



Summary:

- Saying farewell

Message feedback



Audience: All staff



Read time: 1+ min



For: Information

Dear Team

Each year, as we get older all of us experience loss in our lives; a loss of a loved one, a dear friend, a loving parent or a wonderful colleague and care giver.

Grief can be a difficult thing to overcome, especially when the person left a profound mark on those around them, their patients, family or colleagues.

Saying goodbye is difficult, but as you look back on the legacy that many people leave, it can provide some comfort to those who stay behind to carry on.

Unfortunately, each year we say goodbye to current and former colleagues that were part our lives. Wonderful, inspiring friends who often don't get the accolades that they deserve, but who also don't ask for them.

These people have kindness in their hearts, either as a parent, a friend, a carer, a family member or just a genuine human being or soul.

As these significant people move on it is vital that we continue to support each other and care for each other.

Unfortunately, we lost Melissa Colnan, a Senior Social Worker at the Zillmere Residential Transition Care Program recently.

Following is the legacy that Melissa has left behind and which I have been asked to share by her colleagues, friends, family and work mates.

Vale Mel

Mel's life was one lived with purpose, colour and heart. As a devoted mother of two, the love she held for her children was woven through everything she did. She brought that same care and commitment into her work, where she was an exceptional Social Worker whose approach to patient-centred care set a standard the rest of us continue to look up to.



Mel lived every day fully and without hesitation. She somehow managed to fit so much into her days—balancing her family, her work and her many passions with a sense of ease that inspired those around her. She was the organiser of our social events, the one who would quietly put in the work behind the scenes to make sure every gathering was seamless, meaningful and fun. She never sought recognition for this; she simply did it because she wanted others to feel included and connected.

And of course, Mel did all of this in her own unique, unforgettable way. She had a controlled-crazy, wonderfully unpredictable spark that made even ordinary moments feel like something special. You never quite knew what she'd come up with next—but you always knew it would be done with heart, humour and positive energy. Her ideas were bold, creative and often delightfully unexpected, yet somehow always perfectly executed. That is Mel's magic.

Her personality was vibrant and reflective, a rare combination that made every interaction with her memorable. When you spoke with Mel, you felt truly heard. She listened with intent, responded with warmth, and had a way of grounding any conversation with her thoughtful perspective. Her presence made people feel steadier, lighter and understood.

Her joy, energy and generosity shaped the culture of our team in countless ways. Whether it was her creative ideas, her ability to bring people together or the gentle humour she used to lift others' spirits, Mel made our workplace—and our lives—better.

Today we honour not just her work, but the remarkable person she was. We hold close the memories of her laughter, her kindness, her leadership and the way she enriched the lives of everyone fortunate enough to know her.

Mel lived fully, loved deeply and gave generously.

Her legacy will continue in the stories we share, the lessons she taught us, and the impact she made every single day.

Mel lived fully, generously and with a spirit all her own. As Ralph Waldo Emerson reminds us, *'It is not the length of life, but the depth of life.'*

Glynis Schultz
Executive Director

Metro North Health



We uphold our commitment to health equity through our Values in Action
Respect | Integrity | Compassion | High Performance | Teamwork



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

Metro North Health's vision

Creating healthier futures together—where innovation and research meets compassionate care and community voices shape our services.



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