

Employee Highlights, Celebrating Black History Month

This month, we are proud to highlight **Caroline**, a dedicated **Dietary Aide** at **Forestview** Retirement Residence who has been part of our team for nearly **two** years.

Caroline is from **Kenya**, and she brings the values, cultural perspective, and genuine care of her background to every interaction in our dining room. She joined Forestview because she wanted to make a positive impact in people's daily lives—and that's exactly what she does. From brightening residents' days with a **smile** to building meaningful relationships with both residents and colleagues, Caroline embodies **compassion** in action.

She is most proud of the connections she has built and is motivated each day by the opportunity to make even a small difference in someone's life. Caroline aspires to

continue growing in the **healthcare field** and expanding her skills in providing compassionate care.

For Caroline, Black History Month is a time to reflect, celebrate, and honor the resilience and achievements of Black individuals throughout history, while recognizing the ongoing journey toward **equality**.

She is inspired by **Wangari Maathai** for her dedication to environmental conservation, women's empowerment, and social justice. Caroline also encourages others to learn more about the **rich diversity of Africa**—its many countries, cultures, languages, and traditions—to help challenge **stereotypes** and **broaden** understanding.



Caroline

Her advice to young Black professionals:

“Believe in yourself, embrace who you are, and never feel the need to shrink or change to fit in. Your **identity** and **experiences** are strengths—be confident and take up space.”

Caroline hopes to leave a legacy of kindness, compassion, and positive impact—and we are so **grateful** for the care and

positivity she brings to Forestview every day.

Thank you, Caroline, for all that you do!
