

Quest News

Happy Canada Day!



Canada became a country on July 1st, 1867. Every year, many Canadians celebrate this anniversary by doing fun activities in the sun. Henderson Lake is holding many events for the whole family including face painting, astro jumps, and air-brush tattoos. Below is the schedule of events that are set to take place at Henderson Lake that day. This year marks the 146th year that Canada has become a nation so get out and help celebrate our great nations anniversary!

10:00am – Noon Red Dress Run

Noon – 11:00pm Main Stage

Noon – 8:00pm Kids Area

Noon – 4:00pm Kids Karaoke

TBA Dog Agility

**11:00pm
Fireworks**



JULY 2013

Did you know??

Quest has a Dragon Boat team! The Q.S.S. Enterprise has been out practicing and perfecting their mad paddling skills and you are all invited to come and join in on the activities at the Dragon Boat Festival July 5-7. The Q.S.S. Enterprise is looking for extra paddlers, so if you are interested, please contact Robyn!

Check out the rotary dragon boat website, lethbridgedragonfest.ca for a list of the weekends events.

Stop by the Quest Support Services Enterprise tent on the Henderson Lakeside to show your support for our new team!

Shout Outs!

Quest Support Services would like to give a big shout out to Erin Armstrong for her great job on public speaking in Brooks, Alberta on June 19, 2013 at a Self Advocacy convention. Awesome work Erin!



The ERC would like to recognize Emmanuel Ipaa and Emily Streibel for their hard work and flexibility in the month of June. They both have helped the ERC out in emergency staffing situations and we are grateful that they have such a strong commitment and dedication to the agency! Thank you and keep up the good work!!



Important Dates from CAP:

Monday July 1st, 2013 – Quest Closed
 Wednesday July 3rd, 2013 – OR Swim Henderson Pool 6:30pm
 Monday July 8th, 2013 – Employment Class 1:00pm
 Wednesday July 10th, 2013 – OR Board Games 7:00pm
 Monday July 15th, 2013 – Employment Class 1:00pm
 Wednesday July 17th, 2013 – OR I.B Park Walk 7:00pm
 Monday July 22nd, 2013 – No Employment Class or Meetings (Kevin Away)
 Wednesday July 24th, 2013 OR Kickball @ N.S Park 7:00pm
 Monday July 29th, 2013 – Employment Class 1:00pm

***Schedule Trips to Henderson Pool and the Spray Parks! Henderson Pool is open 12:00pm – 8:00 pm**

***Please see watering schedule for CAP Gardens**

***Please coordinate the calendars of 2 on 1 pairings to match up**

***Please schedule in employment related time: IE job search, resume dropping, etc. for those applicable**

Quest Kids Camp is gearing up for another fun filled summer! We will graciously accept any donations of craft supplies or household items (paper towel roles, ribbon, Kleenex boxes, etc.)

Kids Camp runs from July 2 until August 30. Please contact Erin if you have any questions regarding the program!



Female Positions

H 15 Overnights Mon-Thurs 23:00 – 9:00 * Requires CPI
 H 18 E/O Weekend Half Live In 20:45 Sat-21:00 Sun * Requires CPI
 H 25 1 Wknd Live In Per Month 22:00 Fri-22:00 Sun *Requires Lift & Transfer
 H 26 E/O Wknd Support Sat & Sun 10:00-21:30
 H 26 E/O Wknd Supports Sunday 15:00-23:00

Male Positions

H 04 Mon-Fri 7:00-9:00 *Requires CPI
 H 04 Mon-Fri 15:00-23:00 *Requires CPI
 H 04 E/O Wknd Supports Sat&Sun 17:00-23:00 *Requires CPI
 H 04 E/O Wknd Supports Sat&Sun 9:00-17:00 *Requires CPI
 H 06 Mon-Fri 7:00-15:00 *Requires CPI
 H 09 Sun 17:00-22:00 Mon-Thur 16:00-22:00 *Requires CPI
 H 23 E/O Wknd Supports Sat&Sun 9:00-21:00 *Requires CPI
 H 29 E/O Wknd Supports Sat&Sun 11:00-23:00 *Requires CPI

Outreach Full-time Male Mon-Fri
 Starting Aug 1 ***Requires First Aid, CPI & Vehicle**

Male or Female Positions

H 02 Mon-Fri 16:00-20:00

Team Leader Positions *All TL positions require a vehicle

Female Positions

H 25 Mon-Fri 15:00-23:00

Male Positions

H 06 Mon-Fri 7:00-15:00
 H 09 Sun 17:00-22:00 Mon-Thur 16:00-22:00
 H 17 Mon-Fri 15:30-23:00

Male or Female Positions

H 14 Mon-Fri 15:30-23:00
 H 02 Mon-Fri 7:00-15:00

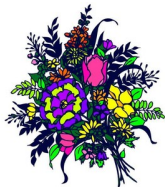
Complex Needs Open Positions Male or Female Positions

H 04 E/O Wknd Supports Sat&Sun 11:00-23:00
 H 04 E/O Wknd Supports Sat&Sun 9:00-21:00



So Long Dear Friend..

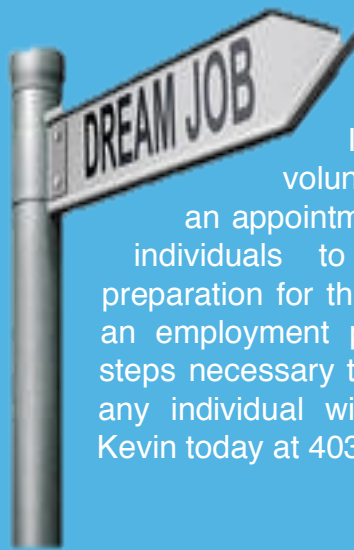
Quest would like to send out our congratulations to Manon Vander Heyden! Manon has accepted a new position with the Office of the Public Guardian! Manon has worked with Quest for the past 13 years and although we are sad to see her go we wish her great success in her new job!



Congrats!

Join Our Employment Journey!

Individuals wanting to work or volunteer should contact Kevin to set up an appointment today! Kevin works 1 on 1 with individuals to build the necessary skills in preparation for the workplace. He will help you build an employment portfolio and take you through the steps necessary to find a job. This service is open to any individual within the Quest community so call Kevin today at 403 381-9515



Whoop-Up Days Parade

Each year Quest participates in the Whoop Up Days annual parade. Ursula and the Self Advocacy group "Voices" head this activity. Everyone is welcome to sign up and take part in the float decorating, in order to ride in the parade. If anyone would like to sign up, there will be signup sheets posted soon. If there are any questions or concerns please contact Ursula. Hope to see you there!



For the 2nd year, the Community Access Program participated in the city's Yellow Fish Road program. CAP staff and individuals braved the weather and painted yellow fish next to storm sewers as a way to remind people that only rainwater should fall into the storm drains.

Thank you CAP for taking part in this important community event!

July 9th is celebrated as Nunavut Day. Nunavut Day celebrates the anniversary of the Nunavut Land Claims Agreement and the Nunavut Act that were passed in 1993, helping to making Nunavut its own Territory. Every year on July 9, residents of Nunavut celebrate with communal meals, traditional dances and games, and competitions to increase awareness of Nunavut history amongst young people. Quest will be making fun crafts, and doing other activities for this day. Get out and help celebrate!



Training Feedback

The ERC is now collecting more employee feedback regarding our training processes at Quest. We are working towards employee satisfaction within the agency, and we believe that a positive training experience will allow our staff to feel more confident in their positions, and allow them to deal with emergency situations appropriately. By having properly trained staff, we hope that we will gain long term, dedicated and satisfied employees.

In June, Jen and Nicole have called a random selection of staff to get their feedback from training experiences they have had at Quest. We will also be including an orientation feedback form to the back of each orientation checklist for staff to complete. We will use all of this information, in conjunction with the individual care team, and make improvements to our training processes.

If you have any feedback or suggestions regarding the training you have had at Quest, please contact Kendal in the ERC!



July Stretch: Elbow Circles

1. Sit or stand with your feet slightly apart.
2. Place your hands on your shoulders with your elbows at shoulder level and pointing out.

Slowly make a circle with your elbows. Breathe out as you start the circle and breathe in as you complete the circle.



Healthy Living Corner



Kale Chips Recipe (2 Servings)
 1 bunch of fresh kale (or ½ pound)
 2 teaspoons olive oil
 Salt to taste

Heat oven to 500 F (Broil). Line rimmed cookie sheets with aluminum foil. Tear leaves off the thick stems into chip-sized pieces.

Put the leaves into a bowl and drizzle with olive oil and sprinkle on salt to taste.

Bake for 5 minutes or until edges are brown and the kale is crispy when moved in the pan.

Remove from the oven and enjoy!!



Canada Day Word Search

RED	Y L A U G N I L I B
WHITE	M R D N I G I X A B
CANADA	A S E C N I V O R P
MAPLE	P A R L I A M E N T
BEAVER	L W E S U D X N V H
OTTAWA	E A V B W A S G J G
PROVINCES	K T A L H N F L A G
PARLIAMENT	E T E S I A Z I I P
FLAG	V O B C T C R S Y W
BILINGUAL	Q X F R E N C H Z K
ENGLISH	
FRENCH	

