

QUEST NEWSLETTER

DECEMBER 2023

Seasons Greetings

As we wrap up 2023, we find ourselves reflecting on the incredible journey we've shared with the remarkable Quest Community. In the spirit of the season, we extend our warmest wishes for a joyous and peaceful holiday. May this festive time be filled with laughter, love, and cherished connections. Cheers to the past year and the exciting New Year Ahead! Happy Holidays,

Mike & Dar



**DON'T FORGET TO SIGN UP
FOR THE QUEST EMPLOYEE
HOLIDAY SOCIALS!**

A note from the Employee Resource Centre

Holiday Time Off

Employee Time Off Requests have been officially closed for the upcoming 2023-2024 Holiday Season. All Time Off Requests between December 16- January 7th will be denied at this time.

Please be mindful that short-notice call-ins are extremely difficult to backfill. Help on-call after-hours out this season by communicating any shift concerns in advance or speak to your peers that are trained in the location to secure your own shift coverage! If you have any questions or concerns about your calendar, please connect with an ERC Supervisor.

The Employee Resource Centre wishes all employees a safe and happy holiday season!

Want Extra Shifts?

Check out the Avanti relief pool postings to pick up extra shifts!



EMPLOYEE OF THE MONTH

Debra Cahoon

Tell us about yourself !

I have 17 Grandkids, 4 kids. I've been married for 42 years.

How long have you worked at Quest?

I have worked on and off since my kids were still at home.

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

Working with the individuals, and helping them to reach their goals.

What advice would you give to the new hires?

Do the best you can.

If you could be any fictional character, Who?

The Grandma off of Moana, because she was a non conformist and wanted the people she loved to reach their goals not the ones others set for them.

“
Debra has gone above and beyond for the individuals! It has been overwarming to watch how deeply she cares for the individuals.
”

ON THE #CASE Holidays got you feeling blue?

The holiday season is associated with joy and connection, however, it can also be a season of social isolation and loneliness. Here's how to combat those feelings. First, recognize what social isolation and loneliness is. Social isolation is when you are physically alone and have little to no contact with friends, family and/or people in general.

Loneliness is a feeling of being empty, alone and disconnected from friends, family and/or others. People may feel lonely when they are surrounded by other people often. Social loneliness and isolation can impact a person's physical, mental, and emotional well-being.

What can we do to prevent social isolation and loneliness?

- Connect with friends and family. This can be done by meeting in person, or utilizing technology to call, text or video chat.
- Participate in community events. With December here, there are lots of community events taking place. Invite a friend out for a walk through the Japanese Gardens, or a movie, or coffee date.
- Build connections. This can be done by volunteering or joining clubs!
- Reach out to those you miss. Is there a family member, and/or family member that you have been out of contact with as of late? Schedule a quick 10-15 phone call with them to catch up.

Meet Management!

Starting in January 2024, Shelby Mathieu will be expanding the role as the Director of Individual care, where she will be overseeing AIR and LIVING programs. On the flip side, Melissa Clarke will be taking on the exciting position as the Director of Employee Resources.

Other departments have seen some changes. These shifts come as part of our ongoing efforts to adapt to the evolving needs of the Agency. We are excited to see what 2024 brings! If you see a newbie around, be sure to introduce yourself and give them a warm welcome.

President of Operations

-Mike Tamura

Executive Director

-Darla Mohan

Directors

-Kendal Tremblay- Director of Human Resources
-Shelby Mathieu- Director of Individual Care
-Melissa Clarke- Director of ERC and OHS
-Ashton Beekman- Director of Maintenance
Jeff Saito- Director of Finance

Associate Directors

-Brayden Sharp Chrunik- AD of LIVING & Safety
-Douglas Horsburgh- AD of LIVING & CASE
-Julie Lutz- AD of AIR & Safety
-Kimberly Kamaledine- AD of ERC

LIVING Supervisors

-Tina Wagner
-Jana Lippa (the money lady)
-Amy Duffety
-Brett Tamayose
-Chris Walsh
-Remi Winder
-Jalla Cabrera *new addition

CASE Supervisor

-Ryan Fukuda

ACCESS Supervisor

-Robin Timsina

IMPACT Supervisor

-Hoimonti Rozario

REACH Supervisors

-Carter Ross
-Robyn Johnson
-Elikem Mortotsi *new addition

ERC Supervisors

-Tyler Kruchkywich
-Billy Cando
-Anthony Offurum *new addition

Maintenance Supervisors

-Tyler Lind
-Austin McNabb *new transfer from Reach

#TECHTEAM

-Benson Bunnage- IT Manager
-Elan Sarkes- IT Administrator

Administration

-Bimala Timsina
-Gladys Martinez

Payroll

-Miki Saito

EMPLOYEE HOLIDAY SOCIALS

24
NOV
FRIDAY

TRIVIA NIGHT - HOLIDAY KICK OFF EVENT

KICK START THE HOLIDAY SPIRIT WITH AN EVENING OF HOLIDAY TRIVIA! TEAMS EVENT, NO EXPERIENCE REQUIRED. SNACKS & TOONIE BAR. \$1000 IN CASH PRIZES AND DOOR PRIZES. CROATIAN CLUB LETHBRIDGE. UP TO ONE (1) GUEST PER EMPLOYEE. LIMITED TICKETS.

1
DEC
FRIDAY

WINE & WRAP

CRAFTY OR NOT, MAKING YOUR OWN WRAPPING PAPER, GIFT BAGS & HOLIDAY CARDS IS TRENDY! JUST ASK TIKTOK. COME MAKE YOUR OWN UNIQUE STATIONARY FOR THE SEASON WITHOUT HAVING TO BUY ALL THE SUPPLIES! BEVERAGES, SNACKS & CHEER INCLUDED.

9
DEC
SATURDAY

HOLIDAY PHOTO SHOOT

FREE HOLIDAY PHOTOS TAKEN BY A LOCAL PROFESSIONAL PHOTOGRAPHER. OPEN TO SINGLES, FAMILIES, ROOMMATES, ETC. DIGITAL IMAGES PROVIDED THE FOLLOWING WEEK. CHECK OUT OUR INSTA POST TO SEE THE AMAZING MOMENTS CAPTURED LAST YEAR!

9/13
DEC
SAT / WEDS

HOLIDAY PAINT & SIP

NO EXPERIENCE NECESSARY! SIP HOT COCOA OR CIDER (WINE ON THE WEEKEND) AS YOU FOLLOW ALONG STEP BY STEP AND CREATE YOUR OWN HOLIDAY MASTERPIECE. 1 SESSION WILL BE A 3-PIECE WATERCOLOR SET THE OTHER SESSION A LARGE CANVAS OIL PAINTING. ALL MATERIALS, SNACKS AND BEVERAGES PROVIDED. NO EXPERIENCE NECESSARY.

10
DEC
SUNDAY

GINGERBREAD HOUSE PARTY

TAKE IN THE HOLIDAY SPIRIT AND JOIN US IN DECORATING GINGERBREAD HOUSES. BRING YOUR FAMILY OR FRIENDS TO HELP BUILD! QUALITY TIME WITH THE PEOPLE YOU LOVE. COCOA, GINGERBREAD HOUSE, GOOD COMPANY & SNACKS PROVIDED.

16
DEC
SATURDAY

SUGAR COOKIE WORKSHOP

INTERESTED IN LEARNING HOW TO DECORATE SUGAR COOKIES LIKE A PRO? JOIN US ALONGSIDE AN EXPERT AS WE LEARN HOW TO PIPE ICING LIKE A PROFESSIONAL. BEVERAGES, SNACKS AND COOKIES INCLUDED - DECORATE AND TAKE HOME A 1/2 DOZEN TO SHARE.

ALL
DEC
WEDS-SUNDAY

WINTER LIGHT FESTIVAL

BRIGHTEN YOUR WINTER AND JOIN US FOR A WALKING TOUR OF THE WINTER LIGHT FESTIVAL AT NIKKA YUKO JAPANESE GARDENS. TAKE IN THE 170,000 LIGHTS WHILE SIPPING COCOA WITH FRIENDS OR FAMILY. SIGN UP ONLINE & PICK UP YOUR TICKETS FROM QUESTWEST IN ADVANCE. TICKETS VALID ALL SEASON LONG WEDNESDAYS THROUGH SUNDAY.

LIMITED SPACES AVAILABLE ~ VISIT OUR WEBSITE FOR MORE INFO & TO REGISTER

12 Days of CHRISTMAS

ALL ABOARD THE POLAR EXPRESS!!

- 1ST STOP CREATE YOUR POLAR EXPRESS PASSPORT
- 2ND STOP YOUR JOURNEY STARTS @ NIKKA YUKO FESTIVAL OF LIGHTS
- 3RD STOP WELCOME TO LONDON! TOUR & COOKIE DECORATING
- 4TH STOP DETOUR TO WHOOP UP FOR SLEIGH RIDES
- 5TH STOP I HEART NEW YORK TOUR & HOLIDAY CARD MAKING
- 6TH STOP BUNDLE UP FOR THE ARCTIC SNOW TOUR & ORNAMENT MAKING
- 7TH STOP VIRTUAL DOG SLEDDING IN SWEDEN & SMORES
- 8TH STOP CANADIAN INDIGENOUS CEREMONY
- 9TH STOP NORTH POLE VISITOR SANTA & GIFT EXCHANGE WITH FRIENDS
- 10TH STOP NORTHERN LIGHTS VIRTUAL TOUR & PAINT N' SIP "STARRY NIGHT"
- 11TH STOP TRADITIONAL HOLIDAY FEAST & CHRISTMAS DANCE
- FINAL STOP FINAL DESTINATION WEAR YOUR PJ'S FOR MOVIE & TREATS



Quest Connect



The Quest Community Connectedness Committee collected donations for the #Movember campaign which supports men's health. Thank you to everyone who participated in the bake sale fundraiser.

Big shout out to everyone who got pied in the face for a great cause!

\$1239.05 raised! 🍷

AIR CALENDAR DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Every Friday FLANNEL FRIDAY				1 1st STOP: POLAR EXPRESS PASSPORT CREATION Foodie Friday JAM SESSION 10:00	2/3
4 2nd STOP: WELCOME TO LONDON! TOUR & COOKIE DECORATING YOGA WITH CHRISTI 10:30	5 Reading Club – PM Art Club – PM	6 3rd STOP: DETOUR TO BARONESS FOR SLEIGH RIDES, SMORES & HOT COCOA	7 QFFL – PM YMCA GYM – 1:30-2:30	8 4th STOP: I ♥ NEW YORK TOUR & HOLIDAY CARD MAKING Foodie Friday JAM SESSION 10:00	9/10
11 5th STOP: BUNDLE UP FOR THE ARCTIC SNOW TOUR & ORNAMENT MAKING	12 6th STOP: BLACKFOOT FACE PAINTING	13 7th STOP: VIRTUAL DOG SLEDDING IN SWEDEN & CHOCOLATE BAL	14 8th STOP: YOUR JOURNEY CONTINUES TO NIKKA YUKO FESTIVAL OF LIGHTS @ 6:00 PM QFFL – PM	15 9th STOP: NORTH POLE VISITOR SANTA & GIFT EXCHANGE WITH FRIENDS Foodie Friday JAM SESSION 10:00	16/17
18 10th STOP: NORTHERN LIGHTS VIRTUAL TOUR & PAINT N' SIP "STARRY NIGHT" YOGA WITH CHRISTI 10:30	19 MOVIE MILL Art Club – PM	20 11th STOP: TRADITIONAL HOLIDAY FEAST & DANCE	21 QFFL – PM	22 12th STOP: FINAL DESTINATION WEAR YOUR PJ'S FOR MOVIE MILL Foodie Friday JAM SESSION 10:00	23/24
25	26	27	28	29	30/31

Key: [Access](#) [Impact](#) [Reach](#) AIR [Galt Museum](#)



The AIR
team
leaders
turned
into
Christmas
trees

