

Quest News 2015

May



Partnering with REBOUND HEALTH CLINIC, we are pleased to introduce the:

EARLY INTERVENTION CLINIC

Beginning May 14, 2015

When: Every Thursday from 14:00 – 17:00, 15-minute appointments

Where: Community Access Program, 1245 2nd Ave South

Who: Open to all Quest employees

Cost: Free

Slip and **twist** your knee?
Have a **sore** shoulder?
Sleep funny and **hurt** your back?

The purpose of this new program is to connect you with certified physiotherapists that will assist in treating these injuries. For more information please go to www.questsupport.com



To book an appointment contact Nicole Vingo @ (403) 381-9515 or n.vingo@questsupport.com

Upcoming Training

CPI Refresher May 21st 17:00-21:00

CPI Full Course May 23rd 9:00-16:00

Med Admin May 26th 16:30-19:30

Abuse Prevention May 12th 17:00-20:00

Lift & Transfer May 7th 13:00-16:00

Remember to fill out a Time Off Request 7 business days prior

ATTENTION: Important changes to the vehicle insurance requirement

Starting immediately, all employees are required to hold a minimum of 2 million dollar vehicle liability insurance for any vehicle used during work hours. This change is a result of our government funder's request, and therefore is non-negotiable. All staff members are expected to respond immediately by making the appropriate arrangements with their insurance provider to meet the new requirement. We understand that this may require you to pay additional fees for insurance each year. Please submit proof of insurance to the Employee Resource Centre immediately. The deadline for this to be completed is **July 15, 2015**. All employees who have not met the requirement by this date will have an incomplete file and will be subject to wage reductions as per Quest policy.

Thank-you for your understanding!
~ Quest Management



New Training Opportunities

The following courses will now be offered as part of a regular rotation at Quest.

Positive Behaviour Supports Level I and II (PBS): PBS is a program designed to teach participants positive and proactive intervention strategies for addressing situations or behaviours of concern. Program participants are guided through a series of modules that cover what behaviour is, why behaviours occur, and how to responsibly and ethically manage those situations.

This 16 hour course will be offered 6 times per year.

Mental Health First Aid: The Mental Health First Aid Program aims to provide the skills and knowledge to support people in better managing potential or developing mental health issues. Mental Health First Aid works to preserve life where a person may be a danger to themselves or others and provides help to prevent the mental health problem to developing into a more serious state. The program promotes the recovery of good mental health and provides comfort to those experiencing mental health issues. Everyone has mental health and it is important to maintain it, like physical health. With more knowledge and education, Mental Health First Aiders can work on reducing the stigma and provide support in our community.

This 12 hour course will be offered 5 times per year.

Foundations: Foundations in Community Disability Studies is a Diploma Program offered online or through a certified instructor via ACDS (our representative is Michele Currie). This program has been developed and tailored specifically to the Disability Services Industry of Alberta.

This 4 day course will be held 2 times per year.



Health & Safety

Joint Health and Safety Committee Nominations - DSW1 & DSW2

Quest Support Services will be taking worker nominations to join, or remain on, the Joint Health and Safety Committee. Nominations will take place from May 1-15, 2015.

The main focus of the committee is work site safety. The positions will involve monthly meetings, work site inspections and collaborating on safety recommendations for the agency.

We will be taking nominations for two worker members; existing members may continue to hold the position if nominated again or no other workers are elected. The two elected workers will decide who between them will be the Worker Co-Chair of the committee; this Co-Chair will be responsible for all meeting minutes and documentation.

Candidate Attributes:

Articulate Responsible Punctual Non-judgmental
Confidential Resourceful Practical Organized

Nomination forms can be found online, or at the Main Office and Community Access Program. Please place your nominations in the JHSC Nomination box, located at both locations. Nominations end on May 15, 2015.



Behaviour Management

The Behavior Management Department has set a goal for 2015 – 2016 to improve our reporting process for behavioral and mental health concerns.

Part of this goal will be to improve some of the documents that are currently in place in an effort to both clarify and streamline the process of reporting incidents of concern.

In addition, new training tools will be made available to those who access the website and attend regular meetings. The documents and training tools are still in the development stage, but be on the lookout for these materials in the coming months.

Whether developing a new Behavior Support Plan, or developing a new Incident Report Template, the data and feedback I receive from the frontline staff is essential in making those documents the best they can be. As new tools and templates start coming to your attention, feel free to contact Matt Olson with any thoughts or ideas that you think will make future reporting better.



Community Living

Monthly Stretch: Chest Stretch

To stretch the muscles of your chest:

Place your hands behind your head.

Squeeze your shoulder blades together, bringing your elbows back as far as possible.

Hold the stretch for 15 to 30 seconds.

Relax and slowly return to the starting position.

Repeat.



Spring Cleaning Tips:

1. Organize closets with "Give Away" and "Keep" Bins
2. Cleaning painted walls: Use a little dishwashing soap in warm water and wipe down.
3. Budget for carpet cleaners. You can do this yourself as a cheaper alternative. Just rent a machine from Safeway.
4. Homemade cleaner for tile floors: 1/2-cup baking soda in 2 gallons of water.
5. Removing soap scum or mildew from shower tiles:
Use 1/2-cup ammonia with gallon of water.
(Use rubber gloves to clean!)
6. Wood Floors: Damp mop once per week with a mild soap like Murphy Oil Soap.



Promote "Acts of Kindness in the Home and Community"

If you see someone modeling kindness within the home or community fill out one of these cards.

The "Act of Kindness" submitted could be featured in our upcoming newsletters!



Something awesome happened today!

Who: _____

When: _____

Act of Kindness: _____



SHOUT OUTS!!

Happy Retirement Colin Towells!

Colin has been an asset as an employee at the Community Access Program 7 years. He will be dearly missed. ~Tina

Shout out to Travis L. and Travis P. for jumping in and helping out whenever needed! ~Ashley

Huge thank you to Steph, Ashley, and Amber for helping out so much while I was away!! ~Brenna

Thank you Heather S. for helping out last minute at H18 it's very much appreciated! ~Jana

Shane H. for being awesome! ~Nicole

The Outreach team has been very flexible and helpful. Positive support throughout! ~ ERC Team

Stephanie H. thank you for always having great communication with the management team! ~Shardé

Thank you Jenna S. for being organized and an absolute pleasure to work with! ~ Bri

Shout out to House 31 staff for all your continued motivation and efforts! ~Jacinda

Congratulations!!

Dan has lived in Lethbridge and has been a part of Quest for 14 years now. He loves getting out of the house on a daily basis and spending time with his girlfriend. Dan just bought a new bike and is often seen riding around his community. He also spends his time working out at the YMCA. Dan tells us that he loves his staff who have been very encouraging with his goal of living a healthier lifestyle. Dan is planning on camping with his family this summer, which is one of his favourite things to do. A big congratulations to Dan on his goal of improving his health. We can't wait to see what the future holds for you!



~In Loving Memory~

*Joanassie "Joe" Ragee
August 21 1935 - April 11 2015*

*Memorial Service will be held May 15th
from
2-4 pm at the
Community Access Program*



Quest Community Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Legend:</p> <p>Bold: Offered at CAP Blue: Outreach Regular: Community <i>Italics/Green:</i> Staff Training</p>			1 Adopt A Park Chinook
4 Jam Session Bowling 1030	5 Swimming 1300	6 Adopt A Park Chinook Intro to Multimedia 1300 OR Swim Nite SS Pool 630pm	7 Intro to Multimedia 1000 Swimming 1300 Photography Class 1300 Opokaasin 1330 <i>Lift & Transfer 1300-1600</i>	8 Adopt A Park Chinook Quest Fashion Show All Day
11 Jam Session Baking Class 1030 Norbridge OR 130 Drama for Multimedia 1300	12 Swimming 1300 LLL Class 1300 <i>Abuse Prevention 1700-2000</i>	13 Arts & Crafts Class 1015 Adopt A Park Chinook Intro to Multimedia 1300 OR Name that Tune 6pm	14 Intro to Multimedia 1000 Swimming 1300 Photography Class 1300 Bowling 1330	15 Adopt A Park Chinook
18 May Long Quest Closed	19 Swimming 1300 LLL Class 1300	20 Arts & Crafts Class 1015 Adopt A Park Chinook Intro to Multimedia 1300 OR Karaoke/Potluck 6pm <i>Agency Orientation</i>	21 Intro to Multimedia 1000 Swimming 1300 Photography Class 1300 Opokaasin 1330 <i>CPI Refresher 1700-2100</i>	22 Adopt A Park Chinook
25 Jam Session Baking Class 1030 Drama for Multimedia 1300	26 Swimming 1300 LLL Class 1300 <i>Medication Admin. 1630-1930</i>	27 Arts & Crafts Class 1015 Adopt A Park Chinook Intro to Multimedia 1300 OR Henderson Games 6pm	28 Intro to Multimedia 1000 Swimming 1300 Photography Class 1300 Bowling 1330	29 Adopt A Park Chinook Hot Dog Lunch Fundraiser 1200