



# NEWSLETTER

## AUGUST 2023



### SWAG TAG

Do you love your swag as much as we do? Every Thursday, send in a pic of you sporting your favourite swag to @questYQL for a chance to WIN! Shout out to these little ladies for winning \$50

**AUG 30TH SAVE  
THE DATE**

### The Big 3-0!



Can you believe it? Quest is turning 30! The Agency founder and President of Operations, Mike Tamura, established Quest in 1993. He used to work front-line with some of the OG's like Marcella and Peter! We look forward to celebrating 3 decades of providing quality supports and enhancing the lives of people with developmental disabilities in our community. Join us August 30th at the Elk Community Park from 11-3pm for a BBQ, face painting, sumo suits, treats and a special reveal!

### Calling Ball Players!

Hey Lethbridge! We are looking for skilled ball players to join our Fall ball league! If you're interested, reach out to [ac@questsupport.com](mailto:ac@questsupport.com)! Games are held at Softball Valley Tuesdays and Thursday evenings.



# .....LIVING.....

The CORE crew ventured to Waterton July 18th for a fun-filled day of hiking, sun seeking, and shopping! It was a beautiful day! After adventuring, everyone met at Zum's for a "family" meal. Shout out to Amy, Chris, and Douglas, Mohammed and Deus for planning this special event.



## UPCOMING AIR EVENTS

**AUG 10:** TELUS SPARK SCIENCE CENTER

**AUG 22:** WHOOP-UP PARADE

**AUG 30:** QUEST 30th ANNIVERSARY

**SEPT 8:** PANCAKE BREAKFAST & FASD AWARENESS DAY

**SEPT 15:** CORN MAZE & PETTING ZOO

**SEPT 29:** DAY FOR TRUTH AND RECONCILIATION

*Amy \*predicts\* that everyone had a great time at #FrontierFriday. Kelsey, the "Warden" arranged for face painting, gold panning, water-gun shootouts & a sizzlin' bbq for the crew! She kept the wild-west in check as fun was had!*





# EMPLOYEE RESOURCES

## End of Summer Availability

With back to school and availability changes, we use our August hire to work toward an easy transition into the fall/winter seasons by making sure that we cover open shifts. Please submit your August/September availability or shift changes to the Employee Resource Centre as soon as you know your schedule.

## File Requirements are your Responsibility!

Remember, it's up to employees to make sure that you are signing up ahead of time for courses and file requirements that are about to expire. We give you all the tools by providing a full year of training courses and automatic reminder emails from Avanti for expiring requirements.

## ON THE #CASE

**Got feedback on an existing Planned Positive Procedure or Behaviour Support Plan? Let us know! Your input matters.**

### Let's talk Punishment vs Consequences

Remember, punishments relay the message to the individuals that we want them to act a certain way and if they don't, we will make them suffer until they make the choice we want. This is not an appropriate supportive strategy and can be harmful.

Consequences are **constructive** tools to help individuals learn, communicate, and achieve positive changes in their lives. The goal of consequences is to act as a lesson. Ultimately, the individuals' behaviours are up to them, but we can assist in guiding positive skills and behavioural changes. If you have questions about protocols in the home, and best practice, don't hesitate to reach out to the CASE department.



# EMPLOYEE OF THE MONTH: **NICK HORECHKA**

*"Nick was nominated for being an active listener and a great support for those he works with. Nick does great work as a Team Leader and is appreciated for his patience and kindness"*



## **Tell us about yourself!**

I got married in the middle of the pandemic to my wife of 2+ years now. I love to read and talk politics/world events. I have an amazing dog named Benny who is according to my wife no longer a "small dog" despite me still telling people he is (100+ lbs).

## **How long have you worked at Quest? and where do you work?**

I've worked at Quest for 6 years now, I started working at House 35 right before the pandemic and have been there ever since!



## **What is the best moment you've had at Quest? What's your biggest accomplishment?**

I would say that one of my best/favourite moments at Quest is being there from the beginning for someone who was a new intake, having the chance to be a part of a new chapter in their life and watch them grow as a person.



## **What advice would you give to the new hires?**

You're given a great deal of flexibility when starting out at Quest, seek out opportunities to train at new houses/programs and find a place where you can feel fulfilled and make great connections.

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

A peregrine falcon, reading a book called "My Side of the Mountain" when I was young really piqued my interest in birds of prey and wilderness survival.



**Know an awesome employee that goes above and beyond? Nominate them for Employee of the Month!**

# MAINTENANCE TEAM

The City of Lethbridge is improving their recycling programs and I am here to tell you that Quest has as well!

Knowing how to use your Blue and Green recycling carts is essential in reducing waste and improving our impact on the environment. Check the link below to see how the City of Lethbridge recommends using your blue carts.

<https://www.lethbridge.ca/waste-recycling/recycling-and-blue-carts/>

See how the City recommends using your green carts <https://www.lethbridge.ca/waste-recycling/composting-and-green-carts/>. Now the city has designated sites that you can utilize to dispose of any yard waste as well as various other recyclable material.



# HEALTH & SAFETY

*Remember! Safety is everyone's responsibility*

With August traditionally being the warmest summer month, the following safety tips can help prevent heat exhaustion, heat stroke and/or sunburns from occurring: 1. Apply sunscreen 30 minutes before going outside, to prevent sunburn. 2. Wear a hat, to reduce the risk of heat exhaustion or stroke. 3. Prepare a water bottle and stay hydrated. 4. Dress appropriately for the weather (ex. T-shirts, shorts, and a hat). 5. Limit time outside, during times of extreme heat.

# #TECHTEAM

The #TECHTEAM is going through some changes! We said Farewell to Shtegtar as he heads back to school. We wish him all the best and we thank him for his #techsupport.

We are excited to announce that Elian Sarkes has been hired as the new IT Administrator.

Elian and Benson are the tech dreamteam and they've been working hard to rebuild computers, fight the error codes, **and basically save the world.**











# Frontier FRIDAY



## AIR Calendar AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	1 <b>Emancipation Day</b> ADVENTURE CLUB - AM <i>Culinary Class - PM</i> <b>Reading In The Park - PM</b> <i>Art Club - PM</i>	2 PICNIC IN THE PARK WALKING CLUB - AM <i>Women's Swimming - PM</i> CREATIVE QUEST - PM WHEELY WEDNESDAY - PM	3 REC LEAGUE - AM <b>Culinary Class - AM</b> <b>QFFL - PM</b> <i>Culinary Class - PM</i>	4 <i>Foodie Friday</i> FISHING CLUB - AM JAM SESSION 10:00 THEATRE EXPLORATION - PM D&D CLUB - PM	5/6
7  Access & Impact Closed (Cultural Week: Italy)	8 ADVENTURE CLUB - AM <i>Culinary Class - PM</i> <b>Reading In The Park - PM</b> <i>Art Club - PM</i>	9 PICNIC IN THE PARK WALKING CLUB - AM <i>Women's Swimming - PM</i> CREATIVE QUEST - PM WHEELY WEDNESDAY - PM <u>Blackfoot Beading 12-2</u>	10  <b>TELUS SPARK SCIENCE CENTER</b>	11 <i>Foodie Friday</i> FISHING CLUB - AM JAM SESSION 10:00 THEATRE EXPLORATION - PM D&D CLUB - PM	12/13
14 <i>LIFE Program - AM</i> <i>Men's Swimming - PM</i> SEWING CLUB - PM <b>Name That Tune - PM</b>	15 <b>National Acadian Day</b> <b>Movie Mill</b> ADVENTURE CLUB - AM <i>Culinary Class - PM</i> <i>Art Club - PM</i> 	16 PICNIC IN THE PARK WALKING CLUB - AM <i>Women's Swimming - PM</i> CREATIVE QUEST - PM WHEELY WEDNESDAY - PM	17 <b>Backwards Day</b> REC LEAGUE - AM <b>Culinary Class - AM</b> <b>QFFL - PM</b> <i>Culinary Class - PM</i>	18 <i>Foodie Friday</i> FISHING CLUB - AM JAM SESSION 10:00 THEATRE EXPLORATION - PM D&D CLUB - PM	19/20
21 YOGA WITH CHRISTI <i>LIFE Program - AM</i> <i>Men's Swimming - PM</i> SEWING CLUB - PM <b>Name That Tune - PM</b>	22 <b>WHOOOP-UP PARADE-9 AM</b> <i>Culinary Class - PM</i> <b>Reading In - PM</b> <i>Art Club - PM</i>	23 PICNIC IN THE PARK WALKING CLUB - AM <i>Women's Swimming - PM</i> CREATIVE QUEST - PM WHEELY WEDNESDAY - PM	24 REC LEAGUE - AM <b>Culinary Class - AM</b> <b>QFFL - PM</b> <i>Culinary Class - PM</i>	25 <i>Foodie Friday</i> FISHING CLUB - AM JAM SESSION 10:00 THEATRE EXPLORATION - PM D&D CLUB - PM	26/27
28 YOGA WITH CHRISTI <i>LIFE Program - AM</i> <i>Men's Swimming - PM</i> SEWING CLUB - PM <b>Name That Tune - PM</b>	29 ADVENTURE CLUB - AM <i>Culinary Class - PM</i> <b>Reading In The Park - PM</b> <i>Art Club - PM</i>	30 <b>QUEST 30th ANNIVERSARY</b> 	31 REC LEAGUE - AM <b>Culinary Class - AM</b> <b>QFFL - PM</b> <i>Culinary Class - PM</i>		