

Carewrite

Carewest news and information for everyone



160 NEW BEDS PLANNED

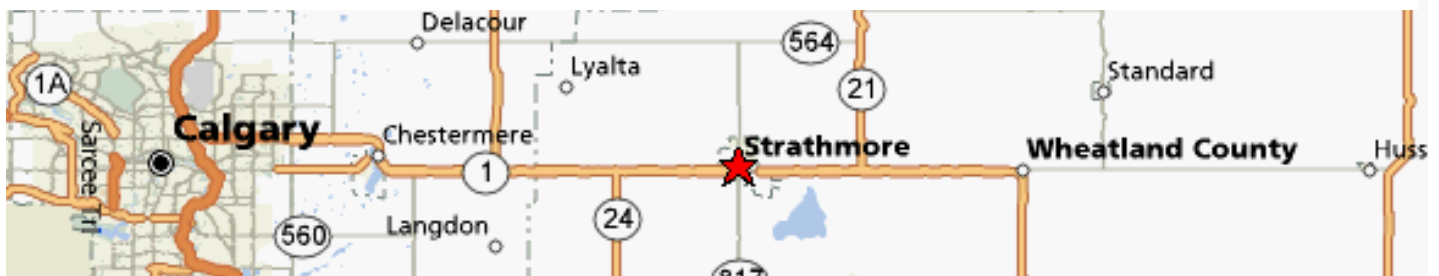
Carewest to build new facility in Strathmore

In an effort to continue to meet the needs of the growing community, the Calgary Health Region has asked Carewest to develop a new long-term care and supportive living centre in Strathmore, a rapidly growing community 40 kilometres east of Calgary.

Under the leadership of Carewest, the new centre will have a total of 160 beds, offering a range of housing and care services under one roof. One hundred spaces will be traditional long-term care beds and the remaining 60 spaces will offer independent housing and supportive living options for seniors and adults with disabilities.

The new facility will be located on land adjacent to the Strathmore Hospital. Carewest will develop blueprints for the new facility and timelines for construction, but plans are still in the very early stages. As such, details are yet to be worked out. We will provide you with more information as soon as it becomes available.

*Dale Forbes
Executive Director*



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October 19th, 2006



**Carewest Goals
2006 United Way Campaign**

- **28 per cent participation by staff**
- **Five per cent increase in money raised**
- **Each site participates in one Day of Caring event**

UNITED WAY & CAREWEST

Partners in leading the way out of poverty

Hello and welcome to October, the month that we at Carewest kick off our United Way campaign in pursuit of a better, healthier community.

October 19th is the official start date of the Carewest campaign, which lasts until October 27th. As is the case every year, it's not about how much you give, it's what you give; participation in any way can make a difference.

The United Way donation form allows us to select various agencies and organizations – including Carewest – to which we can direct our support.

The United Way of Calgary and Area is committed to helping people and building our community, investing in 250 programs offered by 130 agencies in Calgary. It also supports programs and initiatives in Airdrie, Cochrane, High River, Okotoks and Strathmore.

Increasingly, the United Way is examining the root causes of social problems such as poverty and abuse, and developing long-term solutions to eliminate those problems. It does this by collaborating with individuals, business, government and organizations to help people in need gain greater independence, safety, confidence and dignity.

Three areas where donations are the most needed are supporting people living in vulnerable situations (including seniors and people with chronic illness and/or disabilities), improving the lives for economically challenged individuals and families, and support the success of children and youth. As such, it's fitting that Carewest's campaign theme this year is *Carewest Employees & United Way: Partners in leading the way out of poverty*.

Across Calgary, the United Way hopes to see at least 85,000 Calgarians participate in the 2006 Campaign to generate awareness and help raise \$50 million.

At Carewest, we're working towards a smaller – though no less significant – goal. Last year we aimed for 27 per cent participation by staff. This year we hope to beat that with 28 per cent of staff participating in some way throughout the campaign.

We also hope to achieve a five per cent monetary increase over previous years, and a commitment from each site to participate in one Day of Caring event over the next fiscal year. Days of Caring bring together workplaces, employees, community groups and agencies to work on-site at community projects, such as making sandwiches for seniors who live in poverty or painting a basketball court for a youth outreach centre.

As the United Way's motto says: For a city to be truly great, it must be great for everyone.

*Dale Forbes
Executive Director*

OCTOBER 19TH TO OCTOBER 27TH

Carewest launches United Way campaign

One of three Calgarians will use a United Way-funded service in their lifetime.

The Calgary United Way campaign kicked-off the beginning of September and we are looking forward to another successful campaign this fall.

Site coordinators have scheduled activities to make the campaign fun, while informing you about United Way and how it supports our community. Activities at Carewest will take place from October 19th to October 27th and the final draw is on October 31st.

You may wonder why Carewest participates in the United Way campaign, especially as we are a not-for-profit organization and have our own fundraising arm, the Calgary Health Trust. We do it because one of three Calgarians will use a United Way-funded service in their lifetime.

Not only does our campaign help the community, it enhances employee morale and builds workplace pride. Being a corporate leader in participation for a number of years is something to be proud of. It states the obvious – Carewest employees care!

You can make your donation to United Way, which supports over 250 programs and initiatives, and they will decide how to direct the money. Or, you can choose the “donor choice” option on the pledge form. This allows individuals to donate to their preferred registered charity – including Carewest.

This year, take time to learn more about United Way by reading the *Did You Know* posters and *Success Stories* being circulated around your site, visit their website at www.calgaryunitedway.org and have fun at your site’s activities.

Our site coordinators and site canvassers are ready to answer questions about United Way! Be sure to ask them about payroll deductions and tax credits. Thank you for your participation!

*Joan Gilmour
Director*

Specialized Assessment & Treatment



Return your pledge card by
Tuesday, October 24th
and you could be a winner!

Your name will be entered
into two draws.

Early Bird Draw

A day off with pay or
six months of free parking/a transit pass.

Final Draw

\$400 gift certificate to Tuxedo Source for
Sports (jointly donated by McKesson Canada
and Tuxedo Source for Sports) or
a hot air balloon ride from Remax,
and more!

Carewest Site	United Way Site Coordinators
Sarcee	Theresa Mills, Tanis LaMonte, Marion Elliott
George Boyack	Clare Cooper, Kelly Clavette
Fanning	Gayle Eder, Jaylene Methot, Heather Truber
Colonel Belcher	Jeannine Vouriot
Glenmore Park	Terri Gilson
Royal Park	Shirley Teeling
Signal Pointe	Estrella Smith
Nickle House	Chuck Houghton
Admin Centre	Debbie Chaisson, Jean Stern



EMPLOYEE RECOGNITION COMMITTEE

Annual Carewest BBQ a BIG success

More than 600 people attended the annual Carewest Staff Family BBQ on September 9th. They enjoyed the Butterfield Acres petting zoo, family entertainment by Puffin Productions, crafts, games, music, clowns, a Shrek AtroJump and lots of great food. See you next year!

*Debbie Chaisson
Employee Recognition Committee*

WELLNESS IS...

Medication knowledge

Before you visit your doctor, you may want to prepare a list of your symptoms and any questions you want to ask. It's hard to remember everything unless you write it down.

Take your list with you on your visit and write down the answers to your questions. You can also ask to have them recorded for you.

After the visit you should know the answers to the following questions:

- What's the name of the medication (and the generic name)?
- Why am I taking the medication and what is it for?
- What is the cause of (my problem) and how can I change my lifestyle to help improve my health?
- Are there alternatives other than medication?
- How long do I have to take the medication? Do I need the number of refills on the prescription?
- What will happen if I don't take the medication?
- Are there any side effects that I should report immediately?
- How do I prepare for the tests you recommend (e.g., fasting for a period of time)?
- Can I call if I need to review these instructions with you or your staff?



**For more information, call Margaret Usherwood
Health Promotion Coordinator
Carewest Colonel Belcher
944-7854**

ROLL UP YOUR SLEEVES!

Staff inFLUenza vaccination campaign begins November 6th

From November 6th to November 13th, staff inFLUenza vaccination clinics will be available at all Carewest sites. Each facility will have special clinic areas set aside so we can give staff our full attention.

After the initial blitz, we will offer the inFLUenza vaccine at rotating sites. If the times at your facility do not fit your schedule, please feel free to go to one of the other sites near you. Staff immunizations continue until the end of March 2007.

Frequently asked questions

Is the inFLUenza vaccination mandatory for staff?

It is voluntary but highly recommended.

Will I get inFLUenza from the inFLUenza vaccine?

No, the vaccine will not give you inFLUenza because it does not contain live virus. Some people experience normal immune response symptoms which can include a sore arm at injection site, sore underarm and mild fever.

Does the influenza vaccine really work?

Vaccination is the single most effective way to prevent inFLUenza. It takes approximately two weeks after the vaccine for our body to develop immunity. You can also protect yourself by washing your hands frequently and keeping them away from your face.

Is the inFLUenza vaccine available only to direct care staff?

No, Carewest offers inFLUenza vaccine FREE to all health care workers including food services staff, physical plant services staff, volunteers, hairdressers, housekeeping staff, administrative workers, custom linen staff and independent care providers.

FAST FLU FACTS

InFLUenza vaccination helps reduce:

- 80 per cent of deaths among people at high risk (in institutions).
- 25 per cent of antibiotic use.
- 20 to 70 per cent of hospitalizations related to inFLUenza and its complications like pneumonia (in institutions).
- 34 to 44 percent of medical visits for respiratory symptoms due to inFLUenza among all age groups.

Who should get immunized?

The inFLUenza vaccine is recommended for people, such as health care workers, home care providers and others, who are capable of transmitting the virus to those at high risk. It is also recommended for people who are at high risk for developing serious complications as a result of inFLUenza including:

- Adults and children with chronic heart and lung disease.
- Clients in nursing homes or chronic care facilities
- Persons over the age of 65 years.
- Persons with chronic conditions such as diabetes, hypertension, cancer, immunosuppressant therapy, HIV, lung/heart/kidney disease etc.
- Children (over two years) and adolescents on long-term acetylsalicylic acid therapy.

What about clients?

Clients receive the inFLUenza vaccine annually from the Registered Nurse on their unit. This program is coordinated by Carewest Infection Prevention & Control.

AND MORE FAST FLU FACTS

- InFLUenza is a highly contagious viral illness that causes high fever, severe coughing and serious fatigue for three to five days.
- InFLUenza is caused by a virus. Therefore, antibiotics are NOT effective.
- You can spread InFLUenza to your family even if you are not ill yourself.
- The inFLUenza virus is contagious for up to 24 hours before signs and symptoms appear.
- The vaccine that prevents inFLUenza is safe and up to 70 to 90 per cent effective in healthy adults.
- Carewest clients can become seriously ill, require hospitalization, or even die from inFLUenza and its complications.



Send
the flu bug
packing!

RENAL PROGRAM

“This place feels like home.”

It’s a beautiful Friday in September, and **David Bertram** is getting ready to go to the zoo.

That may seem like a small thing for most people, but for David the recent cross-town trip represents a major change in his daily routine.

That’s because the Calgary man has spent the last two years as a resident at Unit 46 of the Foothills Medical Centre. Until last year, the hospital ward has been home to as many as 33 patients, who, like David, have chronic kidney disease and receive three, four-hour dialysis treatments a week.

Field trips to the zoo, or anywhere else for that matter, were not part of the program.

But that changed when David and the other residents of Unit 46 moved to the long-term care residence at Carewest Dr. Vernon Fanning last December. Unlike the hospital ward, the Carewest care centre has the look and feel of a real home, complete with recreational facilities such as a woodworking shop.

David, a former patient of Dr. Fanning, the man who the centre is named after, says the move has made a world of difference to him and his fellow residents.

“I feel more at home here,” he says, as he prepares to head out on the trip to the zoo, accompanied by his adult son. “Here we get to go on field trips one to two times a month. We didn’t get that at Foothills.”

The establishment of a long-term care residence for dialysis patients is an example of how the Calgary Health Region and Carewest are striving to provide enhanced quality care to patients in a community setting. With 24 hemodialysis beds,

Renal care at Fanning frees up 45 acute care beds at the Foothills and improves quality of life for residents.



David Bertram enjoys a game of shuffleboard at Fanning.

four peritoneal dialysis beds and five respiratory beds, the Carewest centre provides clients with a quiet, private living space, while freeing up 45 acute care beds at the Foothills.

David says the homey environment, staff and variety of activities offered at Carewest can’t be beat.

“The staff is just first class here,” says David. “We get to do ceramics and physiotherapy, and there is a roof-top garden set to open after renovations. This place feels like home.”

David also participates in other activities, including the weekly

breakfast club, baking and bowling, to name a few.

Shelly Inverarity, acting Director of the Southern Alberta Renal Program, says being able to provide complex kidney disease patients with this kind of care is important. “This residence really gives us an opportunity to improve a patient’s quality of life,” she says.

Michela Smith, the unit’s Client Service Leader at Carewest Dr. Vernon Fanning, says there are few long-term care residences in North America that compare to Fanning when it comes to caring for renal patients.

“I am aware of less than five units with this degree of specialization that exist in Canada and in the United States,” she says. “This facility supplies these people with a place where these needs can be met while recognizing and providing a higher quality of life.”

With a focus on family-centred care, Smith believes that the centre is good for the residents’ well-being, especially for those people with kidney disease who require long-term care.

“We involve the families of clients more intimately in their care and invite them to attend recreational activities,” says Smith. “We are extending their life expectancy in a positive manner. They are as happy and as healthy as they can be.”

*Laurie Griffin
Calgary Health Region
Communications summer student
Mount Royal College*

CALGARY HEALTH REGION AND CAREWEST

OPEN HOUSE



New Hemodialysis Unit Open House

Friday, October 27

1:00 to 3:00 pm

Dr. Vernon Fanning Centre
722 16th Avenue NE, Room 3 West

Refreshments will be served



Bob Boyd, President of the Sarcee Resident Council, attends the Sarcee arts and craft display. Bob is an award-winning ceramicist.



Gail Benjamin and Jessie Elliott prepare posters for Sarcee's Stampede midway.



Lynn-Ann LeClair (left) and Marlene Collins arrive in the NWT to deliver Pathways training.



Theresa Mills leads the Stampede action at Carewest Sarcee.



Fast Facts About Hand Hygiene

- Hand hygiene is considered to be the single most important intervention to prevent nosocomial infections.
- Hand hygiene is the most effective measure for interrupting the transmission of microorganisms which cause infection, both in the community and in the healthcare setting.
- Hands must still be decontaminated following glove wearing, as gloves do not give complete protection against contamination.
- Worldwide, at least one in four patients in intensive care will acquire an infection during their stay in hospital. In developing countries, this estimate may be doubled.

Patient Safety: It's in Your Hands.

**Clean them well.
Clean them often.**

Proudly in its second year, Canadian Patient Safety Week (CPSW) 2006 is an opportunity for healthcare professionals to celebrate and share their programs and initiatives in support of this year's patient safety theme – hand hygiene – and the valuable role it plays in reducing healthcare-acquired infections.

“Healthcare professionals recognize the important contribution hand hygiene makes to patient safety,” says **Phil Hassen**, CEO of the Canadian Patient Safety Institute. “During Canadian Patient Safety Week, we invite healthcare professionals to celebrate their ongoing efforts to reduce the spread of infections by cleaning their hands well and often.”

Source: www.patientsafetyweek.ca

CALL FOR POSTERS



The Greying Nation:

Transitions of care in later life

March 21st to 23rd, 2007

Shaw Conference Centre, Edmonton

The Greying Nation conference will address how the healthcare sector can adapt care to the changing needs of the population in the later stages of the life cycle. Conference topics will include: models of care, service delivery and education, changing needs of an aging society, innovative technologies and perspectives on aging as expressed through the visual arts.

You are invited to submit a poster presentation. Combine your creativity with your expertise while showcasing Carewest and the work we do. Posters that include photographs, illustrations and artwork are encouraged. Abstracts are due by November 1st.

For more information, visit www.capitalhealth.ca and key in “The Greying Nation” in the search function or go directly to:
www.capitalhealth.ca/NewsAndEvents/ConferenceAndEvents/The_Greying_Nation_Conference.htm

Source: www.capitalhealth.ca

OCTOBER 16th to 20th
National Infection Control Week

Each year, the third week in October is designated as National Infection Control Week in Canada and the U.S.

Infection Control Week was initiated in Canada in 1988 to highlight infection control efforts in Canadian hospitals, long-term care facilities and the community. It is an opportunity for infection control professionals to educate staff and the community about the importance of infection prevention and to promote the important work that is being done by infection control professionals. In 1989, the federal government officially proclaimed it an annual event.

At Carewest, we have been hosting Infection Control Week activities for several years and have used the national poster contest sponsored by Community & Hospital Infection Control Association - Canada (CHICA - Canada) to promote education. This year, as previously reported in *Carewrite*, the poster contest was won by Carewest's Infection Control Nurse **Esther Giesbrecht**.

The Infection Control Week theme this year is "Planning for Tomorrow". Our education sessions will be fun, innovative and they will reflect Infection Prevention and Control's (IP&C's) future plans. Watch for the Infection Control Week calendar, which lists times and location of upcoming education sessions at Carewest. Come out, have some fun and maybe win a prize while learning about infection prevention and control at Carewest.

Carewest Infection Prevention & Control Team

Carewest Infection Control Committee	
Carewest Site*	Infection Control Resource Nurses
Fanning	Farida Bhanji & Tasha Thring (3 East) & Erica Lee (2 West)
George Boyack	Dianne Nichol (3rd Floor)
Sarcee	Kim Wright (C3)
Glenmore Park	Mayenne Deguzman (1 West)
Royal Park	Ruth Durrer
Signal Pointe	Josette Jean-Rene
Colonel Belcher	Val Dumitrescu
* Each site except Nickle House is represented.	

Representatives of portfolios or departments
Joan Gilmour Director
Roxanne McKendry Leader, Employee Health & Safety
Dr Len Aldridge Medical Director
Margaret Bates Client Service Leader
Shelly Achtemichuk Educator
Denise Monette IP&C Secretary
Esther Giesbrecht Infection Control Nurse
Mary LeBlanc IP&C Leader and Committee Chair



CORRECTION
Guess Who?

Who is featured in this photo with Carewest Dr. Vernon Fanning resident **Donna Thurber**? It's not **Theresa Mills**, as reported in the last issue of *Carewrite*. It's **Maureen Jones**, Pain and Palliative Care Nurse at Fanning and Donna's "pusher" for the MS Walk.

Divona Herzog
Carewrite Editor

CALGARY HEALTH TRUST

Fundraising update



A word from Trish

AT CALGARY HEALTH TRUST

Plans for **PASSIONISTA**, Carewest's annual fundraising event, are moving along very nicely. I am happy to report that we have received verbal agreements from a number of event sponsors. We are very hopeful that this newly "morphed" event will be the best ever in terms of dollars raised.

For those of you who are not familiar with the new venue we have secured for the event, Artists of the World is an amazing art gallery on three floors. **PASSIONISTA** will include different types of yummy and decadent foods, unique auction items and entertainment sure to delight on each of the three floors. There will be plenty of opportunities for staff to become involved.

You'll soon be seeing colourful "Save the date" cards at your site to advertise the event. Watch for further updates in next month's issue of *Carewrite*.

We are also designing a unique fundraising campaign for the upcoming holiday season. Watch for details in the next issue of *Carewrite*. Until then, keep up the great work you are all doing. I feel very blessed to be working with such caring, compassionate people.

Trish Weatherup
Calgary Health Trust

Mark Your Calendar!
February 8, 2007
Artists of the World
514 - 11th Avenue SW

Proceeds from Passionista are directed to the Calgary Health Trust where they will support Quality of Life Programs at Carewest care centres.

For more information please call (403) 943-0617 or visit www.thetrust.ca

Calgary Health Trust
800, 11012 Macleod Trail SE
Calgary, Alberta T2J 6A5



Heartfelt thanks

Thank you to everyone for your cards, calls, flowers, thoughts, prayers and hugs – not only in the past few weeks, but in the last year. We had such hope and faith that my husband **Tim** would be able to live longer, but it was not to be.

Your support makes this unbearable time a little easier and is appreciated beyond words can say.

Jennie Hollings
Client Service Leader
Comprehensive Community Care (C3)

Did you **KNOW**

DID YOU KNOW... that blogs fall under Carewest's information management umbrella?

Be extra careful when writing about co-workers or clients online.

What are blogs?

Blogs are not a description of how you might be feeling, but rather an acronym meaning a "web log" or online diary. They are used by all kinds of people, from corporate types to personal users. Most personal bloggers journal their thoughts, comments and philosophies, often about their work life and work environment.

Be careful when blogging about work...

If you are a blogger, here is another opportunity for you to *Take Care with the Information You Share*. If you are talking about your work life, you should not refer to clients or fellow employees by their first or last name. You may think that their identity is protected by only using their first name, but that's not always the case. You may be describing them in enough detail that someone else "out there" (remember you're on the Internet) might know them. Information about yourself is yours to share; information about someone else is yours to protect.

Happy blogging!

By Marian MacKenzie
Your HIA/FOIPP Coordinator
Information Management

If you have any interesting facts about Carewest, we'd love to hear them. Please email Lynne.Koziey@calgaryhealthregion.ca or send an inter-office mail to Lynne at the Administrative Building



Lifestyle Choices *presents...*

The Importance of Brushing It can even reduce the risk of pneumonia!

Brushing teeth and good mouth care are often perceived as being a low priority when there are so many other care concerns.

But did you know that good oral hygiene benefits the client's self-esteem, eating habits and communication? Good mouth care even can help prevent disease or the complications of chronic illnesses. Those are great benefits!

For example, a diabetic client who has periodontal disease may have greater difficulty achieving glycemic control.

Even the risk of pneumonia may be reduced by good mouth care. Recent studies have shown that the same pathogen that causes pneumonia may also live in tooth plaque. This same study also demonstrates that providing good regular mouth care to clients actually reduced the incidence of pneumonia in nursing home residents!

Good mouth care is just as important as good skin care and is an integral part of getting back to basics.

Joan Stregger
Leader, Lifestyle Choices

Watch for results of the **2006 Carewest Partnership in Injury Reduction (PIR) external audit**

in the next edition of Carewrite!



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Employee Health
and Safety

WWW.REALAGE.COM

Knobby knuckle advice

Myth or fact? Cracking your knuckles will give you arthritis.

Cracking your knuckles makes you sound like a bowl of Rice Krispies and never goes over well at a wedding. But, although it's painful for others to hear, you're not doing any harm to your joints, bones or muscles when you crack – unless you feel pain. The noise is simply caused by the high-pressure suction of gas being expelled when your joints move apart. If it hurts when your knuckles or knees crack, see your doctor to assess what kind of joint damage you may have.



EMPLOYEE RECOGNITION COMMITTEE

Carewest Gala

Saturday, November 18th

Doors open 6:00 p.m.

Buffet dinner 7:00 p.m.

Dancing 9:00 p.m. to 1:00 a.m.

The Carewest Gala is an opportunity for staff to get together outside of work and enjoy good food, music and dancing. Last year, more than 700 people attended. The only complaint we received was that the dance floor was too small, so we've remedied that situation with a bigger dance floor! We've moved the event to the Round Up Centre, Hall C, of the Stampede Grounds. Split Circuit DJ is back by popular demand.

Tickets go fast, so pick yours up today from site reception during the first week of November. Employees are welcome to bring a guest.

Debbie Chaisson
Employee Recognition Committee

Carewrite schedule

November

Submission deadline: November 8th

Publishing date: November 16th

December

Submission deadline: December 6th

Publishing date: December 14th

**All submissions
are welcome!**

