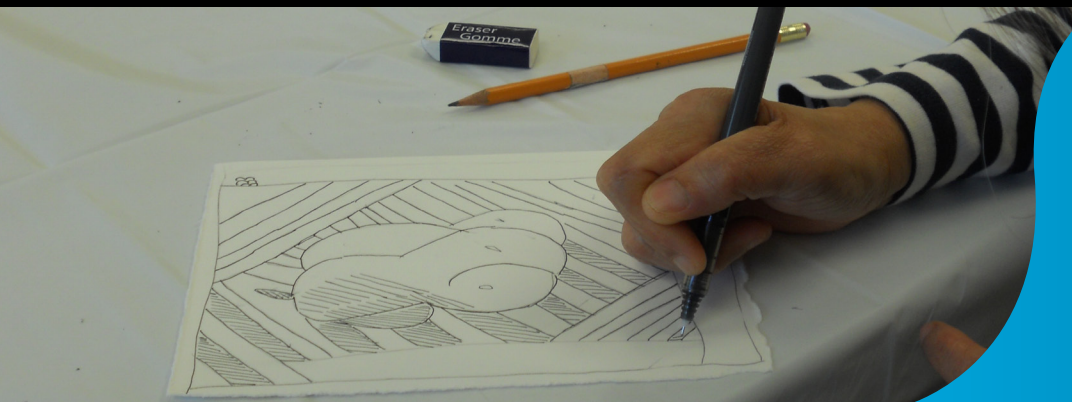




Winnifred Stewart
Association



Gentlecare Pilot Project in Residential Services



Over the years the needs for those we support have increased for individuals that are aging. Therefore, WSA has been looking in to how it can meet the individual's needs. In June, the Leadership Team and Supervisors attended a one day info session on a program called Gentlecare.

The Gentlecare PROSTHETIC LIFE CARE SYSTEM is a new paradigm of care that suggests an alternate system of care that maximizes client function for longer periods, compensates for the dysfunction caused by the disease, and protects the health of family and professional care providers.

The Gentlecare system of dementia care is **prosthetic** in nature. It seeks to arrange an environmental fit between the person with dementing illness and the physical space, the programs, and the significant

people with whom the person must interact. The GENTLECARE system accommodates and supports existing levels of function and development, rather than challenging the person with dementia to adapt and perform in ways no longer possible.

Gentlecare provides training to the employees in addressing complex behaviours that may occur while supporting an individual with dementia or Alzheimers. This in turn will create environments that are satisfying to the individual and less stressful for employees and families.

We are happy to announce that the GENTLECARE program will be piloted at Res. 7 beginning September 2011. If the pilot is a success, the program will be rolled out to other locations within the Association.

For more information on GENTLECARE please visit their website at www.gentlecare.com

Dates to Remember

Friday October 28, 2011
WSA Halloween Dinner & Dance
5:30-9:00pm - WSA Main Building – 11130 131 Street

Sunday November 27, 2011
WSA Family(Kids) Christmas Party
1:00-3:00pm - St. Albert Bowl

Saturday December 3, 2011
WSA Christmas Dinner and Dance
5:00pm-9:00pm, Italian Cultural Society - 14230 133 Ave

Saturday December 17, 2011
WSA Employee Christmas Party
5:00pm – Fort Rd. Casino

A New Truck from Kinsmen Club of Edmonton!

Thanks to the Kinsmen Club of Edmonton and David Morris Fine Cars, our Empties to Winn program was able to purchase a well needed new truck for all



Cars, this truck was purchased without any cost to

business pick-ups. With a grant from Kinsmen Club of Edmonton for \$40,000 and support from David Morris Fine

our program. We are so grateful to have the support of our community and this reliable and beautiful truck to help spread the word about Empties to Winn.

To sign up for this program or to get more information, please visit our website at www.emptiestowinn.com or call 1-888-YOU-WINN (1-888-968-9466).



Human Resources Team Hard at Work

A new employee recognition team was developed this summer called the *STAR Team* (Success to Achievement Recognition Team), which includes volunteers from all programs. The team encourages employees to recognize colleagues who have done “something special” each month. At the end of the month, all entries in each category are eligible to win a personalized gift for going above and beyond their position requirements. Great job STAR Team, this will surely be a hit!

Due to popular demand the *Understanding Ourselves and Others* and *Conflict Resolution* workshops are being offered to all employees.

The *Positive Practices in Behavioral Supports* training was successfully delivered on Sept. 20th-22nd to a great number of our staff as well as members of other service providers. Unfortunately, our presenter became ill and was unable to deliver the fourth day of training. A special thank you goes out to *Pepsi Bottling Group* for their generous support. They provided 15 cases of bottled water for our participants at no cost.

Supervisory Development Training continues, giving our supervisors the opportunity to come together and continue to develop their skills.

Renovations Nearing Completion

With winter on its way residents of WSA’s Residential Services are cozying back in to their newly renovated homes. With new kitchens, bathrooms, flooring and much more, many of the houses have had durastic upgrades to both interior and exterior features. Thanks to a \$90,000 Affordable Supportive Living Initiative grant from Alberta Seniors and Community

Supports, Winnifred Stewart Association was able to initiate some well needed upgrades to make the residences more up to date and accessible for the people who call these houses home. With the renovations of the 10 homes starting last March, the finishing touches are expected to be complete by the end of the year.

Empowering People. Inspiring Dreams.

WSA Takes Anti-Littering Message Home

Many individuals receiving support from the Winnifred Stewart Association have been Adopt-a-Block volunteers for several years, going out in teams of up to six. When someone is seen tossing litter on the ground by a member of the Adopt-A-Block program the offender is quickly corrected. "The individual will point or shake their finger at them and may even say something to them. The litterbug will usually pick up the garbage, or the volunteer will just pick it up themselves" says Jane Lapointe, Residential Supervisor with the Winnifred Stewart Association, which supports people with developmental disabilities. "They all quite enjoy it. They're definitely passionate about the environment and they take their role very seriously. It's a job to them". In fact, because the Adopt-a-Block kit only

offers only one T-shirt, the team discusses who will be block captain each week. The T-shirt is part of the uniform for the job. "The volunteers take great pride in the job they do and we encourage all members of the community to do their Part".

Jane Lapointe



Collaboration with Fruits of Sherbrooke

What is Fruit Rescue? Many trees in the Sherbrooke community produce fruit that home owners end up throwing out for a variety of reasons. There is a socially conscience team of neighbours that are putting the fruit to good use. One of the members, Carol, describes it beautifully on their website <http://www.fruitsofsherbrooke.com/>: "We are not exactly knights on white horses, but rather gardeners walking around the neighbourhood with white pails and a commitment to prevent waste. In a time where lots of people are hungry, there is global warming and a push to eat locally; we believed we could do our little part by picking the apples and preserving them for the winter to help others remember that we can have abundance even in this northern climate."

How is WSA involved? Over the past month, WSA participants and staff members have been supporting Sherbrooke's Fruit Rescue efforts by:

- * Scouting for unwanted fruit in the area;
- * Picking fruit to process and gathering bruised ones to give to livestock on a local farm;
- * Processing fruits into sauces, pie fillings,

jams, jellies and juice;

* And, now we are selling them.

This has been and continues to be a great opportunity for WSA participants to get outside, enjoy the beautiful weather and gardens, meet community people on a more intimate level (as it is in people's backyard), gain cooking skills, and support an amazing "green" efforts. They have been wonderful ambassadors for people with developmental disabilities and continually have a positive impact on the people they meet.

Fruit preserves are for Sale!!!

Every 1st and 3rd Friday of the month, from 9-10am, participants will be selling preserves in the main lunch at the Main building.

Every 2nd and 4th Friday of the month, from 9-10am, participants will be selling preserves at **Wellington** on the main floor.

If you prefer to get your preserves outside this timeframe, please email me @ lynnw@wsaf.ca.

Empowering People. Inspiring Dreams.

Enjoying Nature, Health and Hobbies

Over the summer months a group of individuals from WSA had the opportunity to experience nature trails while using a device called a Trail Rider. Trail Riders



allow people with mobility challenges to access unpaved nature trails that would not normally be accessible using a wheelchair. “We have

been

utilizing Emily Murphy Park because of its location and pleasantly quiet trails. We hope to continue this activity through October as long as the weather holds up!” Says Leora Hammer, Winnifred Stewart Association’s Recreational Therapist.

Individuals were able to attend or volunteer at many of Edmonton’s festivals and Capital Ex. Individuals prepared all spring in order to participate in a 5K walk for a charity of their choice. There were two successful

participants who received a medal, T-shirt, and certificate of Achievement.

Many people have been busy working towards finding jobs or volunteer placements, *Doggy Devine* new on the list, walking and caring for the dogs and their kennels , also the *Cross Cancer Institute* where individuals compile promo packages for the hospital to distribute. Some individuals have pursued old volunteer placements and happy to be back to work with organizations like *Meals on Wheels*.

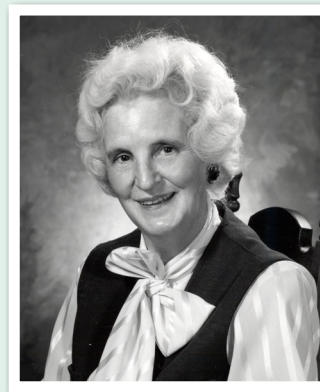
In the coming weeks there will be yoga classes offered in partnership with the *Cerebral Palsy Association* that will be taught by a professional yoga instructor.

From October through December a number of people will again have the opportunity to attend pottery painting classes at *Brenda’s Paint Pot* located at 12767 50th Street in Edmonton. “We work with a lot of very talented artists and it’s great that they have the opportunity to work on their pieces at a very affordable price” says Leora.

It has been a very busy summer around WSA and people’s calendars are again filling up with new and exciting activities for the fall and winter.

Did You Know?

In 1966, the City of Edmonton named Mrs. Winnifred Stewart the *Outstanding Citizen of the Year*.



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