

# Carewrite

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

## Mouth watering things happening at Carewest George Boyack

Just ask Boyack's 4 West team member and chief chef, Boranic Thong. Boranic led team members and residents to create a delicious meal of Wonton soup and stir fried vegetables with noodles. The residents made wontons and chopped vegetables with staff members. The aroma of the food cooking and the participation of the residents created a real home-like environment. The meal was enjoyed by all. It was a big undertaking but a very rewarding experience. Special thanks to Boranic, 4 West team members and residents who made it a success.

- Pat Deschamps, Team Leader, 4 West, Carewest George Boyack



*Boranic gives the soup her magic touch.*



*There was lots of chopping to do. Several residents and staff members pitched in to get the work done.*

## New Look For Carewrite

With Spring coming on, we decided Carewrite needed a facelift. We hope you like the look of our new front page!

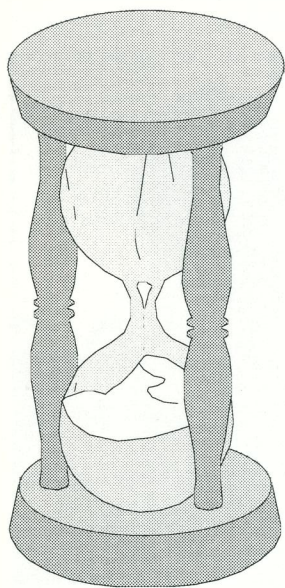
February 12, 1999



# Year 2000 Project

# Ready, set . . . . go!

Although Carewest is well on its way to Year 2000 readiness, there is still work to be done. Carewest has struck a Year 2000 Project Steering Committee to oversee the completion of our preparedness for the year 2000. The Steering Committee will help set continuing direction for the Year 2000 Project. Here are the members of the Steering Committee: Jeff Crockford, Joan Gilmour, Mike Hoff, Jennie Hollings, Joan Magnussen, Linda Margetak, Diane Page, Veronica Scott, Donna Michael and Bob MacLachlan.



In the months ahead, Information Technology Systems and other Carewest staff will be working to be ready for Year 2000. ITS and Purchasing have already identified many of the systems that need to be changed, including everyday things like photocopiers, telephones and thermostats.

There will be more updates on Carewest's Year 2000 work in the weeks to come. In the meantime, if you have any questions regarding Year 2000, please contact your Site/Service Leader, Mike Hoff, Acting Leader for ITS, (267 2943), or send an e-mail to [carewestyear2000@crha-health.ab.ca](mailto:carewestyear2000@crha-health.ab.ca).

I would also like to introduce Donna Campbell, our Project Expert for Year 2000. Donna, who comes to us from Gilmore Systems, will be working throughout Carewest in the coming weeks to coordinate our Year 2000 management. Donna will be contacting various people soon to talk about year 2000. Welcome to Carewest, Donna!

- Mike Hoff  
Acting Leader, ITS

## Published and Presented

Sharing information at conferences and through publications is one of the ways Carewest helps to advance and improve continuing care in Calgary and throughout our country.

If you have presented at a conference or a workshop recently, or, if you would like assistance publishing an article about continuing care, please give Communications a call at 267-2992. We would like to hear from you!

**People in Progress Conference, Edmonton, February 3 to 5, 1999**  
(hosted by the Capital Care Foundation).

**Mike Conroy**, Executive Leader, participated in the panel presentation: *Long Term Care - Moving Forward into the Next Millennium*. Our 'sources' say he gave a terrific presentation.

**Marlene Collins and Marlene Foley**, Program Leaders, Supportive Pathways, presented *Supportive Pathways: Personalized Dementia Care in a Supportive Setting*. Marlene reports there was standing room only for the presentation.

**Jennie Hollings and Sandra Hunter**, Program Leaders, Capable Seniors, presented *Capable Seniors*. About sixty people attended this presentation with lots of questions.

### **Ok. Now listen up all you Carewest cowpokes out there. ....**

Stampede week is still a few months away and Year of the Cowboy ended on December 31st. This means no more jeans on Casual Fridays. P-l-e-a-s-e leave the blue jeans and t-shirts (the ones with advertising ie. Joe's Bar and Grill) back home at the ranch. No more blue jeans at work until Stampede rolls around again in July. The dress code for casual Fridays is informal business wear ie. slacks and presentable looking t-shirts or regular shirts. Questions? Please talk to your Leader or rustle up the dress code at your site.



## **Volunteer Profile**

### **Welcome to Sally's Kitchen!**

Featuring Sally Salonka of Carewest Cross Bow's Baking Program

Among Sally Salonka's first quilting projects was one of the most difficult quilting patterns called "Grandmother's Flower Garden." Each little six sided piece was painstakingly sewn to the next one by hand, a testimony to the patience and attention to detail with which Sally approaches life.

At Carewest Cross Bow, Sally spends a lot of time in the kitchen — "Sally's Kitchen." (Look for the beautiful hand painted sign on the door!). Tuesday and Thursday mornings, she is there at 9:00, pulling ingredients out of the cupboards in the large bright room. When a recipe has been chosen and the utensils laid out on the table, Sally brings down her enthusiastic group of residents. Most of them have baked before, and the familiar measuring, stirring and spooning out seems to bring back good memories. "I feel that it's a really important program for the residents," Sally tells me. "For a lot of the ladies, it makes them realize they can still do something they used to do. We even have a few of the men attending now, and admitting that they used to do some baking."

The atmosphere in the kitchen is comfortable and happy. Sally moves gently from one resident to another, giving each one a chance to measure and stir, chatting affectionately and helping frail hands as the dough gets hard to stir. Ed, one of the residents, sings to us as he waits his turn. "When will the cookies be done?" he asks between serenades. "You can't get cookies as good as these in a store, you know."

Sally is a busy lady. Over the last ten years, her reputation as a quilter has grown. Now other quilters commission her to do the decorative quilting stitches on their completed quilt tops. One of these projects included 250 hours of hand sewing a complicated pattern on a king sized quilt. Lately, she's begun to experiment with machine quilting. In addition to her baking program at Carewest George Boyack, Sally is secretary of the volunteer association at Carewest Cross Bow, and works two mornings a week as a church secretary. Thanks Sally, for 16 years of volunteering and dozens and dozens of delicious cookies and muffins!

*- Helen Theaker Whyte, Communications*



*Clean up time in Sally's Kitchen. Residents Dena Siccardi and Ed Sutherland help Sally with the chores.*

### **Introducing Lauren Rendle, Case Coordinator, Companion Care**

Lauren has been a part of Carewest off and on over the past 18 years. She first worked at Carewest Glenmore Park as a casual RN, and then on to part time and full time work over the next few years. She also worked at Carewest Sarcee in a relief position. Then, it was back to school for her undergraduate degree in nursing, and on to Carewest George Boyack as a care unit supervisor. Lauren has also worked in Home Care, and outside in the community.

In her current position as Case Coordinator, Lauren spends about 75% of her time visiting clients and providers in the community. Currently, the program has nine homes with one to three residents in each home. Lauren says the right match of the provider and the resident is what's important and the key to a successful placement. With her previous experience in the community and with Home Care, Lauren certainly has the people skills to ensure these placements work well.

*Please turn to Page 4 for more on Lauren*



# KUDOS

Thanks to the efforts of Myrtle Kallenberger, Margaret Marcy and Doreen Heath, 3 West Fanning looked a bit more festive this past Christmas. These ladies, along with Connie Gabas, R.T.A., made a nativity scene in ceramics class. They received many, many compliments from staff, residents and families. Thanks also go to Fanning volunteer Craig Bourbonniere for cleaning the greenware for this project.

- Judy Dravucz, 3rd floor R.T.  
Carewest Dr. Vernon Fanning Centre

Thank you to Elizabeth Tyler, Resident Support Worker, Carewest Royal Park, for being so caring with the people who call Royal Park their home. Elizabeth has demonstrated her caring nature in all the extra things she does for residents.

- Mrs. Stuckey, Carewest Royal Park

Thank you for the pancakes!

On February 2nd, eighteen residents on 4 North, Carewest George Boyack, were treated to a pancake breakfast. Residents Catherine McFarland and Mary Holstein, along with Cara Hill, N.A., and the team on 4 North prepared and served this scrumptious breakfast treat.

Thank you Catherine and Mary for a job well done.

- Pat Greenidge, Team Leader, 4 North, Carewest George Boyack

## Lauren Rendle, continued from Page 3 ...

As far as personal interests go, Lauren skis, both cross country and downhill, and manages to get out at least one day a week. She is the mother of two sons, one of whom is also an RN and lives in Tulsa, Oklahoma. Her household is a multi-generational one: her 83 year old father lives with them, as well as a young grand-daughter who lives there part time.

Welcome back to Carewest Lauren!

The skiing foursome from left to right: Clare Connolly, Carewest George Boyack, Lauren Rendle, Companion Care, Donna Michaels, George Boyack and Cross Bow, and Judy Turax, George Boyack.



## Fanning staff just have too much fun!

From left to right: Program Leaders Miriam Winstanley, Amita Sharma, Christie Lenz and Jan Ebbert join Site Leader Joan Gilmour as targets for the pie throwing contest on November 13th in support of the United Way campaign. About \$5,500 was raised for the United Way campaign at Carewest Dr. Vernon Fanning Centre.



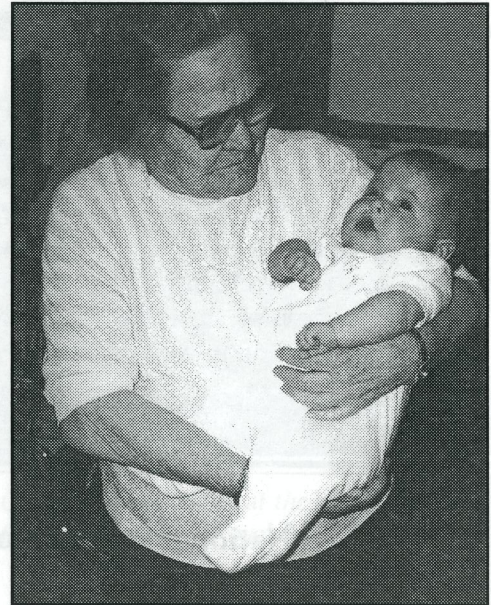


## Thank you Patmar Construction

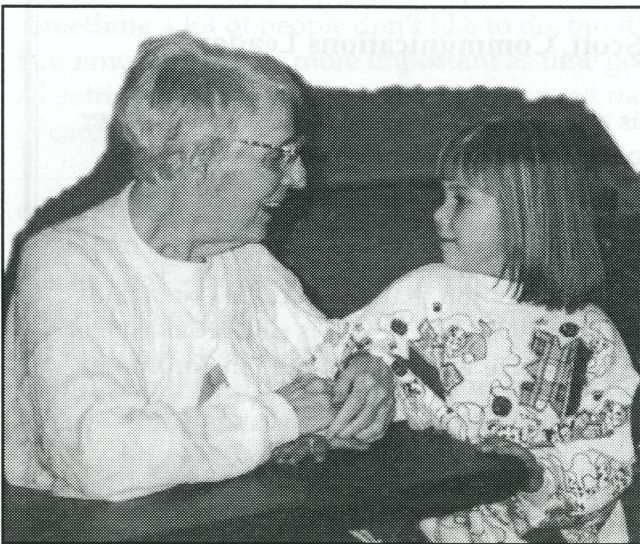
The crew from Patmar have treated our residents on 2 East with great care and courtesy throughout our unit renovations so far. We truly appreciate the kind, sincere ways in which the men interact with our staff and residents to ensure renovations are as non-disruptive as possible.

- Karen Gilmour, 2 East, Carewest Dr. Vernon Fanning Centre,  
on behalf of Supportive Pathways, Fanning

Roy Prichard, electrician, gets some pointers  
from Mr. Albert Grant, a retired lineman.



*Dawn Allain with Lindsey*



*Della Methot with Sara*

## Children Bring Love

The staff on 2 East Supportive Pathways are truly supportive of residents. Lisa Hennessey often brings her lovely children in for visits and the residents just love that. A child reaches even our most withdrawn residents.

Thank you Lisa, Sara and baby Lindsey.

- Karen Gilmour, 2 East, Carewest Dr. Vernon Fanning Centre





Here are the lucky recipients of the Employee Recognition Monthly draw for January:

Cheryl Voszler-Borden  
Betty Paquest  
3 East New Year's Celebration Team  
Sandra Cummins  
Danuta Wojciechowska

Cross Bow / Administration  
Sarcee/Royal Park  
George Boyack  
Glenmore Park  
Dr. Vernon Fanning Centre

Thanks to everyone who took time to write thank you notes. Remember, all thank you notes written between October 1st and March 31st will be reviewed in April for any possible Gold and Excellence awards. These awards will be presented at the Semi-Annual Luncheon Awards held in May. Thanks to all!

- The Employee Recognition Council

## Did you know?

Anyone visiting or volunteering at Carewest can recognize staff with the Thank You for making a difference! cards available at all sites. If you would like to recognize the special efforts of a Carewest employee, just ask at the reception desk for the cards and nomination forms. We like to hear from as many people as possible!

### National Recognition for Veronica Scott, Communications Leader

Veronica Scott, Carewest Communications Leader, is a prolific writer. She writes for a number of healthcare and related publications in addition to her communications responsibilities at Carewest. Her writings on the numerous achievements at Carewest have certainly raised Carewest's national profile. As a result, many organizations want to learn more about us.

In late January, we were notified by the *Long Term Care* publication that Veronica has been chosen for the Editorial Award for Best Department Article in 1998. Her article is called *Companion Care: Continuing Care in the Comfort of a Private Home*. The prize will be presented in Toronto in March at a conference with over 600 delegates.

Congratulations and well done, Veronica. Your passion for continuing care and Carewest has been a real benefit for this organization and has resulted in well earned recognition. We are proud of you.

Mike Conroy, Executive Leader



# News from the Carewest Development Council

We will be introducing the members of the Carewest Development Council, starting with this issue of Carewrite. The Carewest Development Council raises funds to enhance the quality of life for those served by Carewest.

## Gerald Pittman, Q.C. Chairman of the Carewest Development Council

About 10 years ago, Gerald Pittman's family needed help caring for their father. Carewest (District 7) stepped in, providing the necessary homecare and making everyone's life so much easier. "It was like a miracle," he says. Shortly afterward, he volunteered to serve on Carewest's board and has been there ever since, presently as Chairman of the Carewest Development Council.

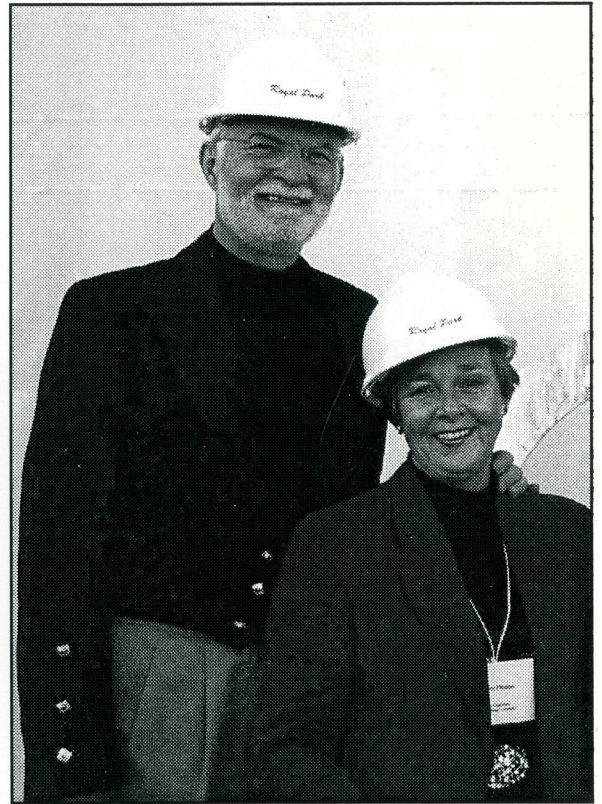
The board has seen a lot of changes during these years, Gerald says, and some have been painful. But they've been lucky to retain knowledgeable board members from the past to help see them through the transitional times, while still attracting new members.

Since regionalization, the board's role includes more responsibility for fundraising. They formed the Carewest Foundation to help accomplish this. (The Foundation has now merged with the Calgary Health Trust, and Gerald is a member, as Chair of the Carewest Development Council.) The staff and volunteers at Carewest always work hard to support fundraisers, such as Fun(D) Fest, but some new ventures will involve board members more directly, he says. "We will be asking people and corporations for money—something a lot of people don't like to do, but it is very important now and will be more important as time goes on. We are all getting older and we are all going to need more of this type of care."

Gerald's law practice keeps him very busy, but he somehow still finds time to volunteer with two other organizations, in addition to Carewest. He is a board member for the Canadiana Fund, which raises money to furnish the seven official residences in Ottawa and Quebec City. "These buildings have been neglected and a lot of the historic furniture is gone," he says, "so we are trying to find some of these artifacts and put them back." He also works with the Canadian Friends of the British Museum, helping to raise funds for the museum and organize exchanges with museums in Canada. These are fun things that go along with his interest in antiques, he says. "I'm a Collector Magpie (a frustrated antique dealer!) and a flea market junkie—I've done that for years and years."

Any parting thoughts? "Carewest has an outstanding reputation for longterm care," Gerald Pittman says. "They are lucky to have so many enthusiastic employees at the helm."

—Theresa Smith, Communications



*Gerald and wife Isobel at the hard hat party to raise funds for Carewest Royal Park.*



*Canada, a society for all ages*



International Year of Older Persons 1999

### **We're In The News!**

On February 2, 1999, A-Channel News interviewed several art program participants at Carewest Sarcee. Look for the Seniors Art Showcase happening at North Hill Mall, with participation by Carewest residents, on February 9 to 14th. The art program at Carewest is a Carewest Development Council initiative in partnership with Petro-Can and Alberta College of Art & Design.

### **Carewest Glenmore Park celebrates the International Year of Older persons with a Wall of Fame**

Supportive Pathways will celebrate the Year of the Older Person by honouring the residents with the Wall of Fame. The Wall of Fame will display photos, life stories, achievements, handicrafts, etc. of the residents that live on the Supportive Pathways program. We will require permission from our family members for each resident's participation. This would be an excellent family sharing project for those of you who are up to the challenge. If you would like to participate, please contact me. Thanks!

- Vicki Davis, RT.

### **Another fabulous Page 8 Contest!**

'Sister Act' was performed at the recent Fanning talent show on December 21st. Over 120 people attended and performed at this fun event. If you can name at least four of the group's members, please call Debbie Hayman at 267-2992, after 1:00 p.m. on Tuesday, February 16th. We'll come up with some t-e-r-r-i-f-i-c prizes.



#### **FOR SALE**

Summer Wedding Dress size 7  
Sleeveless, scoop neck,  
floor length  
Never worn, \$200.00  
Veil, mid back length \$30.00

Call Judy @ 288-6118

#### **FOR SALE**

Cross Bow Commemorative Sweat Shirt

Orders are being taken for a Cross Bow Commemorative Sweat Shirt. The shirts are navy blue crew neck with a beige Cross Bow crest. The material is 90% cotton and 10% polyester. Shirts are being sold at cost (\$25.00). Shirts can be seen and tried on at Cross Bow, or see the sample hanging in the Administrative Centre. Payment is required when ordering and the deadline for orders is March 12th. Please contact Cindy at Cross Bow reception.

## **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](mailto:debbie.hayman@crha-health.ab.ca)