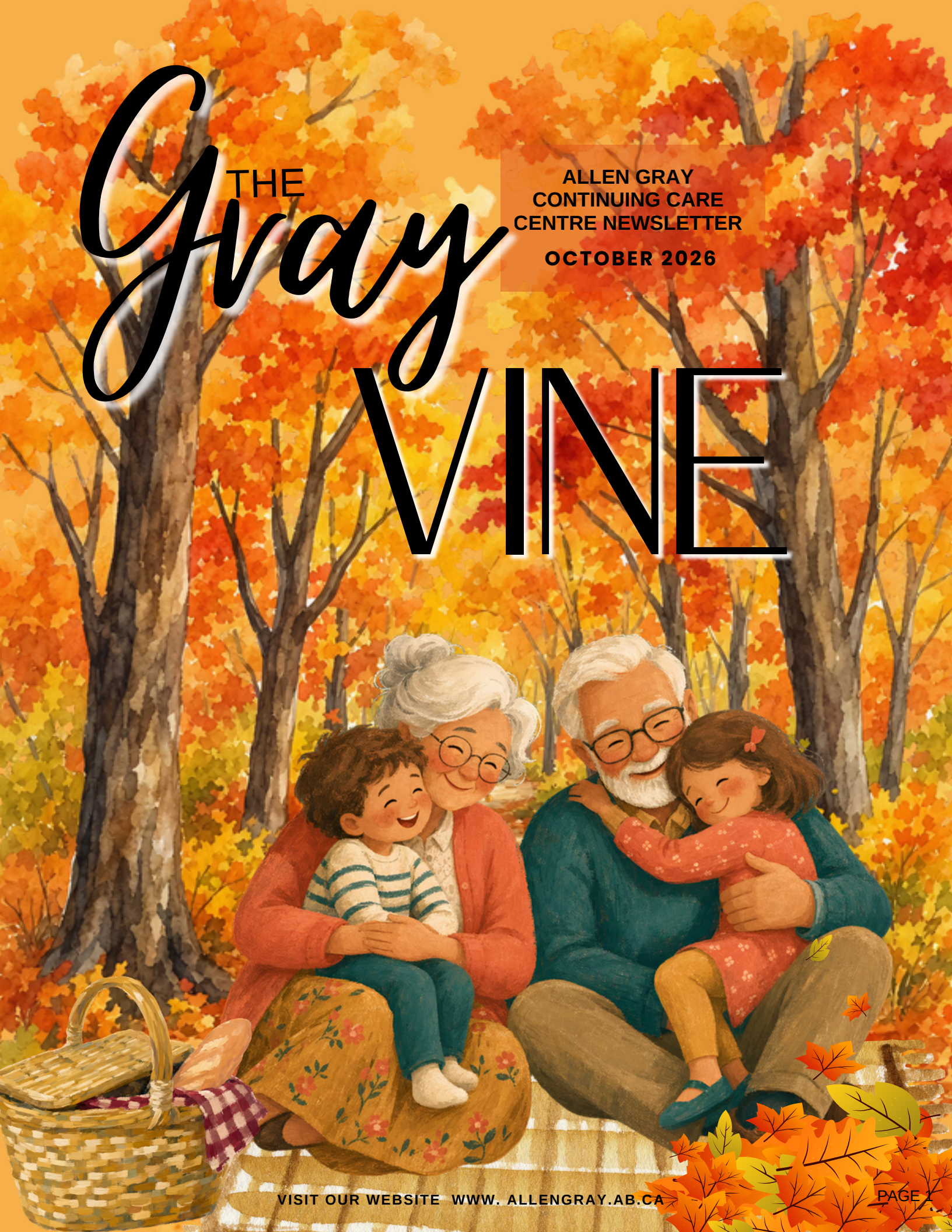
THE Gray VINE

ALLEN GRAY
CONTINUING CARE
CENTRE NEWSLETTER

OCTOBER 2026





The Leadership Ledger

Cory Komant
Chief Executive Officer

As the days shorten and the leaves turn, fall invites us to take stock of what a season of work has produced. Looking back across the summer and into September, what stands out is not any single achievement but the steadiness of the people who make this place what it is.

Our residents' acuity remains above the provincial average, which means the care our teams deliver every day is more complex than the numbers alone suggest. Thank you to every member of our care teams for meeting that complexity with skill and patience, and to our support teams — food services, maintenance, laundry and linen, housekeeping — for the work that quietly holds everything together.

A few things worth celebrating from the past several months.

Workstations on Wheels are now in every house. It sounds like a small change, but it puts our staff beside residents rather than down the hall at a desk, and that closeness matters.

Recreation kept a full calendar all summer — gardening, Breakfast Club, in-house petting zoos, and outings including a trip to the Aviation Museum.

Our intergenerational programming also expanded, with residents visiting the Child Development Centre on Tuesdays. It has been a hit with the children and the residents alike, and it remains one of the most distinctive things about Allen Gray.

Our new Manager of Capital Projects and Maintenance, better known as “Rob G,” has quickly advanced several key initiatives, including HVAC recommissioning, a comprehensive electrical review, digitized building plans, and a new preventive maintenance program. This foundational work will protect our building and the people in it for years to come.

On the governance side, new Board and Guild members are in place, and recruitment continues.

In September, I had the opportunity to share Allen Gray's story with the Christian Health Association of Alberta, ahead of our rejoining the association —returning to a table where the decisions shaping our sector are being made.

Finally, we are delighted to look ahead to The Gray House Guild’s “Seas the Night” Gala in 2026. We look forward to this wonderful occasion and the opportunity to come together in celebration. Please stay tuned for more exciting details!

To our residents, families, clients and childcare families — thank you for your trust. To our staff and volunteers — thank you. Wishing you all a warm and healthy fall.

Cory Komant
Chief Executive Officer
Allen Gray Continuing Care Centre







The Guild Chronicles

Donna Pullen
President, The Gray House Guild

Greetings to Residents, Family Members, and Staff:

What a glorious fall! The warm weather has extended through the end of September, the falling leaves are putting on a spectacular show, and the ladybugs are looking for a winter hideaway.

Today, I am writing mainly to the families of our residents.
We, the Management and Staff of Allen Gray Continuing Care Centre, feel privileged to provide a safe and caring home for your loved ones. The goal of our professional staff is to make our Centre a welcoming and comfortable home each and every day, helping to ease the transition to a continuing care environment. Management remains committed to ensuring that programs and activities are stimulating and regularly updated to bring out the best in each resident's abilities and interests.

I am reaching out to family members who may be able to volunteer their time and/or resources to help make our community even better. There are many opportunities to become involved—from becoming a member of The Gray House Guild or the Board, to assisting in the Gift Shop or supporting residents and activities where needed.

Can you assist us?
Allen Gray Continuing Care Centre has an excellent reputation within our community, and together, with your involvement and support, we can continue to build upon the quality of care and community that makes Allen Gray special.

Please contact Rhea Yulo if you are interested in sharing your time, skills, or expertise. A résumé may be requested depending on the volunteer role.

Have a safe and blessed fall season.

Donna Pullen
President
The Gray House Guild





FROM THE DIRECTOR'S DESK

Kelly Kontek
Director of Care

Dear Residents, Families, and Staff,

As we welcome the fall season, I would like to take a moment to thank everyone for your continued support, cooperation, and commitment to providing a safe, respectful, and caring environment for our residents.

Our priority remains the health, safety, dignity, and quality of life of every resident. Providing excellent care requires all of us to work together—residents, families, staff, physicians, and allied health professionals.

Through open communication and collaboration, we can ensure that residents' needs are addressed promptly, compassionately, and respectfully.

With cooler temperatures, shorter days, and changing weather conditions, we encourage everyone to take extra precautions to keep residents comfortable and safe.

Families are encouraged to ensure that residents have appropriate seasonal clothing, including warm sweaters, jackets, and suitable footwear. Wet leaves, rain, and changing temperatures can also create slippery walkways and outdoor surfaces. Please use caution when walking.

As we enter flu and respiratory illness season, we ask everyone to help protect our residents, staff, families, and visitors by practicing good infection prevention and control measures. This includes frequent hand hygiene, covering coughs and sneezes, and staying home or avoiding visits when experiencing symptoms of illness.

Thank you to our dedicated staff for the compassion and professionalism you demonstrate every day. Your work makes a meaningful difference in the lives of our residents.

Sincerely,
Kelly Kontek
Director of Care





Compassion in Action

Michael McCarthy
Social Worker

Supporting one another is an important part of the Allen Gray community, and our family and resident groups continue to provide opportunities to connect, share experiences, and have a voice in the life of our Centre.

The Claddagh Family Support Group continues to meet on the last Thursday of each month, providing a welcoming supportive space for family caregivers to connect, share experiences, and support one another.

Our Resident & Family Council also continues to grow, welcoming new members and new perspectives. The Council provides residents and families with an opportunity to share ideas, discuss what matters to them, and work together toward improving the quality of life and everyday experiences of our residents.

As we move into fall, it is also a good time to remember the importance of reflection and self-care. Whether you are a resident, staff member, or family member, everyday responsibilities can sometimes feel overwhelming.

Even small acts of self-care—stopping for a coffee, enjoying a quiet moment, going for a walk, talking with someone, or simply taking time to rest—can help reduce the stresses of daily life. For residents, staff, and families alike, all we can do is our best.

As The Four Agreements reminds us, our best can look different from one day to the next depending on our energy, health, emotions, and circumstances. The important thing is to continue doing what we can while also giving ourselves patience and understanding.

Enjoy the autumn, take time for yourself, and remember to take care of one another.

Sincerely,
Michael McCarthy
Social Worker

The Caregiver's Bill of Rights

Caregiver: A person who assists a family member or friend with challenges resulting from a disability, illness or aging.

I have the right:

- **To take care of myself.** This is not an act of selfishness. It will give me the capability to take better care of my loved one.
- **To seek help from others** even though my loved one may object. I recognize the limits of my own endurance and strength.
- **To protect my individuality** and my right to make a life for myself that will sustain me in the time when my loved one no longer needs my full-time help.
- **To take pride** in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.
- **To maintain facets of my own life** that do not include the person I provide care for, just as I would if he or she were healthy. I know that I do everything I reasonably can for this person and I have the right to do some things just for myself.
- **To reject any attempt** by my loved one (either consciously or unconsciously) to manipulate me through guilt, anger or depression.
- **To get angry, be depressed** and express other difficult feelings occasionally.
- **To receive consideration, affection, forgiveness and acceptance** for what I do for my loved one for as long as I offer these qualities in return.
- **To expect and demand** that as new strides are made in developing resources to aid people facing challenges due to illness, disability or aging in our country, similar strides will be made toward aiding and supporting caregivers.

The Revitalizing Corner

Kaitlyn Edwards
Recreation Therapist

This summer, the Recreation Therapy Department focused on creating inclusive, meaningful, and resident-centered leisure opportunities, with resident choice, individual interests, abilities, and quality of life at the centre of all we do.

A major focus this summer was bringing our recreation and leisure outdoors and finding creative ways to make outdoor experiences accessible to more residents. In July, several residents enjoyed a bus trip to Peaceful Valley, spending the day surrounded by nature in a fully accessible provincial park. We also offered outdoor concerts in the courtyard, featuring two different musicians, allowing residents to enjoy live music, fresh air, and social connection within the comfort of their home community.

We also explored more unique and sensory-based recreation experiences, including a petting zoo and a special visit from alpacas. These animal-based programs provided opportunities for residents to experience connection, sensory stimulation, reminiscence, and joy through meaningful interactions with animals—creating memorable experiences for residents, families, staff, and provided intergenerational connection as well with the childcare development center.

We continued to look for opportunities to help residents remain connected to their community through lakeside strolls, community walks, and outings to nearby destinations. Residents were supported to participate at their own pace and according to their individual abilities.











Outings such as brunch at Denny's and walking to Mill Woods Town Centre also provided opportunities for family members to join in, strengthening social connections and creating meaningful shared experiences.

One of our favourite new initiatives was bringing gardening directly to residents' balconies. This approach allowed residents who may have difficulty accessing the larger courtyard downstairs to participate in gardening right outside their door. Residents were able to choose plants, care for their gardens, spend time outdoors, and enjoy the ongoing sense of purpose that comes from watching something grow.

These opportunities reflect the heart of Recreation Therapy—looking beyond simply offering programs and instead asking, "What is meaningful to this individual, and how can we make it possible?"

Whether that meant supporting a resident to attend an outing, bringing gardening to their balcony, interacting with an alpaca, enjoying music outdoors, creating a tie-dye project, spending time with family, providing resources to support their independent leisure, or simply taking a stroll around the lake, the team worked to adapt activities to meet residents where they were.



The success of these programs was made possible through the creativity, teamwork, and dedication of the Recreation Therapy team. Their ideas and willingness to try new approaches helped create opportunities for residents to remain active, connected, engaged, and involved throughout the summer.

As we move into the fall, the Recreation Therapy Department will continue to build on this approach, with resident choice, meaningful engagement, inclusion, and quality of life guiding everything we do.











HELLO
my name is

Behind the Name Tag

Meet the people who make Allen Gray a community.

Starting with this issue of The Gray Vine, we're introducing a new feature—Behind the Name Tag!

In every issue, we'll spotlight a member of the Allen Gray team, giving residents, families, staff, and volunteers a chance to get to know the wonderful people behind the roles they see every day.

Meet Selam Lemma, our Chaplain
To begin our new feature, we're pleased to introduce Selam Lemma, Chaplain at Allen Gray.



Hello! My name is Selam Lemma, and I am your Chaplain. I am here to provide spiritual and emotional support, companionship, a listening presence, prayer, and encouragement to residents, families, and staff.

My chaplain work schedule follows a two-week rotating schedule, which repeats throughout the month.

Week 1
Monday, Tuesday and Wednesday
8:00 AM – 4:15 PM

Week 2
Monday and Wednesday
8:00 AM – 4:15 PM

After Week 2, the schedule returns to Week 1 and continues following the same two-week rotation.



Celebration of Life

Our Celebration of Life takes place every three months. Our last service was held on July 29, 2026, where we celebrated and honoured the lives of 11 residents. The theme was “Though the Leaves Fall Away,” as we reflected on and remembered each resident.

Our next Celebration of Life will be held on October 28, 2026, from 2:00 to 3:00 P.M.

If your loved one is in need of spiritual care, end-of-life support or services, a service to honour their life, or would like to arrange a visit with a faith community leader, please let us know.

Bible Study

Bible Study is held for residents on the 2nd and 3rd floors:

1st Monday: Women’s Bible Study – 2nd Floor
2nd Monday: Men’s Bible Study – 2nd Floor
3rd Tuesday: Women’s Bible Study – 3rd Floor
4th Tuesday: Men’s Bible Study – 3rd Floor

Worship Services

Catholic Mass: Every Tuesday, 2:00–3:00 PM in the Chapel
Lutheran Service: First Wednesday of the month

Gospel Hour

Every other week, with sessions dedicated to residents on the 2nd and 3rd floors

We are also working toward welcoming additional faith community leaders from Hindu, Sikh, Anglican, and United Church communities to support the spiritual care needs of residents at Allen Gray.

Spiritual Care Board

Information about upcoming worship services, Bible studies, special events, and other spiritual care activities will be posted on the Spiritual Care Board.

Thank you,

Selam Lemma
Chaplain





Gathering Generosity

Coming Together for Allen Gray

As the colours of fall surround us and we enter a season of gratitude and togetherness, we are reminded of the incredible strength of community at Allen Gray Continuing Care Centre.

Throughout the year, the generosity of our donors, volunteers, families, staff, partners, and supporters has helped us create meaningful experiences and continue enhancing the quality of life for our residents.

This fall, we are excited to continue that spirit of community and giving with our upcoming fundraising gala, SEAS THE NIGHT, with an island-inspired evening of food, entertainment, raffles, and community celebration,

Seas the Night will bring residents, families, friends, staff, and supporters together for a memorable night—all while raising funds to support the residents of Allen Gray.

Every contribution, whether through attending an event, purchasing a ticket, volunteering, donating, sponsoring, or simply helping us spread the word, makes a difference.

Funds raised help support the purchase of needed equipment, improvements to our facility, enriching recreational and social activities, resident programs, and other initiatives that contribute to the comfort, care, and well-being of those who call Allen Gray home.

As we look toward the remainder of 2026, we extend our heartfelt appreciation to everyone who continues to support Allen Gray Continuing Care Centre.

Together, we are building a stronger community and creating more opportunities for our residents to connect, participate, celebrate, and enjoy meaningful experiences.

Thank you for continuing to make waves of change with us!

You Can Also Make An Online Donation through CanadaHelps.Org

The Guild's charitable number is 88956 3441 RR001

The Gray House Guild
c/o Allen Gray Continuing Care Centre
5005 -28 Avenue
Edmonton, AB
email: grayhouse@allengray.ab.ca

Tax receipts are available.

Thank you again for considering supporting our non-profit long-term care facility. Your kindness will have a lasting impact on the lives of our residents and their families.

"Beyond Care: Allen Gray Continuing Care Center's Online Presence"



Stay connected with the latest updates and happenings at Allen Gray Continuing Care by following our social media pages!

Join us on Facebook and Instagram at @AllenGrayCCC for a dose of community highlights and event announcements.

For more in-depth information about our services, programs, and a glimpse into the vibrant life at Allen Gray Continuing Care, visit our website at www.allengray.ab.ca.

Be part of our online community, where we share the moments that make Allen Gray a truly special place.

VOLUNTEERS NEEDED

Are you passionate about making a difference? Looking for a fulfilling way to give back to the community?

The Allen Gray Continuing Care Centre invites individuals ages 18 and older to be a beacon of hope and support for our clients and residents.

If you are interested in applying contact our Volunteer Coordinator, Rhea at 780-469-9606 Ext. 254 or send a letter of interest via email: ryulo@allengray.ab.ca



WE ARE NOW OPEN FOR VENDOR TABLE RENTALS!

WE ARE NOW ACCEPTING APPLICATIONS FOR VENDOR TABLE RENTALS!

PLEASE CONTACT FAYE from the Giftshop at 780-469-2371 for more information!









Move, Connect & Play with OBIE!

Residents have been enjoying our OBIE Interactive Projector as part of Recreation Therapy programming. This fun and engaging technology turns everyday surfaces into interactive games that encourage movement, cognitive stimulation, social interaction, and plenty of laughter!

Residents can reach, respond, play games, and work together while participating at their own pace and ability. It's another way we create meaningful experiences that support connection, choice, participation, and quality of life.

Families—Join the Fun!

We encourage families and loved ones to enjoy OBIE with our residents too! During your next visit, try a game or activity together and turn your time together into a fun, interactive experience.

Ask our Recreation Team about using OBIE during your next visit!









CHILD CARE DEVELOPMENT NEWS AND EVENTS

Intergenerational Terry Fox Walk September 24, 2026













Terry Fox represented the best that Canadians have to offer. He was an example of courage, humility, determination, and perseverance. From a young age he exemplified these attributes that made him an inspiration for not only Canada, but the entire world.

So, we decided that the children who attend the Allen Gray Child Development Centre could also start to embody these attributes at a young age with the support of the residents who live at Allen Gray Continuing Care Centre.

Today, the residents, children, parents, and staff came together to show the same courage, humility, determination, and perseverance as we took one lap around the lake! Some children found this to be the hardest walk of their lives and some did a second lap to show their strength and perseverance. It was a beautiful Fall day and it was a great turnout. We collected “Toonies for Terry” and raised $644.50 towards cancer research.

Improving the Dining Experience at Allen Gray

At Allen Gray, we are working to make mealtimes more enjoyable and resident-centred. Feedback from residents and families has identified opportunities to improve choice and variety, food temperature, snack availability, and the overall dining environment.

Our Enhanced Dining Experience Committee is using this feedback to test new ideas, including a SuzyQ meal delivery cart, music during mealtimes, seating plans, and other initiatives.

The SuzyQ Cart will first be trialled in the Adult Day Support Program, with lessons from the trial helping guide future implementation in Long-Term Care.

Want to learn more? Visit our Quality Board, located on the Main Floor across from the elevators, to see what we are working on and how you can get involved.

Your voice matters! Residents, families, and staff are encouraged to continue sharing their ideas and feedback as we work together to improve the dining experience at Allen Gray.







Join us for the Island Treasures Raffle Draw on November 14, 2026!

The Gray House Guild's raffle features 10 amazing prizes valued at $250 each, for 10 lucky winners! Raffle tickets are $5 each. Don't miss your chance to win while supporting our fundraising efforts.





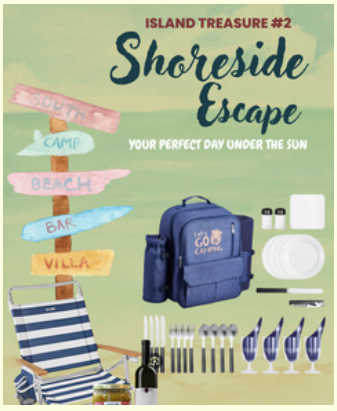












The LODGE

Independent Living





The Lodge is Allen Gray Continuing Care Centre's independent living community, featuring 17 private suites designed for individuals who value their independence while enjoying the comfort and connection of being part of the larger Allen Gray community.

Residents enjoy the privacy of their own living space while having opportunities to connect with neighbours, participate in activities, and enjoy shared experiences throughout the year. This balance of independence and community helps create a welcoming environment where residents can continue to live life on their own terms while staying socially connected.



As we welcome the fall season, gatherings, celebrations, and activities at The Lodge continue to bring residents together. These shared moments—whether enjoying an activity, celebrating a special occasion, or simply spending time with neighbours—play an important role in promoting well-being, building friendships, and creating a strong sense of belonging.



At The Lodge, independent living means having your own space while still being part of a community that feels like home.

Centre Art Gallery at the Allen Gray

Discover Art at the Allen Gray Centre Art Gallery!

Take some time to explore creativity and artistic expression at the Allen Gray Centre Art Gallery. Our current collection features beautiful works from artists Jeanette Spencer, Misook Song, Tina Mueller, Valerie Burke, and C.S. Clarke, curated by Neilzon Viloria, Art Director.

The gallery provides residents, families, staff, and visitors with an opportunity to enjoy art right here at Allen Gray. Each featured artist brings their own perspective and creative style, creating an interesting and welcoming collection for everyone to experience.

We invite you to stop by, take a closer look, and discover a favourite piece during your next visit.

Celebrating art, creativity, and community at Allen Gray.





Literary Canvas:
A Tapestry of Art, Stories, and Poems

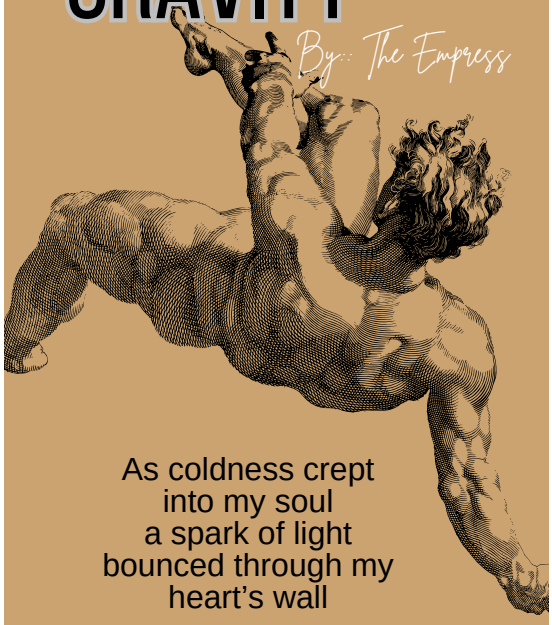






GRAVITY

By: The Empress



As coldness crept
into my soul
a spark of light
bounced through my
heart's wall

Memories faded into
oblivion
what left was the
sadness within this
vision

Melancholy seems
to be of luxury
fate was my
adversary

Light against dark
Darkness too stark
leaving a huge mark

As I stare into my
soul
i whispered
"just let everything
fall"

This was not a
statement of defeat
it was declaration
that now its complete

As this was a step for
whatever's left
because everything
that has
happened it was
meant

A Summer of Fun, Friendship & Fresh Harvests at Adult Day Support



Adult Day Support Program
Mylene Gonzales
ADSP MANAGER

It has been a busy and memorable summer for our Adult Day Support clients, filled with plenty of opportunities to stay active, try something different, and enjoy time together.

One activity that brought out everyone's competitive side was axe throwing! With lots of encouragement, laughter, and friendly competition, clients had the opportunity to test their aim and enjoy a unique activity together.



Our clients also spent the summer caring for their garden, watching their hard work grow from small plants into a wonderful harvest. By the end of the season, they were proud to gather fresh carrots, tomatoes, and lettuce. Gardening provided a great opportunity to spend time outdoors, stay active, and enjoy the satisfaction of growing and harvesting fresh produce.



Another highlight was the Petting Zoo event organized by our Recreation Team. Clients enjoyed meeting and interacting with the animals, sharing plenty of smiles and laughter along the way. It was a wonderful experience that brought a little bit of the farm right to Allen Gray!





From throwing axes to tending the garden and making some furry new friends, it has been a summer filled with activity, connection, laughter, and memorable moments for our Adult Day Support clients.

We look forward to seeing what adventures the next season will bring!

Celebrate, Gather & Connect

Allen Gray

Looking for a welcoming space for your next gathering? Allen Gray Continuing Care Centre has event spaces available for rent, offering a comfortable and convenient setting for a variety of occasions.

Whether you are planning a family celebration, birthday, anniversary, community gathering, meeting, workshop, or special event, our available spaces provide a place where people can come together, connect, and create lasting memories.

By choosing Allen Gray as the location for your event, you are also supporting our community and helping us continue to create meaningful experiences for those who call Allen Gray home.

Important Rental & Booking Information

- Please note that the Resident rental rate also applies to immediate family members booking a room for family use.
- Catering and Food Services are not included in the room rental charges and must be arranged separately, where applicable.

Payment & Booking Requirements:

- Payment must be made by cash or cheque only. A completed Rental Agreement and damage deposit are required at least 72 hours before the scheduled event.
- All rental payments and damage deposits may be submitted to the Reception Desk or Accounts Receivable.

We encourage renters to complete all required documentation and payments in advance to help ensure a smooth and enjoyable event.

For bookings, set-up assistance, or catering services, please contact:

Basheer Ahmed
Food Services Manager
780-469-9606 Ext. 244
basheer@allengray.ab.ca

Room Booking Charges for Allen Gray Members (Clients/Residents/Staff)

Room	Half Day	Full Day
Chapel	$200.00	$400.00
Labyrinth Room	$200.00	$400.00
Family Dining Room	Flat Rate: $50.00	Flat Rate: $50.00

NON-ALLEN GRAY MEMBER RATES

Booking Type	Half Day	Full Day
All Rooms	$250.00	$500.00





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