



The ILS Report



If you want to know what's going on at ASLS...this is where to find it out!

Client Celebration/Graduation



ASLS will be hosting a Client Celebration/ Graduation on September 22, 2010 from 5– 10 pm at the Quality Inn Grande Prairie. Roast beef dinner will be served, with Karaoke to follow. This is in honour of our clients who have met all of their personal goals and no longer require ILS services. Great job! We are proud of you! .

Clients , staff and family members are all welcome to attend this event. Our lucky graduates are : Faye Mason, Bernice Beaver, Shannon Thiessen, and Kevin Flaten This will be memorable event!

Kevin Flaten

Kevin has been with ASLS for 10 years. For the past 3 years he has worked with Donna. Kevin has a great sense of humour and is easy to get along with. Kevin has been employed at Auto Track for over 4 years and is a dedicated and valuable employee there. Kevin has become very independent and no longer requires ILS support. Congratulations on your accomplishments Kevin!

**ASLS Celebration/
Graduation 2011 October
22nd from 5-10pm at the
Quality Inn. RSVP to Lloyd
at the office @
780-539-0433 x 100.**

Bernice Beaver

Bernice has been with ASLS for over 5 years. She has an awesome personality and is a pleasure to work with. Bernice has worked very hard to achieve her goal of greater independence. We wish you continued success in your future Bernice!

Shannon Thiessen

Shannon was with the Peace River ILS program before moving to Grande Prairie. Shannon has done very well and no longer require assistance from our agency. She is very motivated and excels at leading and organizing. Our agency will miss her for those qualities and her great personality. Congratulations Shannon!

Faye Mason: Faye has been with ASLS since April 2008. She is very active within our community and has worked hard at obtaining her goals. Good luck in your future endeavors Faye!

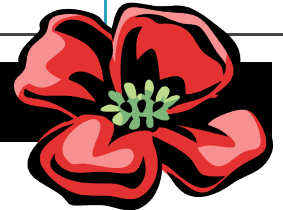


“ Some people come into our lives and quickly go, some stay for a while and leave footprints on our hearts... and we are never the same” Martin Luther King.

October 2011



Sun	Mon	Tue	Wed	Thu	Sat	
					1	
2	3 <u>Coffee Time:</u> 10-11	4 <u>Fitness Frenzy</u> 1-3 TLC	5. <u>Cooking at Community Village</u> 1-3	6.	7. <u>10 pin bowling</u> 1-3	8
9	10. ASLS Office Closed Thanksgiving	11. <u>Fitness Frenzy</u> 1-3 TLC	12. <u>Cooking at Community Village</u> 1-3	13.	14. <u>10 pin</u> 1-3	15
16	15. <u>Coffee Time</u> 10-11 Social Club meeting	16. <u>Fitness Frenzy</u> 1-3 TLC	17. <u>Cooking 1-3 Movie</u> 1-3 @ ASLS	20	21. <u>10 pin</u> 1-3	22. <u>Client Graduation Quality Inn</u>
23	24. <u>Coffee Time</u>	25. <u>Fitness Frenzy</u> 1-3 TLC	26. <u>Cooking</u> 1-3	27.	28. <u>10 pin</u> 1-3	29.
30	31 Halloween!					



November 2011

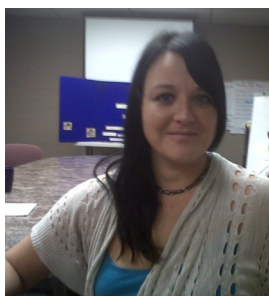
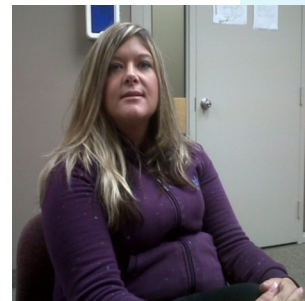
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. <u>Fitness Frenzy</u> TLC 1-3	2. <u>Cooking</u> 1-3	3.	4. <u>10 pin</u> 1-3	5.
6.	7. <u>Coffee time</u> 10-11	8. <u>Fitness Frenzy</u> TLC 1-3	9. <u>Cooking</u> 1-3	10.	11. Remembrance Day	12.
13.	14. <u>Coffee time</u> 10-11	15. <u>Fitness Frenzy</u> TLC 1-3	16. <u>Cooking</u> 1-3 <u>Movie ASLS</u> 1:00	17.	18. <u>10-pin</u> 1-3	19.
20.	21. <u>Coffee time</u> 10-11	22. <u>Fitness Frenzy</u> TLC 1-3	23. <u>Cooking</u> 1-3	24.	25. <u>10-pin</u> 1-3	26.
27.	28. <u>Coffee time</u> 10-11	29. <u>Fitness Frenzy</u> TLC 1-3	30. <u>Cooking</u> 1-3			

INTRODUCING GRANDE PRAIRIE INDEPENDENT LIVING STAFF



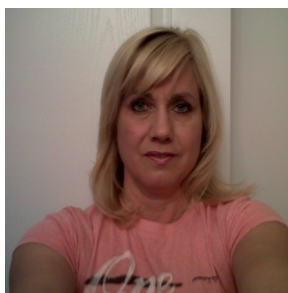
Hi my name is Joan Suddaby and I am the Program Coordinator for the Independent Living Program in Grande Prairie. I have been with the Agency for 24 years. I enjoy working with my staff and helping our clients achieve their goals. Away from work, I enjoy spending time with my family and friends.

Hi my name is Charlene Brand. I have been with ASLS since July 2010 as a Community Support Worker. I find it a real pleasure to work with my clients and I enjoy the challenge it brings. I previously worked in the mental health field and completed my practicum at the QE 2 hospital (5 South) here in Grande Prairie. In addition, I have worked in Child Protection, as well as numerous residential homes back home in British Columbia. In my formal education, I completed my bachelor of Social Work in 2007 at UNBC. In the near future I hope to complete my Masters of Social Work. I am currently expecting my 3rd daughter in December and look forward to the challenges this will bring.



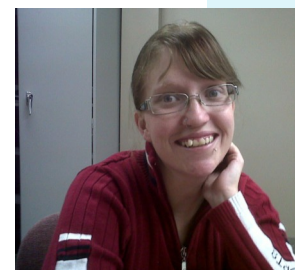
Hi I am Emily Van Amstel. I have been with ASLS for over a year and a half. Prior to ASLS, I worked in Long Term Care at Peace Country Health for 14 years. I also teach power skating/figure skating. I have 4 kids, ages 8-17 which keeps me busy. I enjoy making a difference in the lives of our clients. They bring a lot of joy and blessings to my life!

Hi my name is Donna Laboucan, I have been working as a Community Support Worker with ASLS for 4 years as of November 13th. It is a pleasure working with the clients in this program. I am a mother of 5 grown children and a 3 year old which keeps me on my toes and there is never a dull moment. The joys of being a parent..!



Hi I am Wendy Chase and I have enjoyed working in the ILS program for 2 years as a Community Support Worker and I also fill in when I can in the Residential Program. I am a mother of 3 grown children who are my greatest joy in life. As well, I have my wonderful better half named Brian. My hobbies include training and showing horses. My goal next year is to show one horse in the Canadian Supreme which is one of the biggest shows in Canada - the best in the world compete at this show.

Hi my name is Melanie Haiste I have worked with ASLS since 2006. I have my Disability and Community Support Certificate and I did my practicum here at ASLS and I have never left. I recently transferred from the Family Support Program to the ILS Program which I thoroughly enjoy. I am a proud owner of an amazing dog named Mary and she takes a lot of my spare time. One day I hope to make Mary a service dog and then she'll be able to assist our clients as well. My dream is to become a dog trainer and combine both jobs in the future.



Choose a job you love, and you will never have to work a day in your life. ~ Confucius

ILS CAMPING TRIP 2011

The ILS clients and staff attended their annual camping trip and it was huge success. The clients chose to camp at Pipestone Park which featured a lovely group camping spot, as well as a large pavilion for cooking in. The clients participated in many fun activities including: a scavenger hunt, water fights, survivor, mud fight, egg race, blind water melon eating contest, camp fire songs and story telling.



ASLS mud fight Betsy P, Emily V, Melanie H, and Michelle W. SPA DAY at Pipestone Park 2011.



Dean F feeding Jeremy T at the blind watermelon eating contest.

NUMBERS TO KNOW



FIRE 911



ABULANCE.....911



POLICE.....911



HOSPITAL:
780-538-7100



POISON CONTROL:
1-800-332-1414

ILS GROUP PROGRAMS

Fitness Frenzy

Fitness Frenzy takes place Tuesday and Friday at Muskoseepi Park and consists of a lovely walk around the park, bocce ball, Frisbee, horse shoes and good company. This is a good way for clients to get out and get some fresh air as well as exercise. We always have a lot of laughs.

Social Club:

The ILS Social Club meets once a month at ASLS. This gives clients a chance to brainstorm ideas for different fundraising events that they would like to do, to help

with social club costs. This Summer we had an in-house bake sale and a hotdog sale at the Freson IGA which was a huge success. We raised over \$300.00! All supplies were donated by IGA. Thank you Cam and staff at IGA— your community support is very appreciated!

COFFEE TALK: Coffee Talk is every Monday from 10-11pm at ASLS. This allows clients a chance to socialize and build friendships as well as enjoy a healthy snack and talk about their weekends. Clients enjoy, games and crafts as well.

“Attitude is a little thing that makes a BIG difference!!! “