

Access of the Red River Valley, Inc.

Access Bits



6th Annual Golf Classic

August 1st was the 6th Annual Access Golf Classic at the Moorhead Country Club. Several former MN Vikings and a MN Twins player came to golf with the 132 registered golfers to raise money for client activities and outings. Ahmad Rashad was here — he played for the Vikings in the 80's and has been a sports broadcaster for NBC Sports. Also attending were Rickey Young, Joey Browner, Tommy Kramer, and Jim Marshall, all former Vikings players; and Juan Berenguer, a former Twins pitcher.

The event is popular in the community, and raises much needed funds that allow us to do outings and events that we might not be able to do otherwise.



L to R:
Rickey Young,
Ahmad Rashad,
Jim Marshall,
Joey Browner, &
Juan Berenguer
(Not pictured:
Tommy Kramer)



Group shot with celebrities & sponsors.



Ahmad Rashad (center) with one of the golf teams.

Chahinkapa Zoo Trip

One of the outings made possible by the golf fundraiser was the August 9th trip to the Wahpeton Chahinkapa Zoo.

This outing is always a fun time for our clients. During the picnic lunch everyone was entertained by Al with his magic show.



When asked what animal was the favorite, we received the following replies:

Ricky—chickens

Teresa— the new ape

Jackie— white tiger

John—alligators



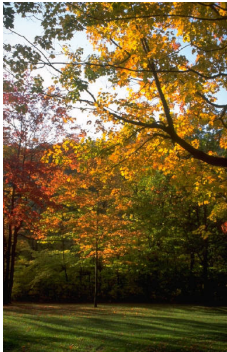
As you can see, there was something for everyone at the zoo!



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Quote of the Month



“The foliage has been losing its freshness through the month of August, and here and there a yellow leaf shows itself like the first gray hair amidst the locks of a beauty who has seen one season too many.”

~Oliver Wendell Holmes~

Employee Spotlight

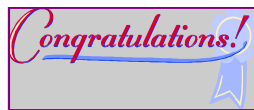
Access would like to recognize our employees who have reached annual milestones.

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— Amanda Adair, and Marg Hohnadel. Program Services Assistant— Jane Rawlings.

Two years service: Direct Care Staff— Brittney Hein, and Majur Man. Learning Center Facilitator— Danielle McGhan.

Three years service: Direct Care Staff— Lynette Hakanson, and Julie Huss. Administrative Assistant— Shirley Williams.



****FIFTEEN years** service: Agency RN— Sheila Lentz.

****NINETEEN years** service: Direct Care Staff— Dianne Sanden.

Seatbelt Safety

In 2009 Minnesota became the 29th state to implement a ‘primary seat belt law’. All passengers and driver of a passenger vehicle must wear a seat belt or appropriate car seat.



Seatbelts **do** save lives. According to the National Highway Traffic Safety Administration, wearing a seat belt can reduce the risk of crash injuries by 50 percent. Seatbelts have saved more than 75,000 lives between 2004 and 2008.

For the seatbelt to properly protect you, they should be worn correctly:

Lap belt- Be sure the belt is snug as slack allows room for movement before or during a crash, increasing the risk of a spinal cord or head injury. Be sure the belt is flat as a twisted belt concentrates the stress on a small body area, increasing the likelihood of injury. Sit with your seat back upright. If the seat is reclined, you can slide under the belt, strike the dashboard or front seat and increase the possibility of abdominal injuries. Sit back deeply in the seat.

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Schedule of Classes

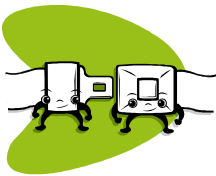
- Medication Administration Classes are currently scheduled for 9:30 am on Wednesday, September 7th, and at 3:00 pm on September 27th.
- TI (Therapeutic Intervention) classes are currently scheduled for every other Wednesday in September from 1pm–3pm. Classes are on September 14th and 28th. Classes are held at the MCLC at 910 9th Ave. S., Unit C in Moorhead. Check the sign-up sheet at the Access HR Department.
- Red Cross CPR and First-Aid class dates for September through December 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.

September 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Payday	3
4	5 Labor Day— Office Closed	6 Expense Reports Due	7 Med Class 9:30 am	8	9	10
11	12 Timesheets due at noon	13	14 TI Class 1-3 at MCLC	15 Expense Reports Paid	16 Payday	17
18	19	20	21	22	23	24
25	26 Timesheets due at noon	27 Med Class 3pm	28 TI Class 1- 3 at MCLC	29	30 Payday	

Seatbelt Safety (continued)



Shoulder belt- Be sure the belt is snug. Wear the belt over the shoulder, across the collarbone and diagonally across the chest. Do not wear the belt under the arm. The collarbone is strong enough to distribute the crash forces, but the ribs are likely to break and puncture the lungs, heart, liver or spleen that lie beneath them. Do not wear the belt in front of the face or neck.

As direct care professionals who transport clients often, it is important that all get buckled safely even for a short trip. Data shows that motor vehicle crashes are the leading cause of preventable death and injury in the US. Crashes cause about 43,000 deaths a year, affecting any age and type of driver.

At Access, we require that all Access employees wear seatbelts while on duty, and they are required to ensure that clients riding in their vehicles are using seatbelts or car seats as legally required based on age and weight. The employee should know age requirement for children sitting in the front or back seats. You may refer to Section 1608.Seatbelt Policy in the Policy and Procedure Manual which can be viewed on our website.

Upcoming Events

September 9th—16th is **Greater Moorhead Days**. This is a celebration of Moorhead featuring a variety of events including the annual Great Moorhead Days parade, a medallion hunt, and many other events. For more information phone 218-299-5340.



September 28th from 6:00—8:30 pm will be a **Moorhead Continuing Education class** at the MCLC! Titled "Leaf Collages: Peel and Plox", students will create fun and colorful leaf collages using Plox collage material which adds texture and shades of color to the fall collage.

On November 22nd from 6:30—8:30 pm, also at the MCLC, will be a class titled "Winter Wonderland

Watercolor".

This project will capture the beauty of the winter season and students will learn tricks and techniques that are unique to watercolor.



Moorhead Community Education

Explore Experience Excel.

Both classes have a \$15.00 fee and you must sign up through Community Education. Both of these classes have been designed especially to meet the needs of adults with disabilities.

For more information on the CHOICES program for adults with disabilities, you can contact Lauri Winterfeldt at 218-284-3400.

MCLC hours are currently Monday—Thursday 5:00—8:00 pm.

Movie nights will resume on the 1st & 3rd Mondays of the month.

Arts and Crafts classes are payday Fridays from 5:00—6:00 pm.

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.



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