Leegstra; John started at Quest as a DSWI, has recently completed a degree at the University of Lethbridge and also brings valuable experience to our team! Looking forward to their contributions as they learn their new roles.

## Community Access Program

Did you know CAP now has 2-projection theater centers available to you each day?

CAP's iPad stations are complete with a large number of apps for learning and entertainment!

Come by and check out our new iPad stations and a fully integrated wireless theater with HD projection, Bluetooth speaker bar system, Apple TV, Netflix, Shomi & much more!



# Quest Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3  <b>Quest Closed</b>	4  Swimming 1300 LLL Class 1300	5  Arts & Crafts Class 1015 Adopt a Park Chinook Multimedia 1300  OR Swim Night N.S Pool 630 pm	6  Multimedia 1000 Swimming 1300	7  Adopt a Park Chinook
10  Jam Session Baking Class 1030 Drama for Multimedia 1300	11  Swimming 1300 Last LLL Class 1300	12  Arts & Crafts Class 1015 Adopt a Park Chinook Multimedia 1300  OR Sports Night N.S 6pm  <i>Abuse Prevention 1300-1600</i>	13  Multimedia 1000 Swimming 1300 Bowling 1330	14  Adopt a Park Chinook
17  Jam Session Baking Class 1030 Drama for Multimedia 1300	18  Swimming 1300  <b>Whoop Up Parade</b>	19  Arts & Crafts Class 1015 Adopt a Park Chinook Multimedia 1300  OR Tourney Night CAP 6pm  <i>Lift &amp; Transfer 1300-1600</i>	20  Multimedia 1000 Swimming 1300	21  Adopt a Park Chinook  Capture the Flag 1300
24  Jam Session Baking Class 1030 Drama for Multimedia 1300	25  Swimming 1300	26  Arts & Crafts Class 1015 Adopt a Park Chinook Multimedia 1300  OR Scavenger Hunt CAP 6 pm  <i>Agency O 800-1630</i>	27  Multimedia 1000 Swimming 1300 Bowling 1330  <i>CPI Refresher 1700-2100</i>	28  Adopt a Park Chinook  <b>QUEST CARNIVAL</b>
31  Jam Session Baking Class 1030 Drama for Multimedia 1300	<b>LEGEND:</b> CAP: Bold Community: Regular OR: Blue <i>Training: Green Italics</i>			