

# QUEST NEWSLETTER

## October 2022

### MARK YOUR CALENDARS

- October 10th - Thanksgiving
- October 22nd - Lethbridge Handmade Market (Harvest)
- October 25th - RDSP Presentation @ Access 1030-1130
- October 30th - Halloween



### SWAGTAG

Winner:

Kayla!!



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

**BREAKING BARRIERS; CREATING OPPORTUNITIES**

# 20 YEAR ANNIVERSARY

## Cory Trombley

Congratulations Cory! 20 years with Quest Support Services, how time flies! We have been lucky to have you.

Cory is known for his quick humour, passion, integrity, and quality supports. Cory plays a large role in the lives of the people we support and has been a key player within the Quest community for over 20 years. His patience shows when he teaches people new skills, and the time it takes to learn them.

Cory has been with Quest through various changes, challenges, adventures and all of the “in-betweens” over the years and we are thankful for his talents, skills and teamwork.

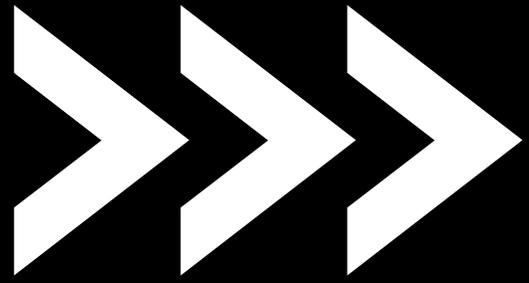
Cory has a love for Marvel and will often dress up as Ironman for Halloween with the people he supports. We appreciate his dedication to the agency and the commitment he provides to the people we support.

Thank you,

Quest Management



# Employee of The Month



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

Francis is 44 years old and is a graduate from the Bachelor of Science in Physical Therapy program in the Philippines. In his free time he loves spending time with his family.

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

Francis has worked at Quest for 7 years, been on the residential side of things just under 6 years at house 32!

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

His biggest accomplishment is being recognized for Employee of The Month.

What advice would you give to the new hires?

His advice to the new hires is "to love their job in order to perform well by enhancing the lives of individuals"

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

He would choose Superman! Everyone looks like him, like a hero.

## 30 things to do this Fall

halloffamemoms.com

1. take a walk
2. visit a fair or festival
3. make fall crafts
4. decorate the yard
5. visit a farm
6. carve pumpkins
7. take a hayride
8. cookout with friends
9. make s'mores
10. camp out
11. walk a corn maze
12. go to a football game
13. help a neighbor rake leaves
14. jump in the leaves
15. collect leaves & pinecones
16. enjoy hot cocoa & apple cider
17. make an apple pie
18. roast pumpkin seeds
19. buy a new sweater or hoodie
20. take fun family photos outside
21. light up the fall scented candles & tarts
22. plant a fall/winter garden
23. make a peanut butter squirrel/bird feeder
24. watch a seasonal movie
25. start making homemade Christmas gifts
26. go on a scavenger hunt
27. take a drive to look at the changing leaves
28. roast marshmallows outside
29. read books outside
30. tell scary stories

## Francis Abeleda



# Employee Resource Centre



## File Requirements

As a general reminder, staff should sign up for their courses and training before they expire. The courses are important to complete so that we are providing the best services possible to the people we support. Employees must maintain up-to-date file requirements. To check if your file requirements are up to date:

- Log into your Avanti profile
- Go under Personal menu tab > File Requirements
- Check if any of your file requirement are expiring in the next 6 months

If they are expiring in less than 6 months please:

- Go under Employee Trainings menu tab > current Course enrollment
- Find the course you need updated and Select “Enroll”
- This way you can enroll yourself in any of the trainings that has been offered for you

## Emergency Call-ins and Short Notice Time-off



We understand that from time-to-time emergency and short notice situations happen! Please give on-call/ERC as much notice as possible. Reminder that any time off less than 7 business days is considered short notice and to please book off days in advance as much as possible.

The ERC thanks all staff for their cooperation and flexibility over the last few years of adapting to new training methods. As always, if you have any questions, don't hesitate to reach out to an ERC member at the main office



# Tips From Tyler

## Fall Clean Up

Every October and November, the City of Lethbridge runs a Free Fall Leaf Collection program which provides residents the option of having their fallen leaves picked up and taken away. Please note: the leaves must be in PAPER yard waste bags and only consist of leaves, NOT branches, sod, soil or stumps. Here are 3 simple steps to participate in the program.

1. Bag your free fallen leaves in paper yard waste bags. Please limit the weight of each bag to 25lbs or less.
2. Call 311 between October 4th and November 12th during business hours to get an approximate pick up-date.
3. Place your paper yard waste bags in the area where your garbage is normally collected, at least 3 feet from the cart, 24 hours prior to your scheduled pick-up date. Please ensure the top of the bags are closed. If your bags are missed, please call 311.

# #TECHTeam



What's up Quest Fam?! The #TechTeam is coming at you this month with a short video going over a few features inside of our Avanti Web Portal. Take a look at the QR code!

Shtegtar goes over a few features including:

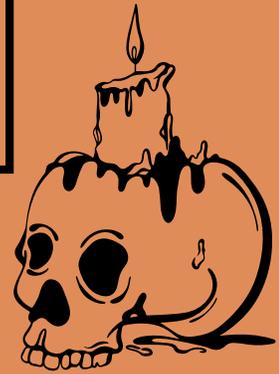
- Time off requests (whole day/partial day)
- Enrolling in training courses
- Changing your password

Thank you everyone, and I hope the fall season is treating you wonderfully!

Password : quest214



# Health & Safety



## Fall Fire Safety

The Health and Safety Squad would like to remind the Quest Community about the importance of Fire Safety- especially with the holidays coming up!

Here are a couple of tips:

1. Replace the batteries in your smoke alarm. If you hear a chirping sound- it needs a new battery!
2. Clear debris from around vents and furnaces.
3. Furnace filters should be replaced every 3-6 months and at minimum yearly. The Maintenance team will replace furnace filters for associated group homes. Landlords should be contacted to replace furnace filters in private homes.
4. Never leave candles, incense, or open flames unattended.
5. Space heaters should be surrounded by at least 3 feet of empty space.
6. Do not overload electrical outlets or extension cords. Do not leave electrical cords plugged in if they don't need to be.
7. Employees and Individuals must participate in Fire Drills and know where fire escape plans, fire extinguishers, and first aid kits are located. Please connect with management if there are concerns with fire drills.
8. Remember Fire Prevention is the number one fire safety rule.

## **RDSP** Registered Disability Savings Plan

The Registered Disability Savings Plan (RDSP) is a Canada-wide registered matched savings plan specifically for people with disabilities. Here are some basics:

- For people living on a low-income (less than \$31,120), the federal government will put in \$1000 each year for 20 years! This is the Canada Disability Savings Bond.
- For every \$1 put in an RDSP account, the federal government can (if your family income is below \$95,259) match with up to \$3! This is the Canada Disability Savings Grant.
- The money can be invested to grow- we have heard that it is the best Return on Investment available. Depending on someone's income, any money saved immediately triples in value. Once investment decisions are made, it can really start to grow!



# The CASE Team

## Creating Excellence Together



With Creating Excellence Together (CET) quickly approaching in November, we thought we would take this time to briefly go over what CET is (and you will be seeing this a lot) and what that means for 'Behavior management'. Firstly, "CET was developed to measure expectations for Alberta service providers that support individuals within the field of community disabilities" by the Alberta Council of Disability Services (ACDS). In 2021, CET announced that they had significantly shifted how the standards would be reflected, guided by a new framework that is comprised of a more manageable amount of individual indicators and standards.

In these newly established standards, the CASE Team has the responsibility of receiving a perfect score on standard 3.4 (Behavior management) and 6.3 (Behavior management skills and procedures). More specifically, the CASE Team has to demonstrate how the department develops, trains, and assesses the effectiveness of planned procedures within the agency. An important component of this, is staff being aware of this process and all planned positive and/ or restrictive procedures that are in place for the individuals that they support and more importantly – Why? (think about this one). Staff are capable of effectively demonstrating de-escalation techniques and skills while meeting agency's expectations of responsiveness to behaviors of concern and crisis management.

Ultimately, it comes down to the "Why" and "How" and that is fundamentally to provide the individuals that we support with the best quality of service and enhance their health and personal development by increasing the positive outcomes within their lives. As staff you have a crucial role in the formation of any planned procedure and that is why it is essential that you as a direct support worker engage in regular reviews of "Why" programming is in place and "How" can you communicate if any changes are necessary.

If you have any questions, please ask your supervisor who will be able to connect you with a member of the CASE team to further elaborate.

All the best!

# Living

We hope that you're enjoying Fall as much as we are! Below is a checklist to assist you in hosting or participating in Thanksgiving and/or Halloween this year!

## Thanksgiving Checklist!

- Write a card to those you're thankful for. Or give them a call.
- Write a list of the people you want to spend Thanksgiving with.
- Invite them over and assign a dish that they can bring with.
- Plan your meal in advance
- Shop for the meal
- Prepare the meal
- Menu Idea: Turkey, stuffing, mashed potatoes, cranberries, corn, pumpkin pie, roasted pumpkin seeds. YUM!
- Have fun!

BE THANKFUL  
BE GRATEFUL  
BE BLESSED

## Halloween Checklist!

- Prepare your costume!
- Plan to shop at the start of October before everything is sold out! Not the day before Halloween.
- Halloween movie marathon!
- Invite a couple of friends over for a spooky night!
- Select the movies, popcorn and enjoy!
- Bake Halloween treats!
- From scratch or store bought.
- Watch Michael Jackson's Thriller!



# AIR

AIR enjoyed a day at the Lethbridge Corn Maze mid-September, followed by participating in the Citizen Walk hosted by SRSAN. AIR management, along with the Quest Community Connectedness Committee, we provided water bottles and hosted a photo booth at the park while joining in to celebrate abilities and raise awareness. Some AIR members made speeches, while others listened, took in the information, and enjoyed a BBQ lunch.

October we are looking forward to practising thankfulness in our every day lives leading up to Thanksgiving celebrations on the 7th of October. Spooky season will start after Thanksgiving. Keep an eye out for all the details for our Halloween plans.

# October AIR Calendar



October 2022

AIR Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
3 Yoga Swimming Name that <a href="#">Tune</a>	4 Cooking Skills Movie day SWIM CLUB	5 Mental Health & Wellness Creative Quest Water Pong Tourney	6 Reading & Writing Quest Book Club BASKETBALL CLUB	7 Thanksgiving Lunch & Jam Session	8/9 Sports World
10 THANKSGIVING PROGRAM CLOSED	11 Mental Health & Wellness Cooking Skills QFF Lite SWIM CLUB	12 Swimming Creative Quest Rock Painting	13 Reading & Writing Quest Book Club BASKETBALL CLUB	14 Jam Session Quest for Fitness Movie in Swimming Pokémon GO	15/16 Sports World
17 Yoga Swimming Name that <a href="#">Tune</a>	18 Creative Quest Cooking Skills QFF Lite SWIM Club	19 Reading & Writing ASL FALL SCAVENGER HUNT	20 Mental Health & Wellness Life Skills Quest Book Club BASKETBALL CLUB	21 Jam Session Quest for Fitness Movie in Cooking Swimming	22/23 Sports World
24 Yoga Bingo Name that <a href="#">Tune</a> Horror Movie	25 Cooking Skills QFF Lite Horror Movie SWIM CLUB	26 Mental Health & Wellness Swimming Creative Quest Horror Movie	27 Games Life Skills Quest Book Club Horror Movie BASKETBALL CLUB	28 Jam Session Quest for Fitness Movie In Halloween Pop + Paint	29/30 Sports World
31 HALLOWEEN PARTY & MOVIE IN					

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

Spooky season has officially arrived!! Sweater weather, hot chocolate, apple cider, pumpkins, great food, and great people. Be sure to participate in our October events!