



### Exploits Homecare Agency Ltd. Newsletter

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## Training Opportunities

We thank you for your input when Exploits Homecare Agency surveyed clients and home support workers asking what would be valuable career enhancement and coping tools to you. Recently our agency has participated in Workplace NL training in Injury/Incident Reporting. Monthly training opportunities will be available at each location until summer and will start again this fall. Our office staff recently participated in an on site training offered by our

community partners at *The Journey Project*—navigating legal services in NL for people 16 years old or older who have experienced sexual violence. We also helped The Journey Project in preparing virtual training for our home support workers. This training opportunity will be offered to all Home Support Workers of our agency soon via webinar.

**May 1-7, 23 is Mental Health Week.** In mid May our partners at Mental Health and Addictions Services and The Women's Centre will be facilitating training for home support workers. Topics to be covered include: Dealing with difficult people, mental health struggles with anxiety and depression, work/life balance, stress fatigue and secondary trauma, elder abuse and awareness. This training will be offered on site in GFW and virtually in Springdale and Baie Verte.

#### To Register:

If you are interested in getting more information on our training opportunities or to register for your training, please call your local agency office via the numbers listed on the other side or e-mail the accreditation team:

erica.eha@bellaliant.com (Erica Billings)  
mena.eha@bellaliant.com (Mena Snook)



Our Team: (L-R Back Row) Erica Billings (Accreditation Assistant), Crystal Morey (Manager-Springdale), Kim Necho (Accounting Assistant), Fern Hayter (Bookkeeper), Megan Brent (Manager-Baie Verte); (L-R Front Row) Winston Way (Owner Operator), Emily Barnes (Admin Assistant GFW), Mena Snook (Accreditation Coordinator), Viola Power (Admin Support-GFW), Erica Bartlett (Admin Assistant GFW), Shirley-Ann Elliott (Manager-GFW), Cassie Sheppard (Accounting Assistant), Yvonne Way (Owner Operator).

Missing from this picture Darlene Blanchard (Admin Assistant-Baie Verte) Cindy Collis (Admin Assistant-Springdale)  
Photo taken April 19, 2023. Central Health File Audit Day! Great work Team Exploits Homecare Agency Ltd.

## Employee Portal

Our website development is so close to being finished! Our launch date is coming up very soon. Stay tuned for updates. Employees will be able to avail of some practical training right on the employee portal on our new website!

Also you can Follow us on Facebook

**Exploits Homecare,  
Yvonne Way Owner/  
Operator**



Flowers! Flowers, Everywhere!!

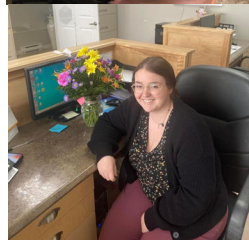
Thank you to our administrative professionals for everything they do for our clients, families and our home support workers.

Pictured: Left to right, top then bottom

Darlene Blanchard (Baie Verte)

Cindy Collis (Springdale)

Kim Necho substituting for Emily (GFW) Erica Bartlett (GFW)



**Grand Falls-Windsor Office**  
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Springdale, NL A0J-1T0  
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**Baie Verte Office**  
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Email: [adminhabv@bellaliant.com](mailto:adminhabv@bellaliant.com)

### Tasty Salmon Loaf for Two

*Makes two servings*

*Recipe shared from: "Easy, Tasty...Nutritious Healthy Eating for  
Healthy Aging" Resource provided by Gov NL*

*for more information visit: [www.gov.nl.ca/health/wellnesshealthyliving](http://www.gov.nl.ca/health/wellnesshealthyliving)*

6 1/2 oz can Atlantic Salmon  
1 egg  
1/4 tsp pepper (or add to taste)  
Dash Salt  
1/2 cup bread crumbs  
1/4 cup onion, finely chopped  
1/4 cup celery, chopped or 1/4 cup bell peppers, chopped  
Dash Worcestershire sauce (optional)  
1/2 tsp savoury (optional)

**\*\*If you would like to submit a favorite recipe of your own to be printed in our newsletter, please drop it by the office or forward by email to:**

[erica.eha@bellaliant.com](mailto:erica.eha@bellaliant.com) or [mena.eha@bellaliant.com](mailto:mena.eha@bellaliant.com)

We would love to add a recipe that's special to you\*\*

#### Directions:

1. Preheat oven to 350° F
2. Mash salmon with liquid and blend well with other ingredients in a bowl.
3. Put into small, lightly oiled casserole or loaf pan and bake for 30 to 40 minutes or until top is browned.

#### Variation:

Form into 4 patties. Cook in an oiled skillet over medium heat until brown. Turning once during cooking

Complete the meal: serve with steamed veggies/baked potato, a roll, and a glass of milk.

## #CMHAMentalHealthWeek

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us— that's all people—have mental health.

Learn more about #mentalhealth and different ways to support yourself and each other visit [mentalhealthweek.ca](http://mentalhealthweek.ca) #MyStory



*Mother's Day is May 14, 2023*



*Remember to treat your Mom that day!*

### Administrative Professionals Day

### WE'RE HIRING COMPASSIONATE, COMMITTED, IN-HOME CAREGIVERS!

Would you like to join our team? Not sure about the documentation required? Don't have a resume or Code of Conduct? No Problem! We have someone on staff that can help with all required paperwork. We also provide orientation and training for all of our employees. There has not been an easier way to become a part of our ever-growing team!

Wages are \$17.05 per hour, plus 4% vacation pay

If you are interested in joining our exciting and growing team, please reach out to an office near you via the contact information below.

*Helping Hands for Hurting Hearts*



**EXPLOITS  
HOMECARE  
AGENCY Ltd.**