

CAREWRITE



Unit Clerk Vanessa Wang, centre, receives a Staff Appreciation Week raffle draw prize from her Director of Care Carol Anne Friesen. 'In recognition of being an awesome Carewest employee' tumblers were given to 130 staff around the organization, as Carewest celebrated Staff Appreciation Week on its 65th anniversary serving Calgary and area.

Photo by Samara Sinclair

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Next issue

- Submission deadline: September 21, 2026
- Publishing date: October 1, 2026

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

Canada Day..... July 2
Civic Holiday..... Aug. 3
Labour Day..... Sept. 7
Rosh Hashanah..... Sept. 12
Grandparents DaySept. 13
Yom Kippur..... Sept. 21
Fall begins..... Sept. 22
National Day for Truth and
Reconciliation Sept. 30

Gratitude for a job

Barb Kathol
Chief Operating Officer

As the song goes, "Summertime, and the livin' is easy." And truly, when the air is filled with the fragrance of blooming Mayday trees and lilac bushes – and the sound of flapjacks sizzling on a hot skillet – there's much to appreciate about the season.

In reality, though, I've always found summer to be anything but idle. Spring cleaning, gardening, lawn care, and the rhythm of scheduled watering all demand time and attention. And here at Carewest, our work never takes a summer break. We remain focused, committed, and engaged in supporting those who rely on us every day.

In June, we celebrated all the dedication and commitment of our staff during Carewest Staff Appreciation Week. We also celebrated this week during Carewest's 65th year of operations.

In 1961, we were known as Calgary Auxiliary Hospital and Nursing Home District No. 7 and operated Carewest Cross Bow as our first site. Today, we operate from 14 locations in Calgary and area and will be working this summer towards the opening of our 15th location in the Bridgeland Riverside Care Centre, in 2027.

While much has changed over the last 65 years, the remarkable caring, compassion and dedication of Carewest staff remains consistent – a perpetual demonstration of Carewest's legacy of providing exceptional care, supporting those when they need us most.

To celebrate, we enjoyed some Staff Appreciation cakes, artfully prepared by the Carewest Food Services team and gave away 130 personalized Carewest tumblers by random draw at each site as prizes during the week. While only a limited number of staff were winners of this draw, we hope all staff felt our appreciation and gratitude during the week.

I would like to extend my gratitude to our Food Services team, who work so hard to make each meal a great dining experience for residents and clients.



well done & welcome to new leadership

This year, during Calgary Stampede, they have lined up themed meals throughout the week that include BBQ, waffle fries, baked beans, corn on the cob, pancakes, sausages, apple fritters and strawberry rhubarb pie.

Thank you for bringing the spirit of Stampede to those who may not be able to participate in the festivities for themselves.

I would also like to extend my welcome to two new faces to the Executive Leadership team and introduce Janet Li, Executive Director of Operations, overseeing the Colonel Belcher, Nickle House, Chief Privacy Office and Information Technology and to Lara Fowler, Executive Director of Operations, overseeing Dr. Vernon Fanning and George Boyack.

I am looking forward to working with you both and advancing Carewest's mission, vision and strategic priorities together.

One of those strategic priorities is to improve the client experience and I am pleased to announce the development of a policy to help steer onsite requests for Indigenous Spiritual Ceremony.

This new policy (AM-02-06-01) guides staff, residents and clients through the process of requesting and supporting an Indigenous Spiritual Ceremony at Carewest.

It was developed through collaboration with residents, recreation therapy, spiritual care, the AHS Indigenous Wellness Core, frontline staff, Site Managers, PPS and the DEI Advisory Committee. For more information about this new policy, please see the story on Page 6.

Another one of our strategic priorities includes embracing technology as part of creating a healthy workplace and technology is always changing, as are the rules governing that technology.

With the new Access to Information Act (ATIA) and Protection of Privacy Act (POPA) legislation, many things have changed regarding the protection of privacy and access to information.

One of those changes includes a requirement to make all Carewest's decision-making documents that could affect the public (i.e. residents, clients, staff, potential staff, volunteers, and members of the community), available to the public.

For the most part, this includes our policies and procedures but also includes some of the decision-making tools developed by different units and departments around the organization.

Carewest has listed all the applicable documents in a single catalogue.

This catalogue will be housed online by Health Shared Services and document owners will be required, under this legislation, to keep these documents up to date, and respond to requests from the public to access these documents. For more information about this new requirement under ATIA, please see the story on Page 5.

Even though there is always much happening behind the scenes and at the frontlines at Carewest, we know many of our staff will be taking holidays to enjoy the summer months with family and friends.

I encourage everyone to do what you can to reset, recharge and enjoy the warm weather of the season.

Taking care of yourself is one of the most important things you can do to maintain your physical and mental health.

Thank you for everything you do and I hope you have a safe, warm, and restorative summer.



eLeader rollout begins mid-July at Carewest

Beginning mid-July, eLeader will replace eManager at Carewest.

This customizable tool allows users across provincial health agencies (PHAs) and provincial health corporations (PHCs) to make accurate decisions and reports on workforce/HR contracting, procurement, supply chain and finance data to meet their business needs.

What is eLeader?

- eLeader provides a single, trusted source for HR, CPSM and Finance dashboards and reports.
- The platform delivers enterprise-wide insights to support strategic planning across all provincial health organizations.
- eLeader will begin transitioning in June 2026 but will be available to Carewest in mid-July. eManager will remain in place in the foreseeable future.
- Details are available on Insite.

What are eLeader Dashboard benefits?

- **Workforce/HR:** vacancy tracking, total headcount and assigned FTE, union and age band demographics;
- **CPSM:** detailed inventory of transactions, purchase order lifecycle, detail requisition tracking;
- **Finance:** budget variance (actual vs. budget), year-over-year trends, overtime by worked hours.

Supports:

- Training materials, including self serve guides and an FAQ are available on Insite.
- Frontline managers will also be able to access training through Teams.
- eManager will remain available during the transition to eLeader, with Business Advisory Services and HR teams providing transition assistance.

If you have any questions, please e-mail cbifedback@ahs.ca.



Art Show at Royal Park draws crowds

Barbara Litke's watercolour piece, entitled Cat in the Hat, was one of many pieces on display during the Royal Park resident Art Show, held on June 10 at the care centre. More than 30 pieces were on display at the annual event and funds were raised to continue volunteer-led art classes at Royal Park.

Photos by Samara Sinclair.

Access to documents soon to be live

Samara Sinclair

Program Director, Communications & Marketing

The new Access to Information Act (ATIA) now requires all public bodies make any manuals, handbooks or guidelines used by employees to make decisions that affect the public available to the public without a formal access request.

The public would be defined as nearly everyone: residents, clients, families, current Carewest staff and volunteers, potential Carewest staff and volunteers, students and the community at large.

These documents might include:

- Policies and procedures
- Documents with information about the eligibility of a member of the public to receive services.
- Documents that may detail items that affect the employment of an employee (e.g. reference check procedures).

These resources will be captured in a public catalogue of decision-making documents from around the province, in which members of the public can browse for documents they would like to see.

The catalogue will include the document name, the organization that owns it and contact information through which members of the public can request to see the document.

Carewest document requests will be routed to the Carewest Access and Privacy inbox, monitored by our Health Information Management (HIM) team, who will forward requests to the document owners.

Document owners will provide the most up to date version of the requested document(s) back to HIM, who will respond to the request.

More information will be forthcoming once the catalogue is live online.

What to do in Calgary on Canada Day

Calgary Canada Day Events

- **Prince's Island Park:** View the all-Canadian music lineup featuring Micah Sage, Jamie Fine, Kardinal Offishall, Tia Wood, and Walk off the Earth, at 2 p.m.
- **The Confluence Historic Site & Parkland:** From 11 a.m. to 11 p.m., enjoy an Indigenous showcase, powwow, artisan market, vendors, and Sport Calgary activities.
- **Eau Claire Plaza:** From 11 a.m. to 8 p.m., enjoy live entertainment, vendors and face painting.
- **Municipal Building & Sien Lok Park:** Cultural fashion shows, lion dances, and hands-on family activities.

Fireworks Viewing

The city fireworks display will be launched from Stampede Park at 11 p.m. Please note that onsite viewing at Stampede Park and vehicle access to Scotsman's Hill will be unavailable.

- **The Max Bell Centre** parking lot is designated as the primary public viewing location. Parking is limited, so taking transit (Franklin or Barlow/Max Bell LRT stations) is highly recommended.

What's Open and Closed

- **Transit:** Calgary Transit will operate on a Sunday schedule and may offer extended late-night service for fireworks.



- **Retail & Groceries:** Most major grocery stores, malls, and retail outlets will be open, though some may operate with reduced holiday hours.
- **Attractions & Recreation:** Many recreation centres and city attractions are open, but it is best to check specific facility schedules beforehand.
- **Government & Banks:** All government offices, banks, and libraries will be closed.

Policy: Indigenous spiritual ceremony

Carewest is committed to enhancing awareness and upholding the rights of Indigenous clients' cultural and healing practices at its sites, recognizes Indigenous traditional ways of life and welcomes spiritual ceremonies in its spaces.

We strive to honour Indigenous Spiritual Ceremony requests in a respectful and prompt manner and uphold Indigenous residents' and clients' cultural and healing practices. We have developed a policy to help guide staff, residents and clients in requesting and supporting Indigenous spiritual ceremonies.

The new Client Access to Indigenous Spiritual Ceremony Policy (AM-02-06-01) was developed through collaboration with residents, recreation therapy, spiritual care, the AHS Indigenous Core, frontline staff, Site Managers, PPS and the DEI Advisory Committee.

"Carewest is an inclusive and safe place to receive health care and to work and enables Indigenous clients, their designated family/support persons, and Carewest people in holistic care practices that uphold Indigenous peoples' inherent right to practice their spiritual and cultural traditions," says Samara Sinclair, Program Director of Communications and Marketing and Chair of the DEI Advisory Committee.

"This policy provides direction to Carewest staff, students and volunteers on how to respectfully honour Indigenous residents', clients' and/or designated family support requests for a Ceremony."

The policy walks through the process by which a resident or client can request access to a designated indoor space or outdoor space to complete an Indigenous Spiritual Ceremony that may include the burning of traditional and sacred medicines.

Sites are to designate one indoor space, available to be reserved in half-hour blocks for the purposes of conducting an Indigenous spiritual ceremony.

The rooms must be booked between 8 a.m. and 3 p.m., Monday to Friday to allow for Physical Plant Services (PPS) to shut the fire suppression system off to the building.

Because PPS is unavailable evenings after 3 p.m., weekends or holidays, all ceremonies during these times must be conducted in an outdoor area.

Residents and clients must let a member of their care team know with at least two hours advance notice of their intention to conduct a ceremony.

Indoor spaces may be reservable in advance, at a scheduled day and time.

Fifteen-minute fire checks must be conducted throughout the building while the fire suppression system is offline.

An Indigenous Spiritual Ceremony Process Guide is being developed to provide to new residents and clients upon admission, so they are aware of Carewest process and policy in supporting them to conduct a ceremony.

HCA role and access change in Connect Care

On Feb. 2, Health Care Aides (HCAs) were regulated under the College of Licensed Practical Nurses and Health Care Aides of Alberta (CLHA). To support this change, Connect Care roles and access have changed for HCAs.

- The HCA role in Connect Care has been updated to align with HCA regulation and organizational expectations for HCA roles and responsibilities. This includes workflows and documentation access associated with those responsibilities. HCAs will continue to use the HCA role in Connect Care.
- This change may impact DoCs or nursing leadership, who work with and assign tasks to HCAs. Ensure

you are familiar with the documentation roles and responsibilities for HCAs.

- If a HCA has not registered as a Health Care Aide under the CLHA they will be moved into a "Care Attendant" role in Connect Care after June 23, 2026 and will receive an IAM notification if that occurs. There is no need for staff to retake their Connect Care training as their updated roles will reflect the tasks they already do.

[Click here for more information and to view specific Connect Care role permissions changes on Insite.](#)

Thank you to Signal Pointe volunteers



Carewest Signal Pointe took time out this spring to appreciate their volunteers with a Fused Glass art project. Volunteers Gord Coveney and Leighann Bernard create an image using small pieces of glass that are melted down and fused together to become a window sun catcher, which they can then take home as a gift from Carewest. Volunteers created sun catchers ranging from rainbows, flowers and butterflies.

Photo courtesy Jennifer Bartsch-Maki

Strawberry Mojito Mocktail

Ingredients

1 cup chopped strawberries
1/4 cup pomegranate seeds
12 fresh mint leaves
1 lime (quartered)
12 oz Pomegranate Juice
Sparkling water or club soda

Instructions

1. Divide strawberries, pomegranate, mint and lime wedges between 4 glasses. Use a muddler or the handle of a wooden spoon to crush the fruit and release the mint oil into each glass.
2. Add a handful of ice to each glass. Then gently pour in enough pomegranate juice to fill the glass halfway. Top with sparkling water. Garnish with additional fresh mint and fruit if desired.



Source: karviva.com

Hair stylist featured for Seniors Week



He may not be a Carewest staff member but hair stylist Wayne Wagner is a fixture of the organization and has been supporting residents with hair care from salon spaces at Carewest Dr. Vernon Fanning and Carewest Garrison Green for almost 14 years. During Seniors Week, June 1-7, we celebrate the contributions of our seniors but this week, we would like to celebrate those who support them as well. Wayne was interviewed by Assisted Living Alberta and will be featured in their social media content. Thank you Wayne and to everyone supporting our Carewest seniors!

Photo by Samara Sinclair

Resident takes one last trip home

Samara Sinclair

Program Director, Communications & Marketing

Staff on the 3 West unit at Carewest Dr. Vernon Fanning jumped into action when they received a request from one of their residents, wanting to visit his home one last time.

Frank Lai and his wife Jenny took a family vacation to Mexico in April 2025, when Frank was critically injured in a motor vehicle collision that took away his ability to breathe on his own, to return home and to care for himself.

Today, Frank resides on unit 3 West and uses a ventilator to help him breathe.

Josie Hilera, Director of Care on the unit, received the request from the family to enable Frank to go home once more, to spend some time with the home he created to raise his family in.

"It was a very sad story but he is lucky to have survived. He wanted to go see his house and in the first place, we were wondering if it was appropriate to support them because, what if something happened? I dug up the policy and read it," says Josie.

The policy guided Josie and staff in creating a plan that would support the family with their outing and give them directions on what to do if something happened while they were outside the care centre.

"They were nervous... same as us. But I put myself in his shoes. What if I went on holiday and wasn't able to go back and see my home. It was so sad. I felt we needed to support this request because he wanted to see the home he built with his family. My heart goes out to him. I feel for him and his wife," says Josie.

The family arranged for private transportation that could accommodate the ventilator machine and armed themselves with knowledge and direction from Carewest staff and their physician.

Jenny was able to take Frank home for a few hours to spend some time with his family.

"He was returned to Fanning without incident and no adverse events were reported," says Josie.

"Jenny was very grateful for the team's support in honouring her husband's request."



A group of Carewest staff came together to run in the Calgary Servus Marathon 5 km Walk and Run on May 23 as a fun, inclusive way to get moving, connect with colleagues and celebrate wellness together.

Photo courtesy Leah Adviento

Staff profile

Kevin Webinger

LPN, Dr. Vernon Fanning

“ It taught me how to deal with high-pressure situations and how to be a leader on the ice and off the ice. ”

Samara Sinclair

Program Director, Communications & Marketing

Not everyone can say they have been on the ice during a Canada v. USA Paralympic Gold Medal game but Carewest Dr. Vernon Fanning LPN Kevin Webinger can say it.

In fact, he could say it four times, representing the last four Paralympic Para Ice Hockey games he was asked to officiate as a referee, with the latest invitation taking him to Milano Cortina in March.

“It was a good Christmas present – getting a nice e-mail saying I’ve been selected amongst all the officials and that I’m going to the Paralympics in March. It was really cool being asked. Not many people get to go once or twice and I’ve gone four times. I went to Sochi in 2014, Korea in 2018, China, 2022, and Milano Cortina in 2026 for Paralympics,” says Kevin.

“I’ve been blessed in my career to do that.”

As a child, Kevin’s parents supported his passion for hockey but after years skating and the rough-and-tumble nature of the game took a toll on his knees, Kevin was sidelined as a player when he was 18.

Before then however, he took advantage of an offer from his grandfather, to start working as a referee at the local rink.

For years, Kevin was mentored by his grandfather, being paid at first in candy and Cokes but eventually earning a wage that increased as his experience did.

It was that experience he was able to fall back on after he could no longer be on the ice as a player.

“I took refereeing hockey a little more seriously and started going to development camps and moving up the ranks. When I was 20, I had an offer to start refereeing in the US program and moved to Chicago and Dallas and worked for a few years in pro hockey junior leagues,” says Kevin.

After 13 years refereeing teams in numerous hockey leagues, in 2011, he got his first experience in para ice hockey working a 4 Nations event in Calgary.



Photo by Samara Sinclair

It was there where he then got asked to do his first event in Hamar, Norway in 2012, before coming back to Calgary in 2012 and finishing up his nursing education at Bow Valley College, which he put on hold prior to leaving.

His time at the Milano Cortina Paralympics was an outstanding experience to finish off the 2026 season.

The highlight of that game, and one of the highlights of his career, was when it was announced over the loudspeaker that more than 11,500 people were in attendance at that game, smashing all attendance records before that.

“When they announced the attendance record, we had a timeout. The crowd was cheering – the glass was vibrating, the ground was shaking. It was so special – those athletes in the para sports don’t really get as many fans and this game was sold out. It was a cool feather in their cap,” says Kevin.

Staff profile: Kevin Webinger

Continued from Page 10

As rewarding as his career as a hockey referee at all levels has been, Kevin also finds reward and meaning in his full-time career as an LPN on the Neuro-Rehab unit at Fanning.

He started in 2023 and quickly realized the skills he learned on the ice would come to his assistance on the unit.

"It taught me how to deal with high-pressure situations and how to be a leader on the ice and off the ice. Communications was huge and especially talking to coaches who are doing it for 20-30 years and trying to talk to them about the rules of the game," says Kevin.

"It's helped out in a lot of ways in being a newer nurse, when dealing with situations or conflict. Being able to communicate with my team and doctors and being an advocate for the clients. Especially if I don't know something, I'm not afraid to ask questions. It's helped out a lot in situations when clients and families are not happy. I'm able to bring it down to a level for calmer discussions."

He says he wanted to become a nurse after losing his father to cancer in 2004 and bearing witness to the incredible support he received. Several members of his family also worked as health care aides, so it was an easy decision.

Kevin says he sees parallels in the inspiration he finds watching clients work hard on their recovery and the inspiration he sees in the para hockey athletes who work so hard to hone their skills.

"I just love seeing the progress on the rehab unit. These people are struggling but working to get better. It's pretty inspirational, just like seeing those athletes is inspirational," he says.

"That's why I got into nursing – to be able to help people. It's been pretty rewarding in that sense. Seeing their progress and being able to help through that part of their life has been awesome."

Kevin works night shifts and sometimes evening shifts, which jives well with his schedule, allowing him to referee hockey games during the day and work at night.

He's not a big sleeper – averaging 4-6 hours each day – and enjoys keeping busy, even during quiet nights on the unit.

After the report is done and the handover is complete from the previous shift, Kevin will often fill his time tending to residents if they need and if they don't, he's cleaning or setting things up for his colleagues on the next shift, to make their lives a little easier.

He also enjoys teaching and mentoring students working on the unit during the evening shift, when he can.

When Kevin is not working or refereeing, he is keeping busy at home with his two pit bull rescues, traveling with his wife, trying new dishes or enjoying movie nights in with the family.



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.

Client profile

John Tamminen

Carewest Dr. Vernon Fanning

“Blood wasn’t going through the lungs and therefore, I wasn’t getting enough oxygen.”

Samara Sinclair

Program Director, Communications & Marketing

When John Tamminen woke up in the Foothills Hospital after his open-heart surgery, he knew something was wrong.

It was confirmed by the doctors and nurses – the reason he was unable to move the left side of his body was because he subsequently had a stroke.

John, who was an active member of his community, a respected dentist with military training, long-distance runner, an adventure traveler (hiking, camping, canoeing and scuba diving), was suddenly faced with an uncertain future.

Would he be able to walk again? Could he continue to work?

Would he even be able to go back home?

“I spent 45 years in dentistry and wasn’t even thinking about retirement. I was going to practice forever. I like what I do,” says John.

John was born in Thunder Bay, Ontario but grew up in Dorion – a rural township on Lake Superior.

Tending towards the Sciences as a child, John was accepted into dentistry school and joined the Military Dental Corps, which helped him finance his education.

Over the next 13 years, John was promoted to Major and began branching out in Search and Rescue, Survival Training and Behaviour Modification Support (smoking and alcohol cessation) and was posted in Cornwallis Nova Scotia, Goose Bay Labrador, Comox and Calgary.

When John left the military, he decided to buy into a dental clinic in Calgary to begin building his private practice.

As part of that practice, he joined AHS’ Oral Surgical Team and also did rotations through the various dental clinics in the city to care for patients requiring oral surgeries. He did that for a few years.

“I used to run long distances and do lots of aerobic activities. Slowly I couldn’t run the distances anymore. Once I went for a long walk, on the way home, I had to stop because I was out of breath. I went to the hospital and found my heartbeat was 200 beats per minute,” says John.



Photo by Samara Sinclair

“The solution was to insert a pacemaker/defibrillator to control my heart rate and rhythm. A year or so later, they did a bubble test on me at Rockyview Hospital and you could see the opening.

Blood wasn’t going through the lungs therefore I wasn’t getting enough oxygen. I had a hole in my heart.”

John had an occluder inserted to close his heart’s Patent Foramen Ovale (a small opening between the two upper chambers of the heart) which was moderately successful.

Over time the occluder started to fail and his tricuspid valve was leaking severely therefore John was scheduled for open-heart surgery on Dec. 4, 2025.

“For open-heart surgery, they gave me a drug to paralyze me, once the drug wore off only my right side would move. I couldn’t move my left leg or left arm. My thinking was also a bit unclear,” he says.

Client profile: John Tamminen

Continued from Page 12

He was transferred to Carewest Dr. Vernon Fanning around Christmas time, where he became a client on the Neuro-Rehabilitation Unit.

For the next four and a half months, John worked closely with staff to regain his ability to walk, transfer, build strength and learn how to navigate his world post-stroke.

“There was lots of work I had to do. I couldn’t walk without someone at my side. But I enjoyed the physical therapy because it got me up and moving,” says John.

“When I came here, I was on a complete lift and couldn’t get out of bed. They’d have to lift me out and put me in the wheelchair. But there was therapy every day. That’s why I have improved.

The staff were very good. I would credit my improvement to some of the therapies and the staff here.”

The excellent care and services inspired John to give back to the unit and he made a donation through the Calgary Health Foundation that he hopes will build sustainable and lasting improvements for staff and clients into the future.

“You can see the clients they work with and you can see the need. I built a career on helping people and I hope this will help a lot of people,” says John.

John is excited to get back to gardening, canoeing, traveling, camping and relaxing at home and has decided to retire so he can enjoy these activities to their fullest.

2026 Midway foods will make your mouth Yahoo

Carewest staff can look forward to a brand-new lineup of more than 65 Midway foods during the Calgary Stampede July 3-12:

- **Cookies ‘n’ Cream Korean Dog:** A Halal hot dog with melty mozzarella, deep-fried in a crispy panko-cornflake crust. Finished with a drizzle of icing and crushed Oreos.
- **Bacon lasso’ed Mars bar:** Thick-cut bacon wrapped around the classic Mars bar, deep fried until golden brown. Drizzled with chocolate and caramel, then topped with bacon bits.
- **Ramen Donut:** A ramen donut with a golden crust of noodles and a cheesy centre.
- **Butter Drizzled Vanilla Soft Serve:** Vanilla soft serve, drizzled with warm, melted butter. Finished with a sprinkle of flaky sea salt.
- **Cheesy Saddle Slice:** A gooey cheese slice dipped in corn dog batter, dusted with Cheetos seasoning and deep-fried to a golden brown.
- **Area 51 Taco Burger:** A UFO-shaped stuffed and sealed burger with cosmic layers of seasoned ground beef, nacho cheese, jalapeños, and shredded lettuce, with a slice of mango drenched in chamoy and Tajín finished with a drizzle of cilantro-lime sauce.
- **Candied grapes and pickles:** Fresh grapes or dill pickle on a stick coated in candy and rolled in sugar, Jolly Ranchers, Nerds and more.
- **Cheesecake taco:** A crisp chocolate-dipped sweet dessert shell filled with cheesecake and topped with fresh strawberry slices.
- **Ginger beef perogies:** Bite-sized potato-and-cheddar-filled perogies with sautéed onions and crispy ginger beef, topped with fresh green onions, cilantro, sesame seeds and a drizzle of chipotle mango mayo.

[Visit the Calgary Stampede website for a full lineup of new Midway foods for 2026.](#)



Youth singer brings joy to residents



Samara Sinclair

Program Director, Communications & Marketing

A young competitive singer has residents at Carewest Sarcee tapping their toes, as 15-year-old Milla Singh brings a symphony of operatic, classic and contemporary pieces to residents at the care centre.

Milla began volunteering for Carewest about one year ago.

Originally beginning once a week rotating between Sarcee and Carewest Dr. Vernon Fanning, Milla now sings at Sarcee once a month and says she really enjoys giving back to the community.

"I love volunteering at Carewest because of the joy it brings me and the residents. I truly believe that a little gesture can go a long way, and if I can take a small moment out of my day to provide someone with even a spark of happiness, I think it's worth it," she says.

"I'm inspired to share my joy of performing and kindness with everyone I meet. Because why not brighten someone's day."

Milla's mother Sarah says Milla has been singing since she was 18 months old and aspires to one day perform on Broadway.

She sings everything from opera and classical to classics like Bob Dylan and the Beatles. Some pop songs too.

Sarah says she feels that Carewest residents are Milla's first fans and will be there cheering her on as she takes larger stages.

She says Milla has been enjoying interacting with residents and listening to their stories.

"I think it's important to give back, especially to my community because when I'm older or in a facility such as Carewest, I would find it really uplifting to have someone come in and perform that feels passionate about what they are doing," says Milla.

"Any art form can feel freeing, but I believe that the vibrations in the music bring a new sensation to one's brain that doesn't compare to anything else. And the lyrics and melodies added together with the beat can immerse anybody into a song that unites us all."

Wellness tip: The Power of Meditation

It doesn't take much to get into a meditation routine; just a few minutes a day, a little patience, some self acceptance, and a quiet, comfortable place to sit.

You've likely heard about its calming effects, but research shows that many physical and mental health advantages can come with regular meditation.

- It reduces stress and anxiety by lowering inflammation and encouraging positive self-talk, and can help you stay motivated and make healthier choices.
- Meditation also increases self-awareness, allowing you to understand your thoughts better and maintain a positive mindset.
- By strengthening mental discipline, meditation can improve self-control, helping manage addictions and reduce emotional or binge eating.
- It also promotes better sleep by calming a racing mind, leaving you more energized.
- Meditation can help manage chronic pain by changing how the brain perceives discomfort, making it easier to stay active.



Whether through mindfulness apps or a few quiet minutes alone, daily meditation can support a balanced lifestyle.

Taking just a few minutes a day to be mindful and centred through meditation can change how you view the world around you and how you take care of your mind and body.

This Wellness Tip was brought to you by GoodLife Fitness

MP David McKenzie visits constituents at Carewest

Member of Parliament (MP) David McKenzie visits residents at Carewest Royal Park to answer questions and talk about issues such as Alberta Separation, funding for seniors, health care staffing and working with the federal government.

Residents enjoyed the conversation, coffee and Timbits. He also paid a visit to residents at Carewest Garrison Green.

If you would like to invite your federal, provincial or municipal political representative to meet with you and your fellow residents at Carewest, please contact samara.sinclair@carewest.ca to make the request on your behalf.

Photo by Samara Sinclair



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.

IP&C Hand Hygiene Excellence Awards Q4 2025/26

Hand Hygiene Reviewer Star Award winner:

Rea Mae Ferrer

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

Hand Hygiene Excellence Award winners:

Glenmore Park, OSI 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 Q4 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



Carewest Food Services estimates that they create and serve more than 1.5 million meals a year to Carewest residents and clients and are always gathering feedback to improve mealtimes. Food Service Assistants Olha Abshylava, Nicole Almonte and Elena Pagala showcase their talents with some custom desserts.

Photo by Samara Sinclair

around Carewest

Pharmacist Awareness Month, March 2026

In recognition of Pharmacist Awareness Month this past March, pharmacy students Alexis Zettel and Sam Powell hosted an informative booth at Carewest Sarcee RCTP and ALC.

Over several days, they engaged clients and nursing students, highlighting the important role pharmacists play in healthcare.

With a special focus on immunization, they fostered meaningful conversations and helped raise awareness about how pharmacists contribute to the health and well-being of the community.

A special thank you to Scott Gelfand for his guidance, preceptorship, and coordination in making this initiative a success.

Photo courtesy Kevin Hui



Mobile X-Ray service enhances quality of care for residents and clients at Sarcee

John Yee, Medical Radiation Technologist with Canada Mobile X-Ray, attends an appointment at Carewest Sarcee to image a client in the ALC unit.

Canada Mobile X-ray provides an invaluable service to our residents and clients, who do not need to leave the care centre for diagnostic imaging.

Photo by Samara Sinclair



Service Awards

May, June and July 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

Nijo Antony
Lina Armalyte-Rana
Belkis Baca Lopez
Yordanos Berhe
Clea Bermudez
Chris Giann Paulo Clemente
Nelma Davis
Rodeleon De Guzman
Gerardo Dela Cruz
Richiel Dela Cruz
Ifunanya Edeh
Edem Ekpe
Luwam Habte
Jordan Hook
Connie Jocson
Joana Joson
Ramandeep Kaur
Claris Kimani
Shawna Kraeker
Heather Laird

Katherine MacInnes
Kate Julia Manuel
Morgan Mason
Amber McDonald
Rachel Mousley
Olatoun Olunloyo
Grace Oragbon
Marlowe Adlei Pablo
Nitenjit Panag
Kandace Pashelka
Ma Judee Puentespina
April Repollo
Sarah Ruszczak
Emilie Seitz
Gay Honeylette Sericon
Weini Temnewo
Yarphel Tenzin
Megan Ticguingan
Christina Wedman
Stephanie Yriarte

15 Years

Mariam Asiedu
Cecilia Asuncion
Vidya Bajracharya
Shirly Bayno
Paul Butron
Tashi Dorjee
Mohamad El-Jabali
Bethlehem Eshete
Angela Froess
Tenzin Gekhyong
Rowena Glindo

Amanda Greco
Amina Haib
Sonia Ivanov
Dorin Mohorea
Ajantha Pathirana
Helen Roach
Mandeep Sandhu
Terri Shaw
Anthony Tshimanga
Julie Van

20 Years

Christine Beaugrand
Thotho Bujemba
Wan Chen
Millicent Deen-Turay
Anita Howard
Nimo Hure
Brooklyn Hurman

Alem Kidane
Denise Kuzyk
Marina Lazaro
Johanna Palma
Imelda Quebral
Lovely Tamse
Tracey Vigneault

10 Years

Fatimah Ajenifuja
Vanessa Almonte
Corazon Apolonio
Patricia Axten
Sydney Borden
Camille Brown
Grace Bulinda-Romeo
Susan Cameron
Prynzy Arra Crisostomo

Michelle Furtado
Femia Joy Leganson
Stacie Saunderson
Elsabe Seyffert
Yasmeen Surani
Serkadis Tadesse
Jimmon Thomas
Heather Ward
Eva Marie Yusi

25 Years

Ana Alda
Felicisima Aragon
Andrea Holt

Jacquelyn Orosz
Tomasia Templa
Wanda Vaudan

30 Years

Glenda Nakaska-Smith

35 Years

Cindy Li

Ana Rosa

40 Years

Sheryl Garrow

Coffee break

Samara Sinclair, Manager, Communications & Marketing

Sources: armoredpenguin.com & puzzles.ca/sudoku

Word Search

Theme: Calgary's Weather Phenomenon



Blizzards
Chinooks
Cloudy
Cold snap
Cumulus
Fog

Gusts
Hail
Heat wave
Lightening
Mist
Rainbow

Snowtember
Storms
Sunny
Thunder
Tornado
Windy

Sudoku

Level: Easy

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

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: Garrison front fireplace

Workforce discounts update for Carewest staff



Going somewhere this summer? We've got amazing discounts for our healthcare workers: Visit Workforce Discounts on Insite for deals.

- [ServicePlus Inns and Suites](#)
- [Polaris Travel Clinic and Pharmacy](#)
- [Park 2 Go](#)
- [Direct Travel](#)
- [Glamping Resorts](#)

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





Artist Tracy Franks and Rouleau Manor resident Allan Leinweber paint tiles for the mural outside the Bridgeland Riverside Care Centre. The tiles were created out of clay by residents and staff.

Photo by Samara Sinclair

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.