

# QUEST NEWSLETTER

May



**THE OG'S**

**JT was right all along... It's MAY!**

This edition of our newsletter shines a spotlight on Community Disability Support Professionals Appreciation Week and the incredible people who bring the Quest Community to life. It's a moment to recognize the dedication, compassion, and expertise our employees demonstrate every day as they support individuals in living meaningful, empowered lives. Their commitment is the heartbeat of our organization, and we're proud to celebrate the remarkable work they do. Read on through to spot the "employee spotlights".

**ERC NOTES Important Reminder:**

Just a quick reminder of the memo we recently shared regarding time off and flexible work arrangements. We encourage everyone to review it to stay informed about our policy and expectations around time off, tardiness and flexibility for the summer. We thank you for helping us provide quality scheduling to the individuals we support! Additionally, the deadline to submit summer time off requests is approaching. Time off requests are due by May 15, 2026 for the months of June, July and August. Please ensure your requests are submitted on time so schedules can be coordinated effectively for the season.

**A BIG Congratulations to Debora K for graduating from the UofL in Public Health degree! Well done!**



**On the May Docket**

**BE SURE TO MARK YOUR CALENDARS WITH THE FOLLOWING DATES TO GET IN ON THE FUN**

- May 4: Star Wars Day
- May 5: Cinco de Mayo
- May 6: Hats ON for Mental Health Awareness
- May 18: Victoria Day (IMPACT & ACCESS ARE CLOSED)
- May 20<sup>th</sup>: CDSP Appreciation Party at Legacy Park North
- May 27: NHL Tailgate Party
- Foodie Fridays at REACH
- Jam Session Fridays at ACCESS with Leif

Find more events on Pg. 4



# HEY ALL YOU COOL CATS & KITTENS! MARK YOUR CALENDARS



QUEST SUPPORT

## CDSP APPRECIATION LUNCH

Join us in celebrating the incredible employees of Quest for Community Disability Support Professionals Week. We've got recognitions, lawn games, prizes & taco in a bag! Don't forget to wear yellow to show your appreciation.

WHEN: MAY 20<sup>th</sup>, 2026

WHERE: LEGACY PARK PICNIC SHELTER

TIME: 11:00AM



“ EVERY DAY EVERYWHERE ”

### EMPLOYEE SPOTLIGHT: CAROLYN

Carolyn is a strong example of what true advocacy looks like in action. She consistently steps up to support wherever needed and is a steady voice for both the individuals she supports and her teammates. Carolyn's passion for the work we do at Quest is clear in everything she does, from writing letters to government officials and attending self-advocacy work shops with the people she supports, to cooking in the Impact kitchen, teaching her hobbies and skills to individuals and coworkers alike and having fun doing it. Carolyn approaches challenges with honesty, courage, and care. She doesn't avoid difficult conversations and leads with dedication, compassion, and purpose every day, setting a powerful example of how passion and commitment can drive meaningful support. Also.... Carolyn has ten thousand talents including gardening and cross stitching.

**know an employee who accomplished something cool? we want to know! Drop us a line on instagram so we can give them a shout out.**



## THE HISTORY BEHIND CDSP WEEK

Community Disability Support Professionals Week in Alberta celebrates the essential work of those who support individuals with disabilities to live full, meaningful lives. The week recognizes the profession's roots in the community inclusion movements of the late 20th century and honours the dedication, skill, and compassion of workers who help people participate, contribute, and thrive in their communities. It has become an annual moment to acknowledge their impact and reinforce the value of disability inclusion across the province.

## THE DEETS

- Established: March 28, 2024
- Declared by: Government of Alberta (Ministerial declaration)
- Observed: Third week of May each year
- Purpose: To recognize and celebrate the contributions of Community Disability Support Professionals across Alberta
- Did you know we light up City Hall?

## SHOUT IT OUT!

Do you know someone who goes above and beyond in their role, making a positive difference in the lives of others? Here's your chance to show your gratitude! You can recognize these amazing people by:

- Writing them an appreciation card
- Creating a personalized painting or craft
- Sport a yellow shirt May 20th!

## ACCESS TO DINING WITH MICHAEL AND SEAN

This month we tried three new places: Whitbies Cafe, Ming's in Cardston, and Koko Japanese. Whitbies was busy, with great fish and chips and standout homemade tartar sauce. Ming's had fresh, tasty food during a packed lunch rush. Koko Japanese was the favorite—both meals were excellent, and it's now on our list to revisit. More new spots planned for May, possibly tacos for Cinco de Mayo (May 5th)  
Mike, Sean & Rene



## EMPLOYEE OF THE MONTH

HEY



CONGRATS NICK

### What is something interesting that most people wouldn't know about you, Nick?

I've reread the Wheel of Time series by Robert Jordan probably 5-6 times. My favourite books of all time and I always love meeting others who have read them.

### What's the best advice you'd give to a new hire?

The really stressful situations you might experience early on quickly become much easier and relaxed to navigate.

### What's your most memorable momen with Quest?

I mean it would be hard to pick one. There's a lot of small moments that I remember quite fondly from my time with both of the individuals I currently support. I had a quite memorable moment last year where an individual I support got first place in a Magic the Gathering tournament and I came in second place and they were the one who got me into playing Magic.

### Where would you most like to travel to and why?

Europe. Continent wide trip for a few months!



## FREE FINANCIAL WORKSHOP

for individuals/families with disabilities



**BUDGETING IN UNCERTAIN TIMES**  
**TUESDAY JUNE 16**  
**6:00-8:00PM**

Inclusion Lethbridge  
527 6<sup>th</sup> Street South

TO REGISTER CALL  
(403) 327-2911 OR  
USE THE QR CODE



PRESENTED BY:



## EMPLOYEE SPOTLIGHT: BEMAL S.

Bemal has shown exceptional dedication in building strong, trusting relationships with the people they support. Bemal has taken the time to truly get to know one particular individual at Access, learning what matters most to him and finding meaningful activities and opportunities that bring joy and connection into the individual's life. His flexibility, creativity, and willingness to think outside the box has made an immediate impact into the individual's quality of life and has helped create positive experiences and brighter day for him. Thank you Bemal for all you've contributed to the Access program

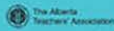
Wednesday, May 6, 2026



# Hats on! for Mental Health



Wear a special hat to school to raise awareness of the importance of good mental health.



**MJ & her family visited Mt Fuji in Japan! How cool is that?!**



## EMPLOYEE SPOTLIGHT: KENZIE W

Kenzie consistently goes above and beyond to support individuals through some of their most challenging moments. She meets people where they are, offering patience, understanding, and steady support tailored to each person's needs. With compassion at the center of everything she does, Kenzie pours her heart into making meaningful and lasting impacts in the lives of the people they support. Kenzie's exceptional crisis management skills, calm presence, and dedication also makes her a strong source of support for her teammates, helping create stability and confidence across the team.

## AIR May

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Jam Session -AM (Access) The Book Nook - AM CASA Lunch & Listen Fishing Friday - PM <a href="#">Foodie Friday</a>	2	3
4 Star Wars Day Walking Club - AM Game Zone - AM Name That Tune - AM Swimming- PM QFFL - PM	5 Adventure Club - AM Swimming -AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM	6 Culinary Class - AM Swimming - AM Discovery Den - PM Creative Quest - PM Wheeie Wednesday - PM	7 Swimming - AM Skill Development - AM <a href="#">Culinary Class - AM (IMPACT)</a> D&D Club - PM Pet Connection - PM	8 Jam Session -AM (Impact) The Book Nook - AM Fishing Friday - PM <a href="#">Foodie Friday</a>	9	10
11 Walking Club - AM Level Up Lounge - AM Game Zone - AM Name That Tune - AM Swimming- PM QFFL - PM	12 Adventure Club - AM Swimming -AM Culinary Class - AM Mindful Minds Meet - PM ASL - PM	13 Culinary Class - AM Swimming - AM Discovery Den - PM Creative Quest - PM Wheeie Wednesday - PM	14 Swimming - AM Skill Development - AM <a href="#">Culinary Class - AM (IMPACT)</a> D&D Club - PM Pet Connection - PM	15 Jam Session -AM (Access) The Book Nook - AM Fishing Friday - PM Bowling - PM <a href="#">Foodie Friday</a>	16	17
18 Victoria Day ACCESS & IMPACT CLOSED REACH Holiday Hours 09:00-17:00	19 Adventure Club - AM Swimming -AM Culinary Class - AM Mindful Minds Meet - PM Quest For Knowledge - PM	20 CDSP Day Staff Appreciation - AM Lunch at Legacy Park - PM	21 Swimming - AM Skill Development - AM <a href="#">Culinary Class - AM (IMPACT)</a> D&D Club - PM Pet Connection - PM	22 Jam Session -AM (Impact) The Book Nook - AM Fishing Friday - PM <a href="#">Foodie Friday &amp; Pool Tourney</a>	23	24
25 Walking Club - AM Game Zone - AM Name That Tune - AM Swimming- PM QFFL - PM	26 Adventure Club - AM Swimming -AM Culinary Class - AM Mindful Minds Meet - PM Movie Mill - PM	27 NHL Tailgate Party 	28 Swimming - AM Skill Development - AM <a href="#">Culinary Class - AM (IMPACT)</a> D&D Club - PM Pet Connection - PM	29 Jam Session -AM (Access) The Book Nook - AM Fishing Friday - PM <a href="#">Foodie Friday</a>	30	31

Key: Access Impact Reach AIR Galt Museum Community Events