

# ....Carewrite....Carewrite....Carewrite....

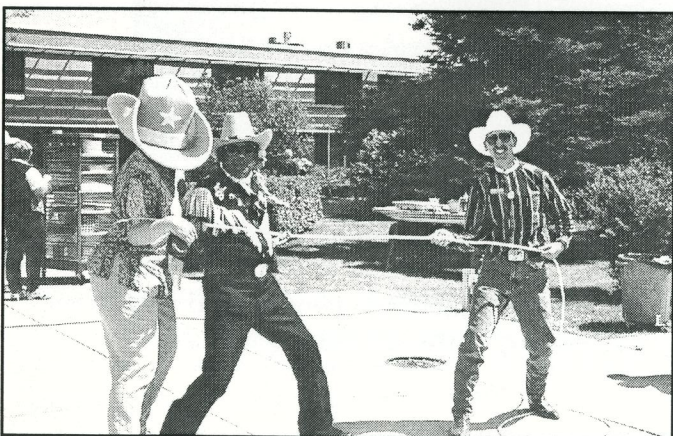
Flying flapjack!



## Stampede Happenings

Among the many social events that took place while the Calgary Stampede was in town, pancake breakfasts seemed to be the most popular. Here are just a few of the merry-makers at Carewest Sarcee's breakfast, and the brunch at Carewest Dr. Vernon Fanning Centre.

*The Fish Creek Rotarians added flying flapjacks to their own Breakfast Show.*



*Philip Costain nabs Jay Achal from Versa, and an unidentified buckaroo in a very large hat.*



*Darlene Weger, Pat Andersen and Marilyn Christensen have it all under control on Fanning's roof top.*

## FLASH BULLETIN...Shared Living Bungalow Approved

### Terrific News!

On July 20th, City Council approved Carewest's rezoning application allowing construction of the Carewest Shared Living bungalow in the Renfrew community. This will be a home for 10 younger adults with cognitive and physical disabilities. Congratulations to Barb Wilkinson, Miriam Winstanley, Harry Chetner, Dianne Nickel, (Executive Director, Fourth Dimension Group Home) and Ron Powers (President of the Renfrew Community Association) for giving top notch presentations at the council meeting.

Next step — official sod turning on August 28. Details to follow.

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## Day Hospital update -- Swim Program

For the past three years, Carewest Day Hospital has operated a swim program at Fanning Centre. As part of our mandate to promote client involvement in the community, this program provides beneficial therapy as well as an opportunity for socialization. Participants engage in stretching, water walking, balance, range of motion and strengthening exercises. We are

fortunate to be able to carry on our program in such a unique pool. It is maintained at a very comfortable 98 degrees Fahrenheit and is equipped with a hydraulic chair lift. We also consider ourselves lucky to have the ongoing support of our volunteer, Teresa Poirier, who provides timely assistance and a ready smile.

As part of the Day Hospital Program, we have one hour every

Tuesday designated as pool therapy. The Wednesday program was started three years ago to encourage activity in the community. It has been a huge success primarily due to Teresa's involvement and dedication.

We encourage anyone interested in volunteering in our one-of-a-kind swim program to contact Maggi Hunter, Physiotherapist at 230-6930 or Teresa Poirier, 280-9378.

- Maggi Hunter



I have volunteered for almost four years with Maggi's program of physio and pool in the Day Hospital. Being a volunteer at the Day Hospital gave me a chance to know the people and their needs. It would be nice to have another volunteer just to be there, not necessarily to be in the water. Sometimes, people need help to get their socks and shoes on, or assistance walking to the pool and getting out. I always think someday any one of us might need help ourselves.

Teresa Poirier

## MIKE TAKES PART IN CONFERENCE DEBATE

Taking part in a debate calls for research, logic and clear thinking. Executive Leader Mike Conroy got a chance to hone his skills at the Shades of Grey Conference held June 19, in Calgary. Mike, along with team member Gary Dickson, Liberal Health Critic were asked to debate the statement..."The health system should meet the costs of care for the older adult with dementia." Mike and Gary took the supporting side. Taking the opposing side were Dr. Ken Rockwood, Professor of Medicine at Dalhousie University and renowned researcher in

Alzheimer disease, and Dr. Chris Levy, Professor of Law at the University of Calgary and an expert in medical ethics.

Our 'sources' tell us that Mike and Gary were well organized, articulate and won the day. Mike based his arguments on law, ethics, Canadian values and economics. In summary, he stated that the Charter of Rights and Freedoms includes people with dementia. These people have the right to health services without discrimination due to age or disease. He also stated

that Canadian values would not tolerate denying appropriate care to those less fortunate than themselves — "anything else would be considered blatant neglect." To care for people with dementia calls for additional resources, not only to support informal caregivers, but also to improve treatment practices in all areas of the health system.

If you would like a copy of Mike's supporting arguments, please contact Communications. A lot of thought has gone into this work and it's well worth reading.



# Music Therapy

## ... Opening a new window to the world

"Music therapy is the very, very best therapy we have found for Margaret. She really responds to it," says Graham Ackerley, Margaret's husband of 49 years. "It gives her a whole new window to look out. There are songs that she hasn't heard in 20 or 30 years and she recalls them word for word. It is the only thing I know that promotes her memory, and it does it very effectively."

Graham tells me his wife fell down some stairs six years ago, broke her spine in three places, and suffered brain damage that resulted in dementia. She has been a resident of 2 West Fanning Centre for about a year now and had been responding very little — until Music Therapy began.

With therapy, Margaret can express herself and feel as if she is contributing to something, her husband says. He feels the benefits are beginning to seep into her daily life as well; she is more responsive and sometimes hums along to the TV and radio. "I can tell she is happy," he adds, "and it's a blessing for me too — I get glimpses of my-wife-that-used-to-be." Margaret was an extremely intelligent, creative woman who always loved music.

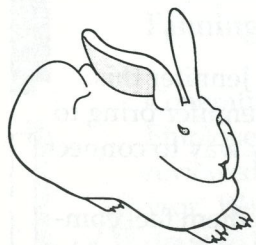


Margaret Ackerley, 2W Fanning, and Jennifer Buchanan, music therapist, enjoy each other's company.

I watch her one to one program with Music Therapist Jennifer Buchanan and can see for myself how much Margaret loves music. After we settle into a quiet lounge at the end of the hall, Graham sits down beside his wife's wheelchair, close enough to reach out and stroke her arm occasionally. Jennifer sits on a stool in front of Margaret and begins strumming her guitar and singing, softly, soothingly: "Beautiful, beautiful Margaret ..." Margaret's eyes are locked on Jennifer's. They smile at one another and seem to communicate beyond words. Jennifer continues to strum and sing old favourites and after 10 minutes or so, Margaret joins in, humming a few tentative notes, then a few more. Before long she is filling in a word or two, and then up to a few lines: "Daisy, Daisy, give me your answer do..." With Jennifer's help, Margaret taps out a short tune on a tone drum and begins laughing and conversing a bit with Jennifer. She smiles at Graham. She looks absolutely radiant.

"She is a beautiful lady," Jennifer says. She tells me that during their first meetings Margaret would just silently watch her. Now, six months later, she smiles, sings and makes relevant comments related to the music and to her husband sitting beside her.

- Please turn page for more....



Carewest George Boyack, 3rd floor, would like to introduce their newest team member "George". He's been with us since March 7, 1998, and brings a lot of joy and happiness to the residents, staff and family members. He likes to be held and loves it when people visit with him. The residents and I went and picked out this beautiful white bunny from the Calgary Humane Society, and named him together. As a team, the residents and staff clean George's cage several times a week, and he's taken out of his cage almost everyday and placed in a red wagon we have — this gives the residents, staff and family members a chance to visit with George as well as hold him — George and the residents love it. We also have family members bringing in veggies for George. All of 3rd floor welcome you George. So if anyone comes to visit at George Boyack, stop in and say hello to George on the 3rd floor.

- Donna Smith, 3rd floor, Carewest George Boyack



# Kudos and Bouquets

**To Randy Dick, Unit Clerk, 2nd floor, George Boyack.**

Carewest Continence Resource Nurses wish to extend a big thank you to Randy for his efforts regarding product management.

Randy has designed a system to track product usage and diligently monitors any over use. (We understand any efforts to hide extra product are quickly thwarted!)

Thanks, Randy. By doing such a superb job, you're helping us do ours.

Thank you to all the staff on 2 East Fanning. Again your caring and compassion for the residents of 2 East Fanning has been recognized by the families in the way of a donation. This has rewards both for yourselves and also for our residents who continue to live with us on 2 East. As Program Leader for 2 East I am very proud of all of you and your efforts to provide quality care to our residents.

- Myrna Deagnon, Program Leader,  
Carewest Dr. Vernon Fanning Centre

Further thanks go out to all the people who were involved with presenting and participating in the first five education sessions of our Capable Seniors Program. We now all know the basic principles of our program, and look forward to continuing education in the fall.

Jennie Hollings, Program Leader,  
Carewest George Boyack

*Many thanks to the following contributors for their stories, pictures and information for this issue of Carewrite:*

Philip Costain, Steve Ungerer, Susan Poynter, Jim Myres, Maggi Hunter, Teresa Poirier, Lyn Laverty, Myrna Deagnon, Jennie Hollings, Donna Smith, Miriam Winstanley.

To 2 East, Fanning Centre

Enclosed is a cheque in memory of my late uncle. Please use this small memorial to purchase a treat for the staff who gave Al such exceptional care. (If preferred it can be put to another use.)

Thank you for everything you did for Uncle Al and for Aunt Addie, too.

Sincerely,  
Leona Wasserman

## Music therapy *continued ...*

Jennifer's company, JB Music Therapy, runs a variety of programs for Carewest at Fanning Centre and Sarcee (programs are also available at Glenmore Park through a Music Therapy Internship program). All are designed to help residents who have Alzheimer disease and other forms of dementia. After brain damage, responses to music differ depending on where damage has occurred. Some people at first respond more to the words, others to the rhythm. In Jennifer's one to one programs, therapy is tailored to the resident's specific needs (this is the case with Margaret). Her group programs vary. There are three-member groups that meet regularly, and other impromptu groups where many join in the fun.

Shannon Robinson, a Music Therapy student from Capilano College in Vancouver, is helping Jennifer this summer. She shows me a large duffel bag packed with percussion instruments that she and Jennifer bring to their sessions. "People are usually eager to play along," Shannon says. "Music is such an easy way to connect."

Jennifer agrees. Music is something familiar and adored. It draws people together and helps them feel comfortable with one another. "It doesn't feel like therapy. It feels like — take me back to my living room and let me share my music with people I care about most."

-Theresa Smith, Communications



# News from Payroll & Benefits Administration

## Prescription Drug Dispensing Fees in Alberta

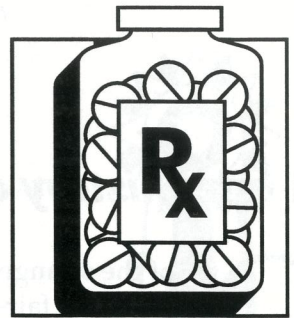
Dispensing fees represent approximately 25% of the total prescription drug cost to benefit plans. You may be interested in the following statistics.

In Alberta, the maximum dispensing fees are \$9.70 for drugs below \$75.00, \$14.70 for drugs costing between \$75.00 and \$150.00 and \$19.70 for drugs above \$150.00.

The averages below reflect the actual Alberta experience and are based on the dispensing fee submitted to Assure Health Inc. by pharmacies.

The averages based on January 1 - June 30, 1998 claims were as follows:

Calgary Co-Op	\$7.14	Shoppers Drug Mart	\$9.62
Canada Safeway	\$6.18	Super Drug Mart	\$9.18
London Drugs	\$4.78	Value Drug Mart	\$10.20
Medicine Bottle Drug	\$9.32	Wal-Mart	\$4.52
Pharmasave	\$9.78	Zellers	\$6.90
Real Canadian Super Store	\$4.12	Independents ( avg )	\$9.66
Save On Food & Drugs	\$4.20		



Please note that the averages may be higher than their usual and customary fee if the pharmacy charges more for expensive prescriptions. Dispensing fees are, of course, only one criteria in selecting a pharmacy.

*-Jim Myres, Team Leader, Payroll, Benefits & Scheduling*

## You make a difference!

The response to Carewest's "Thank you for making a difference" program is incredible! Co-workers, team leaders, suppliers, residents, and their families have all been submitting nominations for employees and teams they feel "Make A Difference!". We will publish some of the "Thank you's" in future issues of Carewrite.

AND NOW... FOR THE MOMENT WE'VE ALL BEEN WAITING FOR... the Employee Recognition Council has just completed the first "THANK YOU DRAW". The following employees or teams will receive a "Thank You" recognition award:

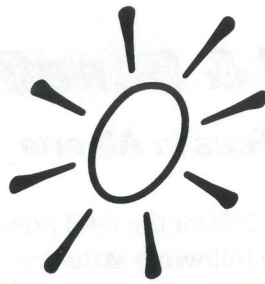
**Administrative Centre /Cross Bow**  
**Sarcee**  
**Glenmore Park**  
**Boyack**  
**Fanning**

Linda Townend, Helen King  
Audrey Duncan, Shirley Gordon  
Diane Kobe, Glenview East NA's  
Sylvia Rainbird, Eva Nusl  
Diane Wiesner, Nicter Chang

Congratulations to all of you! Award recipients will be receiving a selection form from the Employee Recognition Council very soon! The nominations we have already received will be reviewed by the Employee Recognition Council for Gold and Excellence Awards later in the year. We will need a fresh batch of "Thank You" nominations to choose from for the next draw so keep your "thank you's" rolling in!

*- Your Employee Recognition Council*





### A brief history of the sun tan

One of the strangest quirks of the early twentieth century was that, among fair-skinned people, a deep tan came to be equated with good health. This and other sun facts come from an intriguing article by Dr. Henry Randle in a recent issue of the *Proceedings of the Mayo Clinic*.

An early discovery of medical science, around 1870, was that sunshine could kill bacteria. (It did not occur to anyone that it might cause skin cancer, too.) In 1903 Niels Finsen, an Icelandic researcher, won the Nobel Prize for his use of sunlight therapy against infectious diseases. Sunbathing came into wide use to treat tuberculosis, Hodgkin's disease (a lymphatic cancer), syphilis, and wounds. The discovery of vitamin D, the "sunlight vitamin," reinforced the healthful image. And it is healthier to live in a sunny house on a sunny street than in a dark tenement.

Before the 1920s, propriety demanded that skin, particularly women's, be fully covered, so it hardly mattered if it was tanned or not. Then came bathing suits and short skirts. Notions of beauty changed. Maidens fair now yearned for a deeply bronzed epidermis — once the marker of farm laborers and fisherfolk. "The 1929 girl must be tanned," decreed Coco Chanel, as the stock market crashed. Pediatricians admonished mothers to let babies sunbathe. "Take off the baby's bonnet, uncover his legs and feet," advised one expert in the *Ladies Home Journal* in the mid-1930s.

Only gradually — as the skin cancer rate began climbing in the 1940s and turned into an epidemic by the 1970s — did scientists realize how damaging tanning is. Despite this growing knowledge, the first commercial tanning parlor opened in 1978, and now 2 million Americans visit tanning parlors on any given day. A recent survey showed that at least 10% of those using tanning lamps would do so even if they knew for certain it would give them skin cancer.

During the past 15 years scientists as well as journalists have worked to undo the tanning myth. The task of prying the word "healthy" away from "tan" will probably take a lot longer, and no one knows when the skin cancer epidemic will be reversed.

*University of California, Berkeley Wellness Letter, July 1998*

### 10 rules to save your skin

1. Avoid intense sun, especially between 10 a.m. and 4 p.m.
2. Look for a broad-spectrum product rated SPF 15 or higher.
3. For the greatest protection, get a sunscreen with titanium dioxide or zinc oxide.
4. Use a generous amount, not a little dab, and reapply it frequently.
5. Apply sunscreen at least 30 minutes before going into the sun to allow time for absorption.
6. Don't let even the strongest sunscreens give you a false sense of security.
7. Wear a wide-brimmed hat and UV-blocking sunglasses.
8. Apply a lip balm rated SPF-15 or higher.
9. Avoid sunburn like the plague.
10. Examine your skin on a regular basis.

*University of California, Berkeley  
Wellness Letter, June 1998*

### What's Cooking at Cross Bow?

Recipes are starting to come in for the Cross Bow Commemorative Cookbook. We are attempting to contact as many former staff as we can to invite them to participate in the project. If you or anyone you know is a former employee of Cross Bow, please telephone Sylvia Sherman or Catherine Harney at 267-2950. We have a September 30th deadline so don't delay.





## **Fanning Centre artists bring home awards from the Stampede**

Congratulations to all Fanning Centre residents who entered their handiwork in the Calgary Stampede Creative Living display. Your quality work shone among all the entries.

Two residents entered the city-wide competition with items they created at Indefinite Arts:

Debbie Simon - Painting

Eileen Johnson - Ceramic Cow Wall Clock

Nine residents entered the Nursing Home division competition with arts and crafts created here at the Fanning Centre.

June Owens - painting received Honorable Mention

Grant Golemlaski - painting received a third prize

Gerry Shellian - painting received a third prize

Barb Katzalay - doll received Honorable Mention

Helen Jankey - ceramic duck received Honorable Mention

Judy Deschamps - painting received Honorable Mention

Linda Park - painting received Honorable Mention

Maria Racioppi - pillow received a first prize

Joette Katterhagen - pillow received a third prize

We're proud to say we know these artists!! And, all of these articles will be on display in the west main display case on the main floor of Fanning Centre until August 10th. Be sure to drop by!

The Fanning Centre also won the runner-up prize in the extended care category, for decorating in a western motif as well as the western dress of employees.

*- Miriam Winstanley, Program Leader, Community Services & Liaison*



## **Volunteering at Day Hospital is a family affair!**

Volunteers are the life blood of most health care organizations, including Carewest. These special people bring the community at large into our sites and provide those 'extra touches' that make life more pleasant for both residents and clients.

Day Hospital staff salute two wonderful, long time volunteers, Howie and Marg Koskey. Marg joined the Carewest volunteer team in 1989, following her retirement from Woodward's. She was looking for new challenges, when she saw a sign in the Co-op store seeking volunteers. For almost ten years, Marg has volunteered every Thursday at Day Hospital taking part in knitting, crafts, reading, cards, games and most importantly as an eager listener to Day Hospital clients. As a special touch, Howie, former owner of Koskey Food Brokerage, donates countless candies for baskets made in the craft program.



*Marg and Howie Koskey in the kitchen with Doreen Pepper, Therapy Aide.*

Both Marg and Howie started volunteering as Stampede cooks in 1993. Their granddaughter, Jessica, who is a grade eleven student also helps during the summer months. "She really likes it," says Marg. Day Hospital staff say Marg and Howie are pros at cooking and always join the clients for lunch and laughter. Their Stampede spirit lives longer than one week, however. It lasts the whole year!

Marg notes that volunteering is good for both those who give and those who receive. "It's helped me enormously," she explains. "I get to know people who become friends and I like the staff very, very much."



## 5 lines free ink

In the responses to our Carewrite Customer Satisfaction Survey, staff requested a classified section in Carewrite. So... welcome to our once-a-month classified section. All ads need to be submitted to the Communications Department in writing, with the writer's name and phone number. We'll do our best to get your ad published!

## For Sale

Men's 21 speed specialized *Rockhopper* mountain bike, blue. Light weight aluminum, quick release catches, etc. Paid over \$1,500, asking \$695 or best offer. Call 286-0151 and ask for Shane.



*Congratulations to Violet Flanagan, Rt Cluster Sarcee, for winning 1st prize at the Calgary Stampede Creative Living display.*

The winners of the July 10th Page 8 contest are:  
 Sylvia Sherman, Administration, Cross Bow  
 Cindy Roberts, Reception, George Boyack  
 Bonnie Sturgeon, Food Services, Glenmore Park  
 Nora McMillan, N.A., 3, Sarcee  
 The correct location was the new Carewest Signal Pointe site.



*Miss Canada International visits with Harry Chetner, President of the Fanning Residents Council and resident Kylan Hunter.*

## Y-E-E-E-A-HOO!

### **Miss Canada International and her posse stop over at Carewest Dr. Vernon Fanning Centre**

The folks at Carewest Dr. Vernon Fanning Centre had a real treat when Brooke Ross, Miss Canada International, stopped by to meet and greet residents after her participation in the Stampede parade. We've heard residents and staff were most impressed with her friendliness and poise. Many thanks to Miriam Winstanley and Harry Chetner for escorting Ms. Ross.

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

*Submissions are most welcome.*

*Please e-mail Debbie Hayman or call  
 her at 267-2992. Fax: 267-2968.*