

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



Members of Fanning's Debating Club

SHARP MINDS TAKE PART IN FANNING'S DEBATING CLUB

Every Monday afternoon a group of residents at Carewest Dr. Vernon Fanning Centre get together to debate everything from reform of the senate to VLT's and smoking in public places. Sometimes, the topics take a lighter side such as whether or not mistletoe should be banned at Christmas, and should all Canadians wear pajamas. Shirley Nelson, a retired Assistant Elementary School Principal, serves as moderator for the club which has been meeting for about a year and a half.

The debating club is "adversarial, but in a friendly way," Shirley explains. "It's a spirit of friendly competition but in a way that respects our differences. We've never come to blows yet." Topics cover national and global issues to matters much closer to home such as private rooms, television, and transportation for people with disabilities. The topic for debate is posted a week ahead of time so participants have plenty of time to prepare.

The group follows the format of a formal debating club with affirmative and negative sides. Although club members usually stay on the same team, the group is flexible, Shirley notes. A microphone helps people with softer

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

February 20, 1998

What's Inside...

Open House.....	
Kudos and Bouquets.....	
Staff and Program Profiles.....	
Year of the Cowboy.....	
SAIT/Career Designs.....	
For the Health of It.....	
Foundation File Facts.....	
Year 2000.....	
News from Payroll.....	
Page 10 contest.....	

Fanning's Debating Club continued ...

voices. Members include Donna Thurber, Howard Dunfield, Laurie Vaile, Cathy Sevelrud, Sheila Packer, Herb Wahl and Helen Jankey.

The Debating Club was born at an interdisciplinary meeting on unit 1W. Marlene Turgoose, PHysiotherapist, came up with the idea. Alice Newsham, RN, followed with "I know the perfect person", volunteering her friend Shirley. Registered Therapist Patty Rhodes-Brink and Occupational Therapist Catherine Lasuita worked together to organize the club. Shirley was recruited as a registered volunteer to moderate the group as a pilot project. This project was so success-

ful, that after the initial six-week trial period, it became a regular program.

The group has tremendous therapeutic value. Catherine and Patty explain, "Our goal is to provide residents with an opportunity to sharpen logical thinking skills within a structured setting. Through regular evaluations we have found that group members have improved their public speaking skills. For example, "it's helping me get used to gathering more information in my other conversations". They also find that residents have increased their self confidence

through successful presentation of a point of view, especially when they have to argue against personal beliefs. And the objective "to have fun" is met on a weekly basis!

What do the participants think? Here are some comments. "It's very stimulating. I learn another point of view on different subjects." "We all get along very well, even if we're on opposite sides of the fence." "It's a pleasant way of spending a Monday afternoon. It gets us up and going." "It teaches tolerance."

For more information about the Debating Club at Fanning, please call Catherine Lasuita or Patty Rhodes-Brink at 230-6900.

OPEN HOUSE

for Information on the proposed Alzheimer House in
Signal Hill

SATURDAY, FEBRUARY 28, 1998

10:00 to 2:00 p.m.

Signal Hill Library

5994 Signal Hill Centre S.W.

Calgary, Alberta

Everyone welcome!



Kudos and Bouquets

To Third Floor Staff
George Boyack Nursing Home

I wish to express my sincere thanks and appreciation for the kindness and caring you showed my Dad, Sidney Preston, over the past several months. All of you treated Dad, Mom, and all of the family with such respect and consideration – we are so grateful to you.

Many, many thanks.

Lorraine Brooks

To Gwen Nichols
Glenmore Park

It is with tender loving care that we send lots of hugs to Gwen Nichols, Team Leader of 2 South Carewest Glenmore Park. Your dedication to the staff and families are appreciated each and every day.

Thanks.

Vicki Davis

A Big Thank you –
to Hildor, Kory, Brian and Norm

Your extra efforts in picking up and delivering all kinds of items of furniture donated to Carewest is greatly appreciated.

Phyllis Konrad and Robin Laffoley, Carewest Foundation

Kudos to Laurel Temple and her team for the very creative catering provided for three recent special donor events.

Phyllis Konrad, Executive Director
Carewest Foundation

A huge THANK YOU to
Marion vanden Houwen, 1East,
Glenmore Park, for all her clerical
assistance.

Marion was kind enough to
volunteer and help with the mail out of
the Annual Review. That was a lot of
stuffing and labelling! Many thanks
Marion!

-Debbie Hayman and Veronica Scott,
Communications

note: Marion was discharged home this
past Saturday and we wish her all the
best!



Marion hard at work with her mascot.

Welcome Nancy!

Commencing February 23, 1998, Nancy Herrebrugh (previously with the Palliative Care unit at Glenmore Park), takes on the position of Palliative Care Nurse caring for the needs of the residents, their families and the staff at Fanning Centre, Crossbow and George Boyack.

- Sandy McMeekin, Coordinator, Palliative Care

Staff Profile

Monica Bernhard, N.A. on Sarcee Unit 3

Taking Time to Care . . .

Monica Bernhard has worked as a nursing attendant at Carewest for over six years. When the Team concept began, she requested a position on the Dementia and Alzheimer Cluster of Unit three at Sarcee. She loves it and has been there ever since.

Monica prefers a continuing care setting because she enjoys working with people over longer periods of time. In acute care, she says, patients are in and out so quickly that you never get a chance to develop a relationship with them. The relationships she has with her residents is important to Monica. She enjoys helping them with daily activities and spiritual needs, and likes being able to take the time to chat and help them feel comfortable with their surroundings. On the days when someone needs a little extra one-on-one attention, Monica likes to be there to give it, often just by sitting and holding a person's hand.



Monica's "secret charting strategy" – tiny notes jotted on the back of her hand!



Monica helps Grace Wittig spruce up her nails

Monica says all the people who work on her unit have great patience and a great sense of humour. "I applaud my entire team," she says. "We have a really tight-knit group here and we all work really, really well together. We almost know how each other thinks and things run so smoothly ... it's great for us, and great for the residents."

Monica is a member of the Lion's Club where she does a lot of volunteer work on her days off. She also enjoys quiet time at home, playing the piano or working on a variety of crafts.

"Time" comes up frequently during our conversation. It seems important to Monica, especially when it means taking time to care.

- Theresa Smith, Communications

Sometimes, a resident's behaviour makes work challenging, but Monica finds that most people respond to a quiet approach – she simply takes the person to a quiet area and then takes time to just be with them. "Taking time is especially important for residents with a dementia, because they can become lost in their surroundings and not always know where they are or why they are here. They need to be reassured."

Plain Word . . .

In a word—it's easy!

It's a bit like Trivial Pursuit—we'll print the complicated (hard) word here, and then further back in Carewrite, look for the uncomplicated (plain) word.

It's fun to play and teaches you to say what you mean!

Hard words

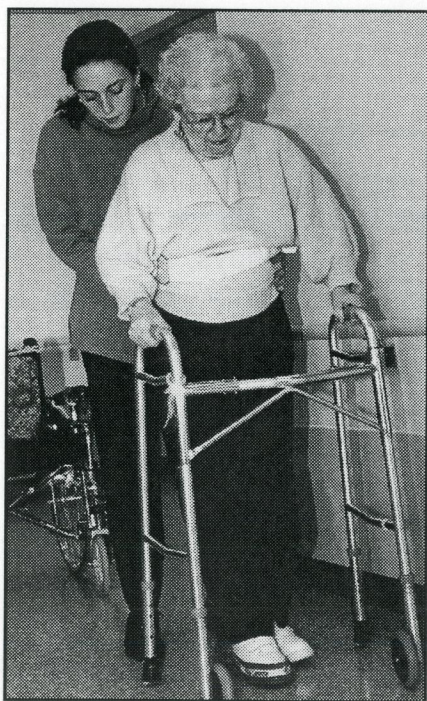
1. Miniature
2. Ravenous
3. Jeopardy
4. Obscure
5. Urticaria
6. Alacrity

Program Profile

Day Hospital North

"IT'S NOT JUST FOR SOCIALIZATION!"

As the oldest of Carewest's community service programs, the geriatric **Day Hospitals** (located at Fanning and Glenmore) have been operating for over 20 years. Providing quality medical and rehabilitation services to seniors who live in the community. The **Day Hospitals** are designed to be short term. Outpatients attend two days a week from 9:30 a.m. to 2:30 p.m. and the average length of time on the program is about three months. During their day, each patient receives appropriate treatment from the Medical Team consisting of a program leader, doctor, nurse, physical therapist, occupational therapist and speech therapist. A full time social worker is available for consultation and counselling. A recreation therapist and two rehabilitation aides provide leisure programs and assistance throughout the day. A geriatrician, psychiatrist and psychologist provide consulting services. As well as individual treatment, patients participate in special programs run by the therapists. These programs help to enhance rehabilitation.



Mrs. L is typical of the more than 200 patients who attend in a year. At 75, she was an active senior living in her own apartment. In July, 1997, she suffered a stroke which landed her in hospital for two months. Her right side and speech were affected and she was unable to return to her apartment. She was discharged to live with her daughter and son-in-law and was referred to the **Day Hospital** for therapy, monitoring and to increase her independence. Mrs. L was eager to join the Day Hospital after her first visit from the Day Hospital social worker. While in the program she received physical therapy to improve her walking and she was pleased to progress from wheelchair to walking short distances with a cane. The occupational therapist worked on improving her right hand function so she could do more of her own dressing as well as some of the baking she had previously enjoyed doing. The nurse met with her and her daughter to sort out medications and monitored Mrs. L's high blood pressure which had been a problem in hospital. The speech therapist helped her with her speech until Mrs. L could easily make herself understood. Mrs. L's stroke led to depression, a common side effect from a stroke, and she was seen by the psychiatrist who prescribed an anti-depressant. After several weeks, Mrs. L and her daughter re-

Please turn to Page 9 for more on Day Hospital North

Rosa Lalonde and staff members

Upcoming Event!

Continence Education Day
Friday, April 24, 1998
7:30 a.m. to 4:00 p.m.

Carewest Dr. Vernon
Fanning Centre
For more information,
please contact: Shirley Cox,
230-6930



Carewest Open House Big Success!

The Recruitment Department of Human Resources recently launched the first of many Open House sessions at Carewest. The intent of these sessions is to profile and market Carewest to the public, including potential employees and volunteers to Carewest. People who attend will receive information about our sites and services. The first session was held at Glenmore Park in early February and was a complete success!

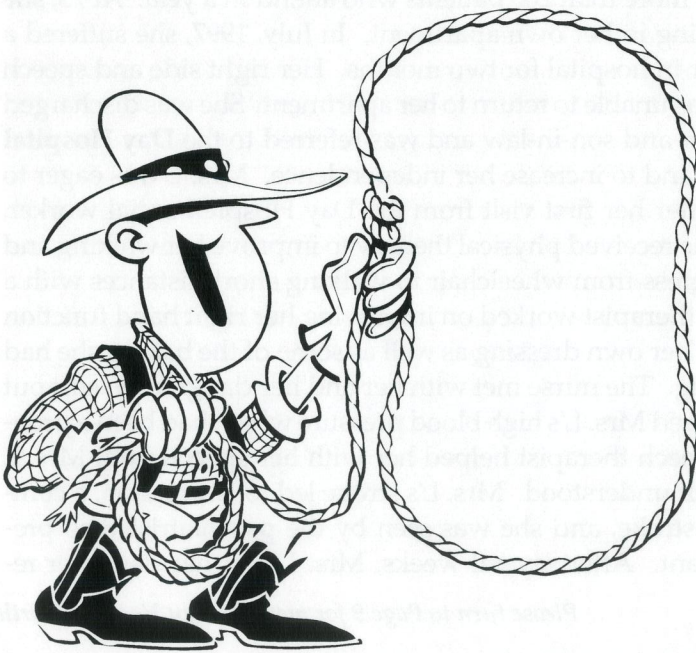
Representatives came from Human Resources, Food Services, the site, and different programs, talked about what it is like to work at Carewest. Many people from Calgary came to see what Carewest is all about and to apply for positions with us.

We will be holding open house sessions every other month for the rest of the year, so if you know of anyone who would like to learn

more about opportunities here, please invite them to come. Look for announcements on posting boards throughout Carewest for the next Open House in April!

We wish to thank all of you who participated in this event! Support like this makes Carewest a great place to work!

- Joan Magnussen, Advisor,
Human Resources



The Year of the Cowboy!

Yahoo! Get your western gear out of hiding. Starting on the first Friday in March, Carewest will be going 'western' on Fridays. Although we still need to be aware of safety concerns like using correct footwear, (which means leaving the spurs at home), western shirts, skirts and clean jeans are encouraged. Use your discretion and smile for the roving photographers!

SAIT/CAREER DESIGNS and CAREWEST

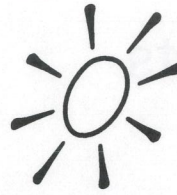
Do you know someone who is wondering where to take a nursing attendant course in Calgary? SAIT has developed a twelve-week training course for people who wish to make care their career choice. Carewest is very excited about the possibilities of this training. We have been involved developing the curriculum as well as the placement of these students at our sites. The

first program starts March 16th with students at our sites for a three-week practicum. Successful graduates from this program will be working with us as early as June 8th. If you should see any of these students in our sites, please say "hi" and give them a warm Carewest welcome! For further information about cost and eligibility to this program, please contact Ken Felch

at SAIT, telephone number 284-7148. As well, if you would like to hear more about how this may impact Carewest, please call Joan Magnussen, Human Resources, at 267-2937, and I will be pleased to answer any questions you may have.

- Joan Magnussen, Advisor,
Human Resources

For the Health of It ...



TAKING CARE

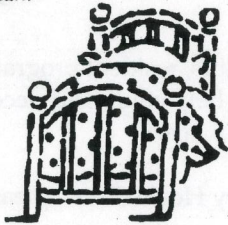
ah choo!!

How to cope with the common cold

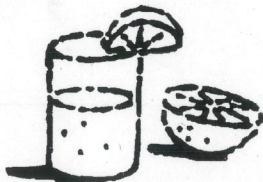
Everyone gets colds from time to time, especially when they are tired. If you have a cold, take care of yourself so you will get better quickly.

HERE ARE SOME WAYS TO HELP YOU GET BETTER:

- 1 Take it easy. Rest as much as you can.



- 2 Drink lots of fluids, for your fever and for your cough.



- 3 Use a humidifier to keep the air moist in your house.



- 4 Cut down on smoking and keep clear of second-hand smoke.

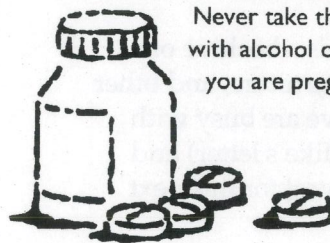


- 5 Don't spread your cold around. Wash your hands often and don't share eating utensils.

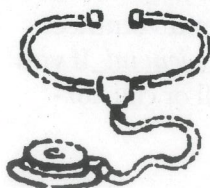


- 6 Cold medicines don't cure colds, but they can help you feel better until your body heals itself. Check with your doctor or druggist before you take ANY cold medicines.

Never take them with alcohol or if you are pregnant.



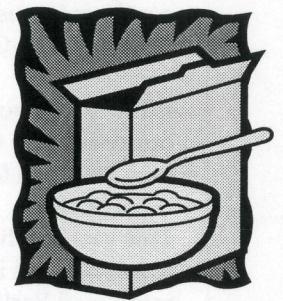
- 7 If your cold lasts longer than a week, or if you feel very sick, call your doctor.



PARTICIPATION

Wellness Facts ...

If you like granola but are put off by the high fat content in most commercial brands, look for the low-fat granolas. These contain only a little more fat than most regular cereals – usually 2 grams per ounce, compared to 5 grams in the leading granolas. The manufacturers have reduced the amount of oil and nuts they use in granolas.



If cooking dried beans seems like a project, **try split peas or lentils**. These require no soaking, so lentil or split pea soup cooks up fairly fast. Simmer the dried legumes with seasonings and cut-up vegetables and cook until the peas or lentils are tender. You'll get lots of fiber, protein, vitamins, minerals, and almost no fat.

- taken from the UC Berkeley Wellness Letter, February 1998

The Plain Words

1. Tiny, Small
2. Hungry
3. Danger
4. Not clear
5. Hives, Rash
6. Speed, Readiness

Foundation File Facts

from the Carewest Foundation

On April 1, 1998, the Carewest Foundation officially joins the Calgary Health Trust. The Calgary Health Trust is a charitable foundation that oversees and coordinates fundraising for the major health organizations in the Calgary region including the Rockyview, Peter Lougheed and Foothills Hospitals.

We made the decision to join the Calgary Health Trust only after a lot of careful thought and discussion. In the end, we believe the Trust gives us access to a much wider pool of funds throughout the Calgary area. There are other benefits as well. By working together with the Trust, we have access to additional fund raising expertise and resources. Day to day administrative and clerical tasks will be carried out by the Trust so we can spend more time raising much needed funds for Carewest.

I would like to reassure you that although we are joining the Calgary Health Trust, fundraising for Carewest will not slow down in any way. In fact, it will be stronger than ever. I am pleased to say that in her new position with the Trust, Phyllis Konrad, Executive Director of the Carewest Foundation will continue to raise funds for Carewest. It will be business as usual under our new name — the Carewest Development Council.

While the government provides funds to operate our sites, we depend on donations to enrich the lives of our residents. Comfortable and safe transportation, special programs, and attractive, pleasant surroundings are just a few examples.

This year, we have several important fundraising priorities including electric beds, lifts, resident programs, furniture, and interior decorations for our sites. Phyllis will also be raising funds to help equip and decorate Royal Park and the Alzheimer House. We look forward to a busy and successful year!

If you have any questions or concerns about the Carewest Foundation or the Calgary Health Trust, please call Phyllis Konrad at 267-2916.

Sincerely,
Mike Conroy
Executive Leader, Carewest

As year-end is fast approaching – the Foundation office is a beehive of activity with the “last minute” ordering of equipment, furniture, and other neat things for the Carewest sites and residents! Also, we are busy with preparations for joining the Calgary Health Trust (see Mike’s letter) and planning fundraising initiatives and priorities for Carewest for this next year.

Part of this planning includes the 3rd Annual Carewest Fun(D) Fest in the fall. At this time we are recruiting an organizing committee and volunteers for this fun event. We extend an invitation to all interested staff to join in! If you wish to volunteer, please contact Robin Laffoley or me (e-mail or call 267-2986). Thank you to those who have already called!



For more Foundation News, please turn to page 10

Day Hospital North *continued ...*

ported good improvement with her mood. The social worker also met with Mrs. L regarding all the changes she was having to cope with as a result of her stroke. She identified some concerns about being with her daughter and the social worker met with them together to help sort out some of the issues.

As Mrs. L continued to improve, the recreation therapist began looking into community programs she might want to try following her discharge from the **Day Hospital**. It was clear

that Mrs. L would not be able to resume many of the activities she had previously been doing and new leisure activities were explored. No one on the team wanted Mrs. L to be discharged to sit at home with nothing to do, so every effort was made to have her visit several community centres which she could attend on her own.

Finally, when the **Day Hospital** team felt she had reached her potential, a discharge date was set. Mrs. L and her family were given a month's no-

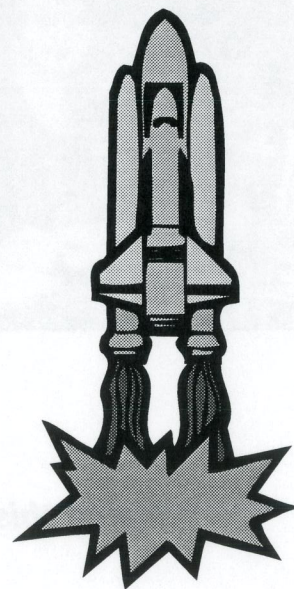
tice to allow them a chance to bring questions or concerns back to the team. The recreation therapist had Mrs. L's name on the wait list for a community program and she was due to start the week following her discharge. When her last day arrived, Mrs. L received her well-earned Graduation Certificate and was given a round of applause from the team and other patients for all her hard work!!

- Joanne Van Boeyen, social worker, *Day Hospital North*

Carewest Prepares For The Millennium

As the year 2000 gets closer, ITS (Information Technology Services) staff are hard at work getting our hardware and software ready. It's an enormous challenge especially as some systems do not recognize the year 2000 as a leap year. All hardware and software at Carewest is being reviewed explains Mike Hoff, Coordinator, Systems and Network Services. Some systems will be replaced or discarded before Year 2000.

Mike notes that although everything cannot be done overnight, Carewest has a well thought out plan and is moving steadily ahead. More information will be coming soon explaining how you can prepare for the year 2000. If you have any questions about Year 2000 and Information Technology Services, please be sure to give Mike a call at 267-2943.



News from Payroll and Benefits

Employee Benefit Update:

Each year all the employee benefit premiums are reviewed and adjusted based on the previous year's actual claims experience. If there is a need to increase or decrease premiums this is done on April 1st of the following year. I am pleased to report that most premium rates have not changed for 1998/99. For the majority of employees there should be no increase in total premium costs. In fact, you might notice a slight decrease.

Income tax return information:

It is anticipated that the Carewest T-4's for 1997 will be sent out during the week of Feb 15th.

If you did not receive an income tax return and other related forms/schedules from Revenue Canada in the mail, they are now available at most post office locations.

- Jim Myres, Team Leader, Payroll and Benefits & Staff Scheduling

Foundation File Facts continued ...

And another Thank you!

On February 5th, donors to the Carewest Foundation General Fund were recognized at an Appreciation Tea at the Admin Centre. Claire Charuk, Carewest Foundation Board Secretary and Mike Conroy extended sincere thanks to donors for their generous contributions. Special mention was made of the several Carewest employee donors present, for their support in both volunteer time and donations. The impact and benefits donations have on the lives of our Carewest residents was emphasized. It was highlighted that in the three short years that the Foundation has been in operation, that over \$900,000 has been raised for the benefit of Carewest!

- Phyllis Konrad, Executive Director

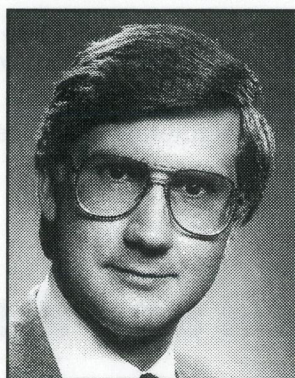
Footnote: I am pleased to tell you that Robin Laffoley will also be continuing in a new position with the Trust at the Carewest Development Council offices at the Admin Centre!



Audrey Waddell, Carmen Kubbernus, and Robin Laffoley enjoy the Admin Centre Tea

Name this face!

First five correct callers to Debbie Hayman at 267-2992 after noon on Monday, February 23rd, will receive a great Carewest prize!



Congratulations to the following people who guessed correctly in the last Carewrite contest. Yes, it is Sarcee's renovations, not the Royal Park construction site. Winners are: from Sarcee: Vince Walsh, Philip Costain, Jackie & Carmen, Right Cluster, Unit 3, Cathy Yurkowski, Auxiliary, Food Services Team, Debbie, Unit 2, Patty Strath, Unit 3, Beth Meszaros, Recreation, from Glenmore Park: Julie Costigan, Louise Kosmack, and from Admin Centre: Marg Rawlings.

Winners received a Carewest tote bag and lapel pin.



Sarcee renovation update

Phase one is almost complete!

The two new pods with twelve private rooms with bathrooms are just about done. We expect occupancy in late February, early March. Also to be completed in Phase one are two new tub rooms so each cluster will have its own tub. A conservatory with visiting and horticultural program areas is also planned.

The fire alarm system is being replaced and the fire sprinkler system is being expanded to provide complete building coverage. This portion of the upgrade is being funded by Alberta Public Works.

Phase two will follow and includes new occupational therapy/physical therapy areas, a new crafts room, resident hobby room, a new family dining room and a resident smoking lounge. WOW!

It is anticipated that all four phases of the construction project will be completed by the end of August, 1998. Carewest Sarcee will look like a brand new building!

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

Submissions are most welcome.