

threads of life

VOL.23 NO.2 FALL 2025

PREVENTION

|

SUPPORT

|

PARTNERSHIP



When an apple tree is grafted, the injury to the limb becomes the source of new growth and healing.

“We are healing”

The Levick family, who share their story in this issue, remind us the healing journey after a workplace death, serious injury or illness is not linear – it’s different for everyone and there will be setbacks. But we are healing, as Trish Hornquist says of her family. Sometimes it may not feel like it – but you are. Read inside about others on their healing journeys, and steps you can take along yours.

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How can we help you?

Whether you're new to Threads of Life or have been part of the organization for years, we're here to help you take the next steps on your journey of healing. Maybe you're at the stage where it would help to chat one-on-one with someone else affected by tragedy. Maybe you just need some new ideas for coping. Or maybe you're ready to help someone else cope. See our key programs below, learn more on our website or reach out to Karen or Thomas to get started.

Karen Lapierre Pitts
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888-567-9490

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FAMILY SUPPORT AT-A-GLANCE

VOLUNTEER FAMILY GUIDES

- One-to-one peer support by phone, email, text
- Trained volunteer listeners
- Matched to your experience (eg, injured worker, caregiver, mom, sibling etc.)
- Free for individuals and families affected by tragedy

 threadsoflife.ca/vfg

REGIONAL FAMILY FORUMS

- Weekend in-person events in Atlantic, Central and Western Canada
- Learning workshops + social time
- Free for individuals and families affected by tragedy

 threadsoflife.ca/ff

FamiliesConnect ONLINE WORKSHOPS

- Online workshops delivered via Zoom
- Learn new coping skills
- Share or just listen
- Free for individuals and families affected by tragedy

 threadsoflife.ca/familiesconnect

OTHER SUPPORT

- Introductory webinars: learn more about Threads of Life
- Newsletters and update emails
- Volunteer opportunities

 threadsoflife.ca

From Uncertainty to Belonging



by **Eugene Gutierrez**, Executive Director

who didn't try to "fix" my grief, because they knew it couldn't be fixed.

They taught me something I carry to this day: the pain doesn't vanish, but you learn to live with it. You weave it into the fabric of your life. You move forward — step by step, day by day.

Over time, Threads of Life gave me more than comfort. It gave me purpose. It helped me discover who I was — and who I could become. It brought lifelong friendships and a conviction to help others heal while working to prevent future tragedies.

Now, after several months as Executive Director, I've reflected on this path — from uncertainty to belonging. I am humbled to lead the organization that once lifted me up. I'm proud of the progress we've made in raising awareness and sparking conversations about workplace health and safety. Yet each time I hear of another tragedy, I'm reminded how much work remains.

I am optimistic about what lies ahead — the work we will do together to further our mission, reach more people, and support those who need it most. But I also know we cannot do this alone. You — our members, volunteers, and partners — are essential. Your stories matter. Your voices matter. You are the heartbeat of Threads of Life.

With an "Ask Me Anything" session on October 2nd, I hope you'll join me and share your questions, thoughts and ideas.

Our work goes beyond safety and prevention. It's about compassion, caring for one another, and changing how we speak about grief. Loss is part of life: not only death, but also the loss of identity, purpose, or security. We want to normalize these conversations so every person in Canada knows they have a place here.

I'm proud of the legacy built by our co-founder, Shirley Hickman, who reminds us: we are better together. That's the core of Threads of Life — hope, healing, and the reminder we are never alone.

Time has a way of moving quickly, but it also teaches us what matters. The seasons will change, routines will shift, and life will carry us forward. But here, the bonds we share remain constant. And while time may fly, we make every moment count — for those we support today, and for the safer workplaces we're building for tomorrow.

Oh, how time flies. As summer winds down, kids head back to school, and many of us settle into familiar routines, I've been reflecting on my journey with Threads of Life.

I still remember walking into my first Family Forum.

At that moment, I wasn't thinking about leadership, strategy, or the future. I was simply a grieving son, trying to figure out how to live without my dad.

The questions swirled endlessly: How am I going to do this? Who am I now? How do I even begin to move forward?

I stepped into that room full of strangers, clutching my name tag like a lifeline. I wondered — Do I belong here? Will this place help me stand again? Will the ache in my heart ever fade?

That first Family Forum didn't give me all the answers. But it gave me something more powerful — people who understood. People whose stories echoed my own. People

Martina's story: The call that changed our lives forever

by **Dwight and Rebecca Levick**

Martina was born on a snowy, wintery day in November, 1995. She was a quiet and timid baby, but that was no indicator of the teenager or woman she would become.

Growing up on a farm in Saskatchewan, Martina loved to play outside with her older sister and younger brother. They would spend hours on the trampoline, exploring the treeline around the farm, and as she got older, exploring the countryside on snowmobiles and ATVs. While we lived on a cattle ranch, Martina did not enjoy helping with the outdoor chores. From a young age, she would hang out inside to help her mom and learn how to cook and bake. Conveniently, whenever it came time to clean up after all the cooking and baking, she had to go to the bathroom and would disappear until all the dishes were done.

When Martina became a young teenager, her spitfire personality really began to show. She loved to find a new adventure every day, even if it resulted in her getting grounded. Whether it was going out with friends for evening cruises, or throwing impromptu shop birthday parties for herself (stating just a few friends would be coming, but a few ended up being about 50), she was always the life of the party. Martina and her brother loved to go out and hunt prairie chickens after school and she eventually taught him how to shotgun beer like a champion.

While still in high school, Martina began working in the summers for a local resort. This was the start of her dedicated work ethic. As she got older, she began working for a day care centre and a service centre. She found she really enjoyed working with children and took her Early Childhood Educator course to continue growing at the daycare. She wasn't afraid to tackle any job and excelled at anything she chose to do.

After a few years, she reconnected with her friend Gabe, who lived in Dewberry, Alberta. Their friendship continued to blossom and grew into a relationship. With seven hours of travel between them, Martina decided to move to Dewberry and see how their relationship would grow. When she moved, she began working with the municipal water and waste management department. Eventually her role expanded and she began supporting various other functions within the Village.



The Levick family before the call that changed everything

June 13th, 2017 was a beautiful sunny day until the call came that changed our lives forever. Martina's role as the village foreman consisted of maintaining the water and sewage systems, maintaining grass and beautification around the village, and any other tasks required to keep the small village operating. On this fateful day, Martina was working with an industrial lawn mower and had issues with the cutting blades. She lifted the mower with a jack to get under and fix the blades, when the jack gave out, causing the mower to fall on top of her, killing her instantly. She was 21 years old.

On this day, Martina's mom Gwen was away at a conference, her sister Rebecca was in her second week of her new job, her brother Trevor was just finishing up school and getting ready for final exams and graduation, and I was out cutting grass on my zero turn mower. At around 2:00 p.m. I stopped to check my phone and thought "what is going on?" - missed calls from Alberta, Trevor, and Gwen and a message to call her ASAP.

Thinking "what the heck is going on?" I called Gwen and all she could say was Martina's gone. Gone where? I said, not realizing what she meant, definitely not prepared for the next statement of "she is dead".

Instant devastation hit me. Struggling to breathe, I told Gwen I would get home and call her back and start figuring things out.

Heading home on the mower, tears running down my face, I was passing the funeral home where I worked casually. The owner who was a friend and my boss, was outside and thought I was having a heart attack. I choked out what had happened. He took control, drove me home where Trevor had come from school to find out what was going on.

Family, friends, and coworkers made sure we were all together as a family by day's end to try and make some sense of this needless accident. The evening was spent letting our families know what had happened and making arrangements to go to Dewberry the next day to find out what exactly had happened. When we arrived there, the staff didn't want us to go to the site, but we insisted. Honestly there was not much to see: the mower, a little medical stuff thrown about and not much else, definitely not many tools or anything to block up a mower to work under safely. Martina's partner Gabe had been a first responder to the accident. He needed time away, so he packed a bag and came home with us.

It was an extremely tough week for us all but the community support was overwhelming. Martina's celebration of life was probably the biggest we have seen in our small town of 800 people, with over 100 people from Dewberry making the seven-hour trip to celebrate Martina's life. An about-face was necessary as three days later was Trevor's high school graduation and we needed to celebrate him.

The next few years were taken up with investigations. A couple weeks short of two years after the accident, charges were laid against the Village of Dewberry. These charges were possible in part from evidence found on Martina's phone which showed her employer knew she would be working under the mower and had done so in the past. We hoped there would be accountability now for Martina's death. Postponement after postponement followed and each time the devastation was brought to the forefront as everything from that eventful day was brought up again. The heartache each time was very tough to deal with and kept dragging on, month after month. Late in 2020, the village which had been Martina's employer voted to disband and the municipality was taken over by the County. Because Martina's employer no longer existed and the county government had a good safety program in place, Alberta OHS made the decision not to pursue the case further. It was over just like that. Three years and eight months after devastation struck our family, just like that, everything was done.

A short Zoom meeting was scheduled, because it was COVID time, but it provided no real answers, and no accountability for our daughter's death. The extensive timeframe for each stage of this process created immense stress and pressure for our family, which we believe contributed to Gwen's illness, which would later take her away from us as well.

One positive during this time was a safety video created by Alberta Municipal Health and Safety Association. In August 2021, AMHSA came out to Porcupine Plain to meet with our family and record the video. We were able to go back out to the family farm where Martina and her siblings were raised and speak more to who she was as a person. We then went to the cemetery and shared more about how this accident has impacted our family.

Another crucial impact for the video included sharing the family lawn-cutting business. We discussed the safety measures that should be taken for specific tasks related to the machines used.



Martina loved to find a new adventure every day.

The day the video was released, we were unable to attend due to a family illness, but were later contacted with an update – they told us that there wasn't a dry eye in the room. We knew from this feedback we made the right call to participate as it would be an impactful training tool for people of all ages.

This video was huge for our family because we are at least able to increase awareness around workplace safety when we knew we would never receive justice or accountability for this senseless

accident. Our message is that workplace accidents do not discriminate against anyone, whether by age, sex, career path, etc. Always be mindful of the tasks you are completing and follow all the correct safety measures, whether this be Personal Protective Equipment, or specific processes and steps to complete your work. These are there to keep you as safe as possible when you are on the job site. Nobody is invincible.

The healing journey is not linear. There could be weeks or even months where you will feel fine, and then it can hit you out of nowhere and you never really know what those triggers could be. Our advice is to let yourself feel the pain again, don't try to bottle it up and mask it as it can result in further health issues down the line.

The hole in our hearts left behind by the grief never goes away; our hearts just grow around it and it becomes part of who we are.

Almost eight years later, we still reflect on the incredible person Martina was. She lived her life to the fullest extent every single day, living a more full life in her short 21 years than most do in their whole life. Her memory lives in our hearts and in the hearts of so many others.

Our Rock: Tragedy at an arena

by Trish Hornquist

Q: How did you and Wayne first meet?

We met in Fernie B.C when I relocated from Cranbrook for work. We fell in love immediately. It was a mining community and Wayne knew there were 10 men to 1 woman and I would soon be taken. He asked me to marry him within the year. Two beautiful daughters later, we were together 41 years.

Q: What were your first impressions of Wayne?

Wayne was very handsome. He carried himself in a strong manner. I found him ambitious, hardworking, kind, caring and always present. Willing to lend a hand, strived to achieve anything he set out to do. He did everything to a very high standard.

Q: How did your relationship develop?

Wayne had dreams and he wanted us to build our home here in Fernie. Wayne was a family man and a supportive father to our two beautiful daughters Stephanie and Samantha. He became involved with his daughters to help them achieve their goals, through school and sport. He enjoyed being active with his girls, watched them achieve and grow up into adults. During Wayne's home time he also helped plant flower and vegetable gardens, build and fix things. Wayne loved to spend time at the lake with our extended families and friends.

Throughout the years of knowing Wayne, he became very interested in genealogy. He liked hiking, biking and running; always stayed in shape. Wayne was involved with volunteering at the historical society, figure skating club and on many boards. Later on he took up woodworking and built a workshop where he got very creative, making one-of-a-kind specialty boxes. In doing each he would teach himself a new skill. He was always learning and growing. I loved to support this in every way I could. I enjoyed seeing the excitement in him when he would show me his projects. He was in the process of creating a small side hustle for after he retired – he was preparing at work and at home for retirement.

Q: Where were you and what were you doing when you first received the news?

We were at home that morning in bed. I awoke from a dead sleep at 4:00 am when Wayne got a call there was a "leak". He had never said this before. He had breakfast, then came



Wayne demonstrated his creativity through woodworking

to see me and gave me a hug. I looked at the clock and it was 4:11 am. I woke up at that same time almost every day for weeks in the beginning. It was his day scheduled and would have normally started at 6:00 am.

I got a call at 7:00 am from Wayne to say he was ok. He told me he'd be home to grab a quick bite and pick up his lunch. This was the norm on a call out. When he came home I asked if everything was ok. He said it was and he seemed fine. Said they called out the refrigeration company, but not the name I was familiar with. I asked where the leak was. He told me in the curling rink. Then he left to never return.

I went to work. It was a warm fall day and the leaves were swirling. I was on a walk on my lunch. I felt a weird feeling. Maybe it was the changing of the seasons, I thought. My client called and said she would be early. I said ok. She arrived and said it looked like there were a lot of emergency vehicles with lights on at the arena. In my head, lights on isn't a good thing. I said 'oh the city is maybe doing a mock emergency.' I started my client's hair. I received a call from another customer due to come in later. He said 'have you heard the radio? Something's happened at the arena.' I told my mind to be calm. I knew there was only one person on shift, Wayne. Then my daughter Samantha called. She worked at the hospital in Fernie. She said she was trying to get hold of dad and heard something bad had happened at the rink. It sank in then. I said I would come and called the City office. They said they would see if they could get hold of Wayne.

Getting to the hospital I was greeted by security and they let me pick up Samantha. I saw a blood-splattered white suit on the ground and my stomach was trying not to churn. But I felt I knew now. I tried to retrieve my daughter but she was frozen. I said let's go in a calm voice. I had told the duty nurse that if it is what I suspect please let us know; we will be at my home praying. I proceeded to my other daughter's where I knew she could hear and see the emergency vehicles at the arena as she worked one block away. She was frozen too.

We all went to the house where an hour later we were greeted by my brother in law, the city building inspector and an off-duty firefighter, to tell us what had happened. I threw myself to the ground.

Q: What do we know about what happened that day?

We all heard ringing throughout the community that there was an explosion at the rink. Later we learned that three good men had succumbed to their deaths, one being my loving husband Wayne, and that it could have killed a lot more people in a radius of the arena as well as caused many more events on the highway it borders.

(Note: Investigations found a pinhole leak had developed in the refrigeration system. When ammonia combined with the brine solution used to cool the ice surface, it expanded and built up pressure, causing a pipe fitting to burst. Ammonia also leaked into the machine room in fatal levels.)

There was an investigation done by the city, Technical Safety BC and WorksafeBC as well as a police investigation.

Q: What was the immediate impact on you and your family during those first days and weeks?

I sat alone; the girls in their rooms. Wayne's family came and we were all silent, then my sister and brother. I was inside my mind but my body stayed on the ground. I somehow got food and drinks.

There had been a big wind storm. I got a call from a neighbour two doors down to tell me that a third of the shingles had come off my roof and there was a rain storm coming. The men in the house said they needed to go up on the roof before it poured. My neighbour who owned Home Hardware came with what we needed. The roof was patched for now.

The next day someone from victim services came. She was in and out for about two weeks, helping me to set up people to help the City arrange a memorial for the three men; plan for a funeral that we couldn't plan because we had to wait for an autopsy.

For the next weeks and months there was a flood of people – phone calls, emails, cards and letters. The police came to take my statement. Then the CEO for the City of Fernie came to my house to see how we were doing and what they could do. I requested a bench – there was a park that Wayne was working in behind our house. We went to see where the bench would be best suited. There were trees down everywhere on the paths.

Q: What do you know about the results of the investigations and any changes as a result?

It's sad, when it was stated that this was 100 per cent preventable, why did these innocent men have to die? It's happened before. Safety ends up being something the companies put onto the workers' shoulders when something happens. We need to change the work culture and not just put safety aside – keep it in the forefront so it becomes a ritual, so workers can come home safely.

I have heard on the news that there have been some changes – 128 arenas were all assessed and had to come to compliance or be forced to close. There were numerous safety changes to all arenas and companies that operate a Plant/ Boiler. When the Technical Safety report was released, in the first year it went out to 60 countries. I have never been told if all the recommendations in the reports for the City of Fernie have been complied with. I feel we have not been kept up to speed as a



Wayne was a family man and supportive father.

family, but we have not pursued that.

As you can tell from my explanation, all that happened came in multiple traumas to us, as well as to our community. It affected the whole community. Still does. That's why I am trying to give back somehow.

Q: Where do you feel you are today in your grief journey?

I guess we are doing ok today. We are healing. We have setbacks. We are doing our best each and every day to stay well. You never quite heal. We still live in Fernie. I found support from Threads of Life and many members of our community. Wayne's with us and watching over us. He would want us to carry on and be strong and enjoy life as life is so short.

His motto was "*Take it all in Stride*".

We will honour him and remember all the good memories we shared.

He was an amazing man, our "Rock".

"Forever in our Hearts"

YOUR HEALING TOOLKIT



Why is this tool helpful after a workplace tragedy?

Letter writing is a way to get spiraling thoughts onto paper, in a guided way. By writing a set of three letters, you may be able to process your feelings and think about who you will be after the workplace tragedy. These letters can be written to yourself, to a loved one, or to a situation. If written to someone still living, these letters are for you, and they do not need to be sent.

How can I get started?

Create a quiet space, turn off distractions, and take a deep breath. When writing these letters, be as specific as you can. These letters can be challenging to write; please take breaks.

LETTER ONE:

Write about who, or what you will miss. This could be in bullet form, sentences, or even pictures if that is helpful.

- **If writing about someone who has died:**
 - Describe everything you loved about them
Their laugh, their compassion, their presence etc.
- **If writing about a life-altering injury, or occupational disease:**
 - Describe in detail the way life used to be.
 - > Detail the things you miss: I miss being able to walk without pain. I miss sleeping through the night.



LETTER TWO:

This letter is a challenging one to write. In letter two, write about things you won't miss. It is important to acknowledge everything that is inside of us, even the uncomfortable feelings.

- You may want to write about how angry you are that they went to work that day, in an unsafe environment.
- You may want to write about your anger towards your boss who didn't help you.

When writing this letter, experience the feelings that arise, and sit with them, without judgement.

LETTER THREE:

The third letter is a letter of commitment. Who will I become despite the tragedy? You could speak of being a safety awareness advocate, or maybe about helping other families who are grieving.

Some prompts to start:

- "Despite my injury, I will..."
- "Because you aren't here anymore, I will..."
- "I miss you so much, here is how I will honour you"

FREE RESOURCES

If you find this helpful, you may want to continue writing down what you are experiencing. You can find some additional journaling prompts here.

<https://www.griefrecoveryhouston.com/journal-prompts-for-grieving-loss/>

Volunteer Profile: Lisa Houtkooper



by **Elaine Mew**, Volunteer Coordinator

her to continue to raise awareness and support others while working towards safer and healthier workplaces for all.

She sees volunteering as a great way to give back, a powerful way to create positive change, a way to meet new people, and a way to learn, grow and connect with others who share similar values. She sees such great alignment between Threads of Life and her personal and professional values.

A moment which stands out in her volunteer journey with Threads of Life was the 2025 Steps for Life walk in Winnipeg. This year, the walk moved to Lower Fort Garry, a national historic site which was a key trading post for the Hudson's Bay Company in the 1830s. The day of the walk, Mother Nature came with cool temperatures, wind and a combination of mist and rain. Lisa had organized a team of walkers from the community health centre where she works. Despite the weather conditions, it was a memorable experience spending the day surrounded by such history, walking with colleagues in support of Threads of Life while helping to raise funds.

Aside from her contributions to Threads of Life, Lisa also serves on a board of a nonprofit that uses storytelling and expressive arts to support mental health, foster a sense of belonging and amplify underrepresented voices in the community. She also serves on the planning committee of a nonprofit organization that hosts an annual conference to foster connections among professionals and organizations, with an emphasis on leadership, personal development, and performance excellence.

For Lisa it's important that the organizations she volunteers for are deeply aligned with her own personal values. We are so thrilled the intersection between her values and those of Threads of Life led her to join the volunteer community here. We appreciate the time, energy and heart that Lisa has contributed in the past three years and we look forward to many more years ahead!

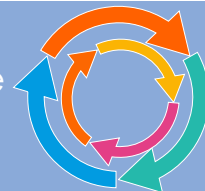
We all choose to volunteer and give of our time and talent for different reasons. For Lisa Houtkooper, the alignment between her personal and professional values and those of Threads of Life is what keeps her engaged and motivated as a member of the volunteer community.

Lisa became a Threads of Life volunteer in 2022 after hearing her colleagues talk about the Steps for Life walk. Not knowing what that was, she did her research and learned about Threads of Life. As she explored the website, the Community Engagement Volunteer role piqued her interest as it seemed like a meaningful way to get involved and a good fit both personally and professionally.

Since then, Lisa's engagement as a volunteer has expanded. Her main role is as a Community Engagement Volunteer, but she has also served as an Event Day volunteer with the Steps for Life walk. As an occupational health nurse, she coordinates an injured worker speaker series event so she was able to tap into the Speakers Bureau to bring in a speaker which afforded an opportunity to present about Threads of Life. She has also represented Threads of Life as a Trade Show Representative on a couple of occasions.

What stands out for Lisa is the limited visibility and knowledge of Threads of Life in the community, particularly when the resources available are excellent and free! Volunteering with Threads of Life allows

Threads of Life believes
sharing your experience
of workplace tragedy
helps you heal.



Are you ready to share? You could write a reflection on one idea, write a poem, draft a post for our blog (threadsoflife.ca/blog), or share your full story as family members have in this issue.

To learn more, email: Susan@shaldane@threadsoflife.ca.

League of Champions Welcomes New Executive Director



The League of Champions

The next evolution of safety lies in psychology, Brian Leech believes, and as the new executive director of the League of Champions, he believes the League can help bring that evolution about.

The League of Champions is a group of corporate leaders and executives committed to health and safety and to changing safety cultures in their organizations. Membership is focused on the construction industry in Ontario with the majority of members being general contractors. The League hosts live and online events as well as offering tools for companies to measure their safety culture. The League of Champions is a long-time partner of Threads of Life.

Brian took over the role of executive director early in 2025. He “grew up in the trades”, with a father who was a millwright and most of his family working in various construction trades, but his own career began in marketing. Working for a multi national logistics company, he moved into management and was soon asked to take over their health and safety program.

“At first I simply saw this as an opportunity to get an education and grow,” he says, “but what stirred my passion for safety was that you start to see real things happening to real people.” He learned that to improve health and safety, he needed to build trust with employees, and “engage people on a fundamental, human level.”

That experience formed the philosophy he brings to the League of Champions. With years spent in health and safety, management consulting, and working with trades organizations, he wants to see the League continue to grow and to mentor smaller companies and those who are committed to improving their safety culture, but may not yet be seeing strong health and safety performance.

The partnership between League of Champions and Threads of Life is important in part for the stories of those real people affected by tragedy, Brian says. “Your members’ stories are impactful. Leadership can see the consequences when a tragedy happens. Two and two make four,” he says. The missions of the two organizations are aligned, and Threads of Life will be invited to be part of planned League events, including its annual general meeting, young worker events and an injured worker roundtable.

“The League of Champions is honoured to be a partner with Threads of Life,” Brian adds. “We both want to build safety culture, with the result that we reduce these unnecessary injuries and incidents.” He believes “getting between peoples’ ears” and changing beliefs is key to that.

“The League of Champions tries to engage leadership to become champions in their own organizations,” he says.

“We want to be on the cutting edge of health and safety.”

Steps for Life: Results + Impact

2025 Results and Highlights



Funds raised this year

\$1,176,430.36



Number of walkers registered

\$5,800



Number of steps taken

40,600,000

Steps for Life makes a difference

Steps for Life-Walking for Families of Workplace Tragedy events are not the only source of awareness and funding for Threads of Life, but they are crucial. Here's an example of the impact you have when you participate in Steps for Life:

Janesse's cousin Christopher died while working in road construction, when he was struck by an asphalt roller. Janesse is a Threads of Life volunteer speaker and served as the spokesperson for Steps for Life Mississauga in 2025. Janesse says: "Steps for Life gives families and communities the opportunity to honour our loved ones and raise awareness around the importance of health and safety. My

goal now is to help others with their struggles and let them know that we are not alone, and someone is always here to help. By working together, we can end workplace tragedies and save lives that should never have been lost or altered in the first place."

- ^ Individuals and family members currently supported by Threads of Life: 4000
- ^ New members in 2024: 280
- ^ Attendees at Family Forums in 2024: 274
- ^ Webinar participants in 2024: 233
- ^ Presentations to young workers: 22

Plan now to be part of the Steps for Life movement next spring: First weekend in May 2026.



Upcoming Events

Families Connect online workshops threadsoflife.ca/familiesconnect

- Chronic Pain and Managing Life Altering Injuries Oct 15
-A 6-Week Wellness Journey: Group Coaching for Better Health Oct-Nov
- "Ask Me Anything" with Eugene
October 2 on Zoom - watch for your email invitation
- Central Family Forum
www.threadsoflife.ca/ff
September 26-28, DoubleTree by Hilton Kitchener, Kitchener, ON
- Western Family Forum
www.threadsoflife.ca/ff
October 24-26, Radisson Calgary, Calgary, Alberta

SHARE THIS NEWSLETTER!

Pass it along or leave it in your lunchroom or lobby for others to read.

To Donate



How to reach us

Toll-free: 1-888-567-9490
Fax: 1-519-685-1104

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Family Support - Threads of Life
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Threads of Life is a registered charity dedicated to supporting families along their journey of healing who have suffered from a workplace fatality, life-altering injury or occupational disease. Threads of Life is the **Charity of Choice** for many workplace health and safety events. Charitable organization business: #87524 8908 RR0001.

MISSION

Our mission is to help families heal through a community of support and to promote the elimination of life-altering workplace injuries, illnesses and deaths.

VISION

Threads of Life will lead and inspire a culture shift, as a result of which work-related injuries, illnesses and deaths are morally, socially and economically unacceptable.

VALUES

We believe in:

Caring: Caring helps and heals.

Listening: Listening can ease pain and suffering.

Sharing: Sharing our personal losses will lead to healing and preventing future devastating work-related losses.

Respect: Personal experiences of loss and grief need to be honoured and respected.

Health: Health and safety begins in our heads, hearts and hands, in everyday actions.

Passion: Passionate individuals can change the world.

Become a thread in our Tapestry of Hope!



If you'd like to become a Threads of Life monthly donor, please visit www.threadsoflife.ca/donate or call our office at 888-567-9490.

Join our Tapestry of Hope club for monthly donors. When you give monthly to Threads of Life, you provide sustainable, predictable funding to support those affected by workplace tragedy. It's not just a donation; it's a commitment to building a safety net of compassion and understanding, ensuring that no family has to face their journey alone.