

October  
2018

S.P.A.N.



# Newsletter Title

## Name Our Newsletter!

S.P.A.N.'s newsletter needs a name! Send in your ideas in October and then cast your vote for the catchiest title in November!

How do I submit my entry?

Email your suggestion to [cemartell@spanet.ab.ca](mailto:cemartell@spanet.ab.ca) or write down your suggestion and leave it in the ABIN mail box at the main office.

**Newsletter name suggestions will be posted in the November Newsletter. You will be able to vote on the name you like best. The name with the most votes will win!**

*She calls us outside*

*To tumble in crunchy leaves.*

*She's here! Autumn's here!- Angela Heffer*



St. Paul Abilities Network



## Dishing With Donna

### Hawaiian Ribs

#### Ingredients!!!

1. Pork-Ribs (6-8 Lbs.)
2. Plum-Sauce
3. 1 Medium Chopped Onion
4. 1 Half cup Soya Sauce
5. 1 oz can of pineapple tid-bits

#### Directions:

Place ribs in large Pot. Boil ribs in high heat for 15 Minutes. Drain ribs, & place on a Shallow Baking-Pan. Put 1 oz can of pineapple tid bits on top of the ribs. Bake at 400 F. For 15 Minutes. Drain & Lower temperature to 300 F. To 300 F. Combine 2,3,4, & 5. Pour sauce over, & Between Ribs. Bake un-Covered for 2 to 2 & a half Hours until done. Remove from oven, & serve.

## *Accreditation—What do you need to know?*

*What is it? Accreditation is a process that every agency which receives funding from PDD must undergo.*

*When is it? May 27 to 31, 2019*

**ABIN**

**The BRAIN INJURY  
SURVIVOR SUPPORT**

*group is a way for survivors to come together with others to tell their story, share information and learn new things. The group is held on the first Tuesday of every month at 2pm in the multi-purpose room of the St. Paul Library*

**Questions? Call 780-645  
-3441 ext 232**

**Find us on FB:**

**Alberta Brain Injury  
Network—Northeast  
Region**

## Did you know...

Approximately 1.5 million people in Canada are living with a brain injury.

[www.braininjurycanada.com](http://www.braininjurycanada.com)



North East Region

Gentle breezes blow

Coloured hues of red and gold

cloak the waiting earth.— Mary Serenc

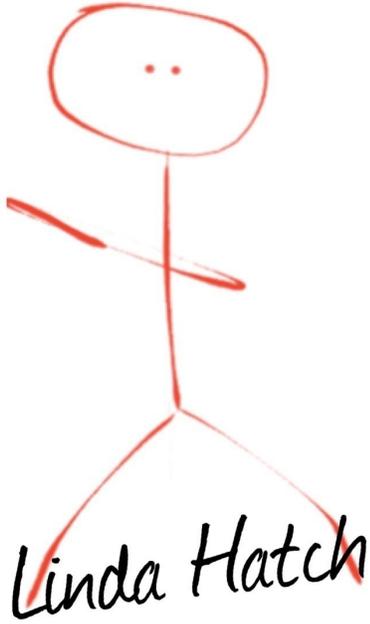
### **Accreditation—What do you need to know?**

*Our Vision: Empowerment...Excellence...Service. Our vision represents a future in which vulnerable people live quality lives because they are empowered by excellent supports and excellent service.*

*Our Mission: To create environments where people receiving service maximize their potential and live quality, contributing lives.*

# AGM AWARDS

Congratulations!



WITHOUT  
*Passion*  
LIFE WOULD BE NOTHING

### **Chief Executive Officers Award**

Linda has recently completed the Rent Smart program and has diligently applied these supportive principles to renters who rent SPAN Apartments. Linda has been chosen as a guest speaker at the National Rural Affordable Housing Conference, and has made significant improvements in the delivery of property management services. Congratulations Linda!

### **Community Award**

The community Learning Association has worked over the past year with Strides to affirm and support the program in delivering adult learning opportunities. When there was delivery challenges and funding issues, the association stepped in to give new life to the program and ensure that it continued delivering quality services to people with barriers in St. Paul. Congratulations to Tanya and her team!

### **President's Award of Excellence**

Jacqueline is ambitious and strives to do a good job. She was quick to pick up the job duties as she was originally hired as a maternity cover off. She has had a lot of positive feedback from the Government and Guardians about her work with Outreach customers. Jacqueline is also registered as a learner with the Bow Valley Disability Studies Program, seeking to make a career out of her work here at SPAN. Congratulations Jacqueline!

### **Nancy Yake Team Building Award**

Braden has always come to work with a positive attitude. He encourages other staff and the people he works with. This includes sticking positive messages on the walls in the office to help people feel better. Congratulations Braden!

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***“Some of the most wonderful people are the ones who don’t fit into boxes”***

***- Tori Amos***

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Raindrops on the  
roof.

Golden leaves  
crunching under-  
foot.

Snuggle with a  
book.- Ann Southall

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## TIPS FROM THE TOP

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Need a way to keep track and be more organized? **BULLET JOURNALING** is awesome! Check it out at [bulletjournal.com](http://bulletjournal.com)

Looking for a way to quiet your thoughts or do you want to live in the present moment? Learn more about **MINDFULNESS**. Check out [www.mindful.org](http://www.mindful.org)

Do you like to crochet or knit? **RAVELRY** has thousands of free patterns. Look up [ravelry.com](http://ravelry.com)

Are you a **TV LOVER**? Go to [previously.tv](http://previously.tv) and join the conversations about your favorite show

Just wanna have some mindless fun? Check out **Taipan**—[www.taipangame.com](http://www.taipangame.com)

### **MINIMUM WAGE INCREASE**

Minimum wage increased to \$15.00 per hour on October 1, 2018. 24 hour staffed homes will no longer have sleep night shifts. As of October 1, 2018, any home that previously had a sleep night shift changed to a rest night shift.

Please talk to your Team Leader, Coordinator or Director if you have any questions regarding rest night shifts.

Thank You!

*Trina Cox*

Home Living Supports Director

In the roaring wind  
trees dance to an unheard song  
and sway to the tune— Eloïse Guthrie



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*Email you newsletter submission for November 2018*

*to:*

*[cemartell@spanet.ab.ca](mailto:cemartell@spanet.ab.ca)*

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