

Carewwrite

— Carewest's Newsletter for Staff, Residents, Volunteers and Friends —

For the past year and a half, a group of residents at Carewest George Boyack have been chuckling, giggling, and laughing their way to better relationships and better health. While the health benefits have not been measured scientifically, it can be said with certainty that they are having an old-fashioned, rib-tickling good time.

The Laughter Group meets twice a month for one hour under the guidance of three merry volunteers – **Lynn Rosengreen**, **Mary Spence** (Lynn's aunt) and **Jackie McMillan** (Lynn's good friend and neighbour).

With approximately 15 residents from Carewest George Boyack, they share jokes and stories, watch old comedies like *The Honeymooners* and *I Love Lucy*, play charades and find humour in everyday life.

"We're not above laughing at ourselves," says Lynn with a chuckle. "If we share a joke, it reminds one of us of something that happened the other day and pretty soon we're all telling stories and having a good time. We were looking at a newspaper clipping recently about the cost of things now compared to the old days. That started a good conversation! Did you know that at one time you could buy a house from the Eatons catalogue?"

Continued on page 4.

Laughter is the Best Medicine



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- New Org Chart with Pics
- New Smoking Regs
- Carewest Review
- Fridge Cleaning
- Nutrition Month

A Message from Brenda



Carewest Review

During the last year, the Calgary Health Region has conducted a strategic review of Carewest to determine our most effective role and structure. I have discussed the review at many of the Keeping In Touch sessions throughout Carewest. At a recent meeting with the Carewest board, Jack Davis President and CEO of the Calgary Health Region announced that the review is concluded. The outcome is that Carewest will continue as a wholly owned subsidiary company of the Calgary Health Region, operating as a separate employer and reporting to the Carewest Board. This means we will continue to operate much the same as we have for the past year. It is business as usual.

On behalf the Carewest board, I would like to thank those who were involved in the review. This was an important exercise and we now have a clearly articulated future as an organization. Carewest is widely recognized as a leader in continuing care supporting the Calgary Health Region's vision and direction. Together, we will work with the Region to deliver quality health services for the people we serve.

Hospice Care Unit to Open at Carewest Sarcee

A 15-bed Hospice Care Unit will be established at Carewest Sarcee (Unit 3, Centre Cluster) this summer. Hospice care is for people in the last stages of life who cannot manage at home but don't require a stay in hospital. Long-term care residents currently on this unit will relocate within Sarcee or to a care centre of their choice. The 12-bed unit for chronic palliative care patients at Carewest Glenmore Park, meanwhile, will close this summer. As you know, the focus for Carewest Glenmore Park is toward rehabilitation and recovery. Most of our chronic palliative clients can be well served by other options including Home Care or within the regional palliative care system. Staff and families at Glenmore Park and Sarcee are being kept up to date on the changes.

Wall of Honour Campaign Achieves Goal

Terrific news! All 3045 bricks for the Wall of Honour at the new Carewest Colonel Belcher care centre have been contributed! This was a two-year campaign launched by the Friends of the Colonel Belcher and the Calgary Health Trust. On behalf of our board, many thanks to all our Carewest staff, residents, families and volunteers who took part in the fund raising campaign. Plans are underway to officially open the new facility this June.

*Brenda Huband
Executive Director*

Staff Education Calendar

March 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13 2.5 Hour Food Handling 1:00 pm – 3:00 pm Sarcee Classroom	14	15
16	17	18 Supportive Pathways 8:00 am – 4:00 pm Cross Bow Conference Room	19	20	21	22
23/30	24/31	25 Supportive Pathways 8:00 am – 4:00 pm Cross Bow Conference Room	26	27	28	29



It's CPR month at Carewest Glenmore Park. Watch for a poster with the dates coming to your site. Also, watch for PASS Security inservices being held at Glenmore.

Please check the calendar at your site for additional educational opportunities.

Laughter is the Best Medicine

Continued from page 1

"Everyone contributes and that's what makes it fun," Lynn says. "We bring jokes, we put 'groaners' (jokes that make you groan, such as puns) in the bad joke box and take turns reading them out loud, and we play charades where you have to pantomime simple things like putting rollers in your hair or mixing a cake."

The Laughter Group started as a simple conversation that Lynn had with her daughter, **Shelley Rutledge** who is now a recreation therapist at Carewest Dr. Vernon Fanning. At the time, Shelley was working at Boyack and she mentioned to her mother that she'd heard good things about laughter therapy but thought it was too expensive to pursue. Lynn asked her if it was something volunteers could help with and Shelley's response was a resounding, "Yes!"

Shelley began by publicizing the initiative and creating a list of residents who would be interested or who would benefit. With the help of Lynn, Mary and Jackie, she rounded up residents for the first session which featured a professional clown/humourist sponsored by Calgary Parks and Recreation. After that, the group relied on their own ingenuity and sense of humour.

Though not an immediate cure for chronic illness, humor can be a therapeutic tool. For many years medical staff have recognized that patients who maintain a positive mental attitude and share laughter respond better to treatment.

Laughter has a direct, biological impact on the body including increased respiration, circulation, hormonal and digestive enzyme secretion, and a leveling of the blood pressure. Many people report a general sense of euphoria after vigorous laughter. But until the *New England Journal of Medicine* in 1979 published the Norman Cousins case study, few considered the therapeutic uses of humor.



The first documented case of humor positively affecting disease was in 1964 when Norman Cousins published *"Anatomy of an Illness"*. It demonstrated that humor biologically reversed Cousins' ankylosing spondylitis, a painful disease causing the disintegration of the spinal connective tissue. Given a one in five hundred chance of recovery, Cousins self-designed humor 'treatments' and found that 15 minutes of hardy laughter could produce two hours of pain free

sleep. Blood samples also showed that his inflammation level was lowered after the humor treatments.

Following the example of Cousins, many health care facilities and corporations have established humor programs to enhance patient/employee health. Scientists have now proven that laughter -- if not the best medicine -- surely plays a part in keeping us healthy and helping us heal.

Divona Herzog
Carewrite Editor

New Non-Smoking Regulations

Joan Gilmour

Site Leader

Carewest George Boyack/Cross Bow

As you've probably seen or heard on the news, smoking is an important issue in Calgary; Carewest is part of these changes. As of March, 2003 there will be new non-smoking regulations at Carewest. All public and private areas inside Carewest facilities and on the property will be non-smoking with only a few exceptions. For more detailed information, please ask your site Administrative Secretary for a copy of the Tobacco Reduction Policy.

Indoors

There will be no indoor smoking for staff, volunteers and visitors. Smoking for residents and clients will only be allowed in the following areas:

- Smoking lounges at Carewest Dr. Vernon Fanning Centre, Carewest Sarcee and Carewest Colonel Belcher. Carewest Signal Pointe has a smoking lounge for day program and respite clients only.

Carewest staff or registered volunteers will not be able to provide direct supervision and assistance. Staff will enter the smoking area in the event of an emergency.

Outdoors

There will be no smoking on Carewest property except for the following designated outdoor spaces or shelters:

- Carewest Dr. Vernon Fanning Centre – **roof top smoking tent** for residents, clients and staff only.
- Carewest Glenmore Park – **gazebo** for clients only.
- Carewest Sarcee – **special area on patio** for staff only.
- Carewest George Boyack – **special area on patio** for staff only.
- Carewest Cross Bow – **smoking tent** for staff, residents and clients only.

Please note: Smoking is not permitted anywhere on outside property at Carewest Nickle House, Royal Park, Signal Pointe, Colonel Belcher and the Administration Building.

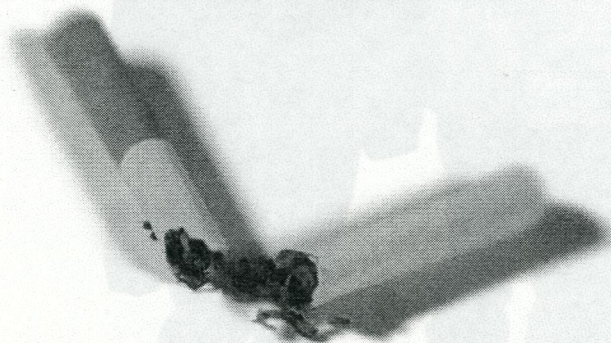
A Few Things to Remember.....

- Carewest property ends where the property meets city sidewalks, adjacent to the city street.
- City bylaws do not allow smoking in bus shelters.
- When smoking off Carewest property, please don't litter.
- Wheelchairs and blankets are for residents. Please do not take them when leaving the property to smoke.

Smoking Cessation

Staff can register for the smoking cessation program by calling the Tom Baker Centre Smoking Cessation Program. Call 670-1767 and tell them you are a Carewest employee.

Residents/clients who wish to quit smoking and are considering the use of nicotine replacement products need to discuss this with their physician.



C3 Staff Retreat

On February 5th 2003, the Comprehensive Community Care (C3) staff was fortunate to have the opportunity to gather at a retreat. The day was facilitated by **Linda Lathrop** and **Larry Peabody**, Senior Consultants with the Learning & Development Department, Calgary Health Region.

Fifty-two staff gathered that snowy morning at 10 a.m.; no small feat as many of the C3 community clients required early morning home visits by the Community Care Assistants for their personal care needs. An on-call registered nurse was available by phone for any client health concerns or emergency issues that arose during the day.

The day was full of insightful exercises and lecture motivating staff to keep "Spirit at Work". Team values were revisited that were drafted at the initial staff orientation 18 months ago. The "Workplace Bingo" was a hit as well as the many door prizes that staff and their families had donated.

The day proved to be a great opportunity to continue to strengthen the C3 team spirit and it provided a chance to reflect on the higher purpose in providing exceptional care to the clients of C3.

*Sandra Stone
Home Support Coordinator
Carewest Sarcee*



(L to R) Pam Cote, Linda Norcott, Lorna Ritchie, Merlynn Dollolasa



Lorraine Sawdon, Wanda Glovacka and Esther Blain

Gardening Enthusiasts!

Supportive Pathways residents **Lorraine Sawdon** and **Esther Blain** and staff member **Wanda Glovacka** are very proud showing off their beautiful gardens. With Wanda's help, Lorraine and Esther lovingly tended their flowerbeds adding extra compost in the spring, choosing and arranging their plants and watering all summer.

This garden won a first place in the Annual Sprout & Grow Show at Carewest Sarcee along with a first place for Lifestyle Choices.

The Adopt-A-Garden program in May is just around the corner and the ladies are anxious to get started.

"You have to clear everything out from the last garden and then you can plant. Plant them far apart and they will grow together later," Esther advised. Good advice for a new season.

Thanks to staff and families for watering when necessary and **Mr. McLellan's** help was appreciated.

*Marion Elliott
Activity Convenor
Carewest Sarcee*



March is Nutrition Month at Carewest

March is nutrition month and this year's focus is on helping women find healthy solutions to eating challenges, for themselves and their families. The spotlight this year is on the areas of vegetarianism, pregnancy and lactation, maintaining a healthy weight and healthy eating on the go. These are topics that affect many families and generate numerous questions.

Vegetarianism

Vegetarian diets differ greatly and range from semi-vegetarians (consume limited amounts of animal products) to vegans or total vegetarians (completely avoid all animal products). Many people wonder if vegetarianism is healthy. A well-planned vegetarian diet can provide adequate amounts of all the nutrients a person needs for good health. The more restrictive the diet, however, the greater the challenge to meet an individual's nutrient needs.

Vegetarians need to pay special attention to certain key nutrients that may be lacking in their diet. These include protein, calcium, iron, zinc, Vitamin B12 and Vitamin D. A total vegetarian can easily meet their protein needs by combining legumes, grains and vegetables. Calcium is readily available from dairy products and can also be found in a variety of plant foods (i.e., certain dark, green leafy vegetables). Calcium supplements may be required for children, teens, pregnant and lactating women and seniors.

Vegetarians need to be aware that iron from plant foods is less well absorbed than iron from animal sources. Iron is better absorbed when plant foods are eaten along with Vitamin C-rich foods such as citrus fruits, tomatoes and broccoli.

Vegetarians generally require 50 percent more zinc in their diet and should focus on eating plenty of legumes, beans, lentils, peas, tofu, cashews and almonds to increase their zinc intake.

It is highly suggested that vegetarians take a dietary supplement containing Vitamin B12 and Vitamin D. This will ensure that all of the body's nutrient needs are met. It is also important to look for foods that have been enriched and/or fortified with vitamins and minerals such as orange juice, soy beverages, breads and cereals and margarines.

Pregnancy and Lactation

Pregnancy is a special time of changes to a woman's body and her life. By adopting a health-promoting lifestyle during pregnancy, a woman can give her baby the best chance of a healthy beginning. The key components of a health-promoting lifestyle during pregnancy include appropriate weight gain; consumption of a variety of foods; appropriate and timely vitamin/mineral supplementation; avoidance of alcohol, tobacco and other harmful substances.

It is normal and healthy to gain weight during pregnancy. The amount of weight a pregnant woman should gain is based on several factors such as age, pre-pregnancy weight, health status and size and number of babies she is carrying. Every woman is unique so it is best to discuss this topic more thoroughly with a physician.

Pregnant and lactating women have higher requirements for Vitamins A, C, E, the B- vitamins, including folate, zinc and iron compared to non-pregnant women. An adequate dietary intake of protein, calcium and Vitamin D is also crucial during pregnancy and lactation. By consuming a large variety of foods in accordance with Canada's Food Guide many women can meet most of their nutrient needs.

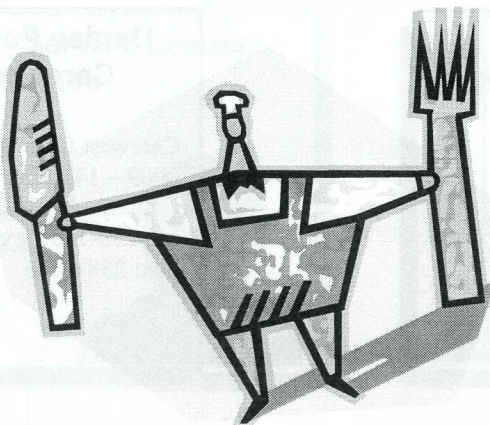


Vitamin and mineral supplementation is necessary for some nutrients, namely folic acid. Folic acid is found in many foods in the form of folate, however these food sources do not contain enough to protect babies against neural tube defects (NTDs). As a result, a 0.4 mg supplement of folic acid is recommended for all women of childbearing age. It is well known now that pregnant women should avoid alcohol and tobacco during pregnancy. Pregnant women should also practice caution when it comes to caffeine, herbal teas, artificial sweeteners, drugs and certain types of fish.

Maintaining a Healthy Weight

Women face many challenges with their weight. The challenges are sometimes real and sometimes perceived. Certain physiological changes (i.e., menopause) contribute to weight gain and increased fat storage in women. People who are overweight are at a greater risk of certain diseases (i.e., Type 2 Diabetes) and other conditions (i.e., osteoarthritis). At the same time women face enormous social pressures to have thin/lean bodies like those endorsed in the media. As a result, many women strive unsuccessfully to lose weight by adopting harmful methods to do so.

Successful strategies for achieving and maintaining a healthy weight include adopting life-long healthy lifestyle habits. For example, eating breakfast every day to get energized and prevent hunger attacks which may lead to overeating or snacking on less nutritious choices later in the day. Another strategy is to include high fibre foods in the diet. The most important things to remember in order to maintain a healthy weight is to eat well, be active and feel good about yourself.



Healthy Eating on the Go

The greatest challenge facing women who want to eat well is time. Juggling a career while being responsible for most of the meal planning, shopping, preparation and cleanup, is what makes it such a great challenge. So here are some tips...

- Cook in bulk any time that you are cooking a meal, make double or even triple and freeze the leftovers in individual portions.
- On days when you have extra time, pre-cut vegetables and store them in bowls of water in the fridge until you are ready to use them.
- Pack meals/lunches the night before so you can get those extra minutes of sleep in the morning.
- Buy prepared foods; spend the extra money (i.e., grated cheese, pre-cut vegetables).
- The most important step is to make a grocery list. This will help to save time.

These were just a few suggestions. Watch for more great tips on how to eat well on the go throughout the month of March.

*Susanne Jackson, Suzanne Martin,
Jennifer Cumpstone, Sandra Davis
Nutrition Month Committee*

Carewest Management Partners

Joan Gilmour, Site Leader Carewest George Boyack/ Cross Bow

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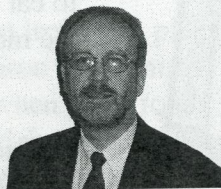
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**Brenda Huband
Executive Director**

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There have been several changes within the Carewest Management Team during the past year and we are pleased to feature this pictorial update for your records.

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Notes of Appreciation

Carewest Colonel Belcher

By Margaret Brennan

Nursing Attendant on 2nd Floor, 2XY

Carewest Colonel Belcher

I have been remiss in not personally acknowledging the truly great people with whom I work. 'Thank you' is a term we frequently give voice to in the course of our everyday association with each other and I sincerely hope by putting my thoughts on paper, you will experience a greater recognition of my appreciation of you as true professional colleagues in action.

We have experienced many difficult times, more so this past one-and-a-half years, not only for residents and families, but for we nursing staff as well. My working hours have been made more tolerable and yes, pleasant, for the great support experienced in our weekly camaraderie. Personally and professionally, from me to my trusted co-workers, a big bouquet and take a bow.... **Val, Susan K., Belma, Marie, Maureen and Margaret Bryant.** Thanks too, to Carewrite and the person who prints the same, for the opportunity to express the above.

...and

We the nursing staff on the 2nd floor of Carewest Colonel Belcher would like to salute some very special people on the "Y" unit. **Mrs. Dough Hayward and her wonderful family, Brian and his wife.** Mrs. Hayward and son Brian visit daily and have been actively involved in the care of their loved one, Dough, who has resided at Carewest Colonel Belcher for over two years. Mrs. Hayward has been of tremendous help in the extending of herself to we, the staff, and to other residents by way of much appreciated and meaningful gestures. **Mrs. Roy Upton** visits Roy daily, being very active in his care in association with a supportive family. Roy also has been a resident of Carewest Colonel Belcher for two years.

You wonderful people have been tremendously supportive of all staff, and as such, you have become a large part of the equation of the extended family of 2XY. Sincerest appreciation is extended to you and yours by our expressing a big "thank you" and our wishes for the very best to each of you.

...and

To all the staff who are responsible for the Carewest's newsletter, we don't know each other and not having "faces" to put to names makes it more difficult. Still you all know who you are. The one person with whom I spoke recently was Divona Herzog, and since 'voices' tell a lot, I must say I was very impressed. Thank you **Divona, Roma, and Veronica.** What a great way to be able to express one's opinions, be they positive or negative, and not be censored. This is what is called living in a true democratic society. Thank you Carewest for the opportunity. *Note from the editor: Thanks for the lovely kudos! We couldn't produce Carewrite without the help of **Jean Stern**, Office Services Assistant at the Carewest Admin Centre. From coordinating communication to printing the newsletter, we rely on her help and cheery smile.*

Spring Connection at Carewest Dr. Vernon Fanning



Peggy Marcy, a resident of 3 West Carewest Dr. Vernon Fanning Centre is getting ready for another strike, with **Susanne Pereira**, Lifestyle Choices Program Leader, and other residents cheering. The bowling tournament is just one of the series of special recreation activities planned for the months of January to April, dubbed as "Spring Connection".

The program aims to bridge winter and spring through recreation activities, creating opportunities for residents who usually do not get involved in recreation activities, and for staff who typically may not have the opportunity to participate in events with residents to have fun together. Other activities lined up are Winterfest, St. Patrick's Evening, Easter Brunch, and Volunteers' Banquet.

*Helen Retardo
Receptionist
Carewest Dr. Vernon Fanning*



The Fashion Runway at Boyack

They may not be haute couture, but they're practical, comfortable and cheery....

Dress covers created by Donna Russell, Unit Clerk at Carewest George Boyack, and the ladies from her church were a big hit with residents. Thanks Donna!

*Front Row (L to R): Isobel Quinton, Dorothy Steeves
Middle Row (L to R): Marjorie Powell, Louisa Travis, Mable Makortoff
Back Row (L to R): Bozena Zajaczowska, Alma Coronia, Donna Russell*

Carrots Are Tops

www.realage.com

You may be able to cut your risk of stomach cancer by one third if you add carrots to one of your meals each week.

A recent study revealed that eating only one serving per week of yellow- or orange-hued vegetables, such as carrots, may reduce the risk of stomach cancer by 36 percent. Eating white-hued vegetables, such as Chinese cabbage, and eating fruits were also strongly associated with a reduced risk.





Christine Willey and Theresa Valadka

Carewest Shines at Wound Caring Conference

The Canadian Association of Wound Care 8th Annual conference took place in Vancouver from November 15th to the 17th, 2002. The conference was entitled: "Wound Caring: From Learning Springs Hope". Recognized leaders in skin and wound care from the international community presented on topics including: lymphedema, wound bed preparation, pressure ulcer management, assessment and management of chronic wound pain, venous and diabetic ulcers. Presentations also occurred during 'power breakfasts' and 'learning lunches'. Interactive workshops and round table discussions facilitated learner participation.

The excellence in learning and networking opportunities also extended to the poster presentations. Congratulations to **Christine Willey**, Registered Nurse and **Theresa Valadka**, Registered Nurse, Infection Prevention & Control whose poster on the Carewest Skin and Wound Protocol (sponsored by Smith and Nephew) was accepted from amongst many submissions! Christine and Theresa effectively showed how Carewest standardized product usage with Smith and Nephew skin care products and reduced prescriptions and other wound care costs.

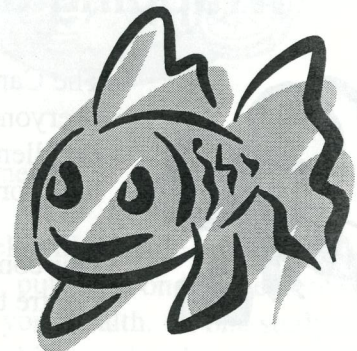
All three of us left Vancouver enthusiastic about Wound Caring and excited to bring best practices to Carewest.

*Jennifer Juchymenko, Occupational Therapist
Carewest Dr. Vernon Fanning*

Gone Fishing Thanks to Joey's Only

Recently, the residents of Carewest Signal Pointe went out on the town for dinner. They had a wonderful time and would like to acknowledge Joey's Only Seafood Restaurant for their ongoing support of the Alzheimer Society of Calgary.

*Bernadette Carrera, Resident Assistant
Jennifer Labrecque, Activity Convenor
Carewest Signal Pointe*



Scholarships Program for Continuing Care

Apply by May 31

The Paul Rushforth Educational Scholarships for Leadership in Continuing Care have been established to promote educational advancement for staff working within the continuing care sector of the Calgary Health Region and its service delivery partners. The endowment fund, established by Mr. Paul Rushforth, is held at the Calgary Health Trust.

The scholarships are awarded annually, in amounts to be determined each year. The scholarships can be used to cover tuition only, excluding travel and accommodation costs. The maximum value of any scholarship is \$1000 and the minimum value is \$250.

The application deadline is May 31st, 2003.
Application packages are available through:

Learning and Development Consultant
Care in the Community
Southport

Phone: (403) 943-0247

Fax: (403) 943-0231

Email:

Barbara.skocdopole@calgaryhealthregion.ca

Applicants must be currently employed within the continuing care sector of the Calgary Health Region and its service delivery partners. The applicant should be working full-time or part-time at the equivalent of 2.5 days per week or more, have an employment history of two years and indicate a willingness to return to (or continue in) a position in the continuing care sector for one year following completion of the course of the program.

Applicants must show confirmed enrollment in a Registered Nurse program, Baccalaureate or Masters program in a health care discipline or adult education, or a certification or continuing educational program of significant benefit to their program area.

Wrapping up the Employee Flu Campaign 2002



The Carewest Wellness Department would like to take this opportunity to thank everyone who participated in our Employee Flu Campaign Questionnaire! We had an excellent response with a lot of positive feedback and some helpful comments that we look forward to implementing in our next campaign.

Our congratulations to **Linda Dimma** from 1 West at Carewest Dr. Vernon Fanning Centre the winner of our Valentine Basket draw on February 11, 2003!

*Shari Moynihan
Employee Wellness
Carewest*

Nursing Home

*By Virginia Irwin Baker
Submitted by Stan Walker
Resident, Carewest Royal Park*

If ever the need arises
To place me in a home
Please don't go off and forget me
To finish my life alone.

But rather keep me in your heart
And on your mind each day
Come and see me when you can
Think of me when you pray.

Sit and talk with me awhile
Or read the daily news
Keep me informed of the outside world
Of events and worldly news.

Call me on the telephone
It doesn't cost that much
Let me know that you still care
And that you'll keep in touch.

Send me letters, gifts and flowers
It brightens up my day
Don't let me feel rejected or
Feel I'm in the way.

Let me live these last and final years
Knowing I've done my best
And have been a loving parent
And my goals have met the test.

Don't Miss the Research & Development Carewest Tour

Have you ever wondered who the Research and Development Committee is and what we do? This is your chance to find out and win a prize!

The Research and Development Committee's display board will start its tour of all Carewest sites starting Monday, March 17th. Learn about what we do and about the great research that is being done right here at Carewest.

Look for us at coffee time and enter your research question in the draw for a change to win a prize (one draw per site).

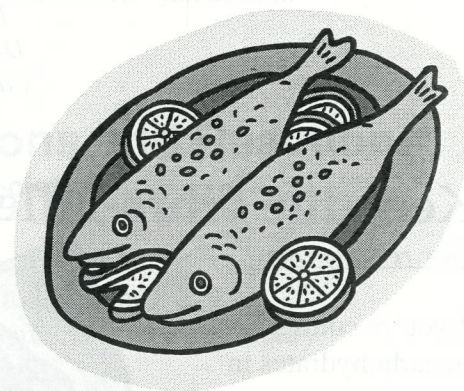
*Koreen Fahey
Program Support Facilitator
Carewest Dr. Vernon Fanning
Member of the Research and Development Committee*

A Little Fish May Do

www.realage.com

Eating fish as
infrequently as once per
month may be still
enough to provide some health benefits.

Although eating fish once per week will provide optimum benefits, if you're not fond of fish, putting it on the menu only once per month will still improve your health. In one study, a reduced risk of stroke was observed in people who consumed fish as few as one to three times per month.



Wall of Honour Fundraising Campaign Meets Goal 3045 Bricks

The Friends of the Colonel Belcher would like to announce that the Wall of Honour is now 100 percent contributed! Thanks to the efforts and support of the community - especially Royal Canadian Legions and military organizations – the Friends of the Colonel Belcher have met their goal.

The Wall of Honour is comprised of 3045 bricks and has raised over \$300,000 for the Veterans at the new Carewest Colonel Belcher. Stay tuned for news on when you will be able to see the constructed Wall of Honour for the first time!

Any questions or comments can be directed to Nadine Humphreys at (403) 943-0607.

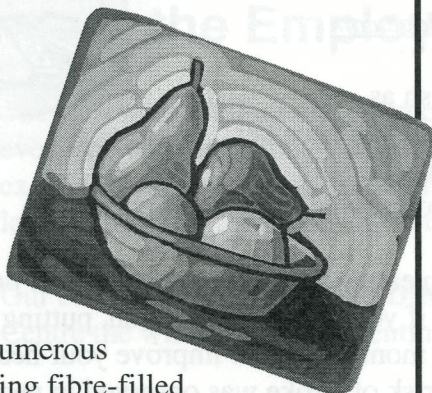
Thank you for the overwhelming support!

*Nadine Humphreys
Development Officer
Calgary Health Trust*

Keep the Fibre-Filled Carbs

www.realage.com

If you're cutting back on carbohydrates in your diet, be sure to cut the low-nutrition carbs and keep most of the fibre-filled ones.



Studies have revealed numerous health benefits from eating fibre-filled carbohydrates, including a potential reduction in symptoms related to pre-diabetes syndrome. Fibre-filled carbs include high-fibre fruits and vegetables, as well as whole-grain breads or cereals. Instead, reduce the low-nutrition carbs, such as white bread, pasta, white rice, and alcoholic beverages.



ARAMARK Housekeeping Corner

Hints for Cleaning Your Refrigerator

Cleaning the interior of your refrigerator may seem like a never-ending duty, but here are a couple of helpful tips to make the process easier.

- To leave a clean, fresh scent in your refrigerator, always use a clean, soft cloth or sponge moistened with white vinegar to wipe out the inside.
- After cleaning, leave a small pad of cotton with a dab of vanilla or lemon extract. This will provide a fresh, clean smell without the perfume odor.
- To make your next fridge cleaning easier, try wiping the inside (including the shelves) with a cloth dipped in glycerin (available in the hand cream section at the drugstore). This will create a thin coating on the surface which will prevent any further spills from sticking to the surface. Then simply wipe out the inside with the greatest of ease!

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

We want to hear from you!
Please send your cleaning questions to
Carewrite Editor Divona Herzog:
divona@herzog-associates.com
or call her at 254-1672

The Next Step in the Dementia Journey: Long-Term Care Placement

Alzheimer Society

Date: Thursday, March 20

Time: 7:00 pm to 8:30 pm

Location: Alzheimer Society of Calgary

1920 – 11 Street SE

Register: 290-0110

Cost: Free

Guest speaker: Marlene Collins, Carewest Colonel Belcher

When should your family or family member with Alzheimer Disease or another dementia move to a long-term care facility? How can you help them adjust to their new home? How do you address the feelings of guilt that you may be experiencing? How can you have a successful visit? This session will explore these issues.

Free Public Forums!

Seniors' Housing: Solving the Puzzle

By Mount Royal College & Calgary Health Region
Emcee Karen Own, CFCN Medical Watch Reporter

Determining Housing Options

Thursday March 27

Planning Your Future Housing

Thursday, April 23

7:00 pm to 8:30 pm

Leacock Theatre
Lincoln Park Campus at Mount Royal College
4825 Richard Road SW

Please call 240-6053 for more information

The Dementia Journey: Family Carer Workshops

Alzheimer Society

Dates:

Saturday, March 15, 10:00 am to 3:00 pm

Thursday, March 27, 9:30 am to 2:30 pm

Saturday, April 26, 10:00 am to 3:00 pm

Saturday, May 24, 10:00 am to 3:00 pm

Location: Alzheimer Society of Calgary

1920 – 11 Street SE

Register: Please call early to reserve your place.

Phone 290-0110 or send an e-mail including name, address and contact phone number to
info@alzheimercalgary.com

Cost: \$20 includes information binder. Please bring your lunch.

These one-day workshops will include an overview of Alzheimer Disease and other dementias and will address issues such as carer stress, communication, safety, wandering, legal and financial concerns. Learn strategies that can make life easier, both for you and for the person with the disease. Bring your questions and concerns for discussion.

Medications and Reactions

Alzheimer Society

Date: Thursday, April 17

Time: 7:00 pm to 8:30 pm

Location: Alzheimer Society of Calgary

1920 – 11 Street SE

Register: 290-0110

Cost: Free

Guest speaker: Betty Webb, Mission Pharmacy

How does Alzheimer Disease affect the way in which an individual reacts to different situations? What types of medication are available to make life easier for these individuals, and when should they be used? Is it safe to use natural remedies along with prescribed medication? Betty Webb will address your concerns.



Employee Recognition Program

*By Roma Zotzman
Employee Recognition Committee*

Congratulations to the Carewest employees and teams nominated through the Employee Recognition Program. The winners in the January draw are:

Linda Bellevance- Administration
Angelita Paredes - Cross Bow
Gayle Pederson - Sarcee
Sandy Becker – Glenmore
Food Services Team – Boyack
Young Adult Day Support Team - Fanning
Ronnie Tarleton - Colonel Belcher
Debbie Hayman - Royal Park
Hana Linek - Signal Pointe

March Carewrite Schedule

Submission deadline: March 18
Publishing date: March 27

Carewrite

Carewrite is produced monthly. We welcome your submissions.
Please contact Divona Herzog— Voice: 254-1672 Fax: 256-2148
Email: CarewriteSubmissions@calgaryhealthregion.ca
Please send photos to Veronica Scott of Communications through interoffice mail.