

QUEST NEWSLETTER

May 2025

IMPORTANT DATES

May 5 - Cinco de Mayo

May 11 - Mothers Day

May 19 - Victoria Day
Main Office Closed

May 20-26 Disability Services
Professionals Appreciation
Week

May 24 - Schizophrenia and
Psychosis Awareness Day



SPRING HAS SPRUNG

Now is the perfect window during the year to tackle many home projects, because most areas have moved past harsh winter conditions but have not yet welcomed the blistering heat of summer.

Check out the maintenance departments tips for prepping your yard for Summer on Page 3



DISABILITY SERVICES PROFESSIONAL WEEK



Gear up for this years DSP appreciation week! We are so excited to be part of our community coming together to recognize the incredible contributions of disability service professionals.

Mark your calendars for May 21st and don't forget to rock your yellow shirt!

Learn more about how we're planning to celebrate on Page 2





DSP Happenings

Wonder Walls will be set up at each day program highlighting employee's

May 21 - Mark your calendar!

We will be hosting an employee appreciation event at Legacy Park. There will be more information to come on specifics that will be sent out to the Quest Community. We can't wait to celebrate!

May 23 - Games Day. Join us for an afternoon of games in the park. Location details to come.

Recognize Quest Employees!

Do you know someone who goes above and beyond in their role? Show your gratitude! This can be done in all sorts of ways - write them a card, create a personalized craft, support them on May 21 by rocking your yellow shirt!



Stay Connected

- Follow our Instagram account @QuestYQL to stay informed on the events
- Follow the regional Instagram account @CDSPW to stay up to date on regional happenings
- Follow @ADWA on Instagram

Quest Employee's Impact

Quest's team is made up of 403 employee's providing supports to people in our community

Quest employee's provided an average of 747,645 hours of support from April 2024- April 2025



AON Update

The Agency has recently realigned funding for Awake Overnight Positions. The Agency is funded to provide a \$2 premium for Awake Overnight shifts specifically between the hours of 23:00 and 07:00. To ensure compliance with our funding allocations, we must realign the wages for hours outside of the approved 23:00-07:00 timeframe. The realignments will cause the Avanti location calendars and employee calendars to look differently. Please review the memo at locations that includes a sample of how the Awake Overnight Shifts will look. Please ensure you familiarize with the new format to avoid misreading calendars.



Impacted employees have received formal communication regarding these changes.

Maintenance – Spring Yard Tips

1) Check yard for low spots and soil drainage: After a spring shower, walk your yard to look for puddles that indicate low spots that will drown and kill your grass. Placing a thin layer of soil to bring these spots back up to level with ensure proper grass growth. Make sure soil slopes away from foundation walls to prevent water from soaking the soil around your foundation.

2) Clean planting beds: Prepare flower and veggie beds for spring planting by removing debris, trimming back last year's dead perennial growth, and adding compost/mulch.

3) Check sprinkler system: Boot up your sprinkler system and ensure you are getting appropriate water coverage for each zone. Straighten, realign or repair any broken sprinkler heads you may find are causing an issue. If you do not have an underground sprinkler system now is a good time to hook up your hose and sprinkler to inspect for any holes or damage to the sprinkler device.

Online Training Etiquette

With the Agency's recent shift to some internal trainings being offered online, we'd like to remind Employee's of the online training expectations:

PREPARE IN ADVANCE

Let's maximize the time we have together. It's important that attendees are logged in and ready to go at the scheduled course start time. Finish up other tasks, test your tech, position camera, and have course materials readily available.

MICROPHONE- MUTE

To prevent unwanted noise and distractions we ask that attendees mute their microphones. If you have questions during the course raise your hand virtually/physically and wait for an instructor to call on you.

VIDEO - ON

Cameras should remain ON for the duration of the online training. If attendees are taking a necessary break the instructor should be notified via chat prior to leaving. Un-scheduled breaks should be limited as much as possible and should not be longer than 5 minutes in duration.

WORKSPACE

Create an environment conducive for learning. Select a place that has limited background distractions. For the duration of the training, attendees should be stationary to ensure they are present and avoid distractions for other attendees.

PARTICIPATION

Stay present and ensure the course material is remaining the focus. Avoid multitasking. Stay off other electronics and have alerts set to silent. Engage in group activities and instructor prompts. Treat online training courses as you would an in person training course.



Reminder to have time off requests for June 1 - September 1 submitted by May 16th through the Avanti portal

EMPLOYEE OF THE MONTH- SANU ABRAHAM

Tell me something about yourself

Most people know me by Sam. I love traveling, especially to nature-filled places. There's something about being surrounded by greenery and fresh air that helps me recharge and feel at peace.

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

Honestly, every moment at Quest feels like the best whether I'm learning something new from my colleagues and supervisor or pretending I already knew it (kidding... mostly). But seriously, I've grown a lot here, and I'm truly thankful for all the knowledge I've gained.

What advice would you give to the new hires?

Teamwork really makes a difference. When everyone comes together and works well as a team, it creates a positive and supportive work environment. That's when the magic happens.

If you could be any fictional character or animal, who/what would you choose why?

I'd totally be a character from the Harry Potter world living in a magical house out in the countryside, surrounded by magical creatures and no Muggle problems. Just a peaceful life with a bit of magic sprinkled in.



Sanu was nominated "because of his exceptional dedication, positive attitude, and outstanding contributions to the team. He consistently goes above and beyond in every task, offering solutions to challenges and helping co-workers whenever needed. I believe Sanu truly deserves this recognition for his exceptional performance and unwavering dedication towards his work. "



PEER Mentor Update

Over the last few months AIR members have been busy celebrating Valentine's Day, St Patrick's Day and Easter as well as a ton of other programming. We all ate a delicious ham dinner for Easter. Part of my work as Peer Mentor I have helped serve dinner at Reach, serve Tasty Thursday weekly at Reach, and attended some activities during the first week of April (painting flower pots and starting seeds). As an agency Epilepsy Awareness day was honored and we wore purple. AIR members are excited to be attending Battle of the Agency's in Cardston again on June 18 as well as all the fun summer brings with BBQ's and activities outside. As Peer Mentor, I am working on being at all the programs more often; can find me at Access from 11-1140, Impact from 1140-1220 and Reach from 1220-1300 every Monday, Wednesday and Friday.

Access to Dining

with Sean & Michael



This month we went to two new places by the name of Mr. Mike's and Red Tomato Pies. Mr. Mike's has returned to Lethbridge in the old Earl's location and has a variety of burgers, steaks, wraps, and other tasty meals. Michael enjoyed his Mikes burger with fries and it seemed to be very filling as he left some food on his plate. The price of meals was in the \$18 to \$45 range depending on what you ordered. The inside is similar to what Earl's was but was renovated.

Thanks to Tela Kerner as she recommended going to Red Tomato Pie's and it did not disappoint. This new pizza place near Lakeview Bakery was very busy. We saw 3 people picking up 5 pizzas each while we waited for our take out orders. There is no in-store dining so order in advance. The pizza was very tasty with a firm crust that was not greasy. Michael had the lumberjack pizza that has 4 meats and comes with syrup to put on top. It may sound odd but it does work for the flavours on that pizza. The menu has more vegetarian options than other pizza places and those options looked very tempting to try.

Hope everyone has a chance to try some of the places we visit as we try our best to support Canadian restaurant's but even if they are not Canadian based they have Canadian employees that need their jobs.

AIR CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			1 Walking Club - AM Adventure Club - AM Photography Club - AM Lunch In the Park Tasty Thursday - PM	2 Jam Session (Access) - AM Fishing Friday - AM D&D Club - PM	3 4 Star Wars Day!
5 Cinco De Mayo! Walking Club - AM Culinary Class - AM Swimming- AM Name That Tune- PM Sewing Club- PM	6 Walking Club - AM Culinary Class - AM Behind Racism & Taking Action - art activities 10:00-11:00 Swimming Quest For Knowledge - PM Rec League - PM	7 Wheelie Wednesday Walking Club - AM Karaoke - AM Bingo - AM Swimming- PM Creative Quest - PM	8 Walking Club - AM Adventure Club - AM Photography Club - AM Lunch In the Park Tasty Thursday - PM D&D Club - PM	9 Mother's Day High Tea at Noon Jam Session (Impact) - AM	10 11 Mother's Day
12 Walking Club - AM Culinary Class - AM Swimming- AM Name That Tune- PM Sewing Club- PM	13 Walking Club - AM Culinary Class - AM Swimming ASL @ Access Classroom- PM Rec League - PM	14 Wheelie Wednesday Walking Club - AM Swimming- PM Creative Quest - PM	15 Walking Club - AM Adventure Club - AM Photography Club - AM Lunch In the Park Bingo - PM	16 Clashing Clothes Day! Jam Session (Access) - AM Fishing Friday - AM D&D Club - PM Foodie Friday - PM	17 18
19 Victoria Day Impact/Access Closed Reach Operating Hours (0900-1700) Community Disability Support Professional Appreciation Week	20 MOVIE MILL Walking Club - AM Culinary Class - AM Swimming Quest For Knowledge - PM Rec League - PM	21 Name that Tune - AM CDSP Appreciation Legacy Park	22 Walking Club - AM Adventure Club - AM Photography Club - AM Lunch In the Park Swimming- PM D&D Club - PM	23 Jam Session (Impact) - AM Foodie Friday - PM Bowling @ Holiday Bowl - 13:30 Staff vs Ind. Games - PM	24 25 World Schizophrenia and Psychosis Awareness Day
26 Walking Club - AM Culinary Class - AM Swimming- AM Name That Tune - PM Sewing Club - PM	27 Walking Club - AM Culinary Class - AM Swimming ASL @ Access Classroom- PM Rec League - PM	28 Wheelie Wednesday Walking Club - AM Karaoke - AM Swimming- PM Creative Quest - PM	29 Walking Club - AM Adventure Club - AM Photography Club - AM Lunch In the Park	30 Jam Session (Access) - AM Fishing Friday - AM D&D Club - PM SAIL Ind. Rights - Impact 13:30 Foodie Friday - PM	31