

May 2026

Triage Desk

Hello there,

Spring is still taking its time to show its true colours, but there's plenty to celebrate in the meantime.

We're marking a season full of milestones - an anniversary, a birthday, Nurses' Week, Mother's Day, Victoria Day, and so much more.

In this issue, you'll hear how nurses continue to uplift themselves and one another, revisit last month's Cake Day - Day of Action, and reflect on 49 years of UNA supporting and championing nurses' rights and wellbeing.

To our nurses: thank you for your unwavering dedication, compassion, and care.

To everyone who supports us as we support our nurses: thank you for everything you do.

Here's to you and to many more years of making a difference.

Happy Nurses' Week!

Nursing Notes



Members of Local 96 at Fort McMurray show off their cake for public health care

RECAP: Bake A Cake for Canada Health Act Anniversary

We showed up on April 17 to call on the federal government to enforce the Canada Health Act and defend public healthcare from Bill 11.

As we marked the Act's 42nd anniversary, we were reminded that universal, accessible care isn't guaranteed, it's something we have to protect.

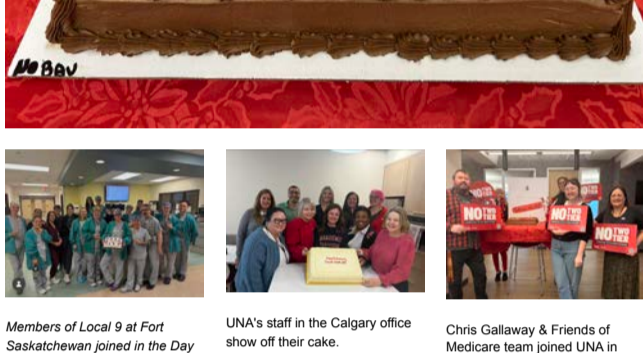
Thank you to everyone who took part - baking, posting, signing, and speaking out. This is what collective action looks like.



Members of Local 38 at Wainwright show solidarity with cupcakes.



Staff at UNA's provincial office pose with President, Heather Smith and Second Vice-President, Karen Kuprys.

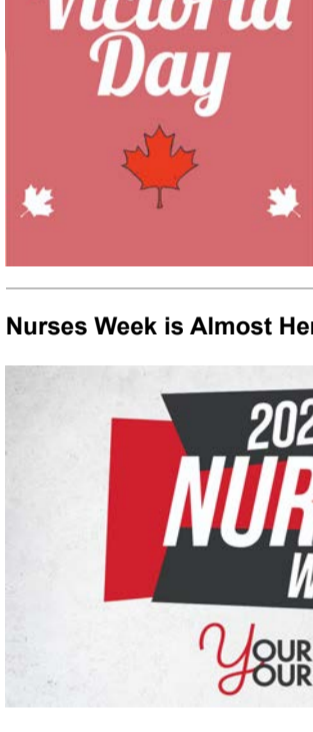


Members of Local 9 at Fort Saskatchewan joined in the Day of Action.

UNA's staff in the Calgary office show off their cake.

Chris Callaway & Friends of Medicare team joined UNA in marking the day.

Brain Food



Did you know?

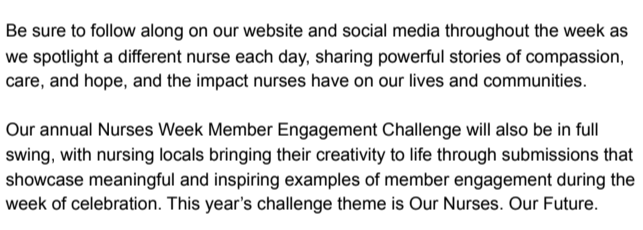
For many Canadians, Victoria Day signals the start of summer.

While the holiday dates back to Canada's colonial past, today it's a time for connection, celebration, and looking ahead to the warmer months.

This year, Victoria Day falls on the 18th (it's always celebrated on the Monday before the 25th).

Happy Victoria Day!!

Nurses Week is Almost Here



In just a few days, we'll be celebrating Nurses Week - a time to recognize the incredible people who care for us through some of life's most important and vulnerable moments.

The celebration begins on Sunday, May 11 and runs until May 17, and we have lots in store.

Be sure to follow along on our website and social media throughout the week as we spotlight a different nurse each day, sharing powerful stories of compassion, care, and hope, and the impact nurses have on our lives and communities.

Our annual Nurses Week Member Engagement Challenge will also be in full swing, with nursing locals bringing their creativity to life through submissions that showcase meaningful and inspiring examples of member engagement during the week of celebration. This year's challenge theme is Our Nurses. Our Future.

We'd love for you to be part of the celebration too.

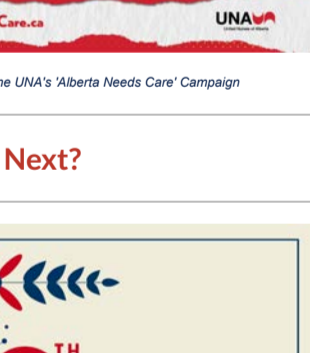
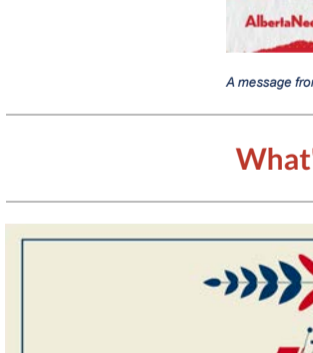
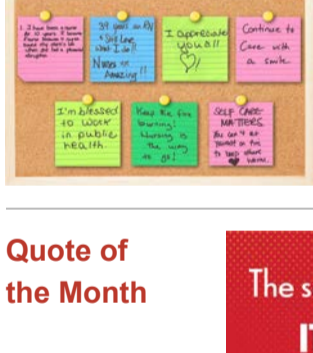
Take a moment to thank a nurse who has cared for you, supported your family, or made a difficult day a little easier. A kind message, a shared story, or even a simple thank you can mean more than you know.

Nurses show up for us during life's biggest moments. This week is our chance to show up for them.

Happy Nurses Week!

What Nurses Are Saying

With Nurses' Week fast approaching, it's the perfect time to share some of the messages, reflections, and words of encouragement they're sharing to inspire one another, strengthen their community, and remind themselves of the impact they make every day.

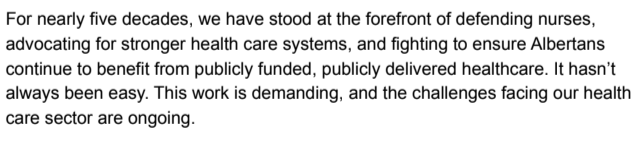


Quote of the Month



A message from the UNA's 'Alberta Needs Care' Campaign

What's Next?



Oh, to be 49!

As we celebrate 49 years of representing nurses across Alberta, we're taking a moment to reflect on both the victories and the challenges that have shaped our journey.

For nearly five decades, we have stood at the forefront of defending nurses, advocating for stronger health care systems, and fighting to ensure Albertans continue to benefit from publicly funded, publicly delivered healthcare. It hasn't always been easy. This work is demanding, and the challenges facing our health care sector are ongoing.

But with every challenge and every anniversary, we are reminded of why this work matters. We do it not only for nurses, but for every Albertan who relies on a strong, accessible public health care system. That purpose continues to fuel us and push us forward.

To everyone who has walked with us, fought alongside us, and supported us throughout these 49 years, thank you. Your trust, solidarity, and commitment have made this journey possible.

Here's to 49 years of advocacy, and to the work still ahead.

MOTHER'S DAY



How did you find the **energy**, Mom
To do all the things you did,
To be **teacher, nurse and counselor**
To me, when I was a kid.

How did you do it all, Mom
Be a chauffeur, cook and friend?
Yet find time to be a playmate,
I just **can't comprehend**.

I see now it was **love**, Mom
That made you come whenever I'd call,
Your **inexhaustible love**, Mom
And I thank you for it all.

'Everything Mom'

by: Joanna Fuchs

Happy Mother's Day from all of us at UNA!

Let's Connect

LET'S GET SOCIAL!

We'd love to keep in touch. Follow us on our social media platforms and help us spread the word about how, together, we can support Alberta's nurses.



STAY CONNECTED. STAY INFORMED.

Members can download the **UNA APP** here to get the latest news and updates, all in one place.



iPhone



Android