

Quest News

September 2015

Congratulations to the Quest Dragon Boat Team! Back in July our Quest Dragon Boat Team competed in the Dragon Boat Festival at Henderson Lake & placed:

1st in the "E" Division!

Great work team!

Huge thanks to all who participated and to Derek Melting Tallow for all of his leadership & dedication!

REMINDER

Check out Friday Fun Day special activities!

OR Fear Factor on September 23rd!

Drop in & checkout our Multimedia room!



CAP Fall
SEMESTER

Starts
September 7th



Photo

ERC

Minimum Wage Change

The Government of Alberta is implementing a minimum wage increase as of October 1, 2015. The new wage will be \$11.20 per hour. This will effect all sleep and orientation wages. If you have any questions please contact Kendal in the Employee Resource Centre.



Good Luck Students!!

The ERC would like to wish all employees who are returning to their University or College studies good luck in the fall! As a company, we are committed to offering employees flexible hours and schedules in order to make it possible for them to earn an income and gain valuable experience while also completing an education. At Quest we greatly value education, and are proud that you have chosen us to be your employer while you are working towards your goals. If you have any scheduling conflicts with your current shifts and your upcoming classes, shoot us an email or phone call and we will be happy to work with you to find the shifts that fit your busy student schedule!

~ SHOUT OUTS ~

Shout out to Kellie Mattice for being a great advocate at H28! ~ Jana

Thank you to Forhad for handling things very well at H29! ~ Shane

Huge thanks to Karen Cook for dealing with frequent changes and stepping into a new challenging TL role! You rock! ~ Michele

Shout out to the Outreach Team! Great team work this past week! ~ Tina

Shout out to Melissa for being an amazing donation finder! You rock! ~ Brenna

Huge shout out to Darla, who is so passionate about making a positive impact in the lives of the individuals she supports! ~ Melissa

Thank you Alicia and Kendal for your wicked work in staffing while I was on holidays, and also thanks Alicia for sticking around to be my partner! ~ Ashley

Shout out to Brenna for all of your amazing hard work! ~ Melissa

Thank you NOB and Rebeca for your assistance helping with the welcome bags for the Carnival. ~ Jana

Shout out to Verna Masuda for her time and organization! ~ Robyn

Shout out to Alicia for her amazing job with the August hire! You are awesome! ~ Brenna

Welcome Christina & John to the Community Living Team. Great to have you on board! ~ Dar

BEHAVIOR MANAGEMENT

Changing behavior, in many cases, is more difficult than it sounds. Some believe that punishment should be used to get the person to stop engaging in a certain behavior, while others prefer the method of reinforcement to encourage appropriate behavior. Both systems have their merits as well as their limitations. Punishment will often change behavior more quickly, but the effects of punishment are short term and behavior quickly returns or reemerges in other ways. Reinforcement is more ethical in its application because it focuses on rewards rather than consequences; however, just like punishment, when the reinforcement (or punishment) is removed, the person often reverts to the inappropriate behavior.

In order to make long-term changes, the approach needs to be person-centered. In other words, when developing a program that is designed to help someone change behavior, it's not just a matter of restrictions and reinforcements. Behavior support plans must be tailored to the person's needs, their skills/skill deficits, the way in which they learn, how quickly they learn, etc. These are just a few components of person-centered planning, but they illustrate the individuality in each person, and the individuality required in behavior programming.

If you work with someone who is in the process of making behavior changes, be patient. Regardless of who you are, behavioral changes take time and effort on everyone's part. Remember to follow the program and be consistent when providing supports to the people with whom you work.



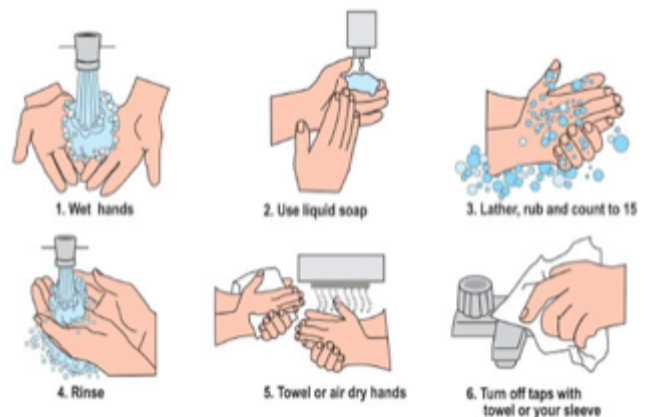
HEALTH & SAFETY

Hand Washing: A Healthy Habit

As you touch surfaces, people, and objects throughout the day, you accumulate germs on your hands. Think about all the things that you touched today. Maybe you blew your nose or shook someone's hand. Whatever you did, you came into contact with germs. Although it is impossible to be completely germ free, washing your hands frequently and properly can help limit the transfer of bacteria or viruses. Hand washing doesn't take much time or effort but it offers great rewards. Getting into the routine of this simple habit can prevent infecting yourself or others.

When Should You Wash Your Hands?

- After using the bathroom
- Before and after assisting with any hygiene routines
- After blowing your nose, coughing or sneezing
- Before eating or serving food
- After preparing food
- After touching pets or other animals
- After outdoor activities
- Before and after visiting anyone who is sick
- Anytime your hands are dirty



For a helpful video on proper hand washing techniques visit the Quest website at www.questsupport.com - Our Videos.



Community Living



In August, our TL meeting for Community Living was focused on Healthy Eating. The TLs along with some of the people we support were able to enjoy some fresh yogurt parfaits along with a presentation from Heather Roseke, a Registered Dietician from Alberta Health Services. Heather spoke to us about following the

Canada Food Guide each day when planning meals and snacks, label reading, grocery shopping tips and information about AHS's Building Healthy Lifestyle programs.

Did you know that the Building Healthy Lifestyles office here in Lethbridge provides free information and programs at their office? Check out the classes they offer on their website at <http://www.albertahealthservices.ca/ev/ne-ev-bhl-courses.pdf>.

ACTS OF KINDNESS

In August we had numerous Acts of Kindness submissions.

Highlighted Acts of Kindness are:

DB was recognized for coming in before the Healthy Living presentation & assisting with preparing our yogurt parfaits. Thanks DB!

IH assisted in meal prep and making the bed for her roommate. Way to go!



Community Access

MEMBERS WANTED!!

"VOICES"

Self Advocacy Group

Contact Geoff or Robbie at the Community Access Program

"Sometimes one voice is all you need!"

Have you ever wanted to learn:

How to speak up for yourself and the things that are important to you?

What your rights and responsibilities are?

Be apart of the choices and decisions that affect your life?

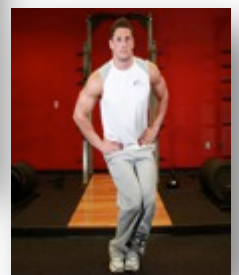
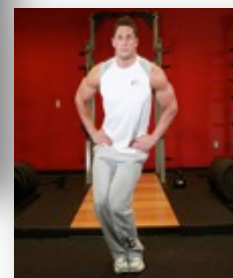
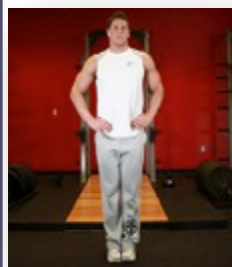
Self-Advocacy can teach you how.

Join today!

Monthly Stretch

Knee Circles

1. Stand with your legs together and hands by your waist.
2. Now move your knees in a circular motion as you breathe normally.
3. Repeat for 10-12 repetitions.





Fall Clean up is coming soon!

✓ Yards should be free of unwanted items & debris. Please collect and bag all leaves in the yard. There will be dump runs scheduled for residential locations so please notify the Maintenance department or your supervisor if you have any unwanted items.

- ✓ Sprinklers, garden hose & lawn mowers need to be stored in a shed, garage or storage area for the winter to avoid damages.
- ✓ Outdoor taps, & underground sprinkler systems (if applicable) should be winterized as well. This is typically something that the landlord would take care of. Maintenance will be taking care of this task for NSR houses.
- ✓ Please make sure that all the houses have shovels, and de-icer available. (De-icer for NSR houses will be provided as per rental agreement by the middle of October)
- ✓ Make sure that there isn't any paper recycling, cardboard or any other flammable material stored in the furnace room. Schedule to take these items to centers monthly.
- ✓ Furnace filters need to be purchased & changed. Please check with your Residential Supervisor if you are unsure whose responsibility it is to change filters (tenant or landlord).
Furnace filters will be provided to NSR houses as per rental agreement.



Community Living Challenge

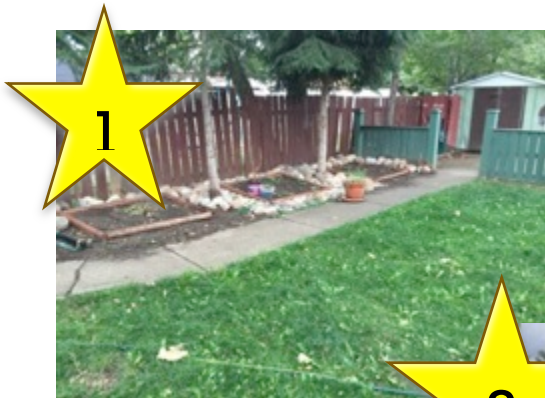
In last month's addition of the newsletter we had a "Community Living Challenge" for

Best-kept Yard. Our winners are:

First place goes to House 23; where Trevor P landscaped & maintained the yard.

Second place goes to House 36; Robbie W and his Team did a great job!

Third place goes to House 02; Jenna S and the Team.



The winners will receive Costco memberships for the house!

Thank you for your efforts this summer.



QUEST COMMUNITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LEGEND: CAP: BOLD Community: Regular OR: Blue Training: <i>Italics/Green</i></p>	1	2	3	4
		<p>U of L Bin Cleaning Day Multimedia 1300 <i>OR Water Fight NS park 6 pm</i></p> <p><i>Med Admin 1630-1930</i></p>	<p>Multimedia 1000</p>	
7	8	9	10	11
<p>QUEST CLOSED</p>	<p>QFF Lite 1015 Music Class: Christmas Carols 1300</p>	<p>Tactile Art Class 1015 Multimedia 1300 <i>OR Swim Night NS Pool 630 pm</i></p>	<p>Cooking Class 1030 Multimedia 1000 Bowling 130 <i>Abuse Prevention 1700-2100</i></p>	<p>BASEMENT GAMES TOURNEY 1300</p>
14	15	16	17	18
<p>Jam Session Cooking Class 1030 Drama Class 1300</p>	<p>QFF Lite 1015 Music Class: Christmas Carols 1300</p>	<p>Tactile Art Class 1015 Multimedia 1300 <i>OR Games Nite 6 pm</i></p> <p><i>Lift & Transfer 9-1200</i></p>	<p>Cooking Class 1030 Multimedia 1000</p>	<p>CAP POTLUCK <i>Doug A: Celebration</i> Fun with Science Demo 1300</p>
21	22	23	24	25
<p>Jam Session Cooking Class 1030 Drama Class 1300</p>	<p>QFF Lite 1015 Music Class: Christmas Carols 1300</p>	<p>Tactile Art Class 1015 Multimedia 1300 <i>OR Fear Factor 6 pm</i></p> <p><i>Agency O 800-1630</i></p>	<p>Cooking Class 1030 Multimedia 1000 Bowling 130 <i>CPI Refresher 1700-2100</i></p>	<p>CAPTURE THE FLAG 1300</p>
28	29	30		
<p>Jam Session Cooking Class 1030 Drama Class 1300</p>	<p>QFF Lite 1015 Music Class: Christmas Carols 1300</p>	<p>Tactile Art Class 1015 Multimedia 1300 LCC Mini Massages 1300-1500 <i>OR Karaoke 6 pm</i></p>		