

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

OFFICIAL OPENING OF ROYAL PARK A GRAND SUCCESS!

Almost 200 people attended the official opening of Royal Park on Friday, November 27th. Royal Park is Alberta's first combined continuing care centre and private rental apartment complex for seniors. The building is beautifully designed and decorated to have the "look and feel" of home.

Special guests included the Honorable Halvar Jonson Minister of Health, Dr. John Morgan Chair CRHA Board, Alderman Barry Erskine, Donna Rose Chair Carewest Board, Frank Boyd President Apex Land Corporation, Paul Rushforth Chief Operating Officer CRHA, Jocelyne Burgener MLA, Marlene Raasok Chief Operating Officer CHR, and Gary Durbeniuk Chief Executive Officer, Calgary Health Trust.

One of the highlights of the afternoon came during the ribbon cutting ceremony. Mr. and Mrs. Alf Anderson both in their mid eighties took part helping to cut the blue and white ribbon. Mr. Anderson, who is currently a resident of Carewest Cross Bow will soon be moving into Carewest Royal Park while his wife Roberta will occupy one of the rental apartments above. In her welcoming remarks, Donna Rose Carewest Board Chair noted that keeping couples together reflects the spirit of Royal Park.

Mike Conroy President Carewest, noted that as with any "ground breaking venture there will be things that work out as planned, some things will work better than planned and there will be some frustrations. However, this is the spirit of innovation, learning and health reform. We are committed to sharing our learning to the benefit of the housing and health care industry."



Everyone helps to snip the ribbon — from left to right: Bill Lefebvre, Frank Boyd, Marlene Raasok, Mrs. Anderson, Mr. Anderson, Hon. Halvar Jonson and M.L.A. Jocelyn Burgener.

Carewest staff join the fight against the flu bug

The following were winners of the 14 prizes in the 'Flu Campaign. If your name is not here please remember you are still a winner by participating - protecting our residents, co-workers, families and ourselves from this year's strains of influenzae. Thank you to Management Partners, Dr. Len Aldridge, and Aramark for donating the prizes and supporting the Infection Prevention & Control Program. **Your chances of winning were approximately 1: 700.** Thank you for participating and please join me in congratulating the winners. **Remember, keep healthy by washing your hands!**

Mary LeBlanc, Coordinator, Infection Prevention & Control

Winner of the golf umbrella: Francis Elson
(Carewest George Boyack)

Winner of the \$100 cash prize: Marilyn Christenson (Carewest Dr. Vernon Fanning Centre)

Winners of One Month Free Parking:

from Carewest George Boyack:

Drima Corsino

from Carewest Dr. Vernon Fanning Centre:

Marlene Turgoose

Catherine Lasuita

Terry Coutrelle

Tracy Baruluk

Nasim Hirji

Winners of A Day Off With Pay:

from Carewest Glenmore Park:

Tony Klein

from Carewest Dr. Vernon Fanning Centre:

Alex Chung

Marion Laviolette

Barry Wiens

Grace Dayrit

Tanya Phillips



Here, Mike Conroy takes one in the arm from Shelly Achtemichuk, RN, 2nd floor, Carewest George Boyack.

CROSS BOW RECOGNITION LUNCHEON

On Monday, November 23rd, Cross Bow hosted the Semi Annual Recognition Luncheon to honor employees receiving Long Term Service awards as well as the first winners of the GOLD and EXCELLENCE awards under the new Making a Difference! program. On this occasion George Boyack and Carewest Administration staff joined with Cross Bow to form a group totalling 40 in number.

Everyone enjoyed the lovely roast beef luncheon and award presentations which were held in the Day Support area.

Sylvia Sherman, Carewest Cross Bow



The Gold Award winners: Janet Miles, Administrative Centre Receptionist, Wendy Farrance, Team Leader, Food Services, Cross Bow, Dorothy Lemczyk, Team Leader and Gloria Major, N.A., both 2nd floor, George Boyack.

More Royal Park Opening photos



Hon. Halvar Jonson (centre) presents Marlene Raasok and Mike Conroy with a plaque commemorating Carewest Royal Park and Community Health Resources on the official opening of Royal Park.

Service Leader Barbara Wilkinson, gives an interview to Channel 7 in the sunny solarium.



Many volunteers helped with the opening of Royal Park. Here Corry Pieters, Maud Grant, and Linda Payne give out name tags.



As you are probably aware by now, the Grand Opening event for Royal Park was a huge success. In reflecting over the past 2 1/2 years of work which went into the development and construction of Royal Park, there are so many people within Carewest I would like to thank. Many people spent an incredible amount of time and put in a lot of effort in making Royal Park the reality it is today. I would like to thank all of the members of the Carewest Housing team - Kevin Miyauchi, Jeff Crockford, Patrick Mosca, Chris Makin, Val Roberts and Tina Turcotte, for their dedication and great patience and plain hard work. I would also like to give heartfelt thanks to the core planning team and the many Carewest operations people who helped us out with all of the design work and the many details in planning every inch of the project - we really relied upon your experience to make the building functional. A big thanks to Jim Townend and Lil O'Neil in the huge efforts needed to transform the building from the construction into a real life operating care center. I hope everyone involved shares in the pride of opening the doors to Royal Park!

*Barbara Wilkinson
Service Leader, IR & HD*

Carewest Royal Park also hosted an Open House on December 1st for staff, residents and the community. Over 200 people attended and toured the new site, demonstrating the interest and enthusiasm this project has generated. Now, Lil and her staff can get settled in and start welcoming the new residents to Carewest Royal Park. Good luck to everyone in their new roles!

Kudos and Bouquets

Dear Tish, Marion and everybody at Woodworking (Marcie too):

Please accept the enclosed as a reminder of my love and gratitude to all of you who helped me and my family so much in dealing with the loss of Denny. The written tribute on gold touched myself and all who read it. It expressed so many things, observations, etc. about Denny that were so very true. The pictures brought back so many memories of happy times together. Your presence at the service gave me added strength. I know you will all miss him too.

Although I know he is in a better place, I would give anything to be able to walk into woodwork again and see him sitting at the work bench, laughing or hear him swearing a little!

Thank you all for making his life just a little bit better and each day just a little bit happier. I personally will never forget all of you and I shall remember each and every one of you with love and thanks for your many acts of kindness and caring.

Take good care of each other. I look forward to seeing you soon.

Fran Dalquist

Many, many thanks to everyone for helping to make Royal Park a reality — the planning teams, our builders and consultants, Alberta Health, Alberta Public Works, Supply & Services, the Calgary Regional Health Authority, the Carewest Development Council — and most importantly, our hard working staff and volunteers. I'd like to welcome all the new staff members to Carewest Royal Park. It's great to have you on the team!

Mike Conroy, Executive Leader

Thank you to Jean Stern for all your help with getting us (Communications) organized for the official opening of Royal Park. And, thanks to Sue Yaskiw for your help with the decorating. (Who knew balloons were so difficult to blow up and tie?) Without your help ladies, I would have fallen way behind schedule!

Debbie Hayman, Communications

CAREWEST CROSS BOW NEWS UPDATE

As reported in the October 30th issue of the Carewrite, plans are proceeding as scheduled to reduce the number of Cross Bow beds from 98 to 80. The November transfer of staff to Royal Park and other Carewest sites began with a farewell tea party at Cross Bow on November 12th for 10 staff members. Resident transfers to Royal Park will follow in December. Thanks to some careful juggling of rotation schedules no staff have been displaced from positions. The opening of 50 new beds at Royal Park and the reduction of only 18 beds at Carewest Cross Bow results in a net gain of 32 additional Long Term Care beds within the Calgary Region.

Far from slowing down, Cross Bow continues to hum with activity. In addition to business as usual, Cross Bow is offering three private rooms as much needed respite beds. These rooms are available for temporary stays of as long as two months for seniors requiring care within either Supportive Pathways or Capable Seniors programs. Family members and caregivers are most grateful for this essential service.

ACTIVITY HIGHLIGHTS

◆ On Monday October 26th Cross Bow hosted a casual **Open House Tea Party** in the Day Services area providing a social occasion for all past and present employees (regular staff directly affected by the Cross Bow transition) to receive the Commemorative gift they had previously chosen, either a bone china plate or a sweat shirt with the Cross Bow crest. Staff took the opportunity to visit with Site Leader Marg Marlin and other friends and enjoy the goodies provided by the Food Service department.

◆ The Cross Bow Resident's Council is very active and currently preparing for their **December 8th Bake Sale**.

Please turn to Page 5 for more ...

WELCOME TO OUR NEW BOARD MEMBERS



Front row: Mike Conroy, Executive Leader (ex-officio), Donna Rose. Behind: Diane Page, Service Leader (ex-officio), Marlene Raasok and Azim Jiwani.

Welcome aboard to our new board members Donna Rose and Azim Jiwani. Donna brings with her considerable experience in the health care field. She has served as a member of the Alberta Senior Citizens Council and Chair of both the Bassano General Hospital Board and the Alberta Healthcare Association. Donna was also Vice-Chair of the Palliser Health Authority. She joined the CRHA Board two months ago.

Azim comes to us with a broad range of community experience. As a self employed business man, Azim is actively involved in volunteer work. He has been involved with the Heart and Stroke Fund, the Calgary Heritage Day Committee, the Agakhan Foundation Partnership Walk and the Calgary Ismaili community. Azim joined the CRHA a year and a half ago

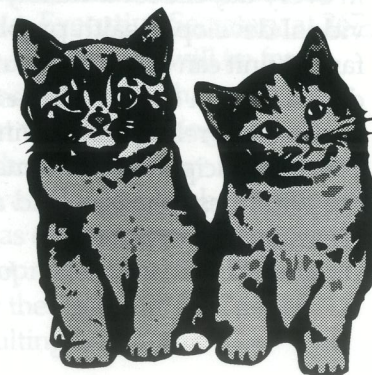
Donna and Azim were officially welcomed to Carewest on November 17th at a reception in the Administrative Centre. In his welcoming remarks, Mike Conroy Executive Leader explained the important role the Carewest board plays as a link to the Calgary Regional Health Authority (CRHA). Our board provides guidance and advice as we follow through with our business plan. Both new board members say they are looking forward to working with Carewest and meeting staff members, residents, families and volunteers. Donna will serve as chair of the Carewest board. On Friday, November 27th she carried out her first official function on behalf of Carewest by giving a welcoming address at the official opening of Royal Park.

The board reception was also an opportunity to bid farewell to parting board members Kathy Clarke and Larry Korschuk. Mike praised both Kathy and Larry for their hard work, dedication and enthusiasm over the last year and a half. Kathy has kindly agreed to remain with Carewest as a member of the Carewest Development Council.

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♦ Last but not least our **two resident CATS** (Chico and George) on second floor are well and thriving and delighting many residents. Our ever helpful Physical Plant Services department cut a cat door in the small storage room on second floor and the cats enter and exit at will. They visit from room to room and are a Purrfectly accepted part of the Cross Bow extended family. Some residents are saying that they won't move to a new facility unless the cat goes with them! Stay tuned for further updates...

Sylvia Sherman, Administrative Secretary, Cross Bow



Notes from the Carewest Development Council

The Council Grows!

The Carewest Development Council has been busy recruiting new members to add to our fundraising strength. Joining the Council this fall are: Andrew Oppenheim (lawyer); Alex Connolly (Western Vice President Bank of Nova Scotia); Al Fromm ((businessman and past Chair of the Co-op Board); and Kathleen Clarke (former Carewest and CRHA Board member). They join the current membership of Gerald Pittman Chairman, Claire Charuk, Virginia Stewart, Cynthia Prasow, Donna Clarke, Joe Struck, Wendy Best, Phyllis Konrad and Mike Conroy. We welcome them and wish the Development Council great fundraising success !

The Carewest Development Council raises funds and accepts donations for Carewest, its centres, programs and services, and new housing initiatives.

Wills Workshop - a Success

Over 45 people attended the Wills Workshop hosted by the Carewest Development Council at the Dr. Vernon Fanning Centre on November 18th. Participants were walked through the basics of a will by Lance Armstrong, an estate lawyer and informed about some of the reasons to consider charitable bequests. After the presentation there was ample opportunity to ask questions. The "hot" topic at the Workshop was tax consequences. Each participant was offered a special gift, a 20 minute free phone consultation with Mr. Armstrong.

Season for Sharing

As the holiday season fast approaches, the Carewest Development Office is launching its annual Christmas Campaign. Over 3,300 donors and friends of Carewest will receive a letter asking them to add Carewest to their holiday gift list. The letter also tells them of the many things made possible at our sites (and services) through donations - renovations, home-like furnishings, paintings, plants, special equipment such as electric beds, lifts, blanket warmers, buses for resident transportation, stimulating programs for our residents and much more. We hope to raise over \$30,000 this holiday season.

You are invited to join in.....just pop in to the business office at your Site or the Development Office at Admin. and make a small gift!



Cheers,

Phyllis Konrad, Development Coordinator

News from Day Hospital

DID YOU KNOW ...

Social workers often help individuals and families deal with issues related to changes; Medical Social Workers are part of the team at the Carewest Day Hospitals. Change is a leading cause of stress in our society. Change occurs in every day life for a variety of reasons, both good and bad. When an individual develops health problems or has a medical crisis, change within the family unit can occur on a number of different levels. A parent may become dependent on children for assistance with "functional abilities;" a husband may have to relinquish driving or banking responsibilities; a wife may not be able to participate in homemaking. These are changes in **family roles**. Coping with these changes and adjusting to new roles can be challenging and occasionally frustrating.

Joanne Van Boeyen, Social Worker, Day Hospital North

News from Fanning

The Young Physically Disabled Program (YPDP) at Fanning Centre has changed its name. It will be known as a program for "Younger Persons Developing Potential" instead of "Young Physically Disabled Program." The new name allows us to keep the familiar YPDP short form by which the program is commonly known, while changing its meaning to one which is more positive and dynamic. This better reflects the active rehabilitation focus in the program and the goal of assisting participants to return to living in the community.

*Janice Ebbert, Program Leader,
Fanning Centre*

Hiring For Royal Park -- a complex task that went well

It has been a long journey making sure Royal Park starts on line, on time, and with enough staff! The hiring process for Royal Park started in July with the Leader position and continued through November. In excess of fifty positions were filled at Royal Park with most staff moving from within Carewest. Hiring so many internal staff has had an impact throughout the organization. I would like to thank everyone who submitted applications for positions at Carewest as well as those who were interviewed for the many various positions. I think all of the staff who wrote resumes, filled out applications and came to interviews should be applauded.

Thanks to Lil O'Neill, Manager, Royal Park, who attended as many of the interviews as possible. Thanks to Michael Maloney and Linda Bellavance for the time and effort hiring to the Food Service positions. Scheduling did an enormous amount of work developing rotations, as well as Payroll and Benefits for creating new codes, internally moving people — and making sure they would be paid!

We have learned a lot about hiring to a new Site as well as understanding what Carewest staff need to make good career decisions. What we have learned will certainly help us open Carewest Nickle House and Carewest Signal Pointe. Congratulations to everyone who was involved!

Joan Magnussen, Advisor, Human Resources

Take Our Kids to Work Day

Meet Jo-Ann and Colin Greenlee. Colin joined his Mom at Carewest George Boyack for this annual job shadowing day. Colin is a student at St. Helena Jr. High School, where most of his classmates were able to use this special day to go to work with a parent or guardian. Afterwards, they are expected to do a little report for the class about their experience.

Jo-Ann has been at Carewest George Boyack for six years and really enjoys her work. When I asked Colin what he wants to be when he grows up, he said maybe an engineer or something to do with computer work. He even brought along Kaos (his poodle) to visit the staff and residents while working with his Mom. Hope you had a fun day working together!

Debbie Hayman, Communications



Carewest seeks expressions of interest for new care housing development

The Calgary Regional Health Authority (CRHA) has identified the need to expand the continuing care capacity throughout our region. The Region is inviting continuing care and housing providers and developers to participate in an Expression Of Interest process. As part of this process, the CRHA has invited Carewest to find out if there are private or not-for-profit organizations that might be interested in joining with us to develop an integrated seniors living community that will include ap-

proximately 130 continuing care beds. Royal Park is one example of this type of partnership. We developed this project together with Apex Land Corporation.

To find out if there are any organizations interested in co-developing a seniors housing community, Carewest will place an advertisement in the papers next week. This advertisement is called an Expression Of Interest. In order for the process to be as fair as possible, all interested organizations have to go

through a strict, confidential, step by step process. If you are asked by a developer or anybody else who is involved in the Expression Of Interest for information, please refer the inquiry immediately to Betty McCaig, Executive Secretary at 267-2912. All inquiries will be forwarded to Guy Buchanan, a consultant who is assisting Carewest with the process. Guy is a former Carewest Board member (1985 - 88) and has extensive experience in the development industry. He is currently the President of Co-Star Consulting Ltd.

It's that time a year again - yes the snow is falling and Fernie Mountain is waiting for your return. The Alberta Childrens Hospital's Social Club is putting on another ski trip. This season we will be heading off to the powdered runs of Fernie B.C. during the weekend of March 5-7, 1999.

The Cost per person is \$189 Quad, \$199 Triple or \$219 for Double accommodations, plus GST. Seating is very limited this year, so to guarantee your seats, sign up as soon as possible. A \$75 deposit is required by December 11th.

For further information contact Brian Chittick @ 541-2900

Howdy Y'all!

The Year of the Cowboy is drawing to a close. Sad to say, but it's time to put away the denim and western duds until Stampede time again. This means no more blue jeans at work after December 31, 1998 (except of course for Stampede week).

Carewest is in the News!

November 23, CFCN Channel 3 News.

Interview with resident Mrs. Asta Velders and Program Leader Marlene Collins, at Carewest Glenmore Park.

November 27, Channel 7 News, and CBC News. Grand opening of Royal Park.

November 30, Shaw Cable. Interview with Barbara Wilkinson, Service Leader, and Mrs. Florence Schierman, resident, about Royal Park.

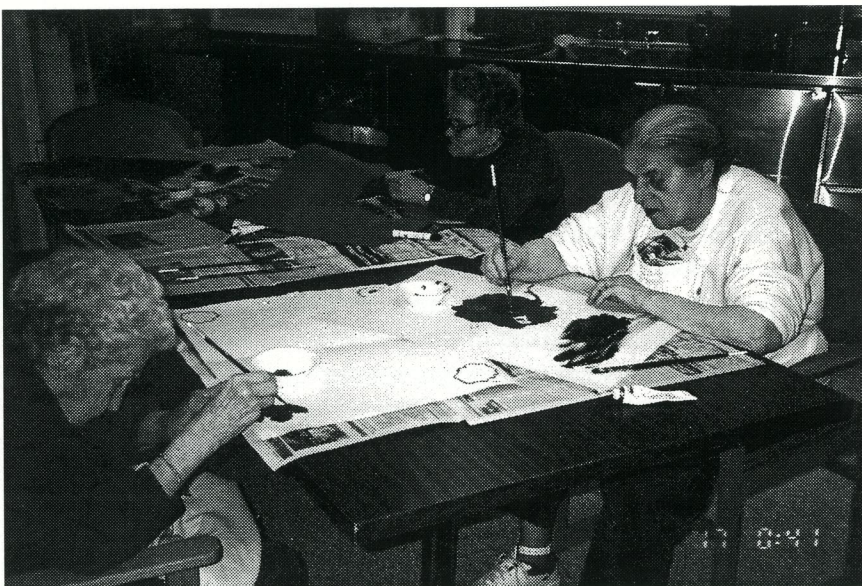
The Calgary Sun, Calgary Homes, December 6, *Royal Park sets new standards for seniors.*

Published and Presented

PRESENTED

Service Providers Conference, October 8, 1998.

Miriam Winstanley and Steve Ungerer presented "Younger Adult Day Support: A Year in Review".



Betty McIntyre, Aurora Allain and Ireen Strauss prepare the Remembrance Day display for 2 East, Fanning Centre

Remembrance Day - Lest We Forget

The residents on 2 East, Fanning Centre, did a couple of things to remember the soldiers who fought for our country in the wars.

We painted pictures of poppies and hung a display on the unit, including the well known poem "In Flanders Fields".

We also took a bus trip over to the Mountview Elementary School for their Remembrance Day assembly. This experience was truly moving and certainly meaningful to the four residents as Nora, George and Henry were all in the airforce and Ellen's dear brother is laid to rest in Flanders Fields. We also had two family members present. The children performed beautifully and in a dignified manner. There were five trumpets playing Reveille and two veterans from the Legion to lay the wreath.

The staff and children paid an exceptional tribute to the men and women who served so valiantly. Thank you Mountview School.

Karen Gilmour, Supportive Pathways, Carewest Dr. Vernon Fanning Centre