

Carewritte

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

Rip Roarin' Stampede Activities at Carewest Sarcee

Residents and staff enjoyed another great Stampede week including the parade and decorating the common areas and nursing units. *Women of the West – Past and Present* was this year's theme. Pictures and write-ups of western women were displayed and many of our resident cowgals dressed the part.

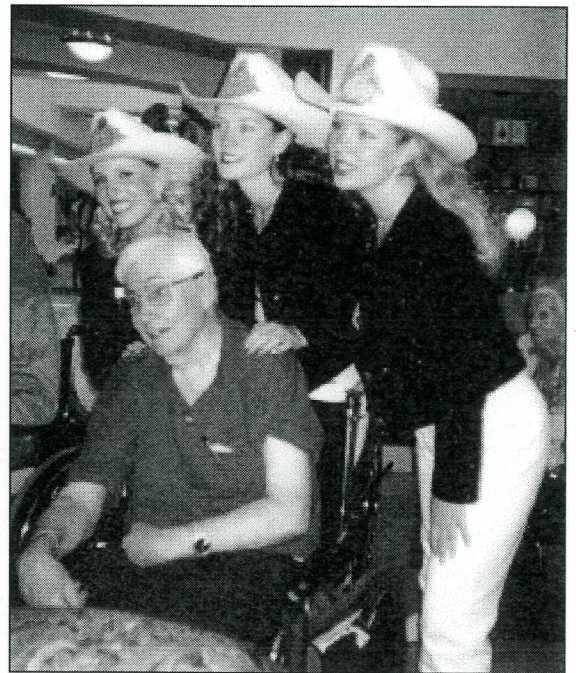
Stampede week started off with the smell of bannock in the Craft Cabin cooked by volunteer Steffie. Both residents and staff enjoyed samples with homemade jams. We also had a three-day 'old fashioned Soda Fountain Shop.' Staff and residents performed songs, skits and dances during the Resident Saloon time. A good time was had by all! The Moon Liters entertained residents and our volunteers gave a quilt and craft demonstration. Our annual outdoor BBQ was also a big success.

Friday was the week's highlight when the Stampede Queen and two Princesses came to visit. Thanks to all for a fun week. See ya'll next year.

Mary LeBlanc, Coordinator, Infection Prevention & Control



Some of the happy parade goers



Bob Boyd, resident, enjoys some Stampede royalty attention

A Message from Nora ...

Formal and Informal Teams Create Satisfying Environment

It seems that everywhere we turn we hear the words 'team work.' Whether it's selling cars or performing heart surgery, working in teams certainly has appeal. Here at Carewest, we place a great deal of importance on sharing expertise, ideas and information by working in teams. Our teams are comprised of staff members from various disciplines, with the resident and his or her family at the centre. This collaborative approach seems to work the best, rather than an organizational structure that focuses on individual departments.

In the past year or so, I've observed many examples of informal teams as well; people who come together to get something done. The Carewest Spring Picnic, the Christmas Gala, the Car Rally, our Social Clubs and all the Carewest employees who collectively go the extra mile for our residents — forging lasting friendships, serving as translators when language is a barrier (after all, we are a multi-lingual and multi-cultural organization) and even adding the occasional resident garment to the family mending pile — the list is endless.

Our Employee Recognition Council is yet another excellent example of team work. Members of the Council, who represent all areas of Carewest, meet regularly to read through literally hundreds of submissions for employee and volunteer recognition awards. In addition to individual submissions, Council members consider team entries on behalf of teams of employees who are making exemplary contributions.

I feel a strong sense of camaraderie and friendship at Carewest, people working closely together to make this a good place to live and work. I certainly don't want to diminish the challenges in long term care today, we certainly face some hurdles. However, as a relative 'newcomer' to this business, I think one of its most attractive features is the closeness of long term care. We share a sense of 'family' that comes with people working together over extended periods of time and really getting to know one another. I am very proud of the Carewest teams — both formal and informal — and I hope you are as well!

Nora Kirkham, Executive Director

More Stampede fun!

One of the Stampede activities you can count on is the Annual Stampede Brunch served on the rooftop at Carewest Dr. Vernon Fanning Centre. This year the weather was fabulous and almost too hot, the food was delicious and plentiful and the music was great fun! Hosted by the Fanning Social Committee, this event brings residents, staff and volunteers at Fanning together. Hats off to all those responsible for the success of this year's brunch. It was delicious!

Many 'guest servers' volunteered to help out. Here, from left to right: Stephanie McDonald, Human Resources Assistant, Carewest Board Chair Donna Rose with husband Hector Rose, and Suzanne McLaughlin, Nursing Attendant, serve up the grub.





Kudos

To the RNs and RAs at Royal Park:

A huge thank you to all of you for going the extra mile working overtime and doing lots of extra shifts during vacation time when we were short staffed. All of you are really appreciated.

Lil O'Neill, Manager

This note of thanks is to the staff of 2 West at Carewest Dr. Vernon Fanning Centre.

This letter was sent to Nora Kirkham, Executive Director, from a family member thanking the staff at Carewest Sarcee.

Dear Ms. Kirkham:

Just a short note of thanks. My mother Stefanie Kviety's spent her last 12 years at Carewest Sarcee and passed away there on July 17, 2001. All those years she was well cared for by many warm-hearted staff. They were my main support too, as I was the only family member here in Calgary. I always felt good visiting mother at her home.

Thank you and all the best to you and your work!

Sincerely,
Yoné Young

Our Angels of 2 West

There are not enough words to express our gratitude to all of you for your loving care of our precious husband, father and grandfather, Guido Blasetti.

Your capable care, your caring hearts and your encouraging smiles and words are all gifts you gave to Guido and our family.

Thank you for making 2 West a loving home for Guido – a place where we always felt welcome. Thank you for going above and beyond the call of duty to make Dad's six plus years at the Fanning Centre comfortable.

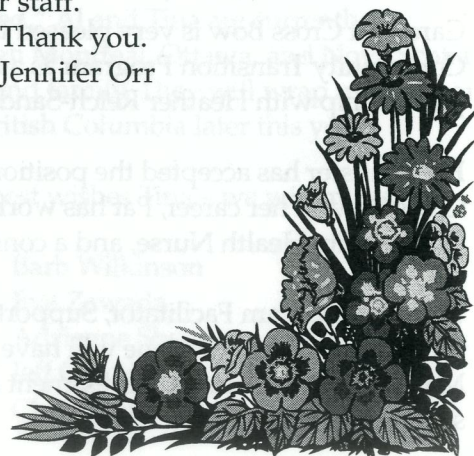
You will never be forgotten for your generosity, kindness and good deeds. You will be missed — God bless you all.

Sincerely,
Julie Blasetti and family

To Rich Stephens, Maintenance Worker, Carewest Cross Bow.

My grandad, Jack Almond, passed away July 26, 2001 at Carewest Cross Bow after a lengthy illness. My family was deeply moved by the love and care that was shown to us by Rich Stephens. He stayed with us long after his regular work shift was over. He is truly a special person. You are all very lucky to have him on your staff.

Thank you.
Jennifer Orr




Carewest Staff Announcements

Carewest Dr. Vernon Fanning Centre:


Valerie Arbeau, Physical Therapist, has joined the Capable Seniors Program. Valerie comes to Carewest from the Calgary Health Region.

Sonia Popat, Occupational Therapist, has joined the Equal Program. Sonia's position is to be shared with Cross Bow's Transition Unit. Sonia joins Carewest directly from the East Coast.

Annette Peal, Social Worker. Annette has transferred from Carewest Day Hospital South.



Linda Jablonski, Physical Therapist, will be responsible for the physical therapy needs of the three units in the Equal program.



Koreen Fahey is the new Program Facilitator, Capable Seniors Program. Koreen comes to Carewest from Edmonton, and has 14 years of experience in clinical practice, research and management. Koreen's office is at the Fanning Centre.



New staff members at the Administrative Centre:

Rhonda Gibbons, Team Leader, Payroll, Benefits and Staffing Services. Rhonda brings considerable experience in both finance and payroll, having worked for several non-profit organizations.

Linda Larg, has joined the recruitment team for the next four months. Linda is a very welcome addition to the recruitment team assisting with the workload and providing new insights based on her extensive HR career.

Mollie Cole is the new Team Leader, Education Services. Mollie has held various positions with Carewest since 1995. Most recently she was the Education Coordinator at Royal Park and Signal Pointe. Mollie's office will be at the Administrative Centre.

Adrienne Shore, Administrative Secretary, is the newest member of the Information Resources and Housing Development team. Adrienne has experience in the construction/design industry as well as working with seniors.



Carewest Cross Bow:

Carewest Cross Bow is very pleased to have **Maureen Harrison** join the Regional Community Transition Program as a full time Social Worker. Maureen will work in partnership with Heather Reich-Sander, Transition Community Care Coordinator.

Pat Schuster has accepted the position of Program Leader, Supportive Pathways at Carewest Cross Bow. In her career, Pat has worked as a Director of Nursing, a Nursing Educator, a Community Health Nurse, and a consultant.

The new Program Facilitator, Supportive Pathways Program, is **Darlene Meagher** (pronounced Mar). Darlene will have an office at Cross Bow. Darlene was the Patient Care Manager at the Geriatric Assessment and Rehabilitation Unit at the Rockyview Hospital for several years.

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Carewest George Boyack:

Dorothy Lemczyk will be the Coordinator for the MDS (Minimum Data Set) Pilot Project which begins this Fall on 1W and 2W at Fanning and 2E and 2N at Boyack. The purpose of the pilot is to look at the MDS assessment which may eventually replace the current resident classification system. Dorothy has worked at Boyack for four years as both a Staff Nurse and a Care Team Leader.

Darlene Kesteven has accepted the Program Support Co-ordinator position at Carewest George Boyack. Darlene was the Social Worker at George Boyack for the past few years.

The new Activity Convenor at Carewest George Boyack is **Elisa Holland**. Elisa has significant experience working with adult day programs.

Carewest Glenmore Park:

Dennis Feria has resumed his role as Education Coordinator at Carewest Glenmore Park. Dennis was the interim Program Leader for the Supportive Pathways program.

Margaret Jones is the new Program Leader, Supportive Pathways, at Carewest Glenmore Park. Margaret joins Carewest from Medicine Hat. Her nursing experience is varied and includes dementia care.

New Beginnings for Tina Roach (Turcotte)



Chris Makin, Jeff Crockford and Barb Wilkinson wish Tina (seated) all the best in her retirement.

Many Carewest and Calgary Health Region employees gathered at the Administrative Centre on Thursday, July 26, 2001 to celebrate Tina Roach's contributions to Carewest over the last five years and to wish her the very best on her retirement. Tina was the Administrative Secretary in the Information Resources and Housing Development Department.

Tina's husband Al, a retired school principal, who also attended the tea, said he was pleased that his wife had finally "graduated." Al and Tina are currently travelling through Montreal, Ottawa, and Nova Scotia visiting friends and family. They will wrap up the year by relaxing in British Columbia later this year.

Good luck and best wishes Tina – we will miss you!

Barb Wilkinson
Eve Zawada
Adrienne Shore
Jeff Crockford
Chris Makin

We're In The News!

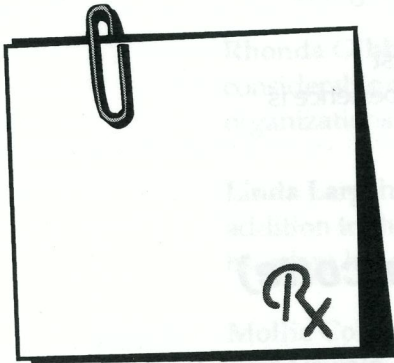


Media exposure helps tell the 'Carewest story'. It gives Calgarians a better understanding about what we do and about long term care in general. Something happening at your site worth sharing? If so, please call Debbie or Veronica in Communications -267-2992.

On August 2, Global Television visited Carewest George Boyack for a live news and weather broadcast from the gardens. The Calgary Horticultural Society awarded George Boyack first prize in its annual awards (long term care category). The outdoor setting proved a gorgeous background for the broadcast.

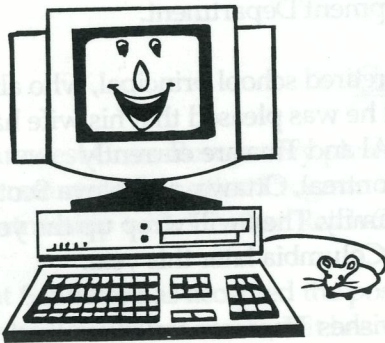
Then, again on August 2, Shaw Cable visited Carewest Cross Bow for a background news story on security measures in continuing care (what do we do to ensure the safety of our residents). The story followed a break-in in a southeast seniors' home (not a Carewest facility). We explained the steps our organization takes to ensure resident safety and security.

Award Winning Pharmacist Joins Carewest



Carewest Pharmacist Veronica Szekely has earned the George A. Burbidge Award for attaining the highest overall grade in the Canadian National Pharmacy Examination. A graduate of the University of Alberta, Veronica was a student with Carewest for a year and a half before joining the staff this year. Jerry Hanen, Team Leader, Pharmacy Services, said, "We are thrilled that Veronica has chosen to work with Carewest. The people who ultimately benefit from such high standards are our residents. We've had two other Burbidge winners work for us in the past, both U of A grads."

Carewest Computer Replacement Moves Forward



ITS is in year two of a three-year Macintosh computer replacement project. During the first year we replaced 55 Macs with Compaq PCs (personal computers), approximately 20 aging Apple laser printers were replaced with new Hewlett Packard laser printers and about 90 people were trained across Carewest. So far this summer we have replaced about 55 of 65 Macs with the help of our summer student Jordan Wilson who has been busy and proficient. We've held training sessions at each site to ensure users are comfortable with their new PCs and even though there have been a few 'gotchas', overall the project has gone very smoothly and people are pleased with their new computer systems.

Carewest Information Technology Services (ITS)

Attention All "Artists" Design a Poster to Win

The Infection Prevention and Control Committee (IP&C) would like **you** to design a poster to promote our Influenza Vaccine Campaign this year.

As the winner you will receive a prize and you will be acknowledged throughout Carewest where your poster will be displayed.

The poster should:

- Be informative
- Preferably hand drawn on 8 1/2" x 11" white paper
- Must be reproducible
- Have your name, site, department and phone number on the back
- Please note the poster will become the property of Carewest

The judging will be done at our September IP&C meeting. Please send your entry to the IP&C Office c/o Carewest Sarcee by August 31, 2001.

40th Anniversary celebrations

As promised, the communications department is touring all Carewest locations with a Come and Go Tea to celebrate Carewest's 40th Anniversary this year. So far we've been to Glenmore Park, George Boyack, the Administrative Centre and Royal Park. We're giving away pens and passing out trivia contest entry forms. And don't forget the Carewest carrot cake!

Thank you to all the Team Leaders, Food Services who help to set up these celebrations. The feedback on the trivia questions has been fun – remember, most of the answers are

found on the web page at www.carewest.org. If you didn't receive a pen or a contest entry form, please see your Admin office for extras, or call Debbie Hayman at 267-2992.



*More Carewest Stampede Spirit!
At Carewest Cross Bow, Wendy Farrance, Team Leader,
Food Services, enjoys lunch with Al Doyon, resident.*

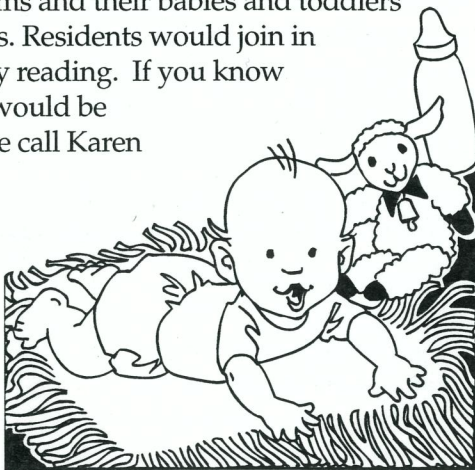


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Signal Pointe Junior Helper Program

The Junior Helper Program, an intergenerational program at Signal Pointe, is running very well. It takes place on Mondays between 1:30 and 3:30 p.m. Residents enjoy their time together with young people from the surrounding area. They spend the first part of the program visiting and getting to know one another while making crafts or playing different games. They also go for walks and garden. The program is a great way for us to be part of our community, and benefits both residents and their young friends. We look forward to the program continuing.

We still plan to start a Moms and Tots group at Signal Pointe, with moms and their babies and toddlers visiting residents. Residents would join in for crafts or story reading. If you know of anyone who would be interested, please call Karen at 240-7950.



Congratulations to Juanita Brooks and Mildred Zabel, residents at Carewest Royal Park for their winning entries in the Stampede Arts & Crafts Exhibit. Juanita won honourable mention for her ceramic pioneer lady and Mildren won a 2nd place ribbon for her painting.

Congratulations to Chris Makin, Coordinator, Horticultural Program, and all the residents and staff at Carewest George Boyack involved in the gardens. The Calgary Horticultural Society awarded first place to Carewest George Boyack for their grounds in the long term care facility category. The centre receives a trophy to display for a year, and also another trophy to keep. This first place award is getting to be a yearly event at Carewest – last year, Carewest Sarcee won first place as well.

Congratulations to these recipients of the monthly draw for July, 2001 from the Employee Recognition Program:

*Diana Hayward, Cross Bow & Nickle House
Audrey Waddell, Administrative Centre
Mary LeBlanc, Sarcee
Debbie Young, Royal Park
Joy Samuel, George Boyack
Jerry Palisoc, Glenmore Park
Kerry Graham, Dr. Vernon Fanning Centre
Cindy Randall, Signal Pointe*

Carewrite

Carewrite is produced twice a month. We welcome submissions.

Please contact Debbie Hayman— Voice: 267-2992 Fax: 267-2968 Email: debbie.hayman@crha-health.ab.ca

www.carewest.org