

QUEST NEWSLETTER

EDITION #6

JUNE 2024 | @QUESTYQL | WWW.QUESTSUPPORT.COM



WEDNESDAY - JUNE 19

LLOYD NOLAN

12NOON - 2:30PM

FREE ADMISSION & BALLPARK LUNCH

**BLEACHER SEATING OR PACK A CHAIR
WEAR RED OR BLUE TO SHOW TEAM SPIRIT!**

MARK YOUR CALENDARS!

IMPORTANT DATES IN JUNE

*see AIR summer events
lineup on pg 3

- MONTH OF JUNE- MEN'S MENTAL HEALTH AWARENESS
- MONTH OF JUNE- PRIDE MONTH
- JUNE 5TH- LATIN FEST
- JUNE 10TH- NHL WATCH PARTY @ REACH
- JUNE 11TH- MACRAME PLANT HANGING MAKING AT THE GALT MUSEUM
- JUNE 13TH- NHL WATCH PARTY @ REACH
- JUNE 14TH- WORLD BLOOD DONOR DAY
- JUNE 19- AIR VS LIVING BALL GAME
- JUNE 27- CANADIAN MULTICULTURALISM DAY



QUEST SPOTLIGHT

HEY CALI-GIRL

Shirley recently ventured off to California for a Women's conference and made a pit stop in Disneyland. Shirley enjoyed the sunshine and learned so much at the conference and came back feeling empowered and recharged! Special shout out to Jordan for making this dream come true!



HAPPY PRIDE MONTH

At Quest, inclusivity isn't just a value—it's our guiding principle. As June celebrates Pride, we reaffirm our commitment to creating safe spaces where everyone, including the LGBTQ+ community, feels seen, heard, and valued. Here's to love, acceptance, and unity. Happy Pride! 🌈



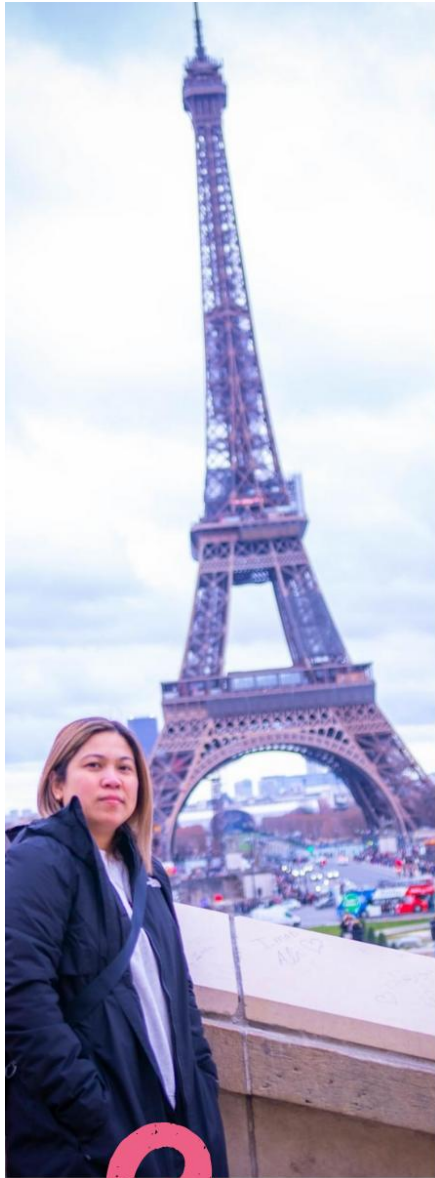
HEY WE FIXED FILE REQUIREMENTS!

If you didn't get a chance to check out our memo from June 4th surrounding File Requirements, you'll be happy to know that we have fixed the bug that was causing issues in alerting staff of upcoming course expiries. The issue has been resolved and employees must now remain diligent in maintaining their mandatory training!



Huge shout out to everyone who made Community Disability Support Professionals Week a success! For highlights and reels check out @cdspw on instagram. A special thank you to our sponsors including:

- Minister Nixon- for declaring this week our week!
- Frito Lays
- Lethbridge Fitness Club
- Kodiak Heating & Air Conditioning



EMPLOYEE OF THE MONTH!

Cindy Idefonso

Cindy was nominated for her positivity and excellence in individual care. She goes above and beyond and is incredibly kind and supportive.

Tell us about yourself!

I'm from the Philippines. I came to Calgary in 2014 and moved to Lethbridge after a couple of years. I am an only child and my Mom is in Rome, Italy. I love to travel and experience new culture, explore new places, trying new food and seeing things I have heard about all my life and putting history into perspective.

How long have you worked at Quest?

I've been with Quest for almost 7 years and I enjoyed working at House 19 since then.

What is your best moment at Quest?

One of my best moments with Quest was when I was chosen to participate for CET Accreditation. It was challenging at first because I had no idea how it works but the management supported me along the way and it turned out really well and very rewarding!

What advice would you give to the new hires?

I would advise new hires to always treat people with respect, have fun at work and prioritize Mental Health.

If you could be any animal or fictional character, what would you be?

I would be a SCHNAUZER dog. They are intelligent, they will give you unconditional love and unwavering loyalty.

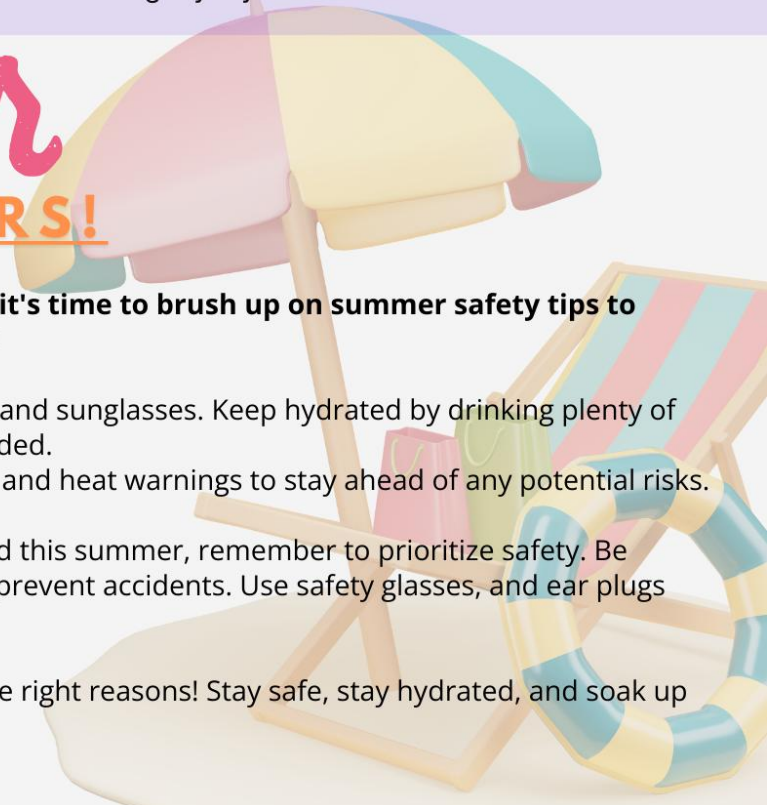
Summer

SAFETY REMINDERS!

As the sun climbs higher and temperatures soar, it's time to brush up on summer safety tips to ensure everyone enjoys the season to the fullest!

1. Gear Up for Fun in the Sun: Don't forget your hats and sunglasses. Keep hydrated by drinking plenty of water. Be sure to apply and reapply sunscreen as needed.
2. Stay Informed: Keep an eye on weather advisories and heat warnings to stay ahead of any potential risks. Safety first!
3. Lawn Care Safety: If you're tending to a LIVING yard this summer, remember to prioritize safety. Be cautious with lawn mowers and other equipment to prevent accidents. Use safety glasses, and ear plugs provided at each location.

Let's make this summer one to remember—for all the right reasons! Stay safe, stay hydrated, and soak up every moment of sunshine and fun.



Quest AIR

SUMMER 2024

Events:

June 19 AIR vs. Living Ball Game
June 20 Summer Solstice and Pride Party
June 21 National Indigenous People's Day
June 28 Canada Day Celebration
July 17 Battle of the Agency's in Cardston
August 20 Beat The Heat
Sept 9 FASD Awareness Day
Sept 30 Truth & Reconciliation Day

Weekly Clubs:

Monday - Walking Club
 Tuesday - Tackle Tuesday
 Wednesday - Rec League
 Thursday - Adventure Club
 Friday - Field Friday

Name: _____

The Puck is In



Read the following statements carefully. If the statement is TRUE, write In on the line before the number. If the statement is false, write OUT and underline the word or phrase that makes it so.

- _____ 1. The two main types of hockey are ice hockey and field hockey.
- _____ 2. In ice hockey, each team only has four players on the ice rink at a time, unless there is a penalty.
- _____ 3. The first women's hockey game was played in Ottawa, Canada.
- _____ 4. The net is guarded by a special player called the goalie.
- _____ 5. The National Hockey League (NHL) was formed in 1971.
- _____ 6. Ice hockey gained a place in the Winter Olympics in 1924.
- _____ 7. The first game of ice hockey using Creighton's rules was played in Montreal, Canada in 1875.
- _____ 8. The aim of hockey is to knock the hockey puck into the defending team's net.

*****send in your completed "Puck is In" sheet to reception for a chance to win a gift card!**

AIR CALENDAR JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
3 WALKING CLUB - AM Sewing Club - PM Name That Tune - PM	4 TACKLE TUESDAY - AM Journaling/ Life Skills - AM Photography Club - PM Swimming - PM	5 ASL LEARNING - AM REC LEAGUE - AM Swimming - PM Culinary Class - PM	6 Tasty Thursday LUNCH AT THE PARK ADVENTURE CLUB - AM QFFL - PM LATIN FEST @ Galt Gardens 12-3	7 JAM SESSION 10:00 FIELD FRIDAY - AM LSCO Jam Session 11-1300 Hot Talkolatte	8/9
10 WALKING CLUB - AM Sewing Club - PM Name That Tune - PM	11 TACKLE TUESDAY - AM Journaling/ Life Skills - AM Photography Club - PM Swimming - PM Creative Community - Macrame Plant Hanging 10:30	12 ASL LEARNING - AM REC LEAGUE - AM Swimming - PM Culinary Class - PM	13 Tasty Thursday LUNCH AT THE PARK ADVENTURE CLUB - AM QFFL - PM	14 JAM SESSION 10:00 YOGA IN THE PARK - AM LSCO Jam Session 11-1300 FIELD FRIDAY - PM Hot Talkolatte	15/16
17 WALKING CLUB - AM Sewing Club - PM Name That Tune - PM	18 TACKLE TUESDAY - AM Journaling/ Life Skills - AM Photography Club - PM Swimming - PM	19 AIR VS LIVING	20 SUMMER SOLSTICE & PRIDE PARTY SPIRIT CAFÉ @ LIBRARY 1:00-3:00	21 National Indigenous Peoples Day FORT WHOOP UP 1-4 YOGA IN THE PARK - AM	22/23
24 WALKING CLUB - AM Sewing Club - PM Name That Tune - PM	25 MOVIE MILL TACKLE TUESDAY - AM Journaling/ Life Skills - AM Photography Club - PM Swimming - PM	26 ASL LEARNING - AM REC LEAGUE - AM Swimming - PM Culinary Class - PM	27 Canadian Multiculturalism Day Tasty Thursday LUNCH AT THE PARK ADVENTURE CLUB - AM QFFL - PM	28 CANADA DAY CELEBRATION JAM SESSION & YOGA IN THE PARK	30