

QUEST NEWSLETTER MARCH 2025



MARK YOUR CALENDARS

March 8

International Women's Day

March 9

Day Light Savings (Spring Forward)

March 17

St. Patrick's Day

March 20

First Day of Spring

March 21

World Down Syndrome Day

March 26

Epilepsy Awareness Day



First Day of Spring

Spring will officially arrive on Thursday, March 20. That's the date of the vernal equinox, when both hemispheres of the Earth receive the same amount of daylight, according to the Old Farmer's Almanac. Longer and warmer days ahead!

A Night to Shine



The Night to Shine is an unforgettable prom night experience for individuals with disabilities. It is sponsored by the Tim Tebow Foundation. It's a beautiful night including a red-carpet experience, dancing, karaoke, and a crowning ceremony.



Winter Clean Up

As winter comes to an end, it's a great time to prepare your home for spring! Start by inspecting and repairing any caulking that may have deteriorated during the winter. Check windows, doors, and corner trim to prevent water infiltration and costly repairs.

Revive your yard by clearing branches and stones, and use a lawn mower with a catch bag to quickly remove dead leaves and twigs. Store snow shovels and ice melt once the forecast no longer calls for snow.

Remove any Christmas lights or decorations that have been left out during the winter months.

For monthly maintenance tips visit the Quest website!



Digital Document Progress Update

As you are aware, Quest has been working towards going “more digital” with our documentation from our Disability Service Workers. This initiative is driven by the need to become more efficient in our documentation processes in general and finding ways to have access to information faster. We want to thank all of you for embracing this initiative and learning the new ways to submit your paperwork!

As an employee you play a crucial role in our organizational success. So far you have accomplished the following:

 17,827 digital files submitted (Jan 2024 - Feb 2025)

 27,046 total pages digitized (Jan 2024 - Feb 2025)

 2.7 Estimated Trees Saved: (Jan 2024 - Feb 2025)

Benefits we are seeing with online documents are:

- Faster and easier documentation – Submit reports on the go without delays
- Improved accessibility – Instant access to records when and where they're needed
- Better organization & security – No more lost paperwork or storage issues

As always, if you are having issues with the company computer, any of the how-to videos or accessing and submitting documentation you can reach out to your supervisor or a member of the IT department.

MARCH - EMPLOYEE OF THE MONTH

Vivian Ngeywo

How long have you been with the company?

I have been with the company close to seven months now.

What is something most people wouldn't know about you?

I am a night owl.

What's the best advice you can give to someone who just started their career in this field?

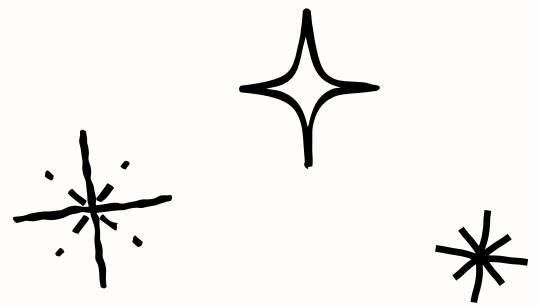
Always learn to listen actively, and respect autonomy.

What has been your most memorable moment at the company so far?

The moment I got Christmas cards from the company wishing me a merry Christmas, I felt recognized, appreciated, and valued.

Where would you most like to travel to and why?

I've always been fascinated by New York. I'd love to travel there to experience the food and culture of the people there. It would be an incredible opportunity to learn and grow.



Vivian was nominated for being an amazing team player, having great rapport with the individual, and her hardworking ethics

CASE

MINDFULNESS & VALIDATION

Mindfulness is the practice of being fully present in the moment, paying attention to your thoughts, feelings, and sensations without judgment. Practicing mindfulness may help with reducing stress and increasing emotional resilience.

To practice mindfulness, focus on your breath, observe your surroundings without judgement, complete a body scan and practice mindful listening. Regular mindfulness practice can improve mental clarity, enhance concentration, and assist in reducing feeling of stress during adverse situations.

Validation involves acknowledging and accepting someone's feelings, thoughts, or experiences without judgment. This is an imperative key ingredient for providing emotional support, as it lets others know they are seen and heard. When someone shares their emotions, validating their experience can make them feel understood and respected.

You can practice validation by using phrases like, "I understand how you feel," or "That sounds really tough." While providing support it's important to listen actively, show empathy, and avoid minimizing emotions. Validation does not mean agreeing with everything they say but rather recognizing their right to feel the way they do. When people feel validated, they are more likely to feel secure and supported





Access to Dining with Michael & Sean

This month we went to a new place by the name of Dickey's BBQ located at 1814 Mayor Magrath Drive South beside Popeye's and I-hop. This is a new chain restaurant that has arrived in Lethbridge and serves Texas BBQ. Michael had the two meat platter with brisket, smoked turkey, mashed potatoes, and bbq beans. Sean had the brisket poutine for lunch. Both meals were very tasty and the plates were empty by the end. One staff had the brisket mac and cheese and it was tasty to eat but a smaller portion than the poutine. Another person had the loaded brisket potato and it was very good and filling. Prices for lunches ranged from 15 to 23 dollars. As a group we go out every Friday and try to arrive at the restaurant by 11:30 am for lunch. This month we will go to Wow Eats (Mar 7), Cafe Verde (Mar 14), Luigi's South (Mar 21), Tony Roma's (Mar 28). Wow Eats just opened up in Lethbridge and we have not gone there yet and Cafe Verde is one of our top favorites with great food and client discount.

AIR MARCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
3 Culinary Class – AM Swimming- AM Name That Tune- PM Sewing Club- PM	4 Culinary Class – AM Swimming Bingo - PM ASL @ Access Classroom- PM	5 Creative Quest – AM Swimming- PM Bingo - PM	6 Work On Goals – AM Culinary Class – AM Karaoke – AM Crochet/Knitting Club - PM Tasty Thursday – PM Roving Gym @ YMCA- 13:00 – 14:00	7 Jam Session (Access)- AM D&D Club – PM Jam Session – PM	8 International Women's Day 9
10 Culinary Class – AM Swimming- AM Name That Tune - PM Sewing Club- PM	11 Culinary Class – AM Swimming Quest For Knowledge – PM	12 Creative Quest – AM Creative Quest – PM Swimming- PM	13 Work On Goals - AM Culinary Class – AM Crochet/Knitting Club - PM Tasty Thursday – PM Roving Gym @ YMCA- 13:00 – 14:00	14 Jam Session (Access) - AM D&D Club – PM Jam Session – PM Spring Nature Fest – 13:00-17:00	15/16
17 St. Patrick's Day Wear Green!	18 Culinary Class – AM Swimming ASL @ Access Classroom- PM	19 Creative Quest - AM Swimming- PM APRP (Impact) – 13:00- 14:00	20 Pod Choice - AM Culinary Class – AM Crochet/Knitting Club - PM Tasty Thursday – PM SAIL Meeting @ Access Classroom – 13:30 Roving Gym @ YMCA- 13:00 - 14:00	21 World Down Syndrome Day Jam Session (Impact) - AM D&D Club – PM Jam Session - PM Bowling @ Holiday Bowl – 13:30	22/23
24 Culinary Class – AM Swimming- AM Name That Tune – PM Sewing Club - PM	25 MOVIE MILL Culinary Class – AM Swimming Quest For Knowledge - PM	26 Wear Purple - Epilepsy Awareness Day Creative Quest – AM Baking Class - PM Swimming- PM	27 Work On Goals - AM Culinary Class – AM Crochet/Knitting Club - PM Tasty Thursday – PM Roving Gym @ YMCA- 13:00 – 14:00	28 Jam Session - AM QCCC Volunteer Appreciation Presentation – 13:00 D&D Club – PM	29 World Bipolar Day 30
31 Culinary Class – AM Swimming- AM Name That Tune – PM Sewing Club - PM			Cerebral Palsy Awareness Month!		