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with Disabilities visits SPAN
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S.P.A.N Newsletter

January-March 2015

ATTENTION SPAN



St. Paul Abilities Network

Training Sessions

April 7, 2015:
AADAC Training Session
1pm-4pm

April 8, 2015:
Abuse Prevention and
Reporting training 4pm-8pm

April 9, 2015
First Aid /CPR
Recertification 10:30am to
4:00pm

The Agency will be sending
staff to the ACDS
Conference in Calgary from
April 29-May 1. Staff request
forms will be accepted when
signed by Supervisor.

May 5 & 12, 2015
Health Inspections
&
Fire Inspections

From the Desk of the CEO:

Tim Bear

Spring is upon us and we are gearing up for a new season. I am anxious to learn about the election just around the corner. There doesn't appear to be a lot of change in our industry. I think the Ministry of Human Services will not see dramatic changes with whatever government comes to power again.

It is a good time to talk to candidates though about the importance of stable services for the most vulnerable people in our society. The new budget does not appear to have cuts, but neither does it appear to have the promised wages increases. We won't know until new cabinet is formed and allocations made. Res #1 is being retrofit for a couple of complex needs fellows we hope to transition to our service sometime in June or July. Given their needs, we are looking for about 10 new staff by mid May to get prepared and do some specialized training. Wages in this program will be good so apply to Diana Foerster if you are interested. The slow down in the oil patch has affected our laundry

services pretty significantly. The slow down in camps unfortunately coincides with the spring thaw, which often sees less work for us. We are creatively looking to develop new markets as a result.

Housing continues to be a challenge for both people receiving supports and staff finding a home. There are no immediate solutions but I am hopeful to see staff buy homes and more rentals come up on the market.

We have a number of conferences coming up that offer great learning. The ACDS Spring Conference in Calgary, and the Vitalize Conference in Edmonton in the next month are both great. If staff are interested, you could let Eugene McCafferty in HR know

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Fun Recipe from Donna's Kitchen...Beef Kebabs

INGREDIENTS

Marinade Ingredients

- 1/3 cup olive oil
- 1/3 cup soy sauce
- 3tbsp Red wine vinegar
- 1/4 cup honey
- 2 cloves garlic, minced
- 1 Tbsp minced fresh ginger

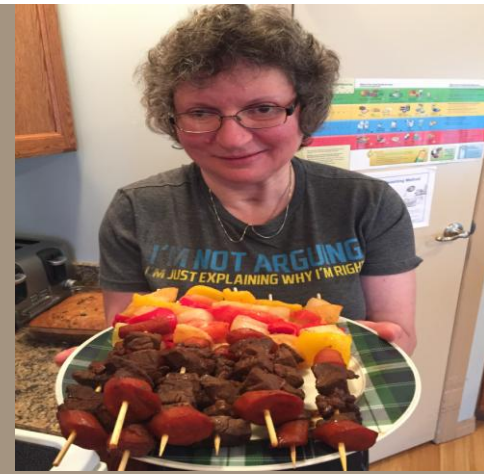
Kebab Ingredients

- 1 1/2 lbs top sirloin steak, cut into 1 1/2 inch cubes
- 1 large bell pepper
- 1-2 medium red onions
- 1/2-1 lb button mushrooms
- Approx 20 bamboo/wooden skewers



METHOD

- Mix the marinade ingredients together in a bowl and add the meat. Cover and chill in the fridge for at least 30 minutes.
- Soak the skewers in water for at least 30 minutes before grilling.
- Cut the vegetables into chunks roughly the width of the beef pieces
- Thread the meat and vegetables onto double bamboo skewers.



- Keep a little space between the pieces, they will grill more evenly. - Paint the kebabs with some of the remaining marinade.
- Prepare your grill for high, direct heat. Grill for 8 to 10 minutes, depending on how hot your grill is, and how done you would like your meat, turning occasionally. Let rest for 5 minutes before serving.

Recreation >>>



Special Olympics Corner

— Donna Goddard

January and February were slow months for the league with just league bowling on Wednesdays at Parrellel Lanes. March turned out to be a much busier month. We went to Lloydminster on Mar 14/15; Lloyd's first tournament in over 30 years! We had a great time and few winners. We participated in the Cold Lake tournament on Mar21/15 and had several winners there. Most important, all had fun competing and socializing with friends.

****Baseball starts after the May long weekend (May 16-18). ****



Team Leaders & Staff attend the Dr. Mansell Complex Needs Training at the Fantasyland Hotel in Edmonton from March 26-27, 2015.

The Laugh Factory



Honorable Naresh Bhardwaj visits one of SPAN's shared living homes



Associate Minister of Persons with Disabilities (Alberta) Naresh Bhardwaj visited one of the shared living homes of St. Paul Abilities Network (SPAN) in St. Paul, Alberta on March 12, 2015. His host was Tim Bear, the Executive Director of the agency. Honourable Naresh Bhardwaj was accompanied by Mrs. Genia Leskiw, MLA and Dale Drummond, Regional Director of Disability Services, North Central Region.



Heather gets her groove on at the Valentines Party on February 14, 2015 at the SPAN gym



A Life Well Lived (Poem done in 2014 for SPAN's 50th Anniversary Display)

By: Adele Lawrence
(Home 3)

The grass display represents Home
#3

Like garden seeds it was meant to
be.

Workers randomly placed here
Have been nurturing and serving for
many years.

As each flower unfolds
A client's story is told.
Seeing as they have learned and
grown,
Flourishing from the seeds that were
sown.

You will hear laughter and see
smiles
From the clients that have walked
miles.

Bestowed with many graces
Seeing our clients soar to many
places.

From the Desk of the CEO

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I am pleased to be a part of interviews for a new Coordinator for the Home Living Supports Department. We have had several great candidates so there should be an announcement by end of April.

I also would like to welcome Platon Boiko as our Communications Coordinator. We have talked about the need to do a better job on communications and a web presence for sometime. Platon is working now to redevelop our web page, and align all our information brochures. We would love to have an easy to navigate and informative webpage so that is the priority.

I have heard many positive comments recently about our benefits provider, AMSC. The new drug cards are working really well, with 100% coverage on most prescriptive drugs; along with higher limits on other Health expenses have made a big difference with people. As well, APAN has purchased the new critical illness benefit for all our fulltime staff. This will payout a one-time cash payment of \$25,000 should an employee be diagnosed with any one of 25 different critical illnesses (like cancer, heart disease, etc). Having had cancer in 2007, I can say from personal experience that the money would have lifted a big burden had it been available 8 years ago.

We are also struggling recently with some cultural challenges. We have found that staff backgrounds will influence the way they act and react in crisis situations. Management has been looking for ways to provide good information to new staff who are new Canadians about some of our "less defined "Canadian approaches to serving people. If you are a new staff and are not quite sure what to do in a situation, ask your supervisor or co-worker who have been on the job awhile. The only stupid question is the one you **didn't** ask.

Finally, new safety measures have been introduced for people receiving care in group homes. We have 3 months to meet the standards so we are working to develop an understanding of what they mean for our homes, we will try to keep you informed

Purpose, Vision, Values

We embrace empowerment and equality by providing compassionate support and inclusive opportunities through education, advocacy and community partnerships to persons with disabilities that will translate into independence, which will further enable individuals to thrive.

We believe persons with disabilities have no limitations, and are an integral part of the communities they call home. Enjoying benefits, gaining respect and developing their own identity are values we foster.

We're a community leader offering a diverse range of personalized supports and services to persons with disabilities and their families.

We set high standards of excellence, collaboration and accountability. We believe a community is a place where everyone is welcome and contributes to its viability, while each member assists one another to reach their ultimate goal.



[Abilities Network]

SEEING ABILITIES NOT DISABILITIES.

Editor: Rochelle Whyne (Home 11)

In The Next Issue

Cross Cultural Competence in the workplace

The Art of Effective Communication

Fun Ideas for Summer Activities

Community Inclusion: Easy ways to achieve it

S.P.A.N Trivia

Got exciting ideas for the next issue?

Please email your suggestions for the next issue to rwbyne@spanet.ab.ca

Art Appeal

The SPAN family boasts numerous talents.

Some individuals are excellent at crafts, painting and drawing.

For this issue, a beautiful painting of Deyky is being featured.



*Rose Bouquet Painting –
-Deyky (Home 12)*