



QUOTES TO LIVE BY

Heritage Homecare team calendar • May 2026 — April 2027

QUOTE OF THE YEAR

“

The way we care today becomes the comfort they remember tomorrow.

Diego Armando Mercado Lopez

The team's chosen favourite • Workplace Wellbeing Day 2026

MAY 2026



“

The way we care today becomes the comfort they remember tomorrow.

Diego Armando Mercado Lopez

Heritage Care Team • Quote of the Year • #WorkWell26

May 2026

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2026



“

*Just keep swimming. —
Dory, Finding Nemo*

Andressa Rodrigues Barbosa Espinoza

Heritage Care Team • Runner-up • #WorkWell26

June 2026

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY 2026



“

My grandmother used to say that love is charity. Giving yourself to others is worth more than saying the prettiest words to them.

Natalia Gonçalves de Souza

Heritage Care Team • #WorkWell26

July 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2026



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Try to be a rainbow in someone's cloud.

Michelle Henderson

Heritage Care Team • #WorkWell26

August 2026

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2026



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It's okay to pause. It's okay to step back. It's okay not to be okay, give yourself space to begin again.

Sjifera Arianny

Heritage Care Team • #WorkWell26

September 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2026



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Every day may be different, but compassion always makes a difference.

Karen Stefani Jacobo Ramirez

Heritage Care Team • #WorkWell26

October 2026

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2026



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The smallest act of care can mean the world to someone having their hardest day.

Akshay Puliullakandiyil

Heritage Care Team • #WorkWell26

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER 2026



“

No matter how long the days, night comes.

Khin Sandar Win

Heritage Care Team • #WorkWell26

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2027



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*Pressure doesn't break me,
it proves what I'm made of.*

Alina Ali

Heritage Care Team • #WorkWell26

January 2027

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2027



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*Actions shape destiny, though
what's for you will never pass you
by.*

Ellen Elizabeth Quinn

Heritage Care Team • #WorkWell26

February 2027

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH 2027



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Remember that one day you once prayed to have the life, and even the problems, you're facing today.

Júlia Vieira

Heritage Care Team • #WorkWell26

March 2027

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2027



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Do the right thing even if no one is watching you. Inner peace will find your heart and mind, and nature will love you dearly.

Sithabiso Nkomazana

Heritage Care Team • #WorkWell26

April 2027

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		