



APPLEGATE AWARENESS

Inside This Issue:

Self-Care - 2

Cultural Competency - 3

Health and Safety - 4



We are pleased to share that Applegate Residential Programs Ltd will soon welcome surveyors from CARF International (Commission on Accreditation of Rehabilitation Facilities) as part of our upcoming accreditation process.

CARF is a respected global nonprofit organization that evaluates and accredits health and human services providers against high standards of quality, safety, and continuous improvement. This visit provides an important opportunity to showcase our commitment to excellence while also gaining valuable insights and best practices from experienced industry professionals.

As part of the survey, CARF representatives will tour our homes, meet with staff, and connect with the individuals and families we support. Their feedback will help us recognize our strengths and identify areas where we can continue to grow and improve.

We take great pride in the dedication, compassion, and professionalism our team demonstrates every day at Applegate Homes. This milestone allows us to reflect on our achievements and further advance our mission of creating safe, supportive, and empowering environments for everyone we serve.

Thank you to everyone for your ongoing commitment and collaboration as we prepare for this important visit on June 24,25 and 26, 2026.

SELF CARE

TAKE CARE OF YOU,
SO YOU CAN SHOW UP FOR LIFE.



1 HYDRATE

Drink enough water throughout the day to support your body and mind.



2 NOURISH

Eat balanced meals that fuel your body and give you lasting energy.



3 REST

Prioritize quality sleep and give yourself permission to rest.



4 MOVE

Find movement you enjoy. It boosts your mood and reduces stress.



5 BE PRESENT

Practice mindfulness and be present in the moments that matter.



6 SET BOUNDARIES

Protect your time and energy. It's okay to say no.



7 CONNECT

Spend time with people who uplift and support you.



8 REFLECT

Take time to check in with your feelings and celebrate your progress.



9 DO WHAT YOU LOVE

Make time for hobbies and activities that bring you joy.

DON'T FORGET



Be kind to yourself.



Progress, not perfection.



Small steps make a big difference.



It's okay to ask for help.



You matter.

Cultural and Competency Training

At Applegate, cultural competency is an essential part of the care we provide. As a healthcare organization supporting clients with diverse cultures, we recognize the importance of understanding each child's background, identity, and community.

Many of the children we care for are part of First Nations communities across Canada. We are committed to respecting and honoring their cultures, histories, and traditions. To support this commitment, Applegate has developed specialized training for staff members. This training provides opportunities to learn about Indigenous perspectives, historical contexts, and culturally appropriate approaches to care.

By strengthening cultural awareness and sensitivity within our team, we aim to create a more inclusive, respectful, and supportive environment for every child and family we serve. Cultural competency is not just a requirement it is a core value that guides how we connect, communicate, and care.



HEALTH & SAFETY IN THE WORKPLACE

A SAFE WORKPLACE. QUALITY CARE. BETTER OUTCOMES.

As Home Support Workers, your health and safety help you provide the best care to those who rely on you.



OUR COMMITMENT

We are committed to providing a safe and healthy work environment. Everyone has a role to play in preventing injuries, reducing risks, and promoting well-being.

YOUR RESPONSIBILITIES



1. ASSESS YOUR ENVIRONMENT

Assess each home for potential hazards before and during your visit.



2. USE SAFE WORK PRACTICES

Use proper body mechanics and equipment to prevent injury.



3. PRACTICE INFECTION PREVENTION

Follow hand hygiene and infection control practices at all times.



4. FOLLOW POLICIES AND PROCEDURES

Follow all company policies, care plans, and safety procedures.



5. REPORT HAZARDS AND INCIDENTS

Report hazards, near misses, and incidents immediately. Speak up.



6. PROTECT YOURSELF AND OTHERS

Wear appropriate PPE when required and keep clients and yourself safe.



7. STAY SAFE ON THE ROAD

Follow traffic laws, avoid distractions, and plan your travel safely.



8. LOOK AFTER YOUR WELL-BEING

Take breaks, manage stress, and seek support when you need it.



9. CONTINUOUS LEARNING

Complete required training and stay informed about best practices.



REMEMBER



Your safety matters. Your client's safety matters. Every day.



Safe care starts with a safe you.



Speak up. We're here to support you.



Working safely together makes a difference.



Questions or concerns?
Contact your supervisor or the office.



SAFE TODAY.
BETTER TOMORROW.

CORE WINNERS

We are proud to recognize and celebrate our CORE Winners for the first quarter of the year at Applegate.

Your dedication, professionalism, and commitment to providing high-quality support truly make a difference in the lives of those we serve. Each of you consistently demonstrates the values that define Applegate, and your efforts do not go unnoticed.

Thank you for your continued contribution and for helping create a supportive, respectful, and empowering environment. We are grateful to have you as part of the Applegate team.

Congratulations on this well-deserved recognition!

JANUARY:

- Mary Claire Sansolis - 929 Monga
- Michelle Octa - Applegate
- Melida Cambas - 929 Monga

FEBRUARY:

- Dexter Bautista - South Island Hwy.
- Sajith Saji Nair - South Island Hwy.
- Sylwyn Bumidang - Monga-Upper

MARCH:

- Lyn Esguerra - Nodales
- Annshiela Pahoyo - Nodales
- Aleena Varghees - Cordero 2





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