

# QUEST NEWS • 2021

# june

## SWAGTAG

Congratulations to this month's  
swagtag winner Larry!

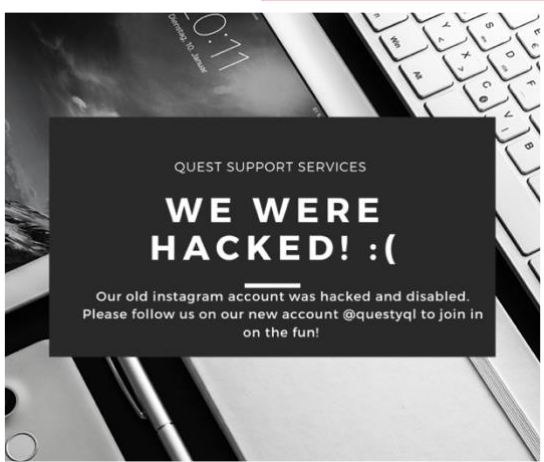
Don't forget to wear proper PPE when  
you submit your #swagtag photo for a  
chance to win a gift card! Entries can  
be emailed to  
[reception@questsupport.com](mailto:reception@questsupport.com).



## UPCOMING DATES

June 5  
June 5  
June 20  
June 21  
June 21

World Environment Day  
National Health and Fitness Day  
Summer Solstice  
Father's Day  
National Indigenous Peoples Day  
  
Pride Month  
Canadian Men's Health Month



## BREAKING BARRIERS; CREATING OPPORTUNITIES

# ACCESS, IMPACT, REACH

Happy June! This month, we will make more classes and activities available virtually. This will help bridge the gap between the individuals that can come into program and those that cannot come in. We will have scheduled zoom calls with different activities throughout the week. Activities include House party, Among Us, Bingo, and many more. You can check the Quest website for a weekly schedule. Our Cultural Appreciation Day this month is June 21<sup>st</sup>. This also happens to be National Indigenous Peoples Day 2021 in Canada. Therefore, this month we will celebrate Canada, her Indigenous peoples, and their cultures. Canada Day is July 1<sup>st</sup>, but at Access, Impact and Reach, we shall be celebrating on June 30<sup>th</sup>. Detailed information on how the celebration will take place will be released closer to the date and this will revolve around the pandemic restrictions in place at that time.

## Julie's Corner

Sunday June 20, 2021 at 21:31 we will officially say goodbye to Spring 2021 and hello to SUMMER. On this day, you will experience the longest day and the shortest night of the calendar year. The entire Northern Hemisphere will be experiencing this day together. Did you know:

- In the Southern Hemisphere (think Australia, South America) June 20<sup>th</sup> means it's their first day of winter
- Meteorologists (the people who predict our weather forecast) divide the year differently than an astrologer (people who study everything in the universe outside of Earth). For a meteorologist, they tend to predict weather based on climate data and most consider summer to be June 1<sup>st</sup> – August 31<sup>st</sup>
- Midsummer Day lands on June 24<sup>th</sup>. This day signifies the midpoint of the growing season – halfway between planting and seeding

How will you celebrate the solstice? May we suggest:

- Talk to the people you live with (or your supervisor if applicable) and plan for an evening bonfire
- Make a berry smoothie (strawberries, blueberries, banana, Greek yogurt) – add ice if you have fresh fruit, otherwise the frozen berries will keep it nice and cool
- Check out a new to you park in Lethbridge – did you know that there are 130 parks and natural areas in our city?

## HEALTH & SAFETY

### Health and Safety Reminders: Covid-19 Edition

- Staff must wear the regulated surgical masks provided at each location continuously (outside included). The only time staff can take their masks off is when they are in a designated safe area and not within 6 feet of other people
- Staff must wear Protective Eyewear including safety glasses, goggles or face shields continuously, including outside. The only time staff can take off their eye protection is when they are driving, in a safe zone such as a staff room or handling sharp equipment such as knives. Additionally, staff must exert caution when using heat appliances including stoves
- Please note that management have different safety protocols as they do not work directly with the individuals in a hands-on capacity. All management are divided into cohorts and wear the applicable PPE for their positions in accordance with AHS directives
- The Agency uses our website, Memos, and email to send important Covid-19 related information out to the Quest Community. It is staff's responsibility to keep up to date on current protocols and processes
- If you have any questions or notice any gaps in your ability to implement safety protocols, please connect with management or a member of the Joint Health and Safety Committee (JHSC)

# EMPLOYEE OF THE MONTH

June's Employee of the Month is Eric Keim! **Eric was recognized for:** *"I am nominating Eric because he is one of the most hardworking DSW1's at Reach. He is also extremely patient, kind and caring. He always treats everyone around him with so much respect. You are so appreciated Eric."*

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

**Quest: Tell us something about yourself.**

Eric: I've lived in 8 cities throughout my entire life.

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

Eric: I've received a black belt in Karate.

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

Eric: I like to play the bass guitar and workout at home.

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

Eric: I've worked at Quest for approximately 8 months at the Reach program.

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

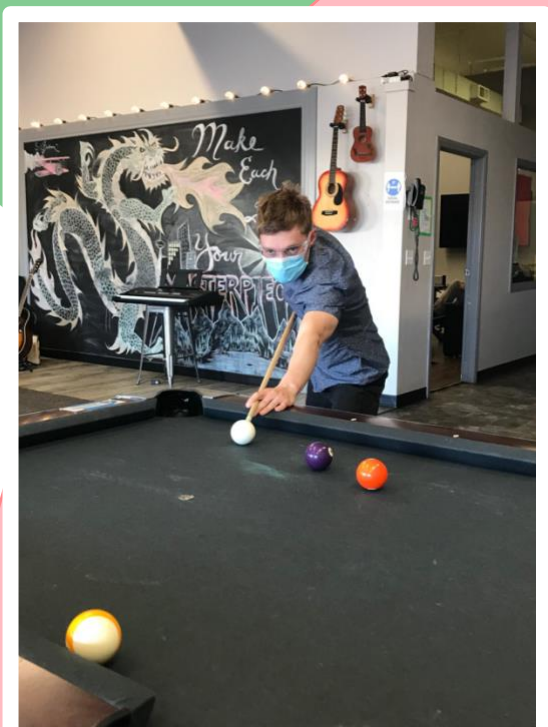
Eric: I would like to become an expert at making people happy.

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

Eric: My favorite thing about working with Quest is the people I work with, both the staff and the individuals.

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

Eric: My favorite thing about the individuals at Quest is that they genuinely appreciate your presence and having someone they can have a conversation with.



We also would like to recognize the following staff who were nominated:

Alice Takam and Ife Diyaolu

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.** For full details about our Employee of the Month program and to see the full interview, please visit our page on the Quest website or contact a member of the Employee Resource Centre.

# COMMUNITY LIVING

The pandemic has created many barriers around promoting health. Therefore, we are focused on combating these barriers by creating a list of opportunities to promote a healthy life! This month, we are going to provide resources and ideas for promoting physically active. **Benefits of being physically active:**

- Improve your memory
- Protect against many chronic diseases
- Aid in weight management
- Lower blood pressure
- Improved heart health
- Improve quality of sleep
- Improve joint pain and stiffness
- Reduces feelings of anxiety and depression

With this being said, we want to see how you put your physical health first. Send in photos of your participation to your supervisor or the Quest Instagram! **See below for some ideas to get you started!**

- Going for a walk!
- Visiting a green park or green strip around your neighbourhood
- <https://www.lethbridge.ca/Things-To-Do/Parks/Pages/Parks.aspx>
- Plant a garden
- Accessing Outdoor gyms
- <https://www.lethbridge.ca/Things-To-Do/Parks/Pages/OutdoorFitnessEquipment.aspx>
- Going fishing!
- Going for hikes in the coulees
- Completing a meditation/yoga
- Completing a YouTube exercise workout



## EMPLOYEE RESOURCE CENTRE

### Top Ways to Beat the Heat this Summer!

1. Drink More Water – *carry a water bottle around!*
2. Wear breathable clothing - *such as cotton and wearing shorts*
3. Use a fan, air conditioner, **wet cloth or mister to keep cool**
4. Avoid using the oven – *keep the heat out of the house*
5. Exercise comfortably – *avoid when sun is strongest or switch to water sports*
6. Optimize your windows – *keep sun out during the day and let cool air flow at night*
7. Apply ice cubes wrapped in a towel to your wrist and neck
8. Avoid eating hot foods – *fresh foods like watermelon are nice and refreshing!*

### AVANTI Update

Reminder that there have been some adjustments needed to the Avanti employee portal system. With some of these updated timelines being considered we have adjusted our go live date to **June 1, 2021**.

The process will remain the same on what to expect on June 1 - please expect to receive an email from our IT department with your log in information, a video recap of the system, and a how-to PDF. Your current portal system will be available until June 4, after that point we will be fully switched over to the Avanti system. We're very excited to have this the new portal and functions that come with it available to the agency very soon. If you have any questions about the Avanti employee portal, please reach out to Tela Muqaku at the main office.

# MAINTENANCE

## Lawnmower Safety Tips

### Safety Precautions

- Make sure the mower is in good working condition
- If the mower is not in good condition, or needs to be serviced, contact your Supervisor
- NEVER put fuel in a hot engine
- Wear eye protection, provided safety glasses
- Wear sturdy, closed toe shoes
- Wear tight fitting clothes (long pants and sleeves)

### Handling and Storing Gasoline

- Store containers in a secure, well-ventilated location (ex. garage or shed)
- Never store gasoline in the house

### Use Extra Caution when mowing on a slope

- For a walk behind mower, mow across the slope, NOT up and down, to avoid slipping and getting injured
- Do NOT pull the mower backwards or mow in reverse
- Mow away from the cord when using an electric mower

### Always turn off the mower and make sure blades have completely stopped before:

- Crossing gravel, roads or other areas
- Removing the grass catcher
- Removing any grass or debris
- NEVER insert hands or feet into mower to remove any grass or debris

### Check Conditions

- Do NOT mow during bad weather
- Do NOT mow wet grass
- Do NOT mow without enough daylight

### Watch for Obstacles

- Clear the lawn of rocks, bottles and debris
- Keep people away from area, mowers can throw objects in all directions
- If the mower strikes an object, STOP, turn it off, and inspect the mower. If the mower is damaged do not use it until it is repaired
- Remember to mow the lawn according to the house schedule or at least once every two weeks. This will ensure the lawn will not get too long and clog the mower

# BEHAVIOUR MANAGEMENT

The past few months we have been sending out reminders on how to take care of your mental health and make sure you stay in a positive headspace. One way that more and more of us are taking care of our mental health is enjoying 'green spaces'. What this means is being in nature, growing flowers, or being around animals. Going for a walk in the coulees on a beautiful day is sure to make your mood better - having some fresh air can be a total game-changer! Lots of people have also been getting into plants and maybe even going for walks with their animals. You can as well!

Here are a few things being in nature and enjoying 'green spaces' can do:

- Improve your mood
- Reduce feelings of stress or anger
- Help you take time out and feel more relaxed
- Improve your physical health
- Improve your confidence and self-esteem
- Help you be more active
- Help you make new connections
- Provide peer support



# JUNE 2021 AIR ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KEY:</b>	1	2	3	4
ACCESS IMPACT REACH AIR AFTERNOON	Strategic Thinking Table Talk <u>Quest Reading Club</u> <u>Tacklebox Tuesday</u>	Film Exploration <u>Creative Quest</u> <u>Wheelie Wednesday</u>	Health & Wellbeing Table Talk <u>Game Show</u>	ISP Goals/Life Skills Jam Session <u>Movie Night</u> <u>Hangout &amp; Games</u>
7	8	9	10	11
ISP Goals/Life Skills Exploring Academics <u>Hangout &amp; Games</u>	Strategic Thinking Table Talk <u>Quest Reading Club</u> <u>Tacklebox Tuesday</u>	Film Exploration <u>Creative Quest</u> <u>Wheelie Wednesday</u>	Health & Wellbeing Table Talk <u>Game Show</u>	ISP Goals/Life Skills Jam Session <u>Movie Night</u> <u>Hangout &amp; Games</u>
14	15	16	17	18
ISP Goals/Life Skills Exploring Academics <u>Hangout &amp; Games</u>	Strategic Thinking Table Talk <u>Quest Reading Club</u> <u>Tacklebox Tuesday</u>	Film Exploration <u>Creative Quest</u> <u>Wheelie Wednesday</u>	Health & Wellbeing Table Talk <u>Game Show</u>	ISP Goals/Life Skills Jam Session <u>Movie Night</u> <u>Hangout &amp; Games</u>
21	22	23	24	25
ISP Goals/Life Skills Exploring Academics <u>Hangout &amp; Games</u>	Strategic Thinking Table Talk <u>Quest Reading Club</u> <u>Tacklebox Tuesday</u>	Film Exploration <u>Creative Quest</u> <u>Wheelie Wednesday</u>	Health & Wellbeing Table Talk <u>Game Show</u>	ISP Goals/Life Skills Jam Session <u>Movie Night</u> <u>Hangout &amp; Games</u>
28	29	30		
ISP Goals/Life Skills Exploring Academics <u>Hangout &amp; Games</u>	Strategic Thinking Table Talk <u>Quest Reading Club</u> <u>Tacklebox Tuesday</u>	Quest AIR Canada Day Celebration <u>Wheelie Wednesday</u>		