

July

QUEST NEWS • 2021

JULY 1	Canada Day
JULY 5	National Injury Prevention Day
JULY 9	Nunavut Day
JULY 11	World Population Day
JULY 14	Shark Awareness Day
JULY 17	Canada Parks Day
JULY 19	International Day for the Elimination of Sexual Violence in Conflict
JULY 24	International Self-Care Day
JULY 28	World Hepatitis Day
JULY 31	Food Day Canada

Congratulations to this month's SWAGTAG winner, Ed! Don't forget to wear proper PPE when you submit your #SWAGTAG photo. Submissions can be emailed to reception@questsupport.com for a chance to win a gift card!



BREAKING BARRIERS; CREATING OPPORTUNITIES

EMPLOYEE OF THE MONTH

July's Employee of the Month is Glen Hubbard! Glen was recognized for: *"Today was my first day working with Glen and it was amazing! He displayed every quality a staff should have. I am blown away by his kindness and dedication to helping our individuals."*

We interviewed Glen for Employee of the Month. Here is what he had to say:

Quest: Tell us something about yourself.

Glen: My grandparents farmed on the Westside (historically called "The Bend"). My dad farmed there, and I grew up there until age 17 (1968) when the city officially began West Lethbridge.

Quest: What's one thing that people might not know about you?

Glen: I owned and managed Dove Christian Supplies (one of two Christian bookstores operating in Lethbridge at that time).

Quest: What are some hobbies that you like to do and/or a hobby you'd like to get into?

Glen: A hobby I like and plan on getting back into is motorcycle touring with my Honda Goldwing.

Quest: How long have you worked at Quest and what program do you work at?

Glen: I started at Quest on May 8th, 2021, at the Reach program.

Quest: If you could snap your fingers and become an expert at something, what would it be?

Glen: I don't want to aspire to be an expert at something as much as having a passion for coming alongside people and encouraging them on their journey in recovery. I find great satisfaction and value in seeing lives change.

Quest: What's your favorite thing about working at Quest?

Glen: My favorite thing at Quest is being around people, both individuals and co-workers. Meeting new people and appreciating their differences.

Quest: What's your favorite thing about the individuals you work with at Quest?

Glen: I admire the individuals I work with who are persevering in their disabilities. It humbles me.

Quest: What's one of your favorite memories from the past year?

Glen: My best memory this last year is being able to have a family celebration at an outdoor patio Father's Day.



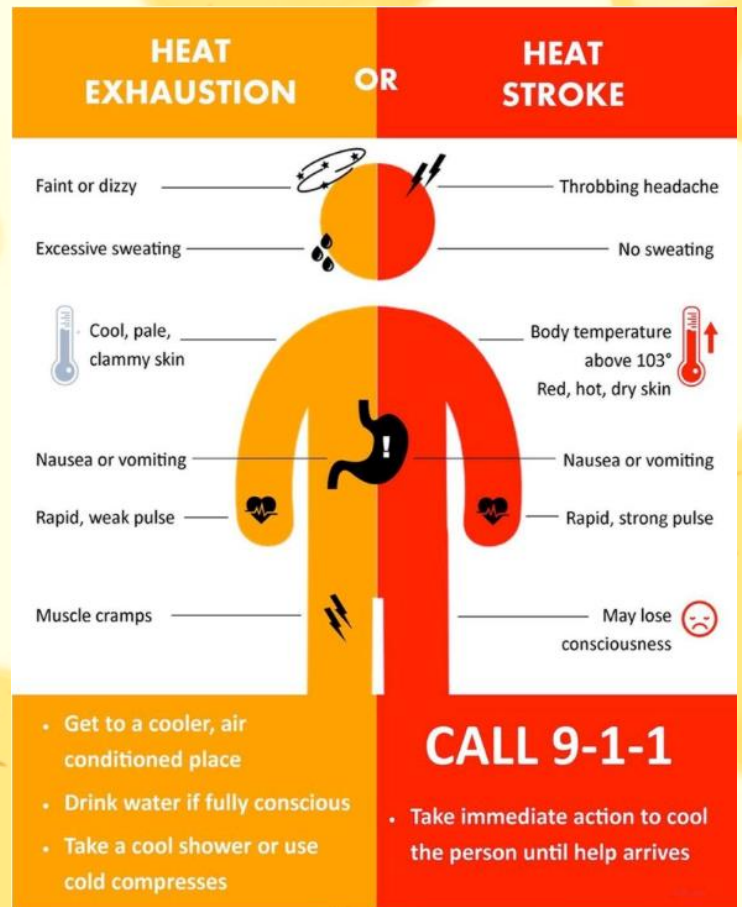
We also would like to recognize the following staff who were nominated: Stephanny Perez Mora and Taylor Cornforth. Thank you to all the people who nominated someone for the great work that they do! **You can still nominate! Visit the Employee Recognition Program section of the Quest website, fill out a nomination form and send it in to any Quest Management member to submit your nomination.**

COMMUNITY LIVING

Summer Safety

Wow, is it summer already!! As we enter new phases of reopening and everyone gets out more it is important we practice safety when out in the heat. Over the past few weeks we have seen periods of very hot temperatures (above 30 degrees) which mean Heat Exhaustion and Heat Stroke occur at a much faster rate. Please refer to the resource below for differences between Heat Exhaustion and Heat Stroke, as well as follow these additional recommendations to be safe:

- Always dress for the weather; when it is very hot we suggest light coloured and thinner fabrics so not to attract more heat.
 - **DOs:** Things like white t-shirts, shorts, and hats are perfect for the summer weather.
 - **DON'Ts:** Avoid things that are black, sweat pants or hoodies when out for long periods of time as this can contribute to our bodies getting hotter faster.
- Bring the necessary supplies with you when your out. This should include things like:
 - **A water bottle.** We sweat more on these days and need to stay hydrated. Water is always the best to have during hot days as other beverages (pop, Slurpee's, coffee) can all have sugar and dehydrate our bodies more.
 - **Sun Screen.** When the sun is out our skin can start to burn very fast (even within 10-15 mins) so Sun Screen is important to keep our skin safe. If you burn easily or have a fair skin tone get something with a higher SPF (30-45); if you are more tanned or have a darker skint tone you can likely get with a lower SPF (15-30).
 - Always have a plan. Its important to know where your going, any locations you can stop in that may have air conditioning or shade, and always listen to your body if you need to stop or end an activity early if you start to experience any of these symptoms.



BEHAVIOUR MANAGEMENT

Summer is such a wonderful time. The weather is getting warmer, trips to the park become more frequent, and there starts to be more picnics, walks, fresh air, and sunshine. Summer also means more sun, more heat, and more bugs.

Sunscreen, water bottles, hats, and insect repellent. These don't sound like behavior management strategies, but if the person you support is sensitive to the sun, is easily sunburnt, gets dehydrated, or is frustrated by mosquito bites, then these items can help us reduce triggers and make those trips to the park more enjoyable. Mosquitos are not the only things in the park that can be a potential trigger. Summer also means more people, more pets, and more children. Are you, or the person you work with, frightened by the sound of a barking dog, or made uncomfortable by the sound of children running around? In that case, choosing to go to the park when it's less crowded might be necessary in order to make those trips a positive experience.

As the weather changes and the environment in which we support people shifts to the outdoors, consider the setting you'll be in, as well as the needs of the person you're supporting. By doing so you can take precautions to avoid potential triggers.

HEALTH & SAFETY

We are excited to announce that the Agency will be moving into Stage 3 of our internal #openforsummer plan. Please note the differences between the provincial #openforsummer plan. A memo will be emailed to all staff containing further information on Stage 3 and what it will look like for staff and individuals in the Quest Community. Please continue to refer to our website for more information and Covid-19 related details. We appreciate the efforts that staff and individuals have taken to keep each other safe. Stay well and stay safe!

Stage 3

70% of population have first dose

Masking required

Eye protection only required indoors (people who are not vaccinated are strongly encouraged to continue wearing eye protection to avoid being deemed as close contacts by AHS)

Outdoor recreation encouraged

Isolated workplaces to continue to expand

LIVING individuals who attend AIR will be invited back to program

Access/Impact cross over allowed. REACH and LIVING remain isolated. All screening processes remain the same

Physical distancing required

MAINTENANCE

Tips from Tyler: Things to Know When Pulling Weeds

1. **Don't wait** – when weeds are small the roots are weak, they are easier to pull.
2. **Protect your skin** – wear sun protection, gloves, long sleeves and pants. No one wants to be scratched or develop a pesky rash.
3. **Grab from the base** – pull slowly and steadily to ease the roots from the soil.
4. **Pull weeds after watering or a rain shower** – when the soil is wet and loose the whole weed is more likely to come out by the roots.
5. **If all else fails - rent a goat.**

EMPLOYEE RESOURCE CENTRE

A reminder as staff start to navigate and get comfortable within the new employee portal that there is the option to try the new layout called the new Avanti experience.

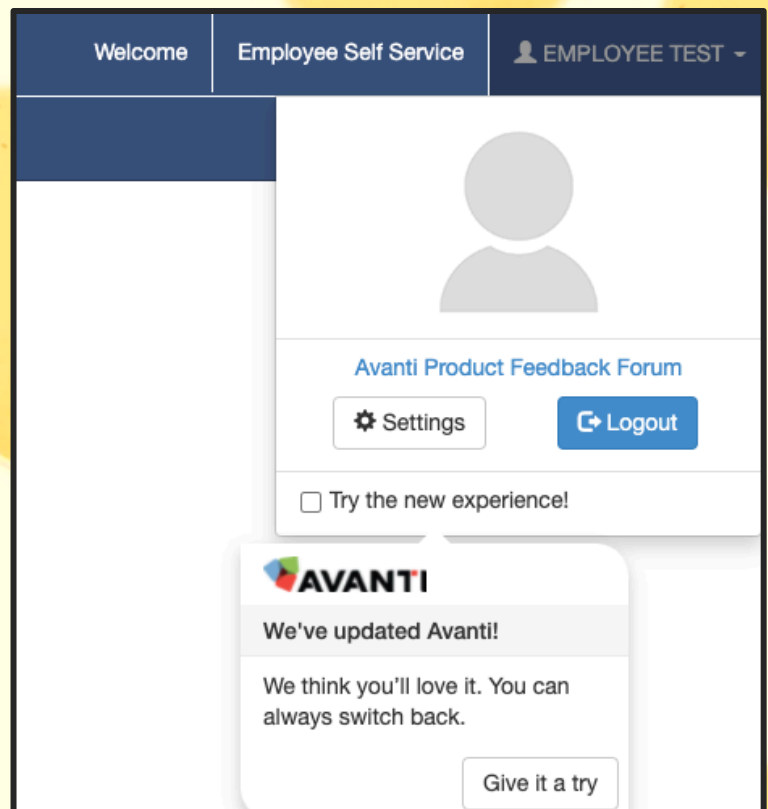
What does the new layout do?

This update doesn't change the functions within your portal but allows you a more up to date layout within the system.

How do I access this new layout?

When you log into your portal on the web version you will see your name in the top right corner with a drop-down option.

Once you select your name, you'll see that under the settings and logout button there is a check box to "try the new experience!". Once you select this your profile will transition to the new layout. For now, staff can toggle back and forth between the original portal layout and the new experience. Eventually it will fully transition to the new Avanti experience.



Contact Jenna or Tela if you have any questions about updating your profile to the new experience!

ACCESS, IMPACT, & REACH

We are excited to have most everyone back at program due to reduced restrictions in the province. If you missed our Canada Day celebration on June 30th, go check the Quest Instagram page @QUESTYQL for some lovely pictures.

This month, we have exciting events and activities lined up, some of which will be available over Zoom. You can check the calendar above to find the activities and events that will be available and for the Zoom information.

Our monthly activities and challenges like the #swagtag campaign and Flippin Friday challenge on Instagram will continue this month. You have the chance to win great prizes if you take part in weekly challenges. Tacklebox Tuesday and Wheelie Wednesday are also happening throughout the month. Movie Nights at Reach will be in full effect this month, and we will be having movie suggestion polls every Monday on the Reach Facebook account. The movie with the most votes will be watched on the Friday of the same week. Please note that this is only available to those who are currently allowed inside the Reach program.

Introducing Game Show Thursdays! Game Show Thursdays will feature games like Name that Tune, Trivia, Bingo etc. and will be available over Zoom. The video game competition for Reach peeps is July 29th. If you are presently allowed into Reach you can sign up anytime; and if you are not sure whether or not you're allowed, please talk to your supervisor and let them know you'd like to participate.

Other activities and events we would be celebrating in the month of July include Nunavut Day (July 9th), Friends and Ice cream which will celebrate both National Ice Cream Month & International Friendship Day (July 30th), and there will be Picnic in the Park each Friday of the month of July. Did I hear you say exciting?!

Make sure to follow the Reach Facebook and Quest Instagram for more information and updates on all our activities throughout the month including locations of where some of these activities and events will be taking place. If you have any question or need more clarification, please email ac@questsupport.com.

Below are pictures of some moments from the month of June.



JULY AIR ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Key: Access Impact Reach AIR Afternoon * Activity/Event available on Zoom</p>	<p>Activity Times (Lunch 11:30 – 12:30) 1. 09:15 – 10:15 2. 10:15 – 11:30 3. 12:30 – 13:00 4. 13:00 – 14:30</p>		<p>1</p> <p>CANADA DAY PROGRAM CLOSED</p>	<p>2</p> <p>Guided Stretches Effective Communication Jam Session Adopt a Park! <u>Picnic in the Park</u> Movie Night</p>
<p>5</p> <p>Guided Stretches First Aid Kit & its use AIR Community Walk <u>Hang Out</u></p>	<p>6</p> <p>Guided Stretches Coping with stress Qwirkle & Jenga Escape Room <u>Neighborhood Walk</u> <u>Tacklebox Tuesday Quest</u> <u>Reading Club</u></p>	<p>7</p> <p>Guided Stretches Budgeting ASL MasterChef Junior Knitting for the homeless <u>Drawing 101</u> <u>Wheelie Wednesday</u></p>	<p>8</p> <p>Guided Stretches Beginner's Guide to Cleaning Outdoor Activity <u>Neighborhood Walk</u> <u>Name That Tune*</u></p>	<p>9</p> <p>Guided Stretches Writing 101 Jam Session Adopt a Park! <u>Nunavut Day (NU)</u> <u>Picnic in the Park</u> Movie Night</p>
<p>12</p> <p>Guided Stretches Safety in the community AIR Community Walk <u>Hang Out</u></p>	<p>13</p> <p>Guided Stretches Problem Solving Techniques Balloon Quidditch Sudoku & Puzzles <u>Neighborhood Walk</u> <u>Tacklebox Tuesday Quest</u> <u>Reading Club</u></p>	<p>14</p> <p>Guided Stretches How to Use Coupons ASL MasterChef Junior Knitting for the homeless <u>Arts & Crafts</u> <u>Wheelie Wednesday</u></p>	<p>15</p> <p>Guided Stretches How to Unclog a Toilet or Sink Outdoor Activity <u>Neighborhood Walk</u> <u>Trivia*</u></p>	<p>16</p> <p>Guided Stretches Time Management Jam Session Adopt a Park! <u>Picnic in the Park</u> Movie Night</p>
<p>19</p> <p>Guided Stretches How to use public transport. AIR Community Walk <u>Hang Out</u></p>	<p>20</p> <p>Guided Stretches Self-Discipline Table Hockey Murder Mystery <u>Neighborhood Walk</u> <u>Tacklebox Tuesday Quest</u> <u>Reading Club</u></p>	<p>21</p> <p>Guided Stretches Counting Money ASL MasterChef Junior Knitting for the homeless <u>Tea & Paint*</u> <u>Wheelie Wednesday</u></p>	<p>22</p> <p>Guided Stretches Basic Sewing & Knitting Outdoor Activity <u>Neighborhood Walk</u> <u>Jeopardy*</u></p>	<p>23</p> <p>Guided Stretches Public Speaking Jam Session Adopt a Park! <u>Picnic in the Park</u> Movie Night</p>
<p>26</p> <p>Guided Stretches Dressing a Wound AIR Community Walk <u>Hang Out</u></p>	<p>27</p> <p>Guided Stretches Self-Care Parachute fun Brain Teasers <u>Neighborhood Walk</u> <u>Tacklebox Tuesday Quest</u> <u>Reading Club</u></p>	<p>28</p> <p>Guided Stretches Counting Money ASL MasterChef Junior Knitting for the homeless <u>Quest Talent Show*</u> <u>Wheelie Wednesday</u></p>	<p>29</p> <p>Guided Stretches How to Use Kitchen Appliances Outdoor Activity <u>Neighborhood Walk</u> <u>Bingo*</u> Video Game Competition</p>	<p>30</p> <p>Guided Stretches Technology 101 Jam Session Adopt a Park! <u>Friends & Ice Cream</u> <u>Picnic in the Park</u> Movie Night</p>