

CAREWRITE



Staff and residents at Carewest Rouleau Manor were invited to the ground-floor dining room, where space had been made for a smudge ceremony and traditional round dance to commemorate the National Day for Truth and Reconciliation, observed nationwide on Sept. 30. Rouleau Manor Recreation Therapist Emily Hawryluk, left, listens as resident Harvey Yellow Old Woman plays a traditional drum song. After the ceremony and dance, fry bread was served to everyone in attendance.

Photo by Samara Sinclair

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- Submission deadline: December 14, 2026
- Publishing date: December 18, 2026

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

Thanksgiving.....	Oct. 12
Halloween.....	Oct. 31
Remembrance Day.....	Nov. 11
Hanukkah.....	Dec. 5
Winter begins	Dec. 21
Christmas.....	Dec. 25
Boxing Day.....	Dec. 26
Kwanzaa	Dec. 26
New Years Eve.....	Dec. 31

Fall brings growth

Barb Kathol
Chief Operating Officer

It is my hope that everyone had a wonderful summer and was able to take some time to recharge and refresh, as we head into the next season.

Falling leaves and temperatures aren't the only things that define autumn and at Carewest, this time of year is often marked by a renewal of energy and the progression of change and improvement.

Also marked during this time of year is our National Day for Truth and Reconciliation – a time we collectively honour the memory of those lost to residential schools and educate ourselves about the history and culture indigenous to our country and the people who graced these lands before us.

We met with Flora Gouda (pg. 4), a resident at Carewest Signal Pointe, who shared a prayer she wrote for all Carewest staff and spoke about her outlook on what the National Day for Truth and Reconciliation means to her.

Thank you to staff at Carewest Rouleau Manor, who hosted a Smudge ceremony to recognize this important day. Please take a moment on Sept. 30 to commemorate this national holiday by wearing orange if you're working or learning a bit about Indigenous history and culture.

We also celebrated our diversity during the Calgary Pride week at the beginning of September by hanging the colourful symbols of pride around our organization as a testament that all are welcome at Carewest.

And on November 11, we will take a moment to honour our veterans, many of whom sacrificed their lives so that we can today live in a free and democratic society. Carewest Colonel Belcher will be hosting its annual Remembrance Day ceremony to honour the veterans who call that site home.

At Carewest, we look forward to Fall as the time we immunize ourselves against the upcoming cold and flu season, which can lead to serious complications for those who are vulnerable to illness.



and much to observe and commemorate

Carewest's Influenza (and this year, COVID too) Immunization campaign will provide all staff the chance to become vaccinated conveniently, at clinics at your own sites, for free, against current strains of influenza. Residents and clients will also be offered the vaccine so they can protect themselves.

Getting vaccinated is one of the best ways to protect yourself, Carewest staff, your family and the residents and clients at Carewest against these potentially dangerous viruses.

I am grateful for all the work done by our Employee Health & Safety and Infection Prevention & Control teams, who coordinate this large-scale campaign, and to all the Designated Nurses and Immunization Resource Nurses who work so hard to protect their colleagues, residents and clients.

This year, we are aiming for a target of 80 per cent of our staff immunized. I will be rolling up my sleeve to contribute to that target and I hope you all do as well. Let's see which site can achieve the highest percentage of staff immunized. See pgs. 6-7 for more information about our Influenza Cover Model challenge and the immunization clinic schedule.

Also highly anticipated this fall will be the handover and commissioning of our new care centre in Bridgeland.

Construction is progressing well at the Bridgeland Riverside Care Centre (BRCC), which will be open to residents in Spring 2027. Until then, construction will continue over the coming months, followed by commissioning work to prepare the building for residents.

Staff at Carewest Rouleau Manor have already selected their lines and recruitment will continue internally across Carewest to recruit the remaining positions. We anticipate these postings will be made available in the fall of 2026 and early 2027.

We are looking forward to serving the community in this expanded capacity from Bridgeland.

That expanded capacity will enhance health care in Calgary and area now and into the future and Carewest wants to ensure it continues to meet the needs of the community as those needs evolve and change.

To do this, we have embarked upon the development of our two-year strategic plan, to provide guidance and direction on our areas of focus.

I have been touring the sites speaking to residents, clients, families and staff about their experience with Carewest and where they see health care progressing into the future.

This feedback will be key as we envision the next two years while drafting our Carewest strategic plan.

But right now, I'd like to note some observations... chiefly the strong relationships formed between our staff and our residents, clients and families.

Many residents and clients I've interviewed say the best part about receiving care and services at Carewest has been the staff.

That is a powerful testament to the hard work and dedication of our staff and to our values being lived each day at our sites.

One of those values is excellence, which I witnessed countless times over the past few months – excellence in compassion, excellence in relationship-building, excellence in teamwork, and excellence in a culture of safety.

To further enhance that safety culture, Carewest is involved with the Partnerships in Injury Reduction (PIR) program and we have achieved our Certificate of Recognition since 2003.

PIR is a voluntary program that operates through the combined efforts of WCB, the Government of Alberta, Continuing Care Safety Association and Carewest, participating with the goal of reducing injuries and improving staff, physician and volunteer safety.

This year, we are preparing for an internal audit on September 21, which will be conducted at five Carewest sites.

The PIR audit is a good way to grow everyone's awareness of their roles and responsibilities in ensuring a safe workplace and to improve our culture of safety at the sites.

We anticipate a busy fall and winter season with much improvement and growth.

Health care is never still – just like as leaves on the trees change colour.

It is not always easy to accept change and I would like to extend my gratitude to Carewest staff for their dedication and commitment as we grow with the community.

A hope for truth and reconciliation



Carewest Signal Pointe resident Flora Gouda hopes, for this National Day for Truth and Reconciliation, everyone come together in peace, forgive one another, and move forward as one people. “I pray for the world in times of poverty, war, famine, disease and sickness, and hatred – nation rising against nation.”

Photo by Samara Sinclair

Samara Sinclair

Program Director, Communications & Marketing

Signal Pointe resident Flora Gouda’s deeply spiritual outlook came from her childhood – one mixed with traditions indigenous to her grandparents tribes: Sioux, Cree and Pepe Innu.

“I would compete as a fancy dancer in powwows, Sun Dances and cultural events,” she said, adding she loved horses and learning how to cook traditional dishes with her grandparents.

Born in Rocky Mountain House and raised in Caroline, Flora wanted to be either a teacher or a nurse and took training for the latter at the Innisfail Health Centre.

She also spent time in the military between 1986 and 1990, starting as a Private in the Bovet Corps. and graduating to Admiral.

She recollects a youth communing with nature and giving thanks to all animals by learning to use every part of the animal’s body to preserve her and her family’s way of life.

“I used the bladder of a buffalo to carry our water,” she says.

When asked what the National Day for Truth and Reconciliation means to her, Flora says it’s time to let go of the hatred and love forward in peace.

“We are one nation – all of us. Why can’t we just live in peace? Try,” she says.

Flora loves spending time singing, spending time outdoors and transcribing her prayers.

~ A prayer for all staff at Carewest, written by Flora Gouda, Jan. 28, 2026 ~

On this lovely sunny day, please help the hard hands that serve me with kindness, a smile, dedication, and hard work. To make time for me in my hour of need.

Bless their minds, make them to have a strong mind, heart, soul and compassion.

And to go out of their way and spend precious time on me to hear my hurts and help with my pain.

I thank you for their respect for me and giving me the special devotional time always in my time of troubles, especially when the evil one is attacking me. All staff encourage me to try and control my temper and bad choices sometimes.

They encourage me to read my Bible and pray and recognize Your power working through them for their speeches, minds and hands let heal me in a certain way so that I know they are Your hands and mind and You’re speaking to me through them. And pray you be with me always, now and forever. Amen.



Fanning smokers rejoice in new space

Kate Ramirez

Fanning Operations Administrative Lead

Fanning residents proudly celebrated the Grand Opening of the new outdoor Smoking Patio, which officially opened on August 25, 2026.

The idea for an outdoor smoking patio was originally brought forward by residents from the 1st and 3rd floors.

Through the support and collaboration of Michele Gammon, Site Manager, and Lara Fowler, Executive Director, the residents' suggestion was brought to fruition.

To commemorate this milestone, a Ribbon-Cutting Ceremony was held, providing an opportunity for residents and staff to celebrate the opening of this new outdoor space.

Congratulations to everyone involved in bringing this resident-driven initiative to life!

The relocation of the outdoor Smoking Area at Carewest Dr. Vernon Fanning has created a much safer environment for residents to smoke outside, reducing wheelchair passage in the driveway and front entrance and reducing the amount of smoke in those high-traffic areas.



Carewest Dr. Vernon Fanning resident Randy Szep is happy to take care of the new outdoor smoking patio by cleaning up butts and contributing to the space for his fellow residents.

Photo by Samara Sinclair

The positive outcomes achieved were the result of a collaborative effort between residents, site management, security, and staff working together. The residents have taken ownership to keep the area clean.

Unannounced accommodation audits passed

Samara Sinclair

Program Director, Communications & Marketing

Kudos to staff and leaders who participated in the unannounced Accommodation Audits in August. Carewest was compliant in the majority of standards reviewed.

"These audits truly require all hands-on deck. They are full-day exercises that require leaders and Corporate Services to quickly gather current and relevant evidence, respond to auditor requests, and demonstrate that we are consistently meeting the required standards," says Carly Webster, Program Director, Central Services.

"For the most part, we saw strong involvement from leaders and Corporate Services across the organization, and I want to thank everyone who made themselves available and supported their sites through the audits. A special thank you to our Site Managers, who took the lead at each audit, often dropping everything to respond to the auditor and, in many cases, driving from one site to another when an auditor arrived unexpectedly."

While Carewest was compliant with the majority of the standards reviewed, we do have a few non-compliances that require follow-up.

These non-compliances include the provision of information with respect to accommodation, such as house rules, circumstances that could lead to termination of residency and residential service agreements.

Also noted were menu requirements, specifically evidence that residents are asked for feedback regarding meals, among others.

"We view these non-compliances as opportunities for us to learn, strengthen our processes and ultimately improve the experience and safety of our clients," says Carly.

"The focus now is on ensuring that the identified gaps are addressed and that we have sustainable processes in place to meet standards."

Simplified Careweb login credentials

Samara Sinclair

Program Director, Communications & Marketing

To better secure and protect Careweb, Health Shared Services will be assisting Carewest in placing an extra layer of protection around the our internal website.

After launch, staff viewing regular pages on Careweb will be directed to sign on to the website using the same network access credentials they use to sign on to their computers at work.

They will be directed to a different login screen and will use their regular network access credentials that they use to log in to their Carewest computers each day – specifically their corporate e-mail address and their network access password.

Those signing on from computers outside the organization will be asked to take the extra step of confirming their identity using multi-factor authentication through an Authenticator app.

The two private pages (In Case of Emergency and Managers HR Resources) have been moved off Careweb and onto the Managers' Shared Drive.

The links to those Shared Drive folders will be noted on Careweb, for easier access for Directors and Managers.

This was done because the new sign-on method will no longer recognize a user's role in the website.

Previously, Carewest Managers were designated with special roles.

This change will add one layer of extra protection on top of Careweb, to ensure our information is kept secure. It's also one less password you need to remember.

Watch your e-mails for more information, closer to launch. If you have any questions, please contact samara.sinclair@carewest.ca

Influenza cover model prize

Samara Sinclair

Program Director, Communications & Marketing

Carewest staff will be asked to roll up their sleeves again for the Carewest Immunization Campaign, starting Monday, Oct. 12.

This year, staff are also being offered the COVID-19 vaccine to help keep everyone safe.

Being immunized is one of the most effective ways to protect yourself, your loved ones, your Carewest colleagues and residents against respiratory viruses.

The vaccines are being offered free of charge to Carewest staff.

Clinics are being held at every Carewest site for your convenience (see Immunization Clinic Calendar on pg. 7).

This year, a Carewrite Cover Model Challenge encourages a little friendly competition to see which site can achieve the highest staff influenza vaccine rate at Carewest.

The winning site will be featured on the cover of the Winter Issue of Carewrite and retain bragging rights for the year. Watch your Vis Walls each week for up-to-date immunization stats at your site throughout the duration of the campaign.

Let's get our vaccination rate to 80 per cent this year!

Did you Know: The vaccine only takes minutes but catching the flu can days or even weeks of recovery and cause serious complications, including death. Get vaccinated to protect yourself!



CAREWRITE COVER MODEL Challenge

THE SITE WITH THE HIGHEST STAFF INFLUENZA VACCINE UPTAKE PERCENTAGE wins the prize!

THE PRIZE:

- Your site featured as the **CAREWRITE COVER MODEL!**
- Recognition for your team's commitment to safety
- Showcase your IRN's and DN's and peer champions
- Site-wide bragging rights!

EVERY VACCINATION COUNTS.

- Protect clients, yourself and your families
- Reduce the spread of influenza
- Support a healthier Carewest community

VACCINATION RATES WILL BE TRACKED THROUGHOUT THE CAMPAIGN.

ROLL UP YOUR SLEEVE. WIN THE COVER.

Carewest
INNOVATIVE HEALTH CARE

Immunization Clinic Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 Rouleau Manor 0600-1715 G29 Conf. Room 	13 Fanning 0730-1600 Coliseum Rouleau Manor 0800-1615 G29 Conf. Room	14 Garrison Green 0730-1600 Bittman Hall George Boyack 0730-1600 Conf. Room Fanning 0600-1400 Conf. Rm. 1	15 Colonel Belcher 0730-1600 2nd Fl. Dining Rm. Sarcee 0730-1600 Front Lobby Garrison Green 0700-1100 Room 142 George Boyack 0730-1600 Chapel	16 Glenmore Park 0730-1600 Conf. Rm. 2 Fanning 1530-2330 Conf. Rm. 1 George Boyack 0800-1615 Chapel Rouleau Manor 0600-1715 G29 Conf. Room Colonel Belcher 0700-1600 2nd Fl. Dining Rm.	17 Did You Know... immunizations are FREE for all staff, residents, clients, volunteers & contracted service providers.	18
19 Signal Pointe 1200-1600 Library Garrison Green 0700-1600 Bittman Hall George Boyack 1300-1700 Chapel/Rover Sarcee 0600-1415 Front Lobby Fanning 0600-1400 Roving clinics	20 C3 Beddington 1200-1600 Conf. Room Garrison Green 1400-1800 Bittman Hall George Boyack 1500-1800 Chapel/Rover Colonel Belcher 0700-1600 2nd Fl. Dining Rm.	21 Southport Admin 0900-1500 EH&S Room Glenmore Park 0600-1500 Conf. Rm. 2 George Boyack 0700-1615 Chapel/Rover Sarcee 1045-1900 Front Lobby Colonel Belcher 0700-1300 2nd Fl. Dining Rm. Fanning 1530-2330 Roving clinics	22 Royal Park 1300-1600 Family Dining Rm. George Boyack 0700-1615 Chapel Signal Pointe 0800-1600 Library	23 OSI Clinic 1100-1200 Conf. Rm. 103N Glenmore Park 1400-2200 Conf. Rm. 2 Garrison Green 0700-1600 Bittman Hall Sarcee 1600-0015 Front Lobby Colonel Belcher 1500-1900 2nd Fl. Dining Rm. Signal Pointe 1600-Midnight Library Fanning 0600-1400 Roving clinics	24 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.	25
26 Colonel Belcher 1500-1900 2nd Fl. Dining Rm.	27 Sarcee 0600-1415 Front Lobby Colonel Belcher 0700-1100 2nd Fl. Dining Rm.	28	29 Glenmore Park 0700-1600 Conf. Rm. 2 Sarcee 1045-1900 Front Lobby	30 Colonel Belcher 1500-1900 2nd Fl. Dining Rm. Royal Park 1300-1600 Family Dining Rm.	Additional Clinics Nov. 2: Colonel Belcher 0700-1100 2nd Fl. Dining Rm. Nov. 3: Sarcee 1600-0015 Front Lobby	

***Nickle House – No Clinic dates, providing immunizations to staff as requested/needed.**

***Southport also available to staff for drop-in vaccinations anytime, starting Oct. 13**

Construction progresses at Bridgeland

Samara Sinclair

Program Director, Communications & Marketing

Work on the Bridgeland Riverside Care Centre (BRCC) is moving closer to completion, with construction expected to wrap up in fall 2026. Residents are expected to begin moving into the new centre in spring 2027.

Once open, BRCC will have 198 spaces, including 121 new continuing care spaces for Calgary and 77 spaces for residents transferring from Carewest Rouleau Manor.

The BRCC will bring together specialized mental health, behavioural support, restorative care, and continuing care services under one roof. It will offer unique programming focused on recovery, quality of life, resident-centered care, and innovative approaches to support Albertans requiring continuing care and restorative care.

The building handover is scheduled for Fall 2026 with commissioning activities to follow to ready the building for staff and residents.

The commissioning period will be about five to six months.

During this time, building systems such as heating, cooling, safety and call systems will be installed and tested.

Resident rooms and shared spaces will be furnished, equipment will be set up, and staff will receive training on the building's systems and equipment.

Staff recruitment is currently underway, starting with the line selection for staff at Rouleau Manor. After that, recruitment will open to all Carewest staff in late 2026 and early 2027.

Staff will transition in phases before and during resident admissions, starting at the end of February. Some employees may begin earlier to participate in orientation, commissioning activities, operational planning and program development, before resident admissions begin.

The new centre has been designed with resident comfort, dignity and safety in mind. It includes natural light, outdoor courtyards and welcoming shared spaces.

Secure areas will also provide access to safe outdoor spaces, supported by 24/7 staffing.

Bridgeland Riverside Care Centre (BRCC) will provide a continuum of specialized mental health, behavioural support, restorative, and continuing care services with a mix of secured and unsecured availability across four levels:



- **Level 2: Complex Mental Health (45 secure LTC Type A beds)**
- **Level 3: Enhanced Behavioural Support and Mental Health Restorative Care (45 secure post-acute and long-term care Type A beds) - New program to Carewest**
- **Level 4: Complex Mental Health (54 unsecure LTC Type A beds)**
- **Level 5: Complex Mental Health (54 unsecure LTC Type A beds)**

Positive WCB results driven by safe practices

There's good news worth celebrating at Carewest!

Compared to this time last year, Carewest has seen a 29% decrease in Workers' Compensation Board (WCB) claims. This milestone is a testament to the collective efforts of staff across the organization who continue to prioritize safety, support one another, and make workplace safety a daily practice.

"This represents a significant improvement. Reducing time-loss claims helps minimize overtime costs, staffing pressures, and operational disruptions. Preventing injuries has a direct impact on our WCB costs and our experience rating as an employer," says Nora Snow, Program Director, Workplace Safety & Occupational Health.

"More importantly, behind that number are employees who were able to go home safely to their families at the end of their workday."

Several factors have contributed to this positive trend, including the success of the It's Your Move program, ongoing reinforcement of safe work practices, strengthening the Joint Health and Safety Committees, and a strong commitment to workplace safety from leaders across the organization.

In addition, increased utilization of Occupational Injury Services (OIS) clinics has strengthened Carewest's modified work program.

WCB-sponsored OIS clinics specialize in treating employees with workplace injuries and are designed to help staff receive a doctor's assessment and treatment in 30 minutes or less, so that they can return to a full and productive life as quickly and safely as possible after a workplace injury.

This has enabled many employees to return to work on modified duties the same day as their injury, reducing time-loss claims and supporting earlier recovery and reintegration into the workplace.

"Our focus has shifted toward identifying what employees can do while recovering, rather than focusing solely on limitations," says Nora.

Additionally, there is a financial benefit associated with reducing workplace injuries, as WCB claims have an impact on Carewest's experience rating and premiums.



A 29% reduction in injuries does not necessarily translate into a 29% reduction in WCB premiums.

The financial impact depends on the type and cost of claims, claim duration, experience-rating calculations, and other WCB factors.

Helping leaders and staff understand how workplace injuries affect Carewest, makes safety a shared responsibility rather than something that sits solely with the Occupational Health & Safety team.

Nora wanted to extend a sincere Thank You to all staff for the role they play in keeping one another safe.

"This improvement is the result of many people and many initiatives moving in the same direction. We have made positive changes to our Occupational Health & Safety program, with a stronger focus on prevention, education, transparency and shared accountability," says Nora.

"And every employee has a role in injury prevention. That means using the training and equipment provided, following safe work practices, speaking up when something doesn't feel safe and reporting hazards and injuries promptly. It also means looking out for one another. Safety isn't something that is done to employees. It is something we create together."

Staff profile

Arnel Laurantilla

Cook, Carewest Garrison Green

“

These birds are smart enough to come home even from a 500-mile race.

”

Samara Sinclair

Program Director, Communications & Marketing

Carewest Cook Arnel Laurantilla saw his life take flight after he moved to Canada from the Philippines in 2008.

He was 28 years old at the time with a background in Information Technology and had spent the last six months taking a caregiving course, hoping the opportunities would race his way.

“In 2008, the job market for a Bachelor of Science in Information Technology (BSIT) graduate was difficult and highly competitive due to the economic landscape and widespread corporate hiring freezes,” says Arnel.

“I didn’t have any experience working in IT. Caregiving gave me an opportunity to come to work in Canada.”

Born and raised in Cebu, Philippines, Arnel grew up spending lots of time outdoors playing with friends and admiring the architecture around him.

He was inspired and wanted to build homes, buildings and bridges.

He took high school at the Cebu Institute of Technology and began planning a career in information technology architecture instead.

Four years later, Arnel graduated from the University of Southern Philippines with a Bachelor of Science in Information Technology.

However, the only job Arnel could find was one that employed him to play basketball for a local team so he decided to make a change.

“I took a six-month caregiver course and came to Canada to look for better opportunities,” says Arnel.

He landed in Prince Rupert, working for a private family for two years before his contract ended and he came to Calgary.

There, his life expanded in multiple unexpected directions.



Photo by Samara Sinclair

He took an interest in food services and took a six-month apprenticeship program at SAIT to learn how to become a cook.

“I’m passionate about food because it brings us closer to family and friends,” says Arnel.

His apprenticeship led him to Wentworth Manor as a full-time morning cook, and he supplemented his income by working as a Food Services Assistant at Carewest.

Eventually, he applied for a full-time cook position at Carewest and was hired in 2015.

Arnel says his days are never boring, between prepping food, cooking the meals, working with other Food Services staff to ensure the residents dietary needs are well met.

Staff profile: Arnel Lauranilla

Continued from Page 10

But his favourite part is when he is able to visit with the residents and hear feedback on the meals.

"There are times when the residents will come down to the kitchen and ask for something or give us a word of feedback or appreciation," says Arnel.

"There is nothing dull about life in the kitchen – it keeps you on the move."

He also stumbled upon an unexpected hobby, in his spare time.

In addition to mountain biking and playing basketball, Arnel found a community of pigeon racing enthusiasts and began raising his own pigeons to take part in the fun.

"I had pigeons when I was 10 years old and I was amazed by their homing capability. I joined the Calgary Racing Pigeon Club, in May 2022. These birds are smart enough to come home even from a 500-mile race," says Arnel.

"I love them because they are amazing creatures."

Today Arnel, his wife Irene and 10-year-old son Liam all join the races by releasing the pigeons from a designated starting point and then timing how long it takes them to fly back to their home loft, using that to calculate average speed.

"I'm passionate about it because I want to compete," says Arnel.

The roots of pigeon racing lie in the much older practice of using pigeons to carry messages.

For hundreds of years, homing pigeons were relied on to deliver information quickly over long distances. Messages were attached to the bird's leg and the pigeon would instinctively return to its home loft.

They were used to announce Olympic victors, transmit military intelligence, and support early postal networks. By the 19th century, messenger pigeons were widely used for military and commercial communications before being replaced by the telegraph and telephone.

Today pigeon racing celebrates the same extraordinary homing instinct that once made pigeons a reliable forms of long-distance communication.

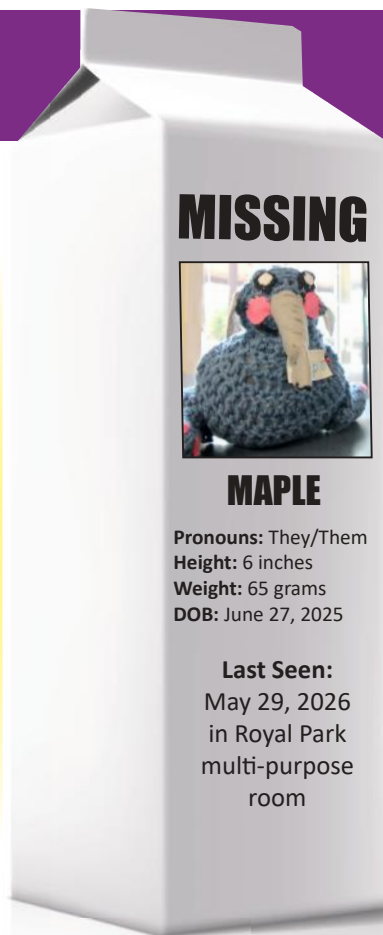
Maple is missing!

Call a **CODE YELLOW**

Throughout November, let's find Maple and practice our Code Yellow knowledge and skills.

A family member approaches you. The family are here to visit Maple, but they are not in their room.

What would you do?



Client profile

Michael Barber

Carewest Dr. Vernon Fanning

“My life stopped when I was injured. I had to re-train myself, educate myself and rehabilitate myself.”

Samara Sinclair

Program Director, Communications & Marketing

The Young Adult Day Program (YADS) at Carewest Dr. Vernon Fanning hosts adults under the age of 65, who live in the community but drop in twice a week for meaningful connections with peers and medical professionals.

Client Michael Barber, described as gregarious, volunteered with enthusiasm to be profiled, as his positive and outgoing personality compelled his participation.

Sixty-one-year-old Michael's life was distinctly split into two by a workplace accident at the age of 35 that changed his life and took his ability to walk.

“My life stopped when I was injured. Everything was stopped. I had to re-train myself, educate myself and rehabilitate myself. I spent six months in the wheelchair. I had to relearn how to walk,” says Michael.

“I just said, ‘I’m not sitting in this wheelchair for the rest of my life. Not a chance.’”

Michael had just begun a promising career in the food industry with the Calgary Stampede, working in their kitchen for large and small events.

They saw his talent and began encouraging him to pursue education to be a sous chef.

Michael has long wanted to join the army, just like his father, after enjoying a childhood on the move to different army bases at the whim of his father's military transfers.

Born in Manitoba, he traveled the world at a young age with time spent in Europe, enabling him to get a flavour of different cultures and learn languages like German, French, Italian and Korean.

But his mother refused to sign the army paperwork, as she did not want that kind of life for her son.

When his father left the army and joined ATCO Homes, building modular and pre-fabricated homes for construction companies, the family settled in Calgary and Michael began working in Food Services, at the Big Four Building on the Stampede grounds.

Well into his career at Calgary Stampede, Michael was sent to facilitate the move of a pizza oven when the accident occurred.



Photo by Samara Sinclair

“When I was 35 years old, I was sent to do a job and ended up injured. A pizza oven fell off a truck and landed on my back and broke my spine in half. I was standing a bit too close to it and it tilted off the ramp,” says Michael.

“Today, I’ve got two screws holding my spine together.”

Michael spent six months at Foothills Hospital, learning how to walk and live independently again.

His left side was paralyzed but he has regained some mobility and today still suffers from nerve damage.

After his recovery, Michael finished off his career in the Stampede Coat Check at the BMO Centre, checking overcoats from Stephen Harper, Paul Martin, Justin Trudeau and even the late Queen Elizabeth II and working shifts for all kinds of memorable events.

Client profile: Michael Barber

Continued from Page 12

Now retired from the workforce, Michael enjoys cooking and keeping his place tidy and of course, the bi-weekly visits to the YADS program, which has kept him busy for the past four years.

"I kind of like it here. It's been about four years. We have our muffins, we drink our coffee, we socialize and help each other out. I have a best buddy here. I get to water the plants and make sure they are healthy. Help the nurses out once in a while if they let me," says Michael.

"The staff are excellent – especially LPN Shraddha Dahal. We all get along. We get funny sometimes and have some fun times and kind of joke around. You have to liven up the party."

In Michael's spare time, you will find him listening to music, surfing YouTube, watching movies and cheering for his favourite hockey, football and boxing athletes.



English is the workplace language of Carewest



In some cases, other languages may be spoken



We proudly employ individuals from a wide range of backgrounds including individuals who speak multiple languages.

English is the official workplace language of Carewest. When other languages are spoken, there is a risk staff may not understand and errors may occur, which can compromise safety. It is important everyone understand what is being said during work duties.

During breaks or non-work related activities, employees may choose to speak languages other than English. However, be mindful of those around you. Your colleagues may feel excluded from conversations when you speak a language they do not understand. **Speaking English will make everyone feel included.**

It is an expectation that Carewest employees speak English while performing work duties, which includes when interacting with colleagues, residents, clients, families and members of the public.



Carewest proudly employs individuals from a wide range of backgrounds, perspectives and experiences which includes individuals who speak multiple languages, for some of whom, English is not their primary language.

Because some issues can arise when multiple languages are spoken in our workplace, English is the official workplace language at Carewest.

Those issues include risks that some workers may not understand and errors may occur. Patient and worker safety may be compromised as a result.

Also, people may feel left out or excluded from the conversation if others around them are speaking a language they do not understand.

It is an expectation employees speak English while performing work duties, like interacting with colleagues, residents, families and members of the public. Other languages may be spoken during breaktime but please be mindful of those around you. If someone can't understand, please speak English so they don't feel left out.

A poster will be circulated to the sites to remind everyone to speak English while at work.

Staying healthy this cold and flu season

Francheska Mangune

Pharmacy Student

Fall is a good opportunity to start thinking about how to stay healthy throughout the cold and flu season. Respiratory infections tend to spread more easily when people are spending a lot of time indoors. While these illnesses can affect anybody, some simple daily habits can help reduce their spread.

Both colds and influenza are both respiratory infections, they are caused by different viruses. Colds generally develop more slowly whereas influenza often begins suddenly and can make you feel much worse. A runny or stuffy nose is commonly seen in colds, while fever is more typically associated with influenza. Both conditions can cause a sore throat and cough, but coughing is usually more prominent in the case of influenza. Body aches and fatigue can happen with both a cold and influenza, but they are often more severe with the flu. Most colds get better on their own, but influenza can sometimes result in more serious illness.

There are some simple measures which we can all do to help stop colds and the flu from spreading! It's important to wash your hands frequently with soap and water, or to use hand sanitizer if soap and water aren't available. You should cover your coughs and sneezes with a tissue or your elbow, and avoid touching your eyes, nose, and mouth with hands that haven't been washed.

If you're feeling unwell, you should stay at home or reduce close contact with others. Don't share personal things like cups and utensils and make sure that you regularly clean surfaces that are frequently touched. Vaccination is also an important way to help protect both yourself and those around you during the cold and flu season.

Over-the-counter medications can be used to alleviate symptoms. Acetaminophen is useful for reducing fever, easing headaches, and relieving body aches. Ibuprofen can also help with fever, headaches, and body aches, but it may not be suitable for everybody, such as those with certain kidney, stomach, or heart conditions.

Pseudoephedrine may help with a stuffy nose, but again may not be appropriate for all people and can interact with certain medications, health conditions or raise blood pressure. Nasal spray decongestants such as oxymetazoline can also help to relieve a stuffy nose, but should not be used for more than 3-5 days to prevent rebound congestion, which is when nasal stuffiness returns or gets worse after stopping the spray. Using a saline nasal spray or having a nasal rinse can help relieve a stuffy or congested nose without medication.

By putting in a bit of preparation and adopting some healthy habits, we can all make the cold and flu season a little easier for everyone!

Alzheimer Calgary run and walk

Register Today!
alzheimerwalkrun.ca



October 11, 2026
Prince's Island Park

ALZHEIMER CALGARY
WALKRUN

Presented by: **Trico LivingWell**
Retirement Community



Carewest C3 Beddington staff Zenebework Taye, HCA, left Margaret Hussein, right, with Aramark help prepare lunch for the Ethiopian New Year celebration party, held for residents at the centre.

Ethiopian New Year is traditionally celebrated on Sept. 11.

Photo courtesy Luna Vinulan



After her years of service, Education Associate CPR Instructor Jody Ireland is retiring from Carewest. We would like to recognize and thank her for her dedication, commitment, and the positive impact she has had on countless residents, families, colleagues, and the organization. On behalf of the organization, we extend our sincere gratitude and wish Jody all the very best as she begins this exciting new chapter of retirement. Congratulations, Jody, and thank your exceptional service.

Photo courtesy Terri Shaw

Remembrance Day is November 11

Lest we forget...



What's happening

Carewest Infection Prevention & Control (IP&C) 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 every day.

Hand Hygiene Reviewer Star Award winner:

Karan Luthra

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

Hand Hygiene Excellence Award winners:

Glenmore Park, Dr. Vernon Fanning, C3 Beddington and OSI Clinic (tied for 3rd place).

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

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 Q1 2026/27



Residents at Carewest Garrison Green enjoyed a great day out on the water aboard the Handi-Boat, taking in the views and enjoying a BBQ lunch. The captain shared stories and information about the boat, the surrounding area, and life on the water, sparking conversation and memories among the group – a few of whom were experienced sailors earlier in life. It was especially meaningful for resident Tom Douthwaite and his wife Dawn, who joined the outing and had the opportunity to share stories of their own history sailing together and the adventures they experienced over the years.

Photo courtesy Ashley Carvalho

around Carewest

Don't forget - annually required learnings

The Carewest Annually Required Learnings are available on MyLearningLink and a few new courses were added this year to the all-staff learning requirements:

- Carewest – Trauma Informed Care – 2026 (30 min)
- Carewest – Respect in the Workplace -2026 (15 min)
- Carewest – WHMIS -2026 (15 min)

A new space on Careweb has been created to clearly outline which occupations need to take which courses. The list of occupation-specific learning requirements is now available and positions are arranged alphabetically and organized into individual sections for easier navigation and reference for the end user.

- Leaders are required to complete their Annual Required Learning by **September 30, 2026**.
- All staff are required to complete their Annual Required Learning by **December 15, 2026**.

These courses are mandatory at Carewest and if they are not completed by the deadline, employees will be followed up with by their managers over the following months.



Image designed with Copilot

Spirit shines at Signal Pointe

Staff at Carewest Signal Pointe pause for a photo in their best Stampede duds in this picture-perfect photo of Stampede spirit.

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 40 years.

5 Years

Judi Adams
Rehnuma Afrin
Klarry Jane Antonio-Zamora
Rahwa Asgodom
Lisa Bailey
Remilekun Balogun
Tudorita Basangeac
Joeriza Batobalonos
Meaghan Beakley
Destiny Bear
Karen Grace Capungan
Susan Caran
Jillian Conway
Olivia Detuya
Sochinweike Diji
Julia Enikeeva
Glaiza Fernandez
Liya Fessehatsion
Erica Foulds
Rowena Mae Fronda
Kharyn Gardonez
Kulwinder Kailey
Pema Lhazom
Chui Mei Lim

Xin Lei Liu
Tamara Lohse
Kazel Maligaso
Gerard Paul Mantes
Mariko McInnis
Jennifer Molson
Juliet Okeke
Olufemi Oluduro
Stephanie Oyebamiji
Carmen Paragas
Sharmaine Rosal
Riddhi Ruparel
Karamjit Sandhu
Benjamin Selinger
Tiffany Shideler
Kyla Smith
Thitaree Tundee
Colin Vincent
Preet Virk
George Watt
Marry Ann Yenko
Claire Marie June Zapata
Ronila Faith Zarate

15 Years

Genelyn Acebedo
Suzette Antwi
Norman Austria
Marie-Eve Bujold Viens
Lea Cabrales
Sheila Canete
Leila Cruz
Juliana Cuffley
Jocelyn Gannapao
Chakanetsa Goredema
Girly Hernandez
Sadiri Idica
Yaroslav Kiselev
Roselyn Ladores
Christie Laguindam
Janet Li
Candice MacPherson
Kaizel Mandal

Maria Manese
Maria Theresa Meera
Georgiana Mohorea
Georgina Molnar
Katherine Morrisette
Marlys Muller
Dzesebel Ortega
Henry Oviahon
Alissa Paley
Andrea Pearson
Epifanio Pinca
Laarnie Roy
Jocelyn Sagun
Natividad Simangan
Natimar Solidum
Vanessa Terado
Jaice Thomas
Nera Yu

20 Years

Aryam Afeworki
Thava Anantham
Judy Balsamo
Maria Baroso
Dawn Berthelette
Jorelyn Dellosa
Fatima Demello
Joceline Faraj
Maricyl Fontanilla-Sen

Presentacion Hargreaves
Tianna Mathieson
Usha Sidpara
Marivic Taculin
Generah Udemba
Ren Xia
Huayan Xiao
Alvetha Yorke-clarke

10 Years

Adela Acebo
Zenaida Agtarap
Susan Atillo
Rufel Bolanio
Sandra Brefo
Oliver Cadiente
Angelita Arlene Cushia
Rea Mae Ferrer
Erika Franklin
Charmaine Gayo
Chathurika Gunawardena
Karen Hannah

Emily Hawryluk
Tracey Huddy
Kevin Hui
Tiffany Li
Weris Mahamud
Rebekka Paslawski
Indra Sharma
Babylyn Silvano
Mobina Thomas
Lea Trinidad
Lauren Yallop
Hirut Ruth Yitbarek

25 Years

Analie Dee
Peter Elliott
Mari Fabunan-kohn
Anna Garcia

Jerome Quevedo
Leonila Sadol
Teresa Thomas

30 Years

Marian Chong
Sharon Leslie

Sandra Paskas
Kathleen Schwengler

40 Years

Donna Yousph

35 Years

Lesley Johnston

Cheryl MacNeill

Coffee break

Samara Sinclair, Manager, Communications & Marketing

Sources: armoredpenguin.com & puzzles.ca/sudoku

Word Search

Theme: Bridgeland



Bridgeland
Build
Capacity
Care
Community
Construction

Continuing
Expansion
Growth
Handover
Modern
New

Outpatient
Partnership
Residents
Riverside
Rouleau
Spaces

Sudoku

Level: Medium



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



We've got amazing discounts for our healthcare workers... check out our Feature of the Month - Perkopolis. Visit Workforce Discounts on Insite for deals.

[Perkopolis offers 5,000+ exclusive perks from local establishments and brands – helping you save on electronics, home goods, meal delivery, mortgages, travel, and all the little \(and big\) things that make life easier. Visit \[perkopolis.com\]\(#\)](#)

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





Carewest George Boyack resident Susan Klaiber is pushed through the care centre's first wheelchair wash event by recreation therapy staff, to provide an opportunity to get outside and have some fun with a refreshing trip through the rainbow rinse off. The recreation team scrubbed wheels and frames with lots of suds, and then residents had the option to go through the rainbow rinse. Many residents braved the water and enjoyed an ice cream treat after. A good time was had by all!

Photo courtesy Tracey Vigneault

Carewrite

Carewrite is produced quarterly. We welcome your submissions.

Please contact Samara Sinclair, Program Director, Communications & Marketing

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All individuals appearing in this publication have consented to participate.