

Carewwrite

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



*Edith Brown, George Boyack resident
and furry friend from the Cordingley's Canines Dog Show*

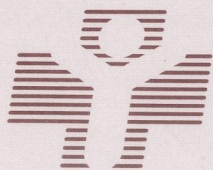
Boyack Residents Enjoy Lively Weekend

Carewest George Boyack was a busy site during the first weekend of December. On Friday night residents enjoyed the Calgary Dance Express Group. On Saturday they were entertained by Cordingley's Canines Dog Show and on Sunday night everyone was invited to the family Christmas dinner. Thanks to all the family, staff and volunteers who helped out during this busy time!

*Elisa Holland, Activity Convener
Carewest George Boyack*

In this issue

- **Bev Rosia – New Site Leader**
- **Successful New Years Resolutions**
- **Cleaning Hints**
- **New Quality Award**
- **Recreation Therapy Week**
- **Employee Recognition Program**



Carewest

Excellence and Leadership in Continuing Care

January 31, 2003

A Message from Brenda



Carewest Dr. Vernon Fanning's One East staff know and practice what the acronym T.E.A.M. stands for.

Together
Each one
Achieves
More

They assist and encourage one another to get the work done. They stay positive during the good and the challenging times. Way to go One East staff! Keep it up!

Secret Anonymous Man

Herald Doesn't Portray Full Story

At the time the December issue of Carewrite was being printed, the Calgary Herald published a special feature on continuing care in the province. You may have seen it. While several stories were quite informative, the overall tone was not very positive. Many people have expressed concern and disappointment with the overall coverage.

While we certainly face many challenges throughout health care, it's important to keep things in perspective. I don't want to give false impressions for one moment, but I do want to give credit where credit is due. Unfortunately, the Herald articles mentioned little about the superb care our residents receive. In fact, we hear regularly from residents and families praising the compassionate and skillful attention of Carewest staff. Very often we print these cards and letters in *Carewrite* and our annual reviews.

FunDFest a Big Success

On another note, I had the opportunity to attend Carewest FunDFest on January 15th. This was Carewest's seventh annual fundraising event to help support our Palliative Care Endowment Fund. While the numbers are not in yet, first indications reveal it was a very successful event. **Premier Ralph Klein** delivered welcoming remarks from the Province and **Jim Dinning** former Board Chair for the Calgary Health Region helped with the auction. On behalf of the Carewest board, I would like to thank the Carewest Development Council – **Phyllis Konrad, Kathleen MacPherson** and **Shannon Smith**, members of the board of the Carewest Development Council, the FunDFest organizing committee and the Calgary Health Trust for once again carrying out this superb event. Funds will go toward palliative care services at Carewest. Thanks again for a job well done!

*Brenda Huband
Executive Director*

Staff Education Calendar

February 2003



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 P.A.S.S. Security Inservice 2 pm – 3 pm Boyack Chapel CPR Heartsaver 1 pm – 3 pm & 3 pm – 5 pm Sarcee Classrm. (limit of 8/session)	6	7 P.A.S.S. Security Inservice 10 am – 11 am Boyack Chapel	8
9	10 Day One Orientation 8 am – 4 pm Cross Bow Day Services	11	12	13 CPR Heartsaver 1 pm – 3 pm Sarcee Classrm. (limit of 8/session)	14	15
16	17	18 Lifestyle Choices 8 am – 4 pm Fanning Conf. Room 2 CPR Heartsaver 1 pm – 3 pm Sarcee Classrm. (limit of 8/session) BCLS* 3 pm – 5 pm Sarcee Classrm.	19	20	21	22
23	24	25 Lifestyle Choices 8 am – 4 pm Fanning Conf. Room 2	26 P.A.S.S. Security Inservice 10 am – 11 am & 2 pm – 3 pm Cross Bow Conf. Room	27 P.A.S.S. Security Inservice 10 am – 11 am & 2 pm – 3 pm Cross Bow Conf. Room	28	

Education Topic Of The Month:
Protection of Persons In Care (PPIC)

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

*Please see poster for more information (registration deadlines, cost, etc.).

P.A.S.S. stands for Personal Awareness and Safety and Security.

BCLS is the basic child and infant CPR course.

Fanning Creates Quality Improvement Initiative

Laundry Department Wins Award

Congratulations to **Amelia Buhler**, **Marla Prasad**, and **Hem Sen** of Carewest Dr. Vernon Fanning's Laundry Department. They received the Fanning Quality Improvement Award, which recognizes quality improvement initiatives that best exemplify a commitment to



(L to R): Mark Ewan, Hem Sen, Marla Prasad, Amelia Buhler, George Roseboom, Susanne Peireira, Jerry Lombardo

service improvement. The award is presented approximately every two months.

The Laundry Department won the award by changing how residents' clean laundry is placed in wardrobe closets. Previously, residents' laundry was not sorted when placed in wardrobe closets. Now clothing is sorted so that shirts, pants and dresses are on hangers and other items are placed in drawers. Residents receive their clothing in a more homelike, neat and accessible manner. The goal is to provide services to residents in a way that builds dignity and respect, and this quality improvement initiative has contributed to achieving this goal.

Quality improvement is something that occurs everyday in the Fanning Centre. Examples of recent quality improvement activities include:

- Redecorating the Sportsmaster lounge.
- Testing the emergency response procedures for the therapy pool, changing procedures and developing a regular testing schedule.

- Developing written safe work procedures for the equipment located in the maintenance shop.
- Painting the Hair Salon.
- Developing new housekeeping routines for the second floor therapy area.
- Reviewing the types of paper materials that are sent for shredding to reduce costs and ensure materials are handled appropriately.
- Improving the quality of juices for residents by eliminating crystal-based products and serving only juices from concentrate.

It is the cumulative impact of these many initiatives, some of them seemingly small and simple, that create a positive, therapeutic and homelike environment.

Mark Ewan
Site Leader
Carewest Dr. Vernon Fanning



*Bev Rosia, new Site Leader for
Carewest Royal Park, Signal Pointe and Sarcee*

New Site Leader Right at Home

Bev Rosia, new Site Leader at Carewest Sarcee, Carewest Royal Park and Carewest Signal Pointe feels right at home in her new job. It's no surprise considering she has been part of the Sarcee team for more than ten years.

"When I was an instructor in the Licensed Practical Nurse program at Bow Valley College, I began bringing students to Sarcee for practicums. It was such a welcoming site," says Bev. "The staff were very friendly, open and caring, and I knew then that I wanted to work there."

Bev began her Carewest career in 1993 as a staff nurse. She became an education coordinator and then program leader for the Lifestyle Choices program for the frail elderly.

"It seems that every three or four years I move on to a new challenge, but I have a feeling that I'll be in this job for awhile," says Bev. "One of the biggest challenges will be matching staffing with funding, retaining staff and building new teams based on the mixes. We've gone through lots of change and our staff will need support to deliver the same quality care."

Bev says a big part of her decision to apply for the Site Leader position was the confidence she had in **Martha Winchell**, Signal Pointe Manager, and **Lil O'Neill**, Royal Park Manager. "They're extremely competent and independent. My job is just to support them."

Being familiar with Carewest gives Bev solid insight into both the issues and the opportunities that exist. "There are lots of changes coming in the way we deliver care and that's exciting. Carewest is on the cutting edge of innovation, looking to meet ongoing needs of the community. During this transition, we need to hang in there and be a little kinder to each other," says Bev, referring to staff. "The times we're going through are rough and we have to show each other the same compassion we show our residents."

Bev says her family has been a big support to her as she embarks on her latest challenge as Site Leader for three Carewest locations. "I've been putting in some long hours. The other day I arrived home to find the kids had dinner on the table. It was great!" says Bev, whose three children are in their early twenties.

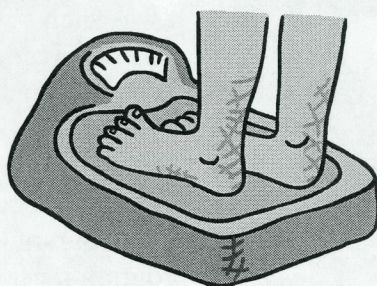
*Divona Herzog
Carewrite Editor*

Healthy Solutions to Your New Year's Resolutions

If this time of year has you thinking about resolutions to 'diet', think again. Switch your focus to long-term solutions - a transition to a healthy eating style, rather than short-term diets. The National Institute of Nutrition offers these tips to help you start the year off right:

Be Realistic - make small changes over time.

- Aim for gradual improvement of your eating habits, not a total overhaul. You're in the driver's seat; choose your best route using Canada's Food Guide. It's a flexible road map that outlines the kinds and amounts of foods to eat each day.
- Make one change at a time until it's a habit. Eat fruit for your afternoon snack, or take a 10-minute walk three times a week. Small, concrete changes like these can add up to big results over the year!



- Balance an occasional holiday favorite by eating lighter fare at your next meal and being a bit more active... take an after-dinner walk.

Be Sensible - enjoy all foods, just don't overdo it.

- Put an end to portion distortion! Even indulgent favorites can fit in sensible amounts - go for a single scoop of ice cream rather than a double, split that cheesecake with a friend, eat snacks on a plate rather than straight out of the package, etc. Then be more active to compensate for the extra energy.
- Check Canada's Food Guide for recommended portion sizes within each food group.

Be Active - walk the dog, don't just watch the dog walk.

- Get active your way! Think fun, and forget "no pain, no gain". Seek out a friend or family member to join you in regular walks, bike rides, skating, swimming, etc.
- Build up to 30 minutes of moderate activity most days. It's easy in 10-minute slices. Park further from the mall entrance; use stairs instead of elevators; take a brisk walk at lunch; rake the lawn; sweep the floor; play *with* your kids.

Go for long term solutions, not short term resolutions! Remember to set healthy goals that are specific and realistic... and personalized for you.

Happy New Year and Bon Appetite... from the Dietitians of Carewest!

Be Flexible - balance what you eat over several days.

- Remember that all foods fit in a healthful eating plan. One food or one meal will not make or break your health or waistline. Be sure to trade off higher fat food choices with lower fat choices.

*Source: National Institute of Nutrition
Submitted by Jackie Orosz
Clinical Dietitian, Carewest Glenmore Park*

Donna Russell and Church Friends Stitch Up a Little Love



Donna Russell, Unit Clerk at Carewest George Boyack has done it again!

Donna, a two-time Gold Award recipient in the Performance Recognition Program, has once again gone the extra mile. She organized a group of ladies from her church, Jesus Christ of the Latter Day Saints, to sew dress covers for the residents. Forty bright and beautiful covers were made and presented to the residents who have taken great joy in wearing them in the dining room. The ladies that made the covers did so as an 'Act of Service and Love'.

*Lorraine Grover
Recreation Therapist
Carewest George Boyack*

Collector Shares Clippings with *Carewrite* Readers



Stan Walker

Carewest Royal Park resident **Stan Walker** has been collecting newspaper articles, poems and words of wisdom for more than 70 years. Some are funny, most are thought provoking, and many capture a moment in time from decades past. He generously offered to share his collection with us and we are pleased to feature select print material with *Carewrite* readers on a regular basis.

In addition to collecting clippings, Stan Walker is also a 'rock hound'; he has a wonderful collection of rocks and gems. He gained fame when he found a meteorite in 1960, which is on permanent display at the Science Museum in Edmonton.

Royal Park about his meteorite experience and about his rock collection. It was appropriately titled "Catch a Falling Star".

*Divona Herzog
Carewrite Editor*

Stan recently delivered a presentation at Carewest

Guy Weadick's New Year Message

*From One Cow Man to Another
High River Times 1938*

May your crop of calves grow bigger,
May your range grass never fail,
May your water holes stay open,
May you ride an easy trail.

May you never reach for leather,
Nor your saddle horse go lame,
May you dab your loop on critters,
With your old unerring aim.

May your stack of chips grow taller,
May your shooting eye stay true,
May good luck plumb snow you
under
Is my New Year gift to you.

By Hilda Morales, Carewest Dr. Vernon Fanning Volunteer

By Hilda Morales, Carewest Dr. Vernon Fanning Volunteer

I have been grateful for the opportunity to talk with the residents on a one-to-one basis. I particularly enjoy speaking with the older residents, for I have an ingrained respect for those with experience, for those whom life has shaped and strengthened with time. It is amazing to feel that connection with decades past, especially since my own grandparents are so far away.

It's fulfilling to know that in the smallest way possible, you are thanking those heroes who have paved the way for us, especially when you keep in mind that many of the residents at Carewest Dr. Vernon Fanning are war veterans.

I have benefited much from the ability to contribute to various different programs, for volunteers at Fanning are afforded tremendous flexibility. I have gone from volunteering with the Nickle House bus trips, to swimming with One West residents in the centre's pool, to helping out with weekly card games. I look forward to helping out in the future with whatever I can. I would also like to recognize the staff and volunteers at Fanning for their warmth and friendliness.

February 3 to 7, 2003

- ◆ Build confidence
- ◆ Improve physical abilities
- ◆ Promote greater self-reliance
- ◆ Enrich the quality of life
- ◆ Manage stress
- ◆ Strengthen interpersonal skills
- ◆ Ease fear

*From the Recreation Therapists
at Carewest Dr. Vernon Fanning
Shauna Graham
Shelley Rutledge
Patti Rhodes-Brink*

HOW DOES THE THERAPY PROCESS WORK?

Programs and services are designed with the individuals to meet their needs. Therapeutic recreation specialists work with a team of professionals to:

② SET GOALS

-- both short-term and long-term -- based on the findings of the assessment.

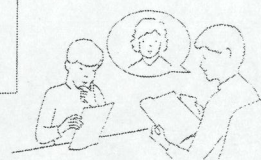


③ DESIGN A WRITTEN PLAN

to achieve goals and then
to put that plan into action

1	NAME	DATE	SCORE	-/90 ~ 9
2	NAME	DATE	SCORE	-/100 ~ 100 ?
3	NAME	DATE	SCORE	NAME NAME NAME NAME NAME NAME
4	NAME	DATE	SCORE	~ / 100 ~ 100 /

1 CONDUCT AN ASSESSMENT
of the person's
abilities, interests,
needs and desires

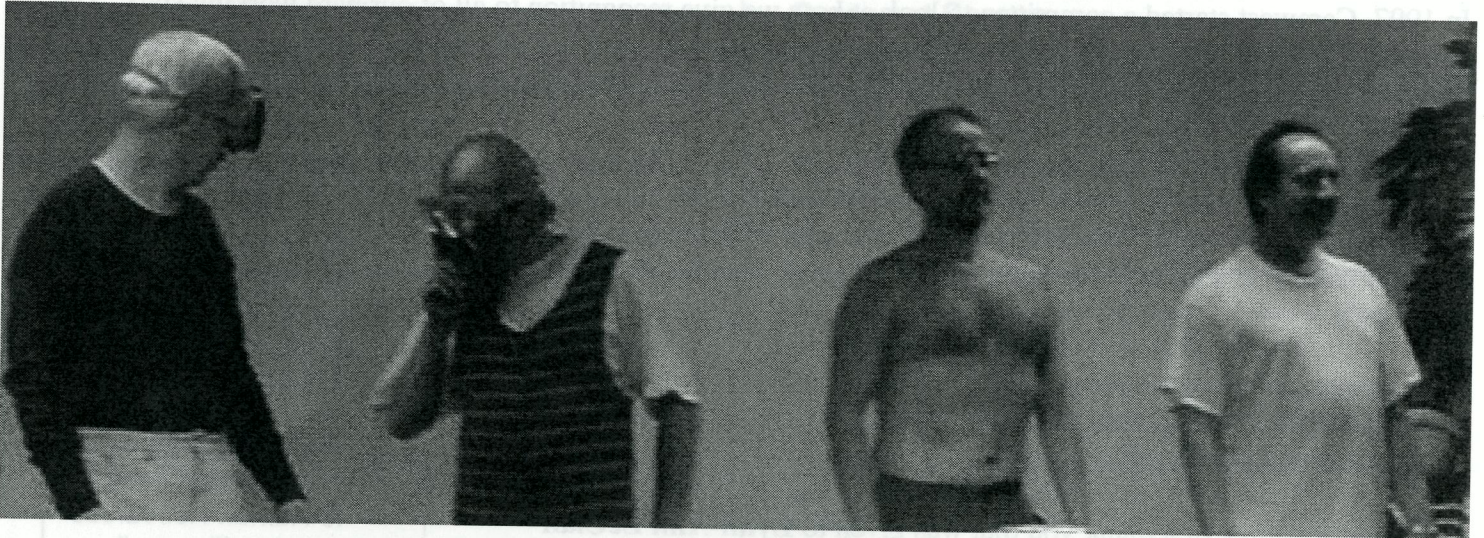


④ EVALUATE PROGRESS

periodically to determine how well the person is meeting those goals and to revise the written plan, if necessary.



Fanning Staff Talent Show Administration Men's Synchronized Swim Team



*L to R: Frank Alsopp, Harold Jordan, Mark Ewan, Ron McBride
Under the direction of Susanne Pereira and Jacqueline Albers (not in photo)*

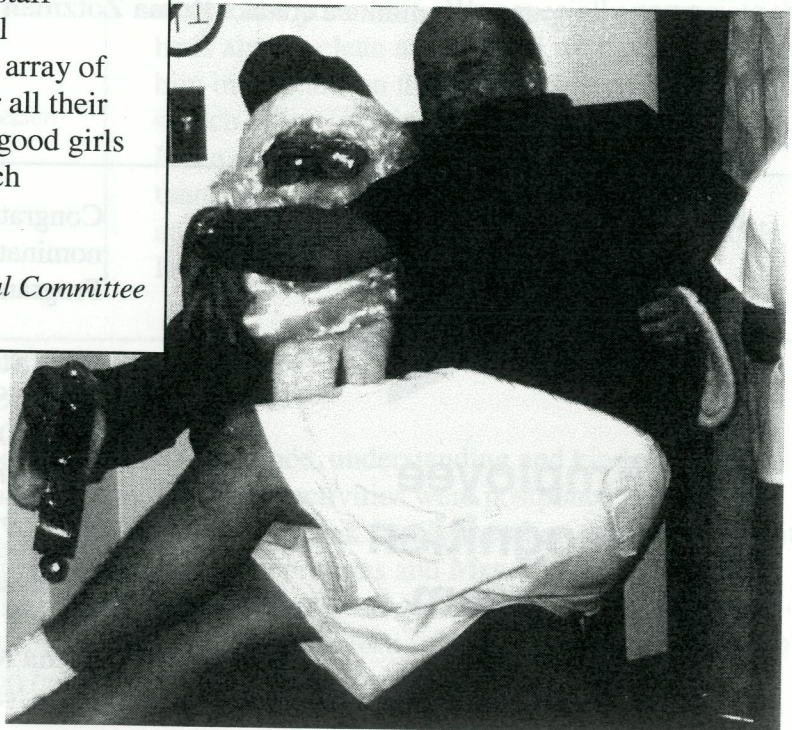
Amazing the talent that some possess.

*Carla Ergang
Activity Convener
Carewest Dr. Vernon Fanning*

Santa Visits Glenmore Park

Staff at Carewest Glenmore Park took some time off in December to enjoy a visit from Santa at the annual staff Christmas party sponsored by Glenmore Park Social Committee. Food Service staff prepared a fabulous array of foods for all to enjoy and we wish to thank them for all their hard work. Santa brought gifts with him for all the good girls and boys who have worked so hard and with so much dedication over the year.

Glenmore Park Social Committee



*Glen Dale gives
Santa a bear hug...*

The **THANK YOU**

In 1997, Carewest started a committee to look at how we give recognition to all of our hard working staff. The committee was comprised of staff from different sites, different positions and different viewpoints. Together, they created a program whereby staff could easily give recognition to each other... and the **Thank You** was born.

Our thank you process is really a two step process worth every minute and effort you put into it. It is for staff to recognize when someone has done something nice or gone the extra mile. You can thank anyone, anytime, for any reason.

Each entry gets put into a monthly draw, where one person from each site will win a great gift certificate! As well, the thank you will be considered for receipt of a Gold or Excellence award.

Here is an example of a thank you that was given to **Lynn-Ann LeClair** (Program Leader at Sarcee):

It's time you knew how much we value and respect our new Program Leader. She has been with us now for ten months and has proven herself over and over again. She promptly addresses our concerns and issues in a professional manner. She has taught us so much about being kind and thoughtful.

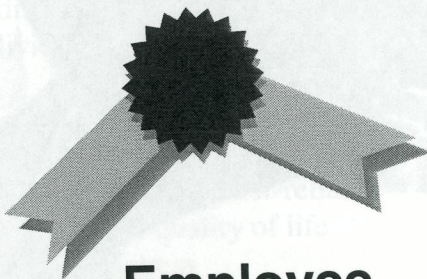
How To Thank Someone

1. Just fill out the thank you card, put it into the envelope and give it personally to the one you wish to thank.
2. Next, fill out the sheet of paper and send it to Human Resources by interoffice mail so that Human Resources and the Employee Recognition Committee know who has been thanked!

Don't forget to use the program; it was developed by Carewest staff for Carewest staff!

Remember, keep the thank you's coming...it feels great to give one and receive one! If you want more information, please see your site representative. If you are interested in giving feedback on the program or helping with the program or committee contact **Roma Zotzman** at 267-2927

Your Employee Recognition Committee



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 December draw are:

Jean Stern - Administration
Sylvia Sherman - Cross Bow
Vicki Davis - Sarcee
Margaret Brausse - Glenmore
Clare Cooper - Boyack
Maintenance Team - Fanning
Vanessa Oakes - Colonel Belcher
Shawn Tourout - Royal Park
Anna Marisa Alda - Signal Pointe
Charles Haughton - Nickle House

Notes of Appreciation

Carewest Dr. Vernon Fanning

A great big thank you to the residents of One East and One West Fanning Centre for their work on the community service project 'Calgary Children's Milk Fund'. From November 2001 through November 2002 they collected 69,873 points to help provide milk to needy children and nursing mothers in Calgary. This program will continue, so please drop your milk caps, logos, and creamer lids when you are next at the Fanning!

*Anita Hansen, Therapy Aide
Carewest Dr. Vernon Fanning*

To all you caregivers,

Thank you for looking after Harry,
Things sometimes get very hairy!
Sometimes he is happy,
Sometimes he is sad.
You cheer him up with a smile, kind word, or a pat
on the back.
He then feels a lot better and he smiles back.
You make him feel human and great!
At times you are tired and weary.
You go home, next day you are back.
Thank you for caring so much for Harry.

Heidi Kornelsen

Carewest Sarcee

I wanted to write this letter to thank all the caregivers, nurses and staff that took care of my mother. From my mother's arrival the very first day at Sarcee, she told me three things. Everyone is so nice and friendly; this place is so clean – they're cleaning all the time; and the food is really very good. For me living so far away, it was a great relief knowing that she was so well cared for. I miss her voice on the phone and am feeling so very sad, but I really cannot express my gratitude to all of you for all that good care! Thank you so much, and to you **Vince** you are the greatest!

Brenda McNulty

Carewest Nickle House

We are writing this letter simply to say thank you for the care and genuine affection that the staff have shown to Leonard Adams. After seeing the rapid improvement in Leonard, we can only assume it is because of the extra effort that the staff at Nickle House put forth. Leonard has never seemed happier and the fact that he is improving in his speech, behaviour, and muscle control has to be attributed to you and your staff. We especially appreciate that he is always clean and dry and we have never seen him in a condition that would be considered, by any stretch of the imagination, as being uncomfortable. It is a simple enough gesture but we have to say thank you and we pray that your superiors appreciate the excellent job that you do at Nickle House.

Mary and Mike Holley

Carewest Colonel Belcher

We would like to thank residents and families on 2XY for their patience, understanding and kindness to nursing staff during the flu outbreak this December. Many Christmas activities were postponed but you kept your chins up and made the best of the season. We would also like to thank family members who assisted with Christmas festivities on 2XY. **Linda Slattery** donated Christmas decorations and **Mrs. Upton** and **Mrs. Hayward** graciously helped decorate 2XY for the second year in a row. Staff on 2XY lead a caroling group of residents, families and staff. **Lynn McCabe**, Social Worker, joined in the festivities as we caroled from room to room. Once again, thank you to everyone who helped make Christmas special on the second floor.

2XY Nursing Staff, Carewest Colonel Belcher

FUNDRAISING CAMPAIGN 96 PERCENT COMPLETE

The Friends of the Colonel Belcher's two million-dollar fundraising campaign is 96 percent complete. This is the final phase of the campaign and individuals who are interested in supporting endeavors at the new Carewest Colonel Belcher are encouraged to do so before **January 31, 2003**.

"The community support we've received has been awesome," says **Barry Ashton**, chair of The Friends of the Colonel Belcher. "We sincerely thank all of our donors and encourage those who are still considering showing their support to do so before the end of the month."

The Friends of the Colonel Belcher, in partnership with the Calgary Health Trust, have been involved in a fundraising campaign since September 2001 to provide features that will give the new Carewest Colonel Belcher a unique, home-like environment. These features, including craft and reading areas, a woodworking and model shop, and a greenhouse, will celebrate our military heritage and ensure that the Colonel Belcher is equipped to be a vital new community for our Veterans and seniors.

"All of our lives have been touched by the sacrifices of our Veterans," says Mr. Ashton. "By donating a commemorative brick through the Veterans Legacy Brick Campaign, Calgarians can participate in a tangible act of remembrance to honour Veterans."

Commemorative bricks are available for a tax receiptable charitable donation of \$150 to the Calgary Health Trust. Each brick will be engraved with a tribute to honour a Veteran individually or Veterans as a group. For more information about the Veterans Legacy Brick Campaign please call Nadine at 943-0607.

*Nadine Humphreys, Development Officer
Healthy Communities Development Council
Calgary Health Trust*



New!
Regular Feature

ARAMARK Housekeeping Corner

Today's Topic: Easy Microwave Care

After this busy holiday season, many of us have kitchens that need a little attention. One area we sometimes forget is the interior of our microwaves. Try these two tips for cleaning and deodorizing your microwave.

- Place a clean wet dishcloth in the center of your microwave, and cook it on high for 30 to 40 seconds. The steam created will help loosen any hardened spills, and then use the heated cloth to wipe the inside clean. Be careful not to burn yourself with the hot cloth.
- To deodorize your microwave, place vanilla extract in a bowl and microwave for 30 seconds. Leave overnight, remove the bowl and wipe down the inside of the microwave.

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

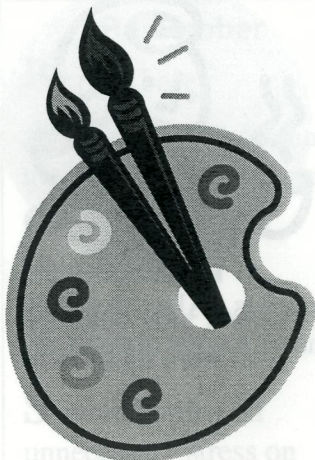
We want to hear from you!
Please send your cleaning questions to
Carewrite Editor Divona Herzog:
divona@herzog-associates.com
or call her at 254-1672.

Wall Mural Hides Construction and Adds Cheer



(L to R): Lynn McKay and Sandy Southgate

In a great team effort Carewest Glenmore Park decorated their new wall (a large section of boarding in the front foyer, put up in November for the renovations that are underway) for the winter season.



Patient **Lorna Fofonoff** suggested the idea and Therapy Aide **Karen Williams** saw the process through from beginning to end. Patient **Sandy Southgate** was responsible for the design, and West Island College students from the Career and Life Management program, **Danny Davidson** and **Colin Park**, enlarged her drawings onto the actual wall. The Carewest Foundation provided acrylic paints and art instructor **Joanne Roper** diligently painted around all of the screw holes so the construction company can back the screws out when it is time to take the wall down! Maintenance staff supplied the primer and Karen and Sandy, along with patients **Candace Strus** and **Lynn McKay**, painted the winter scenes.

We have received many compliments on the cheerful artwork. Please take a look the next time you're over at Glenmore!

*Patty Rhodes-Brink
Recreation Therapist
Carewest Glenmore Park*

Free Community Information Night – A Guide to Home Care and Respite

Alzheimer Society

Date: Thursday, February 20
Time: 7:00 pm to 8:30 pm
Location: Alzheimer Society of Calgary
1920 – 11 Street SE
Register: 290-0110

Guest speaker Debbie Lee of Calgary Health Region's Care in the Community will explain the role of Home Care in providing in-home assistance for individuals with dementia and their carers in Calgary. She will explore the services that can be provided through Home Care and the process involved in accessing these. She will also discuss the provision of short-term respite care in Calgary. If you are caring for someone with dementia, bring your questions to this informative session.

The Dementia Journey – Carer Workshop

Alzheimer Society

Date: Saturday, February 8
Time: 10:00 am to 3:00 pm
Location: Alzheimer Society of Calgary
1920 – 11 Street SE
Register: 290-0110
Cost: \$20 includes information binder

Are you involved in the care of someone living with Alzheimer Disease or another dementia? This one-day workshop will include an overview of the disease and will address issues such as carer stress, communication, safety, wandering, and legal and financial concerns. Learn strategies that can make life easier both for you and the individual with the disease. Meet with other carers who are travelling on the 'Dementia Journey' at this time. Please bring your lunch.

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Chocolate Therapy

www.realage.com

Warming yourself up this winter with an occasional cup of hot cocoa may be a heart-healthy habit.

A recent study revealed that hot cocoa can be a rich source of flavonoids, plant compounds that have a positive impact on heart health. To make your hot chocolate heart-healthy, use a recipe that calls for dark chocolate or cocoa powder; these are rich in flavonoids. Also, keep fat and calorie counts down by making your cocoa with nonfat milk.



Answers to the Lifting Safely Quiz

Featured in the November Issue of Carewrite

Congratulations to **Tanis Durnin**, Unit Clerk at Carewest George Boyack, 2nd Floor, who successfully answered the questions about lifting safely and won the draw. Her answers and other possible responses are featured below.



Question: What may happen to the client by using this technique to transfer her?

Tanis' answer

- Injury to the client's arm, if pulled in the wrong direction
- Fracture to the arm (if the client has osteoporosis/ in case of contracture)
- Bruising to the arm

Other potential problems

- Repeated application of this type of technique could result in weakening the muscles and

Remember

B broad base

A tighten the abdominal muscles to tackle the job

C be close to the client/object

K bend your knees; use your thigh muscles

S avoid putting an unnecessary stress on your spine to protect yourself.

ligaments in the shoulder area. As one can see from the picture above, the staff member is going in one direction, while the client's weight is causing a resistance. The ball part of the arm could dislocate from the socket part of the shoulder.

Question: What may happen to the staff member using this technique?

Tanis' answer

- The staff member could hurt his/her back

Other answers

- Wrist and shoulder injuries could result
- The client may not cooperate, causing the staff member to do all the work.

Question: What is the proper technique in assisting the client to stand up?

Tanis' answer

- Put a transfer belt on the waist of the client
- Stand in front of the client
- Bend your knee
- Feet shoulder width apart for balance
- Put both hands on the transfer belt, at the sides of the client's waist
- Gently lean backwards to pull client to standing position

Other answers

- Read the plan of action to determine what type of transfer you are to apply (one-person; two-person transfer)
- Always assess the client for cognitive ability. Can the client follow simple instructions?
- Inform him/her what you intent to do
- Talk to him/her to let the client know what to do
- If he/she is able, ask the client to assist you, to support self, by pushing up to stand with the other hand
- Seek assistance from other team member, if client is not able to help you

Transfer belt is safe for both the staff and the client. Please use it!

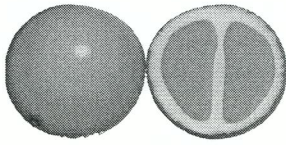
Thanks to the other staff members who submitted their answers, to **Betty Codere** for being a 'guinea pig', and to **Naty Aparacho**.

*Sam Adu-Darko, Education Resource Nurse
Carewest Dr. Vernon Fanning*

All Juiced Up

www.realage.com

Help keep your blood pressure under control by starting your day with a glass of orange juice.



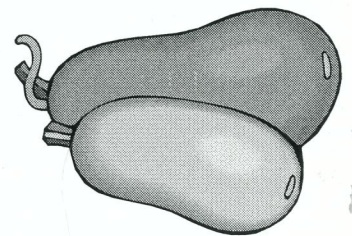
Recent research adds to the theory that certain antioxidant vitamins, such as those found in vitamin C-rich fruits and juices, contribute to cardiovascular health. In a recent study, people whose blood levels of vitamin C were the highest tended to have the lowest risk of developing hypertension, or high blood pressure.

Heart-Friendlier Food

www.realage.com

Which snack is more likely to help lower your cholesterol: a handful of almonds or a whole-wheat muffin? Research points to the almonds.

A recent study revealed the people who ate a handful of almonds (about two ounces) every day for a month experienced nearly a 10 percent reduction in their LDL (bad) cholesterol levels. People who ate a whole-wheat muffin every day did not experience the same reduction.



February Carewrite Schedule

Submission deadline: February 18

Publishing date: February 28

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.