

# October 2025 Newsletter

ISSUE #10

QUEST SUPPORT SERVICES INC.  
@questYQL



THE TREES ARE ABOUT TO SHOW US HOW  
LOVELY IT IS TO CHANGE - *Albert Carnus*

**Hello October,**

**As we say goodbye to the golden days of summer, there's a special kind of magic in the air. The arrival of autumn invites us to slow down, reflect, and embrace the beauty of change. It's a season of transformation.**

**Where the leaves turn vibrant shades of gold and orange, and cozy moments with friends and community take center stage. While we're a little sad to see summer fade, we're excited for everything October brings! from crisp morning walks and pumpkin spiced lattes to moments of gratitude and connection!**



On September 30th, the Quest community came together to recognize the National Day for Truth and Reconciliation. This is a time to reflect, learn, and honour the experiences of Indigenous Peoples across Canada. This day invites us to remember the children who never returned home, the Survivors of residential schools, and the families and communities who continue to be impacted.

At Quest, we are deeply grateful for our strong ties with Indigenous communities and the opportunity to live, learn, and work on their traditional lands. We honour the rich traditions, values, and cultures that continue to shape and strengthen our shared community.

As we move forward together, we remain committed to listening, learning, and walking in the spirit of reconciliation.

A Special Thank You to the Indigenous Awareness Committee and the AIR team for arranging heartfelt events.

**In this newsletter  
you can expect:**

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Access to Dining with  
Michael and Sean

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A Note from the JHSC  
and the ERC

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Employee of the  
Month! Congrats Darcy

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QCCC Happenings

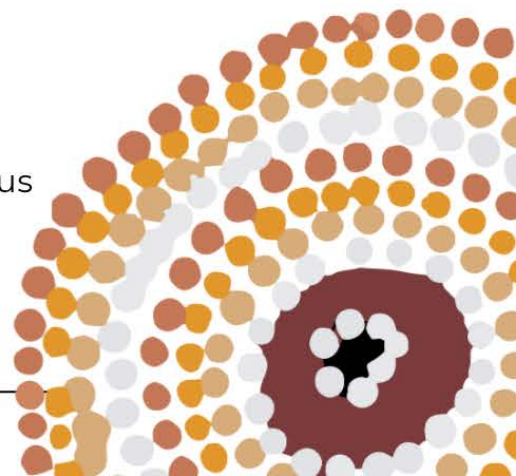
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Some Fun FACTS about  
October

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AIR Calendar of Super  
Awesome Events

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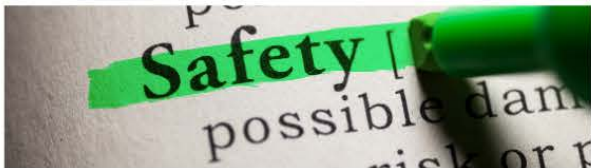
## ACCESS TO DINING WITH MICHAEL AND SEAN (& RENE OF COURSE)

This month we went to another new place to us called Brooklyn Dumpling House located at 388 University Drive West #30. Michael and Sean both tried the Waygu Burger this time. Sean opted for the waffle fries and Michael had a cucumber salad with his. Both gentlemen ate the entire meal and seemed pleased with the food. One staff had the dumplings in broth with chilli crisp and was happy with the flavour mix of the broth, vegetables, dumplings, and spice of the chilli.

The location was very busy with many take out orders and we saw some of the office staff picking up their lunch. The menu was a bit pricey but the food was good. Hopefully we get some time in the next few months to try some other items on the menu. In October we are going to a few favourites that we have not gone to in a while. Let us know if you have any recs! We are always looking for new places to try! Feel free to give us a call at Access. We'd love to hear from you.



**DID YOU KNOW? DUMPLINGS ARE ONE OF THE WORLD'S OLDEST COMFORT FOODS — BELIEVED TO HAVE ORIGINATED IN CHINA OVER 1,800 YEARS AGO!**



### JHSC Re-Introduction

The Joint Health and Safety Committee consists of equal membership from DSW and Management. Our current team includes:

- Megan Perin (AIR)
- Manfred Gaisie (LIVING)
- Candice Sinclair (LIVING)
- Melissa Clarke (Mgmt)
- Julie Lutz (Mgmt)
- Tyler Lind (Mgmt)

Feel free to reach out anytime!

A couple notes from the ERC! First- we are pleased to welcome Gladys back as the 2<sup>nd</sup> Staffing Supervisor!



The staffing2 and staffing3 email addresses are no longer in use. The Staffing Supervisors, Tyler and Gladys, can be reached by using [staffing@questsupport.com](mailto:staffing@questsupport.com).

Also! We are seeing more mileage sheets come in that are over our caps. Please make sure you have approval from your supervisor or associate prior to submitting... otherwise, they will be denied.

## EMPLOYEE OF THE MONTH! MEET DARCY

Darcy was nominated for his ability to jump into a new role and excel, does whatever is asked of him with no complaints. He goes above and beyond to assist individuals, staff, team leaders and supervisors.

### Q: How long have you worked for Quest Support Services?

A: About 3 years.

### Q: What is something most people wouldn't know about you?

A: Something most people wouldn't know about me is that I really enjoy both cooking and fixing things. Cooking gives me a way to be creative — I like experimenting with new recipes, trying different flavors, and sharing meals with others. On the other hand, I also love fixing and building things because it challenges me to problem-solve and work with my hands.

### Q: What's the best advice you can give to someone who just started their career in this field?

A: The best piece of advice I could give to someone starting in this field would be to have strong boundaries and to take care of yourself first. We can only help others if we're in the right mental space, do not burn yourself out.

### Q: What has been your most memorable moment at the company so far?

A: Supporting individuals over the years I've been working at reach and seeing them achieving their goals.

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

A: I would like to travel to Brazil because I've always wanted to visit the amazon forest.



HBD Delbert

Happy Birthday to the man, the myth, the ABSOLUTE legend-Delbert. We had a fun time celebrating you with your favorite people and of course cake. We are really proud of you.

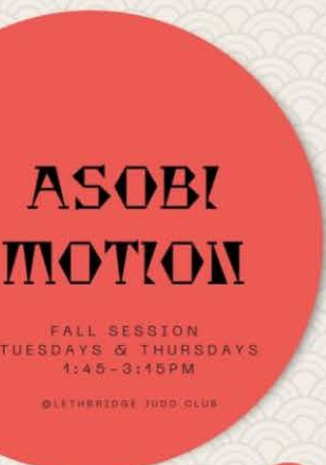


Sun Soakers

I warm the world  
though I walk nowhere,  
I chase the shadows  
and paint the air.  
I wake the flowers and  
count the hours,  
I wear no crown yet  
rule the day —  
What am I?  
Answer: The Sun. ☀️

## Fall Car Maintenance Tips


- Cooler temperatures can lower tire pressure. Make sure tires are properly inflated and have good tread for wet or icy roads.
- Fall often brings slippery leaves and rain. Ensure your brakes are responsive and not worn down.
- Test your battery! Cold weather can weaken it.
- Replace windshield wipers.
- Check oil, windshield washer fluid, coolant, and brake fluid.
- Make sure headlights, brake lights, and signals are all working.
- Check your heater and defroster: Make sure they're working properly for chilly mornings.
- Prepare an emergency kit: Include a blanket, flashlight, jumper cables, gloves, and a small first aid kit.



**ASOBI  
MOTION**

FALL SESSION  
TUESDAYS & THURSDAYS  
1:45 - 3:15 PM

LETHBRIDGE JUDO CLUB



**"Fun & Play"**  
Music, tumbling, floor mobility, out of chair  
time, modified sports & fun!

Contact Activity Coordinator [ac@questsupport.com](mailto:ac@questsupport.com) to sign up.  
FREE but limited spaces. Consent form required in advance.  
Optional to join 1 or 2x weekly. See Quest Athletics form for more information.

### Confidentiality Reminders for Employees

- Always protect the privacy of individuals we support, their families, and fellow employees.
- Only share information on a need-to-know basis with authorized team members.
- Do not discuss confidential matters in public areas, hallways, vehicles, or social settings.
- Avoid using names or identifying details in text messages, emails, or notes unless required for official documentation.
- Lock or log out of computers and devices when not in use.
- Keep paper files and records secured in designated areas.
- Never share login credentials, passwords, or access cards with others.
- Report any privacy breaches or concerns immediately to your supervisor or manager.
- Remember: Confidentiality continues even after employment ends.



WE HAVE TEAMED UP WITH THE LETHBRIDGE JUDO CLUB TO OFFER 2 CLASSES FOR THE QUEST COMMUNITY. ASOBI MOTION WHICH IS MORE GEARED TOWARD REC AND BUSHIDO MOTION FOR SKILL BUILDING. CHAT WITH AIR MGMT FOR MORE INFO!

### DID YOU KNOW? HALLOWEEN EDITION

- Halloween is celebrated on October 31st each year.
- The holiday's origins come from the ancient Celtic festival of Samhain.
- "Halloween" is short for "All Hallows' Eve", the night before All Saints' Day.
- The Celts believed the veil between the living and the dead was thinnest on this night.
- Jack-o'-lanterns were originally carved from turnips in Ireland.
- The world's heaviest pumpkin weighed over 2,700 pounds!
- The most popular Halloween candy in North America is Reese's Peanut Butter Cups.
- Americans spend over \$10 billion on Halloween each year.
- Candy corn was originally called chicken feed.
- A full moon on Halloween happens every 18-19 years!



YOU'RE INVITED TO THE 3<sup>RD</sup> ANNUAL INTER-AGENCY

# HALLOWEEN dance party

Generously Sponsored  
and Hosted by D&N  
Kitchen

**OCT 31, 2025**

**1PM-3PM**  
D&N KITCHEN  
902 6<sup>TH</sup> ST. N

Admission: Non-Perishable  
Food Item for the  
Lethbridge Foodbanks

RSVP to Sam  
[ac@questsupport.com](mailto:ac@questsupport.com)  
Space is limited



# HAPPY THANKSGIVING

**QCCC**

QCCC is donating all the fixings for two turkey dinners to the Quest and local communities

## Nominate yourself or someone else

Winners will be contacted directly



# AIR Calendar October

# 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walking Club - AM Culinary Class - AM Swimming - AM Creative Quest - PM	2 Walking Club - AM Swimming - AM Photography Club - PM D&D Club - PM Karaoke - PM Bingo - PM	3 Jam Session (Impact) - AM Theatre Exploration - PM CASA Lunch and listen: Traditional Celtic Music (12:15-1pm) Foodie Friday - PM	4
5	6 <b>Pajama Day</b> Fitness with Amie 930 @ Impact Name That Tune - PM Walking Club - PM	7 <b>Twin/Team Day</b> Culinary Class - AM Galt Museum (10:30-11:30am) Quest for Knowledge - PM	8 <b>Fall Fest/ Cozy Sweater Day</b> Culinary Class - AM Walking Club - PM Creative Quest - PM	9 <b>Quest Spirit Day</b> D&D Club - PM	10 <b>Decades Day</b> <b>Thanksgiving Dinner Lunch</b> Jam Session (Access) - AM Theatre Exploration - PM	11
12	13 <b>Thanksgiving Day</b> Access/Impact Closed Reach (09:00am-05:00pm)	14 Swimming - AM Culinary Class - AM Rec League - PM ASL @ Access Classroom - PM Movie Mill	15 Culinary Class - AM Swimming - AM SAIL Meeting @ Access Classroom 1pm Walking Club - PM Creative Quest - PM	16 Swimming - AM Photography Club - PM D&D Club - PM Bingo - PM Karaoke - PM	17 Jam Session (Impact) - AM Theatre Exploration - PM Walking Club - PM Bowling @ Holiday Bowl - 13:30 Foodie Friday - PM	18
19	20 Fitness with Amie 930 @ Impact Swimming - AM Pet Connection - PM Walking Club - PM Name That Tune - PM	21 Swimming - AM Culinary Class - AM Rec League - PM Quest for Knowledge - PM	22 Culinary Class - AM Swimming - AM Creative Quest - PM Walking Club - PM	23 Swimming - AM Photography Club - PM D&D Club - PM	24 Jam Session (Access) - AM Theatre Exploration - PM Foodie Friday - PM Pool Tournament - PM	25
26	27 Fitness with Amie 930 @ Impact Swimming - AM Pet Connection - PM Walking Club - PM Name That Tune - PM	28 Swimming - AM Culinary Class - AM Rec League - PM ASL @ Access Classroom - PM	29 Culinary Class - AM Swimming - AM Walking Club - PM Creative Quest - PM	30 Swimming - AM Photography Club - PM D&D Club - PM	31 <b>Halloween</b>	

Key: Access Impact Reach AIR Galt Museum Community Events

