

Living Southern



A PUBLICATION OF QUALITY SOUTH, INC.

Safety 1st – It Really Pays to Drive Safely

Quality South, Inc. participates in a vehicle safety program called “Safety 1st” which requires us to post a large decal on each of the company vehicles owned by QSI. This decal lists a code number designated to that particular vehicle and telephone number for anyone to call if they see the vehicle violating any type of driving regulations or rules. A report is then sent in where a follow-up investigation is completed. All reports of this nature result in re-training of staff to prevent re-occurrences of the violation. The goal is to improve overall safety in company vehicles as well as prevention of possible accidents while driving. During our last fiscal year, two homes had no incidents reported to “Safety 1st” nor were there any fender benders, accidents, or moving violations for the vehicles used at the homes. A big “CONGRATULATIONS” goes to Countryside and Oak Side homes!



Because of their commitment to maintaining safety, both homes received gift certificates to use for dinner out for both persons living at these homes and their staff members. Everyone said they had a wonderful meal at the “Fried Tomato Buffet” and that it really pays to drive safely at QSI.



Calendar of Activities

Each month our residents and staff are provided a monthly calendar of events to attend throughout the Montgomery area, which also includes activities for all of the homes. Some of these activities have been given names for designated days such as:

Tuesday is referred to as “Taco Tuesday.” A few other delectable menu items that all our residential homes come together for to fellowship and enjoy dinners are “Pot Luck” night, “Soul Food” night, and “Soup and Grilled Cheese” night...once per week. The consumers and staff enjoy this time spent together and they all give suggestions of what they want to prepare for this weekly event.

Wednesday has been designated as “Ladies Night.” All of the ladies have the option of getting their nails polished with the color of their choice! The ladies look forward to this weekly event and enjoy time spent laughing, talking and being pampered by their home staff.

Thursday is game night at each of the homes.

Friday is scheduled for enjoying movies and popcorn. Our residents also has the option of going to parks, shopping malls, grocery stores, restaurants, and bowling alleys throughout the Montgomery area to incorporate community integration as a vital part of their person-centered planning.



QUALITY SOUTH INC.

VISIT WWW.QUALITYSOUTH.ORG or FOLLOW US ON



Congratulations on Your New Positions



QUALITY SOUTH INC.

Quality South Main Office

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F: 334-244-1166

Brampton Lane #2
Montgomery, AL 36117
334-819-7870

Countryside
Montgomery, AL 36117
P:334-356-4736

Brookland Curve
Montgomery, AL 36117
334-819-7928

Oak Side Drive
Montgomery, AL 36117
334-593-4787

Medical Home

Whisperwood Court
Montgomery, AL 36117
334-356-9895



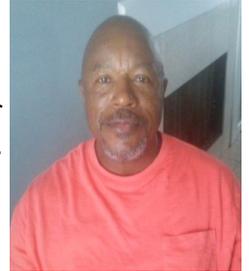
Markell Howard is the new Residential Specialist for Brampton. He joined QSI team in January 2018.

Brenda Vinson is the new Residential Specialist for Oak Side and has been with QSI since March 2016.



Courtney Duncan is the new Residential Specialist for Countryside and joined QSI team in August 2016.

Curtis Gunn is the Residential Specialist for Whisperwood and started with QSI in March 2015.



Deshawn Frank is the new Residential Specialist for Brookland Curve. He has been with QSI since August

Michelle Thomas is the LPN/MAS and began working at QSI in November 2016. She recently became a certified CPR/First Aid instructor.



Nicole Heilman is the new Residential Coordinator. Nicole was born and raised in Montgomery, AL. She graduated in 2012 from Troy University in Montgomery with a bachelor's degree in psychology and a minor in criminal justice. During that time she worked full time for an insurance company. However, Nicole always wanted to work with people so she found a job in a field helping people with disabilities. Nicole stated, "Once I started working in this field it became my passion." She has held management positions and became a QDDP (Qualified Developmental Disabilities Person) approximately 4 years ago. In June 2017 Nicole had a beautiful baby girl named Emma. She is the joy of Nicole's life.

Nicole says she's thankful for the opportunity to work for Quality South with such great people and hopes to be able to be a part of making a difference in this field.

A Poetry Moment

"On This Dusty Dirt Road..."

By Sarah T.

*On this dusty dirt road I walk down on
I notice the trees are blooming for this new
Spring!*

*On this dusty dirt road I walk down on
I can hear the birds a singing in the trees!*

*On this dusty dirt road I can feel a breeze blowing around me!
On this dusty dirt road I walk on...*

Our First Christmas Decorating Contest!

This year QSI decided to do something a little different during Christmas to get everyone involved in some fun activities during the holidays. Each group was given \$100 in gift cards to purchase decorations for the homes. Each home received \$50 to Dollar Tree and \$50 to Big Lots. The decorations were made by the individuals served. Then the homes were judged based on the most resourceful, most eye appealing (wow factor), most creative, and who turned in all of their receipts to the QSI office. This allowed staff and the individuals in the homes to work together as a team to accomplish a common goal in a fun manner. We selected Larry and Wendy Brasher to be the judges and they chose Countryside as the winner. They said when they saw the outside of the home they were immediately impressed. Then when they walked inside, they saw how festive it was and that everyone was really into this contest. Countryside did an outstanding job as well as the other homes. QSI staff and individuals really put forth a lot of effort in this contest. The winners each received a \$50 bonus. This was a great way for everyone to work together during the holidays!



Countryside



Whisperwood



Oak Side



Brampton



Brookland Curve

Quality South, Inc. Participates in East Chase Christmas Parade

Everyone at QSI participated in the Annual Shoppes at East Chase Christmas Parade. We were all decked out in our QSI t-shirts and Santa hats. Ricky, James, and Thad walked the entire route carrying the Quality South Christmas banner. Sarah and Christy walked the route handing out candy and wishes of a Merry Christmas to the onlookers that lined the streets. All the other residents rode in the new Transit van. The atmosphere was filled with Christmas sounds and music along the route. Everyone had a great time.



Quality South, Inc.
7000 Brockport Court
Montgomery, AL 36117

Mission Statement

To provide persons with intellectual disabilities, mental illness and other disabling conditions with opportunities and alternatives, including but not limited to educational, recreational, vocational, and therapeutic services that will enable each person to succeed at their optimum potential with all the rights afforded them as full citizens.

The Gift of Giving

We want to thank all our supporters for their generous donations over the years. Charitable donations including cash, stocks, and professional services assist in our continuing efforts to promote personal growth and enrich the lives of the people we serve. All donations are Tax-Deductible. If you would like to discuss a donation with a member of our staff, please contact our office:

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 **Allied Human Services, Inc.**
Healthcare Management and Consulting