

Carewrite

Carewest news and information for everyone

VOLUNTEER APPRECIATION

Contributions of Carewest volunteers celebrated at roaring twenties events

Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.

Actor Danny Thomas

This April and May, the contributions of more than 800 volunteers were celebrated at “roaring twenties” afternoon teas or evening events across Carewest.

In the past year alone, our wonderful Carewest volunteers contributed more than 44,000 hours in a variety of different activities.



Regina Saul-Almero and Tasha Walker dress for the event.

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“Gangsters” Bob Ehman and Philip Costain.



Carewest

Excellence and Leadership in Specialized Continuing Care

May 17th, 2007



EMPLOYEE RECOGNITION

Our employees – the heart and soul of Carewest

Every day throughout Carewest, employees do incredible work. They are they heart and soul of this organization.

Last month, we acknowledged the contribution of volunteers who give their time to benefit the clients and residents of Carewest. This month and next, there are several events that recognize the valued contributions of employees.

National Nursing Week was held from May 7th to May 13th, honouring the largest single health professional group in Canada and on May 11th, 14th and 15th, Carewest employees were recognized for their service to Carewest.

Celebrations and special luncheons were held at various sites for employees who have completed five, 10, 15, 25 and 30 years of continuous service. In all, 105 employees were invited to attend the luncheons at Carewest Dr. Vernon Fanning, Carewest Royal Park and Carewest Colonel Belcher, celebrating a collective – and outstanding – 1,150 years of service.

Gold and Excellence Awards were also handed out to deserving staff during the luncheons. These awards are presented to employees who have been nominated for a Thank You for Making a Difference Award by a fellow employee. Members of the Employee Recognition Committee then narrow down the nominee based on their accomplishments before the winners are ultimately chosen by members of the Executive Leadership Team. These nominations and awards are an excellent way to recognize your fellow employees and to say thank you for going above and beyond.

The Gold Award is for efforts that have a significant, positive impact at the team, program or service level (e.g., modifying a resident lift or finding an effective way to improve teamwork), while the Excellence Award is for efforts that have a significant, positive impact on sites or Carewest as a whole (e.g., helping Carewest form a positive partnership with a community organization). Winners of these awards receive valuable gift certificates.

The Employee Recognition Committee – comprised of staff so graciously giving of their time – works hard to ensure staff are given the recognition they are due, but all employees have the opportunity to take part by joining the committee or by saying “thank you” to a colleague through the Making a Difference Program. Finally, from June 11th to 17th, Carewest Employee Appreciation Week will be held.

During this week, breakfast will be served at each of the sites and a special token of appreciation will be given to each staff member. There will also be displays erected at various sites and prizes given out. Again, the purpose of this Employee Appreciation Week is to celebrate you, the employees of Carewest, each of whom make a valuable contribution.

Take the time to pat each other – and yourself – on the back for all your hard work, time, dedication, creativity and enthusiasm. Congratulations for a job well done!

Dale Forbes
Executive Director

COMPREHENSIVE COMMUNITY CARE

Eat Well, Live Well for Life

What do you get when you combine a dietitian, a licence practical nurse, a recreation therapist and clients from Comprehensive Community Care (C3)? Eat Well, Live Well for Life, a 12-part program with senior-friendly ideas for healthy eating.

Workshop facilitator and Registered Dietitian **Lisa Slauenwhite** says that some seniors, especially those who live alone, lose their interest in eating. “Part of the issue is finding interesting things to eat,” says Lisa, “so we try to introduce some new items. For example, we sampled Chinese pears and other fresh fruit to add variety to our diet.”

Using the *Canada Food Guide to Healthy Eating*, the Eat Well, Live Well for Life group explored a variety of hints for planning meals (variety, balance, fibre facts, the fat challenge, low potassium diet, hydration, etc.), shopping for one or two and cooking for one or two (easy meals to make, creative use of leftovers, ready-made meals). The course reminded us that it’s never too late to improve our diet, be more physically active and be good to ourselves for a healthier life.

Thank you Lisa for your guidance, support, resources, generosity, sense of humour and the yummy treats you served on our graduation day.



Lisa’s Hint: Create Your Own Customized Food Guide

Visit Health Canada’s website to create a personalized Canada Food Guide for Healthy Eating that is tailored specifically for you. It takes into account factors like gender, age, activity level and favourite foods (e.g., everything from peanut butter to dandelion greens). Now there’s something interesting to post on the fridge door!

www.healthcanada.gc.ca/foodguide



Eat Well, Live Well for Life Graduates

Bottom row: Rosalie Strauss, Stuart Patterson and Dorothy Dickinson.

Top row: Edna Flemmer, George Wheeler, Len Pock, Agnes Nottell, Registered Dietitian Lisa Slauenwhite, Elsie Newman and Violet McGregor.

*Vicki Davis
Recreation Therapist
Comprehensive Community Care*



Eat Well, Live Well for Life Graduates

Bottom row: Ruth Johnson, Jeffrey Schofield, Marjorie Ollerenshaw and Marion Johnstone.

Top row: Tilly Burbank, Leela Fonseka, Wally Kotsibie, Registered Dietitian Lisa Slauenwhite, Jean Fisher and Doreen Coleman.

? Did you KNOW

Regional Community Transition Program (RCTP)

Did you know... that the first Regional Community Transition Program (RCTP) opened at Carewest Cross Bow in 1999?

Since then, the program has expanded to three sites: Carewest Glenmore Park, Carewest Sarcee and Carewest Dr. Vernon Fanning Centre. Today, there are 177 RCTP beds in the system, nine of which are Immediate Transition beds. Immediate Transition beds admit clients from the emergency department or from the community 24 hours a day, seven days a week, where they can receive care until a regular RCTP bed is available.

In addition to coming from the emergency department, clients are referred to RCTP by acute care inpatient units or from the community.

The program is targeted to people who have been stabilized from a recent acute illness or injury and no longer require extensive diagnostic testing, invasive procedures or urgent specialist consults but could benefit from continued care.

RCTP focuses primarily on the frail elderly and aims to have clients maximize their potential for recovery, giving them time and opportunity to explore whether they will be able to return to their home. The average length of stay is between 30 to 60 days.

While in the program, clients receive:

- Specialized inpatient care delivered in a care centre environment
- Goal-orientated, outcome-focused and short-term care
- Medical care provided by family physicians

Care team members include:

- Physician, Client Service Managers, Team Leaders
- Registered Nurses, Licensed Practical Nurses, Nursing Attendants
- Occupational Therapist, Physical Therapist, Recreation Therapist
- Therapy Aide, Therapy Assistant
- Dietician
- Pharmacist
- Unit Clerk, Staff Scheduler
- Food Services, Housekeeping
- Bus Operations, Business Office
- Transition Service Coordinators

*Lynne Koziey
Carewest Communications*

Wonton soup a hit! CAREWEST DR. VERNON FANNING

Carewest Dr. Vernon Fanning 3W residents and staff would like to thank the **Trinh family** for the wonderful homemade wonton soup and deep fried wontons they served on May 1st. The meal was prepared in the Craft Cabin kitchen with the help of family members and residents. Those of us who had never wrapped wontons were given a quick lesson in how to make them. Incredibly, approximately 500 wontons were made and consumed! It was a wonderful way to have fellowship and take part in a culture that is different from our own. Once again, we thank the Trinh family for sharing their time and skills with us.

*Judy Dravucz
Recreation Therapist
Carewest Dr. Vernon Fanning 3W*



Workforce Planning Committee Update

Taking Stock

On behalf of the Workforce Planning Committee, I would like to thank all those staff who took the time to complete the Workplace Attractors Survey. With the help of Information Management, all the results have now been collated and will be reviewed at our next meeting scheduled for May 24th. I'm sure we will have a lively debate!

Over the past few meetings, we have identified a long list of potential initiatives we are exploring. We have started work on some of these initiatives. For example:

- Enabling employees to participate in more group purchase plans similar to the home and auto insurance plans that are currently offered to Carewest employees at a discounted rate.
- Reviewing and updating policies that enable greater flexibility for staff. Allowing partial vacation payouts for employees who request it has been approved already for non-union staff and is just being finalized for most of the unionized staff. Leaves of absence (LOA's) is another policy currently under review.
- Redesigning Carewest's orientation. Although our orientation is very good and thorough, it is overwhelming for new hires. **Linda Larg** and **Irma Tamminen** have initiated the project to redesign our orientation to address the current issues that have been identified.
- All new hires now receive a personalized letter from the recruitment team after the first six weeks as a follow-up to see how they are doing. We have received a very positive response from some of the new hires for the extra effort Carewest has demonstrated for setting them up for success.

- The Employee Recognition Committee now attends Day 1 Orientation to take a photo of the new hires. The objective is that if we recognize a new hire in our building or on our unit, we can more easily extend a warm welcome at Carewest.
- Rotations are a favourite topic for everyone. Human Resources, Finance and Operations are working together to see if we can be more creative in making better rotations that are attractive for staff yet meet the service needs of our residents.
- Employee feedback. A common theme we have heard is the need for more feedback to employees. Performance appraisals are one way employees get feedback. The Directors will continue to monitor that every employee gets their performance appraisal done in a timely manner. Some of the forms are being modified to help facilitate this process.
- New site communication boards have now been set up in either site staff rooms or lunch rooms to keep everyone apprised of the latest information and activities taking place. We are also looking forward to the introduction of the intranet so we can post information updates on this forum.

Many of these initiatives are corporate in nature. That is, they are planned and coordinated centrally and applied across the organization. Although these initiatives are good and necessary to create a better place to work, they do not respond to the site-specific needs and interests of staff at a local level. How do we respond to the site-specific needs?

Continued on Page 21.

EMPLOYEE PROFILE

marion elliot

Carewest employees and volunteers make up a vibrant community with diverse talents and dreams. This month we profile Marion Elliott, Carewest Sarcee's recently retired Activity Convener.

If **Marion Elliott** had a motto, it would be "seize the day", which is exactly what Carewest Sarcee's former Activity Convener did for 38 years at the care centre.

"Live every minute, enjoy every minute. The world is full of awe and wonder, just embrace it. If you're kind to yourself and kind to others, good things will come your way," says Marion, who retired on April 30th.

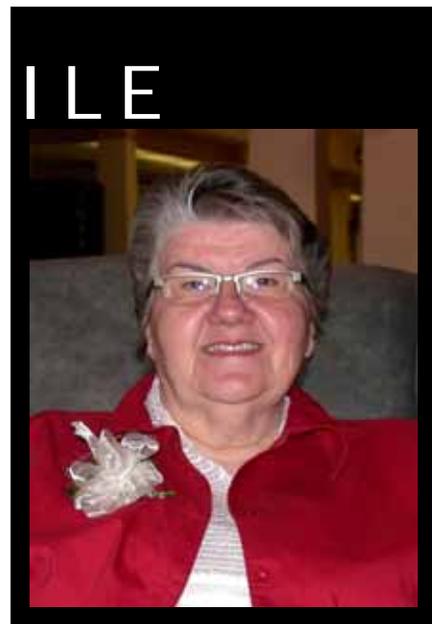
Good things have indeed come Marion's way, welcomed into her life by her positive energy, sense of humour and warmth.

On November 27th, 1969 Marion started at Carewest Sarcee, then part of the Calgary Auxiliary Hospital and Nursing Home District No. 7.

She began her career as a Nursing Attendant and worked on Unit 2, known as the "ladies only" unit until 1980, when she became a Rehab Attendant, a position she held for 16 years.

In 1996, Marion moved into the role of Therapy Aide and two years later became Sarcee's Activity Convener, a role she has relished for nine years. Over the years Marion has served on the Calgary Reorganizational Committee, the Social Committee and has participated in many United Way Campaigns. Proof that she is well-loved and will be missed? She had five going away parties.

"It's been really wonderful. Maybe they threw me all the parties thinking: 'finally, we can see the back end of her going out the door!' " she laughs.



"I feel very, very fortunate to have had this position. I've been able to work with the volunteers and working with people who do things because they love it and because of what they can give is a blessing. They're humble, talented, kind people and they teach you lessons every day. That's why this was a gift at the end of my career," Marion says.

Over the years, Marion has seen many changes at Sarcee, but it's what has changed for the residents that stands out most for her.

"I was here when it was a medical model and I can remember one of the residents asking for a fridge in his room. In an auxiliary hospital you don't have fridges in your room but I thought: 'wow, what a good idea.' So I was thrilled when we changed to more of a holistic model, which made it more like a home," she says.

"I know that Carewest has gone in the right direction when I can walk out to the living room and the residents are sleeping on the couch and their shoes are off and beside them on the floor. Or there's a resident with his back up to the fireplace asleep. Or there are little kids running around in the clusters. It's just home. How wonderful. Places to sit, places to visit, places to just be. Places to do all the things that you would do at home if you could be at home."

Continued on Page 7.

Employee Profile: Marion Elliott

Continued from Page 6.

For Marion, home is just one of many places she plans to spend her time.

“When I think about leaving the residents – who were my first love – behind, and the volunteers behind, I’m sorry. But I’m so excited about whatever is coming next, I’m just thrilled. I’m leaving Carewest with a good, good feeling.”

The next chapter in Marion’s life includes living well and enjoying herself, visiting friends and family, traveling a bit, and possibly volunteering. “I’m open to all possibilities.”

She also plans to spend time with her horse Willow and Willow’s foal Rocky who live on her sister’s acreage near Lethbridge. “I don’t ride but I plan on spending lots of time in Lethbridge with them. I’ve always loved horses and in the last few years I’ve been able to buy Willow.”

As she says goodbye to Carewest and her many friends, Marion remembers her time at Sarcee fondly.

“I’ve worked for people who encouraged me to do beyond what my job was and I really liked that. I’ve worked for bright, innovative, forward-thinking ladies and I always felt it was important to give a little beyond your hired position and enjoy doing so. I think I’m richer for it,” she says.

“If you have people who are kind and supportive, then it makes all the difference. Every piece plays a part and all of it makes up the fabric of your life. It’s been very satisfying for me.”

*Lynne Koziey
Communications Coordinator*

*Photos: (Top) Gail Benjamin (left) presents Marion Elliott with retirement farewell gifts and card.
(Bottom) Marion at Stampede time.*





Be good to the Earth

Start Composting

When food and yard waste biodegrade in a landfill where there is little oxygen, they generate methane (a green-house gas over 20 times more potent than carbon dioxide) – making our landfills the number one single source of greenhouse gases in Calgary.

Composting is one solution to reducing the methane produced by our landfills. When composted, food and yard waste biodegrade in an oxygen-rich environment and Mother Nature can do her work.

There are many types of composters. They can be store-bought or home-made but they all do the job with a little bit of help from Mother Nature. Visit www.calgary.ca/waste to read about some of the different bins available or take a stroll through the Home Composting Trail (5510 – 26 Avenue NE) to view them yourself.

You can also buy a City of Calgary subsidized backyard composter by contacting:

- The City of Calgary Online Store at www.calgaryonlinestore.com.
- Clean Calgary Association at www.cleancalgary.org or call 230-1443.

Source: http://www.calgary.ca/docgallery/bu/sws/composting_in_calgary.pdf



Gardening Hints from Chris: May long weekend planting



With the May long weekend just around the corner, many Calgarians are getting ready to plant their annuals and bedding out plants. According to Chris Makin, Carewest's Environmental and Horticultural Coordinator, you may want to wait a week or two.

“Many of the plants are from South Africa or South Asia and they don't like the cold,” explains Chris. “New Guinea impatiences, for example, have never heard of four or five degrees Celcius.”

Chris suggests that if the temperature is close to freezing at night, don't put your plants out. Wait for warmer evenings and your plant will grow better. Cold temperatures stunt the plant's growth in the long run.

This year, the May long weekend falls early, so it's especially important to keep your eye on the temperature. If you do plant and the temperature drops at night, cover your plants with a cloth blanket or sleeping bag, not plastic.

“Your location in Calgary (how high or low you are) has an impact on temperature. We're planting most sites on the 24th but for those with higher altitude, like Carewest Signal Pointe, we will wait until the 28th,” says Chris.



A word from **Trish**



Calgary
Health Trust

Fundraising for excellence in health care.

CALGARY HEALTH TRUST

Kudos to all

Thank you to everyone at Carewest for welcoming me to my position as the Calgary Health Trust representative.

I have now wrapped up my first year here at Carewest and it's been a fabulous year at that. I have appreciated meeting so many wonderful people here and admire your dedication and devotion to providing the best in long-term and continuing care to the residents and clients, in spite of the many challenges you face.

Thanks to all of you, our fundraising efforts exceeded all expectations this past year. Donors have told me on a regular basis how much they have appreciated the compassionate care that was given to their mother, sister, father, son and brother. It is at times like these that people often show their gratitude in a monetary way and this past year at Carewest has been no exception.

In fundraising it is said that, "people give to people." Thank you so much for the many gifts you give on a daily basis ... your dedication and commitment is evident in many positive ways. I look forward to another successful year ahead, working with a wonderful group of people.

Calgary Sings! brings music and song to choral music lovers and Carewest

On April 28th, the rafters of the historic Knox United Church were filled with music and song for the second, biannual Calgary Sings! in support of Carewest music therapy program.

Close to 400 people attended this event that was dubbed "a choral extravaganza" – and an extravaganza it was! With nine local community choirs numbering in excess of 250 singers, choral music lovers were certainly in their element. To quote the lyrics in the grand finale song "Why We Sing", *music builds a bridge, it can tear down a wall. Music is a language that can speak to one and all*". Nowhere are these words more applicable than in the area of music therapy and people in care. Residents at Carewest look forward to their weekly music therapy sessions brought to them through a partnership with JB Music Therapy.



The Calgary Health Trust and Carewest wish to extend our sincere thanks and appreciation to the organizers and host choir of the event, the Adult Recreation Choir Society's – Up2Something. Thanks to them and everyone who donated, participated and attended, close to \$5,000 was raised for the Carewest Music Therapy Program – a program that is 100 per cent donor funded.

*Trish Weatherup
Calgary Health Trust*

May is Speech and Hearing Awareness Month

Take time to listen, take time to communicate!

Aphasia Featured in Comic Strip

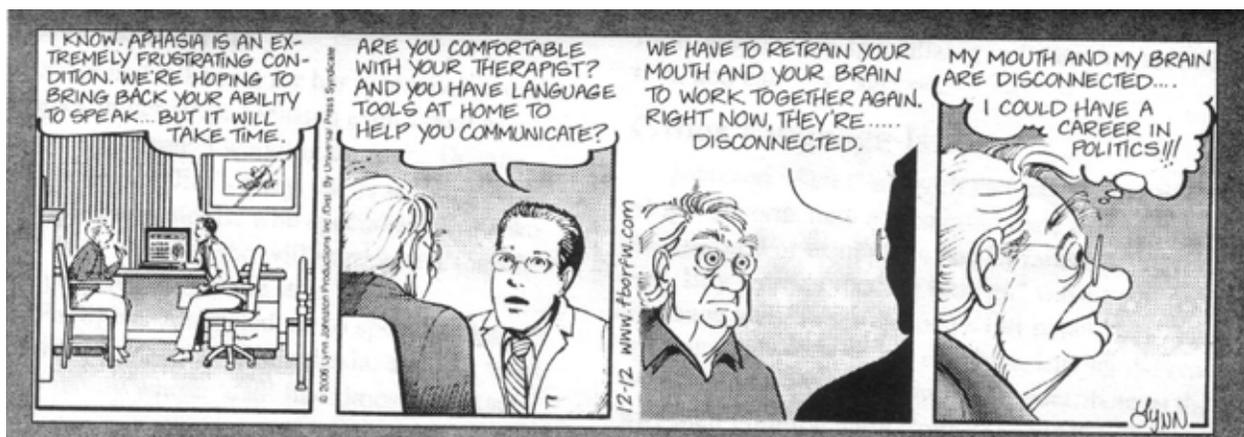
Lynn Johnston's cartoon "For Better or for Worse" began a storyline in September 2006 that explores the world of Elly's father, Jim, as he struggles with aphasia following a stroke.

In an interview with the *ASHA Leader*, Johnston explained, "It's seeing through the eyes of someone with a frustrating disability. I wanted the character to be fairly capable physically, yet dealing with a disability that would change him emotionally and require him to be very dependent on his wife."

Aphasia is a disorder that results from damage to language centres of the brain, usually from a stroke. It results in partial or total loss of the ability to talk, to understand what people say, to read or to write.

Johnston is working with an Ontario family just like Elly, Iris and Grandpa Jim to help make the story authentic. She will introduce a Speech-Language Pathologist in the next few months.

Submitted by Betty Norman Bray, Speech-Language Pathologist, Carewest Day Hospital





May is Speech and Hearing Awareness Month, the one month in the year when thousands of professionals involved with the treatment of speech, language and hearing disorders come together to participate in a public awareness campaign that encourages early detection and prevention of communication disorders, and seeks to increase the public's sensitivity to the challenges faced by individuals experiencing them.

Source: www.caslpa.ca

Tips to keep you talkin'...

- 1. Speaking loudly or frequently may lead to a voice disorder.** Recognize when your voice is tired. Consider vocal training if you have to talk or sing loudly, or speak extensively for your vocation. Vocal endurance, like athletics, requires special skills.
- 2. Hoarseness or breathiness may signal a disorder.** If either symptom persists for more than two weeks, call a physician or speech language pathologist.
- 3. Stress can lead to forceful voice production, resulting in possible tissue damage.** Relaxation techniques can improve your voice and allow you to speak more effectively and longer. Try stretching shoulder, neck and facial muscles periodically; slow, deep breaths may also help.
- 4. Caffeine and alcohol dehydrate vocal folds, which can cause tissue damage.** Drink plenty of water to combat their drying effects. For example, for every mug of coffee you ingest, drink at least one eight-ounce glass of water.
- 5. Some medications lead to dehydration of vocal folds.** Antihistamines, taken for colds or allergies, shrink swollen membranes and reduce saliva and mucous production. These medications lessen the discomforts of the cold, but dry the vocal tissues. If you are taking medications that dehydrate, drink lots of water and other fluids. Try to keep home and working environments at a relative humidity of 40 per cent or more.

Source: www.ncvs.org

Veteran care for veterans: Nurse Ruth Cox a pillar at Carewest Colonel Belcher

Ruth Cox is armed with the kind of ammunition that fits her lot in nursing life. She has a love of seniors and loads of compassion to throw their way.

That's why the nurse of 40 years is so well-regarded by Calgarians who served Canada once upon a time during war.

Maybe it's that it takes a veteran to know a veteran, but Ruth boasts more reasons than simply four decades of caregiving experience to be honoured as the Calgary Health Region and the Calgary Sun's Nurse of the Month for March.

"I work with a great group of people to ensure the quality of care," said the client service manager, praising fellow caregivers at Carewest's Colonel Belcher continuing care centre in northwest Calgary.

"We provide the assistance the veterans need to be comfortable, and it is satisfying to be part of a team and making a difference in people's lives."

And there are plenty of residents needing comfort, as Ruth and her cohorts are responsible for 85 in long-term care – most of whom served in the Second World War or in the Korean War.

It's on her and the Colonel Belcher nursing staff to help those who served our country make the adjustment from being on their own, to taking up residence in the long-term centre.

"The transition into here is a stressful time for a person," Ruth said. "It's our job to make them as comfortable as we can."

Just ask Sid Wallace, a veteran who knows first-hand the kind of quality long-term care Ruth brings to the Colonel Belcher.

"I appreciate excellent service," said Wallace, who served in the Second World War and is now a volunteer with the Royal Canadian Legion and Veterans Affairs Canada.

Continued on Page 13.



Ruth Cox dressed for the "roaring twenties" volunteer recognition event.

Veteran Care for Veterans: Nurse Ruth Cox a pillar at Carewest Colonel Belcher

Continued from Page 12.

“Ruth’s input gave us many gems in order to make the Colonel Belcher the most caring institution in the city, and she works far beyond the regular call of duty.”

Wallace re-counted how comforting Ruth was for a fellow vet on his death bed and how much her compassion is appreciated by those who served Canada.

“Many of us are most concerned as the date of Ruth’s retirement is in the not-too-distant future,” Wallace said.

But, Ruth isn’t ready to hand up her thermometer as a nurse. Nor is she ready to put down her pen as an administrator. She enjoys the every day interaction with senior Calgarians and Ruth chalks up her desire to be a nurse – and help care for seniors – to her upbringing in Newfoundland.

She spent her early life on The Rock before heading to Halifax to start her education as a caregiver.

“I lived in such a small community that when somebody died, everybody went to the funeral,” Ruth said. “You were exposed to life and death all the time, so probably it just seemed to make so much sense to become a nurse.”

She graduated from Montreal’s McGill University with a bachelor of nursing degree, then married love-of-her-life Michael and moved back to Newfoundland.

Then, in the early 1970s, the couple signed up for a volunteer tour of duty in Papua New Guinea, where Ruth got to put her nursing skills to everyday use in a Third World country.

“I saw mothers there who had much less than mothers here, and they lived through death and sickness around them,” Ruth said.

She came back to a career in Montreal and then in Kingston, Ontario, where she worked in chronic care and realized she liked working with older people.

After moving to Calgary to work in neurological sciences at Foothills Hospital and teach at Mount Royal College, she rejoined the ranks of caring for seniors at Carewest Colonel Belcher in 1989.

About 10 years ago, after earning her masters to become a certified gerontological nurse, Ruth joined management and her days became no longer simply about patient care.

“I make my rounds – I know all of my residents and their families,” said Ruth, a mother of two boys and two girls.

She works every day to ensure a high quality of health care at the long-term centre, which is no easy task, given Alberta’s woes with labour shortages.

“Staffing is a challenge,” said Ruth, who’d like to see 20 caregivers added to the Colonel Belcher ranks. Including registered nurses and nursing attendants, 110 caregivers make up the staff at the long-term care centre.

And, Ruth is thankful the centre has enjoyed a recent surge of new hires, making for a more effective facility.

She also believes in camaraderie among the 85 residents – because of their shared wartime experience – helps with the success of Carewest Colonel Belcher, as do the medical resources available to veterans because of their status in Canada.

“The veterans are wonderful if you listen to them and give them what they need,” Ruth said. “Right now, I don’t know what other profession I would be doing.”

By Todd Saelhof

Reprinted from the Calgary Sun May 13, 2007 edition

Carewest Launches Leadership Development Program

The healthcare environment today is very complex and challenging as we try to balance the needs and expectations of many people with limited resources. Although we all play a part in trying to provide the best service possible, the ultimate accountability rests with the leadership. It is essential that we support and invest in our leadership to provide the skills and knowledge to succeed in this environment.

Carewest is very pleased to announce the launch of a new Leadership Development Program. It is a 12-part series comprised of four-hour modules that are designed to be very pragmatic and relevant to our environment. Developing new leadership competencies is not an overnight achievement; it comes with hard work and practice over an extended period of time. It is for this reason that we have designed the program to be ongoing with two modules being offered per month indefinitely. It provides flexibility around busy schedules and gives Carewest the ability to change and update the modules over time to respond to new circumstances. An educational calendar will be distributed shortly to the leadership with the details and registration information.

In designing the program, Carewest also considered the factors needed in creating the best learning environment possible, one in which all participants could feel comfortable to be open and honest in



Wendy Clark is working with Carewest to create the Leadership Development Program. She will take the lead in delivering the modules.

learning from one another. To help achieve this we have contracted with an external management training consultant.

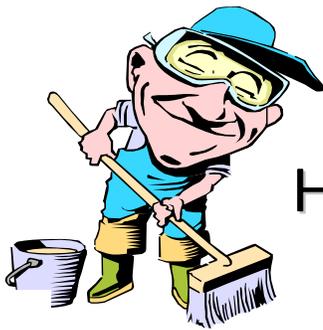
It is my pleasure to introduce **Wendy Clark**. Wendy is a passionate and enthusiastic seminar leader and management consultant. Wendy began her professional career as a registered nurse, later changing direction, moving to an international airline where she undertook various management roles, leaving at a senior management level. She designs and facilitates workshops in leadership development, performance management, alternative dispute resolution, communications and customer service.

Wendy has over 30 years of experience in “people services.” Her extensive experience and personable style has assisted hundreds of participants in workshops across Canada in their professional growth.

Wendy is a member of the Occupational Health and Safety Council and the Calgary Aboriginal and Urban Affairs Committee. She is a past board member of the Calgary Health Region.

Please join me in welcoming Wendy as we launch our new leadership series.

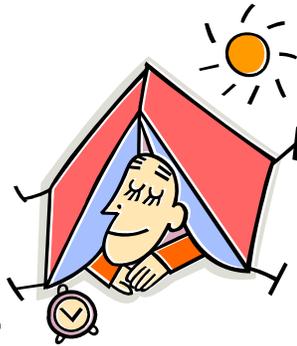
*Blair Phillips
Director
People & Learning*



ARAMARK Housekeeping Corner

CLEANING TIP

Mold and mildew are unwelcome visitors in canvas tent



To remove mold and mildew from your canvas tent or awning, first vacuum or brush soiled areas to remove any excess dirt.

Wash the effected area with a solution of ½ cup Lysol to a gallon of hot water.

Rinse with a solution of one cup lemon juice and one cup salt to a gallon of hot water.

Allow the canvas to air dry in the sun.

Happy camping!

*By Ken Longworth
Director of Environmental Services for
ARAMARK, Carewest Housekeeping*

DAY HOSPITAL

Teamwork focus of presentation

Laureen Ross, MD, Judy Truax, Registered Nurse, **Lara Fowler**, Physical Therapist and **Terry Chan**, Pharmacist, submitted an abstract and were invited to give a presentation about Day Hospital at a conference entitled *Strengthening the Bond: Collaborating for Optimal Patient Care*.

The conference was an inter-professional event planned and hosted by Alberta pharmacists, physicians and registered nurses, and was held in Banff.

It focused on inter-professional collaboration and teamwork, and provided an opportunity to highlight how Day Hospital team members work together for the benefit of our clients.

They received positive comments about incorporating clinical illustrations and about their creativity and enthusiasm.

*Janice Ebbert
Client Service Leader
Day Hospital*



**June 11th to 17th
is Carewest Employee
Appreciation Week**

wellness is...



Being prepared for an emergency

Summer is coming and although emergencies can happen at anytime of year, it is good reminder that you should to prepare for small emergencies by keeping a first-aid kit on hand. You should be prepared for any injury or medical emergency no matter where you are, and a well-stocked first-aid kit is a good idea to have within easy reach in your home or vehicle.

First-aid kits come in many sizes and shapes. You can purchase one at your local drugstore, Alberta Motor Association office, St. John Ambulance or you can make your own. Either way, make sure you have all the items you may need. It is a good idea to include your medications and emergency phone numbers. You should check your kit regularly to make sure it is complete. Here is a list of some items you should have in your home and vehicle kit:

Home first-aid kit:

- Cleansing wipes
- Various sizes of adhesive bandages
- Fingertip bandages
- Non-adherent pads
- Various sizes of gauze bandages
- A various sizes of gauze pads
- A trauma dressing with elastic bandage
- Safety pins
- A first-aid pocket guide
- A roll of adhesive tape
- Triangular bandages
- A pair of scissors
- Vinyl gloves
- Tweezers
- A pencil
- A notepad
- A rescue sheet/blanket

Vehicle first-aid kit:

- Cleansing wipes
- Various sizes of adhesive bandages
- Knuckle bandages
- Fingertip bandages
- Various sizes of gauze pads
- Tongue depressors
- A pair of scissors
- Adhesive tape
- A pair of tweezers
- A rescue sheet/blanket
- A first-aid pocket guide
- A triangular bandage
- Various sizes of elastic gauze bandages
- A pressure bandage
- An abdominal pad
- Vinyl gloves
- And SOS signal
- Cotton-tip applicators

For more information contact
Margaret Usherwood, Health Promotion Coordinator at 944-7854
(Adapted from Canadian Health Network, Public Health Agency of Canada)

Knitting warms my heart

Cindy Wood, Community Care Assistant, takes the rhythm of the knitting needles, very talented clients and creates music for the soul. The Comprehensive Community Care (C3) knitting club meets twice a week to knit scarves for their family and friends, with the love and kindness of Cindy. Thank you, Cindy, for sharing your skills. Ten principles of knitting inspire these artists:

1. It's all about the awesome yarn choices. Simple stitches and patterns create gorgeous pieces.
2. Strive to relax and have fun. Do not strive for perfection.
3. Be clever and daring. Take a risk!
4. Every mistake can be fixed.
5. Swatch, swatch, swatch.
6. Set goals, not deadlines.
7. Never stop learning.
8. Share the legacy; teach someone to knit.
9. Put your signature on each gift.
10. Knit with love.

Resident artist creates legacy of gifts

Dorothy Dickinson, also a member of the C3 Knitting Club, is our resident artist who gifts us with wonderful pieces of art. Her gifts are then passed along to others to recognize birthdays and gestures of kindness. Shown here, she is donating several pieces of art to the knitting club for a raffle. Her art is an inspiration to all at C3 and is becoming a visual collection of our journey at C3. As Pablo Picasso once said, "Painting is just another way of keeping a diary." Thanks you, Dorothy, for sharing your beauty with C3 and the knitting club.

*Vicki Davis, Recreation Therapist
Comprehensive Community Care Program*



*Dorothy Dickinson
with a picture frame she recently donated
to the C3 knitting club.*



*Knitting club members (missing: Dorothy Dickinson)
Bottom row: Violet McGregor, Gale Burke, Mary Harrop
Top row: Cecilia Maddison, Cindy Wood, Rosalie Straus*

Carewest Resident Art Show



- What:** Original art work created by Carewest residents on display for your viewing pleasure.
- When:** Tuesday, June 12, 2007
10:30 a.m. to 12:00 p.m.
- and -
12:30 p.m. to 2:00 p.m.
- Where:** The Coliseum
Carewest Dr. Vernon Fanning Centre
722 - 16 Avenue N.E.
- Who:** Everyone welcome.

Presented by:

The Art Partnership Program





Water is not only critically important to the earth, it is also vital to humans. In fact, our body is made up largely of water and relies upon it to function properly.

- Hippocrates, the Father of Medicine, had people throughout Greece boil and strain water before drinking it – now we take filtration systems for granted.
- Water regulates the earth's temperature.
- 75 per cent of the world's water is frozen within the polar ice caps, which are now melting three times faster than what scientists had predicted.
- Water regulates the human body, carries nutrients and oxygen to our vital organs, cells, joints and removes waste from our bodies.
- Humans need 40 to 50 litres of water a day, which includes eating, drinking, bathing and toilet use.
- Blood is 83 per cent water.
- A human brain contains 75 per cent water.
- Our bodies produce one litre of saliva a day, which equates to 38,000 litres in a lifetime. I am sure that you will not remember all those times you were drooling as a baby!
- If not for water, and our mouths were completely dry, we would not be able to distinguish the taste of anything, not even a glass of good wine!



HOW MUCH WATER SHOULD YOU DRINK? Eight is great, but...

We've all heard that drinking water will help keep us healthy, but how much is really enough?

The experts have always said, on average, that eight eight-ounce glasses per day will suffice. However, that might not be enough. While eight is great, amounts really need to be tailored to meet the needs of every individual.

- Drink at least eight glasses daily or one cup for every 20 pounds of body weight. For example, a 150-pound person who does not exercise or work in hot climates needs 7.5 cups.

What are the exceptions?

- If you are an athlete or you are working in a warm environment, you tend to lose more water and therefore need to drink more.
- For every 25 pounds you exceed your ideal weight, increase your water consumption by one eight-ounce glass each day.



Spread out your water intake throughout the day and do not drink more than four glasses within any given hour. After a few weeks, your bladder will calm down and you will urinate less frequently, but in larger amounts.

Source: freedrinkingwater.com

*Divona Herzog
Carewrite Editor*

SKIN AND WOUND COMMITTEE

Preventing and treating pressure ulcers

Wound care at Carewest is evidence-based – meaning our care is based on the best available evidence proven through research – and it also takes into account cost-effective considerations.

The Canadian Association of Wound Care (CAWC) provides recommendations for best practice, which the Carewest Skin and Wound Committee follows.

The directors and members of the CAWC have written and published four articles covering the recommendations for best practice in the areas of:

1. Pressure ulcers;
2. Preparing the wound bed;
3. Venous leg ulcers; and
4. Diabetic foot ulcers.

This article highlights best practices for the prevention and treatment of pressure ulcers.



What is a pressure ulcer?

Bedsore, also called pressure sores or decubitus ulcers, are ulcers (sores) caused by prolonged pressure or rubbing on vulnerable areas of the body.

Source: www.wikipedia.org

MAY IS SPEECH AND HEARING AWARENESS MONTH

Tips for staff and caregivers

- Identify yourself to residents/clients with visual or memory difficulties.
- Position yourself so residents/clients can see your face clearly. Avoid having your back to the window or your hands covering your face. Residents/clients with hearing impairments will thank you.

*Betty Norman Bray
Speech Language Pathologist, Day Hospital*

Twelve recommendations

for an interdisciplinary and patient-centred approach to preventing and treating pressure ulcers

1. Complete patient history and physical examination to determine general health and risk factors that may delay healing;
2. Assess and modify situations where pressure may be increased (e.g., when seated or lying down);
3. Assess and control pain;
4. Maximize nutritional status;
5. Control moisture and incontinence;
6. Maximize activity and mobility, reducing or eliminating friction and shear;
7. Assess and assist with psychosocial needs and develop a patient-centered plan;
8. Stage, assess and treat the wound to provide an optimal wound environment (debridement, infection control, moisture balance, biologicals);
9. Introduce adjunctive modalities if clinically indicated;
10. Consider surgical intervention for deep non healing ulcers (Stage III and IV);
11. Develop an interdisciplinary team with flexibility to meet patient's needs; and
12. Educate patient, caregiver and health care professional on the prevention and treatment of pressure ulcers.

The complete article and details on these 12 recommendations can be accessed through the CAWC Web site at www.cawc.net or through your care centre SWAT reps.

*Val Riegel
Client Service Leader
Carewest Dr. Vernon Fanning*

Carewrite schedule

June

Submission deadline: June 13th

Publishing date: June 21st

Carewrite is not published during July and August.

All submissions are welcome!

Taking Stock

Continued from Page 5.

The second point of discussion at our May 24th meeting will focus on how the sites can respond and support their specific needs in recognizing and supporting staff. What role should/could the social clubs play? What role and responsibility does a team/unit have in building staff morale? What responsibility do we have as individuals? These are just some of the questions that we need to discuss to help support the sites coming up with their particular workforce strategies.

*Blair Phillips
Director, People & Learning*

Photos from the roaring twenties volunteer appreciation events

