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The list of finalists appear in the October 24th edition of Maclean's magazine. Linda put much effort into this year's application and the results show – it was Carewest's third year entering and our third year making the short list! Congratulations Linda on all your excellent work profiling Carewest as one of Canada's top employers!

MACLEANS MAGAZINE

Carewest short listed as one of the top 100 companies in Canada to work for



Once again, the experts are taking note: Carewest is one of the best places in Canada to work.

Thanks to the hard work of Carewest Recruitment and Career Development Leader **Linda Larg**, for the third year in a row, Carewest has made the shortlist for this year's edition of *Canada's Top 100 Employers*, a guide to the best employers in Canada.

The book aims to profile good employers in a range of industries from various locations across Canada. Organizers said while Carewest was a strong contender for the Top 100, “often it is not possible to include more than one employer from a particular field, even where there are several excellent candidates.”

*Lynne Koziey
Communication Coordinator*

October 24th, 2005

FROM THE EXECUTIVE DIRECTOR

DALE

F O R B E S



COMMITMENT

Make health & safety a priority

Fresh into my second month at Carewest, and it's already gearing up to be a busy one. I have found people to be gracious and welcoming with an obvious commitment to their work, as well as a compassion and concern for the people they care for.

I have visited the centres through the *Keeping in Touch* sessions, which allow me to meet even more employees, hear what you have on your minds and try to answer any questions you may have.

There are also several major initiatives taking shape this month and next, including the influenza campaign, which started October 17th. This is a major undertaking for Carewest and one that we believe is beneficial to all. Our health is something we should never take for granted and we have a shared responsibility to protect residents, co-workers and by doing so, protect our families from illness.

The resident and staff influenza campaign is all part of living well and working safely. Since I have joined Carewest, I have heard from employees and leaders about Carewest's commitment to health and safety. It takes time and effort to develop a health and safety culture and our ongoing commitment is important in achieving this goal.

It's important to recognize that, in everything we do, health and safety cannot be an add-on program that involves only a few people, but rather it must become a personal responsibility and a choice that is made by all employees at all levels of the organization.

Carewest is a busy place where change happens often. It's crucial for us to take the time to make safety a priority as we go about our daily activities, at home and at work.

The Partners in Injury Reduction (PIR) audits take place in November. Let's keep "Setting our Sites on Health and Safety" as we move forward together towards this goal.

Carewest's commitment to health and safety – and in turn our commitment to the well-being of our residents and to the communities in which we work and live – doesn't stop there, however. Later this month, Carewest is supporting the United Way campaign from October 20th to 31st with the theme *Carewest Employees Helping in Obvious Ways*. The campaign gives us the chance to support Carewest or any other organization through a donation. It's not how much you give, it's what you give, and in the spirit of giving, let's take the time to be thankful for our most important asset – our health.

Dale Forbes
Executive Director

EMPLOYEE PROFILE

robyn maerz



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 Robyn Maerz, Neuro Rehab Registered Nurse.

When **Robyn Maerz** isn't caring for clients on the Neuro Rehabilitation Unit at Carewest Dr. Vernon Fanning, she's spending her time caring for sick and injured wildlife.

The RN, who also works 0.3 time as an educator on the unit, volunteers at the Alberta Institute for Wildlife Conservation, which provides care to distressed wildlife native to Alberta and the Northwest Territories.

Robyn's background in biology and experience as a naturalist with Alberta Parks and Recreation prompted her to look for a volunteer opportunity that fit her interests. And one day, it literally landed in her front yard.

"I went out and stood on my front porch and I was admiring my newly-laid sod and my new crab apple sapling. I looked up to my left and I noticed this Merlin falcon sitting on the neighbour's garage roof," said Robyn. "He kept looking at me and it seemed to me he was looking off to my right, so I turned my head and I had a water can sitting by my garage wall. In the can I saw this little fluttering object, so I reached my hand in and pulled out a white-breasted nuthatch."

The Merlin, who will eat birds, had chased the little nuthatch through the sky, and in a failed attempt to hide from its pursuer, the nuthatch fell into the water can.

"I happened to come out on my porch at the exact right time to pick the fluttering little nuthatch out of my watering can before he drown." Robyn took the sopping bird inside and sponged him off before putting him in a shoebox lined with paper towel next to a hot water bottle. "I didn't know what to do with this thing. I knew that somewhere out there there was a wildlife hospital but I didn't know its name."

She phoned the Humane Society and was referred to what was then called Rockyview Wildlife. So she and her precious cargo made the trip out to the recovery centre. "While they were admitting the nuthatch, I had a look around and decided that this was a good place to be if you were an injured animal."

On her first day as a volunteer she learned a valuable lesson that she has carried with her ever since. While she had visions of administering care to sick and injured animals, it turned out she spent a windy first day cleaning "poop and gopher guts" off the feeding stumps in the flight cages – most of which ended up on her.

"I thought: if this is a test in my life, I passed it because I understood that there's more to taking care of wildlife than the glamour of holding onto a living creature. It's also about the hard work that goes on behind the scenes." Later that day, Robyn's hard work was rewarded when she got to hold a mallard that was being tube fed.

That was five years ago and she continues to be rewarded by her time there.

"I wish I could be there more but I can't. It's my volunteer life."

*Lynne Koziey
Communications Coordinator*

Staff inFLUenza vaccination campaign kicks off

Take five minutes to protect yourself and others

Campaign kicks off

The staff inFLUenza vaccination campaign kicked off on October 17th. Each facility will have special areas set aside away from the client units so that we can focus on giving staff the best of our attention. The vaccine will be available to employees up until the end of March.

The weeks of October 17th and October 24th, clinics are scheduled throughout the various centres. After that, we will continue to offer the inFLUenza vaccine at rotating sites. If the times at your centre do not fit your schedule, please feel free to go to one of the other centres near you.

Fast facts

InFLUenza vaccination helps reduce:

- 80 per cent of deaths among people at risk (in institutions),
- 25 per cent of antibiotic use,
- 30 to 70 per cent of hospitalizations with pneumonia or inFLUenza (in institutions), and
- 34 to 44 per cent of medical visits for respiratory symptoms due to inFLUenza among all age groups.

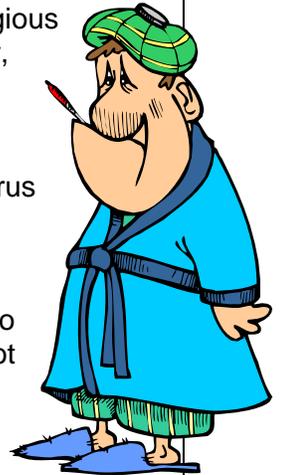
Who should receive the inFLUenza vaccine?

The inFLUenza vaccine is recommended for people such as healthcare workers and homecare providers who are capable of transmitting inFLUenza 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, immunosuppression, HIV, lung/heart/kidney disease, etc.,
- Children and adolescents on long term acetylsalicylic acid (ASA) therapy, and
- Persons with HIV.

DID YOU KNOW?

- InFLUenza is a highly contagious 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 70 to 90 per cent effective in healthy adults.
- Carewest clients can become seriously ill, require hospitalization or die from inFLUenza and its complications (like pneumonia).



InFLUenza immunization questions answered 4,000 to 5,000 people die of influenza each year

Frequently asked questions

- **Is the inFLUenza vaccine mandatory?**
It is voluntary but highly recommended.
- **Will I get sick from the inFLUenza vaccine?**
The influenza vaccine cannot make you sick because it does not contain live virus.
- **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. In healthy adults, the vaccine is 70 to 90 per cent effective against the three strains of inFLUenza (two As and one B) that are contained in this year's vaccine.
- **How long does it take to get vaccinated?**
It takes less than five minutes including the time it takes to sign the consent form. We recommend workers wait a few minutes after receiving the vaccine, especially if the worker is receiving the vaccine for the first time.
- **Are there incentives to participate?**
Carewest has a very active incentive program including two \$100 gifts donated by **Dr. Aldridge**, a day off with pay (at each site), a month of free parking (at each site), and gift certificates donated by Social Clubs at each site. To become eligible, staff who receive their inFLUenza vaccine before November 15th complete a tear-off ballot attached to their consent form.
- **Is the inFLUenza vaccine available only to direct care givers?**
Carewest offers inFLUenza vaccine FREE to all health care workers including food services staff, physical plant services staff, ITS, volunteers, hairdressers, administrative workers, and custom linen employees.
- **What about clients?**
Clients receive the inFLUenza vaccine annually at the end of October from the RN on the unit. This program is coordinated by the Infection Prevention and Control Leader.

HELP PREVENT INFLUENZA GET VACCINATED

It's almost that time of year again – inFLUenza season.

The third week of October is National Infection Control Week and Employee Health and Safety will team up with Infection Prevention and Control to make sure Carewest staff, residents and clients stay healthy this winter.

Staff will begin to receive their annual inFLUenza vaccinations starting the third week in October, while residents will begin to receive their shots a week later.

Every year, between 4,000 and 5,000 people die of inFLUenza. Seniors are more vulnerable to this highly contagious illness – which causes an acute onset of high fever, coughing, muscle and joint pain and serious fatigue for three to four days longer than younger adults.

Watch for the inFLUenza vaccination campaign kickoff this month.

*Lynne Koziey
Communications Coordinator*





DON'T GET CAUGHT... GET THE SHOT!

Staff in *FLU*enza clinic schedule for October

Staff are welcome to attend ANY clinic that is convenient to their personal schedule!

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Administration Noon to 4:00 p.m. Nickel House TBA	Dr. Vernon Fanning 8:00 a.m. to 4:30 p.m. Sarcee 7:00 a.m. to 4:30 p.m.	Colonel Belcher 8:00 a.m. to 4:30 p.m. Glenmore Park 8:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 8:00 a.m. to 4:30 p.m. Sarcee 7:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 7:00 a.m. to 4:30 p.m. Royal Park 8:00 a.m. to 4:30 p.m.
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Dr. Vernon Fanning 7:00 a.m. to 4:30 p.m. George Boyack 8:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 8:00 a.m. to 4:30 p.m. Glenmore Park 7:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 8:00 a.m. to 4:30 p.m. George Boyack 7:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 7:00 a.m. to 4:30 p.m. Colonel Belcher 8:00 a.m. to 4:30 p.m.	Dr. Vernon Fanning 8:00 a.m. to 4:30 p.m. Signal Pointe 8:00 a.m. to 4:30 p.m.

TEAMS

Infection Prevention & Control welcomes new team member

Esther Giesbrecht recently joined the Infection Prevention & Control team as Infection Control Nurse. She is not new to Carewest; she joined the organization in 2001 as a staff nurse and worked with Neuro Rehab at Carewest Dr. Vernon Fanning 2 East and Carewest Cross Bow's Regional Community Transition Program. In 2003 she took the challenge of palliative care nursing and worked at Sarcee Hospice. In 2005, Esther transferred to Supportive Pathways on Unit 2 at Carewest Sarcee.

Prior to joining Carewest, Esther spent 10 years in Occupational Health and Safety in an industrial setting. During this time she attained certification in the field of Occupational Health Nursing gaining a COHN© designation.

Outside of the work situation Esther spends time on artwork, and enjoys camping with her husband **Rick** and their three grown children, **Ryan**, **Jenn**, and **Josh**. We are very happy to have Esther join our team.



Esther Giesbrecht joins IP&C.

*Mary Le Blanc and Denise Monette
Carewest Infection Prevention & Control*



BOYACK RESIDENTS GO CAMPING **Don't Feed the Bears**

Have you heard the news? Ten lucky residents and three staff from George Boyack ventured off camping in September. The William Watson Lodge in the heart of K-Country was taken over for three days by our hearty campers. Volunteers from *Second Wind Dreams* made it all possible by supplying, preparing and serving all the food, and covering the costs of the cabins. We thank you all dearly!

The first night was highlighted by a BBQ dinner, followed by some wonderful conversation by the fireplace. The visiting continued while we returned to our cabins. It was certainly an enjoyable start to our trip.

The second day started off with walking tours of the area and a pie baking session – which created the best pie this side of the Rockies. Later that evening, sounds of music filled the lodge with a fireside sing-a-long led by **Tom Bridges** and his guitar. Finally, to top it all off, we all shared in a wonderful meal of roast beef and herbed chicken followed by wonderful apple pie.

On our last day, excitement was stirred by a visit from the 'king of the mountains', a grizzly bear. None of us actually saw the bear but his presence near the lodge was enough for us. After the departure of the bear, many sat down to play cards while others tried to take in one more glimpse of the wonderful scenery.

The memories experienced will live on for years to come! Special thanks go out to **Cara, Christina, Jason** and the Second Wind Dreams volunteers for making it all happen.

*Jason Kosolofski,
Recreation Therapist
Carewest George Boyack*



Boyack residents enjoy the view in K-Country.



*Second Wind Dreams volunteers
helped make the trip possible.*

A little about Second Wind Dreams

This dedicated organization provides seniors in our community with the chance to live out their dreams. They take the wishes and dreams unfulfilled and try to make them happen. The residents of George Boyack voiced a wish to visit the mountains and as you can see from the above, it came true! These fine people are always looking to help where they can so be a voice and let a dream be known. Please contact **Val Bracey** at 889-4445 for more information.

Educational Programs

Is wound care a passion of yours? Do you have a strong desire to join the SWAT team at your facility? Are you a professional (LPN, RN, therapist, etc.) in healthcare? If so, consider attending one of the two educational programs offered on wound care by the Calgary Health Region:

1) The Wound Resource Nurse

Provides general information on best practices in wound care. The four sessions over two months cover an introduction to evidence-based practice, principles of acute and chronic wounds, comprehensive clinical assessment, and lower leg assessment and treatment.

2) SWAT Team

A comprehensive three month program on best practices in wound care. Level 1 SWAT has nine modules covering skin care, wound healing principles, wound assessment, wound care, pressure ulcers, arterial and venous leg ulcers, diabetic foot ulcers, and acute and chronic wound management. Level 3 SWAT program covers adjunctive therapies, debridement, infection, unusual ulcerations, adult learning strategies and research 101. Lectures, workshops and preceptorships are required before achieving competency and completion of the program.

To enroll or for more information, please contact **Barb Burris** at 943-1721.

Attention: All mattress experts for each facility should contact **Ruth Simpson** rather than **Cheryl Knight** at the same fax number with information on regional rental mattresses.

*Janice Sharpe
Occupational Therapist
Carewest Sarcee*

Carewest Gala

Saturday, November 19th

Doors open at 6:00 p.m.

Buffet dinner at 7:00 p.m.

Dance at 9:00 p.m.

Calgary Stampede Grounds
The Big Four Building – Hall A
1410 Olympic Way S.E.

Tickets are on sale
from October 24th to November 14th
at your site receptionist.

Tickets include both dinner and dance.

Employee: \$20

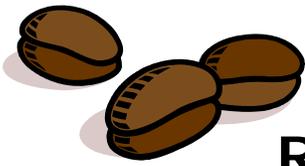
(refundable after the event)

Employee and guest: \$20

(non-refundable)

Don't delay!
This event was sold out last year.





COFFEE AND YOUR HEALTH

Researchers have 'bean' busy



Many of us start our day with a steaming cup of coffee. New research now indicates that your morning cup of coffee may be doing more than just keeping you awake. Due to its huge popularity, nutrition research has recently begun exploring the health benefits of your favourite, and often necessary, morning beverage.

According to Statistics Canada, the popularity and growing number of specialty coffee shops has Canadians consuming over 90 liters of coffee per person every year. With this much coffee being consumed, researchers took note, and began exploring what our daily 'cup of Joe' was doing to our bodies. Thankfully, your freshly brewed cup of coffee each morning may actually be offering some benefits to your health. Antioxidants in coffee may be providing health benefits, and even protect against development of certain diseases.

- A study at the Harvard School of Public Health found that men who drank more than six eight-ounce cups of caffeinated coffee per day lowered their risk of type 2 diabetes by about half, and women by nearly 30 per cent, relative to coffee abstainers.
- Two to three cups of coffee daily reduced the risk of developing gallstones by 40 per cent in one 10-year study.
- Studies in Italy and the U.S. concluded that three or more cups of coffee per day led to a decreased prevalence of asthma.
- Coffee intake has been associated with a lower incidence of Parkinson's disease.
- Due to its caffeine content, a cup of coffee may relieve your tension headache as effectively as an aspirin.

Regardless of the new-found health benefits surrounding coffee, drinking too much java may still be hazardous to your health.

Caffeine in coffee is a known stimulant, and can be addictive. Consuming too much can give you the jitters, keep you awake at night and cause irritability. Recommended consumption of caffeine is no more than 400 mg per day, which is equivalent to approximately three to four six-ounce cups of coffee. (Pregnant women should stick to one to two cups of coffee per day.) After three cups, you may want to switch to decaffeinated coffee to benefit from the antioxidants, but cut down on caffeine. Remember that although coffee is a fluid, you need to ensure adequate intake of other nutritional and essential beverages such as milk and water.

Keep in mind that regular coffee drinkers still need adequate calcium intake to maintain bone density, so make sure you are consuming a minimum of 1000 mg of calcium each day from dairy and other sources to offset your caffeine intake.

Harvard University has conducted some coffee-related research and here is what they have found:

- The caffeine in one cup of coffee is enough to constrict your arteries, particularly around the brain. This is one of the reasons that coffee may be able to cure a headache, as it tightens those dilated veins.
- The caffeine in coffee can increase your heart rate and can temporarily increase your blood pressure. A consistently high blood pressure could lead to hypertension; if this is a health concern, you may need to switch to decaf.
- Some of the oils in coffee may cause an increase in cholesterol levels. It has been found that these oils may be trapped by your paper filter in your coffee pot. But, if you pick up a specialty coffee on the way to work, it is likely your latte was not made using a paper filter. Therefore, specialty coffee may unknowingly raise your blood cholesterol.

Continued on page 10.

Researchers have ‘bean’ busy

Continued from page 9.

In addition to those oils, you are also consuming a copious amount of calories and fat in specialty coffees. One cup of regular coffee only contains five calories, but as soon as you add creamers, sugars and syrups, you are adding up to an additional 200 calories to your cup. Even the type of milk used to make your specialty coffee can make a huge caloric difference.

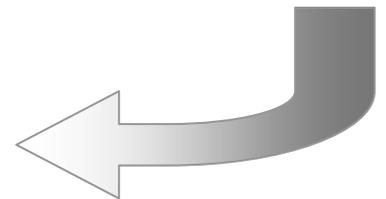
Don't let these numbers scare you into abandoning your morning cup of coffee. Instead, let this knowledge arm you against making poor choices when grabbing that coffee on the run. It's definitely okay to treat yourself once in a while, but on most days try ordering a smaller sized cup, asking for non-fat milk and sugarless syrups to combat those unnecessary extra calories. Remember, when it comes to your health, it is the little things that can make a big difference!



*Angela Waye & Gillian Proctor
Dietetic Interns at Carewest*

FOOD SERVICES

Carewest supports dietetic interns



What is a Dietetic Internship Program?

It is a formal learning program in which the academic knowledge gained in a university program is applied in a practice-based setting. There are several different types of dietetic internship programs and all must be accredited by the Dietitians of Canada.

Programs must total 45 weeks. However, the time can be completed full-time or divided into smaller 13-week blocks and completed between the third and fourth year of university, as well as after the fourth year.

Carewest Food Services provides the opportunity for Dietetic Interns to receive valuable on-the-job training and exposure to an actual work environment. The interns typically can complete either their administrative and/or clinical placements at Carewest. The placements are supervised by either a clinical dietitian or a Leader, Food Services.

Dietitians are trained to develop in-depth scientific knowledge of food and human nutrition. They have the skills and judgment to integrate, translate and apply this knowledge of food, nutrition and social sciences, and management theory, to work with individuals and populations to create strategies that enable clients to achieve their food and nutrition goals.

During their time at Carewest, the Dietetic Interns spend time with staff in all areas of production and service. They work serving in the resident dining rooms and assisting with food preparation with the cooks. They develop a thorough understanding of the purchasing process and how the budget works.

As one of their projects, the interns plan and assist with preparation and service of a special lunch for residents.

*Heather Truber
Food Services and Commissary Leader*

Did you know?



Welcome to *Did You Know?* a new addition to *Carewrite*. As a large organization with lots of different areas of operation, it's tough to know everything there is to know about Carewest. That's why we thought it might be interesting (and useful!) to put together a column that captured (often unknown) facts and details about who we are and what we do. The column will appear every month in *Carewrite*. Here is our first installment:

Did you know... that Carewest has a below-average turnover rate?

In the first quarter of 2005, our annualized turnover rate was eight per cent. According to the Canadian Institute of Business and Human Capital Development, that's lower than half of the 16.3 per cent benchmark for organizations with 1,000 to 2,000 employees.

That means that Carewest employees are not only dedicated to the organization and committed to the residents and clients for which they care, but that we also continue to provide consistent service providers, one of the important "blocks" in our Building Blocks. Carewest Building Blocks are Carewest's foundation – who we are, what we do and why we do it – and help us stay focused on our direction and what's really important to us.

If you have any intersecting 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.

FINDING BALANCE

Vitamin K and Warfarin



Vitamin K is used by the body to control blood clotting. It is also involved in bone reformation and repair. In the intestine, it helps convert glucose to glycogen, which can then be stored in the liver.

The drug Warfarin (generic name) or Goumadin (brand name) is prescribed to reduce the chance of blood clots in patients with conditions that leave them prone to forming clots easily, putting them at risk. Examples include people who have atrial fibrillation, previous myocardial infarction and deep vein thrombosis. The drug Warfarin interferes with the production of Vitamin K, decreasing blood clots but also increasing the risk of bleeding,

bruising and hemorrhaging.

Maintaining a healthy balance of blood clotting factors is critical to ensuring that a clot does form while also ensuring a person doesn't bleed too much when injured. One way to find that balance is through diet. Some food, such as most leafy green vegetables are high in Vitamin K. Eating more of these decreased the effectiveness of Warfarin. However, that doesn't mean a person on Warfarin should stop eating vegetables! Vitamin K is essential in everyone's diet. It just means that a person on Warfarin should maintain a consistent intake of Vitamin K so their Warfarin dose can be adjusted appropriately. For example, it's okay to eat salads every day but don't eat three salads on Monday and Tuesday and then eat none for the next few weeks.

Vitamin K can also be used to treat Warfarin overdose. The vitamin dosage is hundreds to ten thousand times higher than those found in foods and can only be prescribed by a doctor. In this situation, the best way to take Vitamin K is orally. Even if it is not available in an oral formulation, it is okay to drink the injectable solution.

*Esmond Wong
Pharmacy Student
Carewest Dr. Vernon Fanning*

Mothers

The toughest job of all in life, is that which we call mother
 With no experience this job is yours, one harder than any other
 The age requirement is versatile, no resume required
 Work ethics? Insignificant! Or medals you've acquired.

In just nine months you qualify for a lifetime of commitment
 Twenty-four-seven is your work week and pay's not heaven-
 sent!

The first few weeks you get no sleep or time to do your hair
 The learning curve lasts for years; you'll never ever get there!

When Kindergarten days arrive you think you'll get a break
 But lo and behold they rake you in to volunteer and bake
 For this cause and for that, your time just disappears
 Then baseball, football, volleyball and hockey days are here!

You dream of when your days were free and careless as can be
 What were you thinking? From one kid, now you've three!
 For years your time is not your own; rewards are all too rare
 But for these things you carry on and all the more you care.

Vanished soon these days will be; the teen years just fly by
 Suddenly grown and on their own, now you sit and sigh
 For now you've time all to yourself, it's time to plan anew
 For all those things you missed so much, these things you now
 can do.

Then it starts up over again, the grandchildren have arrived
 And now you give advice to them, after all you have survived!
 But it's better with your grandkids, you relax and have fun
 Then hand them all over while the day is still young!

Helen Stuart
 Administrative Secretary
 Carewest Sarcee

Happy Thanksgiving

'Twas the night of Thanksgiving, but I just couldn't sleep.
 I tried counting backwards, I tried counting sheep.

The leftovers beckoned - the dark meat and white,
 But I fought the temptation with all of my might.

Tossing and turning with anticipation,
 The thought of a snack became infatuation.

So, I raced to the kitchen, flung open the door
 And gazed at the fridge, full of goodies galore.

I gobbled up turkey and buttered potatoes,
 Pickles and carrots, beans and tomatoes.

I felt myself swelling so plump and so round,
 'Til all of a sudden, I rose off the ground.

I crashed through the ceiling, floating into the sky
 With a mouthful of pudding and a handful of pie.

But I managed to yell as I soared past the trees...
 Happy eating to all - Pass the cranberries, please.

May your stuffing be tasty, May your turkey be plump,
 May your potatoes 'n gravy have nary a lump,

May your yams be delicious, may your pies take the prize,
 May your thanksgiving dinner stay off of your thighs.

May your Thanksgiving be blessed!

Author unknown



WWW.REALAGE.COM

Dark thoughts

A bit of dark chocolate may do more than just tickle your taste buds.

Eating about 3 1/2 ounces (seven small squares) of dark chocolate helped relax people's blood vessels in a recent study, which could help protect cardiovascular health. Study participants experienced improvements in endothelial function of the smooth muscle lining their blood vessels. Improved endothelial function aids blood flow and helps decrease strain on the heart. So go ahead and indulge, but don't overdo it; dark chocolate is still high in calories and fat.

CAREWEST DR. VERNON FANNING

A special man's last request

This is not the first time **Sheila Lal** went the extra mile, but it was a day to be remembered in the minds of one special man and numerous staff on Neuro Rehab at Carewest Dr. Vernon Fanning.

It was early Friday morning on the 22nd of April, a bittersweet day. Usually discharge from rehabilitation is a joyful day but today the gentleman being discharged had been diagnosed with terminal cancer and given a very short time to live. He was moving from Carewest's Dr. Vernon Fanning Neuro Rehab to Palliative Care at Carewest Sarcee.

Nimmi Rehill a Nursing Attendant asked what he would like for breakfast.

He tearfully replied, "Could I have bacon and eggs?"

Nimmi approached Sheila from Food Services, told her about the situation and asked if there was any possibility of fulfilling his last request. Nimmi felt it was very unlikely as there was no bacon being served.

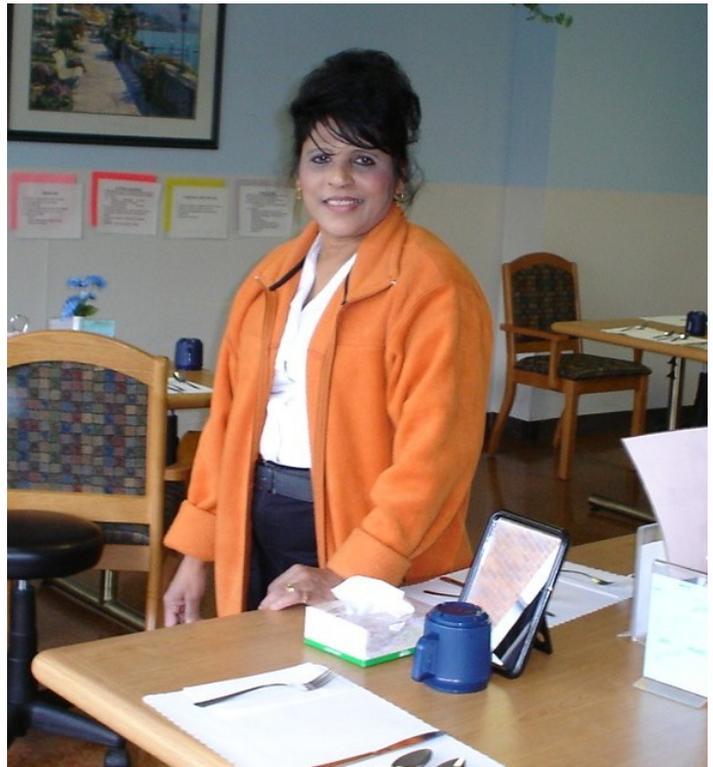
Sheila replied, "I'll see what I can do; I'll try my best."

Sheila left the dining room and returned a few minutes later with bacon and eggs. She started cooking on the stove in the dining area. Sheila handed the meal of bacon and eggs to Nimmi and Nimmi gave it to our special guest.

With tears of joy he asked, "You really did it?"

The client and staff were all overwhelmed and tearful. Although our special man had to have his breakfast packed up for take out as the paramedics arrived, it was all in a day's work for Sheila. Sheila went above and beyond to fulfill a client's last request. Twelve days later staff at Neuro were notified by family that he passed away at Sarcee.

From all the staff on Neuro, a big thanks to Sheila Lal. We will always reminisce about how Sheila turned a bitter day into a sweet day after all.



Sheila Lal in Food Services.

*Helen Retardo
Receptionist, Carewest Dr. Vernon Fanning*

New Alcohol hand rub first choice for clean hands



Why should I use this new product?

If you are a healthcare worker, you should use the new 70 per cent alcohol hand rub (Mircrosan) as your first choice for hand hygiene before and after contact with every patient. It kills bacteria and viruses better than the current alcohol hand rub product, which has only 62 per cent alcohol. Also, it's a foam product, which is kinder to your hands because it delivers less chemical to your skin.

Why is alcohol better than soap and water?

An alcohol hand rub is proven to be 70 per cent more effective at killing bacteria and most viruses than traditional handwashing, even if you use and antimicrobial soap.

It's also faster. It is estimated that an ICU nurse saves one hour in an eight-hour shift by using an alcohol hand rub rather than soap and water.

And it's easier on your hands. Soap causes skin irritation and dryness that an alcohol hand rub does not. This is particularly important during Calgary's cold, dry winters.

Is it effective during GI outbreaks?

The 70 per cent alcohol hand rub may not kill gastro-intestinal (GI) viruses like Norovirus. During GI virus outbreaks, Infection Prevention & Control will have a 'high test' hand rub that has a higher alcohol content and is proven to kill Norovirus.

Is handwashing still important?

- If your hands are visibly dirty, use soap and water. Dirt will soak up the alcohol so it can't kill the bugs.
- If you patient has diarrhea, use soap and water. The hand rub with 70 per cent alcohol does not kill C.difficile spores.
- If you have been handling chemicals, use soap and water. You need to wash those products off your skin and down the drain.

*Source: Infection Prevention & Control newsletter
Fall/Winter 2005*

More dispensers and new product coming for Carewest hands

Carewest will be installing 256 alcohol and foam dispensers and 158 hand lotion dispensers at all Carewest sites over the next couple of months.

We evaluated all new products during trials at Carewest Sarcee Unit 3 and Carewest Glenmore Park 1 West. The products were all well received and staff reported improvements in their skin conditions.

The products are from Deb Canada, who has been our supplier of soap for many years. This is a Regional initiative that includes Carewest. The contract will last 10 years.

*Mary LeBlanc
Coordinator
Infection Prevention & Control*

A bright idea

Turning up the lights may help you focus.

People who work in brightly lit environments, such as near a sunny window, are more productive and less distracted than people who work in darker interior spaces, a recent study suggests. Maximize your output by working on tough tasks near a sunny window if you can, or bring in some extra lamps and overhead lighting.



A lack of light can affect your mood by upsetting your circadian rhythms. Seasonal affective disorder (SAD) is a type of depression related to this disruption in a person's biological internal clock. Circadian rhythms set the pace for many body processes using a 24-hour cycle. Sleep and mood are just a couple of the processes governed by circadian rhythms. When these rhythms are altered, symptoms of insomnia and depression can result. Evidence suggests light therapy benefits people with SAD, as well as people with non-seasonal depression. If you suffer from depression or a blue mood that lasts for more than a few weeks, see your healthcare provider.

WORKSHOP

Things as they are

Maintaining a healthy balance between attending to a person in care and attending to the needs of others at home and work can seem impossible. Many husbands, wives, children, siblings, and friends of a person living in a care facility feel a constant sense of guilt and inadequacy, in part because they do not feel they are managing anything well enough.

The Alzheimer Society of Calgary, in association with the Family Caregiver Centre, presented a workshop for people who have a primary or support caregiver role. Constructive Living's *Things as They Are* introduces principles of action and reflection that can have immediate and realistic impact on your life.

Constructive Living is about building personal strength through self-informed action. For example, the workshop addresses five A's:

- **Attention:** Seeing what needs to be done and avoiding misdirection.
- **Acceptance:** Reducing the amount of energy and effort spent attempting to control the uncontrollable.

Alzheimer Society

CALGARY

- **Appreciation:** How to daily influence your well-being and the well-being of others.
- **Aim:** Making the shift from actions that are directed by feelings to actions that are directed by purpose.
- **Action:** How to change the things that can be changed, even when you don't feel very energetic or enthusiastic.

The Constructive Living workshop was held on October 24th. Although the date has passed, if you feel you could benefit from some counseling or advice, please call the Alzheimer Society of Calgary to arrange a free consultation. The number is 290-0110.

Karen Ritchie
Alzheimer Society of Calgary

Frank Allsopp arrested for a good cause

For several seconds after the police officer approached EQual Client Service Leader **Frank Allsopp**, he frantically raked his mind as to what he had done wrong.

"I didn't know what to think. I knew I didn't have any outstanding tickets or warrants," said Frank, shaking his head.

At the end of a painfully long 30 seconds, the police officer fessed up: Frank was wanted for a good cause – the Canadian Cancer Society's annual Jail-N-Bail event.

The fateful day – Thursday, September 22nd – started much as any other until Frank, just finishing his lunch, received an urgent call to return to 1 East (at Carewest Dr. Vernon Fanning), where there was an "emergency" to attend to.

When Frank arrived, he was met by a police officer who indicated that he had a warrant for Frank's arrest.

When he found out just exactly why he was being escorted to a waiting police cruiser, his thoughts were anything but charitable.

"I wasn't thinking in good terms whatsoever," admitted Frank.

"When I looked behind me, there were six or seven staff members with a variety of cameras beginning to take photos as the police officer took out his handcuffs and cuffed me. Nobody would own up to it but on the way downtown, the police officer was kind enough to tell me."

In fact, it was staff on 1 East who turned Frank in – more specifically Unit Clerk **Pauline Crawly** and NAs **Sheila Barker** and **Tracy Toney**.

"The reason we gave for his arrest was that he had just told us the day before that he would be leaving us for new employment at the Region," Pauline said. "We said it's a crime he's leaving. It was funny, really hilarious. We wanted him to have something to remember to us by. This came up and it was just the perfect opportunity."

Frank also thinks the timing was good – his staff were scheduled for upcoming performance appraisals...



Frank Allsopp 'assumes the position' during a police shake-down.

Frank was taken down to Bow Valley Square with the rest of the jailbirds and forced to wear a special jailbird smock so he "didn't get mixed up with the regular criminals."

A mock jail with a bank of telephone and judge and jury were awaiting Frank upon his arrival. The judge asked him a series of questions, including why people would want to have him arrested.

"It was on the warrant that I was being arrested because I was leaving Carewest and they didn't want to me to go. They figured that if I couldn't make bail, I couldn't go to the Region," Frank said. "I explained that Carewest didn't have money as we were the poor cousins in health care. I tried to plead my case and that I wasn't part of oil and gas. I indicated that while we didn't have any oil at Carewest, we did have lots of gas in our facilities."

The judge didn't buy Frank's story and continued to up the bail until it reached a hefty \$500. After being detained for three hours, Frank was let go and escorted by police back to Fanning after raising a commendable \$700.

"It was a great experienced; a tremendous cause. It was a lot of fun and an excellent effort on everybody's part."

Over two days of "arrests" made by off-duty police officers, the Jail-N-Bail event raised \$485,000 in support of the Canadian Cancer Society.

*Lynne Koziey
Communications Coordinator*

Don't sit on spinach

For optimal nutrition, don't let your spinach sit around too long before you eat it.

Packaged spinach can lose as much as half of its health-boosting carotenoids and folate in as few as four days after you bring it home from the market, research shows. This is true even if the spinach is refrigerated. Try to eat fresh spinach within a day or two of purchase.



Although fresh spinach may lose much of its nutrition in as few as four days after purchase, spinach that is frozen and packaged soon after harvesting will retain much of its nutritional value. Eating fresh or frozen fruits and vegetables is a great way to load up on health-boosting vitamins, minerals, antioxidants, and phytochemicals.

Dental Health Tips

Halloween Treats



- ☞ Sweet, sticky Halloween Treats are less harmful to teeth if you brush with a fluoride toothpaste right after eating them.
- ☞ Can't brush after eating treats? Then try:
 - Chewing sugar-free gum afterwards.
 - Eating a piece of cheese after the treat.
 - Rinsing your mouth with water.
- ☞ Use floss every day.
- ☞ Your hygienist can show you and your child how to floss properly.

 calgary health region

DAY HOSPITAL NORTH

Client shares creativity

All the staff and clients of Carewest Day Hospital North give praise to **Ron Marsden**. Ron, a client who attends Tuesdays and Thursdays, is not only creative but generous too!

In the past few months, Ron has brought in a fall wreath, 30 fall centerpieces kits, 30 snowmen kits and a spider, not to mention carving numerous apple heads for dolls.

Ron, you inspire us all.

*Helen Yuen
Therapy Aide,
Carewest Dr. Vernon Fanning*



CAREWEST GEORGE BOYACK
2ND FLOOR

Thank you

My aunt **Frieda Ott** came to you over a year ago. As well as being physically ill, she also suffers from schizophrenia and she was very afraid. Because she had given up the fight to live, I really didn't think she would live long. At first, she was even afraid to venture out of her room or talk to anyone. She had even instructed me to give away her jewelry, which luckily I didn't.

Now she is a totally new person. Yes, she is still ill, but she has really blossomed. I attribute this to the kindness and care given to her by the staff. She comes out of her room now and watches TV with the other residents (I don't think she uses her own TV). She talks to the staff. Just recently she inquired about jewelry and that's when I really knew she had made strides. She feels very much at home at Carewest George Boyack.

At a time when I hear so many negative comments about nursing homes, I am so grateful to the staff at George Boyack who take such good care of my aunt. I know this is true, not only because of the changes in my aunt, but because she is lucid and tells my how good you all are to her.

Please be encouraged and keep up the good work. Some of us actually do notice and are thankful.

Noreen E. Bryant

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Pumpkin Joints

That orange-hued pumpkin on your doorstep may be the new symbol of arthritis prevention.

Beta-cryptoxanthin is a carotenoid found in yellow-, orange-, and red-hued produce, such as pumpkins and red peppers. Studies show this carotenoid could help reduce the risk of inflammatory polyarthritis by up to 40 percent. Get your fill from orange juice, carrots, and watermelon as well.



Polyarthritis is a condition that may lead to rheumatoid arthritis, an autoimmune disease that can cause fatigue, aches, swollen lymph nodes, fever, and stiff, painful joints. Severe rheumatoid arthritis may result in significant tissue destruction and disability. Diagnosing and treating the disease early may help slow disease progression and minimize serious health consequences. Eating a diet high in antioxidant-rich fruits and vegetables and protective, healthy fats from walnuts, fish, and flaxseeds may help combat inflammation. Limit red meat in your diet to no more than one serving per week as well. Red meat may aggravate inflammation.



ARAMARK Housekeeping Corner

WD-40 to the rescue

LAUNDRY TIPS



Have you ever had one of those greasy or oil-based stains in your clothes that you just couldn't get out? Well, look no farther than your workshop shelf for the solution – pick up a can of WD-40 Lubricant ®.

Spray WD-40 on any grease or oil stain – which might include salad dressing, grease splatters, crayon or even lipstick. Wait approximately ten minutes, then work in undiluted liquid dish soap and launder as usual.

Works great on everything except silk.

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

Homemade Halloween make-up

Carewest staff and residents have been known to have a little fun at Halloween with scary costumes. Here are some handy recipes to help make the day extra spooky.

Halloween Face Paint

This simple recipe makes a great face paint for clown or Halloween costumes and it's easy to wash off with soap and water.

Here's What You Need

Small mixing bowl
1 teaspoon cold cream (such as Noxzema)
1 teaspoon cornstarch
Toothpick
5-6 drops food coloring
Sponge, cotton swab, or small paintbrush
Small plastic container with lid

Here's How You Make It

In the bowl, mix the cold cream and the cornstarch with a toothpick until the mixture is creamy. Add the food coloring to make a dark, rich color.

Here's How You Use It

To test for an allergic reaction, apply a small amount of the paint to the inside of your wrist the night before you apply it to your face. Store the rest of the paint overnight. If your skin doesn't react to the face paint, wash and dry your skin where you will apply the face paint. Apply the face paint with your fingers, a sponge, a cotton swab, or a small paintbrush. Be careful not to get the mixture in your eyes because it may make them sting.

Here's How You Store It

Store the face paint in a small plastic container at room temperature for up to one week.

Fake Blood

This oozing, dripping "blood" looks just like the real thing! If your colleagues run for the first-aid kit after they catch a glimpse of you, you've done a great job!

Here's What You Need

Small mixing bowl
1/2 teaspoon cocoa powder
1 1/2 teaspoons hot water
Mixing spoon
2 tablespoons corn syrup
15-20 drops red food coloring
Eyedropper or spoon
Airtight container

Here's How You Make It

In the bowl, mix the cocoa powder and hot water with the spoon.
Add the corn syrup and stir well.
Mix in the food coloring.

Here's How You Use It

To test for an allergic reaction, apply a small amount of the fake blood to the inside of your wrist the night before you apply it to your face or body. Store the rest of the fake blood overnight. If your skin doesn't react to the fake blood, wash and dry your skin where you want to apply the fake blood. Use an eyedropper or a spoon to drip the fake blood from the corners of your mouth, onto a costume bandage, or onto whatever you want to look bloody. Keep fake blood away from clothing, because it may stain.

Here's How You Store It

Store the fake blood in an airtight container in the fridge for up to one week.



Carewrite schedule

November

Submission deadline: November 10th

Publishing date: November 17th

December

Submission deadline: December 7th

Publishing date: December 15th

Editor's Note:

Carewrite was delayed this October when I had unexpected surgery. I appreciate your patience and hope this did not inconvenience readers or people who submitted articles.



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Roasted Pumpkin Seeds

Don't throw out the seeds when making Jack-O-Lanterns or cooking fresh pumpkins. They make great snacks that are rich in fiber as well as vitamins B and E.

Toss 1½ cups of pumpkin seeds in a bowl with 2 tsp. melted butter or oil. Add seasonings of your choice such as salt, garlic powder or cayenne pepper. Spread pumpkin seeds in a single layer on baking sheet. Bake for about 45 minutes at 300° F, stirring occasionally until golden brown.

