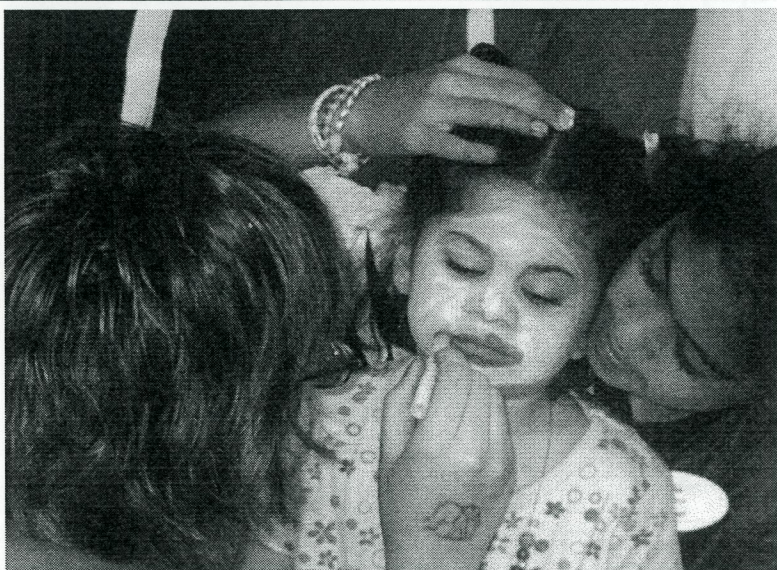
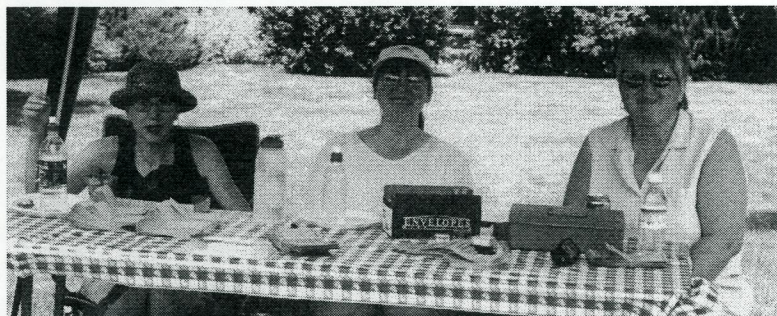


# Carewwrite

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



## 2002 Carewest Family Barbecue

Nice weather, great company, and fun for everyone...

More than 300 people attended the annual Carewest Family Barbecue on June 22<sup>nd</sup>, 2002.

For more pictures, turn to pages 6 and 7.



**Carewest**

*Excellence and Leadership in Continuing Care*

*July 15, 2002*



# *A Message from Brenda*

## **Some Warm Weather Thoughts...**

Summer at Carewest kicked off to a great start with the staff and family BBQ on June 22<sup>nd</sup>. The gardens behind the Administrative Centre provided an attractive setting for our annual picnic complete with hamburgers and hot dogs, pony rides and games for all those young at heart. Once again, we were blessed with absolutely perfect weather.

As you know, planning an event of this magnitude involves a huge amount of work.

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**On behalf of our Board, staff, volunteers and families, I would like to say thank-you to the organizing committee.**

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You did a splendid job. Events like these say a lot about the commitment to Carewest – and what a fun lot we are!

On another note, we have just received the results of our Resident, Family and Staff Satisfaction Surveys and the results are quite good. Every two years or so, we conduct surveys of residents, families and staff members. The results of these surveys provide valuable information as we plan for the future. It helps to know what we do well and how we can improve. We'll have more detail about the surveys in the next *Carewrite*.

And speaking of resident satisfaction I have just received a very positive report from the Health Facilities Review following a routine visit to Carewest Glenmore Park.

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**"The majority of the patients interviewed (61) praised the nursing, rehabilitation, and medical staff for the care. Palliative care patients stated that the care they receive is wonderful and that 'the staff just couldn't be better'."**

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The report also highlights good team work throughout Glenmore Park, wearing name tags, effective volunteer support and excellent housekeeping services. Well done Glenmore Park! To read the full report, please contact my office.

Whether you are going on vacation this year or staying close to home – have a safe and restful summer.

*Brenda Huband  
Executive Director*





## Carewest Pharmacist Gets Highest Test Scores in Canada!



Hats off to **Veronica Cools** of Carewest Pharmacy who won the Canadian Pharmacy Association award for the highest marks in Canada on the exams to become a licensed pharmacist! Veronica attributes the work experience she gained at Carewest Pharmacy as the reason for her high grades.

“**Jerry Hanen**, my preceptor (intern supervisor), gave me the opportunity to work on some challenging projects,” says Veronica. She adds that, “many of our patients have fairly complex profiles; they are taking up to fifteen or sixteen medications at a time. The exam questions almost looked easy in comparison to what I was doing in real life!”

The pharmacy exam took place almost a year ago, but the Canadian Pharmacy Association announced Veronica’s achievement only recently. Veronica is delighted to continue working at Carewest Pharmacy.

*Divona Herzog  
Carewest Editor*

## Employee Recognition Program Winners

### Monthly Draw

Congratulations to the Carewest employees and teams who were nominated through the Employee Recognition Program and won the June draw.

#### **Regional Community Transition Program**

**(RCTP)** – Cross Bow, Administration & Nickle House

#### **Community Comprehensive Care Program (C3)**

**RNs** – Sarcee

**Unit 3AB** – Colonel Belcher

**Clare Cooper** – George Boyack

**Sheila Dafoe** – Glenmore Park

**Julie Fox** – Dr. Vernon Fanning

**Madalyn Vachon** – Signal Park & Royal Park

### Attendance Awards

Congratulations to the 142 winners of the Perfect Attendance Awards and the 167 winners of the Exemplary Attendance Awards. The winners of the draw for the day off with pay at each site were:

Administration: **Linda Bellavance & Marg Marlin**

Cross Bow: **Lisa Espina & Florence Welds**

Sarcee: **Sandra Sinclair & Carmen Hoppener**

Glenmore Park: **Connie Hamburg & Dorie Bradshaw**

George Boyack: **Debbie Bosch & Maxine Bleile**

Dr. Vernon Fanning: **Lori Welder & Irene**

**Stevenson**

Royal Park: **Gloria Gunter & Elizabeth Pawelczyk**

Signal Pointe: **Frances Finlay & Phyllis**

**McPherson**



## Carewest Staff to Present at Dreambuilders Conference

Two Carewest teams have been accepted to present at the Dreambuilders Conference in Calgary this October. Organized by Bethany Care Society, the conference showcases fresh ideas and leadership in health, housing and lifestyle services for seniors.

**Jennie Hollings**, Program Leader, **Seth Roach**, Social Worker and **Sandra Stone**, Home Support Coordinator will discuss the challenges and successes of implementing the new Comprehensive Community Care Program at Carewest Sarcee as an alternative to long term care.

**Darlene Meagher**, Program Facilitator, **Lynn-Ann Le Clair**, Program Leader, and **Peggy Jones**, Program Leader will introduce the Nursing Attendant Performance Development Tool developed by Carewest's Supportive Pathways Program. They will highlight the value of reflection as a learning tool.

*Divona Herzog  
Carewest Editor*



*Joanne and Alexis decide who will cut the farewell cake.*

## Farewell at MSK Unit

Carewest Glenmore Park Musculo-Skeletal (MSK) Unit would like to say goodbye to **Joanne Wolfe** from the scheduling department and **Alexis Crosbie**, unit clerk. Joanne is transferring to another department and Alexis is moving to another province. Both will be sadly missed for their unique and memorable contributions. Their shoes will be hard to fill.

*Jennifer Steeves  
Registered Nurse  
MSK Unit, Glenmore Park*

## Acting Site Leader for Carewest George Boyack

**Michelle Salesse** has accepted the term position of Acting Site Leader at Carewest George Boyack effective July 22<sup>nd</sup>. She will continue to be responsible for the Supportive Pathways Program at Carewest George Boyack.

Michelle's move allows **Marg Marlin** to move full-time to Carewest Colonel Belcher. This will also give us time to recruit a site leader for Carewest Dr. Vernon Fanning/Nickle House. Once completed, **Joan Gilmour** will move to Carewest George Boyack/Cross Bow as site leader.

*Brenda Huband  
Executive Director*



# Notes of Appreciation for Carewest Staff

## Carewest Royal Park Staff

Thank you all so much for all your special care given to Rose, especially during the last week of May. I really appreciated all the support and help you gave me. I am in awe of the tremendous patience and concern that you continue to offer to all of those people in your care. Thank you so much.

*Joanne and the rest of the family of Rose Ostergaard*

## Carewest Glenmore Park MSK Staff



*(Back row left to right) Bev Flemmer,  
Lesley Bateman, Jim Gorrill, Cheryl Locyer,  
Polly Cudiamat, Jeanette Aguilar.  
(Front row left to right) Katherine Stecyk,  
Theresa Malahay.*

Jim Gorrill (pictured here with staff), former Musculo-Skeletal (MSK) patient, donated a beautiful framed picture of a mountain scene in appreciation of the extraordinary care he received from the MSK team. The picture, which he photographed himself, will be displayed on the unit after all renovations are complete. Great job team!

*Kelly Robertson  
Social Worker  
Carewest Glenmore Park*

## Carewest Colonel Belcher Staff

Thank you for all the love and care you gave John over the last 13 months. Especially we would like to thank those persons who went out of their way to give him the extra care and attention he required in this last little while. From the housekeeping staff, the caregivers, the nursing staff, the rehabilitation and recreation people, to the administration and spiritual care staff, you are all very special people.

Special mention must be made of the Palliative Care Team for surrounding us with love at the end, and particularly the tea wagon! It symbolized the extra love that the veterans and their families receive from all of you.

May God bless you all and give you that extra strength that is needed to do this valuable work.

*Margaret Gardner Mills, John G. Mills,  
Sharon Mills, Denise Semmens and their families*

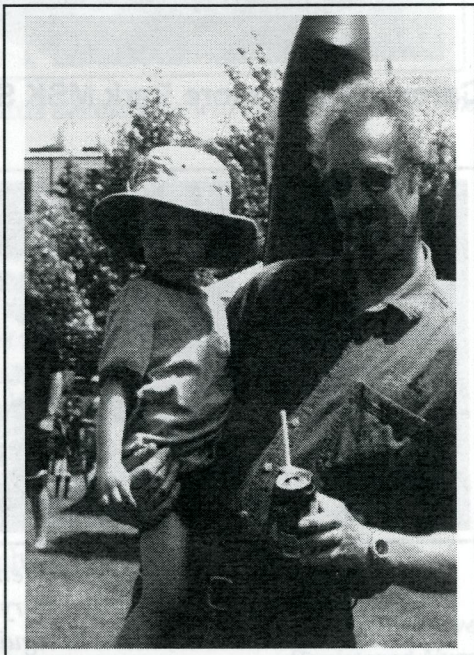
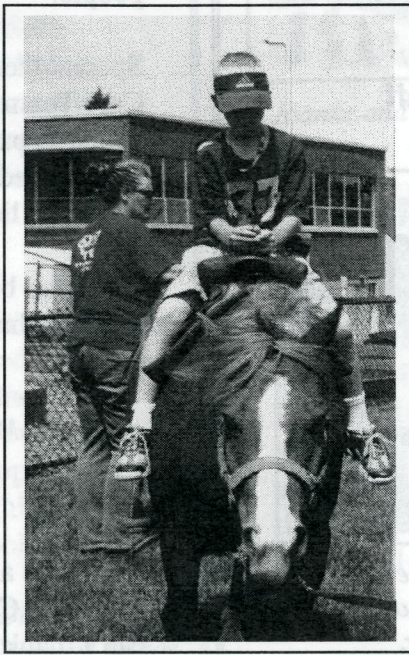
You have a wonderful caring team at the Carewest Colonel Belcher Care Centre. We can't thank you enough for looking after John and for making his last few days so peaceful with such compassionate and capable care. It was a comfort to us all to see John released from the turmoil and torment he suffered with Alzheimer Disease. His peaceful departure from life was made possible by all of you, and I thank you with all of my heart. Keep up your wonderful work!

*Dee Read and family*

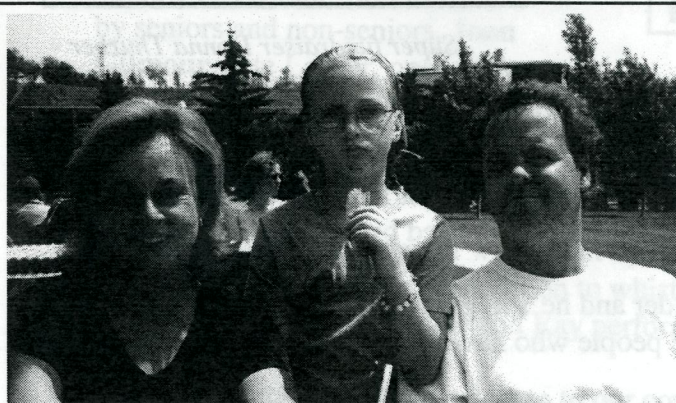


# Carewest Annual Family Barbecue

Sponsored by the Carewest Employee Recognition Committee  
June 22, 2002







## Barbecue Volunteers

Linda	Bellavance	Admin Human Resources
Karin	Bowie	Sarcee Business Office
Christine	Clements	Admin Human Resources
Clare	Cooper	Boyack Admin Secretary
Harjit	Dhaliwal	Housekeeping
Tanis	Durnin	Boyack Unit Clerk
Peter	Elliot	Cross Bow Maintenance
Joan	Gilmour	Site Leader
Corina	Grover	Admin Education Services

Katie	Habermel	Volunteer
Megan	Habermel	Volunteer
Anna	Habermel	Sarcee Team Leader
Marney	Kamplin	Sarcee Unit Clerk
Rachelle	Koch	Sarcee Food Services
Gilles	Mallet	Boyack Food Services
Allen	Marles	Royal Park Food Services
Marg	Marlin	Site Leader
Janet	Miles	Signal Pointe Receptionist

Edna	Nelson	Volunteer
Susan	Poynter	Admin Human Resources
Mustang	Randall	Volunteer
Linda	Rochow	Sarcee Secretary
Jennifer	Schultz	Admin Education Services
Heather	Truber	Fanning Food Services
Russel	Zotzman	Volunteer

Lorraine	Grover	Employee Recognition Committee Member
Devon	Haydu	Employee Recognition Committee Member
Bonnie	Martin	Employee Recognition Committee Member
Cindy	Randall	Employee Recognition Committee Member
Marilyn	Van Sertima	Employee Recognition Committee Member



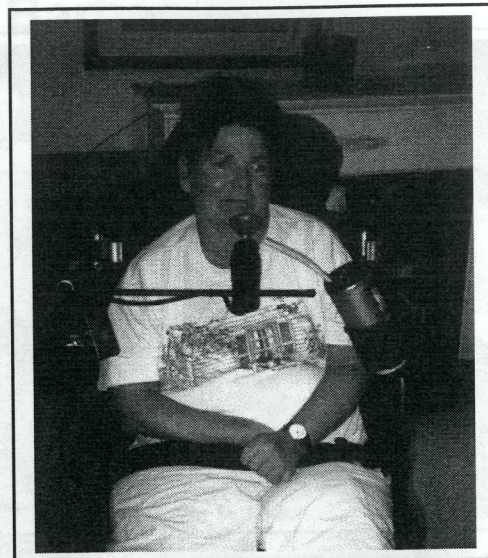
## MS Fundraisers

### Stories of Inspiration

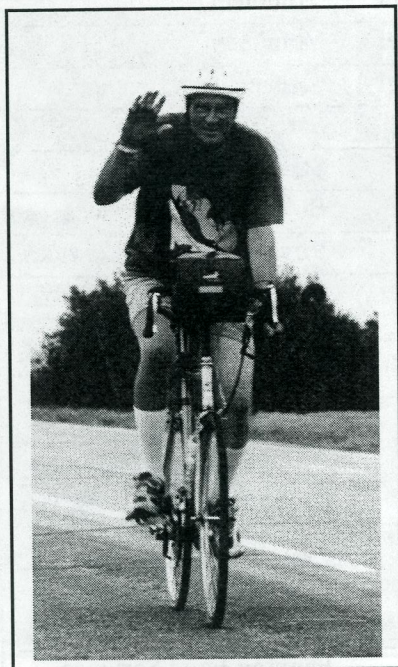
*Annette Peal, Social Worker, Carewest Dr. Vernon Fanning Centre*

**Donna Thurber**, long time resident at Carewest Dr. Vernon Fanning Centre, raised \$820 for the Multiple Sclerosis (MS) Walk in Calgary on June 2<sup>nd</sup>!

This wonderful lady diligently raises money for the walk each year and she participates with the help of her wheelchair. This year, she would have needed a boat as the event took place in the rain. Although Donna was unable to do the walk, the money she raised went to a good cause. Congratulations Donna. You're an inspiration.



*Super fundraiser Donna Thurber*



*Denis Chisholm*

Each year, **Linda Jablonski's** father **Denis Chisholm** raises about \$1500, dons his cycling gear and rides 150 kilometers for the MS Bike-A-Thon in Regina. Linda, a physio therapist at Carewest Dr. Vernon Fanning, says that when her father started he was motivated by the personal challenge.

"At 78, he's the oldest rider and he's in great shape. Through this event, he's come to know some people who have MS and he's really committed to the cause now."

Linda's father was in Calgary for a visit recently when Linda introduced him to Fanning's MS Ladies of Hope group. "He met the people he is riding for," says Linda, "and his ride brings them hope."

*(Left to right)  
Joan Dubuaskis,  
Sune Owens,  
Eileen Poitras,  
(missing) Eileen  
Johnson*



*(Left to right)  
Donna Thurber (front),  
Theresa Dabrowski,  
Mary Harris,  
Elva Coupland,  
Joanne Vetter,  
Faye Wallace,  
Lois Gidley,  
Trudy Redlich*





## Alberta Seniors Week Carewest Dr. Vernon Fanning

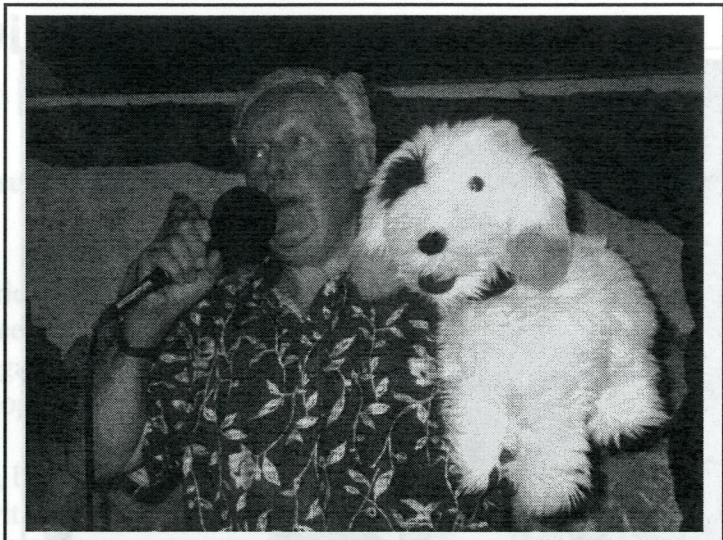
Carewest Dr. Vernon Fanning Centre celebrated Seniors Week (June 2<sup>nd</sup> to 8<sup>th</sup>) with a variety of activities. A display board in the main lobby showcased activities our seniors are involved in, along with senior anecdotes and a seniors' prayer.

On Wednesday, June 5<sup>th</sup>, we held a "Salute to Seniors" program attended by seniors and non-seniors. **Joan Gilmour**, Site Leader, opened the program with a warm welcome followed by **Vern Cole**, Vice-President/Treasurer of the Volunteer Association who shared a reading entitled "Old Geezer". **Diana Wiebe**, Recreation Therapist, entertained the audience with articles about growing old and shared some jokes.

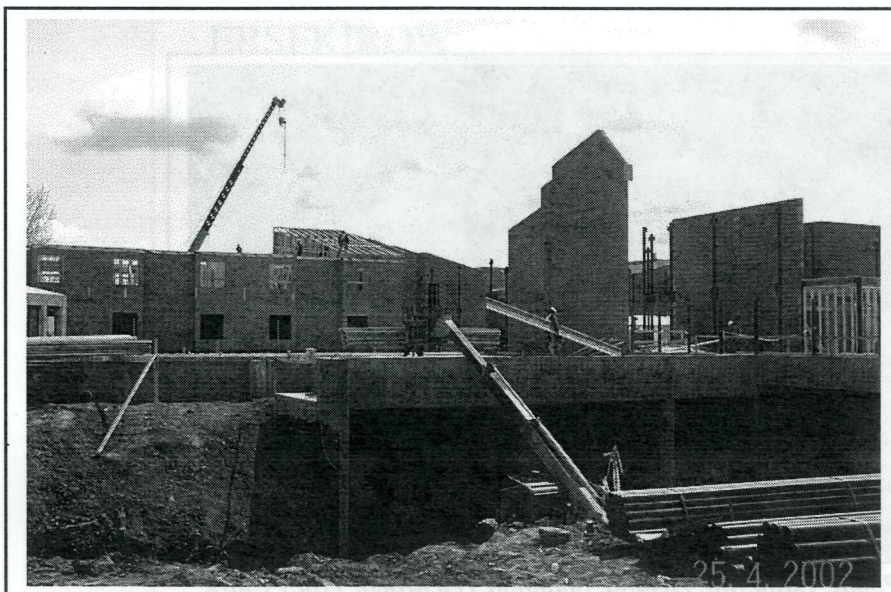
The highlight of the program was a visit by world whistling champion Ray Thorsen, who wowed the crowd with his talent. In addition to whistling, he also played a musical saw! We all enjoyed his puppet sidekick "Patch" as he and Ray performed a couple of duets.

Seniors are such a valuable resource to our community. Their contributions are recognized not only this week, but throughout the year.

*Diana Wiebe  
Recreation Therapist  
Carewest Dr. Vernon Fanning Centre*



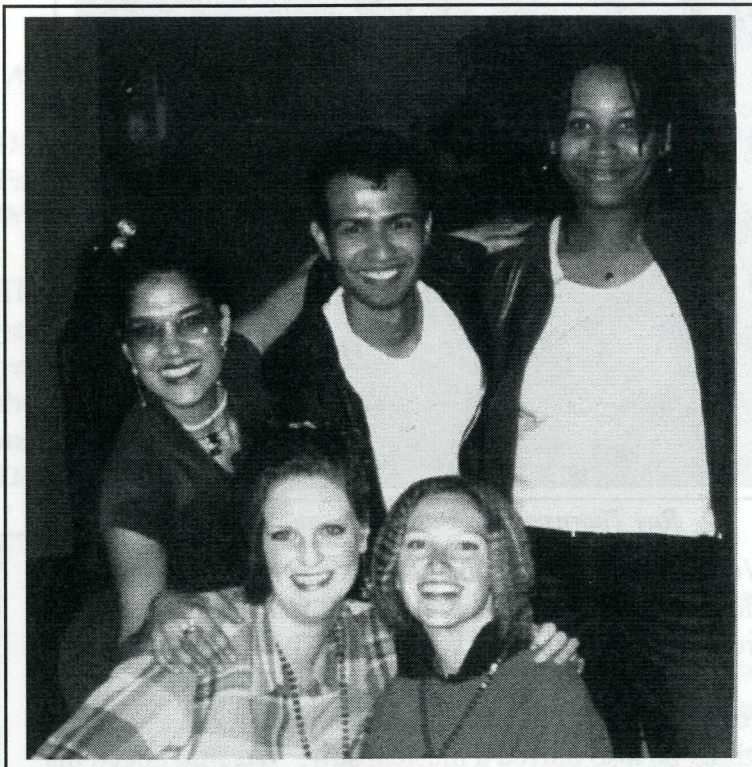
*Ray Thorsen and Patch entertain the crowd*



## Carewest Colonel Belcher Construction

This photo was taken at the end of May and shows construction activity in the north pod. According to the Planning and Development Department at Calgary Health Region everything is on track! The 170-bed care centre located in Parkdale officially opens June 2003.





*(Back row) Sonia Popat, Marcio Merida, Dawnette Fox  
(Front row) Erin Mitchell, Margaret Grant*

## 80's Party Helps Send OTs to Conference in Sweden

Congratulations to **Erin Mitchell** and **Margaret Grant** for being accepted to present at the World Federation of Occupational Therapists Conference in Stockholm, Sweden. Erin is an occupational therapist (OT) at Carewest Dr. Vernon Fanning where she worked with Margaret, who recently moved to the Brain Injury Rehabilitation Centre.

Erin and Margaret are presenting on Client Centred Practice: Goal Attainment Scaling and the Canadian Occupational Performance Measure. They departed on June 19<sup>th</sup> and at the time of this issue, they were still in Sweden.

To help Erin and Margaret prepare for their big adventure, many Carewest staff bought tickets to a fun and exciting evening – the “80s Party”! Thank you to Carewest and all of you for your support. Erin and Margaret look forward to sharing information and experiences with you upon their return.

*Sonia Popat  
Occupational Therapist  
Carewest Dr. Vernon Fanning*



*(Left to right) Sonia Popat, Catherine Lasuita, Shannon Teichroeb, Tracy Clark*



## Having Surgery? Stop Taking Herbal Supplements

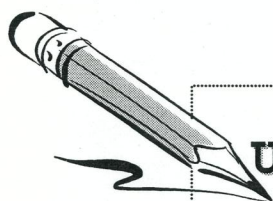


New research shows if you're about to have surgery, you should stop taking herbal supplements.

A study published in the Journal of the American Medical Association said that not stopping your herbal supplement intake could lead to excessive bleeding or interactions with anesthetics. They recommended stopping at least a week before surgery with garlic and ginseng, five days with St. John's Wort, and 36 hours with ginkgo. But some doctors recommend stopping even earlier, say two weeks before, just to be safe.

If your surgery is bumped up on short notice, bring the product package with you to the hospital so your doctor knows exactly what they're dealing with.

*Source: University of Berkeley Wellness Letter, January 2002.*



### Unscramble These Summer Things

LELUMABR \_\_\_\_\_

ICPGMAN \_\_\_\_\_

NYSNU \_\_\_\_\_

TVAINAOC \_\_\_\_\_

ERSFKIROW \_\_\_\_\_

DPAAESR \_\_\_\_\_

EEMTADSP \_\_\_\_\_

KINHIG \_\_\_\_\_

REIGNNGAD \_\_\_\_\_

IBTANOG \_\_\_\_\_

*Answers on the back page*



# Strategies to Reduce the Effects of Shiftwork

As health care workers, we remain on duty at all hours of the day and night to manage the well being of our patients. Having some sleeping, eating, and scheduling strategies can make all the difference in coping with the effects of shiftwork.

**Staff Scheduling:** An ideal rotation cycle goes from day to evening to night shifts. This sequence helps the body adjust to its natural rhythm. Keep shiftwork schedules as simple as possible.

**Rapid Rotation:** A short stint of two or three days on each shift period (days, evenings, nights) is better tolerated than long stretches. Allow for at least a full 24 hours off after the end of each set of night shifts.

**Strategic Sleeping:** Ideally, sleep 2 to 9 p.m. during nightshifts. If you can't, try splitting your sleep into two shorter periods (e.g., five hours in the morning and a two-hour nap before going to work).

**Lighten Up:** Boost your exposure to natural light on days off or during awake periods.

**Eat Right:** Go easy on greasy foods during night shifts. Plan for a main meal in mid-afternoon. Toast and juice at 4 a.m. is a good early morning pick-me-up.

**Drink Up:** Drink lots of water to reduce fatigue caused by dehydration.

*Submitted by Mollie Cole  
Team Leader*

*Educational Services*

*Adapted from the Nov./Dec. 2000 issue of Info Nursing*

## Word scramble answers:

Umbrella, camping, sunny, vacation, fireworks, parades, stampede, hiking, gardening, boating.

### Update

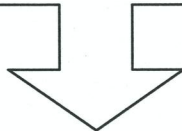
Carewrite is produced monthly. We welcome your submissions.

Please contact Divona Herzog

Voice: 254-1672 Fax: 256-2148

Email: [CarewriteSubmissions@calgaryhealthregion.ca](mailto:CarewriteSubmissions@calgaryhealthregion.ca)

Please send photos to Veronica Scott of Communications through interoffice mail.



## Carewrite

Carewrite is produced twice a month. We welcome submissions.

Please contact Debbie Hayman— Voice: 267-2992 Fax: 267-2968 Email: [debbie.hayman@calgaryhealthregion.ca](mailto:debbie.hayman@calgaryhealthregion.ca)

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