



Quest Newsletter

December 2014

***Seasonings Greetings
from us to you!***

Wage Increase Update: Quest has received the funds from PDD to roll out our wage increase and *retroactive* pay. The Management team is working hard to crunch the numbers and ensure the funds are dispersed in a way that will improve the services that we provide. Please remember that your file must be complete in order to receive *retroactive* pay and the wage increase. Continue to check the website for updates regarding this.



Holiday Hours

Community Access: Closed December 25th to January 5th

Main Office: Closed December 25th, 26th, 31st & January 1st

*****24/7 Emergency On Call services will be available
during closures*****

***Please join us on December 6th (10 - 6) at 1245
2nd Avenue South for Help Portrait!!***

A group of professional photographers will be offering free, high-quality family portraits to people in Lethbridge who, for a variety of reasons, might not be able to afford a family photo this holiday season.





Staff Shout Outs!

Thank you Celeste O. & Linda R. for stepping up & filling in while the TL is off! ~ Bri

Huge thank you to Joseph L. for being so awesome at House 29!! ~Alicia

Kudos to Eric G. for being so interactive in the Abuse Prevention & Response class at CAP!! ~ Shelby

Thank you to Brandon Fletcher & Tom Alston for many years of dedication with the Quest Agency! ~ERC

Shout out to House 03 Staff for such smooth transition, we appreciate your commitment to the individuals we support. ~ Jana

Huge thank you to the ERC & On Call, their efforts to ensure all shifts are filled is amazing! Without them, Individual Programming would not happen. Thank you for all you do daily to make everyone's day brighter! ~ Tina



Kevin's Quotes of the Month:

Every strike brings me closer to the next home run. ~ Babe Ruth

The mind is everything. What you think you become. ~ Buddha

Every child is an artist. The problem is how to remain an artist once he grows up. ~ Pablo Picasso

Team Leader Positions Available!!

Apply to the ERC

***House 07 MALE
Monday- Friday
16:00-23:00***

***House 09 MALE
Sunday 17:00-22:00
Monday-Thursday
16:00-22:00***

***House 23
MALE
Monday-Friday
9:00-17:00***

***House 36 MALE or
FEMALE
Monday-Friday
8:00-16:00***

***House 37 MALE
Monday-Friday
7:30-16:00***

***House 02
MALE or FEMALE
Monday to Friday
7:00 – 15:00***

Healthy Living & Safety

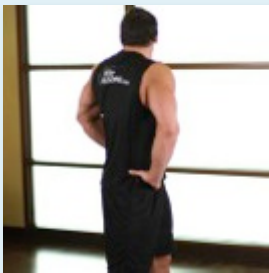
Five tips for healthy holidays:

1. **Eat Regularly-** skipping meals can lead to overeating later in the day.
2. **Load up with color-** fill half of your plate with fruit & vegetables.
3. **Enjoy your favorite holiday foods-** use smaller plates to sample your favorite desserts.
4. **Watch your drinks-** calories can add up quickly even in liquid form. This is true for alcoholic and non-alcoholic drinks.
5. **Be active-** Balance out those extra holiday calories with some physical activity.

Ken's tip on being a good neighbor:

"Being a good neighbor is saying hello and being nice with each other."

December Stretch:



Middle Back Stretch

- 1) Stand so your feet are shoulder width apart and your hands on your hips.
- 2) Twist at your waist until you feel a stretch. Hold for 10 to 15 seconds, and then twist to the other side.



Staff Injuries:

Although most injuries are preventable, accidents do happen. Slips, trips & falls are a common injury that can occur in any setting & it is important to be alert & watching out for potential hazards. A few ways to be proactive are: wear proper footwear, shovel & salt slippery walkways, make sure you have a clear pathway & are aware of your surroundings. Remember, even a minor injury needs to be reported before the end of your shift. If you get injured at work, immediately report the injury to your Supervisor or On Call.



SLIPS, TRIPS & FALLS

Don't slip up on safety



Meaningful Holiday Suggestions from Matt O:

The only thing my wife loves more than CO2 emissions & global warming, is Christmas! This is why every year she forces me to pack the kids in the truck & cruise around the countryside looking at all the Christmas lights. Everyone sipping on hot chocolate and spraying it all over the inside of my truck as they belt out Christmas carols. Kids getting wound up on sugar, & then me yelling at them to "SETTLE DOWN!" ...It's a wonderful time of year.

What does it take to have a special holiday season? For some it's keeping up Christmas traditions, for others it's spending time with family & friends. As support workers, how can we help the wonderful people we support to have a meaningful holiday season? Maybe it's seeing Santa in the mall, or visiting the nativity on 43rd Street. It might be watching Christmas movies over & over again until they make everyone sick, or window-shopping until your eyes fall out. Whatever it is, let's help those we support in having a great Holiday Season.



Emergency On Call Services

Quest is very lucky to have an after hours EMERGENCY on-call service. Staff & Individuals should only utilize this service if the issue cannot wait until the next business day. Please respect this rule as On Call can be very busy at any given time, and we want to ensure that emergency situations can be responded to immediately.

On Call can be contacted for: Authorizing PRN's, medication issues, medical emergencies, staffing issues, when emergency services have been contacted (ambulance, police, etc.), assistance with behavior management, situations when staff or the individual (s) are unsafe.

Up Coming Events

Do you want to watch movies for free?
Come Celebrate International Day of Persons with Disabilities!

December 5th, 2014

Lethbridge Senior Citizens Organization

Films:

10:00 am -12:00 pm

Short films highlighting the abilities of all.

1:00 pm- 3:00 pm

Films & animations for the whole family.

7:00 pm – 9:00 pm

Films that feature inclusion & a discussion panel regarding inclusion in Lethbridge.

Films brought to you by “Picture This....On The Road in Lethbridge”

Contact Dylan Adkins for more information or to RSVP

Email: Dylan.Adkins@cpa-ab.org Phone: (403)-327-7577



Community Access Program

The Winter Semester starts in January and will feature the following exciting & educational classes!



Quest For Fitness: Jan 12th-April 6th

Music Class-Interactive Games: Jan 13th-April 7th

Cooking Class: Jan 15th-April 9th

Photography Class: Jan 15th- April 9th

Tactile Group: Wednesdays Mornings at 10 am year round.

New Feature Class:

Intro to Multimedia: Jan 14th- April 8th

This brand new class explores the world of videography, green screens, editing programs & much more!

Talk to Kevin for more info and to sign up for these intriguing classes!



Quest Employee Holiday Bash!

“Santa Accessory Theme”

Come with the basics or go all out!



December 19th, 2014 Galt Museum & Archives

Cash Prizes for Top Costumes!

Employee draws for IPAD's TV's & more!!

Share some warmth: Bring in a new pair of socks for a person in need and receive a drink on us!!



More information available by visiting www.questsupport.com



Quest Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Jam Session Bowling 1030 Cooking Class 1030 Drama Class 1300	2 QFF Lite 1000 Swimming 1300 Singing Class 1300	3 Tactile Art Class 1015 Adopt a Park Chinook LLL Class 1300 OR Swim Night 630 SS Pool Agency Orientation 800-1430	4 Cooking Class 1030 Swimming 1300 Opokaasin 1330 CPI Refresh 1700-2100	5 Adopt A Park Chinook International Day of Person's with Disabilities 10-3 @ LSCO**
8 Jam Session Cooking Class 1030 Drama Class 1300	9 QFF Lite 1000 Swimming 1300 Singing Class 1300 Abuse Prevention 1300-1600	10 Tactile Art Class 1015 Adopt a Park Chinook LLL Class 1300 OR/RES Movie Mill Night 1800	11 Cooking Class 1030 Swimming 1300 Bowling 1330	12 Adopt A Park Chinook Music Class Christmas Caroling 1300
15 Jam Session Bowling 1030 Norbridge OR 1330 Drama Class 1300	16 CAP Christmas Lunch Christmas Drama Production 1pm	17 Adopt A Park Chinook U of L Christmas Lunch 1230 OR Christmas Potluck Dinner	18 Opokaasin 1330	19 Adopt A Park Chinook Music Class Christmas Caroling 1300
22 Jam Session	23 Christmas Secret Santa 10-12 Swimming 1300 Christmas Talent Show 1-3	24 Adopt A Park Chinook	25 Merry Christmas!	26 Quest Closed
 <p>Merry Christmas!</p>		CAP Closed from December 24th At 430 until January 5th		**Short Films running 10-3 highlighting the abilities of all. Free Popcorn!