



The Insider, Oct. 6

Find out what's new at the RMWB on Oct. 6, 2025.

2025 Truth and Reconciliation Challenge closes with Heart Garden and Community Walk

Thank you all to all staff who made time to participate in the 2025 Truth and Reconciliation Challenge in September.

Last Monday, TRC Champions planted a heart garden in front of Jubilee Centre with the help of the RMWB horticulture team. The following day, hundreds of people joined in the Community Gathering and Walk in hour of National Day for Truth and Reconciliation.

Thank you to all who engaged with the Challenge last month – whether it was reading and engaging with the Challenge e-newsletters and handouts, creating memorial hearts for the heart garden, or joining in the Community Gathering and Walk on Sept. 30.

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Fire Prevention Week focuses on lithium-ion battery safety

Lithium-ion batteries power many of the devices in our lives. They store a lot of energy in a small place -- but they can overheat, start a fire, or even explode if overcharged or damaged.

This year's **Fire Prevention Week** campaign "Charge into Fire Safety™: Lithium-Ion Batteries in Your Home" focused on safely using these batteries.

Follow the tips below to stay safe with lithium-ion batteries in your home.

Buy only listed products

- When buying a product that uses a lithium-ion battery, look for a safety certification mark such as UL, ETL, or CSA. This means it meets important safety standards.

Charge devices safely

- Always use the charging cords that came with the product.
- Follow the manufacturer instructions, and only buy new chargers from the manufacturer or one the manufacturer has approved.
- Charge your device on a hard surface, don't overcharge devices, and unplug or remove the battery when it's fully charged.
- Stop using your device right away if the battery smells weird, gets too hot, makes popping noises, or changes in shape or color. If it is safe, move the device away from anything that can catch fire.
- If a fire happens, or seems about to occur, call 9-1-1.

Recycle batteries responsibly

- Before recycling, tape terminals of any batteries more than nine volts to prevent fires.
- Don't put batteries in your black garbage bin or blue recycling bin — they can cause fires.
- Small household batteries can now be recycled at several drop-off locations in Fort McMurray. Find a convenient spot near you at rmwb.ca/recycle.
- Larger batteries can be taken to the Public Drop-Off at the landfill for free.
- If your battery of any size is swelling, leaking, or looks damaged, bring it to the Public Drop-Off.

World Mental Health Day is Oct. 10

The 2025 theme for World Mental Health Day is “Mental health in catastrophes and emergencies”. Constant coverage of global crises, violent events, and natural disasters in the media can weigh heavily on your mind.

That’s why, from Oct. 1 to 31, **Dialogue** has launched new content under the **new World Mental Health Day tab** in the Browse section of your Dialogue app.

Discover audio, video, and article content on topics like:

- Practicing self-care during difficult times.
- Building resilience under pressure.
- The importance of social connections.

Learn more by logging into the Dialogue app or visiting app.dialogue.co.

October is Cyber Security Awareness Month

Cyber threats are evolving—and so should your defenses.

This October, take a moment to refresh your cybersecurity habits with these **four essential steps** to protect yourself and the RMWB:

1. Verify the sender

- Double-check the sender’s email address. Attackers often spoof addresses that look legitimate but contain subtle differences.
- If you're unsure, contact the sender through a known method (e.g., Teams or phone).

2. Be cautious with links and attachments

- Never click links or open attachments from unexpected or unknown sources.
- Hover over links to preview the destination URL. If it looks suspicious, don’t click.

3. Watch for red flags

- Be alert to emails that create urgency or fear, request personal or financial information, and/or contain poor grammar or unusual formatting.

4. Report suspicious emails

- Don’t reply, click, or forward suspicious messages.

- Use the “**Report a Phish**” button or contact the **IT Service Desk** immediately

*Cybersecurity is a **shared responsibility**. Let's stay vigilant together.*

Windows 11 is coming soon!

IT is preparing to roll out **Windows 11** to employee devices over the next several weeks.

What can you expect with this upgrade?

- A modernized interface.
- Improved performance.
- New features designed to boost productivity.

More information will be provided in the coming weeks – stay tuned!

Staff snapshots: Where we are & what we're up to

Community Services staff member celebrates 30-year work milestone

Last month, Community Services celebrated **Terra Brenneis**, supervisor, achieving 30 years of service with the RMWB.

Congratulations Terra!

Building awareness on elder abuse

On Oct. 2, staff from Indigenous Rural Relations and Community Services joined service providers from across our region to participate in elder abuse training. The session was facilitated by the Alberta Elder Abuse Awareness Council, in partnership with St. Aidan's Society.

As an age-friendly community, the Regional Municipality of Wood Buffalo is committed to learning about and addressing issues that affect older adults. The training provided valuable insights into the realities of elder abuse and the important role service providers play in prevention and response.

Did you know?

- 1 in 10 older adults in Alberta may be a victim of elder abuse.
- Fewer than one-third of cases are ever reported.

By equipping ourselves with knowledge and tools, we continue to strengthen our efforts to support and protect the well-being of older adults in our community.

Get involved: Learn more about older adults and the Wood Buffalo Age-Friendly Plan – connect with angie.goredema@rmwb.ca

Recognizing Orange Shirt Day from afar!

Erlinda Bourque, Records clerk, RCMP Support Services may not have been here to recognize National Day for Truth and Reconciliation, but she made sure to don an orange shirt and send a picture our way - all the way from Cancun, Mexico!

Contact us

For questions and concerns, contact TheInsider@rmwb.ca.

For previous editions of The Insider, visit the archive on rmwb.ca/staff.

