

Quest News

SAVE THE DATE!
QUEST ANNUAL
AGENCY BBQ
AUGUST 28TH, 2015

June 2015

ADWA

Alberta Disability Workers Association

Building a valued workforce
Promoting the well-being and potential of all Albertans

ADWA President's Report 2015

Advocacy around appropriate compensation for our work:

ADWA's number one goal since day one has been fair compensation for disability workers. We've been very clear with the government this past year that we expect them to give us the full 30% "catch-up" increase they promised, not just the 25% they delivered over the past four years. In the time it has taken them to deliver that 25%, those doing similar work in other sectors have

received 15% in "annual cost-of-living increases." This means in reality, we have only seen a small "catch-up" of 10%. It will take ongoing advocacy to make sure we both catch up and keep up. Fair compensation will continue to be a priority for ADWA.

Later this year, we will do a worker survey to find out what increase you have seen this past year and if it is making a difference in your lives.

After-Hours Supervisor

There are 2 part-time salary positions available that includes the following duties:

- Evening Supervisor for the Outreach Centre
- On Call for the agency
- Attend department and agency meetings
- Emergency Staffing as needed
- Act as DSWI or provide training as needed
- Communication with Management

Note: This position has a 2 on 2 off rotation as well as every other weekend.

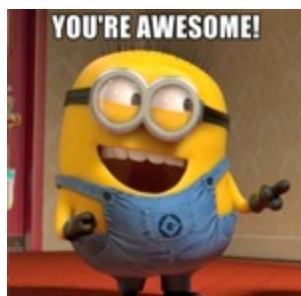
Please go to www.questsupport.com, or contact Kendal Tremblay @ (403) 381-9515 for more details

NEW

Employee Resource Centre

Anonymous Complaints:

In recent months, the ERC has been receiving some anonymous complaints from the employees regarding co-workers via the website. We appreciate feedback in all forms so we can work together to create an effective work environment for everyone. In the case of an anonymous complaint, there is not a lot that the agency can do to help the situation, as we cannot follow up with the party making the complaint. In these cases we will still follow up with the employee who is named, however there is little we can do other than a conversation. For these reasons, if you have a serious complaint or concern about a co-worker, please bring it to the attention of your immediate Supervisor.



Shout Outs

Shout out to all that were involved in the House moves in May! Thank you to all the Residential Supervisors for your hard work in organizing them: Jacinda, Melissa, Jana, Alicia, and Shardé! ~ Michele

Huge shout out to Ursula, Deb and Anne for the many hours of work and effort put into organizing the CAP Fashion Show. It was clearly a big success and everyone loved it. Thank you ladies!! ~CAP Management

Big thanks to Brian Litwin for going above and beyond discovering and promoting employment for individuals at Quest. The opportunity you uncovered has much potential for long-term employment and growth. Way to go Brian! ~Kevin

Shout out to Cindy and Alyssa for all the painting they did. You stepped up to the plate with very hard work that certainly wasn't in your job description and it is gratefully appreciated. Thank you so much! ~ CAP Management

Shout out to Caitlin B. and Jamie S. for being so flexible! ~Ashley

Thank you Josh D for helping out the ERC under extreme short notices, and being such a "clutch" staff! ~Will

Huge thank you to Jenna S., Krystal W., and Gary K. for making JM's birthday such a special day for him! ~Shardé

Shout out to Tiffany H. for being so flexible when On-Call has contacted her! ~ Devin

File Requirements:

ACDS Bathing & Showering Protocol Training: All staff that have not received the ACDS Bathing & Showering Protocol training must now take it online through the Quest website.

Under Employee Resources click on the "Training Section."

Staff must read through the manual and then print out the test; both documents are password protected. The password is: **questsupport**

Please submit your completed test to the Main Office for marking by June 30th, 2015



CAP Fashion Show 2015

On May 8th, 2015 the Community Access Program put on a Fashion Show! There were many categories and so many great outfits. It was very hard to pick winners for this event but the winners were:

Sports category winner(s): Allan J., Jeremy W. & Justin J.

Celebrity category winner: Doug A.

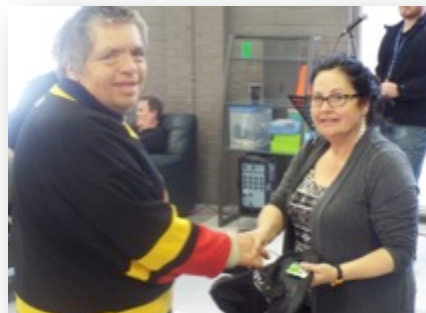
Superhero category winner: Kenny H.

Evening Wear category winner(s): Split Decision Irene H. & Beverley S.

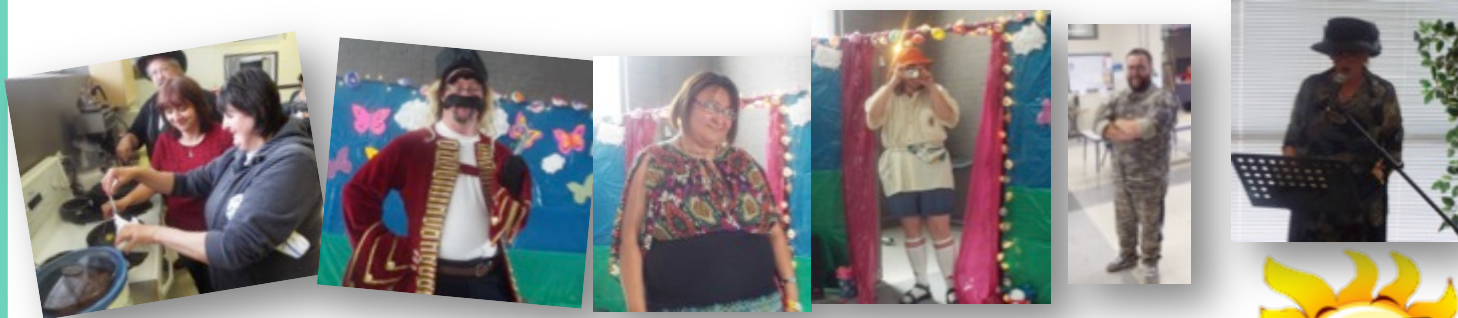
Spring Outfit category winner: Crystal O.

Tacky Tourist category winner: Pauline H.

Disney Character category winner: Randy C.



Congratulations to the winners and everyone who participated, it was a great production!



Behavior Management



June is a month where the weather is getting warmer, where the trips to the park become more frequent, and where there starts to be more picnics, walks, fresh air, and sunshine. It also means more people, more pets, and more children. Which of these things, if any, trigger behaviors in the person you support?

Sunscreen, water bottles, hats, and insect repellent. These things don't sound like behavior management strategies, but if the person you support is sensitive to the sun, is easily sunburnt, gets dehydrated, or is frustrated by mosquito bites, these items can help to prevent unnecessary behavior. Maybe the person you support is uncomfortable around dogs or small children who like to run around and make a lot of noise as they play. In that case, choosing to go to the park when it's less crowded might be necessary in order to make those trips a positive experience.

As the weather changes and the environment in which we support people shifts to the outdoors, consider the environment you'll be in, as well as the needs of the person you're supporting. By doing so you can take precautions to avoid preventable triggers.

Health & Safety



Summer Safety Tips

The sun is finally out and I'm sure everyone wants to be outdoors getting plenty of fresh air and exercise. While enjoying in summer fun we are all exposed to sunshine, heat and bugs! Please remember these helpful safety tips to protect yourself and the people you support.

While outside in the sun wear a hat, sunglasses and sunscreen (At least SPF 15). Stay hydrated by drinking lots of water. Warm temperatures are not just attractive to people but also mosquitoes. To prevent being bitten by these pesky insects use bug spray and apply before leaving on any outdoor activities.

Hope everyone has a fun and safe summer!



Lawnmower Safety

Safety Precautions

- Make sure the mower is in good working condition
- If the mower is not in good condition, or needs to be serviced, contact your Supervisor
- NEVER put fuel in a hot engine
- Wear eye protection, provided safety glasses
- Wear sturdy, closed toe shoes
- Wear tight fitting clothes (long pants and sleeves)

Handling and Storing Gasoline

- Store containers in a secure, well-ventilated location (ex. garage or shed)
- Never store gasoline in the house

Always turn off the mower and make sure blades have completely stopped before:

- Crossing gravel, roads or other areas
- Removing the grass catcher
- Removing any grass or debris
- NEVER insert hands or feet into mower to remove any grass or debris

Check Conditions

- Do NOT mow during bad weather
- Do NOT mow wet grass

Watch for Obstacles

- Clear the lawn of rocks, bottles and debris
- Keep people away from area, mowers can throw objects in all directions
- If the mower strikes an object, STOP, turn it off, and inspect the mower. If the mower is damaged do not use it until it is repaired
- Remember to mow the lawn according to the house schedule or at least once every two weeks. This will ensure the lawn will not get too long and clog the mower

Use Extra Caution when mowing on a slope

- For a walk behind mower, mow across the slope, NOT up and down, to avoid slipping and getting injured
- Do NOT pull the mower backwards or mow in reverse
- Mow away from the cord when using an electric mower

Community Living

Monthly Stretch:

Hip flexor stretch



Your hip flexors, which allow you to lift your knees and bend at the waist, are located on your upper thighs, just below your hipbones. To stretch your hip flexors:

Kneel on your right knee, cushioning your kneecap with a folded towel. Place your left foot in front of you, bending your knee and placing your left hand on your left leg for stability. Place your right hand on your right hip to avoid bending at the waist. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in your right thigh. Hold for about 30 seconds. Switch legs and repeat.

Act of Kindness

We love those AOK entries! We had 4 entries submitted for the month of April, not bad for the first month! One entry from April was:

“Shout out to Dan L for paying for a stranger’s bus ride on April 28th!”

Keep those AOK’s coming in! There are forms at the Quest office front desk for you to fill out if you need one.



QUEST CAMP: June 5th-7th

The Voices Self Advocacy Group is sponsoring the first ever “Voices Summit” at the Crowsnest Lake Bible Camp. Attendees will spend 2 days & 2 nights in cabin style lodging nestled in the beautiful Crowsnest Pass. It is sure to be both entertaining & relaxing as activities include swimming, hiking, team games, campfire stories & songs, culminating with a trip to the world famous Frank Slide!

The Voices Summit will be an annual event and highlights continued efforts by advocates to choose their own path, organize meaningful events, & have a positive contribution within the Southern Alberta Community. This camp will have over 35 people in 2015 & the goal for even more growth in the coming years. Congratulations to “Voices” for taking the initiative with this worthwhile and exciting experience!



Quest Community Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Jam Session Baking Class 1030 Drama for Multimedia 1300	2 Pitch In Program 10 am (Everyone is strongly encouraged to participate) Swimming 1300 LLL Class 1300	3 Arts & Crafts Class 1015 Adopt a Park Chinook Intro to Multimedia 1300 CAP STAFF MEETING 1700-1900	4 Intro to Multimedia 1000 Swimming 1300 Quilt Canada Expo U of L Gym 10-5 OR Swim Night N.S Pool 630	5 Adopt a Park Chinook Quilt Canada Expo U of L Gym 10-5 Voices Summit Camp Trip
8 Jam Session Bowling 1030 Baking Class 1030 Drama for Multimedia 1300	9 Swimming 1300 LLL Class 1300	10 Arts and Crafts Class 1015 Adopt a Park Chinook Intro to Multimedia 1300 <i>Lift & Transfer 1300-1600</i> OR Collage Night 630	11 Intro to Multimedia 1000 Swimming 1300 Opokaasin 1330	12 Adopt a Park Chinook Yellow Fish Road Painting Party 1300 (Everyone encouraged to participate)
15 Jam Session Baking Class 1030 Drama for Multimedia 1300 <i>Abuse Prevention 1700-2000</i>	16 Swimming 1300 LLL Class 1300	17 Arts and Crafts Class 1015 Adopt a Park Chinook Intro to Multimedia 1300 OR Games @ Henderson 630	18 Intro to Multimedia 1000 Swimming 1300 Bowling 1330	19 Adopt a Park Chinook
22 Jam Session Baking Class 1030 Drama for Multimedia 1300	23 Swimming 1300 LLL Class 1300	24 Arts and Crafts Class 1015 Adopt a Park Chinook Intro to Multimedia 1300 <i>Agency Orientation</i> OR Name that Tune 630	25 Intro to Multimedia 1000 Swimming 1300 Opokaasin 1330 <i>CPI Refresh 1700-2000</i>	26 Adopt a Park Chinook
29 Jam Session Baking Class 1030 Drama for Multimedia 1300	30 Swimming 1300 LLL Class 1300	Legend: Bold: Offered at CAP Blue: Outreach Regular: Community Italics/Green: Staff Training	Pitch In Program is going around our community and picking up garbage.	By participating in the Pitch in program and the Yellow Fish Road CAP is entered into a draw for a pizza party.