

A P R I L 2 0 1 2

the

Quest News

"No matter how long the winter, spring is sure to follow."



Spring has sprung and that means that summer is only a few short months away! A reminder to everyone that Spring Cleaning Checklists will be on their way to each house this month. In an effort to maintain a healthy and clean home, we ask that *everyone* participate in this cleanup process. When each team member commits to one day of deep cleaning, the results are amazing! Please contact your house Supervisor if you have any questions regarding the process. Happy wishes for a wonderful Easter holiday!

Save the Date!

CPI Full Course

[April 14th]

0900-1600hrs

All employees are expected to be certified in CPI.

CPI Re-cert

[April 12th]

1700-2100hrs

Required yearly to maintain permanent status in the agency.

Easter Party

[April 4th]

1800-2100hrs

Join us at the Access Program for an evening of Easter fun!

Community Access

Change is in the air at the Community Access Program! Congratulations to Cory Trombley who is transferring to House 24 as the new DSWII. Anne Watson will be jumping in as a new POD leader and will bring with her **years** of wisdom and expertise! Kevin Chubb has been hired as the new Activity Coordinator for the program. It will be exciting to see the impacts of this new position this next year!

The CAP team continues to volunteer for the "Adopt-a-Park" program in the city. As this starts up again this month, Individuals and staff will be out in local parks cleaning them up to ensure they are enjoyable for others. The Music Club, lead by Colin Towells, will continue practicing and performing this month. A short summer break is anticipated soon! With spring in the air, outdoor activities and events are in the works!

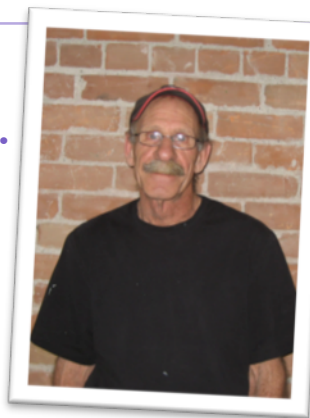
CAP & Office Closures

Friday, April 6th
Monday, April 9th

Household Maintenance

When to call on Lennox for some help...

Lennox Reis is the Site Supervisor for Quest Support Services Inc. Lennox is in charge of maintenance at the various programs and houses throughout Quest. In general, Lennox should be accessed for all **heating, plumbing and mechanical** issues within a residence. Staff and Individuals are asked **NOT** to tamper with furnaces, water tanks, etc. Here are a few examples of when Lennox should be called:



HOT WATER TANKS:

All hot water tanks have been adjusted to meet agency standards. These tanks should not be tampered with. If a temperature reading is above 53°C, your supervisor should be contacted so that Lennox can be notified. Bathing shall be put on hold.

ELECTRICAL PANELS & FUSE BOXES

Staff should refrain from tampering with electrical boxes. If you have a concern, please contact your supervisor. Staff/Individuals are requested to continue to replace light bulbs & clean fixtures.

PLUMBING:

Each house should be equipped with a plunger that is accessible to individuals and staff. If you cannot locate one, please contact management. If you have an emergency plumbing issue, please contact the office immediately. All other plumbing concerns should be submitted via work orders.

Please note that Drano/Liquid Plumber should NOT be used in the toilets and drains! This product may cause damage to certain pipes and lead to possible leaks. If you see it in a house, toss it!

A reminder to everyone that "Work Orders" should be submitted to the main office when a maintenance concern arises. If you do not receive a response in a timely manner, please contact your house/program supervisor. Orders are treated based on priority of task.

Some Turkey Tips

Fresh Turkey

Buy turkey only 1 to 2 days before you plan to cook it & keep it stored in the fridge until you are ready to cook.

Do not buy fresh pre-stuffed turkeys. If not handled properly, harmful bacteria that may be in the stuffing can multiply rapidly.

Thawing a Frozen Turkey in the Fridge

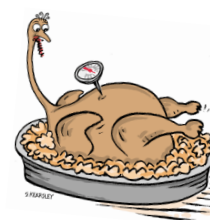
Keep the turkey in its original wrapper.

Place it on a tray to catch any juices that may leak. Follow time-lines in chart below. A thawed turkey can remain in the fridge for 1 to 2 days. Never re-freeze a thawed turkey!

Roasting your Turkey

Place in roasting pan with a tray underneath the bird.

Ensure that foil is used on top of the turkey to keep it moist. Bake at 325F. Check the bird after indicated cooking time. The internal temperature should register at least **170 F** on a meat thermometer. For crispy skin, take the foil off for the last ½ hour of cooking time.



Storing Leftover Turkey

Divide leftovers and freeze into small portions.

Use refrigerated turkey and stuffing within 3 to 4 days. Use gravy within 1 to 2 days.

Turkey by the Numbers

Turkey Size	8-12 lbs	12-14 lbs	14-18 lbs	18-20 lbs
Thawing Time (Fridge)	2-3 days	3-3 ½ days	3 ½-4 ½ days	4 ½ -5 days
Baking Time (at 325°F)	3-3 ½ hr	3 ½-4 hr	3 ½-4 ½ hr	4-5 hr
# of Servings	8-12	12-14	14-18	18-20