

JANUARY 2022 QUEST NEWS

Happy New Year!

2022

Breaking Barriers; Creating Opportunities

Important Dates:

- Jan 1: New Years Day
- Jan 4: National Spaghetti Day
- Jan 4: World Braille Day
- Jan 10: Clean Off your Desk Day
- Jan 11: Human Trafficking Awareness Day
- Jan 14: Dress up your Pet Day
- Jan 16: Religious Freedom Day
- Jan 24: National Compliment Day
- Jan 28: Bell Let's Talk Day
- Jan 31: National Hot Chocolate Day
- Jan 31: Chinese & Vietnamese New Years Eve

Things to Do:

- Jan 2: Hurricanes vs. Broncos @ the Enmax
- Jan 3, 7 & 10: UofL Art Gallery: Season's Greetings
- Jan 17: Trans Peer Support Group with OUTreach SA Society on Zoom: <https://us06web.zoom.us/j/84036538238>
- Jan 18: Christmas Bazaar 10 am-6 pm
- Jan 19: Dierks Bentley @ the Enmax
- Jan 22: Intima II- Oboe Odyssey Lethbridge Symphony @ 3 & 7:30pm
- Jan 27: SAAG-"Articulations" By Mandy Espezel @ 6-7pm



LOOKING FORWARD TO SEEING YOU IN THE NEW YEAR!

The Interview:

Question: Can you tell me something about yourself?

Candice: I grew up in a small village named Foremost most of my life and graduated high school in 2001. I have a Teaching Assistant certificate from Red Deer College and a Disability and Community Rehabilitation Diploma from Lethbridge College. I've been in the Human Service field since 2005. My family is my biggest supporters in my life as well as my boyfriend of 6 years. I have a 10 year old dog named Cooper who has been my partner in crime for 9 years. I knew what I wanted to do with my life while in high school and that was to help people overcome barriers just like I have.

Question: What is one thing that people might not know about you?

Candice: I have a hard time trusting people at first and I have 6 tattoos. I at times struggle with anxiety and depression.

Question: What are some hobbies that you like to do and/or a hobby you'd like to get into?

Candice: I have tons of projects going all the time, it's ridiculous but I do enjoy reading (mostly paranormal romances). I've learned to crochet, cross stitch and just whatever I find enjoyable at the moment.

Question: If you could snap your fingers and become an expert at something, what would it be?

Candice: Money management. I can balance other people's money, but not my own

Question: How long have you worked at Quest and what program do you work at?

Candice: I'm proud to say I've been with Quest for four years, mainly in the living program.

Question: What is your favourite thing about working at Quest?

Candice: Being a part of a great group of people, and the support that I have received from my supervisor, especially this year.

Question: What is your favourite thing about the individuals you work with at Quest?

Candice: I have so many favourite things about the individuals I support but if I had to choose one thing it would have to be that no matter what is going on in someone's life whether it's another individual's or a staff member, everyone is there for each other.

Question: What is one of your favourite memories from the past year?

Candice: With Covid being still among us, I would have to say going back to Impact and getting back into our routine.

*Other nominees this month: Bimala Timsina,
Ashliegh Gabbidon, Courtney Thompson*

*Thank you to all the people who nominated someone for the great work that they do!
You can still nominate! Visit the Employee Recognition Program section of the Quest website, fill out a nomination form and send it in to any Quest Management member to submit your nomination.*



Employee of the Month

**CANDICE
SINCLAIR**



Candice was recognized because:

"She has provided support to individuals over and above her hours and has helped out staffing when they were desperate. She is very involved in her job!"



Employee Resource Centre

UPCOMING IN 2022!

The ERC would like to recognize staff hitting some important anniversary milestones in 2022. Thank you for your continued contributions and support in making a difference throughout the years. We are grateful that you are part of our team!

Twenty-Five Years

- Clancy Page

Twenty Years

- Cory Trombley
- Debbie Iwassa

Ten Years

- Nelda Delaney
- Lana Seebeck
- Alem Mersha
- Tomie-Dawn Ashe
- Amy Duffety
- Chad Reeder
- Al Co
- Nicole Bacon
- Brayden Sharp-Chrunik

Five Years

- Hoimonti Rozario
- Clark Platt
- Ife Diyaolu
- Alvin Aquino
- Brett Kerner
- Kristoffer-John Bunda
- Nick Horechka
- Douglas Horsburgh
- Leo Tadeja
- Solomon Fayemi
- Kimberly Kamaledine
- Ogi Dashkhuu
- Erin Killins
- Michael Tria
- Amy Herzog
- Shala Yuhas
- Mario Argueta
- Candice Sinclair
- Alex Okingo
- Cindy Ildefonso
- Dara Isawumi
- Glen Nkengbeza
- Erick Jimenez
- Mercy Lar-Amokwandoh
- Akwasi Owusu
- Brett Tamayose

#SWAGTAG
WINNER



Health & Safety

BE PREPARED!

Happy New Year to the Quest Community! Each year brings about new resolutions! We are hoping that all Quest Employees can ponder Health and Safety measures in the workplace. Health and Safety impacts all of us equally. Please stay informed about Health and Safety initiatives throughout the year to come! Don't forget to check out our website for more safety related tips!

Cold Weather Preparedness



Home

- Check the furnace
- Check chimneys
- Check carbon monoxide detector
- Insulate exposed pipes

Car



- Check the battery
- Check the coolant
- Check the tires
- Have jumper cables
- Have a blanket

Pets

- Bring pets inside
- Provide shelter & fresh water
- Keep salt away from paws



Outside

- Dress for the conditions
- Limit your time outside
- Check on others
- Watch for signs of frostbite or hypothermia



For the month of January, we will be focusing on Cold Weather Preparedness!



Health & Safety

Memo

To: All Quest Employees
From: Quest Management
Date: December 6th, 2021
Re: SNOW DAYS

Dear Employees:

As we are in our snowy season, it is important for individuals and staff to know what to do if a “Snow Day” is called. Please review the information below:

- Please do not call On-call to inquire about Snow Day status. If a Snow Day is declared, the information will be updated on our website www.questsupport.com and our Instagram page [questYQL](https://www.instagram.com/questYQL). Additionally, all LIVING, and AIR locations will be notified by management as soon as a Snow Day is called.
- A Snow Day does not mean program closures. Access, Impact and Reach will continue to operate if a Snow Day is called. Individuals who are part of LIVING and attend AIR during the day must still attend their programming as per usual. If an individual is scheduled with a 1:1 staff at program, they can stay home from program if they choose. If an individual is needing to be transported to program- this is considered essential travel.
- If a Snow Day is called, staff must refrain from transporting to any non-emergent community outings and minimize travel. All staff must follow road safety regulations and ensure their vehicle is prepared for winter driving (working windshield wipers, windshields clear etc.)
 - Please refer to policies HS 04 and HS 19 for additional resources and information.

Thank-you for your patience and understanding. Stay warm!

Quest Management



Tips with Tyler

WHAT WILL HAPPEN IF I DAMAGE MY HOME OR BREAK MY LEASE?

Action	Potential Consequence
I smoke or vape inside my home	I pay for professional cleaning or repairs
I damage my home	I pay to repair everything I have damaged
I don't keep my home clean	I pay for professional cleaners
I have unapproved guests over	I could be evicted
I bring illegal drugs into my home	Police will be called and I will be evicted
I am violent towards someone	Police will be called and I will be evicted
I don't take care of my home	I may not have a home



*"Cleaning and organizing is a practice,
not a project"*

-Megan Francis



Community Living

NEW YEAR NEW START!

We have been lucky to have a relatively mild winter so far; but that doesn't mean we should not be prepared. The LIVING team recognizes people have different levels of mobility and circulation and should take every precaution to stay warm while outside in the winter. A few tips to be safe during the winter include:

- Bundle up! The colder it is, the more layers you should wear.
- A winter jacket is often not enough. Bring a toque, gloves, a scarf, thick socks and boots. Any bare skin showing is an opportunity to get frostbite.
- Wearing winter boots can prevent you from slipping and hurting yourself. Ice can't always be seen under snow so be careful and, when in doubt, walk like a penguin to be the safest when walking on ice.
- Avoid spending a long time outside, especially if it is below -15 degrees. Every minute counts.
 - If you are in a wheelchair, or can only walk slow, your body will not produce as much warmth when outside, meaning you should only go outside when you need to, as you can get hypothermia or frost bite much quicker.
- If you are going somewhere when its cold. make sure you leave earlier as driving in the snow can take longer and you don't want to be late or have to rush, which can cause an accident.
- Finally, it's best to have fun activities (crafts, colouring books, games etc.) at home that you can do when you need to stay inside (or those pesky supervisors call a snow day). No one likes to be bored!

*Winter is a fun time of the year
as long as you are safe
and stay warm!*



Behaviour Management

THOUGHTS ON NEW YEARS RESOLUTIONS

With a 'New Year' comes this ideal that is oh-so-common. It can be seen especially in the customary 'setting of New Year's resolutions' during the Holiday Season. But when have the resolutions actually been achieved for most of us? Aren't they the same as they were the year before, all written along the same lines of, "I want to be a better person", "I want to be healthier", or "I want something new in my life"?

Our human potential is infinite and vast, but to change is to act. Nothing in this world will come of its own accord. We can't just say, "New Year, New Me," when there is no action. That is why the meaning of the word "change" is to become something other than what was. To change is to keep going even when it gets tough, and to expect setbacks, disappointments, and falling back into old ways. For what is more human than to fail, and then to try again, and again and again until you succeed.

Here is hoping you accomplish all your goals in the New Year and 2022 is all you want it to be. YOU GOT THIS!

Remember when setting goals or resolutions, you can use the SMART goals system to keep things manageable and achievable!





HAPPY NEW YEAR! We are excited for all that 2022 will bring to us. We welcome a couple of new faces to AIR this month.

Bruce Ascione is our temporary Impact Supervisor. Bruce has been integral at Impact for a few years now and we are super excited to have him on the management team while continuing to lead the Impact program. Please make sure you give him a "congrats" the next time you see him!

Trevor Nixon is our new Activity Coordinator. He will be taking the month of January to get reacquainted with the AIR programs and the Activity Coordinator role and we are excited for all he will bring to us this year for activities, events, and excitement!

With the start of a New Year, we encourage you to set some goals for 2022 that are SMART:

- S - Specific - details of what you want to accomplish
- M - Measured - HOW will you know you are making progress?
- A - Attainable - is the goal achievable? Realistic?
- R - Relevant - why does this goal matter to you?
- T - Time Bound - how much time do you need to meet your goal?

By setting SMART goals, you are setting yourself up for success.

Without further ado, we want to highlight the 12 days of Christmas from December 2021. We had a blast creating with you and hope you enjoyed the activities and crafts as well.



