

OCTOBER 2026

Triage Desk

Hello fellow Albertan,

Since September 2023, this newsletter has helped keep you connected to the issues shaping nursing and health care in Alberta.

As we close out this edition, we're also closing a chapter. This is the final issue of the newsletter as you know it, but we're not going anywhere.

Next month, things will look a little different. Expect a fresh look, more nurses' voices, more stories from the front lines and a renewed approach to telling the stories that matter.

But first, there's plenty to talk about in this edition. We're reminding you to make your voice heard on October 19, celebrate women, mark World Mental Health Day, and get ready for Thanksgiving.

Thank you for reading, staying connected and being part of the conversation.

See you on the next shift.

Nursing Notes



October 19 is Referendum Election Day

In a matter of days, Albertans will be asked to make decisions that could shape the future of this province for years to come, by way of the Referendum vote.

Ten questions will be on the ballot, touching on immigration, Canada's Constitution and Alberta's place within Canada.

Among them, Albertans will be asked to choose whether Alberta should remain a province of Canada or begin the legal process required to hold a future binding referendum on separation.

These are not small questions. They touch on who we are, how we are governed and the kind of province, and country, we leave to those who come after us.

[UNA believes Alberta's future is stronger within Canada](#) and supports Alberta remaining a province of Canada. At the same time, we respect that every Albertan has the right to consider these questions carefully and cast their ballot according to their own values and convictions.

Whatever your position, this is a moment to be informed, to understand what you are being asked and to participate.

Check out the following links for some more helpful resources:

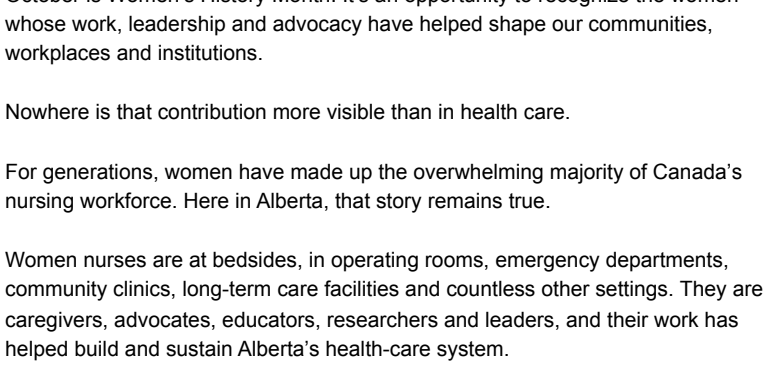
[Before You Vote](#)
[kNOw the nine](#)
[The joyfuldinos](#)
[CBC](#)

The Alberta Federation of Labour, AFL, through its "Fight Back Now" campaign, will also be hosting a [Day of Protest](#) events around the province on October 17.

The AFL will be hosting the "[Alberta Unity and Solidarity Rally](#)" at the Legislature to 1 p.m., on Sunday, October 18.

October 19 matters. [Read and understand the questions](#). Consider what they could mean for Alberta's future. And **vote**.

Brain Food



Women's History Month

October is Women's History Month. It's an opportunity to recognize the women whose work, leadership and advocacy have helped shape our communities, workplaces and institutions.

Nowhere is that contribution more visible than in health care.

For generations, women have made up the overwhelming majority of Canada's nursing workforce. Here in Alberta, that story remains true.

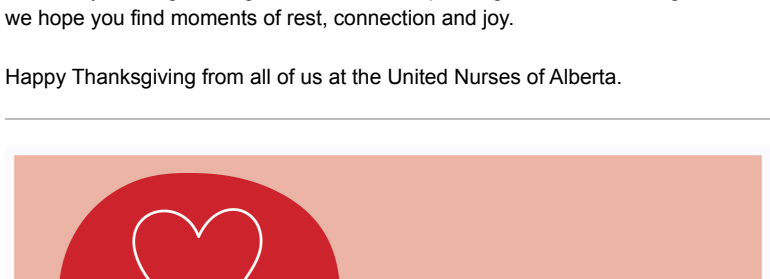
Women nurses are at bedsides, in operating rooms, emergency departments, community clinics, long-term care facilities and countless other settings. They are caregivers, advocates, educators, researchers and leaders, and their work has helped build and sustain Alberta's health-care system.

This Women's History Month, we celebrate the women who came before us, those caring for Albertans today, and those who will shape the future of nursing and health care in Alberta.

Their contribution is not only part of women's history. It is part of Alberta's history. It is part of Canada's history.

Happy Women's History Month.

Thanksgiving

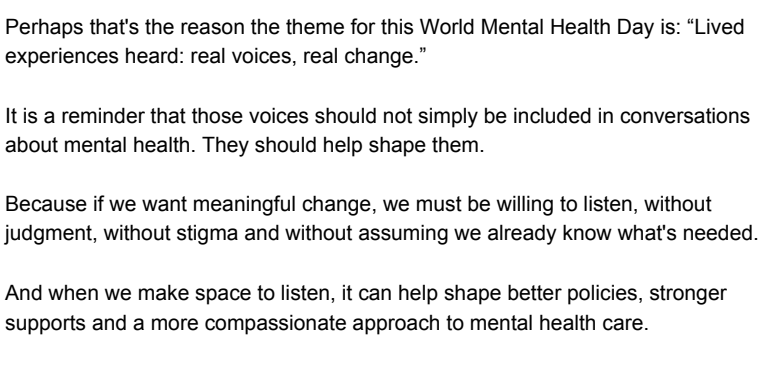


This Thanksgiving, we extend our warmest wishes to all Albertans and a heartfelt thank you to our nurses, whose compassion, dedication, and care make a difference every day.

To everyone spending the holiday caring for others and serving our communities, we are especially grateful.

Whether you are gathering with loved ones, spending it alone or working a shift, we hope you find moments of rest, connection and joy.

Happy Thanksgiving from all of us at the United Nurses of Alberta.



As we spotlight mental wellness on October 10, let's remember that behind every conversation about mental health is a person.

A person who's carrying a story we may know nothing about.

A person who knows, through lived experience, where our systems provide support and where they fall short.

Perhaps that's the reason the theme for this World Mental Health Day is: "Lived experiences heard: real voices, real change."

It is a reminder that those voices should not simply be included in conversations about mental health. They should help shape them.

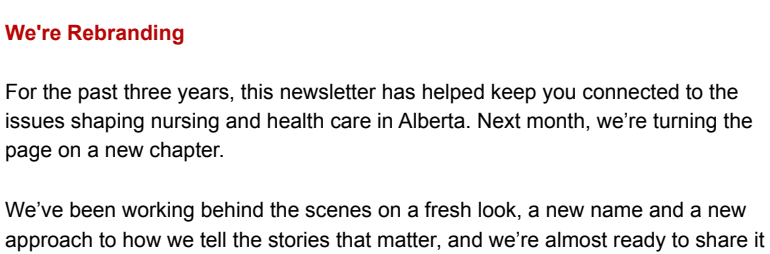
Because if we want meaningful change, we must be willing to listen, without judgment, without stigma and without assuming we already know what's needed.

And when we make space to listen, it can help shape better policies, stronger supports and a more compassionate approach to mental health care.

This October 10, let's do more than talk about mental health.

Let's listen to the people living it.

If you or someone you know needs immediate support, these services operate 24/7 across Alberta: [Addiction Helpline](#) - Call [1-866-332-2322](#); [Mental Health Helpline](#) - Call [1-877-303-2642](#). You can also call 211 Alberta for additional support.



We're Rebranding

For the past three years, this newsletter has helped keep you connected to the issues shaping nursing and health care in Alberta. Next month, we're turning the page on a new chapter.

We've been working behind the scenes on a fresh look, a new name and a new approach to how we tell the stories that matter, and we're almost ready to share it with you.

You can expect to hear more directly from nurses, see more stories from the front lines and find clear, accessible information about the decisions, changes and challenges affecting nurses, nursing and the care Albertans receive.

We'll continue to share useful facts, break down complex health-care issues, challenge misconceptions and make room for the good news, too.

While things may look a little different, what won't change is our commitment to keeping you informed, connected and part of the conversation about the future of health care in Alberta.

And that new name? The Shift Report.

A new name. A fresh look. A renewed approach to telling the stories that matter.

The Shift Report arrives next month. We can't wait to welcome you to the next shift.

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.



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