




QUEST NEWSLETTER

BEYOND THE RIBBON: REFLECTING ON THE TRUE MEANING OF GIVING



As we are in the finale month of 2025, we want to reflect on the incredible support the City of Lethbridge provides to the Quest community. We are truly grateful for the strong partnerships we've built throughout the year. Both new and longstanding. We deeply appreciate the collaboration and commitment shown by organizations such as London Drugs Pharmacy, the PACT Team, the YWCA, Extendicare, the YMCA, the Lethbridge Foodbank and Paw Time. These valued partners (along with many other remarkable agencies and organizations) play a special role in supporting our mission to deliver quality services that enhance the those we work with. Thank you for helping us make a difference.

JOIN US FOR THE 12 DAYS OF AIR FESTIVITIES!

Dec 1: Decorating & Making Mini Xmas Trees

Dec 3: Holiday Paint & Sip (hot cocoa)

Dec 4: Christmas at the Movie Mill (wear your PJ's)

Dec 5: Christmas Cheer

Dec 8: Christmas Fitness with Amie

Dec 10: Cookies, Cards & Cocoa

Dec 11: Reindeer Games

Dec 12: Christmas Carols & Jam Session

Dec 15: SANTA IS COMING TO TOWN

Dec 17: Christmas Dinner

Dec 19: Wood Burning Ornaments

Dec 23: Ugly Christmas Sweaters & Trivia

*check out the AIR calendar for times and full details

Hey Quest Employees, don't forget to grab your tickets for our Employee Christmas party! We're excited to see you there.



CHRISTMAS CASINO STAFF PARTY

FRIDAY DEC 12th 7PM

LIMITED TICKETS & BIG PRIZES!

"Casino Royale" 860 Heritage Blvd West

APPETIZERS - MUSIC - CASINO GAMES - \$2 BAR

DRESS CODE: SMART CASUAL - BLACK & WHITE THEME

Tickets @ www.questsupport.com

Easy Games - No Experience Necessary

Company sponsored prizes


No cost to play games

Games will be played with fake money

LIMITED TICKETS due to code

Ticket Sales start November 10th

Remaining tickets will be opened to spouses on December 1st



SPOTLIGHT ALERT: Vernon enjoyed learning about different power tools at Access. He had a fun time learning how to use a drill and is officially an honorary member of the Maintenance Department!



see if you can find how many snowmen are hiding in this newsletter for a chance to WIN swag! Submit your sheet to the main office.





IMPORTANT NOTES FROM THE ERC

& A THROWBACK OF KENZIE DRESSED AS A CHRISTMAS TREE

THE 2026 TRAINING CALENDAR IS NOW LIVE!

The training calendar is LIVE! Double check your Avanti to see if you have file requirements expiry dates coming up. Remember, it is your responsibility to sign up and stay on top of expiries. Failure to do so may result in formal follow-up and a one way ticket onto Santa's naughty list. We suggest you register for your courses for the full year to avoid any scheduling conflicts or classes filling up. Reminder: classes must be taken before expiry.

OK GUYS... IT'S OFFICIAL

WINTER IS OFFICIALLY HERE... (& WE ARE COLD)

PLEASE BE SURE TO GIVE YOURSELF LOTS OF TIME TO WARM UP YOUR VEHICLE, BRUSH OFF THE SNOW, AND TRAVEL SAFELY TO YOUR SHIFTS! DRESS IN LAYERS.

HOLIDAY SCHEDULING REMINDERS

If you are available for extra hours over the holidays, please notify Staffing as soon as possible! It is also important to note that during the holiday closure, the on-call team receives an influx of short notice call-ins. Please plan ahead or find your own coverage for scheduling changes to ensure your accommodations can be met. Short notice time off may be denied over the holiday closure. Also- please remember that we only have one primary on-call operator afterhours!

THE ERC FAMOUS SUGAR COOKIE RECIPE (TASTY)

Ingredients:

- 1 cup butter (softened)
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- 2 ¾ cups flour
- 1 tsp baking powder
- ½ tsp salt

Instructions:

1. Cream butter and sugar until fluffy.
2. Mix in egg and vanilla.
3. Whisk flour, baking powder, and salt; add to wet mixture to form dough.
4. Chill 30 minutes (optional).
5. Roll to ¼", cut shapes, and bake at 350°F (175°C) for 8-10 min until edges are lightly golden.
6. Cool on a rack and decorate.
7. ENJOY!



ACCESS TO DINING WITH THE LEGENDS MICHAEL AND SEAN

To our valued readers! For the month of November, we went to the Industrial Cafe and Jersey Mike's. If you have watched Diners, Drive ins and Dives you know they go to locations that have different looks. The Industrial Cafe definitely is in the dive category!

This dining spot is located at 3205 5th Ave. The food was fresh made and very tasty. Make sure you go with some extra time. It took 90 minutes for lunch! Our second new location was Jersey Mike's located at 3716 Mayor Magrath Drive South beside Blowers and Grafton. This is a chain from the states that focuses on submarine sandwiches and cheesesteaks. The chain was started in 1956 and continues today. The meals all had freshly sliced meats and cheeses. The sandwiches may not be as long as Subway but the amount of food is about the same. Sean had an Italian sub and Michael had the Club but made into a salad. As always both gentlemen brought an appetite to eat the entire meal. The line up to get sandwiches was out the door. This is a place where they were very fast and friendly. Definitely a place to go back to as it was very good. As always, let us know if you have any recommendations for good eats around town! We love hearing your suggestions.

E.O.T.M

CONGRATS SIMON!
YOU ARE A SUCH A
GREAT SUPPORT
TO THOSE YOU
WORK
WITH!



How long have you been with the company?

I've been with the company for 5 years, and it's been incredibly rewarding to support individuals in the disability sector and be part of a team that truly values person-centered care.

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

Most people don't know that I'm a big animal lover and finds peace watching them in there natural habitat especially at the game reserves and parks.

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

My best advice is to lead with empathy and patience. Every individual you support has a unique story, By taking the time to understand their needs and strengths makes all the difference. Also, don't forget to look after yourself! Self-care is essential in this field.

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

My most memorable moment was seeing individuals reach a personal milestone we had been working towards for a long time. Most importantly watching their confidence grow and knowing I played a part in that journey was incredibly meaningful and uplifting.

Where would you most like to travel to and why?

Africa. Kenya to be specific. The wildlife, the nature trails, and the incredible landscapes make it the perfect place for someone like me who loves animals and the outdoors.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fitness with Amie 930 @ Impact</i></p> <p>Day 1: Decorating Programs- 10am</p> <p>Tree Decorating Contest- 1pm</p>	<p>Swimming -AM</p> <p><i>Culinary Class - AM</i></p> <p><i>Mindful Minds Meet - PM</i></p> <p><i>Quest For Knowledge-PM</i></p> <p>Holiday Handball Tournament - 1pm (Lethbridge Judo Club)</p>	<p>Day 2: Sip & Paint</p> <p>10am IMPACT</p> <p>1pm REACH</p>	<p>Swimming -AM</p> <p><i>Culinary Class 10:00AM</i></p> <p><i>Discovery Den -AM</i></p> <p>Day 3: PJ's & Popcorn</p>	<p><i>Jam Session (Access) - AM</i></p> <p>Day 4: Christmas Cheer</p> <p><i>Foodie Friday - PM</i></p>
<p><i>Day 5</i></p> <p>SANTAS BOOTCAMP</p> <p>09:30am & 1pm</p>	<p>Swimming -AM</p> <p><i>Culinary Class - AM</i></p> <p><i>Mindful Minds Meet - PM</i></p> <p><i>Quest For Knowledge-PM</i></p> <p><i>Asobi Motion @ 13:00 - 14:00</i></p> <p><i>Bushido Motion @ 14:00 - 15:00</i></p> <p><i>SAIL Meeting & Potluck - 10:30-12:30</i></p>	<p>Day 6: Cookies, Cards, & Cocoa</p> <p><i>Creative Quest-PM</i></p> <p><i>D&D Club -PM</i></p>	<p>Swimming -AM</p> <p><i>Culinary Class 10:00AM</i></p> <p><i>Discovery Den -AM</i></p> <p>Day 7: Judo Reindeer Games</p>	<p>Day 8: Jingle Jam with Leif (IMPACT)</p> <p><i>Foodie Friday - PM</i></p>
<p><i>Fitness with Amie 930 @ Impact</i></p> <p><i>Game Zone -AM</i></p> <p>Day 9: The Santa Experience</p>	<p>Swimming -AM</p> <p><i>Culinary Class - AM</i></p> <p><i>Mindful Minds Meet - PM</i></p> <p><i>ASL - PM</i></p> <p><i>Asobi Motion @ 13:00 - 14:00</i></p> <p><i>Bushido Motion @ 14:00 - 15:00</i></p>	<p><i>Culinary Class -AM</i></p> <p><i>Swimming -AM</i></p> <p><i>Skill Development -AM</i></p> <p>Day 10: Jingle & Mingle</p>	<p>Swimming -AM</p> <p><i>Discovery Den -AM</i></p> <p><i>Bingo- PM</i></p> <p><i>Asobi Motion @ 13:00 - 14:00</i></p> <p><i>Bushido Motion @ 14:00 - 15:00</i></p>	<p><i>Jam Session (Access) - AM</i></p> <p>Day 11: Wood Burnt Ornaments</p> <p>10am Impact</p> <p>1pm Reach</p> <p><i>Foodie Friday - PM</i></p>
<p><i>Fitness with Amie 930 @ Impact</i></p> <p><i>Game Zone -AM</i></p> <p><i>Pet Connection - PM</i></p> <p><i>Walking Club - PM</i></p> <p><i>Swimming - PM</i></p> <p><i>Name That Tune - PM</i></p>	<p>Day 12: Holiday Wrap Up</p>	<p>Christmas Eve</p> <p>ACCESS/IMPACT Closed</p> <p>REACH Operating 9am-5pm</p>	<p>Christmas Day</p> <p>ACCESS/IMPACT/REACH Closed</p>	<p>Boxing Day</p> <p>ACCESS/IMPACT Closed</p> <p>REACH Operating 9am-5pm</p> <p><i>Foodie Friday - PM</i></p> <p><i>Pool Tournament</i></p>
<p><i>Fitness with Amie 930 @ Impact</i></p> <p><i>Game Zone -AM</i></p> <p>PJ Day and Movies</p>	<p><i>Mindful Minds Meet - AM</i></p> <p><i>Quest For Knowledge-PM</i></p> <p>New Years Party</p>	<p>New Years Eve</p> <p>ACCESS/IMPACT Closed</p> <p>REACH Operating 9am-5pm</p>	<p>New Years Day</p> <p>ACCESS/IMPACT/REACH Closed</p>	<p>ACCESS/IMPACT Closed</p> <p>REACH OPERATING HOURS 9am-7pm</p> <p><i>Foodie Friday - PM</i></p>

May your heart and home be filled with all the joys of the festive season. The Quest Team wishes you all the best in the Near Year- 2025! We look forward to all the adventures the that are yet to come.

