

Access of the Red River Valley, Inc.

Access Bits

Annual Client and Family Picnic



We hit the jackpot with the weather this year for our annual picnic! It makes up for the twice cancelled event last year because of stormy weather.

The new facility at the park was beautiful!



Above: Jane Rawlings, Program Services Assistant, getting the watermelon ready to go!



Right: Kathy Potter, Executive Director, and Rickey Young, former MN Vikings football player.



Left: Some of the Access Board Members, helping to grill the hotdogs and hamburgers.



From left: Ray Grefsheim, Jennifer Weisgram, Steve Evert, Scott Strand, and David Johnston.

Inside This Issue:

Employee Spotlight	2
Schedule of Classes	2
Quote of the Month	2
August Calendar	2
Lifting Safety	2
Upcoming Events	3
Lifting Safety (continued)	3
Access Info	3

Quote of the Month

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.”

~John Lubbock

Employee Spotlight

Access would like to recognize our employees who have reached annual milestones.



We are very proud of our entire staff and especially congratulate those listed below!

Those celebrating **one year** service this month are: Direct Care Staff— Dana Coppin, Mercedes Curtis, Kathleen Erickson, Jenna Hansen, Lauren Hedman, Jana Merritt, and Jeanette Villareal.

Two years service: Direct Care Staff— Josh Sherer.

Three years service: Rule 79 Case Manager— Rob Schnitzer.

Four years service: Direct Care Staff— Mandy Johnson.

Five years service: Case Manager— Sarah Carlson.

Lifting Safety

The expression "Lift with your legs and not your back" is a very important part of proper body mechanics. Caregivers are often dealing with a patient who either can't or won't assist in simple rolling in bed or more complex bed to wheelchair transfers. No two patients ever weigh the same, nor have the same abilities. This leaves caregivers in a difficult position trying to keep themselves and the patient injury free.

Always get as close to the person or object as you can when lifting. Keep your arms and that person/object as close to your body as you can to help create leverage and maintain balance. Bend at the knees while keeping your back as straight as possible. Recognize your limitations and call for back-up when needed to lift someone.

Guidelines for Safe Lifting and Proper Lifting Techniques

- Consider the weight of the person or object to determine if you need additional help in lifting. Plan ahead!
- Know your own physical ability and limitations.
- Squat to lift and lower. Do not bend at the waist.

(continued on page 3)

Schedule of Classes

- Medication Administration Classes are currently scheduled for 9:00 am on Wednesday, August 3rd and 17th.
- TI (Therapeutic Intervention) classes are currently scheduled for every other Wednesday in August from 1pm–3pm. Classes are on August 3rd, 17th, and 31st. Classes are held at the MCLC at 910 9th Ave. S., Unit C in Moorhead. Check the signup sheet at the Access HR Department.
- Red Cross CPR and First-Aid class dates for August through October are posted on our Access bulletin board in the office. Please check the sign-up sheets for availability. Remember to sign up for these classes on the bulletin boards in the HR Department and Access will register you.

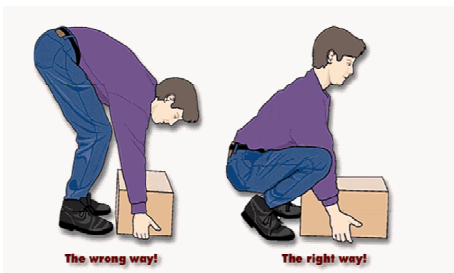
August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Timesheets due at Noon	2	3 Med Class 9am TI Class 1-3pm @ MCLC	4	5 PAYDAY	6
7	8	9	10	11	12	13
14	15 Timesheets due at Noon	16	17 Med Class 9am TI Class 1-3pm @ MCLC	18	19 PAYDAY	20
21	22	23	24	25	26	27
28	29 Timesheets due at Noon	30	31 TI Class 1-3pm @ MCLC			

Lifting Safety
(continued from pg.2)



- Lift without twisting. Avoid any kind of swinging motion when lifting as well. If you must turn, turn with your feet, not your body!
- Position your feet shoulder width apart with one foot slightly in front of the other.
- Keep your lower back bowed in while bending over.
- Keep the weight at close to you as possible.
- Bow your back in and raise up with your head first.
- Never jerk or twist!
- Put the weight down by keeping your low back bowed in.
- Wear shoes with non-slip soles.



Upcoming Events

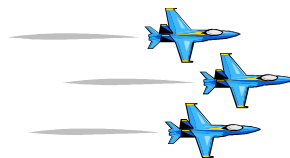
Tuesday, August 9th is **Riverarts** in Moorhead, which is a family-friendly festival featuring a free concert, rides, games and activities at Memorial Park in Moorhead.

August 7th–12th there are **firework displays** at the Red River



V a l l e y Fairgrounds. These are nightly professionally-choreographed displays by the **Pyrotechnics Guild International.** There is a \$10.00 admission to the grandstands and \$5.00 parking fee.

August 13th and 14th is the **Fargo Air Show** at Hector Airport. It is a fun filled day of flying acts and entertainment featuring the Blue Angels. For more information, call 1-800-235-7654.



August 20th and 21st is **Pioneer Days at Bonanzaville.** Pioneer Village comes to life with authentic **p a r a d e s**, demonstrations, costumes, and crafts. Call 701-282-2822 for more information.

Pool Party! Saturday, August 13th starting at 11am at Moorhead Municipal Pool and Romkey Park Shelter. It is free for children with special needs, their families, and friends. Swim time

is from 11am–Noon, with a light lunch served from noon–1pm. If the pool is closed due to weather, the event will be cancelled. To RSVP, contact Dawn Tommerdahl at 218-498-2389.

Island Park Craft Show- The show is held on August 27th and 28th at Island Park and features booths of hand-made crafts, food and entertainment.



Check us out online at www.accessrrv.org

MISSION

The mission of Access of the Red River Valley is to provide care and to support children and adults in their right to lead dignified, independent lives in the community.

For 26 years Access of the Red River Valley has provided quality care and compassionate support to assist people with disabilities realize their full potential.

Access is known throughout the community for our professional full time and part-time staff members who share in the Access mission and make a lifetime of impact.



403 Center Ave., Suite 512
Moorhead, MN 56560

Phone: 1-218-233-3991
Fax: 1-218-233-2577

Access Directors:

- Executive Director: Kathy Potter, CPA
- Services Director: Bill Smith
- Human Resource Manager: Krista Svobodny