



Quest News

Individual Edition February 2015

OUR RIGHTS

Proudly Developed by the Quest Community

- I have the right to travel to new or familiar places.
- I have the right to spend time alone when I want & to have staff knock if they want to come in.
- I have the right to be seen as an okay person, just as I am.
- I have the right to live in a clean home & to live with people I like.
- I have the right to have my own house key.
- I have the right to be safe & kept from harm.
- I have the right to spend my money on things that I want.
- I have the right to choose food that I like to eat.
- I have the right to set my own goals & choose what I want to do with my life.
- I have the right to talk to my doctor, my nurse, & my psychiatrist.
- I have the right to be treated the same as other people.
- I have the right to feel good & happy about who I am.
- I have the right to learn about sex & to say yes or no.
- I have the right to get married or to live with someone who I love.
- I have the right to love the people that matter to me.
- I have the right to have children & to look after them as they grow up, even if I need help with this.
- I have the right to carry things that are special to me such as toys, books, or clothing.
- I have the right to think as I want & no one should treat me badly if they do not agree with me.
- I have the right to be heard & listened to even if I cannot speak to you or communicate with you.
- I have the right to feel sad, angry, hurt, or upset.
- I have the right to speak up for myself or get support to do this.
- I have the right to do things I enjoy such as sports, cooking, going to the movies, adult activities. Etc.
- I have the right to use public services such as the city bus.
- I have the right to be seen as a member of my community.
- I have the right to make bad choices & to learn from my mistakes.
- I have the right to go to school & to learn new skills.
- I have the right to choose my religion & go to church if I want to.
- I have the right to vote for someone in an election (when people are picked to make rules for the country, the province, the city or town).
- I have the right to have trained staff that will give me good service & support.
- I have the right to have support that is fair & can be counted on.

If you ever feel that you have not been heard, that your rights have been stomped on, please do not hesitate to let someone you know so that they can help. This might be a friend, a co-worker, a member of the Quest team or a family member. Your rights are important to us & we want to respect them!

Employee Resource Center

Quest Support Services Inc. requires that all staff meet the basic requirements for employment within our organization. All staff who are recently employed & those who are currently employed must comply with all the requirements & training listed in our Policy & Procedure manual. We would like to recognize all employees who have met and exceeded these requirements!

File Requirement	Complete
Medication Administration	97%
IRC	99%
Abuse Prevention	95%
CPI	92%
First Aid	92%
Criminal Record Check	96%



Feedback that Counts

Jennifer Chow, supported at Quest Support Services

1) What's new and exciting Jen? Any fun things or news you have to share?

She recently transferred from the south side pizza hut to the new location in uplands, which is closer to her house. It's not a large location, but we are pretty busy! She also recently went with a friend to try out for the second round of Fargo tryouts/casting calls here locally. Last summer Jennifer and a friend had also completed tryouts for a student produced film in Calgary, and Jennifer got a small part as an extra in one of the bad guy scenes. Jennifer is also excited about the new media room and classes that are at the CAP building, and looks forward to learning more!

2) What do you like about your staff?

All of the staff are fun to be around, and are cool to hang out with.

3) What do you not like about your staff?

Nothing comes to mind!

4) What do you like to do with staff?

I like to go out on community outings or activities, attend parties, and also to go to the movies!

5) What role do your staff play in helping you improve your life?

They have helped me to look and apply for jobs, and to find activities or events that I like within the area.

Anonymous female supported at Quest Support Services

1) What do you like about your staff?

They are caring, honest and hard working.

2) What do you not like about your staff?

They always tell you to pick up after yourself and they can be bossy sometimes!!

3) What do you like to do with your staff?

Play games, go shopping, watch movies.

4) What role do your staff play in helping you improve your life?

Makes me food. Makes me feel better when I'm down. Helps me to clean up my house. Reminds me of things

Nicole Big Swan's Story

When I was 17 years old I moved to Lethbridge, but spent most of my childhood in Brocket. I was connected with Quest when I was 18 years old and after a month I moved into a house with a roommate who was also connected with Quest. I lived there for about 7 months, but always knew my goal was to live independently. In September 2014 I moved into a basement suite that I rent on my own. It has been nice to have a place I can call my own.

Around April 2014 I got a job at McDonald's with the help of the employment team at Quest. I started by doing the lobby cleaning, which was not the most fun. I am now able to complete a variety of the jobs including front till and drive thru.



I am also currently in school full time at Victoria Park high school. My plan is to finish my high school and graduate in June of this year. For the most part I have enjoyed being back in school. I really like English and Art. For me painting is my outlet to relax and zone out for a while. You can see one of my paintings at the bottom.

My future plan is to enroll in the Child and Youth Care program at the Lethbridge College. After that I want to transfer to the University of Lethbridge to get my degree in Addictions Counseling. I know I have a long road ahead of me, but really want to accomplish my goals.

Right now I can honestly say that I have not been happier with myself and am really enjoying how things have been going lately.

Name that Space

You may have noticed the renovations taking place in the basement of the Community Access Program last Fall. Thanks to the hard work of many people at Quest, we are now operating a variety of services out of this extra 3000 square feet of space! This includes community access and outreach programs including: lockers and storage areas, small kitchen, quiet zones, Netflix station, classroom space, art space and a media room. All that is left now is to NAME THAT SPACE! Everyone in the Quest Community is welcomed to contribute their name suggestions. The WINNER will receive a \$100 Master Card.

My Name: _____

The Space should be called: _____

****Please cut this form out and submit to the main office by February 28th****

Be Alert! Stay Safe!

Road Safety:

- Cross at marked crosswalks or traffic lights, not in the middle of the block or between parked cars. If there isn't a crosswalk, walk to the end of the block and cross when it is safe to do so.
- Always make sure drivers see you before you cross. Make eye contact.
- Cross when traffic has come to a complete stop.

Crosswalks:

- Cross as fast as reasonable.
- Do not stop while crossing the road.
- Do not enter if a car is too close to stop or does not appear to see you.

Traffic Lights:



- You may walk across the road, staying in the crosswalk.
- You have the right of way over all other vehicles.



- You should not enter the roadway.
- If you have already entered the roadway while the walk symbol was on, keep going across the crosswalk as quickly as you can safely.

Neighbor Tips:

James G. "Being a good neighbor means helping out. Shoveling snow sometimes"

Neighbor Tips:

Gillian WP "Being a good neighbor is being able to borrow and lend things from each other"

The Golden Rule: Matt

The golden rule, simply stated, is to treat others the way you want to be treated. This seems like an easy concept. If I want people to be nice to me, then I should be nice to them. And it's true. When people are nice to me it's easy to be nice to them in return. But sometimes the golden rule isn't as simple as being nice to others. Sometimes it's about being respectful, kind, supportive, understanding, encouraging, caring, and so on. Providing supports to the people we serve is about applying the golden rule every day. It's not about "getting out and doing something" because that's what we're expected to do, or hanging out at their home all night. It's about putting ourselves in the shoes of the people we support and working with them to have a meaningful life. It's about treating them and respecting them the same way we would want to be treated and respected if we required the same supports. I encourage you to put yourself in the shoes of the person you support and ask, "What can I do to help this person have a meaningful life?"

Respect My House



When coming to my home please respect that it is mine and treat it as you would your own. If any damages happen in my home I am responsible to pay for them. If my carpet gets ruined I have to pay for it. Let me take care of my home as you would take care of yours.

Effective April 2015 a new Agency policy will be implemented requiring all employees to wear indoor footwear (running shoes) while working in someone else's home. This plan is to help the people we support unnecessary damage while ensuring that employees maintain safe on shift. Please begin making preparation to have a pair of used clean footwear ready for April.

Kevin's Quotes of the Month:

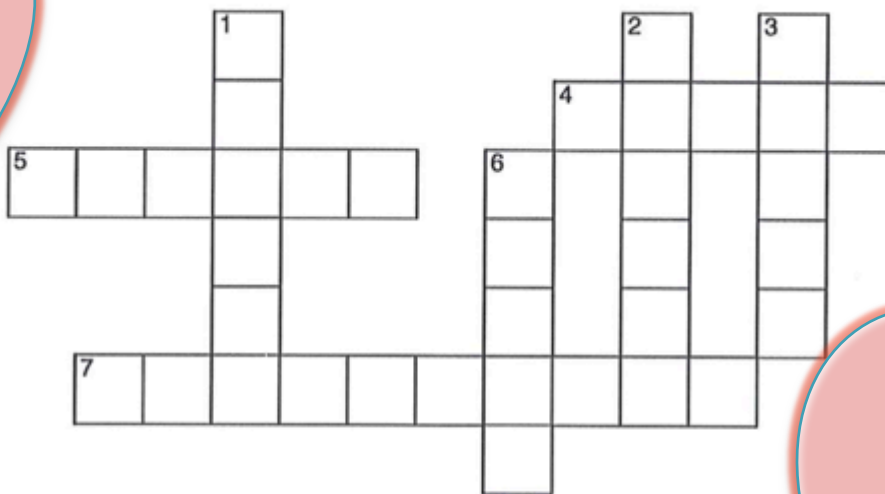
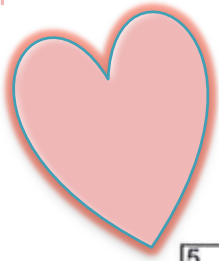
"Friendship isn't a big thing- it's a million little things!"

"If a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate & do it!"

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby, toddler coming at me with a weapon!"



February Crossword



ACROSS

- 4 Activity Planner at Quest
- 5 Something you would say to someone on Valentine's Day. 2 words
- 7 This class is held at CAP every Tuesday at 1300

DOWN

- 1 What is the name of the group that runs the Canteen at CAP?
- 2 A symbol for Valentine's Day
- 3 As a person I have the _____ to feel good & happy about who I am.
- 6 I have personal monthly _____ to reach

Submit your crossword for a chance to WIN a Subway gift card!



FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Jam Session Cooking Class 1030 QFF @ YWCA 1330	3 Swimming 1300 Music Class 1300	4 Tactile Group 1000 Adopt a Park Chinook Intro to Multimedia 1300 OR Swim Nite N.S Pool 630	5 Intro to Multimedia 1000 Cooking Class 1030 Swimming 1300 Bowling 1330	6 Adopt A Park Chinook Basement Sports League 1300
9 Jam Session Cooking Class 1030 Norbridge OR 1330 QFF @ YWCA 1330	10 Swimming 1300 Music Class 1300	11 Tactile Group 1000 Adopt a Park Chinook Intro to Multimedia 1300 OR Spaghetti Dinner \$2, 6pm	12 Intro to Multimedia 1000 Cooking Class 1030 Swimming 1300 Opokaasin 1330	13 Adopt A Park Chinook Quest Winter Games 1300 <u>Lift & Transfer 1300-1600</u>
16 Family Day CAP Closed	17 Swimming 1300 Music Class 1300	18 Tactile Group 1000 Adopt A Park Chinook Intro to Multimedia 1300 OR Jeopardy Nite 6pm	19 Intro to Multimedia 1000 Cooking Class 1030 Swimming 1300 Bowling 1330	20 Adopt A Park Chinook Basement Sports League 1300
23 Jam Session Cooking Class 1030 QFF @ YWCA 1330 <u>Abuse Prevention 1300-1600</u>	24 Swimming 1300 Music Class 1300	25 Tactile Group 1000 Adopt A Park Chinook Intro to Multimedia 1300 OR Board games 6pm <u>Med Admin 1630-1930</u>	26 Intro to Multimedia 1000 Cooking Class 1030 Swimming 1300 Opokaasin 1330 <u>CPI Recert 1700-2000</u>	27 Adopt A Park Chinook
Book an employment appointment with Kevin today!	Quest For Fitness in the YWCA basement fitness room.	Music Class: 1-2 Singing, 2-3 Interactive Games	Wear red or pink to the Norbridge Outreach on Jan 9th	Basement Sports League: Ongoing Jan 9th-Mid April