

....Carewrite....Carewrite....Carewrite....



The group of artists from Boyack: June Sherman, Edith Dearing, Elizabeth Ellis, Connie Brockhurst, Florence Schierman, Dorothy Kerrone, and instructor Jennifer Blair. Missing is artist Dorothy Tester.

Art Show a Huge Success!

On Tuesday, April 14th, residents from the Art Partnership Program at all five Carewest centres travelled to the Fanning Centre to display their paintings in a Carewest-wide Art Show.

It was a great success! Attended by residents, families, friends, staff and Day Hospital clients, the coliseum was bustling with activity. Special guest was Ann Makin from Petro-Canada. There were over 80 wonderful works of art represented – all done by our residents. We had many inquiries as to whether or not the art was for sale. (It wasn't!)

For more Art Show, please turn to page 7 ...

Good News!

From Signal HillCarewest has jumped the next hurdle to build our Alzheimer House. The Alzheimer House was approved at CPC (Calgary Planning Commission) on Wednesday, April 8, 1998 which brings us one step closer to final land use approval.

Speaking of the Carewest Alzheimer House ... the winner of the 'name the Alzheimer house' contest will be announced in the next Carewrite.



April is ...

Canadian Cancer Society Month

International Prevention of Cruelty to Animals Month

National Dental Health Month

Parkinson's Awareness Month

April 19-26 National Organ and Tissue Donor Awareness Week

April 19-25 National Soil Conservation Week

April 19-25 Volunteer Week

April 22 Earth Day AND Professional Secretaries Day

April 17, 1998

What's Inside...

- Mike would like to know.....
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Mike would like to know ...

“What do you do to relax after work?”



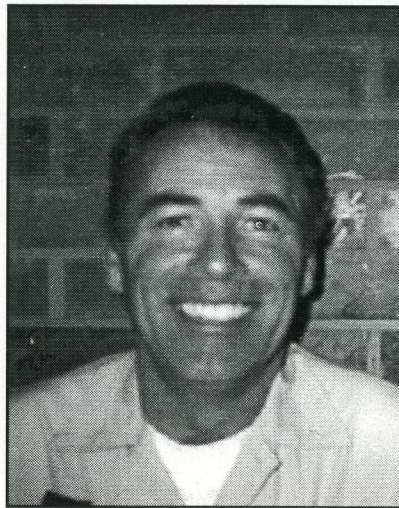
I like to go home, spend time with my family, cycling, going for walks or heading down to Coral Springs Lake when the weather is nice.

- Nasreen Moledina, Cook-I,
George Boyack



Other than working out at the gym twice weekly, to relax after work I square dance twice a week and attend an evening cooking class at SAIT Thursday evenings.

-Nancy Scheiris, Food Service
Assistant, Cross Bow



Well, during the Winter months I curl, cross country ski, play indoor soccer, read lots of books and walk my dog every day (sometimes twice). Springtime, I fish (fly and all the other methods), walk my dog and get into shape for outdoor soccer. Summer, I go camping, hiking, fishing and play soccer. I try to enjoy the outdoors. Fall, I go fishing and duck hunting, (which my dog really enjoys), play outdoor and indoor soccer, go for long walks with my wife and dog. As you can see, I'm a great believer in any active recreational sport – it's good for your health and mind.

- Bill Moss, Team Leader, PPS, Sarcee

Once a month, Mike Conroy, Carewest Executive Leader, asks a question for staff members from each site to answer. This is an opportunity to express your thoughts and feelings on a number of topics.



I've been going to the gym lately because I've quit smoking and gained weight. I quit smoking 5 months ago, and have been working out for a few weeks. I feel great!!"

- Trena Suarez, Recreational Therapist,
Day Hospital North Site



To relax after my work day at Carewest, I head home to my second job — those working mothers out there can identify! But I also manage to work out at the Y, walk my 'Bingo' and have fun with my gang.

-Debbie Hayman, Communications,
Administrative Centre

Volunteer Profile

Yvonne Oistryk helps residents maintain their spirituality

Yvonne Oistryk is part of a spiritual mobilization unit at Carewest George Boyack. For Catholic residents who have gone to mass regularly all their lives, the weekly church service is vitally important. Yvonne and several other volunteers from the Catholic Women's League bring wheelchair bound residents to the chapel for mass on Wednesday mornings, and transport them all back to their rooms following the service. During the service, the volunteers help wherever they are needed, especially during the sacrament of communion. It's not a high profile job, but it is essential in providing Catholic residents with the opportunity to maintain their spirituality.

Yvonne is one of those people who sees a challenge as an opportunity. When her son Stanley was born with Down Syndrome, she was determined to provide him with the tools to live as full a life as possible. He joined the Special Olympics programs and took up skiing, track and field, and swimming. At thirteen he became ill with leukemia, and died two and a half years ago at the age of twenty. He graduated from St. Francis High School two months before he died. "I really feel that he accomplished a lot of things. He was a great kid, and we miss him a lot," Yvonne tells me.

Always ready to pitch in where she is needed, Yvonne started canvassing for the Flowers of Hope campaign for the mentally challenged when her son was a baby, and has been a zone captain for 20 years. She has been a zone captain for the Cancer Society and the Salvation Army, and recently has become an area captain for the block watch program. "My husband says I'm a big shot," she says, laughing.

In the summer, Yvonne and her husband enjoy golfing, and in the winter they do a weight lifting program at the Renfrew fitness center. Needlework and crossword puzzles fill many of the winter hours as well.

Your thirteen years of faithful contribution to the Pastoral Care program are much appreciated by Carewest George Boyack staff and the many residents you've transported down to the chapel, Yvonne. Thanks to you and the other volunteers for keeping those wheelchairs rolling!

- Helen Theaker Whyte, Communications



Capable Seniors Program

Recently, you may have seen a presentation about the Capable Seniors Program at your site. The goals of this program are that:

- Residents will have an environment that is special to them.
- Families will be encouraged and enabled to share in meeting the needs of the resident.
- Residents will be known as unique individuals: (a) in living; and (b) as they approach death.
- Residents will share responsibility for maintaining their highest possible function.
- Residents will benefit from both professional staff and support staff who understand and apply the program principles and demonstrate good clinical judgment.

For more information, please contact the Program Leaders at your sites, or Mollie Cole, Human Resources, Administrative Centre.

Plain Word . . .

Hard words

1. Confidential
2. Recipient
3. Nomenclature (N)
4. Abdicate
5. Eschew
6. Pharyngitis

Kudos

To Kathleen Kenzie, Glenmore Park
I would like to thank many times over the "always there when you need me" attitude, the gentle touch, the smiles, the laughter and knowledge she shares with staff and residents. Thank you Kathleen Kenzie, Activity Convenor, Carewest Glenmore Park.

- Vicki Davis, Recreation Therapist,
Glenmore Park

To Alan Lau, Cross Bow

A big thank you to Alan Lau, from CrossBow PPS for "picking up the pieces" in Finance. Your quick response was appreciated in removing the debris from the exploding glass, and eliminating the safety hazard. We also appreciated your follow up the next morning making sure everything was okay. Your efforts did not go unnoticed!

Thanks from the Finance team!

To Rene Gripping, Dietary, George Boyack

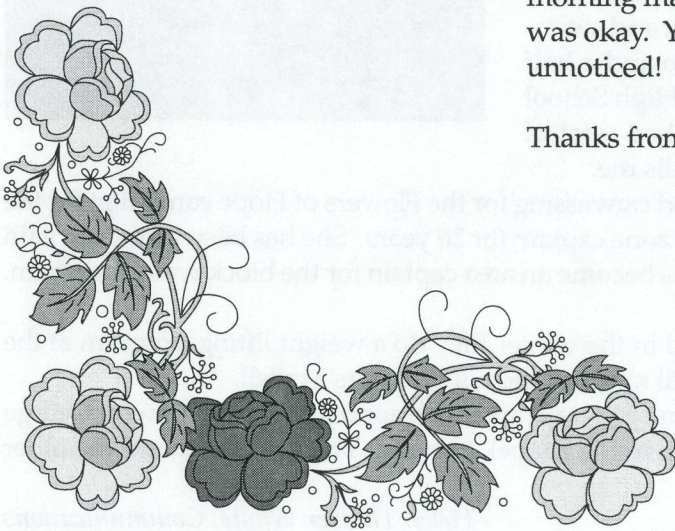
Rene makes an effort to involve a resident, Lyla, in some of his daily work of setting and clearing tables. Lyla takes great pride in this work and obviously experiences a sense of purpose and inclusion in working with Rene. So, hats off to you Rene, you're making a difference!

- Helen McDonald-Bohan, Recreation
Therapist, George Boyack

To Sherri Tarr, Admin. Centre

I am sorry to see you leave Carewest, you've been a great person to work with. It has been a few years, hasn't it? We've seen a lot of changes both professionally and personally over the years. I always admired your straight-up approach and your ability to maintain your focus in the midst of chaos. Who is going to keep the I.T.S. boys in line now? We will miss you. Hoping all of your dreams come true, all the best in the future!

- Rick Plett, Coordinator, I.T.S.



WE HAVE A NEW NAME FOR THE IMS PROJECT

The grand winner of the contest to name the IMS Project is Carmen Kubbernus, Coordinator, Health Information Management. The new name is:

InfoCARE

Carmen won a dinner for two for her terrific idea. **InfoCARE** is packed with meaning. The 'CARE' in **InfoCARE** stands for "Computer Assisted Resident Entry".

The slogan, "just a cursor away," was submitted by the Human Resources Advisor's Group and will be adopted as a catch phrase to **InfoCARE**. In appreciation for their submission, the group was presented with Carewest shopping bags and one hooded sweatshirt that will be raffled to determine the lucky winner.

Many excellent and creative ideas were submitted. The IMS Project

Steering Committee would like to thank all those who took the time to "care" and submit their entries.

Thanks to:

Margaret Bates, Marlene Collins, Julia Cripps, Karen Gilmour, HR Advisors Group, Carmen Kubbernus, Pam Maitre, Donna Michael, Arlene Piper, Sylvia Sherman, Marg Woloshchuk

Watch for the new **InfoCARE** posters coming to a location near you.

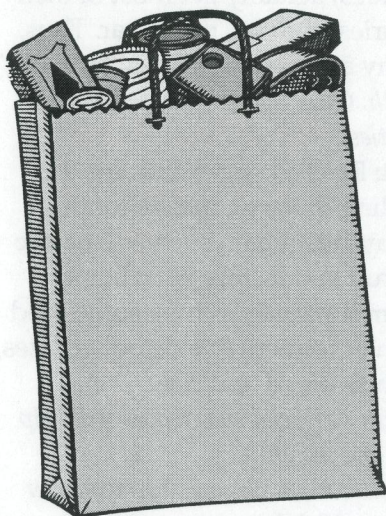
Site Happenings ...

Town Halls

Mike Conroy will be visiting sites over the next two weeks to hear from you and to let you know that's happening throughout Carewest. Please plan to attend the Town Halls. Posters are up at each site with the time and place. As well, there will be a flip chart to jot down your questions. Look for sheets on the units for your questions as well. This is your opportunity to find out what's going on and to ask Mike your questions, so plan to be there!

Schedule of Town Hall Sessions

George Boyack	Apr. 22	10:30 p.m.
Glenmore Park	Apr. 20	1:30 & 7:00 p.m.
Fanning	Apr. 22	10:30 am & 2:30 p.m.
Admin Centre	Apr. 24	1:15 p.m.
Sarcee	Apr. 29	2:00 p.m. & 2:30 p.m.



Carewest Food Services Serves the Community

Did you know that Carewest Food Services supplies special food for seniors discharged from hospital as well as those living in the community? Products include natural food laxatives, fluid thickener, a main meal called Campbell's Tre Puree and fruit drop cookies. Our Carewest clinical dietitians are part of a regional group of clinical dietitians called 'Senior Health'. Together with dietitians in the assessment units at the hospitals and Home Care, they make sure seniors have the special foods they need. If you'd like to know more about this program, please call either Darlene Weger at Fanning or Bonnie Sturgeon at Glenmore Park. Providing special food is one of the ways Carewest fulfills its Mission..."To deliver responsive care, housing and hospitality services in a variety of settings..."

DAY HOSPITAL NEWS --

What's the chit chat all about?

Graduates of the Day Hospital program and residents of the Fanning Centre, with chronic communication difficulties, meet once a week in the Mountview Room at the Fanning Centre. The group is facilitated by Carolyn Arrell of Calgary Seniors' Educational Partnership, who works closely with Diana Didrikson, Speech-Language Pathologist at the Day Hospital. Topics of discussion and activities are designed by the leader. The

program started March 25th and will run until May 13th.

The *Let's Chat* program allows adults with communication difficulties the opportunity to participate in social-recreational activities in a setting that facilitates successful communication. Many people who have trouble communicating avoid going out and do not feel comfortable talking with others, especially in groups. We hope *Let's Chat* will

increase a person's confidence in communication abilities, improve functional communication, and improve overall well-being.

The program is off to a great start. Clients tell us they "look forward to next week" and they always leave the group with smiles on their faces.

- Diana Didrikson, Speech Language Pathologist, Day Hospital

For the Health of It . . .



Wellness Facts . . .

Beat high blood pressure

For people with hypertension, a little weight loss has big rewards.

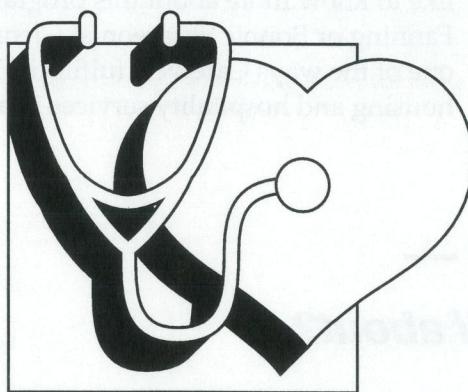
"The attitude in many patients is, 'My blood pressure is so bad, and I'm so overweight, that there's no point in trying to lose weight,' so they simply take pills," says Daniel W. Jones, MD, director of the division of hypertension at the University of Mississippi Medical Center in Jackson. In fact, a new study shows that nothing could be further from the truth — just a little bit of weight loss can have a long-lasting effect on the medication needs of someone with high blood pressure.

Dr. Jones and his team found that, in a group of 102 volunteers with severe hypertension, those who participated in a weight loss program dropped an average of 7 pounds after six months. This was enough to allow them to maintain a healthy blood pressure with fewer drugs or smaller medication doses than the subjects who hadn't participated in the program's monthly classes and nutritional counselling (*Hypertension*, September 1997).

Remarkably, this effect remained even after the people regained the weight they had lost. "The patients only maintained their weight loss for 6 to 12 months, but the benefits were sustained for as long as 30 months," Dr. Jones says. The reason weight loss has such a prolonged impact on hypertension is unknown.

If cutting down on hypertension medication (and its cost and side effects) through weight loss appeals to you, ask your doctor if he'll monitor your blood pressure and cut your medication once you weigh less. "I think the vast majority of practitioners would be very receptive to that idea," Dr. Jones says.

taken from Prevention magazine, January 1998



Upcoming Event!

Thursday, April 30th - Job
Fair at City Hall

The Plain Words

1. Private, Secret
2. Receiver
3. Name
4. Give up power or position
5. Avoid
6. Throat infection

Sweet nothings

Myths about sugar abound:

Myth: Sugar is the leading cause of obesity.

Fact: Eating more calories than you burn adds pounds to the body — and for most people the lion's share of excess calories comes from eating too much fat, not sugar. Many 'sweets' (cakes, ice cream, cookies) actually get most of their calories from fat, not sugar. Thus, many a 'sweet tooth' is a 'fat tooth'.

Myth: Only refined sugar causes cavities.

Fact: Refined sugar remains the leading dietary cause of tooth decay, but sugars such as fructose in fruit and lactose in milk may promote decay, as may some food high in fermentable carbohydrates, such as bread and rice.

Myth: Artificial sweeteners will help you lose weight.

Fact: Studies have failed to show that artificial sweeteners keep people from gaining weight, much less help them lose significant amounts.

Myth: Sugar makes children hyperactive.

Fact: Though for years parents have been blaming a high sugar intake for their children's uncontrollable behaviour, studies have found no evidence for this.

Myth: You can become addicted to sugar.

Fact: There's no scientific evidence for this.

Myth: Sugar in fruit is good, sugar in candy is bad.

Fact: The sugar in most fruit is primarily fructose, which has few, if any, advantages over sucrose.

taken from the UC Berkeley Wellness Letter, April 1998

Notes from the Carewest Development Council

Art Show a Huge Success, continued from front page...

During the four hour exhibition, the residents participated in an on-site painting class, were treated to a great lunch (thanks to Fanning), viewed each other's masterpieces, posed for pictures, visited with each other and all the guests, and generally had a good time!

The Art Partnership Program is a hugely successful partnership established in 1996 by the Carewest Foundation (now the Carewest Development Council), the Alberta College of Art and Design (ACAD), and sponsored by Petro-Canada.

The program is made up of two 10-week sessions of art instruction held at each of our five Carewest centres. The free one and half hour long lessons are taught by alumni and students from ACAD. This art program offers an opportunity for life-long learning for our residents and invaluable teaching experience for the ACAD instructors. Over 48 residents participate in the art program and this number is augmented by family members joining in. Instructors for this Spring session are: Jennifer Blair, Jerald Blackstock

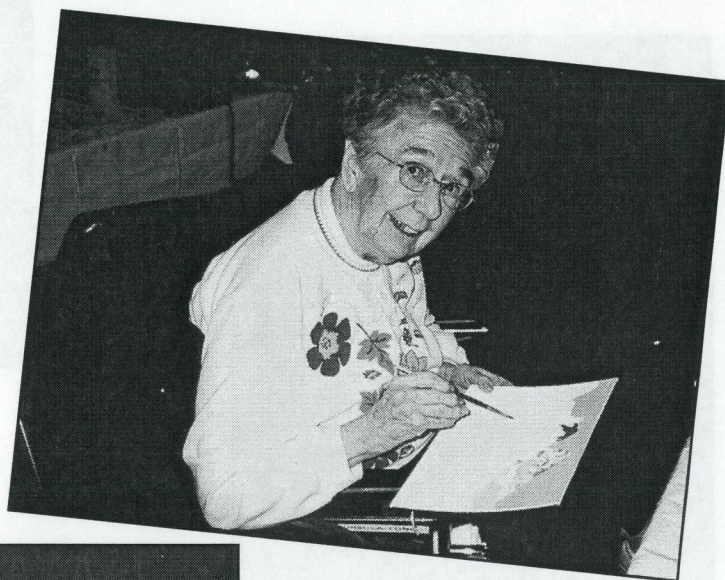
and Johanna Spooner. ACAD coordinator for the program is Yolanta Cheverie.

The Carewest Residents Art Show was organized by Activity Convenors, Philip Costain, Shelley Murdoch, Kathleen Kenzie, Cheryl Voszler-Borden and Sabina Maye (who hosted the event, refreshments and luncheon). Framing was provided by the Carewest Foundation. It was a great exhibition!

- Phyllis Konrad,
Development Coordinator



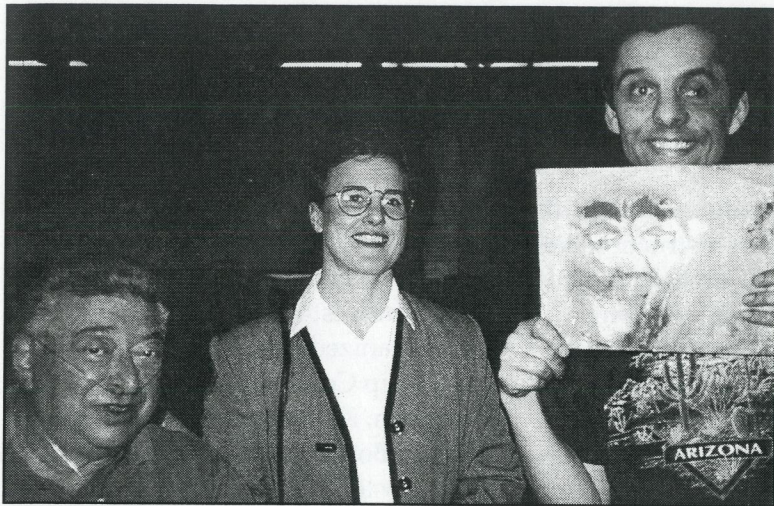
Phyllis Konrad, Development Coordinator, Ann Makin, Petro-Canada, Philip Costain, Sabina Maye, Kathleen Kenzie, all Carewest Activity Convenors, and Lloyd Wilmot, Carewest Sarcee, were thrilled with the turnout.



Artist Ursula Long,
Carewest Sarcee



Instructor Jennifer Blair and artist
Doris Friesen, Carewest Sarcee



Art show visitor Harry Chetner, Ann Makin, Petro-Canada, and artist Grant Golemlaski, Carewest Fanning



Bob Gardner, Carewest Sarcee

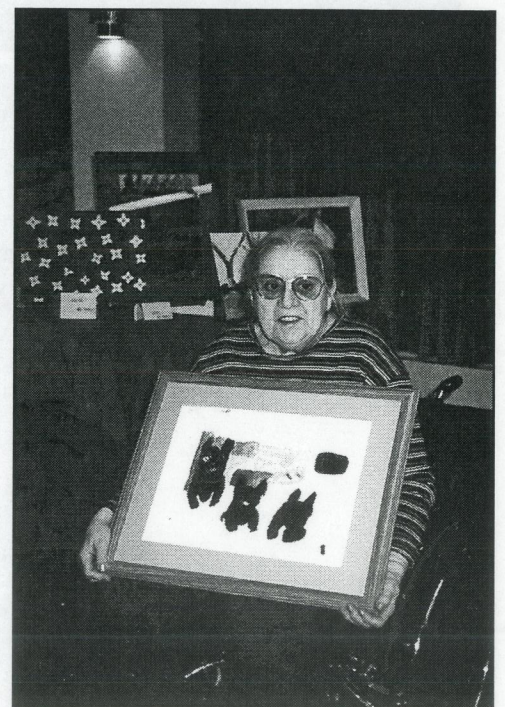


Artist Debby Simon, Carewest Fanning



Artwork by Gordon Burns, Carewest Sarcee

*Artist Irien Strauss,
Carewest Fanning*



UPDATE FROM THE CAREWEST FOUNDATION

Our final year-end is completed, our audit done, and we reached our target!!

Over \$400,000 was raised for Carewest in the 1997/98 fiscal year. (To be exact, \$400,442.)

Thanks to all our donors and friends who helped us achieve this!

- Phyllis Konrad

Wear the new Carewest T-shirt and be seen!

Carewest is springing into Spring with brand new, colourful T-shirts. The shirts are white with our logo on the front and a full colour picture on the back showing residents, flower gardens, a Carewest bus and a panoramic view of the Rockies. Under the picture are the words:

I'm on the Carewest team!

Each staff member who graduates from Team Training receives a T-shirt as a thank-you from Carewest. Team Training has been happening at the sites. For more information about the Team sessions at your site, please talk to your Site Leader, Program Leader or Education Coordinator.

To date, Team sessions have been given to Care Teams, but all other staff will be receiving Team training soon.



Some Human Resources staff graciously serve as models for the new T's.

Carewest reaches out!

Human Resources holds Open House

The most recent Information Open House for Carewest employment opportunities was held at the Fanning Coliseum on April 8, 1998.

Approximately 50 people attended from the community. Several Carewest staff members presented information about their areas:

- Joan Magnussen spoke about Human Resources and our employment needs.

- Joan Gilmour spoke about the Fanning Centre and presented the Orientation slide show to talk about all of Carewest's programs and services, including Day Services and new facilities. She also spoke briefly about volunteering at Carewest and some of the things volunteers do.

- Myrna Deagnon spoke about the Supportive Pathways program as well as the Capable Seniors program at Fanning.

- Three Nursing Attendants graciously volunteered to speak about their Programs and about what it is like to be an NA. They were:

Jackie Spenard from 1 West
Evelyn Anderson from 2 East
Elaine Lickoch from 2 West
They all did a wonderful job.

- Laurel Temple spoke about the Food Services department at Fanning, including the Commissary. She talked about what they all do, what kind of work is available, what to expect as an employee.

- Finally SAIT and Career Designs spoke about the Nursing Attendant Program they offer where the students do their practicums at Carewest.

Refreshments were served and people had a chance to meet the staff and ask questions and pick up information as well as fill out application forms.

We received about 35 application forms that very night. All in all it was a great success and the next one will be in early June with the location to be announced.

- Tiffany Voorberg, Human Resources Assistant



Clara Fluker and friends at Farewell party

Recently, Clara Fluker, an RN on 2 East at Glenmore Park, retired from active duty at Carewest. Here's what some of her friends at Glenmore Park have to say: "very knowledgeable, very supportive, great sense of humour, an inspiration and motivator, kind and considerate of others". Obviously, she will be missed by staff and residents alike, however Clara can still be found at Glenmore Park — she is doing incontinent product duties as well as volunteering some evenings to be with residents.

As many of you are aware, Sherri Tarr is leaving the ITS department on Friday, April 17th. I'd like to thank Sherri for her 7 1/2 years of service to Carewest, and for all her accomplishments in information management and data processing with ITS. Sherri was an excellent voice for ITS with Carewest's users, and brought invaluable insight and experience to her role as Application Services Coordinator. As well, she contributed a great deal to social activities with the Administrative Center, and brought an outgoing, unreserved attitude to several projects (a trait sometimes missing in traditional computer departments). We wish her well in her new endeavors.

- Mike Hoff, Acting Leader, ITS

Did you know?

Our own Steve Ungerer, Coordinator, Community Liaison, Younger Adult Day Support Program (Y.A.D.S.), was recently interviewed on the radio program Accessible Airwaves on CJSW. Steve spoke about the Younger Adult Day Support Program. Way to go Steve!

The Creation of Professional Secretaries Week

Professional Secretaries Week was founded over 40 years ago by a post-World War II publicity man who believed that the professional secretaries had struggled too long in the shadow of Rosie the Riveter.

The idea came about in 1952 when the nation was prospering again, but many executives were still fumbling with details for want of a secretary. Harry F. Klemfuss, in the public relations department of Young and Rubicam, recognized the need for recruiting secretarial talent and set about registering National Secretaries Week and National Secretaries Day.

His purpose, according to a New York Times article on June 3, 1952, was to encourage young women to enter the secretarial field and to demonstrate the importance of the "unhonored, unsung, unrecognized" secretary of the day. Mr. Klemfuss "got sore because everybody paid tribute to Rosie the Riveter. Why not our secretaries, those wonderful gals." Corporate sponsor for the first Secretaries Week was the Dictaphone Corp., and it was endorsed by the organization now known as Professional Secretaries International (PSI) and the Secretary of the Commerce Department.

Mr. Klemfuss currently lives in New Jersey.



Carewrite
is produced twice a
month
by Communications
for the staff, residents,
families, friends, and
volunteers
of Carewest.

Submissions are most
welcome.

Please e-mail Debbie
Hayman or call
her at 267-2992. Fax:
267-2968.



The web site of [Professional Secretaries International®](http://www.professionalsecretariesinternational.org) contains additional information regarding the emerging role of office professionals as "Information managers in the Information Age".