

# Quest News

## January 2015



Happy  
New Year

May this new year all your  
dreams turn into reality and  
all your efforts into great  
achievements.

**Happy New Year!** 2014 has marked an exciting year of growth and innovation at Quest Support Services Inc. We have been privileged to welcome more people into supports as well as welcome new employees to our team. We would like to thank everyone who contributed to the numerous changes that took place in November & December, our busiest months of the year! We look forward to another exciting year ahead and thank-you for your commitment to the agency and the people we support. Best wishes to you and yours in 2015.

### Congratulations Holiday Party Winners!

*Our theme this year was best “Santa Accessory”*



- \$300 Twitter Worthy: Steven Layton
- \$200 Best Duo: Cory & Tish Trombley
- \$100 Most Ridiculous: Curtis Hainsworth
- \$100 Best Santa Accessory: Amy Duffety
  
- Congratulations to those of you who took home door prizes this year. And special congratulations to our big winner's from the night: Linda Stevenson & Robbie Ward (50" televisions) and Celeset Oduge, Nikita Villager & Al Co (i-pads). Happy Holidays!!

# Christmas party 2014

**FESTIVE FUN FOR EVERYONE!**

Over 160 people attended the annual holiday party this year held at Galt Museums Viewing Gallery. Those in attendance enjoyed the evening's festivities, which included: Santa accessory costume challenge, music by Dory & the Weathermen, great food & drinks, prizes for employees, and a hilarious rendition of the "Twelve Days of Christmas" put on by some amazing CAP employees! The evening was an absolute success, thank-you to everyone who came out and took in some Quest holiday festivities! Happy Holidays!!



# Christmas Parties

## OUTREACH CHRISTMAS PARTY

*We sang, we laughed, we ate!*

The annual Outreach Christmas Party was a blast. So many people came out and enjoyed a wonderful Christmas dinner & music and games. Congratulations Peter & Randy on winning the best Christmas hats! It was pretty great to see how many people succeeded in the "Name that Tune: Christmas Edition" game. 12 people got all 10 songs correct- we sure know our Christmas music!

Congratulations to those of you who were lucky and took home door prizes. Thank-you for such a wonderful year, we cannot wait to celebrate again next year!!



## RESIDENTIAL CHRISTMAS PARTY

On December 19<sup>th</sup> 110 members of the Residential Team came together to celebrate the holidays at the Movie Mill. The Residential and Support Home team enjoyed pizza and pop while visiting together and taking in the holiday movie Elf. By the looks on everyone's faces glued to the screen, a good time was had by all. Congratulations to those of you who took home some awesome prizes, which included: Hurricane's tickets, gift cards, winter gear, and some things for your house! We wish you a very Merry Christmas!! ~ RES Team

## COMMUNITY ACCESS CHRISTMAS PARTY

The annual Community Access Party was hosted on December 16<sup>th</sup>. This celebration included an amazing turkey dinner prepared and served by members of the CAP and management team. Over 80 people participated in the day's festivities which included: holiday music, turkey lunch, and an amazing drama production titled "The Littlest Angel". The performers put in countless hours preparing their costumes, props and lines, and it was wonderful watching it all come together under the black light. Congratulations to each participant, it was amazing!



# Neighbor Tip:

Ike says, "Shoveling snow & talking to your neighbor is being a good neighbor."

Allan thinks being a good neighbor is "Keeping your yard clean, being quiet & saying hello to them."

Great Job on  
the snowman  
H30!  
Looks Great!



## Healthy Living Recipe: Turkey & Rice Soup

### Ingredients

2tbsp (30ml) Butter

1 lb. (450 g) boneless skinless turkey (or Chicken) thighs or breast, Cut into  $\frac{3}{4}$  (2 cm) pieces

2 Carrots (diced)

1 Onion (diced)

1 stalk celery (diced)

1 tsp. (5 ml) dried Thyme

1 tsp. (5 ml) Sage

2/3 cups (160 ml) parboiled long-grain white rice

3 cups (750 ml) turkey or chicken stock

2 tbsp. (30 ml) tomato paste

2 tbsp. (30 ml) all-purpose flour

3 cups (750 ml) milk

$\frac{1}{2}$  tsp. (2 ml) salt

$\frac{1}{4}$  tsp. (1 ml) pepper



### Preparation:

In large pot, melt half of butter over medium-high heat; brown turkey in 2 batches, adding more butter as necessary. Transfer to bowl. Reduce heat to medium; add remaining butter to pot.

Cook carrots, onion, celery, thyme & sage stirring for about 5 min or until onion is softened. Stir in rice. Add stock & tomato paste, scraping up any bits stuck to the pot. Cover & bring to boil over high heat. Reduce heat to medium-low; boil gently for 15 min or until rice is almost tender. Stir in turkey & any juices & cook, uncovered, for about 5 min or until rice is tender.

Increase heat to medium. Whisk flour into milk; gradually whisk into soup. Cook, stirring, for 3 min or until slightly thickened & turkey is no longer pink inside. Stir in salt & pepper to taste.



## JANUARY STRETCH

### Calf Stretch Elbows Against Wall

- 1) Stand facing a wall from a couple feet away.
- 2) Lean against the wall, placing your weight on your forearms.
- 3) Attempt to keep your heels on the ground. Hold for 10-20 seconds.

\*\* You may move further or closer to the wall, making it more or less difficult

respectively\*\*

Main Muscle: Calves

# NEW: MEDIA ROOM

It's official, the media room is **up & running!** Our studio includes Apple technology and all the newest gadgets. We are excited to see the amazing space used to create some awesome film & music. Here are the projects we are starting in the new year: live stream broadcasting, weather news, music videos, as well as some drama performances. A **HUGE** thank-you for the team members who dedicated their time and energy into setting the space up! It was a lot of hard work, and we can't wait to see it in use. Thank-you Michele for your innovative idea!



**Interested in using the studio? Give Curtis or Geoff a call to make arrangements.**

## STAFF SHOUT OUTS!

Huge thank you to all staff that has helped out & who were willing to work over the holidays. Thanks for bearing with us through all the changes & calls. ~ The ERC

Thanks Leah P. for being awesome & cleaning up after the Christmas lunch downstairs at CAP! ~Alicia

Shout out to Stephanie H. & Wesley M. for connecting so quickly with the houses they support & taking the initiative to do what it takes to succeed! ~ Trevor

Thank you Jana for organizing such a great party at the Movie Mill. ~ Shelby

Thank you to Alem M. & Elise L. for all their hard work & dedication at House 25. ~ Shardé

Brady B. thank you for attending fitness classes with M.K. it is very engaging. ~ Melissa

Huge thanks to the ERC team for their hard work filling shifts over the holidays! ~ Quest

Steven L. your dedication to Help Portrait is inspiring! ~ Shelby

Brenna, thank-you for all of your help getting the Employee Bash prepared!! ~ Dar

# JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
5 Jam Session	6 Swimming 1300  <b>OR Swim Night N.S Pool 630pm</b>	7 Adopt a Park Chinook	8 Swimming 1300	9 Adopt A Park Chinook <b>Basement Sports League 1300</b>
12 Jam Session <b>Cooking Class 1030</b> <b>QFF @ YWCA 1330</b>	13 Swimming 1300 <b>Music Class 1300</b>  <b>OR Name that Tune 6pm</b>	14 Adopt a Park Chinook <b>Intro to Multimedia 1300</b>  <b>OR Puttz Mini Golf 6pm Movie mIII</b>	15 <b>Intro to Multimedia 1000</b> <b>Cooking Class 1030</b> Swimming 1300 Bowling 1330	16 Adopt A Park Chinook  <b>Lift &amp; Transfer 1300-1600</b>
19 Jam Session <b>Cooking Class 1030</b> Bowling 1030 <b>Norbridge OR 1330</b> <b>QFF @ YWCA 1330</b>	20 Swimming 1300 <b>Music Class 1300</b>  <b>OR Puttz Mini Golf 6pm Movie mIII</b>  <b>Agency Orientation 800-1630</b>	21 Adopt A Park Chinook <b>Intro to Multimedia 1300</b>  <b>OR Puttz Mini Golf 6pm Movie mIII</b>  <b>Agency Orientation 800-1630</b>	22 <b>Intro to Multimedia 1000</b> <b>Cooking Class 1030</b> Swimming 1300  <b>CPI Refresh 1700-2200</b>	23 Adopt A Park Chinook <b>Basement Sports League 1300</b>
26 Jam Session <b>Cooking Class 1030</b> <b>QFF @ YWCA 1330</b>	27 Swimming 1300 <b>Music Class 1300</b>  <b>OR Hurricanes Game NIght</b>	28 Adopt A Park Chinook <b>Intro to Multimedia 1300</b>  <b>OR Hurricanes Game NIght</b>	29 <b>Intro to Multimedia 1000</b> <b>Cooking Class 1030</b> Swimming 1300 Bowling 1330 <b>Abuse Prevention 1700-2200</b>	30 Adopt A Park Chinook
<b>Opokaasin dates TBA</b>	<b>Quest For Fitness in the YWCA basement fitness room. Be on time!</b>	<b>Music Class: 1-2 Singing, 2-3 Interactive Games</b>	<b>Intro to Multimedia + Cooking Class: limited space, sign up on white board. Only attend 1 day per week for each class.</b>	<b>Basement Sports League Runs every other Friday afternoon until mid April. Cumulative standings will be posted and grand prizes will be awarded at semesters end</b>

