

October 2025

Triage Desk

Hello October!

The air is crisp, the leaves are turning, and Thanksgiving is just around the corner.

This season feels like an invitation to pause, reflect, and say a heartfelt thank you, to you, our community, for walking alongside us and helping us do what we do best.

In this issue, we're sharing more about our newly launched [Alberta Needs Care](#) campaign. Watch for our TV ads airing this month and if you spot one, snap a photo or tell us where you saw it. We'd love to share your shout-outs!

Canada Post strike delays our quarterly newsletter delivery, [Forever Canadian](#) launches petition, and the [CFNU sends letter to Prime Minister](#) addressing catastrophic health conditions in Gaza.

We hope you enjoy reading all we've prepared for you.

With gratitude,

Nursing Notes



Building Capacity, Builds Alberta

When little Emma spiked a fever in the middle of the night, her parents had a choice no family should face: wait and hope, or drive an hour and a half in the dark to the nearest staffed Emergency Room.

For too many Albertans, especially in rural communities, this isn't a rare crisis. It's daily life.

ERs are closing temporarily, wait times are growing, and nurses are burning out. People are driving hours just to see a doctor.

But there is a solution. **Capacity.**

Building capacity means hiring and keeping more health care workers so rural hospitals stay open all the time. It means investing in equipment and infrastructure so care is close to home. And it means keeping health care public, safe, and accessible, so no one has to wonder whether they can afford to get sick.

When we invest in care, we invest in Alberta. A strong health system keeps rural communities thriving, attracts new families and businesses, and makes sure every Albertan, from High Level to Medicine Hat, can live with the peace of mind that help is there when they need it.

Our [Alberta Needs Care](#) campaign isn't about politics. It's about making sure that when Emma gets sick, her parents can comfort her, not calculate the miles to the nearest ER.

Learn more at [AlbertaNeedsCare.ca](#).



Forever Canadian Petition

Alberta's future is on the table and so are the programs and protections we rely on every day.

The Forever Canadian campaign has launched a very straight-forward and yet important petition question: Do you agree that Alberta should remain in Canada?

If the Forever Canadian petitions collects enough valid signatures by [October 28](#) then a province-wide referendum could be held asking Albertans if they want to remain in Canada.

This effort matters because separation could have serious consequences, for public health care, pensions like the CPP, and even your ability to move freely across provinces for work or retirement.

Signing this petition will make sure Albertans get to weigh in before any decision about leaving Canada is made. Petitions must be signed in person.

Learn more and find a signing location near you at [forever-canadian.ca](#)

Important Notice

Important Notice: Canada Post Strike Affecting Newsletter Delivery

Due to the ongoing Canada Post strike, delivery of a printed copy of the quarterly UNA News Bulletin for UNA members will be delayed. UNA stands in solidarity with Canada Post employees represented by CUPW in their fight for fairness and respect.

As always, an electronic version of the News Bulletin is available on UNA's website:

[Click here to view the issue.](#)

Brain Food



Canada's Nurses Are Speaking Out on Gaza

Did you know the Canadian Federation of Nurses Unions (CFNU) has written to Prime Minister Mark Carney, calling for urgent action in response to the catastrophic health care conditions in Gaza?

In the letter, CFNU highlights attacks on hospitals and health workers, the collapse of medical infrastructure, and the ongoing humanitarian crisis and urged Canada to push for a ceasefire, support a two-state solution, and take stronger political and economic measures.

[Read the full letter here —>](#)

Quote of the Month

"Give thanks for a little, and you will find a lot."

Hausa Proverb

What's Next?



Happy Thanksgiving!!

Thanksgiving reminds us to pause, gather, and give thanks for the blessings in our lives. Whether you're sharing a big family meal, a cozy Friendsgiving, or a quiet weekend to rest and reset, this is a moment to reflect on the good that has carried us through the year.

This season invites us to notice the simple joys, the warmth of good company, the beauty of autumn, and the gift of community.

However you celebrate, we hope your Thanksgiving is filled with connection, laughter, and gratitude.

From our table to yours, Happy Thanksgiving!

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.



MEMBERS CAN DOWNLOAD THE **UNA APP** HERE.



iPhone



Android