

Health and Safety Matters






May 28, 2026



Hearts & Hands

IN PARTNERSHIP WITH 

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Upcoming events

- WEBINAR** - Creating inclusive workplaces by bridging generational divides
- WORKSHOP** - Mental Health First Aid Certification (Virtual)
- WORKSHOP** - Safe Handling Peer Coach Training
- WORKSHOP** - Mental Health First Aid Essentials

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Forget inflation—get a discount on Hearts and Hands tickets for a limited time

We've got exciting news. The eleventh annual Hearts and Hands conference for healthcare assistants is back with two events this fall, in Langley (Oct. 21) and Victoria (Oct. 23).

Hearts and Hands is more than a conference. It's an experience. With a goal to celebrate, educate, and inspire, there is no other event like it for frontline healthcare workers. The good news gets even better. Tickets for healthcare assistants are just \$60, with registration launching June 22. But we don't want you to wait to get in on the excitement. **Buy your tickets before June 22, and you can take advantage of a \$5 discount for every ticket purchased.** The cost of gas might be high, but Hearts and Hands is where you can save.

Get your tickets today ›

Hearts and Hands is not possible without the support of our generous sponsor partners. **We are happy to announce that Synergy Rehab has joined as our Title Partner for this year's conference.**

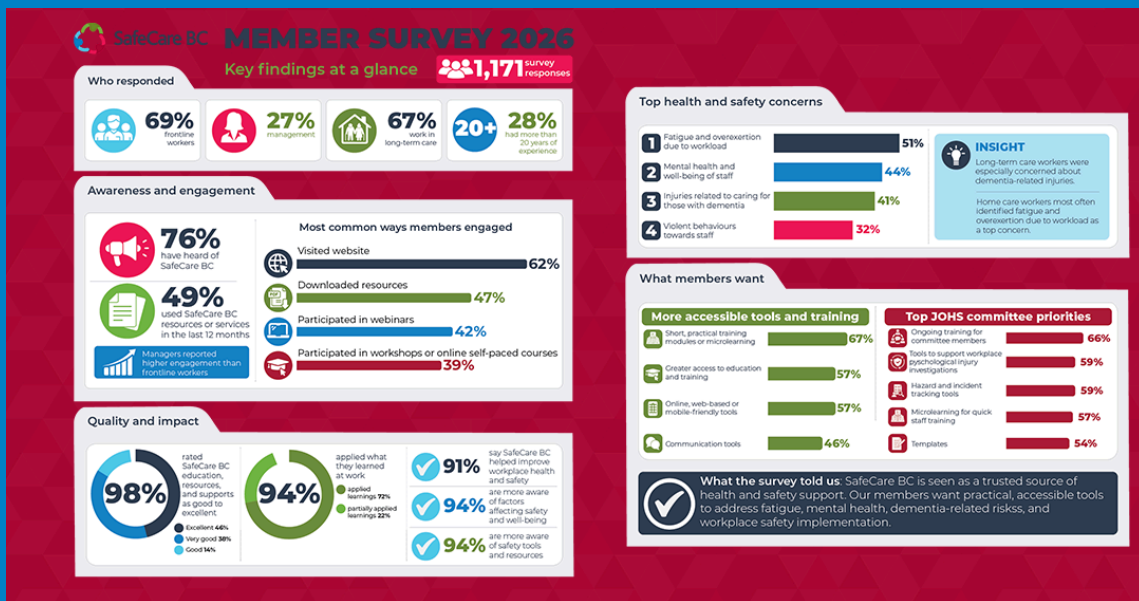
"Synergy Rehab is proud to support SafeCare BC's Hearts and Hands Conference as the Title Partner. We deeply value the dedication of healthcare assistants and are honored to stand alongside them—supporting their well-being, celebrating their work, and recognizing the heart they bring to care every day."

If you want to be part of an event that celebrates the work of healthcare assistants, provides them with a fantastic learning opportunity, and inspires them to continue doing the important work they do, then consider becoming one of our [sponsor partners](#).

Become a sponsor ›

Contact Ken Donohue at kdonohue@safecarebc.ca for more information.

Member survey results are in



The results of our 2026 member survey are in, and your feedback made it clear where support is needed most.

Alongside key health and safety concerns, such as fatigue, mental health and well-being, and dementia-related injury risks, you told us you want practical tools that fit real work settings. Short training modules and microlearning, accessible online resources, and support for JOHS committees stood out as priorities.

Check out our survey infographic to see the main findings and how your input is helping shape our future work.

[View the infographic >](#)

Recognizing support services workers



Kitchen workers

The kitchen workers at Hawthorne Seniors Care Community prepare meals made with love and care.

From breakfast to dessert, kitchen workers craft delicious meals that make residents feel at home.



Maintenance

Jerry is a maintenance supervisor at Three Links Care Society. Whether it's fixing a leak, setting up a room, or helping with unexpected tasks, Jerry never hesitates to help out.

When meals are prepared correctly and on time, residents are more likely to be comfortable, nourished, and feel supported. This can reduce distress, responsive behaviours, and physically demanding care moments for workers.

Maintenance workers keep staff and residents safe by catching and addressing hazards before they become problems — whether that's a faulty piece of equipment, a fire safety system needing attention, or a repair that could prevent a fall or injury.

Be part of the 2026 Support Services Appreciation Day

Know someone in a support service role who deserves recognition? Share your stories, photos, or videos to help us celebrate Support Services Appreciation Day on June 18.

[Submit ›](#)

Tell us what you thought of PHS Days



Please take a few minutes to complete a survey about the first Psychological Health and Safety Days that took place May 13-20. Your input will help us to make this event even better next year!

[Take the survey ›](#)

The kind of leader people don't forget



In this week's edition of *Why I Care*, Karen Tasker's story shows that leadership doesn't begin with a title. It begins on the front line. She started in long-term care as a dietary aide after 14 years as a stay-at-home mom and worked her way up to executive director at Sienna Senior Living's Lakeview Lodge Community in West Kelowna. What makes her journey compelling is how those early roles continue to shape the way she leads every day.

Karen leads by being present with her team, recognizing the work happening on the floor, and staying connected to what it takes to create a true sense of home for residents. Along the way, she learned that strong leadership also means self-awareness, boundaries, and not trying to do everything alone.

Her story is a reminder that the most impactful leaders are shaped over time, long before they hold the title.

[Learn more about Karen's journey ›](#)

Read more *Why I Care* stories



Leading from within

"Where's the room?"
When Brittany Murray's first workshop was moved at the last minute, she found herself in a hallway, with staff unsure and residents watching from



When people feel heard, everything changes

What happens when a workplace moves beyond surface-level recognition and starts truly listening?

above. It was not ideal, but the work still had to happen.

In this Why I Care article, Brittany shares how that moment shaped the way she now shows up as a peer facilitator.

In this powerful Why I Care story, a long-term care team shares how participating in SafeCare BC's Psychological Health and Safety Pilot Project helped shift their workplace culture from silence and burnout to openness and support.

[See the change >](#)

[Continue reading >](#)



We strive to empower those working in the continuing care sector to create safer, healthier workplaces by fostering a culture of safety through evidence-based education, leadership, and collaboration.

LEARNING AND EDUCATION SUPPORTED BY

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