



## We want to hear from you!

Have ideas for a community program or questions about services and supports we provide? There are lots of ways to connect.



[info@quadcounty.ca](mailto:info@quadcounty.ca)



### FACEBOOK PAGE:

Quad County Support Services



### WEBSITE:

[quadcounty.ca](http://quadcounty.ca)



### EVENTS:

[quadcounty.ca/events](http://quadcounty.ca/events)

## Spring is about growth



While I get excited about spring, with the budding of the trees and new life emerging, I have to admit it's been a bit of a roller coaster here. We've had to say goodbye to a familiar face, hello to a new team member, update our staff training while supporting individuals getting active in our community.

For my spring report, I want to provide an update on our strategic plan. As you know, this is our guiding document for the work we do to grow Quad. Our focus the last few months has been on supporting staff training and sustainability.

### Supporting staff training

Earlier this year we renewed our Nonviolent Crisis Intervention Training. A special thank you to Kali Zwambag who led the training for our staff. She shared lots of valuable information on how we can provide the best care possible under these pillars - care, welfare, safety and security - both for the individuals we support as well as our staff team.

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This training is a key part of developing a culture of safety for our organization.

We've also completed our annual FIT testing, which ensures staff are equipped with properly fitting respirators so they're ready if needed. Thanks to Stephanie Caron and Jessica Blais for being our fit testers.

In June, we're excited to have Cynthia Lockrey return to conduct communications training for staff. We'll be looking at how we can improve our communications skills with individuals, families and each other. Cynthia has worked with us for a number of years, and as a mother and sister of two autistic individuals, she's passionate about supporting the work we do to help people with disabilities live their best lives.

## Sustainable future

You may have noticed a few changes in the administrative office. We welcome Janice, our new finance associate who's working three days a week. You'll continue to see Norine who's returning to her role as administrative assistant in July, also at three days a week.

They've both been working hard to try and make this a seamless and smooth transition. While we've had some bumpy spots, much like our spring weather, we know it will all come together to help strengthen the organization.



## Looking ahead

Like many of you, I'm excited for the summer and all the activities that come with it. But first, we'll be celebrating Community Living month in May. Watch our Facebook page for some special events.

With much sadness we had to cancel our Christmas gathering to help keep people healthy for the holidays. Knowing how much everyone loves getting together, we're busy planning a summer picnic. Details will be shared closer to the date so stay tuned.

Linda Long  
Executive Director



# Epicure Fundraiser

We're excited and grateful for another Epicure fundraiser, hosted by Andrea Burdick. Money raised will help our summer Youth Transitions Program.

**Each \$25 box contains 5 meals and a dessert.  
Each order = a \$10 donation to Quad.**

To order email [andreaburdickrn@yahoo.ca](mailto:andreaburdickrn@yahoo.ca)

# Spotlight:



**FACEBOOK PAGE:**  
Quad County Support Services

# Rock your socks!

for Down Syndrome



We decided to add a Quad twist to this year's World Down Syndrome Day. We asked Katie to help us design a pair of socks and used her drawing as inspiration for our own pair of Quad socks. These limited-edition socks were given to individuals we support so they could rock their socks on March 21.

Thanks to interest in the design, we were also able to sell a few pairs to community members as a fundraiser.

**If you're wanting to buy a pair, email us at [info@quadcounty.ca](mailto:info@quadcounty.ca).**

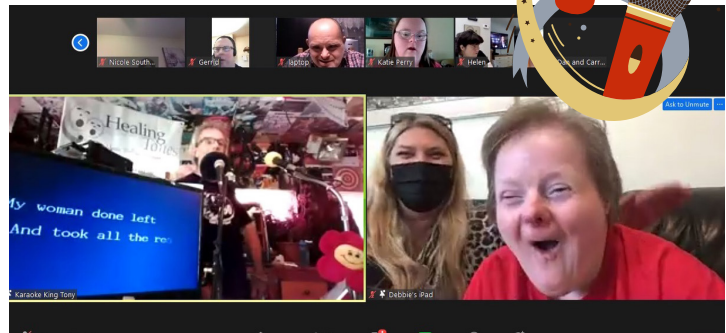
A special thank you to the local businesses who did an amazing job at creating Rock Your Socks window displays as well as having staff and students wear their funky socks on March 21. It was incredible to see all the support and awareness of Down Syndrome.





**FACEBOOK PAGE:**  
Quad County Support Services

*We're regularly posting on Facebook photos!  
We encourage you to follow, comment and help  
grow our Facebook 'Quad Community'.*



## Thank you to Healing Tones

For 18 years, Tony Bycraft from Healing Tones (or Karaoke with Tony) has been a regular face at Quad County Support Services. In 2006, he started hosting music workshops with a small West Elgin group, monthly visits to our day program and providing entertainment at the Glencoe Fair.

Tony's travelling karaoke was a huge hit with many organizations seeking him out. He was kept very busy, gaining the nickname Tonyoke.

When COVID hit, he didn't miss a beat and moved his popular karaoke online. He provided a valuable social connection and laughs at a time when many people were isolated in their

homes. His online karaoke sessions were called Zoomaoke.

Over the years we've enjoyed his bag of fun, seasonal hats, musical instruments and most importantly the joy he brought with him.

On April 25, Tony hosted his last karaoke session. Since we were his first group session, he felt it was appropriate we were also his last. He said he wanted to end it where it began.

A big thank you to Tony for all the years of entertainment and good times. We have so many memories of our karaoke sessions over the years and wish you a well-deserved retirement.

## Autism Acceptance Month

Erica is a familiar face at Quad – often busy doing activities or volunteering in the community. She loves living in her new home and is grateful for the great friends and staff who surround her.

**"I like that I can now do stuff by myself and I'm working on my independence," says Erica.**

She keeps busy by volunteering at Ashton's, the Glencoe Library as well as her summer job working at the marina.

What brings Erica joy every day is exercising, eating healthy and keeping on track of her daily routine. With a commitment to her health, she's most proud of keeping strong, being brave, being mighty and being flexible with change.

She's enjoying her new home and is having a great year. We're excited to see more of Erica's adventures unfold.





# Saying goodbye and hello

This spring we said goodbye to our long-time staff member, Don McLachlan. Many of you know Don as he's been with Quad for almost 33 years.

He first joined the organization as a vocational instructor at the sheltered workshop. Over the years, he's seen many changes from providing support in a production environment to now offering individualized support in someone's home, based on their distinct needs and interests.

When asked about his start at Quad, Don said even though it wasn't as well paying as other opportunities, he decided to give it a try. He's happy to report it ended up being the best job he ever had.

## We wish Don well in his retirement!

We also welcomed a new face to Quad – Janice McCallum - our finance associate. Here's what Janice had to say about joining Quad.



Thanks to everyone for the very warm welcome. My grandmother was one of the ladies involved in Quad in the early days, so I feel like I've come full circle. This is my first experience in a non-profit environment, and I've been learning a lot with Norine and Linda's help.

I've lived in or near Wardsville since 1983, and my husband Tom and I raised 4 children here. While they're all grown and flown away, we try to make them visit Wardsville every once in a while. This part-time position is perfect for my stage of life, as I'm not ready to retire but also want some extra time to devote to our new home and my scrapbooking hobby.

Welcome to Quad Janice!

