

THE Gray Vine

APRIL 2026
ALLEN GRAY
CONTINUING CARE
CENTRE NEWSLETTER





The Leadership Ledger

Cory Komant
Chief Executive
Officer

As spring arrives, we embrace change and renewal after winter. This season encourages us to reflect and look ahead, highlighting the care and commitment throughout our organization.

Winter cold and viruses brought challenges that required extra teamwork and caution. Thank you to all staff for protecting residents, clients, families, and each other with professionalism and compassion every day.

Special thanks to our support teams—food services, maintenance, laundry, linen, and housekeeping—for keeping everyone safe, clean, and comfortable. Your work during outbreaks was essential and greatly valued.

We continue to face uncertainty with the provincial budget and funding pressures in healthcare, adult day support, and childcare. We are taking a cautious approach with our 2026–2027 budget to protect key services and will keep advocating for necessary resources.

Despite these challenges, we have concluded successful collective bargaining agreements for all in-scope staff, bringing stability and clarity. Thank you to everyone involved.

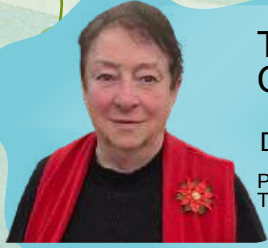
Spring is also a time to celebrate daily moments that make our community special, reminding us of the importance of our work. Our mission centers on caring for people and building connections.

Thank you to residents, families, clients, and childcare families for your trust and partnership. We appreciate your support in building strong communities.

Wishing everyone a hopeful, healthy, and happy spring from our entire organization.

Sincerely,

Cory Komant
Chief Executive Officer



The Guild Chronicles

Donna Pullen
President
The Gray House Guild

Hey, Spring is here!...oops not yet. Spring is around the corner...darn....more snow. Spring has officially sprung...but wrong again!

It seems we are all waiting to have the sunshine on our faces once again and we anticipate the tulips and daffodils blooming soon. The sun is more powerful each day and the days are getting longer.....things will get better soon so, all hope is not lost.

This spring, we participated in the Casino to help raise the necessary funds for our Center. A big THANK YOU to all who volunteered their time to this event, and we have two more years to compile a list of volunteers needed for the 2028 Casino. If you are interested, please email Rhea at ryulo@allengray.ab.ca so your name will be on the list.

We have a new member on our Board this year, Bob Wyatt, and he is initiating a campaign to acquire more members for our Guild and for the Board of Hospital Directors. If any family members would like to put their name forward for either position, please let me, Clara, or Kathryn know and we will be happy to take their applications.

The Valentine fundraising efforts was a great success and we are anticipating several more planned fundraising events in the upcoming months. (the Mother's Day event and more). Please be on the lookout for posted notices throughout our facility. We want to thank all residents, family members and guests for supporting these events and for visiting our Gift Shop.

Keep a smile on your faces and sunshine in your hearts.

**Sincerely,
Donna Pullen
Guild President
The Gray House Guild**



**FROM THE
DIRECTOR'S
DESK**

Kelly Kontek
Director of Care

Spring is a season of renewal and new beginnings—and a wonderful time to welcome new members to our community. We are pleased to extend a warm welcome to all the new residents and families who have joined the Allen Gray Continuing Care Center.

At Allen Gray, our team remains dedicated to providing high-quality, person-centered care in a supportive and home-like environment. The comfort, dignity, and well-being of our residents are always at the heart of everything we do.

We would also like to thank our residents and families who take the time to share their feedback through surveys and the suggestion box. Your insights are incredibly valuable and help guide us as we continue to enhance our services and improve the care experience for everyone.

Thank you for being a valued part of our community.

Sincerely,
Kelly Kontek
Director of Care





Compassion in Action

Michael McCarthy
Social Worker

The Resident & Family Council at Allen Gray Continuing Care Centre continues to grow and thrive, thanks to the ongoing support, engagement, and dedication of our residents and their families. Together, we are building a stronger, more connected community where every voice matters.

Recent initiatives led by the Council include the introduction of resident notice boards to help keep everyone informed and engaged, as well as educational presentations on important topics such as funeral planning and understanding dementia. These sessions aim to empower residents and families with knowledge, guidance, and peace of mind.

As we move through tax season, this is a friendly reminder to ensure residents' taxes are completed. If you or your loved one requires assistance, please don't hesitate to reach out—we are here to help support you through the process.

With the change in season and the arrival of spring, it's also a meaningful time for reflection. As caregivers, we are encouraged to pause and consider how we care not only for our loved ones, but also for ourselves. Taking time for self-care is essential in continuing to provide compassionate and sustainable support.

We also invite you to consider attending the Claddagh Family Support Group, which meets on the last Thursday of each month. This is a wonderful opportunity to connect with fellow caregivers, share experiences, and gain strength from a supportive community that understands your journey.

If you are looking for ways to get involved, we warmly welcome you to join the Resident & Family Council. Your insights, ideas, and feedback play an important role in enhancing the quality of life for all residents.

Wishing you and your loved ones a joyful and peaceful Easter season.



The Revitalizing Corner

Kaitlyn Edwards
Recreation Therapist

As we welcome the spring season, the Recreation Department is excited to bring forward new programs and opportunities that support meaningful engagement, connection, and joy for our residents. We continue to focus on creating experiences that enrich daily life while supporting overall well-being. Here are some of the highlights happening this season:

Baby Chick Hatching Experience

This April, we're excited to introduce a unique and meaningful program across both our 2nd and 3rd floors—hatching baby chicks!

This initiative is designed to enhance resident engagement through hands-on, purposeful activity. Residents will have the opportunity to observe the hatching process, reminisce about past experiences with animals or farm life, and even participate in the gentle care of the chicks during their stay.

Animal-assisted and nature-based interventions are well-supported in recreation therapy practice. Research shows they can positively impact cognitive stimulation, emotional well-being, and social connection, while also providing a sense of purpose and routine. We're looking forward to the joy this experience will bring to our community

OBIE – Interactive Gaming System (Now Mounted in Common Areas on 2nd and 3rd Floors)

We're excited to share that our OBIE Interactive Gaming Systems are now mounted in the common areas on both the 2nd and 3rd floors!

By installing these units in shared spaces, we're increasing accessibility and opportunities for independent use. Residents and families can now enjoy interactive gaming together outside of structured recreation therapy program times.

The OBIE system is a multisensory tool that supports a wide range of abilities and promotes physical movement, cognitive engagement, and social interaction in a fun and inclusive way.

If you're interested in learning more, or would like support or training on how to use the OBIE, please feel free to connect with the Recreation Team—we're always happy to help.

Edmonton Public Library Presentation – Save the Date

Wednesday, May 13th at 2:00 PM | Chapel

Join us on Wednesday, May 13th at 2:00 PM in the Chapel for a special presentation from the Edmonton Public Library.

A Community Librarian will be onsite to share information about the wide range of free services and resources available to residents and families, including the Home Service Delivery program. This program provides access to books and audiobooks delivered directly to residents on a monthly basis.

This is a wonderful opportunity to learn how to access library materials, ask questions, and explore options that support leisure, lifelong learning, and meaningful engagement.

Be sure to mark your calendar—we hope to see you there!

Celebrating National Volunteer Week at Allen Gray (April 19–25, 2026)

April is National Volunteer Month, a time to recognize and celebrate the individuals who generously give their time and compassion to others. At Allen Gray Continuing Care Centre, we are especially proud to highlight National Volunteer Week (April 19–25, 2026) - a meaningful opportunity to honor the incredible contributions of our volunteers.

Throughout the year, our volunteers play a vital role in enriching the lives of our residents. From assisting with recreation programs and special events to offering companionship and heartfelt conversations, their presence brings comfort, joy, and connection to our community.

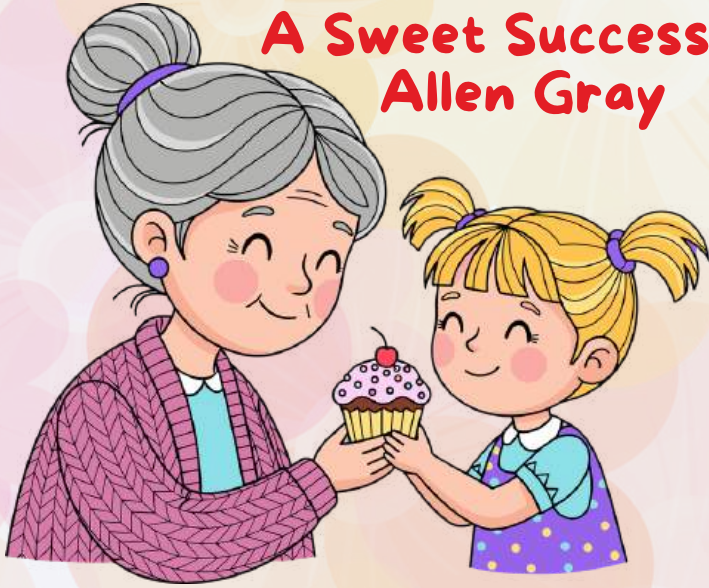
National Volunteer Week is a time to pause and reflect on the powerful impact of giving back. Our volunteers help create a warm, inclusive, and supportive environment where residents feel valued and cared for every day. Their kindness and dedication truly make Allen Gray feel like home. During this special week, we extend our deepest gratitude to all of our volunteers. Your generosity, compassion, and commitment continue to inspire residents, families, and staff alike.

Thank you for being an essential part of the Allen Gray family.
Happy National Volunteer Week!



HELLO
SPRING

Love at First Bite: A Sweet Success at Allen Gray



The recent Valentine fundraising event at the Allen Gray Continuing Care Centre was truly a heartwarming success, bringing together staff, residents, families, and community members in a celebration of love, connection, and generosity.

Hosted by the Gray House Guild in partnership with the Fund Development Committee, the event featured the delightful “Love at First Bite” cookie and cupcake sale, which quickly became a crowd favorite. From beautifully decorated treats to delicious homemade flavors, there was something for everyone to enjoy.

Adding to the festive atmosphere were vendor tables, showcasing a variety of unique items and local offerings. The vendor participation helped create a vibrant and engaging space, while also supporting small businesses within our community.

We extend our sincere thanks to everyone who contributed to the success of this event — from the organizers and volunteers who worked behind the scenes, to the vendors, and of course, all those who came out to support the fundraiser. Your generosity and enthusiasm made this event truly special.

Proceeds from the fundraiser will go toward supporting future operational needs at Allen Gray Continuing Care Centre, helping ensure that we continue to provide a safe, comfortable, and enriching environment for our residents.

Events like these remind us of the strength of our community and the impact we can make when we come together for a shared purpose. Thank you for making this Valentine’s event one to remember!



Seeds of Kindness

How Community Support is Enriching Life at Allen Gray

As the season of spring brings new life, renewal, and fresh beginnings, we are reminded of the power of community and generosity at Allen Gray Continuing Care Centre. This past year has been filled with meaningful moments made possible through the kindness and support of our donors, volunteers, and partners.

Among these memorable initiatives was the Rocking Revival 2025, which brought energy, music, and excitement to our community while raising valuable funds. Our Christmas in November event created a warm and festive atmosphere, featuring vendor table rentals that showcased local talents and small businesses.

In addition, participation in fundraising opportunities such as the Casino further strengthened our efforts to support our residents.

Like the growth we see in spring, these contributions continue to nurture and enhance the quality of life for those who call Allen Gray home. Funds raised support essential medical, social, and emotional care, while also allowing us to improve our facilities, purchase needed equipment, offer enriching recreational activities, and provide specialized training for our dedicated staff.

Together, we are cultivating a brighter, more compassionate future for our residents and their families.

We extend our heartfelt thanks to everyone who supported these initiatives — from organizers and volunteers to vendors and attendees. Your generosity helps us continue providing the highest quality of care in a warm and nurturing environment.

As we embrace this season of renewal, we invite you to continue sharing the spirit of giving in ways that are meaningful and convenient for you. Whether through attending future events, volunteering your time and skills, or making a donation, every contribution helps our community grow and flourish.

Together, we are cultivating a brighter, more compassionate future for our residents and their families.

You Can Also Make An Online Donation through CanadaHelps.Org

The Guild's charitable # 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.

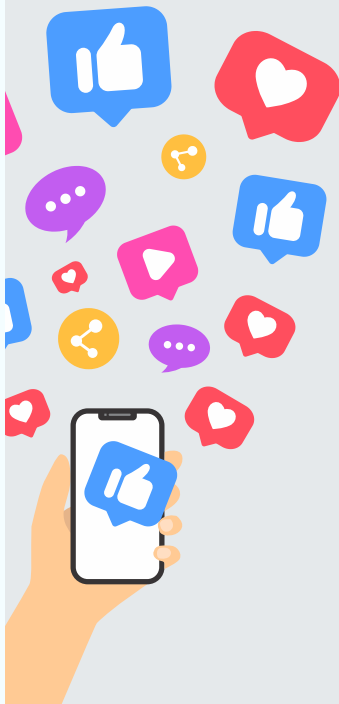
"Beyond Care: Allen Gray Continuing Care Center's Online Presence"

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?

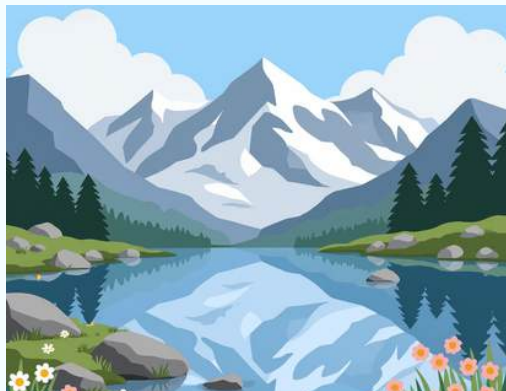
The Allen Gray Continuing Care Centre invites individuals ages 18 and up to be a beacon of hope and support for our clients residents!

If you are interested to apply contact our Volunteer Coordinator Rhea at 780-469-9606 ext 254 or send 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!**



CHILD CARE DEVELOPMENT NEWS AND EVENTS



Residents from Allen Gray Continuing Care Centre have been enjoying meaningful intergenerational visits with children from the Child Development Centre every Tuesday. During these 1:1 visits, residents and children spend time together engaging in conversations, activities, and shared moments that bring joy, laughter, and connection between generations.

These weekly visits create a warm and uplifting experience for everyone involved. Residents have the opportunity to share stories, encouragement, and companionship, while children bring energy, curiosity, and happiness into the space. This special program continues to strengthen community bonds and highlights the importance of connection, learning, and emotional well-being across all ages.



The Lodge Comes Together for a St. Patrick's Day Celebration



Residents of The Lodge recently celebrated St. Patrick's Day with a cheerful and festive gathering filled with laughter, community spirit, and themed activities. The event brought everyone together to enjoy a fun and welcoming atmosphere, with residents wearing green, sharing conversation, and participating in light activities that highlighted the holiday spirit.

The Lodge is the independent living accommodation located within Allen Gray Continuing Care Centre. It consists of 17 private suites, offering residents a comfortable and supportive living environment while maintaining independence.

Designed for individuals who value both autonomy and community connection, The Lodge provides a balance of private living space and access to shared experiences and services within the larger Allen Gray community.

Events like these continue to play an important role in promoting well-being, encouraging social interaction, and enhancing the everyday living experience for residents.



Adult Day Support Program

By: Mylene Gonzales
ADSP MANAGER



We had a wonderful time celebrating St. Patrick's Day with a lively dance party and plenty of leprechaun fun!

On March 17, the space was filled with music, laughter, and joyful energy as everyone came together to enjoy the festivities. Residents, staff, and volunteers joined in the fun—dancing, smiling, and embracing the spirit of the day. A few playful leprechauns even made special appearances, adding extra charm and laughter to the celebration.

The sea of green truly brought the event to life! Many participants showed their festive spirit by wearing green on both March 16 and 17, creating a bright and cheerful atmosphere throughout the celebration.

Thank you to everyone who participated and helped make this event so memorable. It was a day full of connection, joy, and a little bit of Irish luck!



YOUR SMILE

By: The Empress

As I walked on this earth
I have met different souls
each had their own roles

As I step closer to my fate
I never asked heaven to wait
Every moment i cherished
Every lesson was a merit

As I step closer to my fate
All i ask of you is to hold on to
your faith
Every smiles may diminish
But every memory will
flourish

I give this to you as token of
gratitude
As you gave my life happiness
in multitude

As i sign off with these words
May you always remember
the the light within you
And my smile was because of
you



Literary Canvas:

A Tapestry of Art,
Stories, and Poems



Calling All Artists!

Would you like to see
your masterpiece
published in our
newsletter?
Submit you short story,
prose, a piece of poetry
via email
socials@allengray.ab.ca



Centre Art Gallery Featured Artist

Shelly Blandford

shelleysabstractart.com

Shelley Blandford is an
abstract acrylic painter in
Edmonton, Alberta, Canada.

Her work focuses on the
process of exploration and
experimentation with acrylic
pouring and alcohol inks.

In her work, she accesses the
tranquility of nature through
expressive movement, in which
she aims to transcend the
painting's material constraints
and transport the viewer to a
moment of stillness and peace.

INTRODUCING

MOTIVIEW

What is it all about?

Motiview is a virtual experience that allows residents to travel the world from the comfort of Allen Gray. The company works by sending cyclists to different areas of the world to record videos. These videos are then played for the residents while they utilize a stationary bike to simulate the feeling of cycling outdoors.

What do the Allen Gray residents have to say?

"I love seeing the places I never had the chance to visit."

"I actually look forward to coming to my exercises now."

"It's exciting to see where you'll take us next."



Have questions or want to learn more?
Contact madison.hunt@allengray.ab.ca

Bringing People Together Through Available Spaces at Allen Gray

Did you know that Allen Gray Continuing Care Centre offers a variety of rooms that can be booked for meetings, gatherings, and special events? These spaces are available for residents, staff, families, and external users to support meaningful connections and community engagement.

Room Booking Information

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



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

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

NON - ALLEN GRAY MEMBER RATES

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



WWW. ALLENGRAY.AB.CA

