

CAREWRITE



Eva Joan Gasser enjoys an afternoon on a wheelchair accessible outdoor patio swing, procured by Carewest George Boyack, thanks to funding from the Calgary Health Foundation. The swing enables those using wheelchairs to enjoy some warm autumn temperatures with family and friends at the care centre.

Photo courtesy Nazila Ghasemi



We are now printing Carewrite issues for residents, clients and families at the sites!

Carewest is committed to creating an environment where diversity is celebrated. Everyone is welcome at Carewest.

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- Submission deadline: Dec. 15, 2025
- Publishing date: Dec. 22, 2025

Submissions are welcome from everyone.
See the back cover for details.

Yom Kippur.....	Oct. 2
Thanksgiving.....	Oct. 15
Halloween.....	Oct. 31
Clocks go back.....	Nov. 2
Remembrance Day.....	Nov. 11
Hanukkah.....	Dec. 15
Christmas.....	Dec. 25
Boxing Day.....	Dec. 26
Kwanzaa.....	Dec. 26

Honouring those

Barb Kathol

Chief Operating Officer

As we head into fall, still enjoying some beautiful late summer weather, I want to take a moment to express my heartfelt thanks and appreciation for each of you, for your caring, dedication, and commitment to teamwork that you bring to our work every day.

Our National Day for Truth and Reconciliation was September 30, recognizing the history and truthful impacts of residential schools across Canada.

Part of being an ally to Indigenous peoples in Canada is listening and learning. Here at Carewest, two of our residents shared their stories of living in a residential school, their childhood and their lives.

I am grateful for Mavis and Janelle for their courage to share their story and help us all better understand their unique perspectives. Please see their stories on Pg. 9.

This fall, in addition to our regular work, we have several important priorities to complete.

What is exciting to me is the possibilities each of these initiatives brings to Carewest and to each of us, helping us to grow and improve together.

Thanks to everyone who took the time to complete our staff survey earlier in the summer. We had over 730 responses. Your feedback is invaluable in helping us build a stronger, more supportive workplace.

We are encouraged by the positive feedback, highlighting areas where our teams feel supported, engaged, and aligned with Carewest's values.

At the same time, we recognize there are opportunities to improve. Based on the results, we've identified key areas of focus and are developing an action plan to address the concerns.

Further, additional site-specific insights are being developed to ensure the action plan is meaningful for each location.



who came before us, and those here today

Many staff and leaders participated in the recent external Partners in Safety (PIR) audit.

The purpose of this audit is to verify that our health and safety management system (HSMS) meets provincial standards and to identify areas for improvement, thereby preventing injuries and illnesses.

The audit will help us identify gaps and areas to focus our drive for excellence in employee health and safety.

Carewest is also participating in an accreditation survey this fall. Accreditation Canada assessors will be visiting our sites, assessing our work against Canadian standards for continuing care.

The process of accreditation (both the preparation, site visits and the follow-up report) are designed to foster continuous improvement of the quality and safety of care.

Please take the time to review your Visibility walls, read the Employee Must-Read newsletters circulated via email, and prepare yourself for a visit from the accreditation team.

This fall, we will be transforming our staff scheduling systems and processes, and implementing a new workforce management system (WFM) on November 17, 2025, replacing our current system (ESP).

In the new system, called “MySchedule (Infor WFM)”, there are new processes for viewing your schedule and timesheets, requesting time off, submitting shift swaps, updating your availability, picking up extra shifts, and submitting for overtime.

Knowing how important our schedules and accurate payroll is to each of us, I encourage everyone to complete the online training, which is now available on MyLearningLink. See Pg. 4 for more details.

On November 11, 2025, we will again honour those who died serving Canada to defend our values and freedoms, as well as those who continue to serve our country today.

One way we can all honour and remember is to wear a poppy, visually pledging to never forget those who served and sacrificed.

We will again be hosting an annual Remembrance Day ceremony at Carewest Colonel Belcher to give thanks to those veterans still with us.

In the spirit of giving thanks, I would like to wish you all a healthy and safe Thanksgiving, sharing food and fun with friends and family.

I am grateful to each and every one of the staff, residents, clients, physicians, volunteers, students and contractors



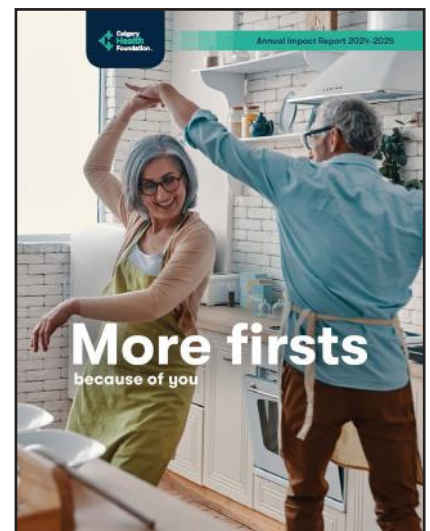
Calgary Health Foundation Annual Report now available online

Calgary Health Foundation's 2024-25 Annual Impact Report is now LIVE!

Check out Page 17 for a story about how an anonymous donor's gift to the Geriatric Mental Health unit at Carewest Glenmore Park will make a lasting impact for clients in the program. And Page 21 for a story about the new Bridgeland Riverside Continuing Care Centre.

[Click here to learn how, thanks to donor support, more people have been able to enjoy life's big moments and milestones.](#)

More innovation. More progress. More firsts in care, recovery, and hope.





MySchedule: Getting ready for launch!

We are coming to you!

Learn more about MySchedule in person at your site's Readiness Rounds. Bring your cell phone for app download.

Dr. Vernon Fanning: Sept. 29 at 2 p.m. AND 3:45 p.m.

Conference Room 1 OR attend online with [live VOH \(2 p.m.\) - click here or scan to join](#) →

Colonel Belcher: Oct. 1 at 2 p.m. AND 3:45 p.m.

2nd Floor Education Classroom

George Boyack: Oct. 2 at 2 p.m. AND 3:45 p.m.

Chapel OR attend online with [live VOH \(3:45 p.m.\) - click here or scan to join](#) →

Signal Pointe: Oct. 3 at 3 p.m.

Library (Info session)

Rouleau Manor: Oct. 6 at 3 p.m.

Report Room

Garrison Green: Oct. 7 at 2 p.m. AND 3:45 p.m.

Lower Education Classroom OR online with [live VOH \(2 p.m.\) - click here or scan to join](#) →

Royal Park: Oct. 8 at 3 p.m.

Report Room (Info session)

Glenmore Park: Oct. 9 at 2 p.m. AND 3:45 p.m.

Classroom OR online with [live VOH \(3:45 p.m.\) - click here or scan to join](#) →

Sarcee: Oct. 14 at 2 p.m. AND 3:45 p.m.

Chapel

Nickle House: Oct. 15 at 11 a.m.

Main office

C3 Beddington: Oct. 15 at 3 p.m.

Staff room

Oct. 16 11:45 p.m. [live VOH for night staff - click here or scan to join](#) →

Note: We ask that Carewest OSI Clinic and Admin staff attend one of the live VOH sessions



How to access MySchedule Training:

1. Login to MyLearningLink from Insite
2. Select Courses & Registration and search "WFM"
3. Self Register for the "Carewest - Understanding Scheduling Essential Using WFM Self Service - Employees" course
4. Complete the course prior to Oct.17

Learning MySchedule and Automated Shift Callout is strongly recommended. It will ensure proper management of your pay, schedule, and availability.

Staff training is now available
on MyLearningLink

Register & complete by Oct 17:
**"Carewest - Understanding
Scheduling Essentials Using
WFM Self Service - Employees"**

Tip: Search for "WFM"

Oct.-Nov. influenza clinic schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 Colonel Belcher 0730-1600 2nd Fl. Dining Rm Rouleau Manor 0800-1715 Room G29 	21 Fanning 0730-1600 Conference Rm. 2 Rouleau Manor 0700-1715 Room G29	22 George Boyack 0730-1600 Conference Room Fanning 0600-1400 Conf. Rm. 4 Colonel Belcher 0700-1600 2nd fl. Fam Din. Rm.	23 Glenmore Park 0730-1600 Conf. Rm. 2 George Boyack 0730-1600 1st floor Conf. Rm.	24 Royal Park 1300-1600 Family Dining Rm. Sarcee 0730-1600 Front Lobby George Boyack 0730-1600 1st floor Conf. Rm. Fanning 1600-0000 Conf. Rm. 4 Colonel Belcher 0700-1600 2nd fl. Fam Din. Rm.	25 Did You Know... Influenza immunizations are FREE for all staff, residents, clients, volunteers & contracted service providers.	26
27 Signal Pointe 1200-1600 Library Garrison Green 0730-1600 Bittman Hall Rouleau Manor 0700-1515 Room G29 George Boyack 1300-1700 1st floor Conf. Rm. Royal Park 0800-1500 Family Dining room Fanning 0600-1400 Roving mobile clinic Glenmore Park 0700-1600 Conf. Rm. 2 Colonel Belcher 0700-1600 2nd fl. Fam Din. Rm. Sarcee 0730-1600 Library	28 C3 Beddington 1200-1600 Conf. Room Colonel Belcher 1500-1900 2nd fl. Fam Din. Rm.	29 OSI Clinic 1100-1200 Conf. Rm. 103N Garrison Green 0700-1600 Bittman Hall George Boyack 1300-1715 1st floor Conf. Rm. Fanning 1600-0000 Roving mobile clinic Glenmore Park 0700-1600 Conf. Rm. 2 C3 Beddington 0830-1600 Conf. Room Sarcee 0715-1530 Library	30 Southport Admin 0900-1500 EH&S Room Garrison Green 0700-1100 Bittman Hall George Boyack 1300-1715 1st floor Conf. Rm Glenmore Park 1800-2330 Conf. Rm. 2 C3 Beddington 0830-1600 Conf. Room Colonel Belcher 1500-1900 2nd fl. Fam Din Rm.	31 George Boyack 0730-1600 1st floor Conf. Rm Fanning 0600-1400 Roving mobile clinic C3 Beddington 0830-1600 Conf. Room Sarcee 0730-1600 Library	1 Please note the dates, times and locations in this schedule are subject to change. Check with your site for the most up-to-date information.	2
3 Garrison Green 0700-1600 Bittman Hall Colonel Belcher 0700-1100 2nd fl. Fam Din Rm. Signal Pointe 0730-1530/1630-0045 Library	4 Garrison Green 1400-1800 Bittman Hall Sarcee 0815-1630 Library	5 Colonel Belcher 1500-1900 2nd fl. Fam Din Rm.	6 Sarcee 0730-1600 Library	7 Colonel Belcher 0700-1100 2nd fl. Fam Din Rm.	Additional Clinics Nov. 10: Colonel Belcher 0700-1100 2nd fl. Fam Din Rm. Nov. 12. Signal Pointe 0730-1530/1630-0045 Library	

Art collaboration shines at Sarcee



As part of the Recreation Therapy program Paint, Colour, Create, residents and clients at Carewest Sarcee's ALC and LTC units recently came together to design a vibrant collaborative art piece, a radiant sun filled with colourful rays. Each ray was carefully coloured, painted, or chosen by an individual, reflecting their unique personality, creativity, and spirit.

When assembled, these rays form a stunning whole, reminding us that our community shines brighter when we come together. At the centre of the artwork sits a simple yet powerful message: "Be the sunshine in someone's life."

This uplifting quote captures the heart of the project, showing how even the smallest acts of kindness, compassion, and joy can brighten another person's day.

This sun is not the first collaborative piece created at Carewest Sarcee through Paint, Colour, Create. It continues a growing tradition of art projects that celebrate individuality while fostering teamwork and belonging. Many staff, family members, and residents/clients have shared how much they love the project, noting how its cheerful colours and meaningful message brighten the space and bring warmth to all who see it.

For the sunflowers – each resident carefully designed or selected their own sunflower, adding unique colour, texture and details, that came together into one stunning arrangement. Just like the bouquet, our community is made of up many different individuals – each with their own strengths, stories and spirit – that together, create something beautiful.

Photos courtesy Ashley Carvalho

Signal Pointe cornhole tournament a success



The Mental Health Awareness Community Fundraiser and Cornhole Tournament organized at Carewest Signal Pointe was a well-attended success, with face painting, silent auction, hand-made merchandise sales and of course, the Cornhole tournament. Congratulations to resident Jason Lowry, who took first place. Special thanks to Recreation Therapist Jennifer Bartsch-Maki, who did an outstanding job bringing the community together for this fantastic event. The event raised \$3,500 for mental health care programming at the care centre. *Photos by Samara Sinclair and courtesy Jennifer Bartsch-Maki*



How my garden grows at Nickle House



Carewest Nickle House resident Lee Star shows off his radish bounty, harvested from the garden at the care centre. Residents at Nickle House have been tending to the garden throughout the Spring and Summer, contributing their harvest to the meals at the care centre. Thank you to Lee and all the other gardeners for their home-grown efforts!

*Photos courtesy
Trudy Taylor*



Donation brings Tovertafel to Fanning



Thanks to the anonymous donor, the Tovertafel's interactive games were unveiled at Carewest Dr. Vernon Fanning and residents joined in the fun. The Tovertafel technology is meant to provide physical, cognitive, social, and sensory stimulation, encouraging movement, and social interaction.



*Photos by Samara Sinclair
and courtesy Lara Fowler*



National Day for Truth and Reconciliation



Fanning residents tell their stories

Mavis Whitford

Mavis Whitford was born in 1958 in the Blackfoot Indian Hospital on the Siksika Nation. Her happy childhood with her grandparents was cut short in the Sixties Scoop, when Indigenous children were removed from their homes through the 1960s all across Canada and the United States, and sent to Residential Schools. Mavis remembers the cruelty and strictness of teachers in the school and how it impacted her life after her release back into her community. She says she felt like a different person.

"I miss talking in my language. We weren't allowed to speak it in a residential school and forced to speak only English," she says, adding she can speak Blackfoot.

"I missed my family."

Mavis went on to take the Health Care Aide Course at Bow Valley College in her adult life and worked at Fanning for many years on 2 West and 3 East, before her stroke in 2000 and encephalitis in 2008.

"We should be proud of our nation," she says, about what the National Day for Truth and Reconciliation means to her.

Janelle Stripped Squirrel

Janelle Stripped Squirrel was born in 1991 in Lethbridge but moved around so much with her family that there was no one place she identified with as home.

As a young child, she enjoyed attending her nation's Pow Wows and listening to the music, watching the dancing and the traditional costumes and seeing the families.

Janelle said there is one misconception people have that she would like to clear up about indigenous people.

"Sometimes I think people get the wrong idea that we are all drug addicts. It's not all like that. It depends on how we were brought up," she says.

Less than one year ago, Janelle lost her hands and legs to frostbite and spent months in hospital and at Carewest Glenmore Park recovering.

Before that, she worked in the housekeeping industry in hotel chains.

The loss of her hands hasn't prevented Janelle from drawing – something she loves doing with adaptive equipment at the Fanning. She can also walk on her prosthetics and staff say they are very proud of her for her accomplishments.

Staff profile

Bryn Evans

Trauma & Triage Counsellor

Carewest Operational Stress Injury Clinic

“

I'm really happy where I am and I guess it's been a measure of being well supported by Carewest.

”

Teagan Melnick

Volunteer, Quality, Safety & Transformation

While Bryn Evans' strong passion for the arts and literature didn't initially push him towards counseling in the healthcare profession, his experience of assisting adults with developmental disabilities in his youth ignited his interest in social work.

As a child born in Pincher Creek but raised from the age of seven onwards in Calgary, Bryn dreamed of becoming a Ghostbuster. However, once he realized that it was a challenging career to achieve, he pivoted and instead aspired to become an English professor due to his avid love of reading.

“As cool as being a Ghostbuster would be (future plans maybe?), I realized that maybe my love of reading (then and now my favourite thing to do) and the arts would be a better career choice,” says Bryn.

This love eventually culminated in his pursuit of his first degree, a Bachelor's of English at Mount Royal University, where he joined a local newspaper, Fast Forward Weekly, and freelanced, writing about movies and books. His talent and enthusiasm for writing led him away from school, earning him an Arts Editor role at the same newspaper, where he worked from 2004 to 2009. However, when the university came calling about him needing to complete his classes to obtain his degree, he went back to school.

With a newly minted Bachelor's of English, he sought a job and knew a friend who worked at Calgary Alternative Support Services, a community agency dealing with adults with developmental disabilities and worked in a community outreach role.

“I really loved it and became really passionate about the disability field and rights and things like that,” says Bryn. So, with this new found interest, he completed a Master's degree in Equity Theory at Athabasca University.

However, after realizing that this Master's wouldn't result in a license to practice, he went back to school, obtaining two more degrees, a Bachelor of Social Work and a Clinical Master's degree in Social Work at the University of Calgary.



Photo courtesy Bryn Evans

In 2017, as he was completing these degrees, Bryn joined Carewest as a mental health worker at Rouleau, where he spent the first couple of years of his Carewest career. At that time, there was a limited sense of what a mental health worker was or did, so Bryn got a variety of experiences.

“From providing sort of like a counseling ear for clients while also helping with some case management stuff to crisis intervention. In a sense, it was a Jack-of-all-trades kind of job, says Bryn.

After working with a friend to build the job up, where he found they had a good clinical team that all support each other, he began working at George Boyack, and then Fanning at the Neuro Rehab Unit.

After working there for less than a year, he decided he wanted to put his efforts into counseling others, leveraging his clinical master's degree that he was working towards.

Staff profile: Bryn Evans

Continued from Page 10

Having heard about the uniqueness of the OSI Clinic in having dedicated therapists and spotting a position for a Trauma Triage Counselor on a job board at Fanning, he decided to pursue a career there.

“It was initially intimidating for sure and I was a little nervous, but was pretty amazed at what felt like high-level kind of work that gets done,” he says.

Bryn was surprised at how many resources were provided from immense training and education, to how the caseloads were reasonable.

“I had never seen anything else like it in the healthcare system, publicly,” says Bryn. Bryn attributes his change of heart about the role – from being intimidated to passionate – to three key factors: the support found through strong relationships with staff, the diversity of work, and the opportunity to engage in deep and meaningful work.

“I really love the team. Having been there for a long time, you form some close relationships with people, and it’s wonderful to have that support with each other,” says Bryn.

“It is also varied; you can be doing individual work, but also group work, education, and learning things. We also have the ability there to do quality long-term, deep work with people.”

This culture at the OSI Clinic, with its education and training of staff members, continues to be a draw for Bryn, where he is an active participant, training in iRest meditation and beginning his yoga teacher training in the fall.

He also shares his expertise with others, teaching a very particular kind of meditation protocol with several other clinicians and an education group going over different psycho education throughout the week.

Outside of work, Bryn continues to feed his love of the arts and literature through reading and freelance work, writing for different publications on book criticism.

Living along with his wife, he also keeps active with a year’s long yoga practice that he does regularly and CrossFit, which he says is a ton of fun and a great stress reliever.

“If you had told me when I was younger, that’s what you will end up doing, I probably wouldn’t have believed you, but I’m really happy where I am and I guess it’s been a measure of being well supported by Carewest. I have no desire to go anywhere else,” he says.



Dwight Devlin pauses to check out his fellow resident fish in the tank on the second floor at Carewest Colonel Belcher. The fish are cared for by staff and residents.

Photo by Samara Sinclair

Resident profile

Bryon Downey

Carewest Colonel Belcher



I met Queen Elizabeth and shook the King's hand when I was just seventeen. I was in my number one uniform aboard the Britannia.



Teagan Melnick

Volunteer, Quality, Safety & Transformation

Carewest Colonel Belcher resident Bryon Downey's life has been anything but ordinary.

Born and raised on a farm near a small Manitoba town off Highway 83, Bryon's earliest memories are of cold prairie mornings and the steady rhythm of farm chores.

"In those days, the weather was really cold, and my childhood was a lot of chores on the farm. I remember at age three I would go out to the barn and help milk the cows, but because I wasn't very good at it, my father would come and finish it for me," he says.

As the second oldest of four siblings, Bryon's childhood was shaped by hard work and the vast openness of rural life. His older brother stayed on the farm to help his father with the grain, while his two younger sisters pursued education through to Grade 12.

Bryon, however, didn't attend high school as he had a different path in mind, one inspired by friendship and a longing for adventure.

"I didn't know what I wanted to be. But my friend Dale, who was three years older, said he was going to enlist," says Bryon.

Not wanting to be left behind, at just 16, Bryon made a bold decision to join the Navy, following in the footsteps of his friend.

"He told me he was leaving for Halifax to join the navy, and I was heartbroken. I asked if I could come too," he says.

However, before leaving for Halifax, Bryon approached his father with the idea.

"I thought, 'Oh, here comes no.' I was so used to hearing the word no, but instead he said, 'Let me think about it,' and he let me go."

Though Bryon was too young at the time to join, he was at the cusp of turning 17, the minimum enlistment age, so he decided to board a bus to Winnipeg, 300 miles from home, to begin his journey.

"At sixteen years of age, all I basically did was get on a bus, and it took me to Brandon, then I took a train to Winnipeg, where I joined the navy."



Photo by Teagan Melnick

From Winnipeg, he took a train to Halifax, where he enlisted and entered training.

This training offered him a variety of skills and lessons, spanning from washing clothes, to cooking, to naval skills.

He was stationed in Halifax for the duration of his three-year term, on a destroyer escort, and served as a 'stoker' (engineer mechanic) – a role responsible for supplying power to the engine room by feeding oil into the fire.

Reflecting on his days in the navy, one of Bryon's most memorable moments was escorting Queen Elizabeth and King Philip aboard the Britannia.

"I met Queen Elizabeth and shook the King's hand when I was just seventeen. I was in my number one uniform aboard the Britannia. We had four ships, each stationed in a baseball diamond format. In this formation, we took the Queen all the way back to England," he says.

Resident profile: Bryon Downey

Continued from Page 12

After spending three years in the Navy from 1962 to 1965, Bryon returned to the farm briefly before discovering his true passion – dance.

He trained at the Arthur Murray Dance Academy and later joined Fred Astaire Dance Studios, where he spent over 16 years teaching a variety of dances, including tango, waltz, the cha-cha, and more.

“It was scary at first. They made me go through all the steps before I could teach,” says Bryon.

Although he stumbled into this passion, he also found he loved the business side of teaching as well.

“I didn’t want to be a dancer. I wanted to run the business. That was my favorite part.”

With this love for business, Bryon sought to own his own dance studio, which he did for a decade from 1971 to 1981 in Chicago, teaching students and taking them to competitions across the country.

This move to Chicago is also where he married his wife and raised his two sons.

“I loved teaching. It was a big part of my life.”

After moving from the dance world, Bryon found himself in Canada once again, transitioning into real estate, buying and renovating five homes in Nanton, Alberta.

“I fixed them up myself and rented them out. It was smart,” he says.

However, when Bryon was transported to Foothills Hospital due to a medical event, he found himself in Calgary.

His journey to Carewest Colonel Belcher in April 2024 came soon after this medical episode, which left him unable to safely return home.

Though he feels the transition was abrupt, he remains active; walking in the gardens, attending socials, and participating in Legion outings.

He also cherishes his time with Jonathan, a weekly visitor, and his involvement in the LINKages program with local students.

Although he no longer formally teaches dance classes, he likes to teach staff new moves when he can.

“I miss teaching dance. I taught Adele, my Recreation Therapist how to swing and tango,” he says.

From prairie fields to naval ships, dance floors to real estate ventures, Bryon Downey’s life has been a testament to resilience, reinvention, and the pursuit of passion.

CHF Home Lottery Mountain Edition a success

The first ever Calgary Health Foundation Home Lottery Mountain Edition was a huge success. Thank you to Carewest staff and the community for their incredible support of this lottery.

Proceeds are being designated to resident programming at the new Bridgeland Riverside Continuing Care Centre, in which Carewest will be an operator. Promotional videos done by Recreation Therapist Emily Hawryluk and Executive Director Yaro Kiselev contributed to the success of ticket sales.

Featuring prizes like a beautiful mountain villa in Canmore, Alberta, a Land Rover Defender, a Mercedes Adventure Seeker and in addition to hundreds of other vehicle, vacation and leisure prizes, tickets sold out before the deadline.

“We were very excited about this – especially with it being a first summer lottery for us,” says Shannon MacMillan, Director of Communications for the Calgary Health Foundation.



“We don’t have details as to whether or not anyone from Carewest won any prizes – but we always encourage everyone to check the web page to see if they were a winner.”

Visit calgarymountainhomelottery.com to see if you are a winner.

New suicide risk assessment process

Samara Sinclair

Program Director, Communications & Marketing

Transitions into care facilities can be challenging for many and increase the risk of suicide due to loss of autonomy, social disconnection, and feelings of being a burden.

Effective September 10, 2025, all Carewest clinical units are required to complete a suicide risk assessment:

1. Within 36 hours after admission/readmission
2. Upon assessment of triggers and warning signs
3. When indicated by clinical judgment

A client's behaviour and attitude, appearance, anxiety, mood and thought processes are indicators that should be paid attention to and alert clinicians to performing a risk screening assessment. Triggers include:

- Known history of self-harm, suicidal ideation, suicide attempts
- Appearance – client's appearance along with behaviour and attitude also provide clues that they should have a screening assessment.

- Behaviour and attitude – clients who make poor eye contact, display verbal or physical aggression or are uncooperative/avoidant.
- Anxiety – clients who have increased anxiety levels or are displaying anxiety in a different way.
- Mood – client's mood such as those who are sad, crying, depressed, guarded, or irritable.

"Research shows that suicidal behavior may be reduced by up to 43% for individuals who engage in safety planning and has found improvements in suicide-related outcomes (e.g., hopelessness) and treatment outcomes," says Daria Armstrong, Program Director, Mental Health LTC Program Lead.

"The Alberta Health Services Personal Safety Plan consists of a list of coping strategies and support resources that can be used for clients at risk and is developed in collaboration with the client and customizable to meet individual client need."

The Personal Safety Plan is available in printable format, directly from the storyboard alert hover text, or as a SmartText template (printable) on Connect Care.

Special Olympian takes silver

Kirrily White brought home a silver medal during the summer Special Olympics Alberta (SOA) held at Grand Prairie. The SOA offers a diverse range of sports opportunities throughout the year to individuals with intellectual disabilities. The other summer sports were 10-pin bowling, athletics, basketball, golf, powerlifting, rhythmic gymnastics, outdoor soccer, softball, and swimming.

Kirrily is a YADS client who attends on Mondays and Wednesdays. She was one of the 26 Calgary Bocce athletes who joined the Provincial games on July 11-13, 2025. There were two days of play for Bocce among 27 teams split into seven divisions. The athletes were from all over Alberta, including Camrose, Medicine Hat, Lethbridge, Leduc, Calgary, St. Albert, Grand Prairie, Lakeland, and Red Deer.

Anyone interested in joining the Special Olympics as a volunteer or an athlete can easily register via the [Special Olympics website](#). The registration, opening on July 16, 2025, provides a convenient and empowering way to get involved.

Sources: Sarah Robinson, the Community Manager, Special Olympics Alberta Calgary Office and Special Olympics website.



Photo courtesy Kate Ramirez

Resident brings Carewest mascot to life



Carewest's new mascot Maple has been brought to life by Carewest Rouleau Manor resident Marlene Robinson, who spent three hours crocheting and stuffing a three-dimensional replica.

She said she wanted to take Maple off the sign and bring them to life and wished to give her creation to Jernie Glyne Joseph, RN at Carewest Glenmore Park, who came up with the winning name Maple.

Jernie has graciously let Carewest borrow Maple, who will be making appearances throughout the organization. You never know where you'll see Maple next!

Many thanks to Marlene for taking the time to bring our Maple to life!

Photos by Samara Sinclair

George Boyack celebrates 56 years on Oct. 6

On October 6, 1969, then Alberta Health Minister James Henderson and Alberta resident George Boyack, opened the Carewest George Boyack Nursing Home.

George Boyack was born in England but raised at an orphanage in Scotland after he lost his parents at the age of seven.

George came to Canada in 1910, married his wife Isabella in 1918 and began farming in Keoma, 35 km northeast of Calgary.

George was an active community leader for more than 50 years and served on various health boards, including the Mount View Health Unit, Calgary Auxiliary Health Board and Alberta Public Health Association.

He was also an active member of the local school board and served as Reeve in the Municipal District of Rocky View.

Source: Newspapers.com

What's happening



Carewest Colonel Belcher resident Dennis Mickelberry grooves to the tune of Ring of Fire, played by JB Music Therapy musician Shannon Robinson. Music Therapy is one of the many activities offered to residents at the Belcher.

Photo by Samara Sinclair



It wouldn't be a Calgary Stampede party without a little line dancing. Recreation staff at Carewest Colonel Belcher got up and line danced with entertainment DC Tops. The residents absolutely loved watching the staff learn the line dance and dancing it for them!

Photo courtesy Janene Andrews

around Carewest

Generations Calgary hosted its first annual Championships and offered opportunities to other facilities to compete in variety of events, including mini golf, cornhole, shot put, Connect Four, Dominoes, javelin (with pool noodles), bowling, volleyball. The facility provided flags, t-shirt and lunch for participants. Carewest winners were Richard and Ally, who won gold and silver, respectively.

Photo courtesy Tracey Vigneault



Happy 25th anniversary to Signal Pointe, which opened its doors to the Calgary community in 2000. Past and present leadership celebrate the milestone with a cake for staff and residents.

Photo courtesy Jennifer Bartsch-Maki

Service Awards

August, September and October Service Award winners have provided kind and compassionate care and service to Carewest residents and clients for 5, 10 and even up to 45 years.

5 Years

Alma Abiog	Laura Loturco
Ianne Nicole Almonte	Michelle Lund
Jyoti Arora	Alejandra Maldonado
Ma Sheryl Artacho	Morgan Allysa McGarty
Christina Ball	Veralen Mirador
Beth Baylon	Susan Miriam Thomas
Cali Maria Champagne	Naliya Mohebat Amir Abad
Bernadette Cusipag	Sergio Most
Jayson Domingo	Grace Musaka
Lyn Balba Encarnacion	Oluwakemi Ogidan
Anne Marie Esguerra	Paulette Orosz
Gillian Gaddi	Ivy Patton
Amritpal Gill	Patrick Pekas
Siwanaat Rung Inkham	Franchesca Rivera
Anu Karuvaril Balakrishnan	Casey Marie Salango
Dalerjeet Kaur	Jasline Sangha
Manpreet Kaur	Crismille Somido
Navreet Kaur	Jennifer Sorsdahl
Tracy Lynn Keizer	Keshia Sterling
Meghan Dawn Kubsch	Taneika Sterling Fowler
Adesola Lateef	Sandrine Tchamamah
Jeannette Leslie	Caitlin Marie Ulrich
Mary Grace Lirio	Claudette Ventura

15 Years

Marie Jean Baduria	Elvira Limpin
Marizel Cabanela	Stephen Maangi
Ma Lilibeth Diaz	Meagan MacGregor
Yetnayet Dinberu	Champi Malwatte Mohotty
Victoria Domingo	Tessa Mejia
Helen Doria	Marie Mercado
Maricel Epie	Susan Ndunda
Sahra Esse	Vanessa Nelson
Ruth Ewe	Marion Persaud
Grace Fontanilla	Amanda Richter
Derek Fulton	Emmeline Santos
Rosemary Garcia	Jennifer Steeves
Guerdia Germain	Mathew Sese Tubanimi
Jagdish Gill	Elizabeth Turuok
Amanda Gordillo	Sara Vall
Teodora Gunday	Marineth Villostas
Leticia Jumarang	Carole Wakelin
Nancy Mwadi Kabeya	Alma Wasi
Haregeweyen Kassa	Wen Xie
Dianne Lewis	Chime Yankey

10 Years

Cary Apejas	Alisha Mulic
Layna Benevides	Armie Nadeau
Judy Ann Borja	Jessica Novak
Gwenda Chan	Ogom Okafor
Jovito De Hitta	Taiwo Okedeh
Rachelle Forster	Krishna Regmi
Winnie Gay Galut	Adoracion Rigor
Paramjeet Gill	Mary Sacramed
Kristi Glasow	Zoya Startseva
Subhash Goti	Cynthia Tabernilla
Janet Guzman	Tiny Thomas
Angela Isenor	Sheryl Sherry Thompson
Christine McIntosh	Britta Tracey
Bryan McKelvie	Miraluna Mira Villaruz
Amber Mendoza	Anna Vouladakis
Marites Morales	

20 Years

Afolashade Akinsehinde	Mary Sangalang
Aisa Babilio	Sisay Sibulu
Wimple Culchesky	Lucia Smith
Evangeline Lomboy	Edna Soriano
Cipriana Manganaan	Shirrel Sullivan
Gurdeep Mangat	Darlene Sumastre
Deborah McCready	Doreen Tabingo
Genevieve Osuji	

25 Years

Sophia Abdu	Parkash Malhi
Marina Bieber	Leticia Miguel
Melanie Dacula	Mary Ann Mojica
Marie Dulce	Angelita Nisperos

35 Years

Margaret Hay

45 Years

Elizabeth Solis

30 Years

Jacqueline Brazeau	Jenny Chau Luong
Dennis Fera	

Coffee break

Samara Sinclair, Manager, Communications & Marketing

Sources: armoredpenguin.com & puzzles.ca/sudoku

Word Search

MySchedule



Alerts
App
Automated
Booking
Callout
Easy

Electronic
Improve
InforGo
Launch
Management
Notification

Online
Schedule
Staffing
Training
Vocantas
Workforce

Sudoku

Level: Easy

1						2	7	6
		9	1	4				
	2				6		9	1
	8				9	6	1	
7	3			8	4			
		2			5		8	
5		6			3			
		7					5	
3	4		5	9				

How to play Sudoku

Fill in the game board so that every row and column of numbers contains all digits 1 through 9 in any order.

Every 3 x 3 square of the puzzle must also include all digits 1 through 9.

Workforce discounts update for Carewest staff



From restaurants to exciting experiences, we've got amazing discounts for our healthcare workers:

- [GoodLife Fitness](#): 30% savings on membership
- [Orangetheory Fitness](#): deals for new & existing members
- [YMCA](#): 10% off monthly memberships

[Scan the QR code or click here to view some of the great workforce discounts available to Carewest staff.](#)



Volunteers make anything possible



Residents at Carewest Colonel Belcher have access to a well-stocked woodworking room, thanks to volunteers who come in to lead a program that allows residents to complete their projects. Volunteer Dwayne Sims jokes with resident Don Maher as they inspect one of the projects. Visit carewest.ca/volunteers to join our team!

Photo by Samara Sinclair

Carewrite

Carewrite is produced quarterly. We welcome your submissions.
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All individuals appearing in this publication have consented to participate.