

Quest Support

JANUARY

NEWSLETTER

Wrapping up the holidays

Thank you to everyone who joined us for the 12 days of Christmas events. Our Christmas & Dinner Dance was especially a hit and it was nice to see so many faces out celebrating!



Important Dates

January 1 - New Years Day
January 22 - Bell Let's Talk
January 29 - Lunar New Year



Employee Holiday Socials Recap

It was great to see so many employees out at the holiday socials. This year we had a variety of activities from wreath and candle making to Glow, candlelight concerts, and holiday photos. We had so much fun getting to connect together.



2025

Employee Anniversaries

25 Years

Cindy Reynolds

10 Years

Kristian Hatch

Megan Perin

Pierre Gasirabo

Gracy Subba

Lindsay Van Weverwyk

John Francis Abeleda

Leif Nordholm

Jaci Forsyth

5 Years

Kartik Iyer

Robyn Johnson

Timothy Kiprono

Yugo Osuji

Suzanne Stables

5 Years cont'd

Olivier Washikala

Marley Willms

Simeon Limo

Muna Rai

Ude Mgbudomobi

Eric Keim

Deen Mamudu

Ricki Nielsen

Justin Orare

Sylvia Chebon

Josphine Chepkoech

Ayak Ayuel

Charles Odubona

Leah Peralta

Amon Chepkwony

Monica Moko

Yar Deng

Omar Hamzy

Jackson Korir

Emily Mathieson

Neel Patel

THANK YOU

for the continued
dedication throughout the
years. You are part of what
makes Quest so great.

Did you know?

Quest has been operating since 1993.
It started as a Community Access
Program offering daytime supports to
7 individuals in the Lethbridge area.

Note from Safety

The Health and Safety team has seen an influx in Near Miss/Hazard forms relating to an increase in interactions with the transient population. These reports have primarily been related to the AIR locations. In conversation with OH&S representatives this is a anticipated situation many individuals and businesses are facing due to the colder weather. As such, the following recommendations are provided for all employees and individuals to ensure safety in all areas of the city, with a focus on the AIR programs.

- **Avoid Offering Money or Food:** Providing food or resources may encourage individuals to return.
- **Decline Requests for Help:** Direct individuals to the nearest shelter. We aim to avoid setting a precedent for assistance on-site for individuals who are not supported by the Agency.
- **Avoid Engagement:** If transient, unknown individuals are loitering or encampments start to form, please call 311. If the safety of employees or individuals is at risk please contact the non-crisis/complaint line at the police station by dialing 403-328-4444; 311 is closed on weekends so a single call to the non-crisis/complaint line each day is appropriate.
- **Employee Safety Protocol:** If you feel threatened in the parking lot, prioritize your safety. Stay in your car or a secure area until it is safe to enter the AIR buildings or the location you are attending. Trust your instincts, and if someone appears aggressive or erratic, leave the area and call 911.
- **Report:** If you see a threat, report to management when safe to do so in order to notify any other supported individuals who may be in the area. When at AIR, ensure you report concerns directly to an AIR Team Leader or management. While at AIR any position has the authority to call a Lockdown when necessary. AIR must work in collaboration and call a lock-down for other programs if a situation warrants (e.g. an unknown person is aggressive in the parking lot; or; a known person might seek out recluse or attention from another program).
- **Document:** Please complete a Hazard/Near Miss form for any parking lot concerns that do not pertain to supported individuals (as this would be documented in an Incident Report).



Peer Mentor Update

Through the last quarter of 2024 SAIL worked on public speaking. Each member of the group chose a topic they were interested in and either presented with a power point or pictures on a poster. AIR welcomed a Fire Prevention Officer to do two presentations at AIR, one at Impact and one at Reach; SAIL then went on a firehall tour where members checked out ambulances and fire trucks. AIR enjoyed 12 Days of Christmas in December experiencing Christmas Across the Decades; one of the highlights was a catered lunch at the German Canadian Club from D&N Kitchens.

JANUARY - Employee of the Month

LEN KOMONAC

Tell me something about yourself

I love making and viewing art of all kinds. As well I am an artist- I love to paint in a pop/comic style.

What is your best moment at Quest? Or what has been your biggest accomplishment at Quest?

Best moments come when building positive connections to all those I work with, individuals and staff.

What advice would you give to the new hires?

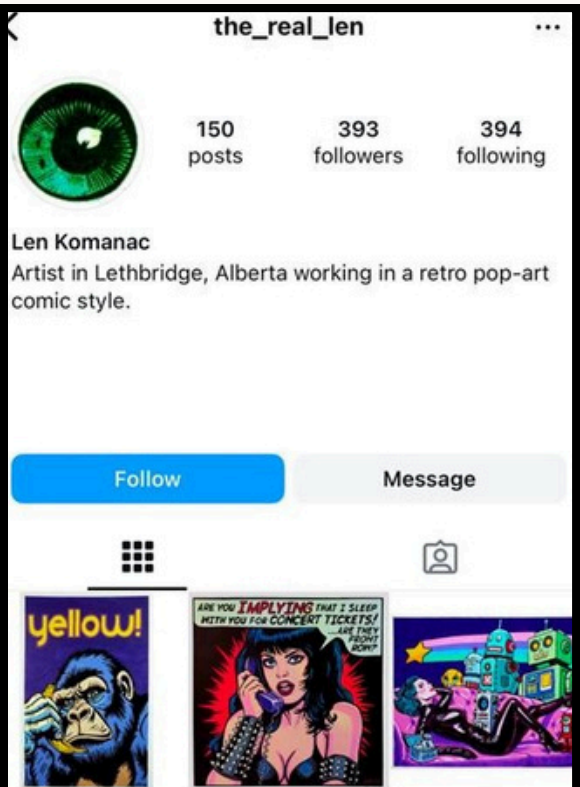
This employment might seem a little odd and confusing at times just never lose sight helping those we support.

If you could be any fictional character or animal, who/what would you choose why?

Fictional Character - I would be The Dread Pirate Roberts (from the Princess Bride) I hold him in the highest regard, he is resilient, clever and brave. People fear his reputation but really he is just trying to find his true love. Polite and respectful to all including his enemies, he is also a kick-a\$\$ swordsman!



Len was nominated for going above and beyond to help individuals be in a good mood with his funny jokes when they are upset. He creates an inviting, caring environment for not only the individuals that he supported but with the staff at impact. Always helpful, cheerful to staff and individuals, and as well as he is genuinely invested in everyone's hobbies.



Check out Len's work

Len is a phenomenal artist who specializes in a retro pop-art comic style. His work is housed out of the Owl Acoustic Lounge.

Check out his art page on Insta:
@the_real_len



Upcoming 2025

- New Members Voting & Nominations (January 27)
- Diversity & Inclusion Games (February 21)
- Speakers Club
- Collaborative Learning
- Group Excursions
- Special Guest Appearances
- Volunteering Opportunities



Welcoming New Members!

SAIL Members will be voting for new members to join on **January 27th, 2025 at 1:15 in the Access Classroom**. Nominations for President and Secretary will take place as well! Voting will be counted and new members will be notified.

New Members will join and attend for a Diversity & Inclusion game day on **February 21st, 2025 in the Access Classroom at 1:15pm!**

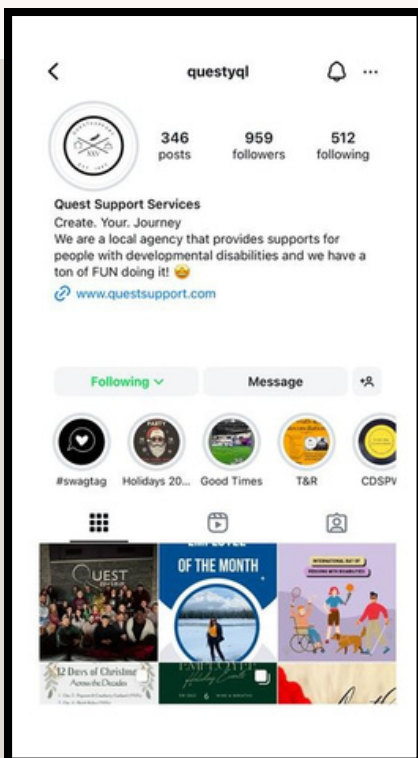
VOTE NOW!

If you have any questions, or are a SAIL member and would like to nominate someone please email k.margison@questsupport.com

Exciting News for Individual Care

The CASE Department's Sensory Library had its first successful beta tester.

Alicia utilized the sensory library in January when she was on the hunt for a specific tactile fidget. Alicia is a connoisseur of fidgets and very particular; she immediately fell in love with the fidget board available in the sensory library, signed it out, and ordered her own – all in the same day! BIG thank you to CASE from Alicia and her care team for providing her the opportunity to trial an item before making the financial commitment! Alicia has already personalized her fidget board and uses it daily.



Stay **C O N N E C T E D**

WE LOVE TO USE OUR INSTAGRAM AS A WAY TO SHARE AGENCY HAPPENINGS AND PROVIDE UPDATES. FOLLOW ALONG AS AN EASY WAY TO STAY CONNECTED TO ALL THINGS QUEST!

@QUESTYQL

ADVENTURES IN NUNAVUT

Hello everyone, ᐱᐱᐱ ᐱᐱᐱᐱᐱ

We recently had the pleasure of hearing about an incredible trip taken by two of our community members, Mo and Larry, who visited the beautiful community of Kugaruuk, Nunavut, in December!

Kugaruuk, nestled on the shores of the Arctic Ocean, is renowned for its breathtaking landscapes, vibrant wildlife, and rich Inuit culture.

INTERVIEW WITH MO

What were you most prepared for?

I was mainly prepared for the weather! Everyone warned me about the extreme cold in Kugaaruk this time of year, which made me a bit anxious. I also packed some snacks to keep myself entertained during downtime.

Did you learn anything new about the culture that you hadn't known before?

During my visit, I noticed that when I went to certain places, I waited for someone to offer me a seat, but no one did. I quickly realized that it's not common practice for people to offer seats; instead, you just take your own. I was also surprised to see people eating raw frozen caribou. It was shocking at first, but they assured me it's healthy and doesn't cause stomach issues for them.

Did anything surprise you during your travels?

What stood out to me was the air transport system. It reminded me of a bus transit system. Our plane from Yellowknife made stops in Gjoa Haven to drop off and pick up passengers, and then continued to Kugaaruk. I was also struck by the high cost of living; it didn't seem to be a major concern for the locals, as they seemed to cope with it effortlessly. Just a heads-up—don't plan to visit Kugaaruk with a grocery budget from Lethbridge!

Did you see any wildlife during your stay?

I was really hoping to see a polar bear so I could have a great story to tell, but I didn't even spot a footprint!

Did You Know?

- It takes four different flights to reach Kugaaruk
- Kugaaruk was previously known as Pelly Bay
- The name Kugaaruk means "little stream"

Thank you for reading - ᐱᐱᐱᐱᐱ ᐱᐱᐱᐱᐱ

INTERVIEW WITH LO

What was your favorite part about going to Kugaaruk?

Visiting my family.

How much family do you have there?

Too much!

When is your favorite time to go back home?

I prefer to go before the barge arrives so I can work in the store. That's usually around August or September, as the barge brings all the supplies for winter.



Access to Dining

with Michael & Sean

This month we went to Firehouse Sub located at 388 University Drive West, it is close to the Browns Social House. This is a new chain that has come to Lethbridge and has many displays related to fire fighting. We went early around 11:30 am and there was a line up to the door. We were fortunate to get a table as there are very few in the location. Michael and Sean had subs off the menu that were overflowing with toppings and plenty of meat. The prices for a large sub with drink and a snack is around \$20.00 but the amount of food you get seems to be worth it. There are many subs on the menu to meet everyone's individual tastes. If you are dining in you can go to the Hot Sauce bar to add more flavour to your meal. The subs seemed to be very tasty as both Sean and Michael ate the entire meal. You have the option to make your sub into a salad as well. This is another place that we will return to in the future. The AIR Christmas lunch was at the German Canadian Club this year and was catered by D and R. Many people seemed to be happy with the meal. Michael went up to get seconds with a big smile on his face. In January we will be visiting favourites of the past year and you can guarantee that Cafe Verde will be on the list. Hope everyone had a Merry Christmas and a Happy New Year.



◆ AIR JANUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		1 New Years Day Impact/Access Closed Reach modified hours	2 Pod Choice - AM Culinary Class - AM Karaoke - AM Tasty Thursday - PM	3 Jam Session (Access) - AM D&D Club - PM	4 World Braille Day 5
6 Culinary Class - AM Swimming - AM Name That Tune - PM Sewing Club - PM	7 Culinary Class - AM Swimming Bingo - PM	8 Creative Quest - AM Creative Quest - PM Swimming - PM Bingo - PM	9 Work On Goals - AM Culinary Class - AM Karaoke - PM Tasty Thursday - PM Roving Gym @ YMCA - 13:00 - 14:00	10 Jam Session (Access) - AM D&D Club - PM	11/12
13 Culinary Class - AM Swimming - AM Name That Tune - PM Sewing Club - PM	14 Culinary Class - AM Swimming ASL - PM Quest For Knowledge - PM	15 Creative Quest - AM Swimming - PM QFFL - PM	16 Pod Choice - AM Culinary Class - AM Karaoke - AM Tasty Thursday - PM Roving Gym @ YMCA - 13:00 - 14:00	17 Jam Session (Access) - AM D&D Club - PM	18/19
20 Culinary Class - AM Swimming - AM Name That Tune - PM Sewing Club - PM	21 MOVIE MILL Culinary Class - AM Swimming Quest For Knowledge - PM	22 Bell Let's Talk Day Creative Quest - AM Creative Quest - PM Swimming - PM	23 Work On Goals - AM Culinary Class - AM Karaoke - PM Tasty Thursday - PM Roving Gym @ YMCA - 13:00 - 14:00	24 Jam Session (Impact) - AM D&D Club - PM Bowling @ Holiday Bowl - 1:30	25/26
27 Culinary Class - AM Swimming - AM Name That Tune - PM Sewing Club - PM	28 Culinary Class - AM Swimming Student Massage Therapy 1-3 @ Access Classroom Quest For Knowledge - PM	29 Creative Quest - AM Swimming - PM QFFL - PM	30 Pod Choice - AM Culinary Class - AM Karaoke - AM Tasty Thursday - PM Roving Gym @ YMCA - 13:00 - 14:00	31 Jam Session (Access) - AM D&D Club - PM	

Key: Access Impact Reach Air Galt Museum