

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

Glenmore Escapes the Flu & Wins the Big \$!

Congratulations Glenmore 2 South!

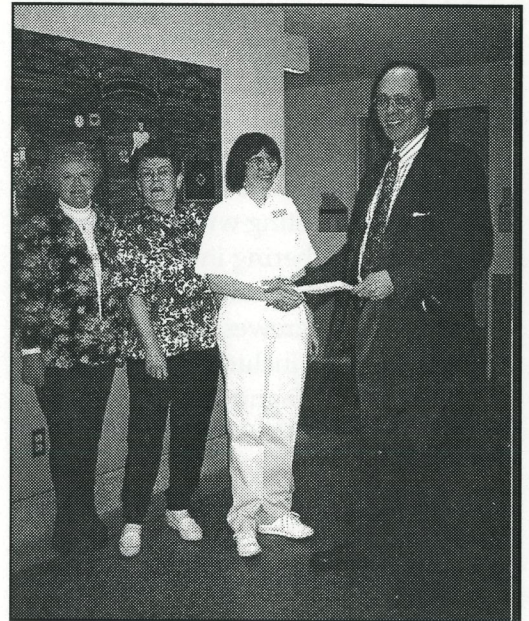
The staff of unit 2 South at Glenmore were the winners of the unit specific contest for the best staff uptake of the influenza vaccine. One hundred percent of the nursing staff on this unit received their flu vaccination (OUTSTANDING!) and are seen here receiving a cheque from Dr. Aldridge for \$100.00! Thank you for protecting the health of yourselves, your families, your co-workers, and the residents at Glenmore. Great job!!!

- Theresa Valadka, ICRN-Glenmore
and Karen Woods, Coordinator, Infection Prevention & Control

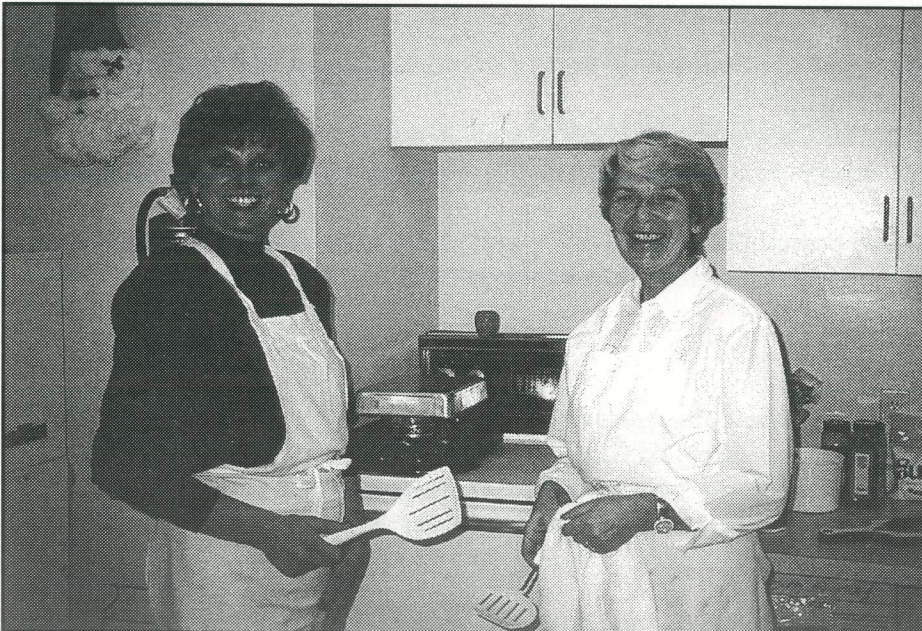
Bouquets to Carewest staff

In this issue of Carewrite we've featured several letters from family members, all praising the wonderful care given by Carewest staff. What a terrific way to start the new year! We've included lengthy excerpts because these heartfelt testimonials deserve to be shared. Read on and enjoy.

- Veronica Scott, Communications



Dr. L. Aldridge presents cheque to
Gwen Nichol, Joyce Swan and Evelyn
Moorehead, 2 South



Things were hopping in the kitchens of our centres during the Christmas season. At Cross Bow, Viga Urbanski, R.T. and Analiese Wendt, volunteer, were cooking turkey! For more pictures and details, see page 11.

January 9, 1998

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STAFFING AND SCHEDULING UNDER REVIEW

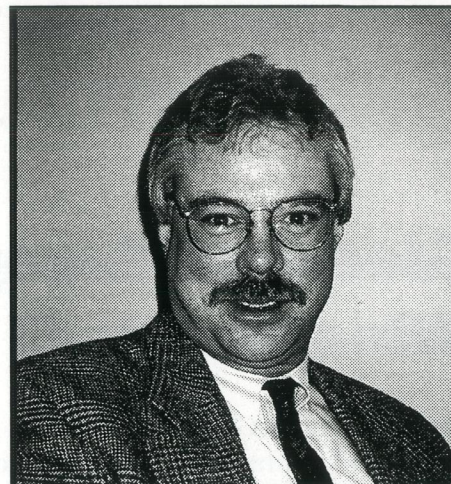
Finding ways to get the 'right person to the right job at the right time, is Bob Gerst's mission. A partner with Gerst McLean Group Inc., Bob is working with Carewest to explore ways to enhance how we recruit, schedule and staff — an issue that's been raised on several occasions including our Town Halls.

Bob brings with him a wealth of experience in staffing and scheduling both within the public and private sectors. The companies he's worked with include Shell Canada, Mobil Oil and Northern Telecom. Bob is now meeting with Carewest employees gathering information to make recommendations. He's being assisted by a Carewest steering committee that includes Blair Phillips, Joan Magnussen, Barb Black and Jim Myres (Human

Resources), Jim Townend and Cheryl Wyatt (Sarcee), Lil O'Neill (Fanning), and Denise Pacentrilli (Glenmore Park).

Bob notes that staffing and scheduling is an extremely complex issue that involves many different areas and departments within an organization. If things don't work as well as we'd like, it often calls for a thorough review — looking at how we do things from top to bottom. Difficulties are seldom isolated to one area.

Bob will build his analysis & recommendations on the current information gathered by recruitment and scheduling staff. The implementation of the revised recruiting, scheduling and staffing process will take place in March, 1998.



If you'd like more information, or if you have suggestions you'd like to offer, please call any member of the steering committee. We'll keep you posted on Bob's progress in upcoming issues of Carewrite.

Foundation File Facts

from the Carewest Foundation

A Gift of Music

The Glenmore Park Spiritual Care Program received a wonderful early Christmas present thanks to the successful fundraising efforts of volunteer Jaqui Roland.

Jaqui, who volunteers as pianist for the Spiritual Care Circle, invited friends, families and her colleagues to donate funds to the Carewest Foundation to purchase a new electronic portable keyboard for this innovative program.

Thank you to all the generous donors who supported this endeavour -- and thank you, Jacqui, for taking the lead in this fundraising project for the benefit of all the residents in the Spiritual Care Program.

Christmas Gifts from our Friends

The mail strike didn't dampen the spirits of those who volunteered to help us get our Christmas Campaign packages out -- nor did it dampen the spirits of those who add Carewest to their Christmas gift list! Donations are arriving daily and we hope to be able to provide many items for the residents at each of our care centres this year. The campaign this Christmas is targeted to assist with Carewest's bed replacement program (and other needs, as designated by our donors).

Coming Soon!

Watch for a new column which will feature a 'straw poll' question with answers from a staff member at each site. This will be your opportunity to express your opinions, so if a reporter approaches you, smile for the camera and speak your mind!

- Phyllis Konrad, Executive Director, Carewest Foundation

Bouquets



To Carewest George Boyack

To each and every one of the wonderful staff, on all floors, of George Boyack Nursing Home: (and most recently, 4th floor); I really don't know where to begin or how I can ever adequately thank each of you for all that you have done, in love for my brother Melvin during all these many, many past years. If I could only look at each of you to thank you and give you the biggest hug!!

I know Melvin loved each of you in return. He appreciated your love and caring and making him as comfortable as you possibly could - even to the very last moments of his life here on this earth.

You often said, "He is our pet, you know!" I loved to hear that, feel and see it.

For those who kept his room neat and tidy, the floors in the halls always sparkled (and you called him by name).

Your meals he enjoyed, when he was able to; he always loved food (and felt so special when you snuck him an extra dessert or the extra food you gave him for an evening snack), etc. There was happiness as you fed the residents around the table. No resident was excluded as you listened, laughed and conversed with them.

One time he remarked how good he felt after you had shaved him and was sorry he couldn't do at least that for himself; he looked so chipper after his bath and shampoo.

He was proud at the look of himself in the mirror wearing his white trousers from one of you - and you even gave him your ring to wear.

The railroad picture was so special and seeing it would bring back so many happy memories for him. How kind and thoughtful of you! He was a very good engineer and just loved his work. I want to thank you too, for me!

Besides my husband and children and my grandchildren, you understood, cared and supported me. There were outside things that broke my heart, that I could not change for Melvin. You were there!

Then in the last week, in spite of how very busy you all were, you cared for me - trays of food night and day - even a big most comfortable chair! You informed me ahead of time as to what might happen etc, etc. You just couldn't have done one more thing - you answered my questions - you shared my happiness the times I thought he was getting better or not suffering - you even phoned me from your homes!

I could write pages more! I will never forget you or stop giving thanks for all you 'angels of mercy.'

Thanks from the bottom of our hearts!

Melvin Holte and his sister, Vivian

To Carewest Dr. Vernon Fanning Centre

Many handicapped people go to, or are placed in, a nursing home to die. Because of your direction, the residents have come to the Fanning Centre to live. Your management has placed a positive spin on a negative situation.

Our hats are off to you, your staff, and volunteers for a job well done.

I would also like to extend on behalf of my mother, a special thanks to Connie and Isabella, the recreational therapists on 2 West. Their projects are a joy to all the residents on that floor.

As far as my mother is concerned, it is not a matter of friendship with these two individuals, because she has grown to love them instead. They keep the joint a jumpin', and all the residents entertained.

Congratulations on a job well done, and thank you from the bottom of our hearts.

*John Rowles, on behalf of the
Lillian Rowles family & friends*

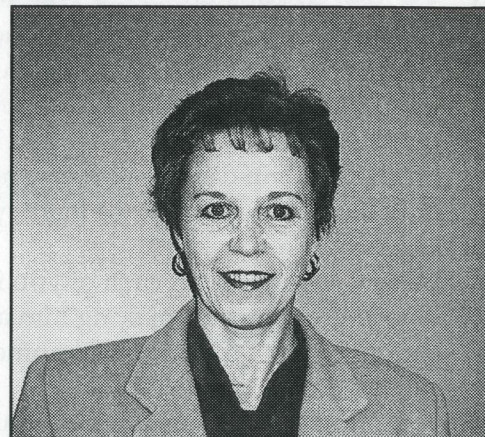
Staff Profile

Barb Sheppard:

Human Resource Assistant, Administrative Centre

One of Barb's most important roles is the day to day administration of the Cross Bow re-deployment process. The intent is to provide employment opportunities for Cross Bow staff who will be affected by the closure and opportunities for Carewest staff at Royal Park and the Alzheimer House. Barb recently received an Award of Distinction from the Human Resources Association of Calgary. She received the award for her outstanding academic achievement at the University of Calgary's Faculty of Continuing Education Management Certificate Program (Human Resource Management). She had the Highest Grade Point Average (88.5%) in her graduating class of thirty-two. Barb started in the Spring of 1995, and completed the program in March, 1997.

Barb's most significant achievement in the program was a proposal for developing and implementing Carewest's PIR program. "This was a valuable learning experience for me. It was an example of how continuing education and workplace experience can be effectively combined."



**Can one person make
a difference at
Carewest?**

*"You bet you can",
says Barb*

Barb recently received a Gold Award Certificate from United Way on behalf of the employees of the Carewest Administrative Centre. To qualify for this award requires 75% participation with an average dollar donation of \$65.00.

Canvassers at the Administrative Centre also included Tina Turcotte, Carmen Kubbernus, Joyce Fynn, Audrey Waddell, Debbie Hayman, and Christine Clements.

Can one person make a difference at Carewest? "You bet you can," says Barb, "I make a difference everyday, although there are days when I wonder whether I am making a difference. Some days I know beyond a shadow of a doubt that I do make

a difference. Like providing people with the resources to find more information and listening to their praise for what a great job we have done over the past year as an organization to increase the focus of Health and Safety in the workplace."

What does one person need to do to make a difference? "You need perseverance, commitment to what you believe in, and support to do what needs to be done," she explains.

Before joining Carewest's Human Resources Department, Barb worked as a Nursing Assistant and a Secretary at Cross Bow. She has been with our organization for 16 years. Barb and husband Terry have three grown children and six grandchildren (she's the youngest looking grandma in the country!).

When she's not winning awards or studying, you'll find Barb behind a good book, camping or water skiing. "I love anything outdoors," she says.



Plain Word . . .

As a fun feature in Carewrite, we are introducing the word game: Plain Word. In a word—it's ~~un-~~complicated. 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. Corpulent
2. Beseech
3. Designate
4. Opt
5. Susceptible
6. Intrepid

Volunteers in Profile

Alzheimer's Unit Volunteers: Spiritual Caregivers at Carewest Glenmore Park

In a comfortable sitting room at Carewest Glenmore Park, Chaplain Carol Barwick introduces me to residents with Alzheimer's disease before the Wednesday morning church service. Responding to the warmth in Carol's voice and touch, they come from their inner worlds to greet us, fleeting smiles lighting their faces. Music fills the room as volunteer Jaqui Roland plays familiar melodies on the brand new keyboard. With gentle jokes and quiet assistance, Judy Rogers Dundas, Catherine Hamilton and Kat Nelson, Carol's assistant, settle each resident into a place on a couch or chair.

Carol and her volunteers try to go back to the root of spirituality for most residents — their childhood. Prayers, familiar songs, and movement to music are part of this unusual church service. The smallest reactions and interactions are important here: the smile that Lillian gives Judy as she helps her turn the pages, a request for "Hark the Herald Angels Sing" from Barney, the entire Lord's Prayer from another resident.

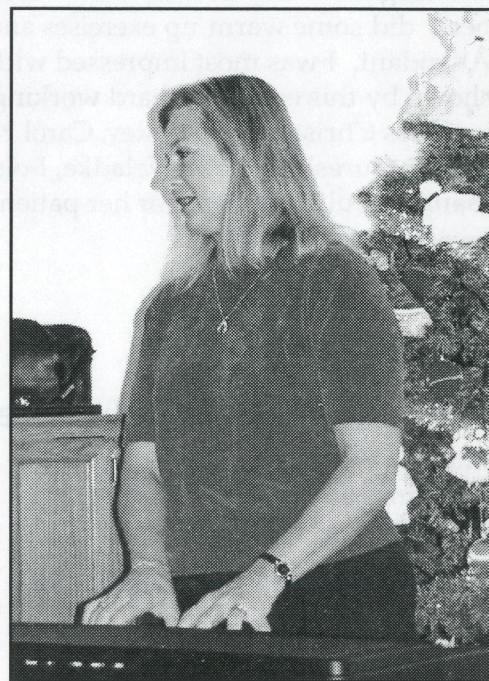
Carol believes that living in the moment is the gift that people with Alzheimer disease have been given, and the gift they share with those who work with them. In return, with caring and attention, volunteers and staff lend their energy to transcend illness, and help people move briefly away from inner worlds. Lillian has her head bowed and she looks very sleepy, but her frail looking hands move gently to the sound of *He's got the Whole World in his Hands*, and *Just Give me that Old Time Religion*. She is quietly humming the tunes. Across the room, the worried look on Isaac's face clears, and he turns to look at Judy as she sits down beside him. "If we can get a reaction in the short time we are here—that is the measure of success," says Kat Nelson. "Whether they remember it tomorrow or two hours from now is not so much the issue." Working with people who have Alzheimer disease "is very humbling," says Catherine, thoughtfully. "No matter how bad you feel coming in, you always leave feeling better. It's very much of a two way thing," says Jaqui.

Thank you to these generous and patient volunteers. To Jaqui, a special thank you for the time and energy she has devoted to raising money for the new keyboard.

- Helen Theaker Whyte, Communications



Kat Nelson, Jaqui Roland, Catherine Hamilton, Judy Rogers Dundas



Jaqui Roland on the keyboard

Profiles . . .

Profiles is a new column featuring staff members, residents, and their families. Columns are written by a variety of reporters. If you would like to interview a staff member, volunteer, resident or family member, please call Debbie Hayman, Carewest Communications at 267-2992. She would love to hear from you!

Kudos

From Glenmore Park

Winter hit Glenmore Park hard on December 18th; staff were parking on every side street for several blocks because vehicles could not make it up the hill. This included the truck that delivers the food!

Bev Smith, along with all of the other Food Services staff working that day, would not be deterred. Lunch was served tasty and on time. The problem was invisible to most of us - but the Social Club noticed and we'd like the Dietary staff to know this and that we appreciate them, every day.

- Gail Annable, Administration

To Glenmore Park

Many thanks to the super nursing staff on 1 West at Glenmore Park for showing me a 'day in their lives'. On November 24, I put on my runners, did some warm-up exercises and worked as an assistant Nursing Attendant. I was most impressed with the kindness and loving care shown by this energetic, hard working team. The 1 West nursing team includes Christine McKonkey, Carol Harrison, Donna Kelly, Judy Dahl, Zenaat Qureski, Theresa Valadka, Lois Allen, Karen Farrell. Special thanks to Julie Costigan for her patience and good humour as I shadowed her for the day.

- Veronica Scott, Communications

Bouquet

To the Staff of West Wing, George Boyack, the Caregivers for Alice Decaire:

Another year has passed and it's Christmas again. When I reflect upon the year I see the peace I have when I visit my mother and see the wonderful care she is getting from the dedicated staff in her area (2 West). I watch the staff caring for all the residents, and I see a great understanding and patience with the return to childish behaviour. The patience with bodily functions gone wrong, the care of all the physical needs of the aged. This is the unconditional love for humanity that is so lacking in many areas of our lives today. To find unconditional love one just has to look at the wonderful work your staff does with our aged and know it is still alive and dwelling in the hearts of those who care for the loved ones in West Wing. When my promise to

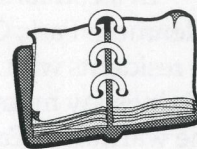
always be there for my mother was given, I always thought it would be given unconditionally. I cannot give it, but, thanks to the caregivers my mother now has, I know that promise is well fulfilled.

It's time to remember and be thankful for the joys of our lives. As a child I remember my mother struggling all year to make sure I had a good Christmas. I remember she always made sure I was clean and well dressed, even when she had to make my winter coat from an old blanket. I watch your staff and the same love comes from them, my mother is always clean, well dressed and groomed. No matter when I go to visit my mother I always find her appropriately dressed, hat against the summer sun or sweater against the chill. When she goes with us

From Sarcee

I tip my hat to Patti Strath (team player of Unit 3 - Sarcee) for her idea and especially for her initiative and action she took in creating a homestyle Memories book. This book captures and was designed to continue to capture all the special people who live and work on Unit 3. When I first discovered and inquired about this book, Patti told me this was something that has been talked about for 2 years. Thank you for turning a good idea into a reality Patti, - keep it up!

- Beth Meszaros, Therapeutic Services



anywhere in the building, it's heartwarming to hear the staff call out her name in greeting, or to have staff going by stop to talk to her with the affection of a long time friend. When I have talked to my sister and brother they are always so pleased with the friendliness of the staff and their willingness to go beyond their job description to give the best service to both residents and family members.

Thank you is not enough for the wonderful work you are doing. I can only say thank you for making my life so much more secure in knowing the one person in my life I love unconditionally, is being cared for with the same love.

- Arlene Mortensen, & family, Chris McMillan & family, Ray Decaire & family

Pharmacy Wellness Tip of the Month

SORE THROAT HELP

OR everything you always wanted to know about lozenges, but were afraid to ask!

People looking for the perfect lozenge to soothe their sore throats are often confused by the variety of ingredients listed on the package. Regardless of the medicinal ingredient listed, all lozenges have one thing in common... they increase saliva production. The extra saliva coats the irritated and inflamed areas of the throat. As soon as you quit sucking on the lozenge, the salivary glands decrease production and the throat will begin to hurt again. The medicinal ingredients in lozenges are also only effective for as long as they are in contact with the inflamed areas of the throat. Once a lozenge is finished, the saliva begins washing the medicine away. Here is some information about lozenges.

	Medicinal ingredients	Comments
Antimicrobials	cetylpridinium domiphen benzalkonium phenol hexylresorcinol	ineffective against viruses will not cure bacterial infection on its own
Local anesthetics	phenol hexylresorcinol benzocaine	numbs tongue more than the throat
Aromatic compounds	menthol eucalyptus oil	cooling sensation masks throat discomfort may also act as cough suppressant
Immune System Stimulants	zinc Vitamin C	zinc lozenges often leave bad taste in mouth, can cause nausea, too much zinc can cause copper deficiency. Vit. C may cause nausea or diarrhea in higher doses.

Zinc and vitamin C are important nutrients in the normal functioning of our immune system. Many people believe that taking more zinc and vitamin C will speed up the time required to heal a cold. That's why some companies have included zinc and vitamin C in their lozenges. Most studies, however, have not been conclusive. This is partly because it is very difficult to objectively measure how runny a nose is, or the soreness of a throat. Many people have found increasing vitamin C intake can be helpful. And in a recent study, zinc in quantities of 13.3mg every 2 hours while awake for the entire duration of the cold was shown to decrease healing time from 7 to 4 days. The symptoms of cough, headache, congestion and sore throat were also decreased. Zinc, however, had no effect in decreasing fever, muscle ache, scratchy throat or sneezing. Be careful not to take too much vitamin C or zinc (see chart).

What if lozenges don't work? Sucking on ice bits, peppermints or sipping water can also be effective in soothing your sore throat. You can do warm salt water gargles, increase the humidity in the air, or try a regular pain reliever like acetaminopen, ASA, or ibuprofen. Keep in mind that not all sore throats are caused by viruses. If your symptoms continue to worsen or last for more than 3 days, it is important to see your physician!

- Jerry Hanen, Team Leader, Pharmacy Services

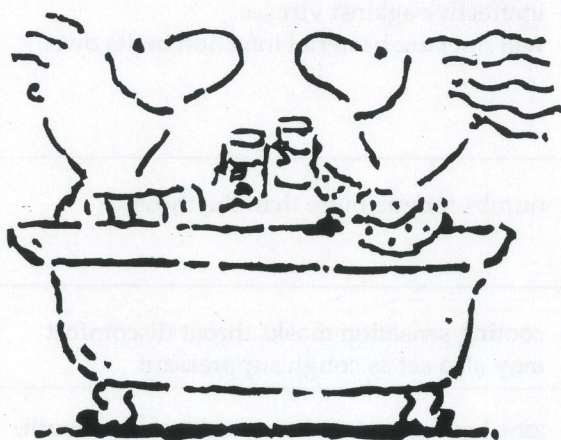




For the Health of It . . .

TAKING CARE

New Year's Resolution



*This New Year, try something new.
Instead of worrying about your bad habits, decide to
take good care of yourself every day. Try these:*

- ★ Make some time for yourself.
Have a long bath, or relax with a hot drink and a friend. Go for a walk by yourself, or go to bed early.
- ★ Don't skip meals, get enough sleep and try to exercise at least three times a week.
- ★ Remember, you are not alone.
Keep in touch with your friends. Ask for help if you need it.
- ★ Focus on the good things about yourself, and tell yourself about these good things. Don't repeat put-downs others have said to you. Be your own best friend.

*This year,
notice something great about yourself every day.*

PARTICIPACTION



Wellness Facts . . .

◆ A pound of body fat yields 3,500 calories. To lose a pound of fat in a week, you must on average consume 500 calories less or burn 500 calories more per day than is necessary to maintain your current weight. **To lose 10 pounds in a year, it takes a deficit of 96 calories a day.**

◆ Compare "low-fat" cookies and cakes carefully: many contain just as many calories as the full-fat products. Most "light" cookies rely on plenty of sugar and often fruit paste. The sugar comes in many forms -- concentrated fruit juice, fructose, corn syrup, brown sugar, honey, molasses -- but sugar is sugar and a concentrated source of calories. Watch the serving sizes -- the "serving" described on the label may weigh anywhere from half an ounce to an ounce.

- taken from University of California
at Berkeley Wellness Letter,
Vol. 14, Issue 3, January, 1998

The Plain Words

1. Fat
2. Ask
3. Name
4. Choose
5. Open to influence
6. Brave

TEAM WORK

Next fall, when you see geese heading south for the winter... flying along in V formation... you might consider that science has discovered as to why they fly that way:

As each bird flaps its wings, it creates an uplift for the bird immediately following.

By flying in a V formation the whole flock has at least 71% greater flying range than if each bird flew on its own. People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.

When a goose falls out of formation it suddenly feels the drag and resistance of trying to go it alone...and quickly gets back into formation to take advantage of the lifting power of the bird in front. If we have as much sense as a goose we will stay in formation with those who are headed the same way we are.

When the head goose gets tired it rotates back in the wing and another goose flies point. It is sensible to take turns doing demanding jobs...with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What do we say when we honk from behind?

Finally...and this is important...when a goose gets sick, or is wounded by gunshots, and falls out of formation, two other geese will fall out with that goose and follow it down to land and help protect it. They will stay with the fallen goose until it is able to fly or dies; and only then do they launch out on their own, or with another formation until they catch up with their flock. If we have the sense of a goose we will stand by each other like that.

(Author Unknown)

Bouquet

To the Staff of 2 South, Carewest Glenmore Park:

My aunt, Marie Costello, has been a resident of the Glenmore Park Care Centre since April of 1995.

During that time, I believe, she has received the best care possible from the dedicated team on 2 South.

In the past several weeks, Marie's condition appears to have deteriorated which obviously concerned me.

Marlene Collins was immediately sensitive to my concern and took time to talk with me in her office

about Marie and then arranged for Sandy McMeekin to meet with me to advise me as to what Marie was going through and what I should prepare myself for. This whole issue was handled very professionally with understanding and compassion.

I would also like to specifically mention Carol Anne Soroka and her very touching affection towards Marie -- all of the staff are great, but Carol Anne's personality and special relationship with Marie is like having a family

member on staff.

It is very reassuring to me to see that Marie is being cared for by such dedicated people -- my compliments to Marlene and her staff.

Congratulations to you on your leadership and the impressive Summary of Accountabilities statistics which obviously reflect a well managed operation.

Sincerely, Barry Costello



News from Payroll and Benefits

Dental Plan Changes

Effective January 1, 1998, the Alberta Dental Association will no longer be providing a suggested schedule of fees or "fee guide" to dentists in our province. Dentists will have more freedom to establish their own prices for the services that they provide.

Please be advised that **this is not a change requested by Carewest**. It was initiated by the Alberta Dental Association.

The Carewest sponsored dental plans will continue to assess claims based on the 1997 fee guide until March 31, 1998. It is important that all dentists understand this when employees discuss fees for any dental work done after January 1, 1998. To ensure you will not have to pay any additional costs, be sure to discuss this with your dentist **before you get any work done**.

Carewest will adopt the new Alberta Blue Cross Dental Schedule effective April 1st, 1998. Further details will be released before the change is made. In the future, we hope to be able to supply a list of dentists that will be using the Alberta Blue Cross Dental Schedule. Please contact me at 267-2949 for any additional clarification.

Federal Remittance Changes for 1998

<u>Description</u>	<u>1998</u>	<u>1997</u>
Canada Pension Plan (CPP)	3.2%	3.0%
Employment Insurance (EI)	2.7%	2.9%

We will be paying more in Canada Pension Plan contributions for 1998. At the same time, however, we will be paying less in employment insurance deductions. In summary, the amounts deducted for each of the Federal remittances have changed from last year and in the end it will most likely cost us more.

The good news is that the government has not modified the RRSP formula. Be sure to max out your RRSP contributions by Feb 28th and reduce your 1997 taxable income!

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

And a 'ho ho ho' time was had by all - Christmas at the Centres

Caribbean Christmas

What a blast! Picture palm trees and candy canes, Christmas trees and steel drums. The Carewest Sarcee Caribbean Christmas was a night to remember. With the help of some dedicated volunteers Sarcee was once again transformed into an island paradise. The sound of the steel drum filled the air, as did the wonderful smells of exotic spices. In the center of all this, a gleaming four foot ice dolphin.

The fun didn't stop there. We were also treated to an exciting performance by the Caribbees. These people really know how to Party! The colorful costumes and beautiful voices made this experience extra special.

Special thanks to all the volunteers and staff for their help in decorating, to Cheryl and her team for the great food, and to The Caribbees and Caribbean Son for their excellent music.

- Philip Costain, Activity
Convenor



More ... Christmas at the Centres

Christmas Dinner on 2 South, Glenmore Park

Families unable to have loved ones home for Christmas joined residents and staff for a Christmas dinner prepared by families and staff.

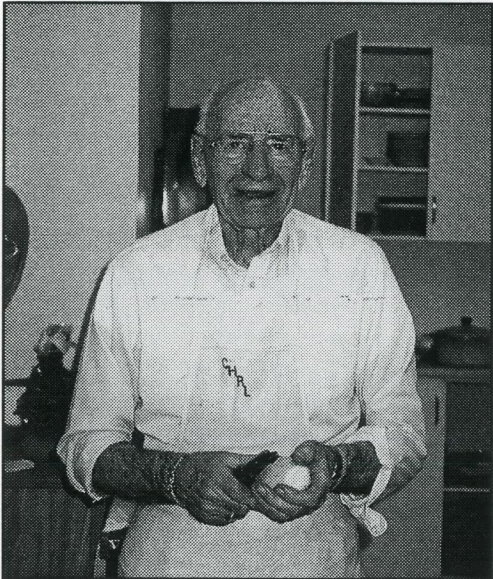
Favourite dishes brought in by families made the meal more memorable and special for all.

- Gwen Nichol, Team Leader

Administrative Centre Carollers

Under the capable direction of Tina Turcotte, Administration, several staff members joined to sing carols at the sites. Tina is hoping that next year more people will be able to join in (whether 'on' or 'off' key!).

Also at the Admin Centre, the St. Bernadette Senior Hand Bell Ringers entertained the staff with seasonal tunes.



Christmas Dinner at Cross Bow, with a little help from our residents

For two nights at Cross Bow, a dedicated group of volunteers, headed up by Viga Urbanski, R.T., and including the help of residents, put on a fabulous Christmas turkey dinner with cocktails and entertainment. Viga would like to recognize the nursing staff for their helpfulness and willingness to create something special for the residents. People like Merv and Ada Maclean, and Mary Unser were all right in there slicing and dicing in the kitchen.

As well, the Volunteer Association sponsored a visit from Santa on December 24th with gifts for all. As Viga said, "there is a real Christmas spirit here at Cross Bow!"

Mervyn Maclean, on KP duty

Christmas at Boyack

Christmas came early at Boyack this year. Our Snowball Dance kicked off the holiday season in style, with Feather & Sweetgrass performing to an enthusiastic crowd. Floor Christmas parties were held mid-month and were enjoyed by residents, families and staff alike. Due to overwhelming response at last year's Family Christmas Dinner, we added a Holiday Brunch on the same day to accommodate our interested families. I would like to thank all the staff and volunteers who helped make this event a big success. Special thanks goes out to our Food Services staff whose culinary expertise keeps getting better and better! New Year's Eve brought these seasonal festivities to a close with a big bash held right on December 31st. After such a busy month, our New Year's resolution will be to rest up for next year, so we can do it all again.

Happy New year from all of us at Boyack,

-Shelley Murdoch, Activity Convenor

Christmas in Commissary

HO!HO!HO! What a w'ho'le lot of cookies. Did you know that this year, Commissary and the Unit Food Services produced and went through over 8,000 shortbread cookies, 5,000 mini suasaage rolls, 167 boxes of mandarin oranges, 1,300 mincemeat tarts, 231 cherry pound cakes, 950 portions of butter sauce, 800 servings of tourtiere, and 739 mini quiche? This year we also offered Christmas gift mugs with cookies for sale and trays of assorted Christmas squares.

Food Services will be doing a review of our Christmas functions for next year so if you have any special requests for us to consider, email or send to Laurel Temple, c/o Fanning. I'd like to hear your feedback!

- Laurel Temple, Team Leader, Commissary



Mrs. Ada Maclean, volunteer and Mary Unser hard at work



Beatrice Lewis and Fred Hergert, 4th floor, Boyack "Deck the halls in the Spirit of Christmas"



Can you guess where this is? Be the first to e-mail Debbie and win a fabulous Carewest prize!

YEAR 2000

In regards to the Year 2000 issue raised by the recent CRHA mail-out, ITS wanted to let everyone know that Carewest is well on its way to conquering this problem.

The analysis of Carewest items begun this summer has been completed, and (at this point) the Year 2000 problem is a lot smaller for us than for other sites in the CRHA. We are also meeting with Community Health Resources early next month.

If you have any questions or concerns, please contact Carewest ITS staff.

- Mike Hoff, ITS

Kudo

From Administrative Centre

Thanks to everyone who participated in carolling at all of our sites. It was so rewarding to see the smiles on the faces of the residents as we strolled through the corridors.

- Tina Turcotte, Administration

January is Alzheimer Awareness Month

Throughout Calgary and the rest of the country, events are underway to increase public awareness of Alzheimer disease. The Alzheimer Society of Calgary is hosting "On Target: Changing Our Vision Of Dementia Care" a two-day workshop on January 30th and 31st. Carewest will have a booth at the conference. We're also in full swing developing our specialized care programs for people with Alzheimer disease and other dementias.

Published & Presented

"Published & Presented"

In this new column, we would like to recognize people from within Carewest who have either had an item published recently, or who have presented an item at a conference, meeting, or workshop of some kind.

Being a "leader in continuing care" means sharing information and educating our continuing care peers. Innovation, excellence and continued learning are part of Carewest's mission.

If you know of anyone who has published or presented, please let us know at Carewrite, so we can share the news.

Veronica Scott, Communications Leader, published:

"Adult day program meets LTC needs of younger adults", Long Term Care Monitor, November, 1997.

Carewest Glenmore Park featured on CBC Show:

Be sure to watch "Lifesigns" on CBC Newsworld (Channel 15). The current series of shows focuses on different lifestyles and features Glenmore Park in the introduction. Our roving reporters at Glenmore tell us that Sharon Basaraba, the show's host has a keen interest in Carewest. Lifesigns runs on Saturdays at 8:00 a.m. and 2:00 p.m.

Carewrite
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by Communications
for the staff, volunteers and friends
of Carewest.

Submissions are most welcome.

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