



**Did you know?** We know we have an online Events Calendar to see our latest virtual programs visit. **[quadcounty.ca/events](https://quadcounty.ca/events)**

## We want to hear from you!

Have ideas for a community program or questions about services and supports we provide? There are lots of ways to connect.



[info@quadcounty.ca](mailto:info@quadcounty.ca)



### **FACEBOOK PAGE:**

Quad County  
Support Services



### **NEW WEBSITE:**

[quadcounty.ca](https://quadcounty.ca)



### **EVENTS:**

[quadcounty.ca/events](https://quadcounty.ca/events)

## Virtually Programming for Safe Connections

With cooler days and shorter nights, we're spending more time indoors. While many of us have enjoyed the face-to-face visits, with rising COVID cases in our communities, Quad County Support Services' focus for the fall is on virtual connections and programs.

Thankfully we've had a few months of practice on how to run engaging and fun virtual programs. This includes cooking classes, exercise groups, crafting, social gatherings and more.

Our staff are continuing to come up with fun ways for individuals to connect with each other, their families and our community.

We are also working with families to identify barriers to connecting. This could include access to technology, internet as well as an understanding of the ways to connect virtually. We encourage any families needing further support to contact us. If you have ideas for any new activities we would love to hear from you.

*Linda Long, Executive Director*





# Spotlight:

Find more pictures on our Facebook page and follow us to be part of the Quad County community!



## FACEBOOK PAGE:

Quad County Support Services

*We're regularly posting on Facebook photos!  
We encourage you to follow, comment and help  
grow our Facebook 'Quad Community'.*







# Adventure at Texas Longhorn Ranch

By Regina Sheere

We arrived early to start our wonderful adventure and were welcomed by one of the staff welcomed us. As we waited for Gail, the host, we walked to the barn to see the horses that were standing and patiently waiting to go for the trail ride.

We chatted a bit with the trail boss (guide) Mike and learned about the horses. When it was time to ride, I was given a beautiful mare named Lucky. She was lucky to have me on her back and she definitely knew her job.

Mike explained much about the horses, the trail and all the animals that were housed here. Texas Longhorn Cattle, horses, a very famous donkey, a mini donkey and a mini mule. All roamed free and all

looked very well fed.

Along the trail, we saw deer, wood ducks and a green heron. Marks on the trees beside the Sydenham River showed just how high the water had been and I was very glad that the floodwaters had receded so we could enjoy this trail ride.

Gail met us after the ride to talk a little about the place and to take us to our accommodation for the night; a beautiful decorated covered wagon. I am sure that pioneers of old would have loved such accommodations, had they been available a century ago.

To me it was a five-star accommodation and I looked forward to spending the evening with my hubby in

our own private setting with a comfortable outdoor couch, chairs and our own fire pit. Mosquitos were also very few so the evening looked promising.

After a beautiful night under the stars and full moon, our bed beckoned. I awoke rested enough so we could enjoy a fabulous breakfast.

The entire adventure was very much appreciated. The staff and hosts were incredibly wonderful and although I did not go swimming, the pool also looked very inviting.

***Thank you, Quad County, for a wonderful gift for my retirement. Thank you for all the well wishes - it was very much appreciated.***



# Safety Remains our Top Priority

I know many of our staff and the individuals we support enjoyed connecting with family and friends over the summer months. As these visits move indoors with cooler weather, we can't let our guard down.

With the highly transmittable Delta variant circulating in our communities, and COVID cases rising, we need to continue to follow COVID safety measures. These include wearing a mask, practicing social distancing, washing your hands as well as staying home and getting tested when unwell.

While visits with family and friends are still permitted, for everyone's safety, please wear a mask when indoors. And to keep everyone safe, please get vaccinated. Vaccinations are our way out of this pandemic.

In terms of programming, Quad County Support Services' focus for the fall is on virtual connections and programs. This is a safe and familiar way of supporting individuals.

We thank everyone for their ongoing patience with following the COVID protocols.



## New path forward

With our day programs closed, we've hired a consultant who is working with our management team to create a plan on how best to support individuals. This includes looking at our staffing requirements.

Before this plan rolls out across the organization, we'll be getting input from our staff on the support they need, the staffing structure as well as team development opportunities.

After this staff consultation is complete, we will provide an update for our community.

***Thank you for your patience as we continue to navigate our new reality.***

*Linda Long, Executive Director*