

CAREWRITE



Carewest participated in a Code Green evacuation exercise in partnership with Alberta Health Services (AHS) and EMS, as part of our emergency preparedness program. The learnings from this exercise will help us strengthen our emergency response, improve communication between sites, ensure we have the right equipment and processes, and keep clients and staff safe in a real emergency.

Photo by Samara Sinclair



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: June 19, 2026
- Publishing date: July 1, 2026

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

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Earth Day.....	April 22
Mother's Day.....	May 10
Victoria Day.....	May 18
(Eid) al Adha.....	May 27
Juneteenth.....	June 19
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Canada Day.....	July 1

Springtime a time

Barb Kathol
Chief Operating Officer

Spring is time for all things green and at Carewest, that is no exception.

Thanks to everyone who took part in the Code Green exercise on April 2.

We are committed to ensuring the safety and wellbeing of everyone in our care and as part of our emergency preparedness program, we conducted a planned evacuation and patient movement exercise in partnership with Alberta Health Services (AHS) and EMS.

During the exercise, EMS and Carewest transport vehicles shuttled volunteers from the evacuation site at Carewest Dr. Vernon Fanning, to the receiving sites around the organization. Staff practiced evacuation communication and emergency procedures and volunteers helped simulate client movement. No real clients were moved between buildings, and care routines continued as normal.

These exercises help us strengthen our emergency response, improve communication between sites and ensure we have the right equipment and processes, to keep clients and staff safe in the event of a real emergency. Practicing together helps us identify opportunities to improve before an actual event occurs. While the weather didn't cooperate, I want to thank you to all volunteers and clients who were scheduled to make it a more realistic learning experience.

In the Spring, our residents also similarly look forward to some green gardening and Carewest recreation therapists ramp up the gardening program at several of our care centres. They are always looking for donations of gardening tools and equipment and we've had a couple of requests from the sites including:

- Pots large and small, and plant supports (climbers)
- Soil
- Seeds of any kind
- Watering cans, Gardening gloves, hats, sunglasses
- Established plants like tomato or strawberry
- [Small garden shed](#) or [garden storage](#)
- [Wheelchair-friendly raised planters](#)



for renewal and growth at Carewest

If you can donate, please reach out to your site directly to see what their most pressing gardening needs are.

Growth at Carewest will also come in the form of a new care centre. While we previously anticipated a 2026 move-in to the new Bridgeland Riverside Care Centre, construction is now targeted to be completed in late 2026. Once construction is finished, there is important work to do before we can welcome residents.

This includes setting up all the living spaces with furniture and personal touches that will make them feel warm and comfortable, testing the heating and cooling systems throughout the building, checking that all safety features and call systems work properly.

It also includes preparing dining areas, shared spaces, and the outdoor courtyards for residents to enjoy.

Our staff will also be trained in all the building systems and equipment, so they're fully prepared to support residents from day one. We're not just building a facility — we're creating a place where people will live and feel at home.

As a result, move-in is now expected in 2027. We will share more detailed move-in dates with residents, families and staff soon after construction is complete.

March was Nutrition Month and I wanted to recognize the great work of the Carewest Food Services team.

February may be the shortest month, but at Carewest, it was full of excitement, celebration and good food.

This year we brought a little extra energy into our dining areas by celebrating the Olympic spirit, along with a few other holidays. The 2026 Winter Olympic Games took place Feb. 6-22 and was the perfect inspiration for some of the special meals served to residents and clients that month.

Lunch on the Canadian day, was inspired by a Canadian classic: a hot Montreal smoked beef sandwich on rye with Swiss cheese, prepared grilled-cheese style, served with Dijon dill potato salad and finished with a Nanaimo bar, the famous no-bake dessert from British Columbia.

Later this week, Italian Day featured an Italian sausage pasta bake, finished with a lemon-flavoured cannoli, a traditional Sicilian treat often enjoyed during festive occasions.

March was also Social Work Month. Carewest social workers embody the profession's commitment to human dignity, human rights, and social justice — commitments upheld in practice at our care centres. The impact made by our social workers cannot be measured in anything but lives changed, hope instilled and individuals advocated for.

We are fortunate to have such caring and compassionate individuals on our teams. Thank you.

Thank you to Carewest volunteers

National Volunteer Week is April 19-25, 2026 and celebrates the ways in which people in Canada have ignited volunteerism in their communities, deepening collective impact.

The United Nations General Assembly has also proclaimed 2026 as the International Year of Volunteers for Sustainable Development.

At Carewest, each individual volunteer contribution, big or small, creates momentum and has the power to influence and inspire, joining a wave of positive change.

During National Volunteer Week 2026, we come together to recognize and celebrate all the ways volunteers create positivity at Carewest.

Thank you for everything you do for our residents, clients, families and staff. Your contributions create ripples of happiness, joy and hope.

If you're interested in volunteering, visit carewest.ca/volunteers



**THANK YOU
VOLUNTEERS!**

YOUR LOGO HERE

**NATIONAL
VOLUNTEER
WEEK 2026**
APRIL 19-25

Art paves the path to self-expression



(Left) Carewest Dr. Vernon Fanning Therapy Aide Aymaan Husien, left, and Recreation Therapist Judy Dravucz take a moment to admire the art walk they created on the third floor at the care centre, using the artwork of current and former residents. (Right) Resident John Deboer works on his pieces – a 3-D sculpture and a painting of a dachshund that reminds him of a dog he once loved.

Photos by Samara Sinclair

Samara Sinclair

Program Director, Communications & Marketing

On a grey weekday afternoon, Chronic Complex Care residents living on the third floor at Carewest Dr. Vernon Fanning inject some colour to their lives with the support of Therapy Aides Aymaan Husien, Noni Coronia and Recreation Therapist Judy Dravucz.

Aymaan and Judy lead the group of about 10 residents, twice a week to explore, create and follow their own sense of self-expression in an anything-goes art class.

“I come from a fine art background and really like the idea that everyone has their own process and ways to express themselves. Everyone here works on their own individual project,” she says.

“It gives them a sense of self-reliance – they do something on their own without being told what to do.”

Many of those forms of artwork are carefully displayed on what would have otherwise been a long, white hallway, where the blank walls are now shouting with vibrancy, colour and expression. More than 100 pieces from current and former residents tell a story of the many lives that have passed through the care centre.

“Often you can tell a person’s artwork just from their unique style. Walking down the hallway, you can tell who did what,” says Judy, pointing out some paintings from a well-known resident.

“The residents look forward to the art classes and it’s one of the more popular ones. Whether they’ve been an artist their whole life, or they’ve never tried art and want to learn a new skill, they have many opportunities to explore various mediums from colouring to painting and everything in between.”

John Deboer, resident on the third floor, had never painted prior to his move to the Fanning Centre one year ago. One month after settling in, John decided to join the art class.

“I figured I’d come here and try and see what I could do with a paint brush. I felt like I was out of my element. I had to learn how to mix paint, mix colours, and the colours that I chose always somehow turned out different,” he says, adding he ended up buying his own paints so he could continue working on evenings and weekends.

“I figured I’d try to improve my mixing paint skills. Now I look forward to it all the time, especially in the wintertime when you can’t go outside. I enjoy it.”

Aymaan echoed John’s sentiments, in that some of the residents can’t wait to work on their piece between classes, so they borrow supplies or buy their own and work in their rooms, which realizes other therapeutic benefits.

“One of the residents forgot to take her pain medications because she was so busy working on her art. And there’s also a social aspect – we’re all learning together,” she says.

CHF, ALA, Carewest expand bariatric care

Samara Sinclair

Program Director, Communications & Marketing

A partnership between Carewest, the Calgary Health Foundation and Assisted Living Alberta will see an expansion of bariatric care at Carewest, freeing up acute care hospital beds and creating enhanced capacity for those with weight-related care needs.

Calgary Health Foundation has committed \$1 million to Assisted Living Alberta (ALA) to fund the expansion of specialized bariatric care services at Carewest Garrison Green and Carewest Sarcee.

The investment will not only release acute care beds back into the system but also ensure Albertans living with severe obesity receive long-term, continued rehabilitation and community discharge assistance when they need it.

There is a growing demand for specialized bariatric spaces. This project will help meet this need.

“By increasing bariatric capacity at Garrison Green and enhancing supports at Sarcee, more patients will be able to transition safely from hospital to community-based settings sooner,” says Barb Kathol, Carewest Chief Operating Officer.

“This will help reduce unnecessary hospital stays and improve patient flow across the system.”

At Garrison Green, funding will be used to upgrade seven existing bariatric spaces to ensure they are more current, accessible, and better equipped to meet the needs of residents requiring specialized bariatric equipment. At Sarcee, funding will support the addition of a new bariatric bed as well as enhancements to the site which will further support safe transfers, personal care, and rehabilitation activities.

“This partnership represents an important step forward in addressing a growing and complex care need. We are grateful to Calgary Health Foundation for this commitment which will improve safe and enhanced access to bariatric care for Albertans,” says Dr. Sayeh Zielke, Executive Chair, Assisted Living Alberta Board of Directors.



“This reflects a strong partnership with health foundations that advances our organization’s priority to ensure Albertans receive care in the most appropriate setting.”

Improvements will support medically stable clients requiring ongoing rehabilitation and complex discharge planning, enabling faster and safer transitions from acute care settings to appropriate community-based care.

“We are proud to support this initiative with Assisted Living Alberta and Carewest. By investing in optimized continuing care spaces for bariatric patients, we can ensure they receive care in a setting designed to meet their needs, which will relieve pressure on hospitals,” says Paul Rossmann, President and CEO, Calgary Health Foundation.

“This funding will free up acute care beds and contribute to reduced wait times – so more patients can access the care they need, when they need it.”

This investment marks ALA’s first major philanthropic partnership, reflecting a shared commitment between ALA, Carewest, and Calgary Health Foundation to improve care and quality of life for patients with complex needs.

The upgrades are expected to be in place at Carewest Garrison Green by summer 2026 and at Carewest Sarcee by fall 2026.



Safe Consumption Toolkit released

Samara Sinclair

Program Director, Communications & Marketing

Assisted Living Alberta has released a ministerial order stating that continuing care homes cannot allow smoking to be a barrier in the admission of residents and clients to their facilities.

Effective Dec. 31, 2025, continuing care homes are required to accept all eligible individuals, including those identified as smokers.

Operators are required to have a policy in place, identify designated smoking areas and provide smoking cessation resources to support these admissions.

Carewest has existing environments to support smoking and has been accepting residents and clients who smoke for many years.

We currently have a range of indoor (at some sites) and outdoor designated smoking areas to accommodate individuals who smoke. We have reviewed the smoking areas at our sites for safety, with a focus on ensuring the spaces are inclusive and accessible to all.

We also have reviewed and expanded our Safe Smoking policy to ensure all requirements of the Ministerial Order are met. The new policy is called Safe Consumption of Tobacco, Alcohol and Non-Medicinal Cannabis policy.

Carewest is committed to providing safe, respectful, and accessible designated smoking areas to support residents who choose to smoke in alignment with Carewest's policies, procedures, and applicable regulatory standards for continuing care homes.

We ask residents and clients to abide by a new Substance Use Agreement, which outlines the parameters for safe and responsible smoking within our programs.

These parameters include:

- Smoking only in designated areas and during posted hours.
- No sharing of smoking materials with others, including residents, staff, or visitors.
- Independent management of supplies and safe handling of smoking/materials.
- Secure storage of smoking materials in their room, unless otherwise directed by their care team.



- Respect for posted guidelines, occupancy limits in designated smoking areas, and the privacy of other residents.
- Understanding and compliance with safety protocols, such as, if using portable oxygen.

Carewest has also developed an operational toolkit for sites, which includes information about the set-up and maintenance of a safe smoking area, the policy, smoking cessation resources, communication templates and other supporting documentation. This toolkit is available on Careweb, under the Clinical tab.

As a public provider of continuing care services, Carewest are leaders in supporting those who need us most. We create inclusive, person-centred communities that focus on providing the best care and support possible for all our residents and clients.

Parking re-registration period starts now

Carewest is implementing a parking re-registration process across all Carewest sites to ensure fair and equitable access to parking for all staff.

This process will help us manage parking availability more effectively and address concerns related to unauthorized use and non-payment.

This initiative is intended to ensure parking access is distributed fairly across staff and that those using Carewest parking facilities are authorized and current with payment requirements.

- Registration Period: April 1 - May 1, 2026
- Current Access Deactivation: All existing parking access (cards and monitored lot access) will be deactivated on May 1, 2026 if not re-registered.
- Enforcement Begins: May 4, 2026. Vehicles without valid registration parked in Carewest lots may be subject to ticketing and/or towing at the owner's expense.

All staff must re-register during the registration period to maintain parking access.

Registration forms will be available at reception for staff to complete. Completed forms should be submitted to your site's Administrative Operations Lead.



Parking fees will be processed through payroll deduction. Staff who choose not to register during the re-registration period will not be eligible to apply again for six months, or sooner only if space becomes available.

Parking privileges registered through this process apply across all Carewest sites. Staff who work at multiple locations should register only once at their home site.

Please ensure your registration is completed by May 1, 2026 to avoid any disruption to parking access.

Carewest OSI shines in performance

Samara Sinclair

Program Director, Communications & Marketing

The team at the Carewest OSI Clinic were recognized by the Chief Medical Officer at Veteran's Affairs Canada Dr. Cyd Courchesne, who wrote to the clinic to congratulate them on several performance metrics that exceed any of those set by other OSI clinics in the national network.

Key highlights from the 2024-2025 Director's report include:

- The Carewest OSI Clinic's direct time has increased compared to last year's report and exceeds the national standard of 66%. Carewest had 75% Direct Time for 2024-2025.
- The Carewest OSI Clinic's wait times remain low compared to other OSI clinics. Wait times have decreased compared to last year's report, with the exception of other clinical services. We are pleased to note that wait times in most categories have consistently been in the top three places nationally over the past three years.
- The Carewest OSI Clinic's percentage of treatment clients who have completed the outcomes monitoring tool (the OQ-45) in CROMIS is high compared to other OSI clinics. These figures show an increase in comparison to last year's results.



The OSI Team gathers at a team meeting to celebrate.

Photo courtesy Emily Gatreau

We rank 1/10 for the percentage of clients with eight or more OQ-45s (Outcome Questionnaire) completed and 2/10 for clients with 3 or more OQ-45s completed.

"The OSI Leadership Team wants to take a moment to thank every single person on the team for how they show up to support our clients, each other, and our stakeholders," says Erin Talbot, Program Director, OSI Services.

"We would not be able to achieve the success we have as a clinic without everyone's contributions."

Diversity, Equity, Inclusion & Belonging

Join a group where diversity is celebrated!

The DEI Advisory Group acknowledges, celebrates and advances DEI work at Carewest, and makes recommendations to Executive Leadership to further Carewest as a diverse, equitable and inclusive place to live, receive care and work and further contribute to the psychological safety for staff, clients, residents and visitors.

The group meets six times a year online to discuss how to make Carewest a more inclusive and equitable place where staff, residents, clients and families feel like they belong.

Join us by e-mailing carewestdei@carewest.ca

Thank you for your interest in making Carewest a welcoming place for everyone!



Staff profile

Dr. May Wong
Clinical Psychologist
Carewest OSI Clinic

“ I find people fascinating in so many different ways. They can surprise me one way or the other. ”

Samara Sinclair

Program Director, Communications & Marketing

From a very early age, Carewest OSI Clinic clinical psychologist Dr. May Wong was fascinated by the brain.

She used to sit outside the laundry where she and her family lived and worked in Montreal, watching the flow of people stream past her, and wonder what they all were thinking.

It wasn't a childhood May would categorize as supportive, as she was put to work laundering, folding and packaging people's clothes as a very young child.

But she flourished nonetheless, eventually growing to take her Bachelor's in Psychology at McGill University and her Master's and Ph.D at Concordia University before moving to Calgary for her residency.

“I find people are fascinating in so many different ways. They can surprise me one way or the other. Either way I learn something about a human being and it's a privilege to be able to do this work,” says May, who just celebrated her 20-year anniversary at the OSI Clinic amongst her colleagues.

“The work I do reminds me of sales. I'm selling a technique, treatment, strategy or perspective to my clients and trying to find a way to make them open to it and consider it.”

May completed her residency at Foothills Hospital and decided she would stay after the one-year residency period was done.

But she quickly moved on to other opportunities, helping to open two clinics – the first occupational health clinic in Calgary, where she worked for 16 years.

After the clinic was bought by a different operator, May came across the posting for Psychologist at the Carewest OSI Clinic and today feels very blessed that she had the opportunity to help open the Carewest clinic as well.

Once a month, May completes a thorough psychological assessment for an incoming client.

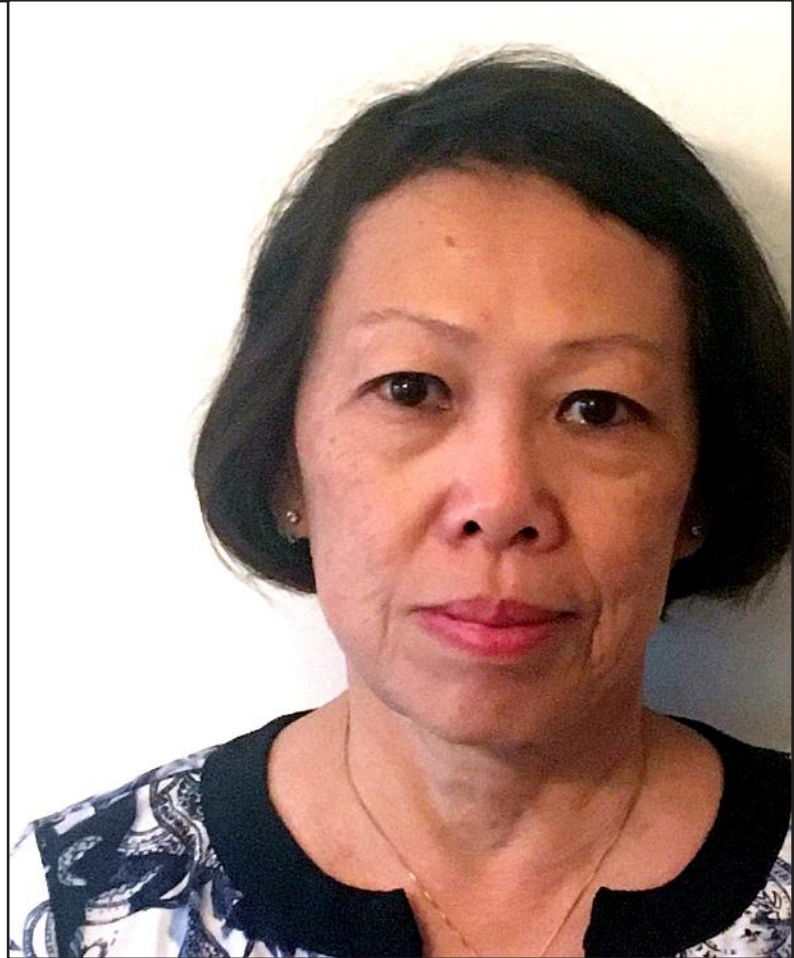


Photo courtesy May Wong

She sees three or four clients a day, completes detailed records of the assessments and sessions and marvels at being a part of their journey as they progress towards better health.

“It's a privilege to watch that transformation. People are in such dire situations and for a lot of them it's really hard to come through the door. Building that therapeutic relationship is the cornerstone of what helps clients progress in treatment,” she says.

May also enjoyed mentoring resident psychologists through the clinic and sits as the longest-serving member of the Clinical Psychology Residency Program committee.

A committee member for the last 15 years, May worked to ensure fairness, transparency and support for people looking for a career in clinical psychology.

Staff profile: Dr. May Wong

Continued from Page 10

And while she's recently made the decision to pare down the number of residents she takes, she's discovering evolution in her career continues in different ways, with the 2025 publication of a research article about the barriers to employment that some veterans may find when trying to reintegrate into the workforce, after release from the Forces.

May feels great pride and privilege when she thinks back to all the people she's helped over the years and the team with which she's worked to achieve those goals.

"We have a very strong team. The nurses, social workers, occupational therapists, psychiatrists, psychologists, program evaluation people, and administrative assistants truly work as a team to ensure that our clients receive the best services possible. Our leadership team does an excellent job supporting the team to achieve their best work," she says.

"The team came up with a book and reached out to past residents. From what the residents had to say about what they remember from what I shared with them – your legacy lives on."

May is also very proud of her family, including her daughter, who is a professional actor, primarily in theatre.

After her daughter graduated from the Sheridan College Musical Theatre Bachelor's degree Program, May has enjoyed watching her performances in so many productions including Legally Blonde: The Musical, Tale of the Gifted Prince, and Anne of Green Gables – the first time that Anne was played by someone who wasn't Caucasian.

Her daughter won the Betty Mitchell award for her lead performance in Legally Blonde.

When May isn't working or spending time with her family, she enjoys reading murder mysteries, doing many crossword puzzles, and watching television series and movies.

Assisted Living Navigation Portal launched

The Government of Alberta announced the first phase of the Assisted Living Navigation Portal, a new online tool to help Albertans find information and make informed decisions about assisted living and continuing care options in the province.

The Assisted Living Navigation Portal will be released in phases with the first phase including:

- An interactive questionnaire that will provide tailored recommendations about appropriate continuing care homes and supportive living accommodations, including plain language guides to help Albertans understand how to access recommended care options.
- A search function and interactive map that visually displays continuing care homes and supportive living accommodations to help users search.
- A comprehensive directory of continuing care home and supportive living accommodations. This includes information on continuing care homes, such as available services, fees, and potential availability; as well as information on supportive living accommodations, such as addresses, contact information, and licensed supportive living spaces.

The Portal is designed to support, not replace, care discussions and assessments.

Recommendations may change after a care plan review. Potential vacancy information is updated weekly but not guaranteed.

ALA staff may find that more clients and families come to discussions better informed after exploring options with the Portal.

The Assisted Living Navigation Portal will replace the Continuing Care Facility Directory (CCFD) and include all current CCFD information.

Staff and the public will have access to the same information through the new tool.

The Assisted Living Navigation Portal will evolve based on feedback, client and caregiver experience, and system needs across health and social services.

Future phases will add Home and Community Care, Community Supports, and non-medical supports to enhance a coordinated care system and improve outcomes for Albertans.

The goal is to provide easier access to information about assisted living options in the province, helping Albertans get the right care in the right place. [Click here to visit the new Assisted Living Portal.](#)

Client profile

Carmen King

Carewest George Boyack

“ I went to see a specialist, who said, ‘If I don’t get you in, in the next two weeks, you wouldn’t have a leg at all.’ ”

Samara Sinclair

Program Director, Communications & Marketing

When Carewest George Boyack resident Carmen King talks about her life story, it comes out in unrestrained anecdotes of adventure.

Much like her story, Carmen moved around often, with her parents and then later with her own family and was never in the same place for too long.

In a twist of fate, Carmen’s flow from one place to the next was abruptly halted after a staph infection claimed her knee after a replacement surgery and left her requiring the services of long-term care.

“I went to see a specialist, who said, ‘If I don’t get you in, in the next two weeks, you wouldn’t have a leg at all,’” says Carmen, adding it took five surgeries and four years to fully clear the infection.

“The staph infection ate everything. I had to have a picc line (peripherally inserted central catheter) for the heavy-duty antibiotics.”

Born in Vancouver, B.C. Carmen’s childhood was picturesque, where the six children spent summers outside camping, swimming, picking beans, and canning fruit and vegetables to enjoy throughout the winter. Carmen enjoyed working alongside her mom at the local farm, picking raspberries for some extra cash for the family.

“We got to spend time with our parents. We joked around and had fun and ended up going swimming as a family at the lake,” says Carmen of the family camping spot, where they set up a huge canvas tent big enough for all eight of them.

“We got up in the morning, had breakfast, did our chores and then we could do what we wanted. Then we’d come back to lunch and wait an hour before swimming and then we could go back out before dinner. We did that for 5 years. I had a really nice childhood.”

Throughout her life, Carmen moved around Alberta, B.C. and the Northwest Territories, living in 100 Mile House, Burnaby, Edmonton, Penticton, Kelowna, Whitehorse, Chilliwack area, and Calgary.

She became pregnant at the age of 17 and settled into family life, getting married, having three children, moving to Penticton, B.C.

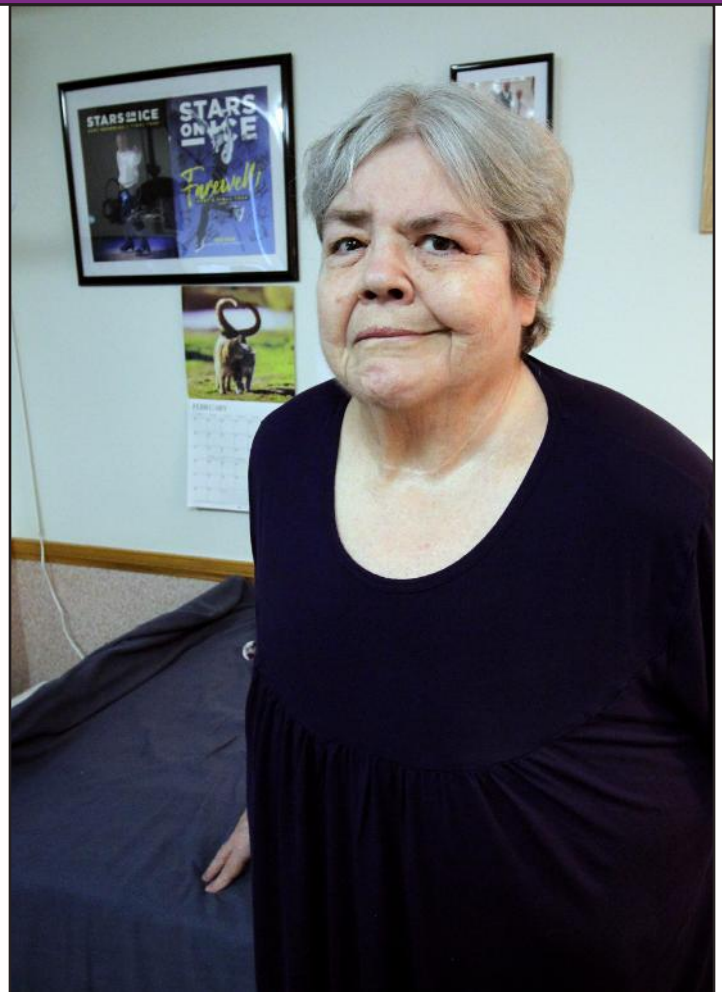


Photo by Samara Sinclair

There she opened a day home in her house, volunteered with the Brownies and taught Sunday School at her local church.

The family set up roots, with her kids going to elementary and up to high school, her parents moving down to be with them and Carmen decided to upgrade her own education with the goal of obtaining her high school diploma.

“There were things going on funny with my words and spelling and I ended up being dyslexic. I went through 8 hours of testing for math, English, spelling, drawing, putting puzzles together. When it came to puzzles or building up with blocks, I didn’t have patience with that,” says Carmen.

“I had a problem with my hand-eye coordination. With my spelling we had to do a paragraph and my spelling was awful. My pronunciation wasn’t that good. I had a tutor with me at all times.”

Client profile: Carmen King

Continued from Page 12

She persevered, using tools like audio recordings of required readings and successfully completed all her high school courses, completing Gr. 9-10 in Penticton, Gr. 11 in Kelowna and Gr. 12 in Whitehorse, where her parents were now living.

After completing Gr. 12 in Whitehorse, Carmen got a job at the Salvation Army, where she worked for six years in multiple roles with increasing responsibility and supported her aging parents with their health needs.

“My job at the time, because I just finished school, was office work. Then they needed an extra person so my job was switched and it became a counselor for everybody. I worked with a lot of First Nations in the area. I was the food director of the hampers going out – I’d do it all,” says Carmen.

“They also had me doing bookkeeping work.”

A few years and a few moves later, Carmen and her husband moved to Calgary, with their daughter and her family.

As Carmen’s health declined and her husband’s dementia progressed, they needed the help.

Sadly, Carmen’s mobility became worse and Carmen moved into assisted living. Her husband stayed with their daughter since she is a health care aide that specializes in dementia care.

After her husband passed away, Carmen had an opportunity to move into Boyack to be closer to her daughter at the end of 2022.

At the Boyack, Carmen keeps busy and maintains an independent lifestyle.

She is involved in the activities and forums at the site and never shies away from taking on a project.

“My girlfriend and I wanted to play bingo so we put out flyers and bought little prizes. The first we did it, we had 30 people and the second time, we had 34. We had another one in March,” says Carmen, adding she will also gather feedback from her fellow residents and take it to the Resident Council meetings.

“I like to be busy and I like to help. If you want something organized, I’ll do it. I’ve got into diamond art, I play bingo and join in on a couple of the games. I call Access and go to the mall. Sometimes the kids and I will go for dinner. I have a lot of good friends here.”

Where’s Maple?



Maple has been popping up in different locations around Carewest! Can you tell where they were spotted in this photo? Try to guess – the answer is on Page 19.

Happy 105th birthday Hank Jackson

Happy 105th birthday to Carewest Colonel Belcher resident Hank Jackson, a former Calgary Police Service (CPS) member. The CPS swung by to wish him a happy birthday with a drive-by procession, helicopter fly-by and two mounted police members.

Photos by Samara Sinclair



Resident artist raises \$1,500 for food bank

Lisa Laferriere

Senior Communications Advisor, ALA

Gerald “Gerry” Dusick, a retired Canadian Forces veteran and resident at Carewest Colonel Belcher in Calgary, is turning his passion for art into a source of inspiration and community support.

Dusick, 83, first introduced staff and residents to chain art, made up of intricate metal designs, over five years ago and has since expanded to acrylic painting.

“He’s always had a big interest in art,” said Janene Andrews, recreation therapist at Carewest Colonel Belcher.

“He has his own supplies and paints on his own, and one day he asked if he could teach a class here, and he did. The clients loved it.”

Dusick now leads small classes at the site a few times a month.

They are typically about an hour long and guide about eight to 10 residents through painting techniques.

He says he mostly gets his inspiration from Pinterest and encourages people to explore their creativity.

“I’ve never taken lessons,” says Dusick.

“I am self-taught.”

In October, Dusick approached staff with an idea: he wanted to sell his artwork and donate the proceeds to a charity.

With the support of the recreation team, they organized the event, which included creating posters, setting up tables, and overseeing sales.

The event raised \$1,585 – all which he donated to the Army, Navy and Air Force Veterans Association food bank.

“The event was completely driven by him,” Andrews said.

“He spearheaded it all, and our role was to support him bringing his vision to life.”

Dusick is a veteran himself, which is why he selected the Army, Navy and Air Force Veterans Association food bank as a recipient of the donations.



A veteran of the Army (Canadian Guards) and the Air Force, he served from 1963 to 1991, with postings across Canada and overseas, including UN missions in Cyprus and Syria.

“It sure makes me glad to be Canadian,” he said, reflecting on some of his time served.

He says one of his fondest memories came early in his career, when he was part of the Honour Guard that presented premiers across Canada with the first Maple Leaf flags.

Dusick’s artwork now decorates his room at Carewest, and he continues to plan new projects and presentations.

Andrews said his work is an example of the centre’s focus on fostering independence and community.

“Recreation therapy happens in many ways, and this is one of them,” she says. “Our goal is to support Gerry’s vision while giving him the freedom to direct the project himself.”

For more information about Colonel Belcher, visit carewest.ca. For more information about Assisted Living Alberta, visit Assisted Living Alberta.

What's happening

Carewest Infection Prevention & Control is proud to recognize the outstanding efforts of our staff and sites in promoting hand hygiene excellence. These awards highlight the dedication and teamwork that keep our clients and staff safe.

Hand Hygiene Reviewer Star Award winner:
Oliver Cadiente

Honours the auditor who recorded the most hand hygiene observations during the quarter.

Hand Hygiene Excellence Award winners:
Glenmore Park, C3 Beddington and Garrison Green

Recognizes the top three Carewest sites that achieved the highest percentage of completed observations compared to their quarterly targets.

Congratulations to our Q3 winners! Thank you to all our staff for making hand hygiene a priority. Your efforts help ensure the highest standards of safety and care across Carewest.

Photos courtesy Prynzy Crisostomo



IP&C Hand Hygiene Excellence Awards Q3 2025/26



Inter-site Crib Tournament: Fanning vs. Garrison



Once a month, Fanning and Garrison participate in an inter-site activity and last month, it was a crib tournament, left photo. The tournament was won by residents Elaine (from Fanning) and Devin, from Garrison). Right, staff supporting the activity from left to right, Paul Bayot, Rouleau Manor Therapy Aide, Anissa Lukocs, Fanning Recreation Therapist, Andria Price, Garrison Green Therapy Aide and Anusha Fernando Rouleau/Garrison Recreation Therapist.

Photos courtesy Shelley Bannister

around Carewest



“The “View from Inside” Mask-Making Group is an engaging eight-week program that provides residents with a creative space to explore identity, self-expression, and personal storytelling. Program participants design and create their own masks while reflecting on their experiences and engaging in meaningful group discussions. Participants from the Night Owl Program at Fanning Centre and residents from Garrison Green came together for a special inter-site showcase, highlighting their artwork and strengthening community connections.

Photos courtesy Anusha Fernando



Merrika Cassie, left photo and Kei Shimashi, right, enjoyed a wonderful outing to Spruce Meadows to take in the Winter Round Up horse jumping event. Embracing the full experience, they even brought along their own horses to get into the spirit. The day was filled with excitement, laughter, and a shared love of horses, making it a memorable outing for all.

Photo by Ashley Carvalho

Service Awards

February, March and April 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

Adebisola Aina	Caroline Graham
Rosemarie Alimpolos	Fasika Haile
Polliana Bangtilen	Leanne Huxley
Marlon Barce	Evalyne Kalinga
Ashraful Bari	Ruth Kelloh
Shantel Generoso Bautro	Bhawana Khdk
Josefina Cabatic	Rhea Lachica-Punzalan
Eduardo Cabrera Jr	Edward Liwanag
Sheila Cadavos	Olaide Oladimeji
Jasmine Cadiente	Ifeoluwatobi Olatunbosun
Joann Camero	Monika Saini
Maria Rosario Castro	Soumya Salian
Jonathan Coralde	Hyvee San Gabriel
Lawrence Corpuz	Sonia Sharma
Hanaa El saba	Brianna Spulnick
Belinda Enyinnaya	Gillianne Toews
Ana Rocio Fajardo	Juleil Trinidad
Daniel Favell	Emma Valdez
Jennifer Fortin	Franco Nino Wanta
Manjit Gill	Alda Zulueta
Sharon Gomez	

15 Years

Grace Anne Aniban	Jennifer Mercer
Vida Ayi	Christine Morash
Maria Jeanette Belardo	Natalie Nickel
Maria Bertrand	Colleen Prigge
Virginia Caron	Sadia Sadeque
Ravinder Dhaliwal	Teresita Saldarriaga
Reylina Hipolito	Veerpal Sidhu
Karis Hurst	Thelma Tanedo
Rubina Iasmin	Herma Turner
Nicasio Iglesia	Irene Umalos
Avani Joshi	Erin Wright
Senait Kelemework	Irish Wright
Vilma McQuiston	Rachel Wyatt
Hanna Mengistu	Hua Xue
Abigail Mensah	

20 Years

Parminder Bagga	Michael Peterson
Vincenzo Biondo	Genet Tafesse
Jerma Chua	Carly Webster
Elma Daro	May Wong
Patly Jean-Francois	Yan Wu
Bonnie Macdonald	Kristin Yerro
Odia-adele Mulumba	Kwoan Yu
John Peterson	Ruth Zwolinski

10 Years

Cairo Carbonera	Maricar Lumandas
Sabrina Celarie	Karen Magbanua
Chrisa Chan	Mylene Mamaradlo
Clairtide Chery	Heloise Mariano
Jaisy Clemente	Maria Marin Gonzalez
Cristina Corpus	Shakila Muhire
Patricia Darubra	Ololade Olatunji
Divine Day	Sara Pittman
Carla Perpetua Franco	Maria Melissa Sahirani
Sarbjit Gill	Myline Sales
Abu Giri	Bobina Samuel
Kimberly Gray	Betty Shino
Kayla Hughes	Sheril Shivani Gounder
Ana Dominique Ignacio	Jackelyn Storozuk
Ashlee Kelly	Vilma Tam
Monika Kiss	Kristin Weisbrod
Zulfikar Kurji	Michael Wong
Janice LaRocque	Gail-Ann Zbryski

25 Years

Hyacinth Bailey	Svitlana Komotska
Margaret Ho	Jocelyn Palisoc

30 Years

Patricia Bushell	Christina Sefton
Marcia Richards	

45 Years

Felisa Soco

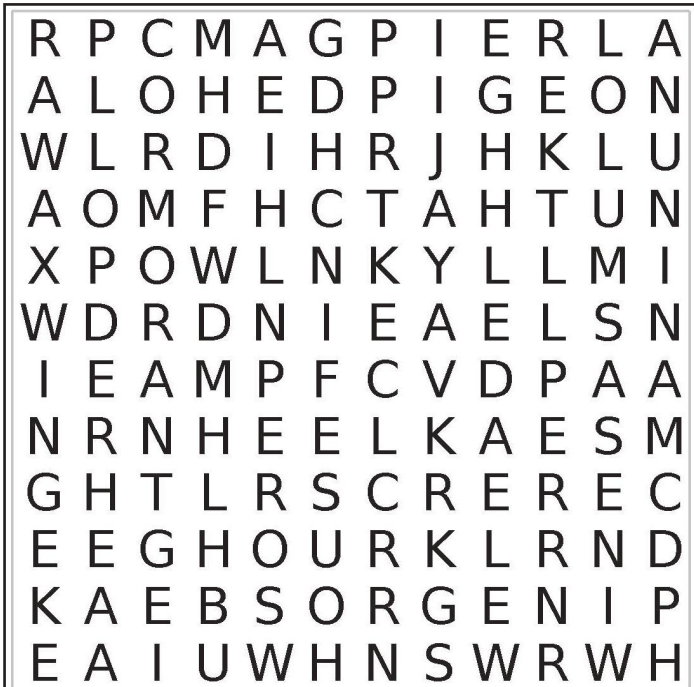
Coffee break

Samara Sinclair, Manager, Communications & Marketing

Sources: armoredpenguin.com & puzzles.ca/sudoku

Word Search

Theme: Native birds



- | | | |
|-------------|----------|---------------|
| Chickadee | Loon | Pine Grosbeak |
| Cormorant | Magpie | Raven |
| Eagle | Mallard | Redpoll |
| Flicker | Nuthatch | Sparrow |
| House finch | Owl | Waxwing |
| Jay | Pigeon | Woodpecker |

Sudoku

Level: Hard

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

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.

ANSWER TO WHERE'S MAPLE: Fanning Sports Lounge

Workforce discounts update for Carewest staff



From restaurants to exciting experiences, we've got amazing discounts for our healthcare workers: Visit Workforce Discounts on Insite for deals.

Plus, get the coverage you need for home & auto insurance:

- [Banff Lodging company – for hotels in Banff/Canmore](#)
- [Beachcomber Hot Tubs & Outdoor Living - 10% off instore products](#)



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





Easter cheers from Young Adult Day Program (YADS) clients Anita Gryckiewicz, left and Nisha Mistry, who were participating in some Easter-themed activities in the program just before the long weekend. *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.