

Recently, SEIU-West members attended [Activist Training Camp](#). They learned how to create SMART goals and carry out their campaign. Their discussion led to the need to have the public on our side during negotiations for fair wage increases. They have [created a campaign](#) for SAHO bargaining so members can tell the public something that you do that the public may not necessarily know or think about.

These are quotes from members like you. Please print these out and cut out to hand out to the adults accompanying trick-or-treaters on Halloween.

Didn't get a chance to submit your quotes? Don't worry, we plan to get more quotes for Christmas Cards. Stay tuned!

SEIU-West healthcare workers are sharing quotes for Halloween with their neighbours so that you know some of the sacrifices we make to be able to provide care. You may know that healthcare is in crisis, with chronic understaffing and stagnant wages, but it doesn't need to be this way. Scan this QR code to ask the Saskatchewan Health Authority to offer a fair deal for healthcare workers across this province.

Thank you for your support!  
Your Healthcare Neighbour



I care for the sick, dying, dementia and forgotten while my young new family makes new traditions and journeys without me.

– Kendall

I hold your loved one's hand when they are feeling scared and anxious. I reassure them in their hard times.

– Anonymous

I take your loved ones to the toilet at 4:00 am.

– Anonymous

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I am the Continuing Care Assistant that cuts your family members' hair on my days off. I organize and hold "Adopt a Resident" every Christmas

– Donna

I prepare resident meals to make them happy.

– Anonymous

I prepare resident meals to make them happy.

– Anonymous

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I don't just treat patients, I protect, comfort, and advocate, even when it costs me.

– *Anonymous*

I missed my only child's graduation to register patients coming into emergency during COVID-19. No other staff were available.

– *Anonymous*

I give your loved ones a hug when they look sad or when I haven't seen them in a while.

– *Carissa*

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I am there to comfort seniors when they think they're kids again and their parents are late to pick them up. I hold their hand and have a conversation even though they haven't spoken for years.

– *Victoria*

I'm with your loved one when you can't be. I listen when they can't say what they need/ want.

– *Anonymous*

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I provide a safe, comfortable, and pain free space for your loved ones to pass with dignity.

– *Anonymous*

I work in an environment where it is very stressful and unsafe; we work short staffed, and coworkers are exhausted and burning out. We always greet our patients with compassion and care when delivering their meals.

– *Jody*

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I hug your loved ones when they want to be held. I help your loved ones get through their day-to-day life by assisting with their activities of daily living. I ensure your loved ones are comfortable and as pain-free as possible. I listen to the stories your loved one tells from their past.

– *Anonymous*

I cater to the sick, dying, dementia and forgotten while my young new family makes new traditions and journeys without me.

– *Kendall*

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I'm the one who bathes, cooks for, feeds, and dresses your loved ones. I'm the one who monitors their health status like a hawk and raises the alarm the moment something is not right. And in thanks, I'm also the one families dehumanize and verbally abuse (scream at and insult) because they're "stressed". I get no gratitude and no apologies, but I'll still be the one holding your one's hand and wiping their tears.

– *Anonymous*

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I miss out on many holidays with my own family because my schedule says I have to. I comfort your loved ones when they tell me they no longer want to live. I bring smiles to residents faces by simply being light-hearted and making jokes. I help them forget about all their pain, at least just for that moment. Getting time off for important sentimental events is almost impossible. I often have to miss out. After I'm done caring for your loved ones, I go home and take care of mine. My job is never really done, even after my shift ends.

– *Anonymous*

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I provide medical, emotional and physical support to my patients daily, and due to the staffing crisis, I work many hours against my wishes to maintain that level of care. At the end of the day, my family is getting less of me in physical presence as well as emotionally because I am giving more of myself to my job in these conditions leaving very little left of me to my family. I'm depleted.

– Anonymous

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I am there to comfort seniors when they think they're kids again and their parents are late to pick them up. I hold their hand and have a conversation even though they haven't spoken for years.

I ask about their past because it brings back happy memories even though I already know every story they recall.

I tell them I love them because I really do.

– Victoria

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I give your loved ones a hug when they look sad or when I haven't seen them in a while.

– Carissa

I missed my only child's graduation to register patients coming into emergency during COVID-19. No other staff were available.

– Anonymous

We celebrate your loved ones with a favorite birthday meal.

– Anonymous

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I don't see my family for 14 hours each day that I work (6am-8pm which includes travel time) and I miss out on many of my family get togethers.

– *Anonymous*

I help your neighbors stay in their own home by assisting them with their medication.

– *Deidre*

I'm with your loved one when you can't be. I listen when they can't say what they need/ want.

– *Anonymous*

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I hold your loved one's hand when they are confused and cannot sleep at night. I am here with your loved ones during the holidays when you can't be, instead of with my family. I spend my day trying to make your loved ones smile and laugh when they are in pain. I support your loved ones in the middle of the night when they are frustrated that they can't do a task. I support your loved ones when they fall and encourage them to not give up and try again. I make your loved ones smile and laugh by being there on the holidays when you can't be.

– *Anonymous*

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I am the first person you see when you come for services at our integrated healthcare facility for lab work, emergency services, physio, or any other services that are offered. I am also the first person you talk to on the phone when you are uncertain of what you need to do to move forward to fulfill your needs.

– *Colleen*

I remind your loved ones who you are when they don't remember.

– *Anonymous*

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I miss holidays with my own family so I can be there for yours. I walk out of chaos and into comfort because every patient deserves peace. I take hits, de-escalate threats, and still greet your loved one with a smile. Behind every calm voice is a storm I've already weathered for someone else's safety. I trade my tears for strength, my exhaustion for empathy because healing is my calling. I carry the weight of trauma in one room and offer hope in the next. I don't just treat patients, I protect, comfort, and advocate, even when it costs me.

– Anonymous

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– Anonymous

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Family drops off their loved ones and don't come to visit them anymore. I sit with residents and hold their hands when they are scared and alone. Residents notice when I've been gone for some days. I have to watch your loved ones deteriorate upon their final days. We become like family. I have to deal with unhappy families and get blamed for situations that are out of my control. Residents are very appreciative when they receive their bath and are happy throughout the day.

– Anonymous



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I'm the calm in your crisis, the strength in your storm, and the smile behind your healing.

– Anonymous

I have the privilege to place a warm blanket on your loved ones so they can feel comforted like a hug.

– Anonymous

I miss out on big holidays with my loved ones to be able to support and be with your loved ones during that time.

– Anonymous

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I hold my bathroom breaks for HOURS so your loved one only has to hold it for 15min.

– Anonymous

I miss holidays to make sure you are well cared for and medicated appropriately after you've had surgery.

– Sydney

I hug your grandmother before bed and tell her I love her when you cannot.

– Anonymous

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– Anonymous