

# Carewwrite

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

## Carewest Fun(D) Fest nets \$150,000!



*Kelly Carbray, Development Assistant, beams as she greets guests at the 5th annual Fun(D) Fest*

Wednesday, January 17<sup>th</sup> was a windfall day for the Carewest Development Council and the Carewest Palliative Care Program Endowment Fund.

More than 370 guests descended on the Fairmont Palliser Hotel to enjoy the 'best-ever' Fun(D) Fest, the Carewest Development Council's annual fundraiser. Chairman Joe Struck and Emcee Darrel Janz, CFCN News Anchor, welcomed the sell-out crowd. By the time the 5th annual event was over more than **\$150,000** net was raised for the Carewest Palliative Care Program Endowment Fund. This money will go toward funding a Palliative Care nurse, physician, volunteer coordinator and education resources.

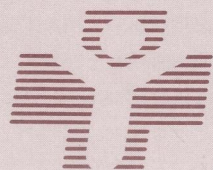
Guest speaker, Dr. Frank D. Ferris, Medical Director of Palliative Care Standards and Outcome Measures at San Diego Hospice in San Diego California, delivered a moving address about taking control of our care as we enter the natural and final stages of our lives. He was followed by Carewest family member, Eleanor Hill, who spoke about how the Carewest Palliative Care Program helped her family through a difficult time.

Auctioneer, David Galvin, assisted by Jim Dinning, Chair of the CRHA Board, staged a lively auction with goodies including a trip to Barbados with a private ocean-front villa, a vacation in a luxurious condo in Manzanillo, Mexico, a trip to Hawaii, and a Heli hiking adventure. The night concluded with Mr. Dinning auctioning off **14 electric long-term care beds** for Carewest residents.

*Phyllis Konrad, Manager of Development*



*Renowned Palliative Care expert, Dr. Frank D. Ferris keynote speaker at the 5th annual Carewest Fun(D) Fest*



**Carewest**

*Excellence and Leadership in Continuing Care*

*January, 30 2001*

## **More about Carewest Fun(D) Fest....**

We are most grateful to everyone who made the 5th Annual Carewest Fun(D) Fest such a success.

### **SPONSORS:**

Event Co-Sponsors – Apex Corporation and Scotiabank  
Reception Sponsor – H&H Care  
Speaker Sponsor - Aramark  
Annual Supporter – Pacific Western Transportation Ltd.  
Flowers - donated by Enchanted Florist Ltd.

### **EVENT VOLUNTEERS:**

Cheryl Kinsella	Margaret Yancie
Julie Olsen	Emily Fleming
Blair Garrick	Danielle Connell

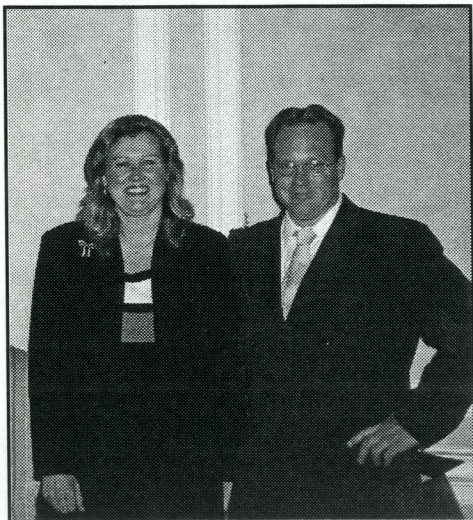
### **ORGANIZING COMMITTEE :**

led by Bill Lefebvre – Apex, and Jack McEwen - Scotiabank  
Richard Ballantine Kurt Kaiser  
Kelly Carbray Phyllis Konrad  
Claire Charuk Cynthia Prasow  
Donna Clarke BeeJay Quinn  
Al Fromm Cheryl Wein

Thank you also to Hilary Dolhaine, Manager of Communications Calgary Health Trust, who managed Dr. Ferris's media interviews.

With excitement still running high, we have started planning the 6<sup>th</sup> Annual Carewest Fun(D) Fest!!

*Phyllis Konrad*  
*Manager of Development*



*Fun(D) Fest volunteers, Royal Park receptionist, Julie Olsen and her husband, Blair Garrick*

## **“ANGELS OF PALLIATIVE CARE”**

### **Family member gives touching speech**

Eleanor Hill, special Fun(D) Fest program guest (and long-time Carewest volunteer), held the attention of the entire audience as she described how the Palliative Care Team helped both her family and her son Stuart, during his final days at Carewest Dr. Vernon Fanning Centre.

The Carewest Palliative Care team comforts residents to relieve pain during the final stages of their lives. Eleanor talked about how meaningful this team is to families left alone to grieve their loved ones once they have gone.

Eleanor spoke of her happiness and sadness when the Palliative Care team came “to listen, to talk and to become our stronghold,” during Stuart’s last days. She also spoke of the peace she felt in her sorrow and how “the warmth of hugs, soft voices, gentle words, caring and strength comforted us.”

Although she found it difficult to share her story, Eleanor said later that she was grateful for the chance to thank Carewest and to tell everyone about the ‘angels of Palliative Care’ and how vital they are to the families and residents of Carewest.

*Tara Sukut, Communications*

## **Official Opening of Neuro Rehabilitation Program Next Week**

Health and Wellness Minister Gary Mar and Calgary Regional Health Authority Board Chair Jim Dinning will officially open the Neuro Rehabilitation Unit at Carewest Dr. Vernon Fanning Centre on Friday, February 9<sup>th</sup> at 11:00 am

This 32-bed unit is for people who have had a stroke and need rehabilitation before returning home. It is part of the Calgary Regional Health Authority’s Clinical Neurosciences Program.

The 34-bed Muskulo-Skeletal Rehabilitation Unit at Carewest Glenmore Park officially opens on Friday, March 9, 2001. This unit is for people with bone and joint injuries such as fractures.

## Introducing Carewest's Health Ethics Team

Frequently staff, residents and families are faced with difficult decisions or situations that raise ethical issues. In response to this, a small Carewest interdisciplinary team has been formed to help resolve ethical issues in our sites. The purpose of the Carewest Health Ethics Committee is to bring together expertise and experience for resolving these issues. This is the first committee of its kind in Carewest.

Bioethics Week is February 12-18, 2001. If you would like more information about the Carewest Health Ethics Committee please look for the displays in your site during Bioethics Week.

*Sylvia Duffill*



*Back row (l-r): Sharon Boucher - Occupational Therapist, Ruth Longhurst - Palliative Care Coordinator, Dr. Len Aldridge - Medical Director, Cydnee Blake - Education Coordinator, Jerry Hanen - Team Leader, Pharmacy Services, Gwen Nichol, Team Leader, Seth Roach, Social Worker, Marlene Collins - Program Leader, Sylvia Duffill, Team Leader*

*Front row (l-r): Darlene Weger - Clinical Dietician, Deborah Sears - Psychologist, Arnie Chamberlain, Pastoral Care Coordinator*

### Blue Cross Dental Plan Update for 2001

Blue Cross has once again revised its Alberta Blue Cross Dental Schedule. For 2001, the plan has increased by approximately 3% and enrolled employees should be receiving a new booklet shortly. If you do not receive one in the mail please call Payroll & Benefits and they will send you one.

Be advised that there is no single standard for billing in the province of Alberta. Individual dentist offices can charge varying prices for the same dental service. To avoid unwanted billing surprises, talk to your dentist before you have dental work done. Ask what they charge and how much it will cost you.



*Jim Myres  
Team Leader, Payroll, Benefits &  
Staffing Services*

### CONTEST!!

During the upcoming Bioethics Week the Ethics Committee will set up displays at each Carewest site. The display will feature this mock case study:

Mr. X, a 55-year-old Carewest resident, has a progressive neurological disorder which has deteriorated to the point where he cannot safely swallow. He refuses to eat a puree diet and has clearly expressed that he does not want a gastrostomy tube inserted. Mr. X states, "If I can't eat like a normal person, I would rather die."

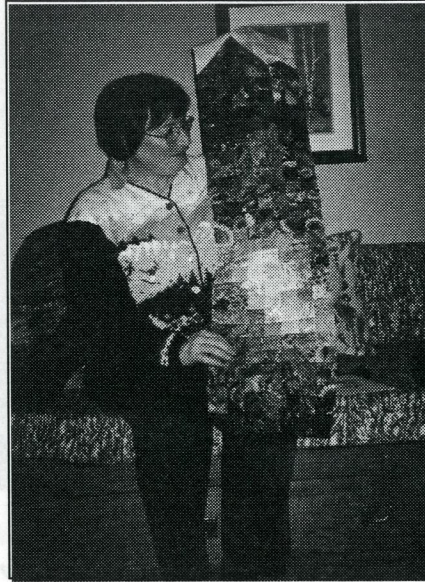
Question: Whose standards should be used in deciding the quality of Mr. X's life?

If you are a Carewest staff member, please think about this difficult situation, write a short response to it and enter the draws for some great Carewest prizes!

## A FANNING FAREWELL

Staff at Carewest Dr. Vernon Fanning Centre recently said goodbye to physical therapist, Marlene Turgoose. Marlene moved to Orangeville, Ontario in December. Marlene received a quilted wall hanging made by her colleagues. Occupational Therapist Sharon Boucher did a great job coordinating and machine quilting the project. Everyone else took part—helping with the piecing, the binding, and the quilt label. Although there were a few glitches, the project turned out beautifully and was a complete surprise for Marlene. Talk about teamwork!

*-Submitted by Lois Schmidt*



*Marlene Turgoose's going-away party*



## OOPS!

In the December 15 issue of Carewrite we told you the Provincial Workshop for the Alberta Association of Gerontological Nurses (AGNA) will be held in Red Deer on November 6, 2001. The correct date for this workshop is **April 6, 2001.**

For further information, please contact Marlene Foley, AGNA Calgary Chapter Executive at 267-2770.

## Snapshots from Carewest Nickle House

In our first six months since opening, we have taken many pictures to fill our photo album. Together, the residents and staff have selected these pictures from the holiday season to share with the rest of Carewest.

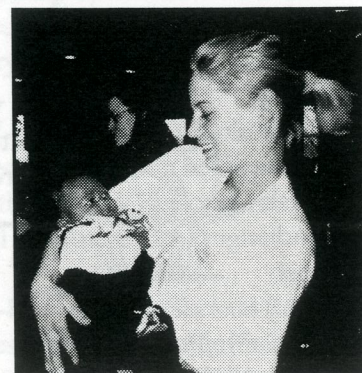
*Submitted by Karen Dajas*



*Nickle House resident, Geri Ball with granddaughter, Victoria*



*Nickle House staff; Karen Dajas, Sandra Agarbakwe and Stacy Smith are ready to eat, drink and be merry!*

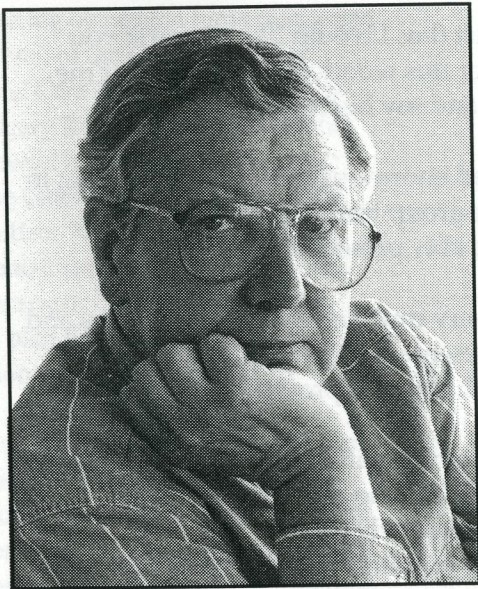


*Resident Assistant Erin Kelly cuddles 4 month-old Norvell Agarbakwe*

# Colonel Belcher Care Centre News

In this issue of Carewrite, we are pleased to profile another member of the Colonel Belcher Care Centre Project Advisory Committee. The new Colonel Belcher Care Centre is under construction and will officially open in 2002.

**Mr. Martin Holtz**



Martin is the committee member for the Point McKay Community — eight condominium associations representing 1400 residents in the Point McKay area. Martin volunteered to act as the representative for all eight associations. He is actively involved on his own condo board and reports on the meetings of the CBCC Project Advisory Committee regularly.

Martin's involvement with the Colonel Belcher Care Centre began in July, 1999, when the Calgary Regional Health Authority (CRHA) opened discussions with the communities of Parkdale and Point McKay about plans for the former motor vehicles site.

As a member of the CBCC Project Advisory Committee, Martin's role is to look out for the interests of the community he represents. Fortunately there haven't been any major problems or concerns with the Colonel Belcher Care Centre project.

Now that the building is underway, the committee meets less frequently. Martin says he was spending about 10 to 15 hours a week on this business. "It's amazing how much planning has to go into a project like this" he said. One of the advantages to living in a highrise condo, is that he can keep an eye on the site and the construction progress.

When asked if he knew anything about Carewest before the Colonel Belcher Care Centre project, Martin said, "I knew about Carewest indirectly — I have friends who moved into Royal Park and they were very impressed with the building and the operations."

As an active member of the Parkdale Nifty 50's Social Club, Martin is involved with seniors in the area. He is a past president of the club which has about 280 active members from the Parkdale and Point McKay communities. "There is a lot of interest in the *Seniors Residence at the Colonel Belcher* from seniors in the area. This new building will allow them to stay in their own community."

Martin has lived and worked in Vancouver, Winnipeg, Toronto and Ottawa for over 35 years. He was Director of Financial Planning for the Department of National Health and Welfare. He retired to Calgary in 1990 to be near his four grandchildren. Martin is still active as a volunteer for many local organizations.

Debbie Hayman, Communications

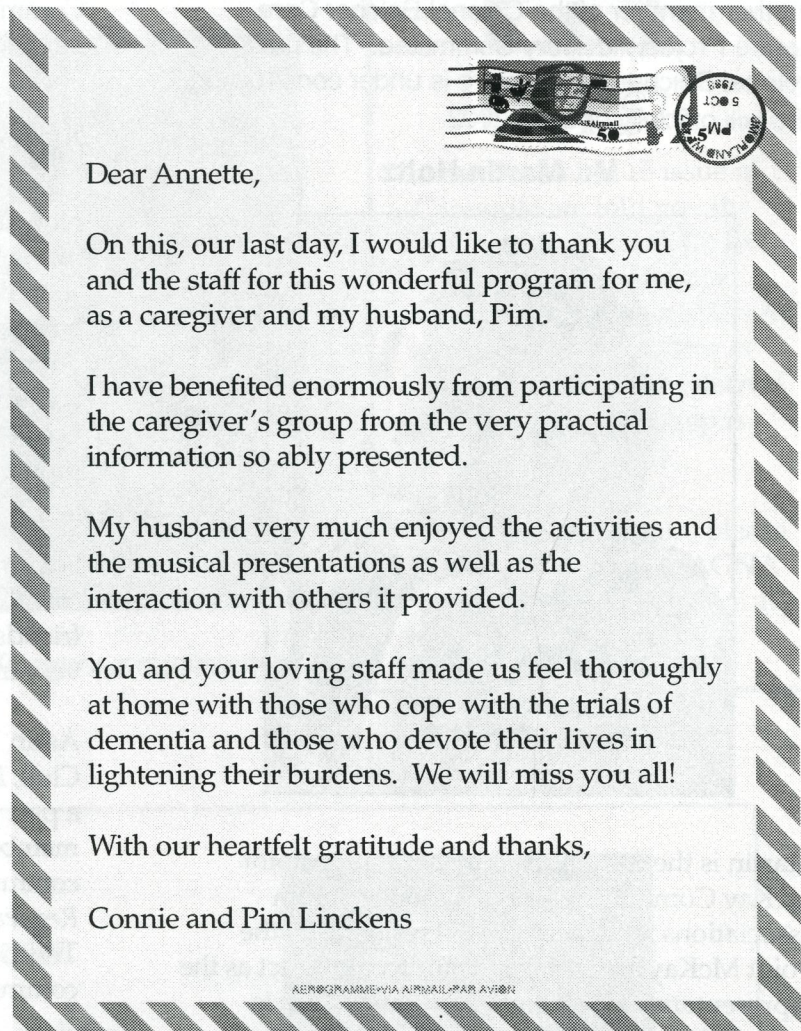
For up-to-date information on the progress of the Colonel Belcher Care Centre Project, check out the website at [www.colonelbelchercentre.com](http://www.colonelbelchercentre.com)

# KUDOS

*This kind letter was sent to Annette Peal, Social Worker at Carewest Glenmore Park from a couple who attended the Day Hospital's Dementia Program:*

Christmas at Royal Park is a wonderful time of year. This season we celebrated two separate Christmas Galas. Family members brought food for a potluck. Entertainer Hall Redekop played his banjo. He made the evening fun, going from table to table getting everyone involved in the entertainment. Special thanks and accolades to the night staff for decorating—there are always lots of comments on how nice Royal Park looks during the holiday season. We also thank chef Allen Marles, Shaun Tourout and all Food Services staff for preparing a festive turkey dinner on Christmas Day. On New Year's Eve, Sylvia and Ron Paxton entertained residents and their families

*-Submitted by Gail Annable,  
Team Leader, Resident Services,  
Carewest Royal Park.*



Dear Annette,

On this, our last day, I would like to thank you and the staff for this wonderful program for me, as a caregiver and my husband, Pim.

I have benefited enormously from participating in the caregiver's group from the very practical information so ably presented.

My husband very much enjoyed the activities and the musical presentations as well as the interaction with others it provided.

You and your loving staff made us feel thoroughly at home with those who cope with the trials of dementia and those who devote their lives in lightening their burdens. We will miss you all!

With our heartfelt gratitude and thanks,

Connie and Pim Linckens

Pat Racette, an NA on 1East, Carewest Fanning is a very dedicated staff member who always has the residents' best interests at heart. For the last three years, she has organized a New Year's Eve party for residents and families.

Not only does she plan the party in advance, discuss the food menu with food services, organize entertainment, purchase drinks, set up and decorate, but she volunteers to work as well. Residents talk about what a good time they had for days afterward. This year's party was another smashing success!

1 East residents, families and staff would like to thank you, Pat, for your tremendous efforts making the New Year a special event for everyone.



*Residents on 1 East have a great time thanks to the talented staff at the Fanning Centre*

*Pat Anderson and Nicter Chang  
Team Leaders 1East, Carewest Dr. Vernon Fanning Centre*

## Colonel Belcher – Carewest Transition Committee Holds First Meeting

Transferring ownership (governance and operations) of the Colonel Belcher Veterans' Care Centre (CBVCC) from the Calgary Regional Health Authority to Carewest has moved a step closer with the establishment of a Transition Committee. Membership includes representatives from both the CBVCC and Carewest. They will develop a formal plan for carrying out the transition.

The plan will be guided by a number of key principles – most importantly, continuing the commitment to excellent care for veterans and guaranteeing open and timely communication for everyone, explained Nora Kirkham, Executive Leader and Committee Chair. Members met for the first time on Friday, January 19, 2001.

Brenda Huband, Site Leader for Royal Park, Signal Pointe and Sarcee will serve as the Integration Leader, responsible for facilitating the transition. "I am quite confident the transition of the Colonel Belcher to Carewest will be successful because of the skills and diversity of the committee members. Each person has a wealth of knowledge in their respective areas. I'm looking forward to working with each of them."



*Brenda Huband, Site Leader, Carewest Royal Park, Signal Pointe and Sarcee is the new Integration Leader for the Colonel Belcher-Carewest Transition Committee*

Here are the members of the Transition Committee:

Ruth Cox, Director of Care, CBVCC  
Stephanie Keys, Coordinator of Education Services, CBVCC  
Cynthia Watson, Manager of Programs and Services, CBVCC  
Elizabeth Eddy, Manager, Nutrition and Food Services, CBVCC  
Kerry Farrell, Manager of Protection Services, CBVCC  
Blair Phillips, Service Leader, Human Resources Carewest  
Brenda Ward, Human Resources Manager, CRHA  
Veronica Scott, Communications Leader, Carewest  
Dr. Len Aldridge, Medical Director  
Diane Page, Service Leader, Finance

For more information, please call Veronica Scott  
at 267-2940 or e-mail [veronica.scott@crha-health.ab.ca](mailto:veronica.scott@crha-health.ab.ca)

For more information about the  
Colonel Belcher Care Centre project, check  
out our web site: [www.colonelbelchercentre.com](http://www.colonelbelchercentre.com)

# Retirement and Pension Plan Update

The pension plan is designed to provide income after you retire. It is a good investment and certainly should be one of your post employment income strategies.

Some other strategies to consider are Canada Savings Bonds and Group RRSPs. People save in different fashions according to what suits them personally. We recommend you speak to a professional when it comes to retirement planning.

The Carewest pension plan (LAPP) implemented some major changes that became effective January 1, 2001.

Previously, there were restrictions on collecting pension income while employed with a LAPP employer. This has now changed and effective January 1, 2001, LAPP pensioners can work for any employer and they will not be penalized by having their pension income suspended. The only condition now is that you must leave your current position.

In other words, if you worked for Carewest for 30 years and have retired (you are currently receiving pension) you can start working again, your pension continues no matter how many days you work. Please note that once you have retired you can never again contribute to LAPP to increase your pension.

If you have additional questions about the re-employment rules you may call (toll free in Alberta 1-800-358-0840) or visit [www.lapp.ab.ca](http://www.lapp.ab.ca)

*Jim Myres*  
*Team Leader, Payroll, Benefits & Staffing Services*



## WHY VOLUNTEER?

Did you know the year 2001 is the International Year of the Volunteer?

Did you know, Carewest has thousands of volunteers who donate their time and skills every day?

Did you know volunteering is a rewarding experience for both volunteer and residents alike?

Did you know we need people like *you* to volunteer?

There are many exciting volunteer opportunities available at each Carewest site, and we are always looking for more enthusiastic people to join our team.

Our volunteer opportunities include community outings, resident activities, pastoral care, palliative care and many more.

If you would like to know more about volunteer opportunities at Carewest, please be sure to call any of the facilities and ask for the Team Leader Resident Services. They would be delighted to hear from you.

### I volunteer.....

...because I know I can make a difference in somebody's life.

Lil Cole, Carewest Dr. Vernon Fanning  
Centre volunteer

## 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)

[www.carewest.org](http://www.carewest.org)