

Check out our website [www.questsupport.com](http://www.questsupport.com) for more information about our Agency!

# Quest News

Summer is FINALLY here! With that in mind, please be careful to dress appropriately for the weather with sunblock, hats, and long sleeves where necessary! If the days are rainy, please ensure you are carrying your rain gear and your umbrella.

## UPCOMING TRAINING

### First Aid Training

July 26 8:00-16:30

Location: Main Office

\*available to staff employed over 3 yrs

### Medication Admin

September 9 16:30-19:30

Location: Main Office

### Abuse Protocol

July 10 17:00-20:00

August 13 13:00-16:00

Location: Main Office

### Crisis Prevention Inter.

*Full Course*

July 5 9:00-16:00

August 16 9:00-16:00

*Refresher Course*

July 3 17:00-21:00

August 7 17:00-21:00

Location: Main Office

\*Dress Appropriately in flat shoes and with no hanging jewelry

### Lifting, Transferring & Wheelchair Safety

July 8 13:00-16:00

August 12 13:00-16:00

Location: CAP

\*Dress Appropriately in flat shoes and with no hanging jewelry



## QUEST IS GOING BACK TO THE CARNIVAL!

**When:** August 14, 2014 12:00-18:00

**Where:** Rotary Picnic Shelter (same location as last year) 28<sup>th</sup> Street and 30<sup>th</sup> Ave North

**What:** BBQ, Carnival Games, prizes and FUN!

**Who:** Everyone is welcome to come down for a fun filled day of food and activities!

**\*\*Reminder\*\***

Please dress for the day. Families are welcome but must not interfere with your work if you are on shift. Children cannot be left without a secondary guardian, etc. We look forward to seeing everything there!



### Supported Home Right & Responsibility: Right to Privacy

I can choose to close the door to my room and not have others in my space. My caregiver and guardian will help to make sure I am safe in my own space.



## HEALTHY LIVING CORNER

On the run and no time to cook breakfast or lunch??? Try these simple ideas to make healthy meals a breeze!

### Peanut Butter and Banana Wrap

You can't beat this fresh spin on an old favorite. Start with a whole-grain wrap, then spread a thin layer of natural peanut butter in the middle, and top with sliced banana. Dress it up with spices (try cinnamon, nutmeg, pumpkin pie spice, or cardamom) and a drizzle of honey or maple syrup. This is equally delicious with fresh berries, sliced peaches or (for the brave among you) pickle slices.



### Veggie Boats

Slice both ends off a medium cucumber, then slice in half lengthwise. Use a melon baller or a teaspoon to remove the seeds. Fill with your favorite sandwich fillings: tuna or egg salad are obvious choices, but you can get creative with chopped meats and cheeses.



### MONTHLY 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.

### POSITIVE APPROACHES WITH MATT

When the people we support begin to escalate we often say the wrong things repeatedly as we try to figure out how to help them calm down. It happens to all of us. The course of action we choose should depend on the person with whom we're working and the situation we (including the individual) are faced with. In other words, sometimes we need to take control of a situation by setting limits and giving clear direction. While other times we may need to be a little more suggestive and encouraging, and focus less on "telling" the person what they should do. Sometimes it's the act of **telling** someone what to do that escalates his or her behaviour. In other situations, giving someone too much leeway can make him or her feel unsafe and cause them to escalate.

Whatever approach we use, it's important that we learn from each situation and try to make the next response better. Ask yourself, what went well? What didn't go so well? What could we do or say differently next time that might make things better? Document your responses and have conversations with your supervisor about your suggestion.

If you have any questions about different situations or approaches, please contact the main office and ask for Matt. I'd be happy to set up a time to meet with you and answer your questions.



### QUEST IRON CHEF CHILI COOK

**OFF** Happening July 18th @12:00  
Free for CAP individuals \$5 for anyone else. Sign up an entry today with Kevin!



### GOOD NEIGHBOUR TIP:

It's that time of year where our lawns need to be tended to. Please be sure your lawns are mowed weekly and the grass is watered when needed!

**THIS!**



**NOT THIS....**





## HAPPY ANNIVERSARY

The following Quest staff are celebrating their anniversaries between May and July!  
Thank you for your contributions.

Linda Stevenson – 14 yrs  
Brandon Fletcher – 14 yrs  
Dale Holtman – 13 yrs  
Alnoor Meherally – 11 yrs  
Darla Mohan – 11 yrs  
Trevor Gilbert – 11 yrs  
Penelope Freshwood – 8 yrs  
Debra Cahoon – 6 yrs  
Mainul Bhuiyan – 6 yrs  
Steven Layton – 6 yrs  
Kevin Chubb – 6 yrs  
Shardé Davies – 5 yrs  
Carl Ibbotson – 4 yrs  
Shane Horton – 4 yrs  
Will Kellett – 4 yrs  
Sarah Carson – 3 yrs

Kendal Tremblay – 3 yrs  
Alyssa Dyck – 3 yrs  
Noella Denette – 3 yrs  
Raul Romero – 3 yrs  
Tammy Bisgaard – 3 yrs  
Erick Agustin – 3 yrs  
Craig Rumano – 2 yrs  
Brittany Hieta – 2 yrs  
Dallin Schmidt – 2 yrs  
Ryan Sommer – 2 yrs  
Daniel McLean – 2 yrs  
Tom Virag – 2 yrs  
Amy Span – 2 yrs  
Thomas Ekubazgi – 1 yr  
Jordan Koziak – 1 yr  
Leanna Santangelo – 1 yr

Emmanuel Ipaa – 1 yr  
Mary Ann Aquino – 1 yr  
Ibrahim Akinola – 1 yr  
Curtis Urnezus – 1 yr  
Kelsey Kristensen – 1 yr  
Lacey Otway – 1 yr  
Rup Sharma – 1 yr  
Abi Adhikari – 1 yr  
Keshah Austin – 1 yr  
Ugo Mgbudomobi – 1 yr  
Jessica Marsh – 1 yr  
Maritza Stinson – 1 yr  
Natasha Clarke – 1 yr  
Biruk Gote – 1 yr  
Nina Day – 1 yr  
Carol Naylor – 1 yr

Ashley Herbers – 1 yr  
Emily Carscadden – 1 yr  
Ashton Beekman – 1 yr



Head to [www.questsupport.com](http://www.questsupport.com) for our current open shifts.

## NEWS FROM THE ERC

### Training Courses

Now that we have successfully moved into our new building, there are two training spaces that are going to be utilized for our in-house courses; the Community Access Program at 1245 2nd Ave South, and the Training Room at the new main office at 317 17 Street South. Please pay attention to the location of your training courses to ensure you come to the correct building!

### Emergency First Aid level A CPR/AED (EFA)

Quest is now offering in-house EFA courses. These courses are going to be running approximately 4 times per year, and taught by Kendal from the ERC. The following employees are eligible to take the course:

- employed with Quest for at least 3 consecutive years
- previous EFA course is currently on their employee file



Unfortunately, we will not be offering this course to new employees, or employees who have not yet taken their EFA course through St. John Ambulance or Red Cross.

The first course is scheduled for Saturday, July 26, 2014 from 8:00 - 16:30. To register, please contact Stephanie or come visit us at the main office. There is a \$40 cash deposit required at the time of registration, and your spot will not be held until the deposit has been paid. The deposit will be paid back after completion of the course, and you will also be paid your regular wage to attend. There is a maximum of 18 students per course.

We are going to offer the courses on dates that are consistent with when the most employees have expiring First Aid to accommodate as many people as possible! If you are unable to take the course on the date that we are offering it, it is still your responsibility to register elsewhere to fill the requirement.

### STAFF RECOGNITIONS

A big shout out goes to **Matt Lonseth** who put his First Aid to good use in June. Matt successfully performed the abdominal thrust!!! Great job!!!

Shout outs also to **Jenna Snedden & Fazla Chowdhury** for submitting staff recognitions about their peers in the month of June! Jenna and Fazla will each be receiving \$50 to Moxies! Thanks for taking the time to provide positive feedback to a fellow staff member!

Welcome to new management team members **Melissa Clarke** (Residential Supervisor) and **Brenna Draper** (Administrative Assistant).



## CAP CORNER: What's Happening at CAP

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>Quest CAP Closed</b>	Adopt A Park Chinook <b>Employment Class 1300</b> <b>No OR Activity</b>	<b>Photo Class 2 1000</b> Swimming 1300	Adopt A Park Chinook <b>LLL Class (Social) 1000</b>
7	8	9	10	11
Jam Session <b>Baking Class 1300</b>	<b>Arts and Crafts 1015</b> Swimming 1300 Walking Club 1300	Adopt a Park Chinook <b>Employment Class 1300</b> <b>OR Swim Night SS Pool 630</b>	<b>Photo Class 2 1000</b> Swimming 1300 Bowling 13:30	Adopt A Park Chinook <b>LLL Class (Social) 1000</b> <b>Fire Dept Tour 1300*</b>
14	15	16	17	18
Jam Session <b>Baking Class 1300</b>	<b>Arts and Crafts 1015</b> Swimming 1300 Walking Club 1300	Adopt A Park Chinook <b>Employment Class 1300</b> <b>OR Frisbee Golf N.S Park 6pm</b>	<b>Photo Class 2 1000</b> Swimming 1300	Adopt A Park Chinook <b>LLL Class (Social) 1000</b> <b>Quest Iron Chef Chili Challenge!!</b>
21	22	23	24	25
Jam Session <b>Baking Class 1300</b>	<b>Arts and Crafts 1015</b> Swimming 1300 Walking Club 1300	Adopt A Park Chinook <b>Employment Class 1300</b> <b>OR Potluck Picnic Park Lake 6pm</b>	<b>Photo Class 2 1000</b> Swimming 1300 Bowling 1330	<b>LLL Class (Social) 1000</b> Adopt A Park Chinook
28	29	30	31	
Jam Session <b>Baking Class 1300</b>	<b>Arts and Crafts 1015</b> Swimming 1300 Walking Club 1300	Adopt A Park Chinook <b>Employment Class 1300</b> <b>OR Name that Tune 6pm @ CAP</b>	<b>Photo Class 2 1000</b> Swimming 1300	<b>* Sign up at CAP, Spots limited</b>

### INTERVIEW WITH DEREK Z! VALUED TIM HORTON'S EMPLOYEE AND CASUAL

**FISHERMAN** Interview by Michele Currie

M: What can you tell me about your job?

D: I work at Tim Horton's in Park Place Mall. I have been here about 7 months so far. They give me about 28 hours per week on average.

M: Do you enjoy working?

D: Yes, I hate sitting on my butt doing nothing.

M: What task do you enjoy the most at Tim's?

D: Donuts. I take them out of the freezer and bake them. Then I dip them in either the fondant or glaze depending on what kind they are.

M: What job do you hate doing at Tim's?

D: (silence) I guess dealing with grumpy customers.

M: I heard that you just got your boating license too on top of working. Is that true?

D: Yes it is. I studied for less than a week and wrote the exam on June 2 and got 84%. In August, after my holidays, I will take my dad's boat out and go fishing with him.

M: Wow- sounds like fun Derek.

D: Yep

M: So Derek, what would you say are your dreams and goals in life?

D: Hmmm. To be happy at what I am doing.

M: Sounds good Derek. Thanks for your time and sorry about the fuzzy

picture I took of you at work.

D: That's okay. You can use it anyways cause I'm not changing back into my uniform so you can take another one.

