

From the CMO & CNO

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Staying well in the fall

It's that time of year when summer disappears over the horizon and suddenly it's fall, with its new opportunities and responsibilities. For some of you that might be a new school year, changing work priorities or a waiting room brimming with patients.

For all of us, it's a good time to take stock on mental health. How are you managing stress? How can you support patients who are pulled in multiple directions? The [Mental Health Commission of Canada](#) reminds us that physical activity is a wonderful way to reduce stress and anxiety. And of course, focusing on sleep habits and nutrition go a long way toward resilience.

Keep in mind, too, that Primary Care Alberta's Health Link 811 has relevant resources like the **Addiction and Mental Health Helplines**, which are answered 24/7 by a team of registered mental health professionals. You can reach the helplines by calling 811. You can also find myriad resources on the [Recovery Alberta website](#).

Primary care role in immunization

Vaccine hesitancy is a concerning issue in Alberta. This fall, it's recommended that all eligible Albertans get the influenza, RSV and COVID-19 vaccines to protect themselves and their families.

Patients are typically directed to their primary care provider to get advice on immunization, and that role allows us to ensure our patients are receiving evidence-based information to support their decisions.

If you're looking for help in having conversations with patients who are unsure about vaccines, you can find accurate evidence-based information at primarycarealberta.ca/immunize.

For further support visit:

- [Communicating effectively about immunization: Canadian Immunization Guide - Canada.ca](#)
- [Benefits of immunization: Canadian Immunization Guide - Canada.ca](#)
- [Vaccine Confidence Toolkit | Cumming School of Medicine | University of Calgary](#)

You'll also find updates on the fall immunization program in this newsletter over the next few weeks.

We wish you all the best as you dive into fall, and, as always, we thank you for your unwavering dedication to patient care.

Kind regards,

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