

Carewwrite

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



Nancy Blain and Rich Stevens (Palliative Care Volunteer)

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Stressed is Dessert Spelled Backward

Where is that laughter coming from? It's coming from the Carewest palliative care volunteers who are part of a volunteer recognition workshop called "Stressed is Desserts Spelled Backward"!

On the evening of February 20th, Miss Loosie the clown shared her experiences and reminded us all of the importance of laughter during every part of our lives. We were happy to be joined by a number of the palliative care volunteers from the Glenmore Park Palliative Care Unit. We want to take this moment to shout from the roof top how lucky we are to have such wonderful palliative care volunteers! And always remember as the great anonymous philosopher once said, "Laughter is like changing a baby's diaper, it doesn't permanently solve any problems, but it makes things more acceptable for a while".

Nancy Blain, Volunteer Coordinator, Carewest Glenmore Park



Carewest

Excellence and Leadership in Continuing Care

May 22, 2003



Hooray, Spring at Last!

These days I almost hesitate to look out my office window for fear I'll find a three foot snow drift in the month of May, but with the long weekend behind us it surely must be spring. There is a special energy about spring that never fails to excite me. I look for fresh green sprouts to poke through the soil in our Carewest gardens and relish the sense of optimism that comes with new beginnings.

This spring is particularly special at Carewest because several years of planning and construction have come to fruition as the new Carewest Colonel Belcher opens its doors in Parkdale. As I write this, residents, staff, volunteers, family and friends are settling into a brand new state-of-the-art continuing care facility that is home to 175 residents, 135 of whom are veterans. It is connected to another 175 private rental apartments, also for seniors. Welcome home everyone! And thank you to everyone who worked so hard to make this happen.

For administrators, spring is also a time to usher in the new fiscal year. With it comes the energy to move forward on exciting new initiatives and implement the plans we've made for Carewest.

Everyone who works at Carewest has an important role in helping the organization meet its goals. We're introducing a new series of *Keeping In Touch* sessions so I can personally talk with staff about our 2003/2004 business plan and about what it will mean to them. I hope to see you there.

Spring also marks the beginning of the Employee Recognition Luncheons. I smile with pride when I read the list of people who will be recognized for their many years of service at Carewest and for their outstanding contributions. We have a terrific team and I never tire of telling the world about it.

Is it time to fire up the BBQ yet? It will be by June and I hope to see all our staff at the Employee Recognition Family BBQ on June 21st. After being tucked away in nine different care sites and the administration building over the long winter, this is a great chance to reconnect with friends and family and have a little fun. Events like this build a sense of community, which is what distinguishes Carewest as a special place to live and work. Our Employee Recognition Committee goes the extra mile to put on this event because they know our employees go the extra mile each and every day. This is a chance to say thanks for all that you do.



*Brenda Huband
Executive Director*

Upcoming *Keeping in Touch* Sessions

Carewest Admin Centre

Thursday, May 29th

9:30 am to 10:00 am

Carewest Colonel Belcher

Thursday, July 3rd

1:30 pm to 2:30 pm

Carewest Cross Bow

Thursday, May 29th

10:30 am to 11:30 am

Carewest Dr. Vernon Fanning

Brenda will attend unit meetings
with Site Leader Mark Ewan

Carewest George Boyack

Wednesday, June 18th

1:30 pm to 2:30 pm

Carewest Glenmore Park

Friday, May 30th

2:00 pm to 3:00 pm

Carewest Royal Park

Tuesday, June 10th

1:30 pm to 2:30 pm

Carewest Sarcee

Thursday, June 17th

2:00 pm to 3:00 pm

Carewest Signal Pointe

Wednesday, May 28th

10:30 am to 11:30 am

Keeping in Touch with Brenda Huband

Join us for information, discussion and refreshments. Find out what's new at Carewest and what to expect in the future. Talk about the issues in an informal setting. All Carewest staff are welcome!

Can't Come But Have A Question?

- Look for the *Keeping in Touch* suggestion box. It's placed at the Carewest site where the meeting is being held, about one week prior to the event. We'll print the answer to your question in *Carewrite*.
- E-mail your questions anytime to *Keeping in Touch* listed under the Carewest global address list. Brenda Huband, Executive Director, will respond by return e-mail.
- If you would like to speak with someone directly, please call Administration at 267-2912.

Debbie Chaisson

Executive Secretary, Carewest Administration

New Communications Coordinator for Carewest

I'm pleased to announce that Carewest has a new Communications Coordinator. **Lynne Koziey** has accepted a position similar to that previously held by **Veronica Scott**, who now works full time for the Calgary Health Region.

Lynne has 10 years of journalism experience, six as a reporter at the *Calgary Herald*, at which she worked most recently. At the *Herald*, Lynne was responsible for reporting and investigating news, researching and writing features, and developing story concepts. She has contacts across all sectors and experience working in a multi-disciplinary environment. Lynne also has international media experience as a reporter with News Limited, Australia's largest newspaper chain.

In addition to her day job, Lynne is currently working towards her Certificate of Business Management at the University of Calgary, which includes courses in employee relations, marketing and strategic planning. She's counting on those courses, as well as her communications and media experience, to help her tackle her new position.

"I'm very excited about my move to Carewest and the opportunities that come with it. Carewest has so many good stories to tell, I want to make sure we share them," says Lynne.

Look for Lynne as she visits the Carewest sites over the new few months and joins me at the *Keeping In Touch* discussions. You can reach Lynne at the Carewest Administration Centre at 267-2940.

Brenda Huband

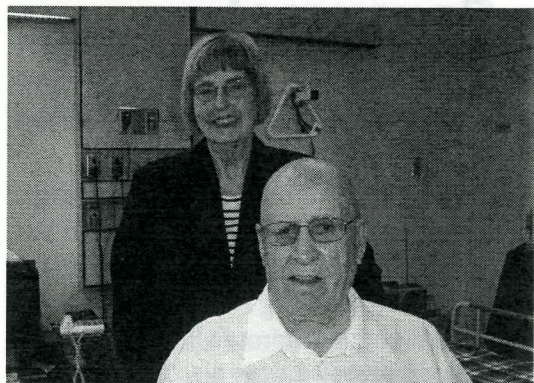
Executive Director, Carewest



Piping in the Honor Guard



Jennifer Spencer at ceremony



Ted and Bernice Lockert

History at a Glance

1919 - Colonel Belcher Hospital on 8th Avenue opens for World War I Veterans

1926 - Unites with the Ogden and Sunnyside Veterans' Hospital and moves to a larger location in the same area of Calgary

1956 - With the outbreak of World War II, moves to 12th Avenue and 4th Street SW.

1976 - 4th Street location goes extensive renovations and expands.

2003 - New state-of-the art, home-like facility opens in Parkdale.

We're Taking the Memories With Us

Saying Goodbye to the Old Colonel Belcher

With the soulful sound of a lone piper, an era was ushered out and a new one began. Carewest Colonel Belcher marked the transition from one site to another on May 9th with a special ceremony to honour the many people who have lived, worked or visited the 4 Street S.W. location.

The new Carewest Colonel Belcher site in Parkdale officially opens June 3rd amid well deserved fanfare. It celebrates a milestone in care for our veterans and showcases state-of-the-art facilities. Although it's a welcome change, leaving the old building is like saying goodbye to an old friend.

Jennifer Spencer, Therapy Aid at 3AB, has worked at Carewest Colonel Belcher for 14 years. "We're really looking forward to the move," she says, "but it means some things will change. I may not be working with all of the same residents in the new facility and I'll really miss that."

Residents, too, are wondering what life will be like at the new site. When asked if he is excited about the move, resident Ted Lockert responds that, "Generally most guys our age don't get that excited about anything. Mostly, we tend to be suspicious." His quick grin tells a different story. "I've heard some good reports about the new site," he says. His wife Bernice adds that, "Ted is looking forward to having a private room and shower, as well as a fridge." His only hesitation is around the mix of veterans with other seniors. "I'm not sure how it'll be when we're mixed with civilians," says Ted. "They do a lot of special things for the veterans here. We'll have to wait and see."

Modeled after the decommissioning of a ship, the ceremony on May 9th celebrated the Colonel Belcher's rich history with a slide presentation featuring images of the past, accompanied by a musical tribute by Hearts on a String. Dignitaries and Carewest management thanked everyone who had supported the Colonel Belcher over the years and those who have worked tirelessly to make the dream of a new building a reality. The ceremony concluded with the blessing of tulip bulbs presented by the Consul Emeritus to the Netherlands, which will be planted both in the old site and the new site as a symbol of transition.

"We're saying goodbye to the building," said Reverend Philip Costain, "but we're taking the memories with us."

*Divona Herzog
Carewrite Editor*

Much Appreciated, Pardner!

Volunteers Get Calgary-Style Thank You

Volunteers at Carewest George Boyack and Carewest Cross Bow got an old fashioned, Calgary-style western thank you on May 3 for their time, energy and commitment to residents.

“Volunteers play a huge role at Carewest Cross Bow and Carewest George Boyack and it’s our privilege to host this event as a way of expressing our appreciation,” said **Agnes Kopfensteiner**, Team Leader of Resident Services for both sites.

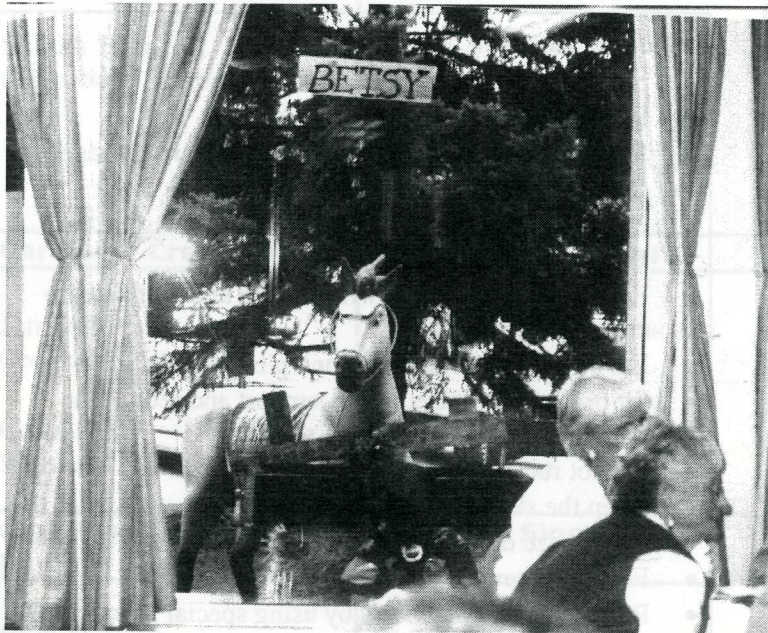
The event featured an interactive murder mystery dinner theatre with a western theme. The cafeteria and chapel areas at Carewest George Boyack were transformed with cowboy hats, filled burlap sacks, ceramic bull skulls, and whiskey bottles to become the City Slicker Saloon, the setting for the murder. The crowning feature was the life-size horse looking in the window, complete with feeding trough and cowboy. The menu would have tickled the chops of any cowboy with riblets, BBQ chicken, beans, salads, buns and apple pie. A large wash tub with ice chilled the pop and de-alcoholized beer (after all, what’s a saloon without beer). When Thurston Tarfeather III was murdered, it was up to the volunteers to determine ‘who dunnit’ and why. Many thanks to **Pegasus Performers** for their entertaining, humorous performance.



Pegasus Performers

Volunteers got a heart felt thank you from Site Leader **Joan Gilmour**, and Agnes presented them with a formal certificate of appreciation. They received a custom-made bolo tie with the Carewest logo and got a chance to try their luck on the ‘spin-to-win’ wheel for an extra prize.

When it was all over and the cowpokes went home there was time to thank the folks who made it happen. “Thank you to the staff, family and personal friends of the Resident Services Team,” said Agnes. “A special pat on the back goes to **Paulette Fornataro** and **Shannon Teichroeb**, Activity Convenors at the two sites, for working together with me so efficiently to plan and prepare this special event.”



Betsy the horse watches from outside

Agnes Kopfensteiner, Team Leader Resident Services, Carewest Cross Bow and Carewest George Boyack

Pressure Sores

A Patient and Caregivers Guide to Skin Care

What Is a Pressure Sore?

Pressure sores occur when the tissues are compressed and distorted causing damage to the local blood circulation resulting in insufficient nutrients and oxygen to the tissues. Waste products also accumulate causing further tissue damage.

Pressure sores can be a serious problem causing:

- Pain
- Complications such as infection
- Decreased quality of life

It's important to know that the degree of damage may not always be obvious to the eye. Early detection, identifying and removing the cause of the pressure sore is important. And remember, it's easier to prevent a pressure sore than it is to treat it!

Signs

The early sign of tissue damage is the development of a distinct reddened area of skin which, when lightly pressed by a finger, remains red. Undamaged tissue goes white for a few seconds following light finger pressure.

If the underlying cause of the pressure is not removed at this stage, ulceration of the superficial skin (epidermis) layer or blistering will occur. If no action is taken, the damage will progress through the layers of skin and down to the fatty tissue. In some people, the sore can extend through the fatty tissue to involve muscle and even bone. Such a sore can be life threatening due to infection, blood poisoning or infection of the bone.

If you think you are at risk of developing pressure sores, please contact nursing staff. You may also get help from a dietician, physiotherapist, occupational therapist or a Skin and Wound Committee Member (see page 7).

*By Christine Willey
Chairperson, Carewest Skin and Wound Committee
Source: Tissue Viability Society*

Risk Factors

- Confined to bed, chair or wheelchair
- Reduced mobility (e.g., osteoarthritis, Parkinson's disease, strokes)
- Immobile, especially when sitting recovering from illness
- Acute illness (e.g., pneumonia or urine infection)
- Incontinence - urine and fecal.
- Inadequate diet and fluid intake, malnutrition, dehydration
- Over 70 years of age
- Unrelieved pressure
- Indirect pressure, shearing, friction
- Moist skin (e.g., sweat, especially if from raised temperature)
- Decreased consciousness (e.g., from taking sedative drugs)
- Diminished sensation (e.g., from diabetes, strokes)



Prevention

- Identify if you/resident are at risk
- Inspect the skin for early signs of pressure damage
- Change body position frequently
- Use correct lifting techniques – avoid dragging the skin
- Ensure bed clothes are wrinkle free and there are no crumbs in the bed
- Eat a well balanced diet, drink plenty of fluids
- Sit or lie on surfaces which support and reduce the risk of tissue damage
- Do not rub or massage the skin
- Keep the skin clean and dry
- Moisturize daily
- Follow Carewest skin care protocol
- Protect elbows and heels by using special garments and elevating heels off of the bed
- Protect skin from friction

Carewest Skin & Wound Committee Members

Carewest Sarcee	Carewest Glenmore Park
Christine Willey, Chair Registered Nurse	Denis Feria, Co-Chair Educator
Bev Rosia Site Leader	Gladys Severson Registered Nurse
Theresa Valadka Registered Nurse	Sheila Gaela Registered Nurse
Michelle Livingston Licensed Practical Nurse	Jean Weatherley Registered Nurse
Janice Sharpe, Secretary Occupational Therapist	
Carewest Dr. Vernon Fanning / Carewest Nickle House	Carewest George Boyack
Pat Bordon McRae Registered Nurse	Jennie Deneka Program Leader
Elaine Brown Registered Nurse	Patricia Holem Occupational Therapist
Sandra Hunter Occupational Therapist	Laurie McKeown Registered Nurse
	Angela Chu Pharmacist
Carewest Cross Bow	Carewest Royal Park
Jan Dillon Occupational Therapist	Janice Sharpe, Secretary Occupational Therapist
Carol Ryz Registered Nurse	Judy Fisher Registered Nurse
Carewest Colonel Belcher	Carewest Signal Pointe
Barb Heynen Occupational Therapist	Ruth Workentine Registered Nurse

Good Old Alberta

When it's summer on the prairie
And the drouth has killed the wheat,
And the million bloomin' hoppers
Haven't left a thing to eat,
In dreams we travel Northward,
Along a well worn trail,
In a borrowed Bennett buggy
And our dinner in a pail.

When it's autumn on the prairie
And the debts begin to press,
And we've not a cent to pay them,
And we're in an awful mess,
We think of moving Westward
Where the birds nest in the trees,
The mosquitoes do not bite you
And there dogs there don't have fleas.

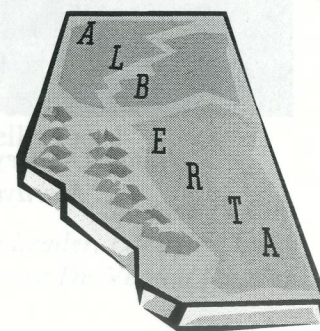
When it's winter on the prairie
And the snow is two feet deep,
And the children are all crying
With cold and frozen feet,
We long to travel Southward,
Where the grass is always green,
And the orange and banana,
Can be eaten, not just seen.

But now that it is springtime
Our thoughts have all come back,
To our old home on the prairie,
To our ten by seven shack,
Where the early, pale blue crocus
Grows wild upon the plains,
And the meadow lark at sunrise
Awakes us with sweet strain.

This country's not all sunshine,
To live is oft not cheery,
But in spite of all the hardships,
We love our good old prairie.

Bassano Mail

*From the collection of
Carewest Royal Park
resident Stan Walker*



Introducing.... New Lift and Transfer Techniques

Roxanne McKendry, Occupational Health & Safety Advisor

About eight months ago, it became clear to **Mollie Cole**, Education Team Leader, and **Roxanne McKendry**, Occupational Health & Safety Advisor, that there were inconsistencies in Carewest's approach to teaching lift and transfer techniques. Physiotherapists, occupational therapists and educators were teaching what they were comfortable with, but it varied from person to person.

Mollie and Roxanne set out to determine best practices and they hired a company called the Injury Prevention and Management Group to help develop a program to teach a safe, consistent approach to lifting, transferring and back care. The program is still in its infancy but we have now trained educators to provide this information to employees as part of an injury prevention program.

The key teaching change is that the 'pelvic tilt' is gone in lifting and should be replaced with the BACK acronym....Butt out, Arms bent and close, Chest up and Knees bent. Instead of doing lecture style training in a classroom, most of our training will now be practical. The employee will demonstrate that they can actually do the proper techniques.

Butt out
Arms bent and close
Chest up
Knees bent

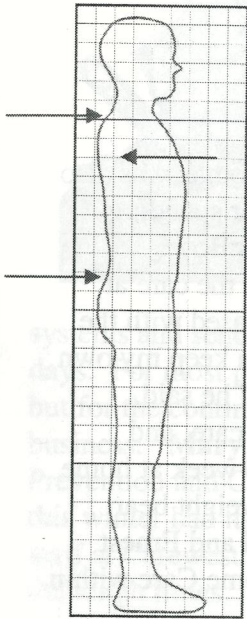
Challenging All Units to Stretch



(L to R) Audrey Williams-Duncan, Zsuzsanna Kingsbury,
Marilyn Van Sertima, Shasultan Khimani

Unit 2 of Carewest Sarcee quickly bought into the injury prevention techniques that were introduced by **Mollie Cole** and **Roxanne McKendry**. They have been having fun after shift report and before they start lifting, by completing the stretching tips introduced by the Education Resource Nurses.

Coleen Manning
Learning Resource Coordinator
Carewest Sarcee



Posture Pointers

Your spine has three curves: an inward curve at your neck, an outward curve at your shoulders and an inward curve at your lower back. If you looked sideways at your spine it would look like an "S". These curves are important because they promote flexibility, balance and strength.

To keep the healthy "S" shaped curve, good posture is important. Keep the chin tucked in, the shoulders in line with the ears and your tummy pulled in so you don't exaggerate the curve at the lower back.

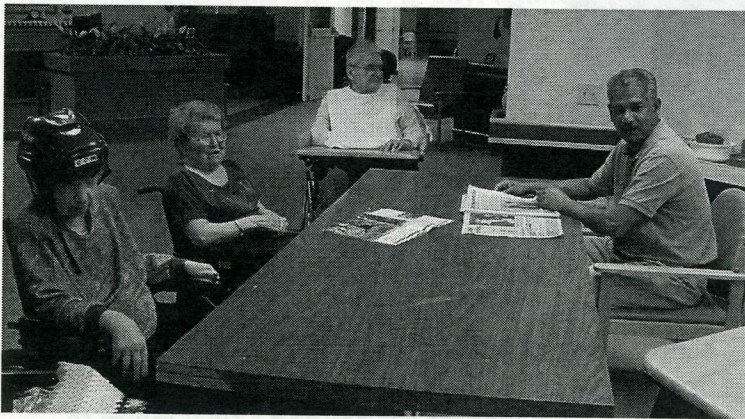
One of the most common problems with posture is that the head juts forward and the shoulders round forward which causes the spine to look like a "C" shape. The "C" shape is a problem over time because it causes muscle strain and fatigue.



Quick Tips
from Carewest
**Employee
Wellness
Department**

Roxanne McKendry, Occupational Health & Safety Advisor

New Role for Nursing Attendants at Fanning



*L to R: Jean Cowie, Tille Hubellie, Ed Smith,
Delano Supersad*



L to R: Mary Fredin, Margret Marcy, Jantein Poppe

As of November 2002, nursing attendants on 2W/3W Carewest Dr. Vernon Fanning have adopted a new role. In addition to their regular nursing care duties, they participate in exercises, social activities and outings with residents. While fulfilling, it is a role that also requires courage and patience. They are adapting to this new role and are very successful at getting residents to participate. I have had positive feedback from residents and family and I have personally seen a lot of laughter and creativity. They are doing an excellent job!

*Susanne Pereira
Program Leader, Lifestyle Choice
Carewest Dr. Vernon Fanning*

Patient Satisfaction Increases Think Home Pilot Project

*Danielle Macdonald, Communications Advisor
Calgary Health Region*

A beautiful day of skiing at a local mountain ended in a bad fall for Calgary resident **Joyce Foster**. "I am usually pretty cautious on my skis but got a little out of control," explained Foster. "I was taken to Emergency at the Foothills Medical Centre and was quite impressed with the care provided, and I was diagnosed with a cracked pubic bone and several pulled muscles in the groin."

Later that evening, Joyce was transferred to Carewest Cross Bow where she was treated for a week. Within the first couple days of her stay, she met with a social worker who explained the Region's new pilot project 'Think Home' and was interested. "I expressed concern about the cost," said Joyce, "but the social worker explained that aside from the regular home care costs there would be no additional charges and that I would be provided with all the living aids that I needed at home."

A multi-disciplinary team worked together to determine if the discharge was appropriate and what service levels were necessary for Joyce to be at home. The team was aware that she lived alone and planned accordingly. When Joyce arrived home, she found that a commode, bed rail, walker and tub seat had been supplied for her use. "I was happy to be home and found that I slept much better and felt healthier than I would have in the hospital." Physiotherapy was consulted to work with Joyce on increasing her mobility. Today Joyce is busy volunteering for local community events.

Ernest Amy, who lives in a seniors lodge, was also glad to get back to his own home after spending almost two months at Carewest Cross Bow recovering from a broken hip. While the care at Cross Bow was good, Ernest was pleased with the transition. "I am happier at home, can keep my own schedule and go to bed when I want," he said. Ernest initially received 12-hour day care, and physiotherapy began after his second week at home when he was able to weight bear. Services were reduced and Ernest returned to regular Home Care within a month.



Kathleen Popoweski, a previous Home Care client, is 88 years old and lives alone with support from her son and daughter-in-law. When her weight dropped below 79 pounds she was admitted to the Rockyview General Hospital and identified as a prime candidate for the Think Home project. Kathleen returned home with 12 hour day care. Physiotherapy was consulted and Home Care reinforced the exercises.

"I could not have wished for better care," said Kathleen. "I have put on over 10 pounds since coming home from the hospital and feel much better." Her care has tapered off over a period of time - three weeks of 12-hour care per day, two weeks of six-hour care per day and a final return to regular home care hours.

A project steering committee continues to monitor Think Home issues to optimize the learning and determine service changes that may be necessary to support this practice. A formal evaluation is planned that will include input from patients, families and providers. The project is scheduled to conclude in August 2003.



Carewest Battles Viruses and Wins

Thanks to Team Effort by Staff, Residents, Family

Each winter
Calgarians
battle a nasty
virus or two that
wreaks havoc
with immune

systems and sends many of us off to bed for a few days. For most people, getting sick is a nuisance but for the continuing care population it's serious business. **Mary LeBlanc**, Carewest's Infection Prevention and Control Coordinator, reports that this winter had its ups and downs and that all care staff at Carewest did an outstanding job handling the tough times.

On a positive side, "This is the first year I can remember that Carewest did not have an influenza outbreak," says Mary. "I believe it can be attributed partly to the fact that a high percentage of our staff and residents were immunized."

Although influenza was kept at bay, outbreak season this year produced some extra challenges as Carewest battled both the Norwalk Virus and the Respiratory Syncytial Virus (RSV). Norwalk affects the gastro-intestinal system whereas RSV affects the respiratory system. Together, they kept Carewest staff hopping between November 2002 and March 2003, a longer outbreak season than usual.

"This was a real team effort," says Mary, "and I want to thank everyone again for their patience and hard work."

Many staff had to work extra hours to cover for colleagues who were away ill. We are grateful for the cooperation of the residents' family and friends who postponed their visits. Many of the outbreaks occurred during the holiday season when residents usually enjoy extra outings and entertainment. Some of the unit staff pitched in to try to make the best out of a bad situation by holding activities at the unit level.

"There are innumerable people to thank across Carewest," says Mary, "such as housekeeping, food services, therapies, transition services, reception, unit clerks and most especially the direct care staff need to be commended for going the extra mile. Their patience and understanding with the increased work load during the outbreaks was greatly appreciated. **Wendy Lau**, Outbreak Coordinator with Environmental Health at Calgary Health Region and **Theresa Valadka**, Infection Control Nurse at Carewest did an outstanding job assisting me with the management of these outbreaks."

Divona Herzog
Carewrite Editor

Planters Wanted

Residents of Carewest Dr. Vernon Fanning 1East need large planters for the patios. Half barrels or something similar would be very appreciated. Please call Pat at 230-6942 and leave your name and number if you can help out.



Corporate Challenge 2003

The Calgary Health Region is gearing up for a winning year at Corporate Challenge. Dig out you runners, throw on your sports gear and get ready to have a blast! This year features a new event - the ultra-exciting Urban Orienteering. It's 'Amazing Race' meets downtown Calgary. For those of us who find running, leaping and climbing extreme torture, test your smarts at this year's trivia event or try a little cribbage. There are many events and different ways to be part of the Corporate Challenge team.

We are looking for Regional employees or contractors to participate as:

- Event volunteers
- Blood Donor Site Coordinators
- Spirit Coordinators
- Team Captains
- Team Members

Blood Donor Challenge: Drain a Vein for the Team

'Roll up your sleeves' and participate in the Calgary Corporate Blood Donor Challenge from April 22nd to August 30th. Canadian Blood Services must increase the number of regular donors from the current 455,000 to 600,000 by the end of 2005. If we all do just a little, we will be helping thousands of others. Plus, we will be earning points for Corporate Challenge! "We are currently tied for seventh place, so drain a vein for the team," said **Shannon Boyd**, Carewest Corporate Challenge Coordinator.

You can give blood at a regularly scheduled clinic or at the mobile clinic.

Regularly Scheduled Clinics: Call 1-888-2-DONATE to book an appointment. Remember to sign the Corporate Challenge binder at the blood donation site. For groups of five or more, a complimentary Life bus can be arranged to shuttle you to the clinic and back.

Mobile Clinics: Email

Shannon.Boyd@CalgaryHealthRegion.ca to book an appointment. Don't forget to sign the Corporate

Challenge binder at the clinic when you donate blood. The mobile clinic will visit the Region on:

- Thursday, June 26th, 2003: Southport
- Monday, August 18th, 2003: Rockyview

For more information and questions on Corporate Challenge or Blood Donor Challenge, please email: corporate.challenge@calgaryhealthregion.ca

What is Corporate Challenge?

Calgary Corporate Challenge is a professionally run, volunteer driven, Olympic-style event developed by Calgary's business community for Calgary's business community. Entering its eighth year, with over 17,500 participants from 210 companies, the Calgary Corporate Challenge has become the largest annual amateur athletic event in Canada! It provides a wide variety of exciting, healthy activities for employees in a spirit of fun and friendly competition.

May Blood Donor Clinics

Date	Location	Hours
Mon, May 26 th	John G. Diefenbaker, Gymnasium 6620 4 th St. NW	10:00am-2:00pm
Tue, May 27 th	Marlborough Park Community Centre, Gym 6021 Madigan Drive NE	4:00pm-8:00pm
Fri, May 30 th	E.P. Scarlett School, Auxiliary Gym 220 Canterbury Dr. SW	10:00am-2:00pm

Shannon Boyd, Communications
Calgary Health Region

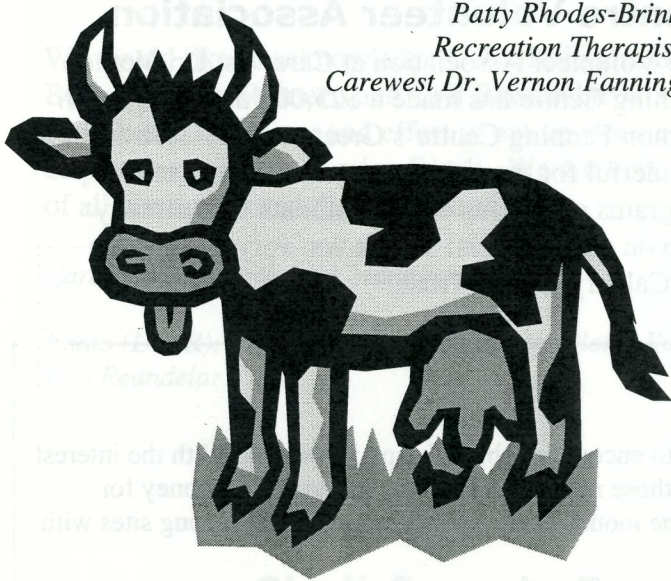
More than \$600 Donated to Milk Fund

Staff at Carewest Dr. Vernon Fanning acknowledge the great work being done to raise money for the Calgary Children's Milk Fund.

Doreen Hunter, Rodger Higgs, Ruby Wingneck, Rabia Iqbal, Jamie Veinotte, Candace Strus, Michael Grodzach, and Donny Wilson have been collecting, cutting and counting logos and caps from dairy products over the past few months.

As of mid-May their dedication and hard work will buy \$613.55 worth of milk for disadvantaged children and nursing mothers. Keep up the good work!

*Patty Rhodes-Brink
Recreation Therapist
Carewest Dr. Vernon Fanning*



ARAMARK Housekeeping Corner

Rust Stains in the Toilet Bowl

There are several, over-the-counter acid bowl cleaners that work wonderfully to remove rust stains from your toilet. They are, however, very expensive and very caustic. They can also be very dangerous to handle. There is an alternative, non-toxic and inexpensive method.

Once a month try sprinkling a layer of Tang™ breakfast drink or lemon Kool-Aid™ on the sides of the toilet and in the water. Leave in the water for one hour, brush and flush. Repeat as many times as necessary to leave a clean bowl, with a pleasant odor.

For you folks who are curious, this works because the citric acid oxidizes the rust.

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

Computer Rules for Snoozing

www.realage.com

Taking small breaks from your computer may help you sleep more soundly. A recent study revealed that people who spend more than five hours per day in front of the computer screen were more likely to experience sleep problems compared to other people. Taking small breaks to stretch, relax, and rest your eyes may help you get more quality shuteye tonight.



NEWS FROM CALGARY HEALTH TRUST

Phyllis Konrad, Director of Development & Shannon Smith, Development Coordinator

Wild Rose Foundation Grant

We are pleased to announce that a proposal submitted to the Wild Rose Foundation of the Government of Alberta has been approved for the amount of \$32,795. These funds are from an annual allocation that the Wild Rose Foundation receives from the Alberta Lottery Fund. This money will be used to support the Woodwork Program at Carewest Dr. Vernon Fanning.

Community Initiatives Program Grant

The Community Initiatives Program (CIP), administered by Alberta Gaming and funded through the Alberta Lottery Fund, has approved a grant for \$56,700 to help Carewest expand the Horticultural Therapy Program and maintain the Art Partnership Program. These two great programs bring so much enjoyment to the Carewest residents who participate. With this new funding, even more people can take part in these fun and therapeutic activities!

7th Annual Carewest FunDFest What a success!

The 7th Annual Carewest FunDFest, held on January 15, 2003 at the Fairmont Palliser hotel, was once again a huge success. Over \$155,000 was raised to support Carewest's Palliative Care Program and 13 electric beds were purchased during the live auction portion of the evening. A sold out crowd of over 360 people, including the **Honorable Ralph Klein** - Premier of Alberta, attended the event and were entertained by humorist **Lorne Elliot** from CBC Radio's "Madly Off In All Directions". Next year's event will be held on January 14th, 2004.

Carewest Dr. Vernon Fanning Centre Volunteer Association

The Volunteer Association at Carewest Dr. Vernon Fanning Centre has made a \$25,000 donation to Dr. Vernon Fanning Centre's Greatest Needs. How wonderful for the volunteers to contribute to the programs and needs of the residents they already help on a daily basis! Thank you very much from the Calgary Health Trust.

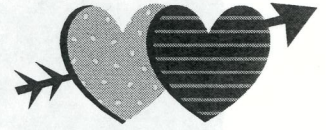
New Endowment for Women Donors

The *Carewest Women's Legacy Endowment* has recently been created to encourage philanthropy in women. With the interest earned from the endowment, a "benevolent/hardship fund" (a fund for those residents who may not have any money for those little extras – i.e., outings, a new sweater, etc.) will be created. The money will be allocated equitably among sites with long-term care residents, men and women.

To reach the initial goal of the *Carewest Women's Legacy Endowment*, the Carewest Women's Giving Circle will be created. Members of this circle will make a minimum donation of \$500. It could be made in a one time payment, over a two year period, or even a monthly contribution over one or two years (e.g., \$500 donation distributed over two years is \$20.83 per month). All financial support towards the endowment is welcome and recognized. Special acknowledgement will be made for all women who belong to the Carewest Women's Giving Circle.

If you are interested in becoming part of the Carewest Women's Giving Circle, or have more questions regarding the *Carewest Women's Legacy Endowment*, please call **Jennifer Trofimuk** at 943-0609. This is an excellent opportunity for those involved with Carewest, either as an employee, volunteer, resident, or family member, to continue the support and nature of caring created by the Carewest group.

Notes of Appreciation



Carewest Sarcee

The Stubbett Family can't begin to express the magnitude of their gratitude for the care and friendship the staff at Carewest Sarcee provided to **Bernard (Stubby) Stubbett** and continue to extend to his wife **Pat**. You couldn't stroll through the hallways and gardens of Stubby's last home on earth without being acknowledged with a smile from nurses, cleaning staff, caregivers, food preparation staff, management, residents, chaplains and visitors, especially children. When walking around with Stubby in his wheelchair, he was never too preoccupied to reach out and offer a friendly arm squeeze and a smile for a fellow resident.

The staff of Carewest Sarcee played a very compassionate, caring role in the final years of Stubby's life. Enormous gestures by staff cannot be overlooked like a phone call, a private conversation and emailing photographs of Stubby and Pat to family. The Stubbett Family is so appreciative of all these kind gestures.

Stubby has left us now but he would have wanted to express his own thanks and appreciation to all of you today and request that you continue to take good care of his lady.

*The Stubbett Family
Bernie, Barry, Sandee and Rhody*

Carewest Glenmore Park

We would like to acknowledge **Celi Melitsala, Barb Burns, Gloria Romero** and **Celi Reandelar** who contributed their time and effort to put up a poster display to celebrate Nursing Week. We are very proud of all our nurses and their contributions.

Carewest Glenmore Park Management Team

Photo (L to R): Celi Melitsala, Barb Burns, Gloria Romero, Celi Reandelar

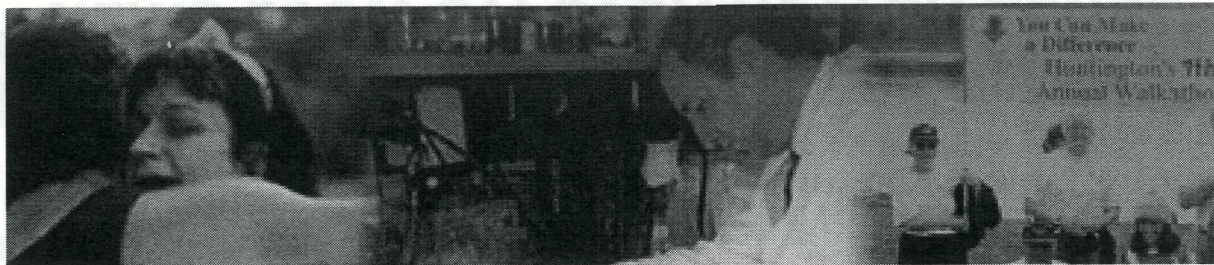


Shell Canada Recognizes Sarcee Volunteer

Unit 3 is getting a facelift thanks to Shell Canada employee **Diane Malboeuf** who volunteers every Monday evening with Carewest Sarcee as a gift shop volunteer. Shell Canada is giving Carewest Sarcee \$1000 from the Shell Canada Community Fund to recognize and support Diane's volunteer efforts.

"Thanks to Diane and Shell Canada, we'll decorate Unit 3 with new paint, plants and pictures," said **Gail Benjamin**, Team Leader Resident Services at Carewest Sarcee.

"Shell believes that contributions of time, effort and caring to non-profit organizations benefit the entire community. Through the Community Service Fund, we granted \$430,000 to nearly 300 non-profit organizations throughout Canada," said **Jeff Gabert** of Shell Public Affairs.



May is Huntington Disease Awareness Month

By Koreen Fahey, Program Facilitator
Carewest Equal and Lifestyle Choices Program

What is HD?

Huntington disease (HD) is a hereditary degenerative brain disease that causes changes in communication pathways including emotions, body movement, thinking, behaviour, and perception. That means a person with HD has slurred speech, drops things, and can't walk straight line. Although this may also describe someone who has been drinking alcohol, people with HD are not drunk!

Huntington symptoms vary with the individual and the stage of the disease. Symptoms are usually managed by medications so the person can be as comfortable as possible. A person with HD gradually deteriorates over 15 to 20 years and they pass away from complications such as choking or infection. There is no cure for HD or specific treatment but research is providing hope for people who suffer from HD.

Who Gets HD?

Huntington disease touches the life of one in every 1,000 Canadians. The disease affects both men and women of all races, but is more common in people with European ancestry. Only one parent needs to have the disease in order to pass it on to their children. That means each child of a parent with HD has a 50 percent chance of inheriting the disease. Most people that develop HD symptoms are between 30 and 45 years old.

Symptoms of HD

Emotional/Behavioural Changes

May include aggressive outbursts, impulsiveness, mood swings and social withdrawal. Has difficulty controlling temper, often displays demanding behaviour and may experience depression and anxiety. Pre-existing personality traits may be exaggerated (e.g., a person who had a tendency to be irritable will become more irritable).

Intellectual and Cognitive Changes

Intellectual changes are often the first sign of HD. May not be able to organize routine matters or to cope with new situations. Short-term memory loss may occur, like where they put their glasses or keys. Long-term memory, like remembering friends and family, usually stays the same. As the disease progresses communication becomes more difficult.

Physical Motor Symptoms

Usually starts with nervous activity such as fidgeting, twitching, or restlessness. Handwriting may change and facial grimaces may appear. As the disease progresses, day-to-day activities that need coordination and concentration such as working, managing a household, and driving become more difficult. Physical symptoms gradually worsen making simple actions like walking difficult. Involuntary physical movements also get worse when a person is under stress. As the disease progresses, muscles become stiff and speech and swallowing becomes difficult.

HD - What Can You Do?

- Speak slowly, but don't shout! Hearing generally remains intact.
- Give the person time to answer your question or express his/herself.
- Break instructions into small steps.
- Use short sentences or just a word or two to communicate, so there is less 'extra' information to process.
- Give clear choices. Instead of asking the person what they would like to wear, ask them if they want to wear the red shirt or the blue shirt.
- A routine and predictable daily schedule can help reduce confusion, fear and unpredictable behaviour.

Want More Information About HD?

To learn more about Huntington disease contact the Huntington Society of Canada at **1-800-998-7398**. The Huntington Society of Canada's Southern Alberta Regional office and resource centre is located at Carewest Dr. Vernon Fanning Centre, Lower Main. This branch offers resources such as videos and print material, in addition to individual and family consultations.



*Back row (L to R): Residents Doris Baril, Grace Tillapough, Margoirie Brocklehurst
Front row: Exercise instructor Candace Swick-Hnatuk and Sydney Hnatuk*

Newest Addition Helps Flex Smile Muscles

The number of participants in Carewest George Boyack's weekly community-based exercise program has increased by one. **Sydney Hnatuk** (ten months old), the daughter of exercise instructor **Candace Swick-Hnatuk**, has become a regular participant in the group.

Sydney sits in her car seat perched on a chair, and offers her fair share of smiles, hand clapping, and cheers for the hard working participants in the group. Sydney is so enchanting and entertaining that the time flies fly by and hardly anyone gives a thought to how hard they have worked.

The group, which is in their third year, meets weekly at the Vocational & Rehabilitation Research Institute.

*Lorraine Grover
Recreation Therapist
Carewest George Boyack*

Like to Eat out? Check Your Nutrition Know-How!

Submitted by Wendy Farrance Food Services Team Leader, Carewest Cross Bow
Source: Nutrition Action Healthletter March 2001

What would you choose? Add up your score and see how you did.

1. Which sandwich do you order most often?

(Subtract 2 for overstuffed or large sandwiches)

Turkey	+4
Roast beef	+3
Chicken salad	+1
Tuna salad	0
Corned beef	-1
Ham or egg salad	-2
BLT	-3
Grilled cheese	-4

Tip: Ask for mayo on the side as that's where most of the calories come from.

6. What do you typically order as an appetizer?

Salad	+5
Unbuttered bread	+2
Garlic bread	-1
Wings (1/2)	-2
Fried calamari	-2
Nachos	-3
Stuffed potato skins	-5

Tip: An appetizer can run you 700 to 2400 calories, and that's without the dipping sauces or dressings.

2. What do you get to go with your sandwich?

Fruit or garden salad	+5
Coleslaw	+1
Potato salad	0
French fries	-3

3. What are you most likely to get from McDonalds?

McWrap	+5
Grilled Chicken	+4
Hamburger	+2
Filet O Fish	0
Chicken Nuggets	-1
McChicken	-2
Big Mac	-3
Quarter Pounder with Cheese	-4

4. What kind of pizza do you normally order?

(Subtract 2 points for each slice you eat over 2)

Cheeseless with grilled veggies,	
chicken or shrimp	+5
Half the cheese	+1
Cheese	-2
Pepperoni	-3
Beef or sausage	-4

5. Which snack do you get at the movie theatre?

(Subtract 2 if you add butter as a topping)

Twizzlers	-1
Glossette Raisins (1/2)	-2
Junior Mints	-2
Reese's Pieces	-3
Small popcorn	-4
Medium popcorn	-5
Large popcorn	-6

Tip: Small popcorn without butter has 400 calories as the theatre usually pops the kernels in oil. A large popcorn with butter has 1,650 calories!

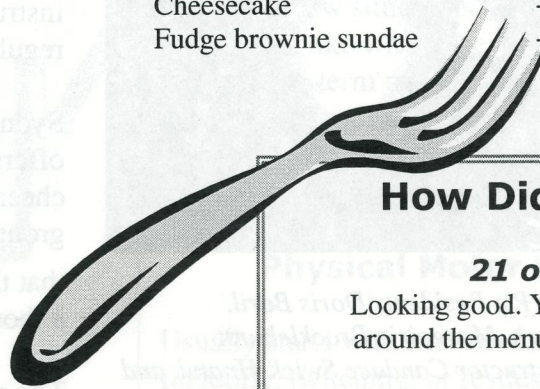
7. What do you typically order at a Chinese restaurant?

Shrimp in garlic sauce	+5
Stir fry veggies	+5
Chicken chow mein	+3
Beef and broccoli	+2
Fried rice	-3
Crispy beef	-4
Sweet 'n sour pork	-4

8. Which is closest to the dessert you typically order?

Sorbet or ice milk	+2
Apple pie	-1
Chocolate or carrot cake	-2
Cheesecake	-4
Fudge brownie sundae	-6

Tip: A fudge brownie sundae can run up to 1100 calories!



How Did You Do?

21 or more

Looking good. You know your way around the menu. Congratulations.

14 - 21

Could be worse. A few small changes and you're good.

4 - 14

Could be better. Try bringing your lunch sometimes.

7 or less

Stay home! If you do eat out, bring your cardiologist.

Congratulations to the following employees who achieved Service Recognition Awards



Five Year Service Awards

Carewest Administration

Charlene McBrien-Morrison, Information Management

Carewest Colonel Belcher

Cyrline Lynch-Parker, Food Services
Susan Mckinnon, Food Services
Marvlett Woodburne, 3rd Floor

Carewest Cross Bow

Amsale Atraga, 2nd Floor
Armande Connelly, Food Services
Patricia Cortes, RCTP
Carol Dawes, RCTP
Erica Lee, RCTP
Angelita Paredes, RCTP
Ema Ricafort, 2nd Floor
Anita Suico, 2nd Floor

Carewest George Boyack

Eilleen Farquharson, 3rd Floor
Eden Garcia, 3rd Floor
Rose Hrycuik, 3rd Floor
Louise Norman, Food Services
Beverly Pierce, 3rd Floor
Donna Russell, 3rd Floor
Rose Sak, 3rd Floor
Terry Stevens, 3rd Floor
Jasmin Tiwana, 4th Floor

Carewest Glenmore Park

Gloria Olpindo, RCTP
Karen Williams, MSK

Carewest Dr. Vernon Fanning Centre

Edith Alexis-Michelin, 1 West
Michelle Amos, Float Nursing
Imelda Anderson, 2 West
Christine Blackwater, 1 West
Barbara Hagan, 1 West
Liliana Hardej, Float Nursing
Theresa Jeanes, Neuro-Rehab
Jeanna Kinghorn, Neuro-Rehab
Gwen Loveman, Food Services
Loretta Maloney, Pharmacy
Marcio Merida, Physical Plant Services
Maria Osdon, 3 East
Anne Parry, 3 East
Lloyd Quan, Physical Plant Services
Sue Tamber, 1 West
Elaine Waugh, 2 West
Sarah Wong, Pharmacy

Carewest Sarcee

Linda Burke, Food Services
Hazel Cheng, Site Administration
Sylvia Herrebrugh, Unit 2
Ina John, Food Services
Nicole Mac Kenzie, Unit 3
Teresa Sayese, Float Nursing
Paulette Stalinski, C3
Marilyn Van Sertima, Unit 2
Gail Zimantas, Unit 2

Carewest Signal Pointe

Sherri Ference, Site Administration

Ten Year Service Awards

Carewest Dr. Vernon Fanning Centre

Theresa Bray, 1 West
Dorothy Gilliss, 1 East
Somaya Hafez, 3 East
Devon Haydu, Food Services
Henny Lukman, Food Services
Jaylene Methot, Food Services
Barbara Suchocki, 3 West
Mary Wilson, Neuro-Rehab
Ella Yu-Toy, 3 West

Carewest Glenmore Park

Roshan Lalji, MSK

Carewest Royal Park

Helen Mamecha, Nursing

Carewest Sarcee

Monica Bernhard, Unit 3

Fifteen Year Service Awards

Carewest Colonel Belcher

Janis Anderson, 2nd Floor
Bernardo Dizon, Food Services
Mary Hunter, Therapies

Carewest Cross Bow

Donna Czank, RCTP

Carewest George Boyack

Eva Nusl, 3rd Floor

Carewest Dr. Vernon Fanning Centre

Lee Arnestad, 2 West
Betty Coderre, 1 West
Ella Fajnor, 1 East
Terri Harrison, Neuro-Rehab
Rosario Lagumen, 1 East
Suzanne Mc Laughlin, 3 West
Sharon Rae, Food Services
Eileen Ruzycki, Neuro-Rehab
Ann Walker, Neuro-Rehab

Carewest Glenmore Park

Carol Harrison, MSK
Gladys Severson, MSK

Twenty Year Service Awards

Carewest Dr. Vernon Fanning Centre

Helen Cipot, Neuro-Rehab

Carewest George Boyack

Jane Mendioro, 4th Floor

Carewest Sarcee

Patsy Cheveldayoff, Unit 3
Vicki Davis, C3
Violet Morrison, Unit 1

Carewest Signal Pointe

Lisa Pierce-Mergel, Nursing

Twenty-Five Year Service Awards

Carewest Dr. Vernon Fanning Centre

June Arnold, Site Administration
Erlinda Cushia, Food Services
Celia James, 1 East
Corazon Parreno, Neuro-Rehab

Carewest Sarcee

Shasultan Khimani, Unit 2

Carewest Signal Pointe

Balbir Thinda, Nursing

Carewest Glenmore Park

Barbara Burns, MSK
Poonam Chandiramani, RCTP
Kelvin Czernick, Bus Operations

Gold and Excellence Awards

The following Carewest employees deserve public recognition for an action or behavior that has impacted Carewest in some important way. Gold Awards recognize impact on the site or program level and Excellence Awards recognize an impact on the organization level.

Jennifer Juchymenko, an Occupational Therapist from Carewest Dr. Vernon Fanning will receive an Excellence Award for her work with skin and wound care. She has represented Carewest at various presentations throughout Calgary, sharing her expertise in this area. She has contributed much of her knowledge, time and effort to our own Skin and Wound Committee.

Marietta Gillo, a Nursing Attendant at Carewest Carewest Sarcee will receive a Gold Award for her caring attitude during Christmas holidays when she contributed her own time and resources making a Christmas outfit for a resident who had no family to share the season with.

Caroline Marti, a Typist/Receptionist at Carewest Cross Bow will receive a Gold Award for her time and effort decorating the reception area and main lobby at Cross Bow.

Tish Yates, a Therapy Assistant in the Woodworking Shop at Fanning will receive a Gold Award for building community awareness and securing donations for the Woodworking Shop over the years.

*By Roma Zotzman
Employee Recognition Committee*

Semi-Annual Recognition Luncheons

May 13th - Carewest Cross Bow, Boyack and Administration celebrated 22 Service Awards and one Gold Award.

May 14th - Carewest Sarcee, Royal Park and Signal Pointe celebrated 18 Service Awards and one Gold Award.

May 30th - Carewest Dr. Vernon Fanning will celebrate 41 Service Awards, one Gold Award and one Excellence Award.

June 17th - Carewest Colonel Belcher and Glenmore Park will celebrate 14 Service Awards.

Thanks

These lunches are just for you
For all the special things you do
Your Thank You's have much to say
For your kindness and special ways

The time and devotion
You've given through the years
Your dedication deserves
Three Big Cheers
We'd like to congratulate you
On your success
You've proven yourself
To be some of the best

Cindy Randall, Carewest Signal Pointe



Theresa Valadka

Carewest Infection Control Nurse Wins Scholarship

I am very pleased to announce that **Theresa Valadka**, Infection Control Nurse, is the recipient of the first Virox Technologies Scholarship.

Theresa is to be commended for taking the initiative to apply for this funding. The scholarship provides financial assistance for an eligible infection control professional in Canada to attend Canada's annual national education conference sponsored by the Community & Hospital Infection Control Association (CHICA). This year the conference is being held in Thunder Bay, Ontario, from June 22 to 25.

Applicants have to meet specific criteria in order to qualify, have a letter of support from the applicant's organization, and be a member in the national association and local CHICA chapter. Points are given for regular attendance and participation in local chapter activities. The recipient is required to make a report to their local Infection Control Chapter on their conference learning experience.

Theresa will be presented with this scholarship at the annual awards ceremony on June 22. An abstract on Influenza Education prepared by Theresa and **Mary LeBlanc** has been accepted as a poster presentation at the conference.

*Mary LeBlanc
Carewest Infection Prevention and Control Coordinator*

MARK YOUR **CALENDAR**



Carewest Employee Recognition Family BBQ

**Saturday, June 21st, 2003
12:00 to 4:00**

**Greenspace behind
Carewest Cross Bow, Boyack
& the Administration Centre
12th Street & McDougall Road NW**

***There is no cost to attend but please sign up at reception in your
site so we know how many people to expect***

Video Filmed During Move

Many thanks to the staff, residents and families of Carewest Colonel Belcher for all their help with the opening ceremonies video. Special thanks to **Marg Marlin, Marlene Collins, Ruth Cox and Julie Dahl** for making sure we had what we needed. It was a busy week for everyone helping residents move in and get settled as well as unpacking boxes and sorting things out. We appreciate (as always) your kindness and consideration in 'going the extra mile' to help us.

*Veronica Scott
Senior Communications Advisor
Calgary Health Region*

Seniors' Week

June 1 to 7, 2003

If you are interested in organizing a special event to celebrate Seniors' Week, you may want to contact the Seniors' Advisory Council for Alberta at (780) 422-2321. They will send you a poster and a free *Planning Events Guide* with helpful tips to create and prepare events celebrating past, present and future accomplishments of seniors in Alberta.

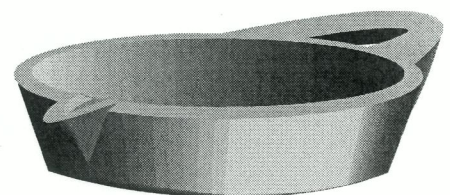
Seniors' Week is an opportunity to recognize the contributions that seniors make to the quality of life in Alberta and to promote greater respect for their contributions.

Pan Handling

www.realage.com

Do you want to get as much vitamin C from your frozen veggies as possible? Use a stainless steel pan when you heat them.

Cooking vegetables usually results in at least some destruction of vitamin C. However, one study revealed that vegetables that were boiled in a stainless steel pan retained more of their vitamin C than vegetables that were boiled in a non-stick pan or a glass dish on the stove top.



Remember Your Meals

www.realage.com

A good way to stop yourself from overeating may be to think about your last meal. A recent study revealed that people were likely to eat less at a meal when they were first prompted to remember what they had eaten at their last one. As you set the table or make your way to a restaurant, make a mental note of the foods you ate at your last sitting. Doing so also may help you fill in nutritional gaps from your last meal.



Carewrite Schedule

June

Submission deadline: June 17

Publishing date: June 26

July & August: No issue

Carewrite will not be published during the summer

September

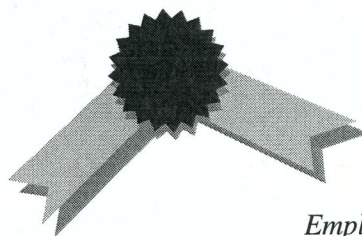
Submission deadline: September 16

Publishing date: September 25

October

Submission deadline: October 14

Publishing date: October 23



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 April monthly draw are:

Human Resources Team - Administration

Maria Avila - Colonel Belcher

Rohini MacLean - Cross Bow

Lynle Altre - George Boyack

Joyce Blayney - Glenmore Park

Wendy Somers - Dr. Vernon Fanning

Glenda Nakaska-Smith - Nickle House

Janet Taylor - Sarcee

Cathy Ressor - Signal Pointe

Update

Please send photos to Jean Stern at Carewest Administration through interoffice mail.



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.