

BREAKING BARRIERS; CREATING OPPROTUNITIES

# QUEST NEWS

JUNE



2022

## IMPORTANT DATES

- June 3rd- Quest Kick off BBQ
- June 5th - World Environment Day
- June 7th - World Food Safety Day
- June 14th - Blood Donor Day
- June 18th - Autistic Pride Day
- June 19th - Father's Day
- June 21st - Indigenous Peoples Day
- June 24th - Quest Pride Day
- June 27th - PTSD Awareness Day

Quest AIR

# SUMMER EVENTS

**June 3** Kick off BBQ 11-3pm at Legacy Park

**June 21** Indigenous Peoples Day 10-2pm at AIR

**June 24** Jam Session & Pride Day 11-2pm at Nicholas Sheran

**June 30** Canada Day Celebration & BBQ 11-3pm Legacy Park

**July 11-15** Camping at Bridge Valley (\$20 cost for members, \$60 for non-members)

**July 13** LIVING vs AIR Ball game 11-3pm Dave Elton

**July 21** Head Smashed In Buffalo Jump 9am-3pm (\$45 for non-members)

**July 29** Jam Session in the Park and Beat the Heat 10-3pm at Henderson Horseshoe Pits

**Aug 17** Calgary Trip- Zoo or Calaway Park 8-6pm (\$20 cost for members, \$100 for non-members)

**Aug 23rd** Whoop Up Days Parade

**Aug 26th** Pancake Breakfast at Legacy Park 10-3pm

**September 9** Jam session 10-noon at Nicholas Sheran. FASD Awareness Day events in the afternoon

**Sept 15** Corn Maze Trip 9am-2pm (\$30 for non-members)

**Sept 30** Day for Truth and Reconciliation at AIR 10-2pm

All events are free for paying AIR members or \$5 for non-paying members (unless otherwise specified). Please visit our website for more details.

# EMPLOYEE OF THE MONTH

## Cathy Pere

Recognized for: Cathy is a friendly and dedicated employee. She is always arrives on shift bringing her playful energy into the house. Cathy is reliable and hardworking., she has worked hard to develop strategies for helping both individuals and staff. She is a great pillar for the house that she works in.

1. Tell me something about yourself (family, travel, school etc)

I'm a mother of 2 children that I love dearly and I absolutely love my job.

2. What's one thing that people might not know about you?

I teach financial management classes.

3. What are some hobbies that you like to do and/or a hobby you'd like to get into?

I love traveling, singing and sleeping.

4. If you could snap your fingers and become an expert at something, what would it be?

Financial Management Guru.....

5. How long have you worked at Quest and what program do you work at?

I've worked for Quest for almost 8 years. I was in house 31 for 6 years and house 15 going onto 2 years.

6. What's your favorite thing about working at Quest?

I first of all love working with individuals with disabilities but I also love the way Quest is accommodating and tries to assist both the individuals and staff.

7. What's your favorite thing about the individuals you work with at Quest?

They are amazing human beings who really care about the individual we work with and are willing to go above the call of duty to make sure she's comfortable and happy. They're also very helpful in terms of helping each other as a team.

8. What's one of your favorite memories from the past year?

Being able to make the individual I support comfortable, happy and peaceful that when she sees me she knows it is well for the time that I'm with her and she doesn't have to worry about anything.

## SWAGTAG

WINNER



Thanks to everyone who nominated a Quest community member for the great work they do!  
You can still nominate! Visit the Employee Recognition Program section of the Quest website, fill out a nomination form and send it in to any Quest Management member to submit your nomination.

# Employee Resource Center

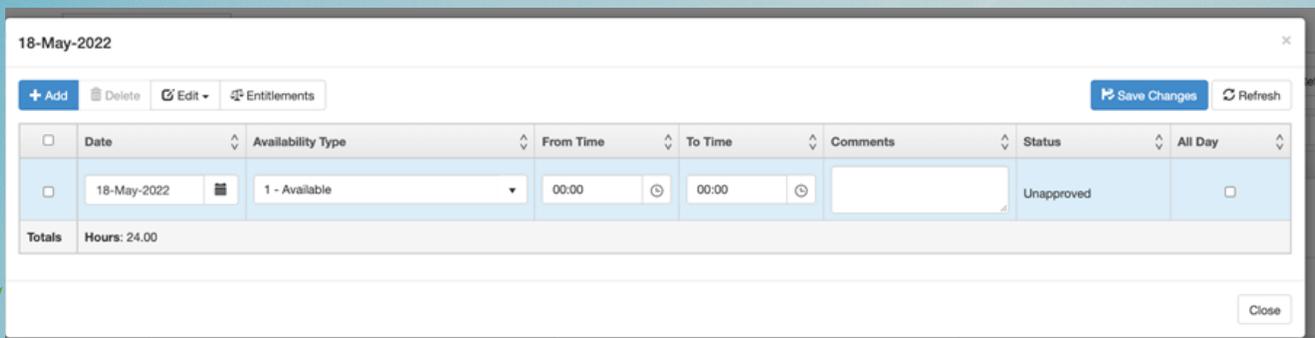
As summer is around the corner the ERC is naturally seeing an influx in Time-Off Requests. A reminder to please ensure you book time off with at least 7 business day's notice for coverage to be found. We'd love to be able to help you get time off needed for your summer vacation. You can submit and check the status of your time off requests on the Avanti employee portal.

Here is a quick instruction on how to book a Time-off Request through Avanti:

You can find your Time Off Request calendar under “Scheduling” -  
“Calendar/TOR”

Select the “Time off Requests” tab

Double click the date you'd like to make a request for or tap and hold if on a mobile device. Select “Add” if using the tap and hold method. Both options will prompt you to a pop up to fill out the time off request details. Fill out the information requested and select “Save Changes”



The screenshot shows a web interface for submitting a time-off request. At the top, it displays the date "18-May-2022". Below this is a toolbar with buttons for "+ Add", "Delete", "Edit", "Entitlements", "Save Changes", and "Refresh". The main area is a table with columns: Date, Availability Type, From Time, To Time, Comments, Status, and All Day. A single row is visible for "18-May-2022" with "1 - Available" as the availability type, "00:00" for both from and to times, an empty comments field, and a status of "Unapproved". A "Totals" row at the bottom shows "Hours: 24.00". A "Close" button is located in the bottom right corner.

| Date        | Availability Type | From Time    | To Time | Comments | Status     | All Day                  |
|-------------|-------------------|--------------|---------|----------|------------|--------------------------|
| 18-May-2022 | 1 - Available     | 00:00        | 00:00   |          | Unapproved | <input type="checkbox"/> |
| Totals      |                   | Hours: 24.00 |         |          |            |                          |

Once you select “Save changes” your time off request will appear on your calendar. It will initially appear in blue which means it is pending approval from a staffing supervisor. Once the request is processed it will either appear in green (approved) or red (denied). Reminder to check in on the status of your request and reach out to an ERC member if not processed 5 business days prior to your requested date. If you have any questions, reach out to an ERC member at the main office.

Happy Summer Holidays!

# Tips From Tyler



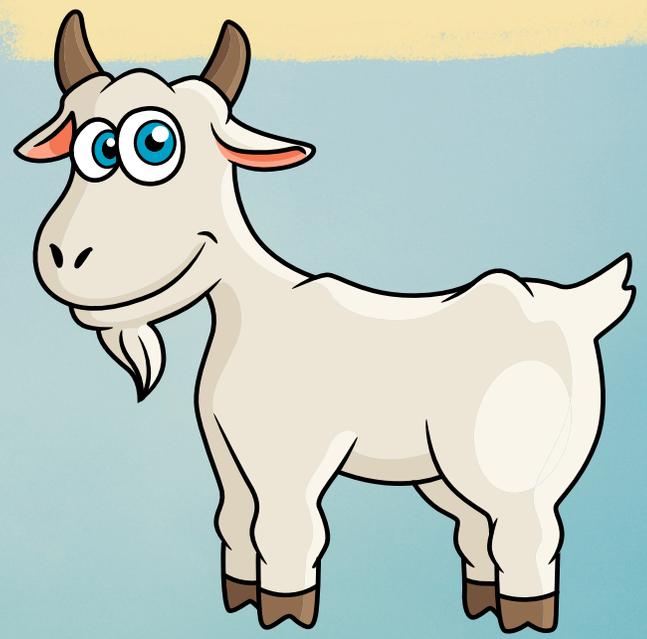
## Things to Know When Pulling Weeds

1. Don't wait – when weeds are small the roots are weak, they are easier to pull.
2. Protect your skin – wear sun protection, gloves, long sleeves and pants. No one wants to be scratched or develop a pesky rash.

3. Grab from the base – pull slowly and steadily to ease the roots from the soil.

4. Pull weeds after watering or a rain shower – when the soil is wet and loose the whole weed is more likely to come out by the roots.

5. If all else fails - rent a goat.



# Health & Safety

## Lawn Safety

### Safety Precautions

- Make sure the mower is in good working condition
  - If the mower is not in good condition, or needs to be serviced, contact your Supervisor
  - NEVER put fuel in a hot engine
  - Wear eye protection, provided safety glasses
  - Wear sturdy, closed toe shoes
- Wear tight fitting clothes

### Watch for Obstacles

- Clear the lawn of rocks, bottles and debris
- Keep people away from area, mowers can throw objects in all directions
- If the mower strikes an object, STOP, turn it off, and inspect the mower. If the mower is damaged do not use it until it is repaired
- Remember to mow the lawn according to the house schedule or at least once every two weeks. This will ensure the lawn will not get too long and clog the mower

Always turn off the mower and make sure blades have completely stopped before:

- Crossing gravel, roads or other areas
- Removing the grass catcher
- Removing any grass or debris
- NEVER insert hands or feet into mower to remove any grass or debris

### Use Extra Caution when mowing on a slope

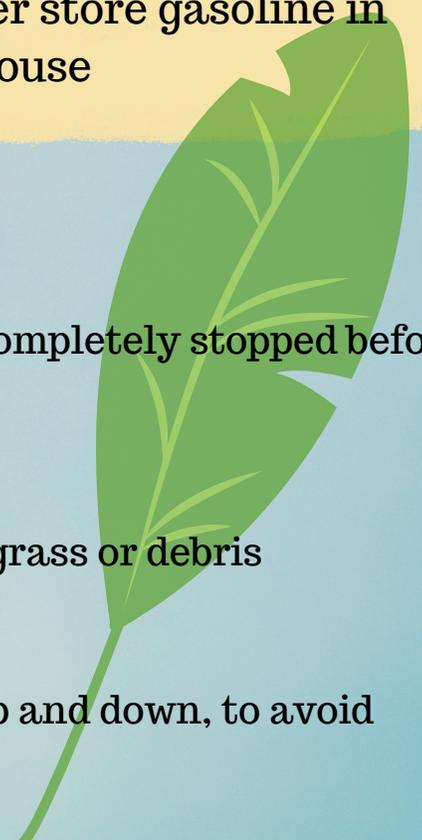
- For a walk behind mower, mow across the slope, NOT up and down, to avoid slipping and getting injured
- Do NOT pull the mower backwards or mow in reverse
- Mow away from the cord when using an electric mower

### Check Conditions

- Do NOT mow during bad weather
- Do NOT mow wet grass
- Do NOT mow without enough daylight

### Handling and Storing Gasoline

- Store containers in a secure, well-ventilated location (ex. garage or shed)
- Never store gasoline in the house



# Behavior Management

## Mental Health



With summer coming up and the sun coming out, it is a great time to get outside and enjoy the weather. With that being said, for most of us summer is when we can become quite busy with personal obligations, but we must not forget to take time for ourselves.

Summer is a wonderful time to take care of your mental health by going for walks, golfing, day trips to the mountains, really just spending time getting fresh air and moving around.

Here are few things that being outside can do for you:

- Improve your mood
- Reduce stress
- Help you feel more relaxed
- Improve physical health by being more active

All the best,  
Behavior Management

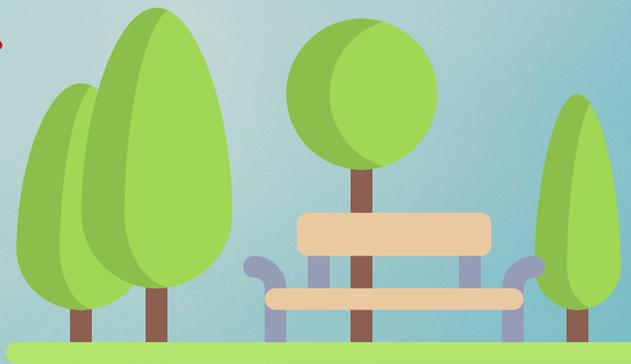
# AIR

Who's ready for summer!?

At AIR we all are. The team of TL's have been working hard to plan a summer full of fun - day trips, camping, BBQ's, park days. We encourage everyone to keep their eyes out for sign-up sheets and posters for all the fun things coming over the next 4 months.

Make sure you are dressing appropriately for the weather and that you have a hat, water bottle, and sunscreen available each day! Ensure your shirts don't reveal too much skin (a thick strapped tank top is appropriate and no midriff please) and your shorts/skirts/dresses are longer than the tips of your fingers.

We look forward to seeing everyone this summer!



# Living

## Summer is upon us!!!

With the weather warming up and many wanting to get outside and be active in the community the living team recognizes this will involve driving. As gas prices continue to be high, it is important to use strategies to make sure driving is done in a way that is beneficial to everyone. The living team has a couple tips that can help make sure this is done in a thoughtful way:

- Plan your day ahead of time, so everyone knows where you are going and you can stick to the plan.
- Map out transport between places so you do not have to backtrack or go to the same place twice.
- Carpool, or plan activities as a house, or with a friend, to limit multiple vehicles going to the same place.
- Split driving between shifts so one person is not doing all of it.

- Track mileage and budget monthly limits so you do not reach them with weeks left in the month.
- Use house computers for submitting important paperwork to limit unnecessary trips to the office.
- Look at alternate modes of transportation where possible. Walking to the store instead of driving, or taking the bus, can be beneficial all around (health, save mileage, more rewarding).
- Speak with your supervisor to make a plan if mileage is an issue.



We look forward to all the amazing things people are able to do over the summer months. Don't forget to document and send us all the memories!

# Tech Team

Hey Quest Fam!

Did you know Quest has an IT department!? Well, we do! We would like to introduce Dhaval and Shtegtar as the official #TechTeam of Quest Support Services. They are located at the main office on the west side. Whenever you're having issues with the technology you use at Quest, they are the ones to call! They can assist with company computer troubles, helping with your Avanti account, and much more.

The #TechTeam is looking forward to connecting with all our staff, and is happy to provide assistance for all your techy needs. Look for helpful tips and tricks in future newsletters.

#TechTeam

Shtegtar Qelaj - Phone Extension: 606 - Email Address: s.qelaj@questsupport.com  
Dhaval Vaniya – Phone Extension: 902 – Email Address: itadmin@questsupport.com

## Tenant Insurance

Why do I need tenant insurance?

You've finally found the perfect place! Now it's time to start unpacking and turn your rental into your home. You want your stuff to be safe? Renters insurance is there to protect it if the unexpected happens. (And trust us, it happens)

What does tenant insurance cover in Alberta?

Here are some of the common coverages included in insurance for Alberta renters, and a few more additional coverages that we think you should have. Remember, every tenant policy is different. Be sure to review yours so you know exactly what you're covered for and what you're not!

### Standard tenant insurance coverages:

Liability Insurance  
Personal Belongings  
Extra Expenses  
Unit Improvements  
Identity Theft  
Additional tenant insurance coverages  
Sewer Backup  
Overland Water  
Hail Coverage

How much does it cost?  
It can vary! Depending if you live in an apartment or a house. It averages between \$20.00 to \$31.00 per month.



# **QUEST**

# **ATHLETICS**

## ***WE'RE BACK, BABY!!***

**Calling all athletes! We are excited to announce that the Quest Athletics division is back in business for the 2022-2023 year.**

**The Quest Athletics program started with the Quest soft ball team. From there, it grew to multiple divisions that focus on health, wellness, and getting active. Our goal is to guide and support Quest Community athletes in reaching their potential and supporting their love of sport!**

**The program strives to provide meaningful recreational and competitive experiences to build life long skills, friendships, and a lifetime commitment to wellness.**



# QUEST ATHLETICS



**Fishing Club**- Tuesdays from 10-noon  
Meet at Reach!

**Walking Club**- Mon-Fri from 10-11am  
Meet at Access!

**Biking Club**- Wednesdays from 2-4pm  
Meet at Impact!

**Yoga Club**- Mondays from 10:30-11am  
Meet at Access!

**Fall Ball**- August to October  
Tryouts start in June.

**Cheer Club**- August to October  
Tryouts start in June.

visit [www.questsupport.com](http://www.questsupport.com) for more  
information & registration

