

January 2023 Newsletter

Happy New Year

Wishing you and yours all
the very best in 2023



IMPORTANT DATES

- January 1st - New Years Day
- Every Tuesday/ Thursday - Swimming
- January 4th - World Braille Day
- January 14th - Hockey Game @ Enmax
- January 19th - National Popcorn Day
- January 26th - Bell Lets Talk Day

SwagTag Winner

Thank-you to everyone who participated in this campaign & to those of you sporting our swag. Got a pic you want to share? Send it in or tag us on instagram for your chance to win a \$25 gift card and newsletter shoutout. Instagram @QUESTYQL



EMPLOYEE OF THE MONTH



CAROLYN GEDDERT

"Carolyn is so patient and creative. She works very well with the individual she supports and is a real team player, always helping where needed."

Tell Quest something about yourself (family, travel, school, etc)

I'm a mom of 3 adult kids & two in-law "kids". I've been married 34 yrs. I'm pretty obsessed with everything nature , and am always planning the next trip to the mountains. Summer days/evenings you will find me in my garden tending flowers and fruit.

How long have you worked at Quest and what location/ program do you work at?

I've been with Quest for 16 yrs and always have loved front line work at Impact where I feel most invested in the individuals.

What is your best moment at Quest? Or what has been your biggest accomplishment at Quest?

I love getting to know new staff, each coming with their own unique story. I have built a community of deep friendships at Quest.

Some of the best moments at Quest have been just being part of an individual's growth and potential.

I also have a side passion that is food prep and service. If Quest is having a special Holiday meal I will try to get in there to help (even if it's doing dishes).

What advice would you give to the new hires?

My advice to a new hire would be to just find joy in the job. Don't just put in the time but realize your potential to bring joy into the individuals day.

Employee Resource Centre

The ERC would like to recognize staff hitting some important anniversary milestones in 2023.

Thank you for your continuous contributions and support in making a difference throughout the years.

We are grateful that you are part of our team!

5 YEARS

- Biliso Kito
- Randy Agdan
- Nyirou Ajout
- Faris Taha
- Tanja Young
- Velina Friesen
- Cayden Rayner
- Carter Ross
- Naz Shalamo
- Sam Mathon
- Tyler Lind
- Magdalene Chepkoech
- Esther Anjorin
- Christie Huber
- Debbie Knibb
- Gladys Martinze
- Trevor Nixon
- Stephanny Perez Mora
- Ryan Fukuda
- David Adebesin
- Ivie Ayemere
- Lawrence Danso
- Stefan Freeman
- MJ Mempin
- Kristal Miller
- Nora Ndifang
- Maria Cabrisus
- Greg Draper
- Sharon Keitany
- Akol Akol
- Dagim Alemayehu
- Jude Itua
- Mark Matkin
- Elijah Sokeye
- Courtney Thompson

10 YEARS

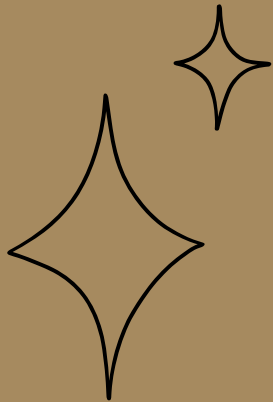
- Mon Khadka
- Thomas Ekubazgi
- Maritza Stinson
- Ashton Beekman
- Mary Ann Aquino
- Glenda Reddaway
- Rob Tran
- Kailie Hatch

20 YEARS

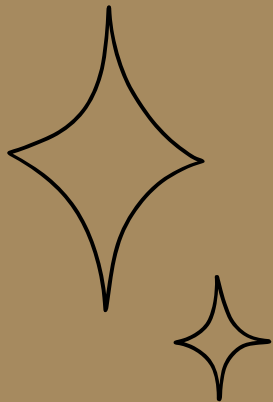
- Sherri Caldicott
- Tina Wagner
- Darla Mohan
- Shane Johnson

When you receive your anniversary email please to come to the main office and pick up your gift!

THE CASE TEAM



New Year,
New Me!



The holidays are usually viewed as a time of happiness and rejoicing. But for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression. Even people who love the holidays can experience the blues during this busy season. The holidays are often a time of high emotion and demands, which can leave a lot of people feeling stressed and exhausted. There are several reasons why people might experience the 'holiday blues' such as lack of sleep, excess eating and alcohol use, financial stress, isolation, and loneliness (see previous newsletter) and unrealistic expectations.

So, what can we do to 'cope' with these holiday blues? Well, there are a few things we can do:

1. Drink in moderation -- alcohol is a depressant and drinking too much can exacerbate any negative feelings that you might have.
2. Don't isolate yourself -- look for ways that you can enjoy those social connections.
3. Exercise regularly -- even a casual walk each day.
4. Learn to say no -- avoid overcommitting.
5. Find time for yourself.

That being said, if the holidays blues begin to become more serious, your symptoms might be the sign of something else. Take the time to speak with your doctor or mental health professional.

Thanks, and have a great New Year!

#TECH Team

It's the start of a new year, which means lots of exciting developments to look forward to in the world of tech this year! Here's some things to keep an eye on for 2023:

1. Continued growth of artificial intelligence. AI is expected to become even more advanced in the coming years, with applications in self-driving cars, virtual assistants, healthcare and finance.
2. 5G technology. 5G is the next generation of wireless technology, and is expected to bring faster speeds, lower latency and greater capacity to support the increasing demand for data.
3. Virtual & augmented reality. VR and AR technologies are expected to continue advancing in 2023, with applications in entertainment, education, and virtual workspaces for work from home offices.

Tips By Tyler



1. Don't overload your washing machine as it can lead to:
 - Clothes not spinning properly and not getting clean
 - Clothing could get damaged
 - Rips and tears can occur on the wash machine bellow/seal causing damage
2. Use liquid detergent instead of powder. Powder can cause residue buildup inside washer as it does not dissolve as well as liquid detergents.
3. Before putting clothes in the washing machine check all pockets to remove trinkets and personal belongings.
4. Ensure your belt is not still on your pants as this can lead to washing machine damages.
5. Large items like quilts, duvets or heavy blankets should NOT be washed at home but brought to a laundromat in your area so a commercial washing machine can be utilized.

SAFETY Squad

Winter driving conditions can be hazardous due to factors like snow and ice on the road. The Agency has experienced high volumes of call-ins related to staff's vehicles being inoperable. While it's important that you prepare for winter driving, it's also important that your vehicle is up for the challenge.

Here are a few tips to help ensure your vehicle is safe:

Get Your Vehicle Serviced: check the battery, cooling system, breaks, belts and all the bells and whistles.

Switch to Winter Tires: Winter tires offer the maximum performance on snowy roads. Make sure your tire pressure is maintained. Flat tires are common during the winter months!

Install Winter Window Wipers: Please ensure your windshield wipers are functional and your windshield fluid is topped up. Poor visibility can lead to an increased risk on the roads.

Pack a Winter Safety Kit: In the event you are stranded, or your vehicle breaks down, have a plan, keeping some common tools and supplies in your car in case of an emergency is recommended. It's always a good idea to have extra gloves and winterwear on hand.

Keep the Gas Tank Full: A full tank of gas reduces condensation, which can prevent gas line freeze ups.

All employees are encouraged to give yourselves time to warm up your vehicle, brush off the snow, and drive safely to your shifts. Thanks in advance for your preparedness and drive safe!

INDIVIDUAL CARE

This month we wanted to provide information to the community on employee time and how it may relate to negligence.

Employee Time:

- Employees who are not on duty at the time of their scheduled time, have not had prior permission from the Employee Resource Centre (ERC) to be absent, or have made changes to their shift without confront will be considered "absent without leave" and as a result disciplinary action will be taken.
- Employees in the LIVING program may not leave the site of work until the next employee coming on shift has relieved them, or they have received permission from a member of the Management team to leave the individual(s) unattended.

Abuse Prevention and Response Protocol

- What is classified as abuse?
 - Abuse occurs when an employee misuses their authority by acting in a way that causes harm or could potentially cause harm to an individual's receiving PDD funded supports.
- Negligence
 - A failure to provide or make available necessities that are not limited to but may include things as food, clothing, shelter, hygiene, medical case, protection from hazardous environments, support, or supervisor appropriate to the persons age or development and/or situation.
- What is suspect abuse?
 - It is mandatory to report any incident or abuse or suspected abuse immediately to the Associate Director.

Best Practice Tips and Tricks:

- Receive permission from ERC or On-Call when you are required to leave shift.
- Stay on site until you are relieved from the on-coming staff.
- Stay on shift for the duration of your scheduled shift.
- Familiarize yourself with the individuals allotted alone time.



AIR

What better way to spend December than travelling the world without the expenses of flights, accommodations, and food? AIR took this trip with a focus on learning about the ways different cultures celebrate Christmas. AIR learned about Japanese traditions while also getting tickets to visit the Winter Lights Festival, La Befana the Christmas witch in Italy, the Christmas pickle traditions in Germany, Sinterklaas traditions in the Netherlands, Didukh wheat bundles from the Ukraine, made star Ligligan Parol from the Philippines, enjoyed Mulva pudding while learning about South Africa. We wrapped the month off with a visit from Santa and ham dinner and of course what's an AIR Christmas without a PJ party with movies. Additionally, AIR enjoyed some Blackfoot drumming while celebrating the Indigenous culture of the Blackfoot tribe while also memorializing and reminiscing about a good friend whom the Quest Community tragically lost this past year. We are excited to bring in the New Year with all AIR members and the Quest community. Stay on the look out for information about SAIL (Self Advocacy, Inclusion and Learning), as meetings will be starting up again in 2023.



HOLIDAY SOCIALS



Follow Us On the Gram! @questyql

AIR Calendar 2023

January 2022

AIR Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2 YOGA video Name that tune	3 <i>Swimming</i> QFF Lite	4 Galt Craft Creative Quest	5 <i>Swimming</i> QBC	6 <i>Cooking Class</i> Jam Session Movie in	7/8 Sports World
9 YOGA video Name that tune	10 <i>Swimming</i> QFF Lite	11 <i>Reading & Writing</i> Creative Quest	12 <i>Swimming</i> QBC	13 <i>Cooking Class</i> Jam Session Movie in	14/15 Sports world
16 YOGA with Christie Name that tune	17 <i>Swimming</i> QFF Lite	18 <i>Reading & Writing</i> Galt Craft Creative Quest	19 <i>Swimming</i> QBC National Popcorn Day	20 <i>Cooking Class</i> Jam Session Pool Tournament Movie in	21/22 Sports world
23 YOGA with Christie Name that tune	24 <i>Swimming</i> QFF Lite	25 <i>Reading & Writing</i> Creative Quest	26 Bell Let's Talk Day <i>Swimming</i> QBC	27 <i>Cooking Class</i> Jam Session Movie in	28/29 Sports World
30 YOGA video Name that tune	31 <i>Swimming</i> QFF Lite				

Key: [Access](#) [Impact](#) [Reach](#) AIR.

CHRISTMAS AROUND THE WORLD

