

# ....Carewrite....Carewrite....Carewrite....



*Stan Walker and Rodger Higgs at the Crib table.*



*Barry Ancell and Fred Shahhosseini pile up the chips.*

## Studs 'N Suds

March, 1998, saw the passage of the tenth anniversary of this popular recreation therapy program at Carewest Dr. Vernon Fanning Centre. With financial support from the Volunteer Association, residents meet every Tuesday afternoon for an hour of cards and refreshments. Usually a Crib table is in action as well as a Blackjack table. The program is managed by dealer "come high or go home" Tracy Baraluk, Recreation Therapy Aide 1E, and assisted by Marilyn Balderson, volunteer.

*Please turn to page 2 for more .....*

## April is ...

Canadian Cancer Society Month

International Prevention of Cruelty to Animals Month

National Dental Health Month

Parkinson's Awareness Month

**April 6, 1998**

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# SOME THOUGHTS FROM MIKE'S CORNER....

Without a doubt, last week was hectic and stressful for many of us at Carewest. The walk out by Nursing Attendants and Licensed Practical Nurses at Carewest Fanning caught us all by surprise. As a result, we had to act quickly to find enough people to care for our residents. Events like this call for a tremendous amount of personal energy, flexibility, commitment and time. In the end, it's all about team work.

During the walk out, I spent quite a bit of time at Carewest Fanning. I had the opportunity to see team work in action and I was most impressed. Staff members from all departments including the Administrative Centre and the Region jumped on board offering help whenever and wherever it was needed. Food Services made sure no-one went hungry. Human Resources went flat out to make sure we had minimum levels of

staffing on each of the units. Volunteers and families answered the call and showed up to help. In fact, many family members commented about how well we were organized.

My thanks to you all for your enthusiasm and willingness to see us through this difficult time. While there are no winners or losers in situations like this, some people were caught in the middle and may have been placed at risk. As a public health care organization, our most important responsibility is toward our residents. We are ultimately accountable for their safety, comfort, and well-being. I believe work place issues are best dealt with through the proper channels, in this case the collective bargaining process.

Although emotions ran high during the last few days, I now ask each of you to give your full attention to our residents, the people we serve.

I fully understand that some people may have different emotions, whether you joined the picket line or remained at work. Whatever the case, please bring to your jobs the utmost professionalism. I urge you to now channel your energies to serving our residents. Their care, comfort, and sense of security is and always must be our central focus and primary concern.

Carewest remains committed to providing a progressive work environment for all of our staff. As you know, mediation is taking place today, April 6th and tomorrow, April 7th. I am confident that through this process we will be able to move forward and arrive at a satisfactory outcome.

Sincerely,

Mike Conroy  
Executive Leader

## Studs N Suds continued

As the group meets in the Shotglass Saloon, there is a definite club like atmosphere to the proceedings (especially when a few cool ones are popped open). All the participants start with the same number of chips and the game is soon underway. Tracy works the tables like any other dealer, encouraging players to place their bets and catching those trying to pull a fast one on the house.

After several hands, some players borrow from the house to stay in the game, and then at the end of play, the chips are counted and the big winner declared.

Membership has always been open to all building residents. Recently the first referral came from another site. Mr. Arthur Felker from George Boyack and his leisure partner, Andrea Worrall, joined the

group. Current group members include: Stan Walker, Harry Chetner, Fred Shahhosseini, Barry Ancell, Gerry Shellian, Dean Christoffersen, Rodger Higgs, Grant Golemlaski, Greg Cryons, Arthur Felker, and Michael Jaeger.

Patty Rhodes Brink, Recreation Therapist receives referrals from interested residents.

- Debbie Hayman, Communications



## Volunteer Profile

### Bonnie Markham and Lynda Ruban

**-- help is on the way!**

Bonnie Markham lives in a community home with two other mentally challenged women. Lynda Ruban is Bonnie's Career Support Worker and guide to the everyday world. In six years of volunteering at Carewest Dr. Vernon Fanning Centre, this enthusiastic duo has tried a wide variety of tasks. They've watered plants, portered residents to the hairdresser, filled special laundry requests, helped residents sort their closets, put up posters, taken down posters, and helped with holiday decorating. They've chaperoned residents at hockey games, and assisted the recreation therapists at rope square downtown, during the stampede. YADS (Young Adult Day Support Program) is happy to have their help with the current events program, and Bonnie has even donned a gingham apron and a little hat and served at teas and bazaars.

"For Bonnie, the structure is good. Over the years, her time is well spent. She's helping other people, and living a quality life," says Lynda. They spend several hours three days a week at Fanning, with other volunteer work and a variety of leisure activities filling the rest of their time together. Bonnie and Lynda try to commit one year to each new task. "Bonnie has a lot of energy. Let's channel it in a positive way," is Lynda's philosophy.

Their other volunteer work includes helping with the cats at Bosley's Pet Food Mart, walking a dog, and cleaning shelves at Block Buster Video. Fanning is their favourite though, because there is so much variety, and because Bonnie likes the opportunities to interact with residents of her own cognitive ability. "Bonnie has many friends here — many people who care about her and will understand her as many people out in the larger community will not," Lynda tells me. "My job is to support her in whatever she wants to do, but this is a job I truly love, too. I feel we both put our heart and soul into it. If she is having a bad day, I say: Bonnie, the people at Fanning are waiting for us. We settle whatever issues we need to and we're gone."

Until seven years ago, Bonnie lived in Northern Manitoba in a sheltered workshop setting. She moved to Calgary to be near her sister, who is very special to her, and to try some of the opportunities for the mentally challenged in Calgary.

"Bonnie and Lynda are like the baby's breath in a bouquet," says Debby Dubord, Volunteer Coordinator at Carewest Fanning. "They fill in wherever they are needed." Bouquets from Carewest Dr. Vernon Fanning Centre to this super volunteer team!

*- Helen Theaker Whyte, Communications*



*Lynda Ruban and Bonnie Markham*



### Easter Services

CrossBow  
George Boyack  
Sarcee  
Glenmore Park  
Fanning Centre

April 9, 10:30 a.m.  
April 12, 1:30 p.m.  
April 12, 10:30 a.m.  
April 8th and 9th  
April 12, 10:00 a.m.

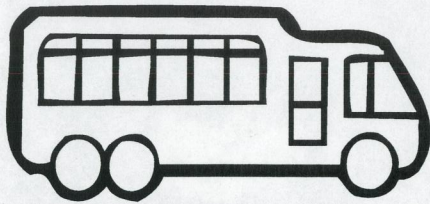
### Plain Word . . .

#### Hard words

1. Construct (V)
2. Impeccable
3. Non grata
4. Patella
5. Loquacious
6. Surreptitious



# Kudos



**To Kel Czernick, Carewest Bus Operations and drivers Dave and Dianna.**

At 3:15 on Wednesday, Kel willingly organized pick-up of eleven Day Hospital clients for the following morning after Handi-Bus cancelled their service. Dave and Dianna had all our clients here on time, with many positive comments about how nice the bus and drivers were.

Great service!

*-Ruthella Graham and the Day Hospital teams and clients*

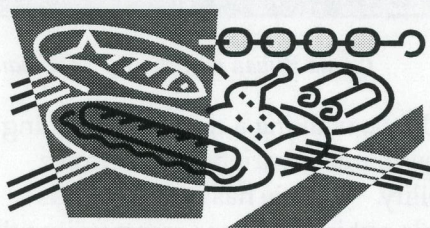
**To Hildor Ergang, Stores  
Dr. Vernon Fanning Centre**

Day Hospital, North Site would like to send out a special thank you to Hildor for all the little extras he does for us, in a kind and cheerful way. It isn't just what he does, it's how he does it that makes it so special.

Thank you.

*Day Hospital staff*

## Spring Cheer



Special thanks to the following Carewest SAIT cooking students for all the hard work put into creating the tasty ethnic entrees during Nutrition Month:

**Yummy!**

Bonnie McIntyre,  
Nasreen Moledina,  
Nancy Scheiris,  
Louise Thomas,  
Cheryllee Bernacki,  
Eric Chan,  
Celerina Argonza,  
Dolly Del Rosario,  
Felisa Soco,  
Cora Apolonio,  
Linda Hernandez,  
Cheryl Wyatt

*- Colleen Brent, Clinical Dietitian,  
George Boyack*

On the 30th of March as Boyack staff were entering the building — they were presented by the Site and Program Leaders with mysterious blue envelopes. With mixed feelings we opened them. And what a surprise it was! All Boyack staff would like to thank Mike Conroy and associates, who were responsible for this wonderful and unexpected gesture. It's nice to feel appreciated — especially financially! Thanks for spreading some financial SPRING CHEER!

*Boyack staff*

Many thanks to all the staff who went far beyond the call of duty and helped out during the strike. Many people worked double shifts and we received so much support from management. We were particularly impressed by staff members from other departments who rolled up their sleeves and helped with nursing duties. A big hug to all of you.

*Team Leaders, Carewest Fanning*

**To Eileen Claerhout, RN, on 2  
East, Dr. Vernon Fanning Centre**

Thanks to Eileen who helped the Martins get home after Handi-Bus cancelled on them last Thursday. Eileen just grabbed a coat, threw it on and wheeled Mrs. Martin home (3 blocks away). Remember all the snow on that Thursday? It would have been difficult for her to accomplish this task. Hats off to Eileen and all 2 East staff who have worked so well with this couple.

*- Peggy Pippy,  
Social Worker*





# Site Happenings ...

## St. Patrick's Day Brunch

On Sunday, March 15, 1998, fifty-four residents, families and friends attended a St. Patrick's Day brunch at Carewest Glenmore Park. The event was held in the Day Hospital which was decorated to suit the occasion. All who attended enjoyed the variety of food prepared by Glenmore Food Services staff, as well as the accordion music (entertainer Alex Braun, brother to resident Bill Braun).

- Margaret Brausse, Team Leader, Food Services

## Sweetheart Luncheon

A beautifully decorated room with the traditional colours of red and white, (so appropriate for a Valentine Luncheon), surprised the many couples attending. We were greeted with cheerful "waiters/waitresses", Michele Rondot, Shelley Murdoch, Kathleen Seefeldt and Rene Gripping.

The highlight was the delicious food consisting of wine, cream of potato soup topped with cheese, Caesar salad, veal topped with layers of cheese, ham and stewed tomatoes, baked potato, fine crisp vegetables and the dessert-crepes with blueberry sauce and small butterscotch chips.

Compliments to Chef Shawn Tourout and Mark Warren serving this superb luncheon!

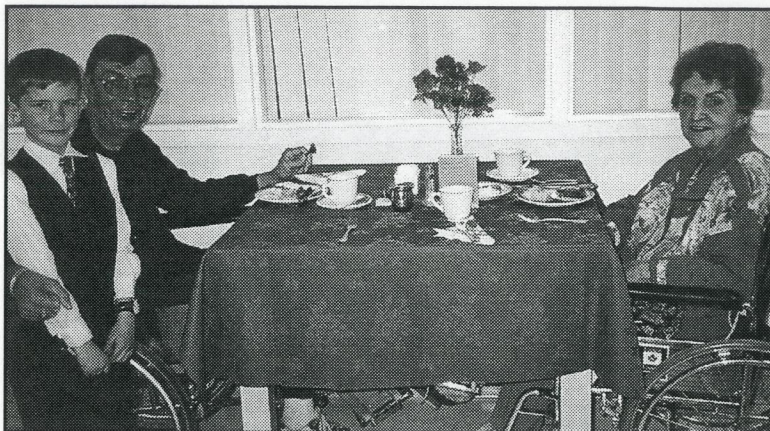
Magnifico!

-Florence Schierman,  
Boyack Fourth Floor Resident

## Volunteers for the Canadian Cancer Society

Once again this year, six residents from Carewest George Boyack spent an evening at the Canadian Cancer Society getting kits ready for their spring canvassing. Bert Gnam, Connie Brockhurst, Burt Wilson, Mary Reynaud, Elizabeth Ward and Doris Laing all went for a fun fast food supper on the bus and then spent two hours hard at work. All residents received Canadian Cancer Society pins for their hard work (plus coffee and cookies!). Good feelings were experienced by all at the end of the night.

- Helen McDonald-Bohan  
Recreation Therapist, Carewest George Boyack



Murray and Mary, residents, Progressive Care, and Jeremy Collins, son of Supportive Pathways Program Leader, Marlene Collins



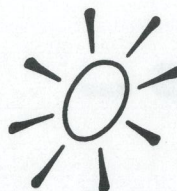
Several luncheon guests tuck in!



Elizabeth Ward, Bert Gnam, and Dave Gordon (bus driver), get foldin' and stuffin'



# For the Health of It . . .



## Wellness Facts . . .

Natural Relief for Migraines

Suffer from migraines? Get a whiff of this finding by Alan Hirsch, MD., director of the Smell & Taste Treatment and Research Foundation in Chicago, IL. In his study of 50 migraine patients he found that the scent of green apples made headache pain fade. Migraine pain was found to improve more during an attack when the subjects sniffed tubes containing a green apple smell than when sniffing unscented tubes (data presented at the 1997 annual meeting of the American Association for the Study of Headache). "It could be a distraction effect, so that the subjects were thinking about the smell instead of their pain. Or it could be that the smell actually reduces muscle contractions in the head and neck, reducing the pain," explains Dr. Hirsch. Why green apples? Previously, Dr. Hirsch found that the smell reduced anxiety. "Since people with migraines say their headaches worsen when they're anxious, we thought the odor might be helpful." Other pleasant smells might bring relief equally well, and the effect may work on other forms of pain also, he says.

- *Prevention* magazine January, 1998

ADDING LIFE TO YOUR YEARS



# MILK

## *It's not just for kids*

**D**o you remember Mom encouraging you to drink more milk? It's still nature's best source of calcium and the only dairy product fortified with vitamin D.

Now, researchers at Tufts University say that older adults should also drink more milk. That's because older people require more vitamin D than younger people to keep their bones strong.

Vitamin D helps the body use the calcium in our food. When too little vitamin D is present, some calcium is taken out of the bones for use in the blood. Over time, this "leaching process" weakens the bones. This leaves an older adult more likely to have hip fractures, back pain and other injuries.

While older adults need more vitamin D than young adults, most people past 50 have low levels of vitamin D. This is because many older adults don't drink milk. They are also less likely to spend time in the sun (vitamin D is synthesized when the skin is exposed to the sun), and older skin is less efficient at making vitamin D.

"The best way to increase your intake of vitamin D is to drink two cups of milk a day or to use milk or skim milk powder in soups, puddings and casseroles," says Hélène Laurendeau, ParticipACTION's nutritionist. If you don't like milk, try other good sources of vitamin D such as sardines, salmon, herring and mackerel. Eggs, liver and some fortified cereals also contain vitamin D.



PARTICIPACTION

### The Plain Words

1. Build
2. Perfect
3. Not welcome
4. Knee cap
5. Talkative
6. Sneaky, Sly



# Foundation File Facts

*from the Carewest Foundation*

## ANOTHER SUCCESSFUL YEAR!

This past year the Carewest Foundation has enjoyed its most successful year thanks to the growing support of our donors. **Over \$395,500 was received!** Donation funds have been used for a variety of indoor and outdoor enhancements and for the purchase of special equipment, furniture, appliances, and artwork at all five sites. This year the Foundation disbursed over **\$400,000** to Carewest sites, services and programs. Here are some specific examples of how our residents have benefitted:

### Cross Bow

- Artwork and dining room enhancements
- Stampede entertainment, Mexican Country Fair, Mariachi band
- Zoneaire Palliative Care bed

### Boyack

- Dementia Garden enhancements - fencing, planters, trees, screens, etc.
- Stereo system, microwave, TV
- Dining room furniture, barbecue
- Quadra cycle

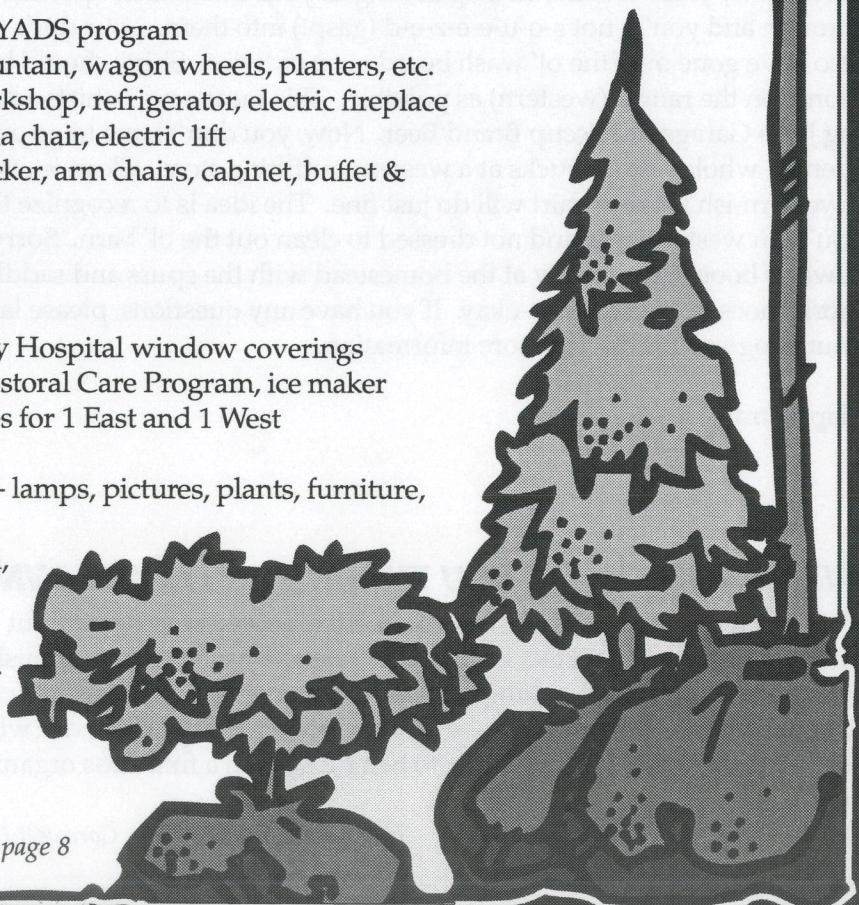
### Fanning

- Resident Christmas gifts, items for YADS program
- Rooftop garden enhancements - fountain, wagon wheels, planters, etc.
- Excalibur scroll saw for Beaver Workshop, refrigerator, electric fireplace
- Electric beds, blanket warmer, Broda chair, electric lift
- Loveseat, pedestal table, walnut rocker, arm chairs, cabinet, buffet & hutch

### Glenmore

- Carpeting - 1 West, Day Hospital
- Murals, table cloths, silk plants, Day Hospital window coverings
- Colour TVs, VCRs, keyboard for Pastoral Care Program, ice maker
- Christmas decorations, new pictures for 1 East and 1 West
- Recliner chairs, electric beds
- Palliative Care Unit enhancements - lamps, pictures, plants, furniture, carpeting
- Exterior building facade renovation, 2nd floor renovations
- New family room for 1 West
  - painting, lighting, furnishings, etc.
- Family dining room for 1 West
  - furniture, paintings, lighting

*Please turn to page 8*





## Foundation File Facts continued ...

### Sarcee

- Oak TV unit, CD player, blanket warmer
- Friends Volunteer Program bus services
- Prints, hymn books, palliative care books
- Resident entertainment

### Carewest-wide

- 2 specially adapted buses with 1997 Fun(D) Fest proceeds (and a private foundation)
- Art classes and framing of resident artwork

In the very short period of time that the Carewest Foundation existed (three years) **over \$930,000** was raised for the benefit of Carewest and those we serve. A big thank you to all our donors, volunteers and staff who made this happen.

With the Coming of Spring and our new partnership within the Calgary Health Trust we are looking forward to continuing success in the future. **Watch** this spot for our new column from the *Carewest Development Council*.

- Phyllis Konrad, Executive Director



## **A MESSAGE THAT MAKES HORSE SENSE...**

Site Leaders are requesting that all you folks out there dressing up in western gear on Fridays remember to look spiffy and smart as a whistle. A few cowboys and cowgirls have been seen looking mighty darned casual-like. Jeans are fine as long as your knees aren't poking through and you're not s-q-u-e-e-z-e-d (gasp!) into them. Your duds must also have gone over the ol' wash board once or twice. Shirts should be as 'home on the range' (western) as possible. This means no T-shirts advertising Joe's Garage or Hiccup Brand Beer. Now, you don't have to go out and spend a whole pile of bucks at a western outfitter store. Clean jeans and a western-ish looking shirt will do just fine. The idea is to recognize that you're in western gear and not dressed to clean out the ol' barn. Sorry, the cowboy boots have to stay at the homestead with the spurs and saddle. Work shoes (runners) are a-okay. If you have any questions, please lasso your Program Leader for more information.

Happy trails!

## **THANK YOU THANK YOU THANK YOU FROM FANNING!**

Thank you to *all* the generous, warm-hearted people who helped out during the strike last week. I was so impressed by everyone's enthusiasm and positive attitude. Looking back on the events I truly believe we coped so well because of team work — everyone pulled together and did what needed to be done. It's a pleasure to belong to such a first class organization!

- Joan Gilmour, Site Leader, Carewest Fanning

## **Rhonda Wilk's little one named Canadian Cancer Society poster child**

You may have noticed the adorable little boy featured in the Calgary Herald column Bright Lights last Sunday. Three-year-old Robert Colmenares was named Bright Light of the Week as well as the Cancer Society poster child. He is the son of Rhonda Wilks, Sarcee Administrative Secretary and husband Nelson Colmenares. Robert is determined to win his battle with acute lymphoblastic leukemia. The Carewest team is behind you one hundred per cent Robert, Rhonda, and Nelson!



**Executive Leader, Mike Conroy recently spent a morning on breakfast duty at Sarcee. Now that he has all this experience, we're sure he'll be spending lots of time in the kitchen at home... right Mike?**



March 16, 1998

To Cheryl Wyatt and Carewest Sarcee Food Services Team

Dear Cheryl and the Food Services Team:

Thank you to all of you for providing me with the opportunity to work with you last Friday. I really enjoyed the schedule you drafted for me as it allowed me to participate in the many functions performed by your team.

I must say I was most impressed with the great teamwork you displayed. Your willingness to help each other out and the knowledge and skills you possess make me proud to be part of an organization that has such high quality staff — I hope you also feel that pride.

Needless to say, my skills require more work! Despite Linda's best efforts, I was only about 50% accurate in cracking the eggs without breaking the yolks, and the ones I did manage were sometimes accompanied by the odd shell. Crunchy poached eggs — I hope that you didn't receive too many complaints! I particularly enjoyed participating in the bulk service — I know that it has been challenging at times to implement but I'm sure you all agree that it's better for the residents. My serving skills were a little rusty as I think I spilled more Cream of Wheat than I served — even with Lori's expert advice. I think it was as a result of my slow start that Linda and Lori put me on double probation. My performance improved somewhat with both Cora and Judy. I was pleased to see Cora interacting so pleasantly with the residents. They obviously enjoy her friendly approach. Things came full circle as we ensured that all of the supplies for Linda and the other cooks were ready for the weekend. Judy made sure that all items were accounted for and in the proper place.

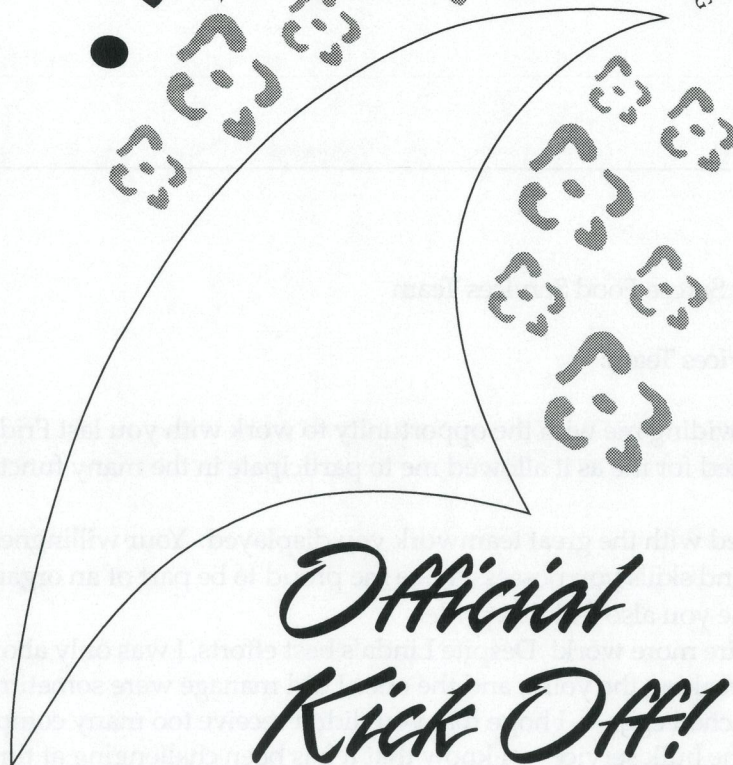
Once again, thank you Cheryl and all of your team members for a very rewarding morning. Carewest Sarcee has a well-earned reputation for high quality food services — now I know why!

Sincerely,  
Mike Conroy  
Executive Leader



# Supportive Pathways

PERSONALIZED DEMENTIA CARE IN A SUPPORTIVE SETTING



## Official Kick Off!

Friday, April 17, 1998 Time: 2:00 p.m. - 3:00 p.m.

Location: Each site including Administrative Centre

Join us for refreshments and information about the program

In the last issue of Carewrite, Page 8 had a "Can you tell what's going here?" contest. The correct answer was "the building of the new gardens at Carewest George Boyack". The first five correct callers were: Helen McDonald, Recreation Therapist, Boyack, Randy Dicks, Unit Clerk, Boyack, Marjorie Cheng, Pharmacist, Donna Michael, Education Coordinator, Boyack, and Julie Costigan, 1W, Glenmore Park. Each winner received a certificate for a free lunch at the centre of their choice.

No contest this week!

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

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