

New look for *Carewrite*

Welcome to the fresh new look of Carewrite!

After many years of producing Carewrite with the same masthead, we thought it was a time to update the look to reflect who we are today.

Because Carewrite is truly a publication for you by you it was important to seek the feedback of those who represent the face of Carewest.

A representation of all of the people who read Carewrite was asked for their thoughts. Two focus groups – one at Carewest Dr. Vernon Fanning and one at Carewest Sarcee – that included volunteers, staff, management, and residents were held to help decide upon a design.

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*Lynne Koziey
Communications Coordinator*

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Carewest residents



FunDFest celebrations

Willow Hawkins, 31, a resident of the EQual program at Carewest Dr. Vernon Fanning, took center stage at FunDFest, Carewest's annual fundraising event. She spoke about her experiences with Quality of Life programming at Carewest. Willow's mom, **Bonnie Proc**, also spoke at the event, sharing her story about how Willow came to Carewest. Willow and Bonnie are joined here by Bonnie's husband **Loni**. For more photos, turn to pages 7 and 8.

February 16th, 2006



Focus on ethics

Welcome to February and the fresh new face of Carewrite. We think the focus groups involved in choosing the new look did an excellent job of deciding upon a design that reflects the vibrancy of Carewest. As you know, change is an ongoing process and we think this is an important – and visible – step along the way.

Much of this issue of Carewrite focuses on ethics. Bioethics Week runs from March 6th to 12th, but we felt it was important to address it in this issue as the week comes after the next Carewrite deadline. Bioethics Week gives us a chance to raise the awareness of ethics issue that affect all of us.

But what are bioethics? We all know what ethics are as they apply to our day-to-day life – a system of moral standards and principles that govern appropriate conduct – but how does that apply to work? This

year's theme is Organizational Ethics and it addresses that very question.

Organizational Ethics speaks to the ethics of the workplace specifically – it refers to the generally accepted standards and principles that guide the behaviour of the organization as a whole as well as its individual employees.

The theme asks us to consider questions such as: What values guide Carewest and its staff? Is there a real connection between the values that are supposed to be guiding Carewest and the values that are actually guiding decisions and actions within Carewest?

What do you think contributes to an ethical organization? How should we structure our organization so that it promotes ethical behaviour?

These are all excellent question that we, as a group, need to explore. We've already started to address some of the more concrete aspects of ethics by developing and including special, ethics-focused wording in our updated Frame of Reference.

The revised draft Frame of Reference was printed in the last edition of Carewrite and has been posted at every site for your comments. In the statement, we focus on our ethical foundation with an organizational aim to develop and maintain a reputation of trust, credibility and public accountability with our clients, staff and community.

Let us all take this statement to heart, not just during Bioethics Week, but in everything we do every day. Those we care for and the people we work with deserve nothing less.

Dale Forbes
Executive Director

New look for *Carewrite*

Continued from front page

It may take some getting used to but I hope in the end you like the new *Carewrite*. A big thanks goes out to all those who helped put a new face on our internal publication.

Unanimously, members of the groups chose green as their preferred colour and thought the dark brown font set it off well. We're not losing our "corporate" colours (maroon and blue) entirely; they will remain on our signs, business cards and letterhead.

The groups also chose the clearest, easiest-to-read font for the *Carewrite* masthead and had a hand in deciding the tagline: *Carewest news and information for everyone*. They felt it was appropriately short and concise, as well as inclusive.

As was mentioned in the last edition of *Carewrite*, the content of *Carewrite* won't change, only the front and back cover, and it won't cost any more than the old one. As well, the change reflects a larger strategy that we hope will help us better illustrate who we are – a vibrant, ever-growing organization the cares for all ages.

*Lynne Koziey
Communications Coordinator*

CAREWEST DR. VERNON FANNING Coworkers' help appreciated

I would like to send my deepest appreciation to the 3 East staff, the many other co-workers throughout Carewest Dr. Vernon Fanning, and the residents and their families. I had spinal surgery and was not able to do much in the way of cleaning or making meals. The outpouring of care and compassion I received was overwhelming. These wonderful people came to my home with great homemade meals, they cleaned and tidied and brought beautiful flowers and fruit baskets. They made sure my dog Nikki got her walks every day, which was really important to me. I thank you all so very, very much, as do Checkers and Nikki!

*Lori Welder
3 East Carewest Dr. Vernon Fanning*



DID YOU KNOW... that Carewest partners with organizations across the city and across the country?

At Carewest, we believe that our residents and clients can benefit not only from our skills and expertise, but from those of others.

That's why we have developed partnerships with a wide variety of organizations across all sectors, from the Alzheimer Society of Calgary to the Youth Volunteer Corp.

We think it's important to share information and knowledge while learning from different organizations as well. Teaming up with others has many benefits, including allowing Carewest to be part of important research, as is the case with our partnership with the University of Calgary, and helping build specialized programs and services, such as those that are supported by Veterans Affairs Canada.

Other partnerships include the Friends of Seniors Foundation, Alberta Environment, the Huntington Society of Canada and the Recycling Council of Alberta, among others.

**By Lynne Koziey
Communications Coordinator**

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.

STAFF APPRECIATION DAYS
“Six for YOU” in 2006

The saying “it’s all about you” certainly rings loudly at Carewest!

We are pleased to offer the staff at Carewest an opportunity to help make health and wellness a priority. Everyone can benefit from fun and informative health and wellness seminars.

The Leadership Team and Employee Health and Safety are hosting a series of six seminars on a variety of inspirational topics related to fitness and wellness, emotional health and nutrition.

Six sessions will be offered free to Carewest staff and will be presented by three professional speakers.

*“Setting our Sites on Health & Safety”
 Employee Health and Safety*

<p>Michelle Cederberg, MKin, AFLCA trainer, fitness expert and professional speaker will present on fitness and wellness topics that offer practical solutions for everyday questions. Michelle is a speaker with a passion for inspiring her audiences. Her sessions have entertained hundreds of audiences across Canada and the U.S.A. She injects personal energy into her messages of success, life balance, and fitness success and openly shares her insights and experiences with enthusiasm and a lively sense of humour!</p> <p>Area of expertise: Fitness and wellness</p>	<p>Andrea Holwegner, BSc, is a registered dietician and professional speaker who has counselled hundreds of individuals and groups on the benefits of healthy eating. She is an inspiring speaker who leaves audiences with leading-edge tips for positive nutrition and lifestyle choices. She translates the complex science of nutrition into practical advice so clients can achieve the vital change needed to improve their health.</p> <p>Area of expertise: Nutrition and lifestyle</p>	<p>Dr. Colleen Cannon, PhD, RPsych and clinical psychologist will be presenting emotional health seminars. Colleen has worked with individuals and couples across a variety of chronic health conditions to better understand how thoughts, feelings, behaviour and relationships influence health and well-being. She has extensive experience working with individuals, couples, and groups, and her presentations at national conferences have garnered acclaim and interest.</p> <p>Area of expertise: Emotional health</p>
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**from Employee
 Health & Safety**

NUTRITION MONTH CAMPAIGN

Make wise food choices wherever you go!

March 2006 marks the 25th anniversary of the Dietitians of Canada's Nutrition Month Campaign. This year's theme is "Make wise food choices wherever you go". The theme reinforces the importance of healthy eating whether you're at work, making choices for your family at the grocery store or dining out.

It is clear that Canadians are hungry for nutrition information. Nutrition and health are among the most important factors influencing people's food choices. However, despite their interest and willingness to make healthful food choices, many Canadians find it difficult to do so, in part due to conflicting messages about healthy eating. Canadians are looking for clear, trusted advice to help them make informed choices about the nutrient content of the foods they buy.

During the month of March look for displays, cafeteria specials and contests at your site and discover how to "Make wise food choices wherever you go!"

Kim Otto
Registered Dietitian
Carewest Colonel Belcher



Dietitians:

your trusted
source for
nutrition
information

Eat Well, Live Well!
www.dietitians.ca



Living well...being healthy

National Therapeutic Recreation Week February 6TH to 13th

What is therapeutic recreation?

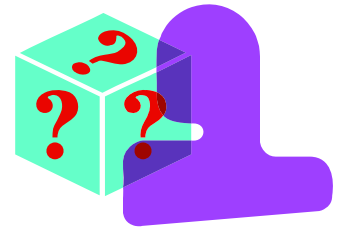
Therapeutic recreation uses recreation services and leisure experiences to help people with physical, cognitive, social or emotional limitations make the most of their lives. It can benefit people of all ages.

Shauna Graham
Recreation Therapist
Carewest Dr. Vernon Fanning
Source: www.alberta-tr.org

Recreation therapists select, develop, implement and evaluate the following goal-oriented services:

- **Functional intervention** to maintain and/or improve functional abilities, enhance well-being and facilitate independence.
- **Leisure education** to teach or enhance recreation skills and attitudes that can be used throughout life.
- **Recreation Participation** to promote health and growth through leisure and recreation experiences.

A sneak peak at **organizational ethics**



What is organizational ethics?

Organizational ethics refers to a process to address ethical issues associated with client care, business, financial and management areas of the health organization, as well as with professional, educational and contractual relationships affecting its operation.

How is **organizational ethics** different from **clinical ethics**?

Organizational ethics complements clinical ethics by examining how values influence non-clinical aspects of care. It examines a broader range of relationships than clinical ethics, including how the organization relates to its employees and the broader community, and how it conducts its own business. Organizational ethics also draws upon insights and strategies from business ethics.

What are some examples of organizational ethics questions?

- Is there a real connection between the values that are *supposed to* be guiding decisions within the organization (as articulated in the mission statement, for example) and the values that *actually are* guiding decisions and actions within the organization (as reflected in the budget, for example)?
- How do different members of the organization (e.g., administrators, health care professionals and clients) interact with and relate to each other in an ethical manner?
- How do the organization's history and goals impact the values that guide the organization?
- How do we reconcile the sometimes-conflicting values that guide different aspects of the organization's operations?
- Who are all the relevant stakeholders for a particular policy or decision, and have they have been consulted and listened to?
- How do we foster an atmosphere of respect for those who comprise and are impacted by the organization?
- Is there a systemic cause for a particular ethical issue? How can we eliminate systemic causes of ethical conflict?

That's a good question...

Sample organizational ethics cases

- Should a hospital have a fast food franchise in its cafeteria?
- Should a researcher halt an experimental treatment that seems to be harming research subjects?
- What should an organization do when one of its medical practitioners is accused of being professionally incompetent?
- Should a pharmacist be forced to dispense a drug that she is personally opposed to – birth control pills, for example?

What are some strategies for our organization to address organizational ethics issues?

- Adapt strategies from clinical ethics, such as administrative case rounds and consultation, to encourage reflection upon organizational values.
- Establish a forum explicitly dedicated to examining and questioning the organization's values and actions.

Source: Provincial Health Ethics Network (www.phen.ab.ca)

What is ethics or bioethics?

An ethical issue arises in any situation in which people face choices about how to act that will have an impact on others. Bioethics is the branch of ethics that deals with ethical issues arising in the fields of health care, medicine and biology. It may include issues that arise in:

- delivering health care (e.g., decision-making at the end of life)
- promoting health (e.g., funding preventative vs. acute care)
- conducting health research (e.g., gene therapy, informed consent), and
- the relationship between people and the natural environment (e.g., genetically modified foods)

Bioethics week

Bioethics Week, which runs from March 6th to 12th, is a time set aside for Alberta community organizations, health institutions and individuals to host educational events that explore ethical issues related to health and well-being.

The Provincial Health Ethics Network (PHEN), which organizes Bioethics Week, is a network of individuals interested in health ethics across Alberta. The offices and staff aim to link together individuals and provide all Albertans information about and access to health ethics resources.

At Carewest, various activities will be held at each site so we can all learn more about ethics in our organization.

This year, the theme of Bioethics Week is *Organizational Ethics*, which asks us to put aside the way things are now and think about how they could be. What does a truly ethical health organization look like? What values guide our organizations? How we can encourage ongoing reflection on ethical issues within health organizations? How should we structure organizations so that they promote virtuous behaviour? What do you think contributes to an ethical organization?

Source: Provincial Health Ethics Network (www.phen.ab.ca)



Carewest FunDFest photos

*Left: Cracked chest
created by Carewest
residents.*

*Right: (L) Peter Pawluk,
Operations Manager for
ARAMARK, with Wilf
Prescott, VP Facility
Services ARAMARK
Canada.*

Carewest **FunDFest** photos



Lynne Koziey, Joan Gilmour and Dale and Laura Forbes.



Honoured guest Alberta Lieutenant-Governor Norman Kwong.



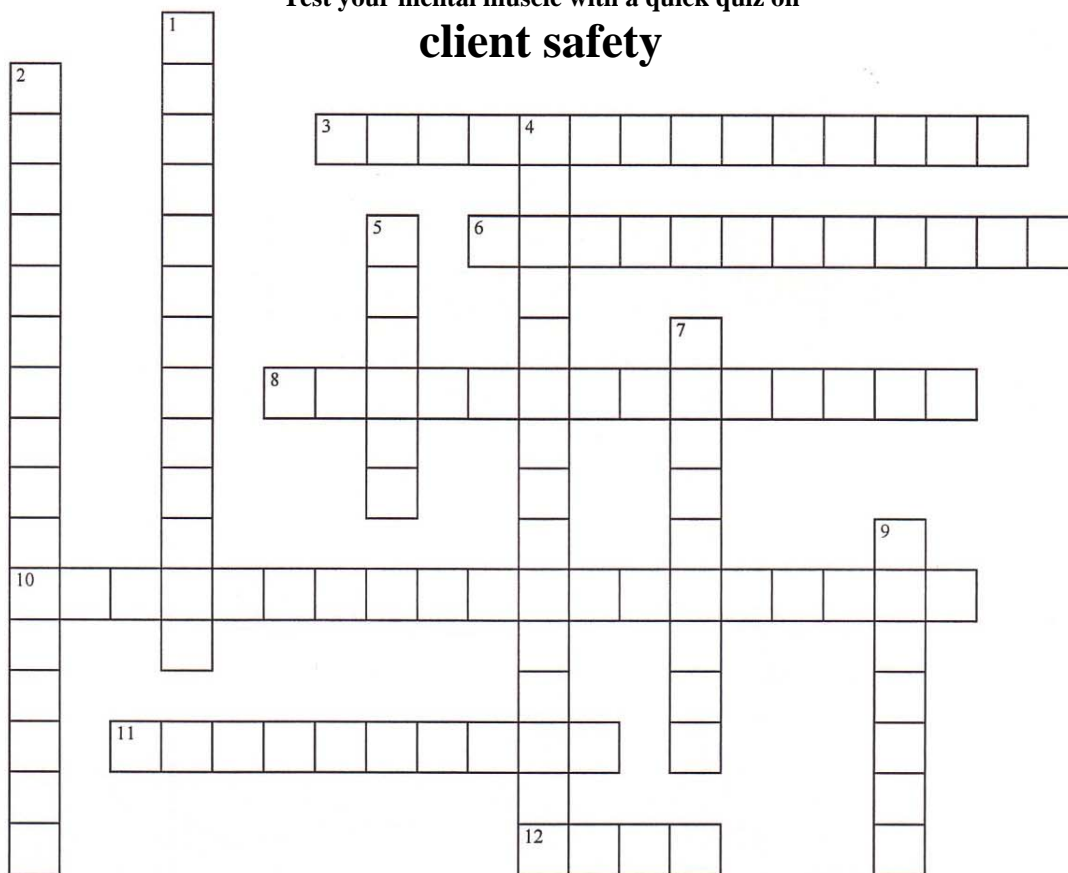
Event co-chairs Donna and Gord Clarke.



Lynne Koziey interviews Willow Hawkins.

Crossword Puzzle

Test your mental muscle with a quick quiz on
client safety



ACROSS

- 3 Organizational activities designed to prevent patient injury (2 words)
- 6 Incident that occurs and results in patient injury or death (2 words)
- 8 Found in a policy or clinical guideline, or in common practice - a set of steps that would be followed (3 words)
- 10 The reasons, situational factors or latent conditions that played a role in the genesis of an adverse outcome (2 words)
- 11 The imparting of information pertaining to any health care event affecting the patient's interest
- 12 The probability of danger, loss or injury within the healthcare system

DOWN

- 1 Reduction of unsafe acts within the healthcare system (2 words)
- 2 An incident resulting in serious harm to the patient (2 words)
- 4 Failure to complete a planned action as it was intended in the process of providing medication to patients (2 words)
- 5 A set of circumstances or a situation that could harm a person's interests
- 7 Situation that is recognized and a successful action is taken BEFORE an incident occurs (2 words)
- 9 A course of action, or sequence of steps, including what is done and how it is done

Word Key: adverse event, contributing factors, critical incident, disclosure, good catch, hazard, medication error, patient safety, process, risk, risk management, standard of care

Note: The word 'patient' in the clues above refers to clients and residents.

Antibiotic Angst

My patient's in the hospital.
His temperature is high
I've got to start the bug juice or
The patient's going to die.

What is the magic medicine
to make the patient get well?
With all the different choices
It's impossible to tell!

Take your full Antibiotic Prescription

I know there's "Cepha-Wonderful"
But it's so hard to spell.
Then maybe "Ampho-Terrible"
Would make the patient well.

But should I add a medicine
To give me synergy?
That means I'd need a second drug
Or may be even three

Yet as I choose I'm not alone
As I proceed along;
The lawyers and reviewers
Will inform me when I'm wrong!

But wait! I should not limit
My frustrations to the drugs;
I still must learn the illnesses
And recognize the bugs.

There's just one consolation
As I try to pick the drugs.
The body, not the medicines
Must finally kill the bugs.

From: "Pestilent Poetry" by Karen Lewis - Adapted by Carewest IP&C Team

CAREWEST COLONEL BELCHER

Special people who make a difference

We wish to extend, in print, our gratitude to the following special and dedicated people who make a positive difference in the lives of Carewest Colonel Belcher residents.

Mrs. Hayward – She has been part of our resident family for years. Her visits and support to her many friends throughout the facility is greatly appreciated. Nursing staff on Dover are especially grateful for her assistance feeding and transporting residents to and from their rooms.

Rochelle Zimmer, Activity Coordinator – She works tirelessly with all the residents. Her quiet disposition and unique way of connecting with residents allows us the pleasure of her talents in her field.

Carol Ann (Mrs. Lessard's daughter) – She visits daily, actively participating in her mother's care and meeting the needs only family can provide.

Knapp family – Their intense interest in their loved one has led to communication with and respect of the nursing staff. We thank them for their valued support.

*Margaret and Marge
Nursing Station, Dover
Carewest Colonel Belcher*

EMPLOYEE PROFILE

kathrin schmidt



Carewest employees and volunteers make up a vibrant community with diverse talents and dreams. Each of us has a story to tell and a difference to make. This month we profile Kathrin Schmidt, Resident Assistant at Carewest Nickle House .

The chances of **Kathrin Schmidt** making it across the freezing river alive were slim to none. But the 37-year-old Resident Assistant never thought that getting arrested would save her life.

Kathrin, who was born and raised in communist East Germany, has worked at Carewest Nickle House for five years. But what seems like a lifetime ago, in 1989, she followed her then-husband and risked her life in pursuit of the freedom experienced by her West German neighbours.

“As a kid, East Germany was really nice. We didn’t have many toys to play with but we had a lot of imagination. You played with everything, made up games. It was great,” says Kathrin. “But when I grew up and got my first husband, he decided he wanted to move to West Germany, so we went.”

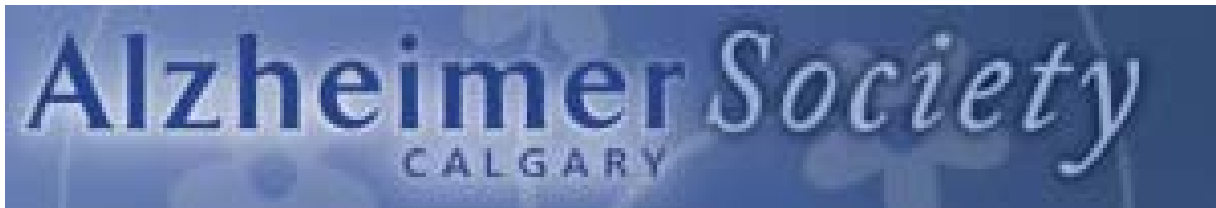
While Kathrin was generally happy in her homeland, she longed to travel and to visit her relatives in West Germany – both of which were prohibited in East Germany. Leaving East Germany without permission was also forbidden and violators were prosecuted. So when the young couple’s application to move to West Germany was denied, they escaped to Slovakia. The plan was to go to Slovakia and then swim “pretty far” across a river to Hungary, which had just opened its border.

“So we went camping, but then they arrested us, because, well, it was October and cold and we were the only people in the campground,” she laughs. “They were watching us the whole time,” she says. “I think that really saved my life. The water was cold and we heard there were mines in the water. It’s not something I would have normally done, but I was young (20 years old) and naive. I thought when you were married you just had to follow your husband.”

The two spent a few days in jail before being flown back to East Germany. After that, they were – ironically – forced to leave the country and they moved to West Germany. Their wish to move to the Federal Republic granted, they had seven days to sell everything they owned in East Germany and were only allowed to take two suitcases with them. A month later, the Berlin Wall came down and East Germans could travel freely to West Germany. However, life in West Germany was much different for Kathrin.

“We would go shopping and there would be all this glittery stuff. It was overwhelming. You just looked through the window and thought: oh my God, because we didn’t have any money,” she says. “In East Germany, you could get everything that was necessary. You wouldn’t starve, everybody had a job, you could get an apartment if you got married, which is why we got married. But in West Germany everything was so overwhelming. They had so much. In East Germany, we only got bananas once a year before Christmas and we would stand in line for hours just to get four or five of them. The same with oranges and towels and nice bedding. It was just crazy. You never knew when they would have it again. That was life. It was tough when you grew up, but as a kid, I would never have changed it.”

Continued on page 15



100 years of discovery

Although it has been 100 years since **Dr. Alois Alzheimer** first discovered the plaques and tangles of the disease that now bears his name, most of the advances in Alzheimer research have occurred in just the past two decades.

The first reach genetic link to Alzheimer Disease was discovered in 1992. This made possible the creation of mice models of Alzheimer Disease – a vital research testing tool. A second major advancement in 1993 was the discovery that a gene known as apoE4 is an important risk factor for Alzheimer Disease.

In 1997, the first of three drug therapies to ease the symptoms of mild to moderate Alzheimer Disease became available. These drugs improve symptoms in some people. In late 2004, the first drug therapy became available to treat moderate to advanced Alzheimer Disease.

Sophisticated new diagnostic tools make it possible to diagnose the disease much earlier than ever before. Now that people can be diagnosed earlier, treatment can begin sooner and be more effective for longer.

WWW.REALAGE.COM

Winter fruit forecast

Adding pomegranates to your fruit bowl may protect your health on several fronts.

Pomegranates may inhibit the growth of breast and prostate cancer, improve blood vessel function, and protect the heart, preliminary results of several studies suggest. The fruit contains very high levels of polyphenol antioxidants, compounds that protect against a host of diseases.

Beyond the bio-medical, research has also been conducted into the psycho-social aspects of dementia. As a result, caregiving techniques have been improved, and quality of life has been enhanced for both the person with the disease and his or her caregiver.

As the global search for the cause and cure goes on, Canadians can be proud that some of the best Alzheimer Disease research in the world is being conducted in Canada.

Dr. Jack Diamond, Scientific Director for the Alzheimer Society of Canada, will be in Calgary on March 15th to speak at the annual Forget-me-not Luncheon. He will describe research now underway, and the exciting results expected within the next 10 years. Tickets to the luncheon are available now through the Alzheimer Society of Calgary.

If you are unable to attend the luncheon but would like to read the *Report on Alzheimer Disease and Current Research* written by Dr. Diamond, please contact the Alzheimer Society of Calgary.

Karen Ritchie
Alzheimer Society of Calgary

Excerpted in part from *The Story is Changing: Alzheimer Disease Research in Canada* published by the Alzheimer Society of Canada.

FOURTH FLOOR
CAREWEST GEORGE BOYACK

Thank you

Thank you for the years of care that you have given to **Shirley Edwards**. I do not know where Shirley could have been to receive such exceptional attention, understanding and friendship. You all are to be commended for your care and attentiveness to Shirley's needs over such a long period of time (23 years). Her family, after the loss of her mother and dad, could not have given her this care.

Thank you on behalf of the Edwards family .

Jane Edwards

I just wanted to express appreciation and thanks to all of the caring staff on the fourth floor at Carewest George Boyack who took care of **Shirley Edwards**, who passed away this January. Shirley was a sweet and much-loved resident of Boyack for over 20 years and she touched many hearts among the staff there. She wasn't able to express her appreciation to the staff herself, but I know I speak for her when I say thank you for all of the love, hugs, and kisses over the years.

The staff went above and beyond the call of duty in caring for Shirley and often gave their own time in caring for her and making sure she had everything she needed, physically and emotionally. Most important, however, was the love and compassion, empathy, and advocacy that the staff demonstrated in Shirley's care. Thank you so much on Shirley's behalf.

Jennifer Cummings, Pain and Palliative Nurse Consultant

SECOND FLOOR
CAREWEST GEORGE BOYACK

Welcome back, Wendy

To Wendy Ryan. We are all pleased you are feeling better. Welcome back.

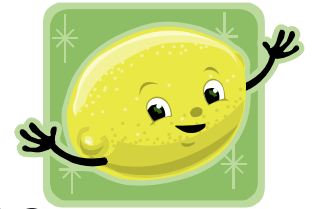
*2nd floor staff
Carewest George Boyack*



ARAMARK Housekeeping Corner

CLEANING TIP

Let your brass and copper shine



All that glitters is not always gold; it can be brass or copper.

To clean any of your brass or copper pieces around the house, just use lemon and salt.

Take a lemon and cut it in half, then sprinkle salt on the cut ends. Then proceed to rub the metal piece. After you have completely cleaned the entire piece, ensure to rinse it thoroughly with clean water.

If you don't have fresh lemons, you can also mix bottled lemon juice and salt.

*By Peter Pawluk, Operations Manager for
ARAMARK, Carewest Housekeeping*

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Deep sleep diet

Add a good night's sleep to your checklist of helpful weight-loss aids. Sleep deprivation interferes with appetite-suppressing hormones, increases stress hormone levels, and decreases a person's glucose tolerance, all of which may contribute to weight gain. Another way sleep loss may help pile on the pounds: late-night munching. Go to bed and get up at the same time each day to help achieve sounder sleep.

SKIN & WOUND COMMITTEE

Take a good look at your

feet



As health care professionals, our goal is to maintain health and prevent disease. Foot care is an important part of maintaining health.

Our feet are comprised of many different bones and joints and are designed for complex movements such as walking. As we age, we are at an increased risk of developing problems related to our feet. These could include calluses, corns, deformities and thickened or ingrown nails. People with diabetes often lose sensation in their feet, creating a higher risk of developing foot problems such as ulceration.

Employee Profile

Continued from page 11

These days, she's enjoying life in Canada, which she has called home for 11 years, and she is happy living with her dog and three cats.

"I like that at Carewest you have the chance to go to in-services. I like to learn and Carewest gives you that chance. I think Carewest really tries hard to keep the employees happy, and educated too," she says. "Because I don't have family here, the residents and staff are like family, they're really great. I never thought I'd end up here but Canada is my home now."

*Lynne Koziey
Communications Coordinator*

How do we prevent such foot problems? The first step is to assess the foot regularly. This includes checking several areas:

- Between the toes for any break in the skin or odour.
- The temperature of the feet. Is one warmer than the other?
- The colour of the skin for any pale, blue or mottled areas. This may indicate poor circulation.
- Any reddened areas which may indicate pressure.
- Any calluses, corns or abnormalities.
- Toe nails.

After assessing the foot, treat existing problems. This may involve seeing a foot care specialist such as an orthotist, a podiatrist, or a foot clinic.

Assessing footwear is an important part of prevention and treatment as shoes that are ill-fitting can create pressure areas and open sores.

To maintain the function of your feet for your lifetime:

- Live a healthy lifestyle.
- Check your feet daily.
- Always wear good-fitting socks and shoes.
- If you have lost sensation in your feet, pay special attention to them.

*Ruth Workentine, Carewest Signal Pointe
Carewest Skin and Wound Committee*

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Distress call

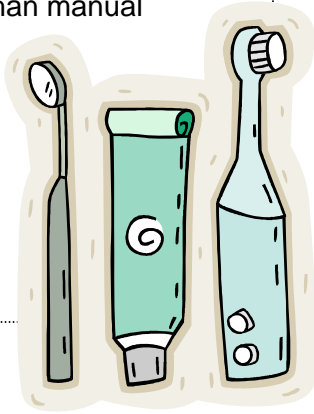
Do you want to build better relationships? Consider taking a break from your cell phone. Regular cell phone users experience more spillover between work and family life, a recent study concluded. This spillover in turn was associated with higher levels of distress and lower levels of family satisfaction. Resist the urge to answer work calls at home and designate a few cell-phone free nights each week to foster a happier home life.

WWW.REALAGE.COM

The best plaque attack

You could plug into a healthier smile with help from the right toothbrush.

Rotation oscillation electric toothbrushes proved to be more effective at removing plaque and reducing gum inflammation than manual toothbrushes in a recent study. But don't take short cuts just because you have a high-powered brush. Dentists recommend people brush for a minimum of two minutes, at least twice a day, regardless of brush type.



Carewrite schedule

March

Submission deadline: March 8th
Publishing date: March 16th

April

Submission deadline: April 5th
Publishing date: April 13th

FunDFest improves quality of life for Carewest residents

Carewest FunDFest continued to live up to its billing as Calgary's premiere black tie event. January 18th marked the 10th anniversary of the evening, which is Carewest's primary fundraising event.

Sharp suits and flowing gowns filled the Crystal ballroom at the Fairmont Palliser as the attendees mixed and mingled while local barbershop quartet, the Heebee Jeebees, performed. Dressed in operating room scrubs, they delighted the crowd with their renditions of classics like "Blue Moon" and "Build me up Buttercup." After the meal, Calgary's very own The Dino Martini's entertained the crowd with their original, contemporary swing music.

His Honour, the Honourable Lieutenant Governor of Alberta, **Norman Kwong**, shared a few words with the audience, as did Calgary Health Trust Chief Executive Officer **Patricia Nelson**, Carewest Executive Director **Dale Forbes**, Carewest resident **Willow Hawkins**, and her mother **Bonnie Proc**. For the ninth year in a row, CTV News Calgary's **Darryl Janz** was master of ceremonies for the evening, engaging the crowd between courses and speeches.

The evening featured a silent auction with items from merchants all over the city, as well as some unique and exciting gifts for live auction. Darryl Janz donated a personal tractor ride, **Peter Maher**, Calgary Flames

Broadcaster, offered game tickets and a private tour of the broadcast booth and dressing room. The residents, staff, and volunteers involved at Carewest Dr. Vernon Fanning Centre's woodwork shop made their own contribution: a beautiful, contemporary chest of drawers with a simulated crack down the middle (see photo on page 7). As well, every dinner table featured a unique ceramic centerpiece produced by Carewest staff and ceramics programs participants; each was available for auction.

The event raised over \$65,000 for quality of life programming at the eight Carewest facilities in the city. These programs include music, woodworking, gardening and art therapy. They encourage residents to stay active by pursuing their interests.

Since its inception in 1996, FunDFest has raised more than \$965,000 for technology and programming needs for Carewest.

Carewest FunDFest will be completely revamped with a whole new look and feel for next year. Stay tuned to see what exciting changes will take place for Calgary's finest black-tie fundraising event.

Calgary Health Trust