



We were delighted to celebrate the wonderful Moms in our Total Care Family with our annual Mother's Day Draw! Congratulations to our lucky winners, who each received a beautiful bouquet of flowers and a gift card. We hope these small gifts helped make their Mother's Day extra special!



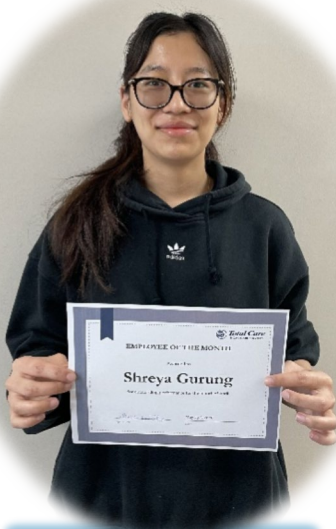
We are proud to share that we have successfully achieved Qmentum Accreditation through Accreditation Canada.

This achievement reflects our ongoing commitment to providing safe, high-quality, and compassionate care. It recognizes that our organization consistently meets and exceeds national standards in client safety, quality improvement, leadership, governance, infection prevention and control, and person-centred care.

This accomplishment would not have been possible without the dedication of our incredible team and the trust our clients place in us every day. Thank you for being part of our journey as we continue to provide exceptional care throughout the communities we proudly serve. A special thank you to our Client & Family Advisory Committee (CFAC) for your valuable input, support, and dedication in helping us achieve this important milestone.



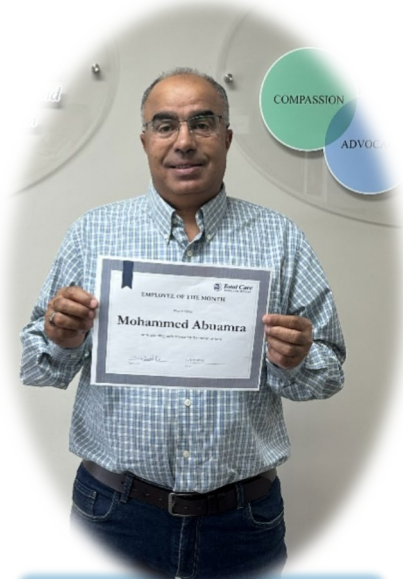
EMPLOYEES OF THE MONTH



APRIL 2026
SHREYA GURUNG



MAY 2026
SUKHPREET KAUR



JUNE 2026
MOHAMMED ABUAMRA





Medication Errors

The Institute of Safe Medication Practices of Canada have recently released a report that states that 20% of all medication errors reported in 2025 were discovered by the client or their caregiver. Many errors do not cause harm, but some can be very serious.

If you discover a medication error, it is important to:

- Get medical help or call your pharmacist for assistance/guidance
- Keep the packaging of the medication and note the following – date and time the error happened and who found the mistake, how many doses were taken, if any, and any health problems or symptoms that occurred
- Complete an incident report and submit as soon as possible.
- Contact your coordinator who will communicate with required people involved in the circle of care to ensure the correct information is communicated as needed.

As a caregiver to our clients, we play a very important role in helping keep them safe.



Summer Bingo



TRY COOKING WITH A NEW INGREDIENT	GO FOR A LONG WALK OR HIKE	GIVE SOMEONE A COMPLIMENT	PLAY YOUR FAVOURITE SONG AND DANCE	WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR
EAT A MEAL OUTSIDE IN NATURE	HAVE A NO-COMPLAINT DAY	DONATE CLOTHING THAT NO LONGER SERVES YOU	DONATE TIME TO YOUR COMMUNITY	HOST A BACKYARD BBQ OR POTLUCK
DO SOMETHING JUST FOR FUN	LISTEN TO A PODCAST ON A TOPIC YOU ENJOY		MAKE AND ENJOY YOUR FAVOURITE MEAL	ENJOY A SUMMER TREAT
SURPRISE SOMEONE WITH A SMALL ACT OF KINDNESS	ENJOY A BONFIRE WITH FRIENDS	VISIT A LOCAL FARMERS' MARKET	WATCH A SUNRISE OR SUNSET	SPEND TIME WITH SOMEONE WHO MAKES YOU FEEL APPRECIATED
CLEAN AND ORGANIZE A SPACE	MAKE AND ENJOY YOUR FAVORITE MEAL	COMPETE YOUR "TO DO" LIST	GO FOR A WALK WITH NO HEADPHONES	DO AN ONLINE YOGA OR MEDITATION CLASS

If you have completed three of these bingo spaces, consider yourself a winner!

The first employee to send an email saying you have completed 3 spaces will win some Caribou Rewards Points!

Please send an email to heather@totalcarenursing.ca saying you have won!!!



TOTAL CARE EMPLOYEE NEWSLETTER

Apr/May/June 2026

BEING AN INFORMED EMPLOYEE CREATES A PREPARED EMPLOYEE

Issue #5

We're proud to support the Janeway Children's Hospital Foundation and the incredible care they provide to children and families throughout Newfoundland and Labrador. With our latest donation, our total contributions have now reached **nearly \$40,000**. Thank you to everyone who has helped make this milestone possible—we're honoured to give back to such an important cause in our community.



Caribou Rewards



EARN POINTS for referring friends, client compliments, and more!



EARN RECOGNITION REWARDS for going above and beyond, great documentation, and more!



EARN DRAW TICKETS for sharing a job, clocking in and out on time, and participating in the quarterly surveys



SHARE A JOB IN 3 TAPS AND 30 SECONDS to earn hundreds of dollars

Why You'll Love Caribou Rewards!

- Earn exciting rewards** every time you refer a great candidate
- Help friends and neighbours** discover rewarding careers with Total Care
- Make a real impact** by helping clients access the care they deserve
- Get recognized and rewarded** for supporting our growing team
- Turn simple referrals into valuable rewards** while strengthening your community



Do You Know Someone Looking for a Rewarding Career in Home Care?

Refer them to Total Care and earn a **\$250 referral bonus** when your referral successfully completes their 3-month probationary period.

Plus, newly hired Home Support Workers are eligible for a **\$500 sign-up bonus** after completing **1,000 hours of work**.

Great people know great people. Help us grow our team and support more clients in our community!



GET STARTED TODAY!



STEP 1

Scan the QR code and enter your phone number.



STEP 2

Go to "Share Jobs" and share a job posting with a friend!



♥ Your referrals help. Your rewards grow.