

Carewwrite

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



Debbie Bonneau, Assistant, Payroll & Benefits (centre) and her little friend Nikita Amundson lead one of the line dances.

Carewest Staff Family Barbecue -- June 19, 1999

Over 400 people turned out for this year's Carewest Staff Family Barbecue. The weather was great, and if June is anything to go by, that in itself is a notable event! People splashed in the pool, lounged on deck chairs and soaked up the sun. The Bridgeland Riverside Community Association cooked non-stop the entire afternoon and the food was delicious and plentiful.

Kids were bouncing on the Astro Jump, dancing the macarena, making crafts in the craft tent, riding the ponies, getting their faces painted, watching Art Moerle's Magic show, flying kites, doing a tug-of-war, chasing each other around with sword balloons, winning prizes and generally having a wonderful time.

The beer garden was popular and situated perfectly so mom and dad could relax with friends and still keep an eye on their children.

Thanks to the following people who helped plan the barbecue or volunteered on the day:

Sylvia Sherman, Christine Clements, Liz Sherman, Tanis Durnin, Wendy Farrance, Marilyn Christensen, Ann Gay, Sue Yaskiw, Rachelle Koch, Debbie Bonneau, Shelley Cogbill

Also thanks to all the people who helped with the clean up at the end of the day.



Carewest

Excellence and Leadership in Continuing Care

June 30, 1999

HAVE A GREAT SUMMER CAREWEST!

As the weather turns warmer (...well, sort of), many of us are looking forward to summer holidays, working in the garden, or day trips out of town. Whatever you have planned, I'd like to wish you a relaxed, safe and enjoyable time.

It has been quite a year — what with Accreditation, Y2K Planning, Town Halls, Education sessions, new programs and sites, and our day to day responsibilities. With everything that's happened, a rest is certainly well deserved. Even if you can't get away this summer, take time to 'smell the roses,' wind down a bit and soak up some sun. The City has a super calendar of events throughout the summer, so you don't have to travel far or spend a lot to enjoy the next couple of months.

Above all, please drive safely, we want you back. Have a great summer!

Mike Conroy
Executive Leader

CANADA DAY REFLECTIONS

In honour of Canada Day, we thought we would share this story with you.

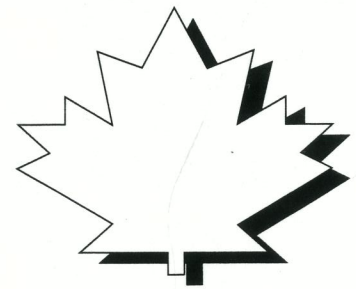
One of my fellow Carewest co-workers immigrated to Canada from El Salvador six and a half years ago. To respect her privacy I will call her Anna, though that is not her real name. Anna is a single parent of two sons age 17 and 23. Anna's home country of El Salvador has known much political unrest and violence.

Anna's father was a music teacher and musician, a gifted mandolin artist. The mayor of the town lived next door to Anna's father and invited him to entertain for a social function. The mayor offered to drive her father to the event. They never arrived. The mayor's car was car bombed and they both perished in the burned out wreckage. Her father was in the wrong place at the wrong time.

Anna's husband was not a political activist. He was a university student studying law and worked part

time for a local radio station. One evening as he arrived for work he was shot dead in the doorway of the radio station. Why...No particular reason, except he was in the wrong place at the wrong time! Anna's youngest son was an infant, only forty days old and the eldest six years, at the time of their father's death.

During the next few years, Anna had to guard her sons carefully, paying for a special bus to transport them to and from school. As they grew older she feared both the military of El Salvador as well as the guerrilla fighters. The guerrillas would commonly kidnap young male children and force them to become fighters for their cause and no teenage male was safe from the ever-present military. Anna's sons were never allowed to leave their home alone! Anna accompanied them everywhere! One day Anna and her sons were



walking down the street when members of the Salvadorian military accosted them. They grabbed her sons and said they were taking them to be soldiers. Anna pleaded that they were under age (the eldest not yet seventeen). She begged the soldiers for a long time and finally they agreed to let the boys go, for now, and told her to run home. Anna and her sons fled!

Anna told me "That was the day I decided we had to leave El Salvador." It took two and a half years but Anna and her boys made it to Calgary, leaving behind her only surviving family, a brother and elderly mother. This is Anna's story and no doubt there are others like it within Carewest.

July 1 is CANADA DAY. I hope everyone took a moment to express his or her appreciation and gratitude for this country we live in.

- Sylvia Sherman, Administration,
Carewest Cross Bow

Meet Ellie Smeets and Monique Smeets

“No, not sisters!”

Ellie and Monique are nursing students imported from Holland to spend some time working and learning at Carewest. They recently completed their work experience at Carewest Glenmore Park and are returning to Holland on July 7th.

They came to Calgary in January of this year after finding out about Carewest through a contact in Calgary who had previously placed medical students at Carewest Dr. Vernon Fanning Centre. Their first positions were on 2 West at the Fanning Centre, where they worked with capable seniors.



The girls picked Canada to visit because their families have been here before, and they heard about our fabulous scenery and all the things to do here in Calgary. They are both fluent in English, which is mandatory in elementary school in Holland. While in Calgary, they lived in the North Tower at the Foothills Medical Centre. They met many other students by living there and found it to be an excellent location.

Why continuing care? Ellie has worked in continuing care before, and her goal upon graduation is to work in home care. Monique has only worked in acute care and she was surprised by the amount of work involved in nursing continuing care residents. Her goal is to work in pediatrics, maybe in neonatal intensive care. While in Calgary, she was able to visit the NICU at Foothills to observe.

Ellie and Monique also had the opportunity to work with supportive pathways residents at Carewest Glenmore Park. They raved about the program and said it is very progressive, with enthusiastic staff who are really in tune with the residents. They thought the units were very home like and helped to contribute to that atmosphere by decorating the bathing rooms on Two South and Two East. Both students were presented with certificates for completing the supportive pathways modules.

From Calgary, Ellie and Monique are travelling to B.C. for some relaxation time. Then, they're back in Holland in time to graduate on July 9th with something similar to a B.N. (Bachelor's degree in Nursing). The school they will be graduating from is *Fontys Hogescholen Eindhoven*.

As they were the first two nursing students from Holland at Carewest, they are hopeful more will follow after their excellent experience here. They thanked Joan Magnussen for all her help with getting set up and answering all their questions. They said they are really going to miss the people here, especially their preceptors: Donna Czank and Gwen Nickle. "They were so cool and perfect. They were really interested in Dutch culture and taught us about Canadian ways. It takes a lot of time and energy to get used to a new place, and now that we're settled, it's hard to leave. Thanks to everyone in Carewest for all your help, especially Gwen and Donna. We will treasure our memories from our time here."

- Debbie Hayman, Communications

Kudos

From the Employee Recognition Council

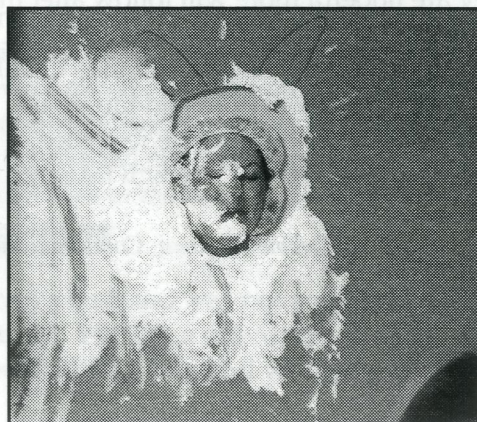
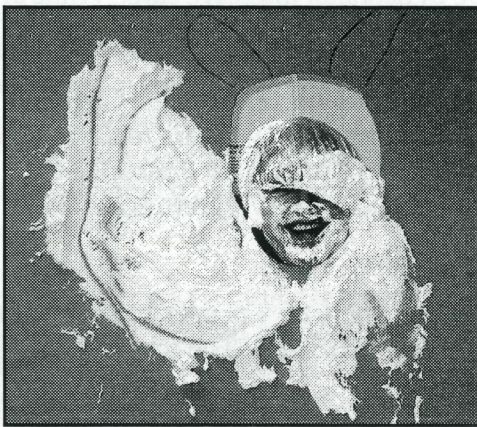
Here are some wonderful examples of the type of Thank-you's the Employee Recognition Council received in May. These two outstanding employees were recognized by Lloyd Grant whose father is a resident at Carewest Dr. Vernon Fanning Centre, 2 East.

To Gwen Brandsgard

I would like to thank Gwen for her continuous help and support to all the residents and family members in supportive pathways on 2 East. Words cannot express our appreciation for all that you do, there have been times when you didn't have any time yet you took the time. Gwen makes a strong personal contribution in helping people with therapy and exercise and makes them feel good again and more confident in themselves. She truly makes a difference. Some people just know from the start how to bring joy to another's heart. God bless you Gwen for being so special.
From Lloyd Grant

To Karen Gilmour

With heartfelt thanks Karen for all you do for the residents and family members on 2 East Supportive Pathways. Words cannot express our appreciation for all the special things you do. Karen makes a strong personal contribution in helping residents with therapy, exercise, walking programs, reading, word games, arts & crafts and her outstanding window paintings that add so much to the unit, and her expertise in the organization of special field trips outside the unit that the residents love so much and look forward to. Karen is somebody we can count on when we can't be there to safely look after the ones whom we love with the warmth and concern and the finest of care, and she is treasured far more than she will ever know. From Lloyd Grant



Stress busting, the Sarcee way!

On June 2, Carewest Sarcee held a health and safety fair. One of the highlights of the day was a stress buster pie throwing event. Staff paid \$1 per pie and had a choice of either Jim Townend or Cheryl Wyatt as targets. A total of \$30.00 was raised for United Way.

Wild and wonderful throwing resulted in whipped cream everywhere including the ceiling, carpet and stairs. Thanks to Bill Moss, Bert Mahan and Karl Suliman who built the pie throwing stand and who got out the putty knives to help scrape up the flying whip cream. Look for this event to be repeated at the Staff Stampede Barbecue.

Site Leader Jim Townend (top) and Team Leader, Food Services Cheryl Wyatt enjoying their whipped cream facials.

Meet Jane Cameron, another Carewest resident with a remarkable past

Working, living and volunteering at Carewest, we get to know people with some incredible histories. In our continuing profiles of these interesting individuals, we introduce Jane Cameron, textile artist.

Carewest Sarcee is home to artist Jane Cameron, a well respected artist whose tapestries have been shown across Canada and as far away as Germany. Her work has been showcased in numerous magazines and books on textile art. It hangs in the Esso Resources' Collection and the Museum of Civilization in Ottawa. Her artistic achievements are many as are her triumphs in swimming with the Special Olympics.



Jane Cameron with her Mom and a friend at one of Jane's exhibitions of her work.

Jane was born with Down's Syndrome, at a time when parents were told there was no hope of a normal childhood for these babies. Fortunately, Jane's parents decided she deserved better, and she was able to attend schools which practised that philosophy. While she was attending Le Fil d'Ariane in Montreal she was 'discovered' by Dr. Max Klager, a German Professor of Art and Education. Thanks to his interest, Jane's work was brought to the attention of the world, and she went on to have a very successful career as a gifted artist.

A profile of Jane's life was recently published in the magazine *Abilities*, May/June 1999 issue.

- Debbie Hayman, Communications

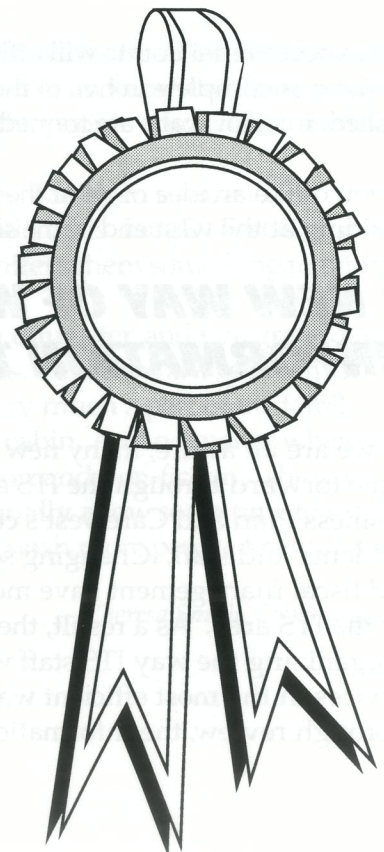
Carewest's Companion Care Program Wins B-I-G Award!

The Premier's Award of Excellence promotes and recognizes superior customer service and business practices in the Alberta Public Service. Carewest's Companion Care Program was entered in the competition as part of the New Models in Continuing Care Demonstration Project. Companion Care received a Silver Award which was presented at the Edmonton Convention Centre on June 21, 1999.

The Companion Care Program is for people who qualify for continuing care but prefer to live in private

homes. Community home owners go through training and open their homes to older people where they provide care and companionship.

Carole Marshall, Program leader, Community Services, oversees the Companion Care Program. She accepted the award on behalf of Carewest. It was quite an event, Carole says, with the Premier and several other dignitaries in attendance. Congratulations Carole and everyone else involved in the Companion Care Program.



Rotation Committee Update

In the January issue of Carewrite, we reported that the University of Calgary was working on a rotation generator project. The U of C professors have actually completed a significant amount of their work. It is now in the hands of a computer software designer to make it work on an IBM machine.

As a test, some raw budget data was given to the U of C staff to see what kind of rotations they can come up with. Once we get that information, the committee will review and make recommendations. There is still a lot of work to be completed as we start to understand the ins and outs of rotation design and how all the pieces fit.

It is still too early to tell but the initial results have been encouraging.

We will keep you posted.

Jim Townend, Rotation Committee Chairman

SPRING HAS SPRUNG – AND SO HAS CAREWEST SIGNAL POINTE

Take a drive by Carewest Signal Pointe (6363 Simcoe Road S.W.) and you'll see construction is well underway. Signal Pointe will be home for 48 seniors with Alzheimer disease and other types of dementia. In all, it consists of five bungalows, four of which will accommodate 12 residents each. The fifth six-bed bungalow will be for respite care, community information and day programs.



We expect Signal Pointe will officially open early in 2000. So far, all the concrete slabs have been poured and framing is complete in five of the homes. In the respite bungalow roofing is complete, windows have been installed, interior walls are framed and dry walling is underway.

If you'd like an idea of what the bungalows will look like (colours, roofing etc.) take a look at the maintenance building at the west end of the site. That should give you a good idea.

A NEW WAY OF WORKING AT ITS (INFORMATION TECHNOLOGY SERVICES)

As we are all aware, many new initiatives have come forward through the ITS area to support our Business Plan and Carewest's commitment to residents and staff. Changing service expectations and fiscal management have meant some changes for the ITS area. As a result, the department is reorganizing the way ITS staff work to provide services in the most efficient way possible. After a thorough review, the Information Resources area

will have a full time Technical Coordinator with Mike Hoff fulfilling the role. Mike's excellent technical skills and expertise will provide support for Carewest now and with future initiatives. Charlene McBrien-Morrison will take over supporting the administrative workload for the ITS area. If you have any questions in regard to this reorganization please contact myself.

*- Barbara Wilkinson, Service Leader,
Information Resources & Housing Development*

News from the Carewest Development Council

(a member of the Calgary Health Trust)

Continuing with our series of Council member profiles, we introduce Kathleen Clarke. The Carewest Development Council raises funds to enhance the quality of life for those served by Carewest.

Kathleen Clarke

... "Longterm care is where the focus is heading—and it's about time."

After obtaining a Business Administration diploma and a Bachelor of Nursing Science degree, Kathleen Clarke set out on a very unique career path in Healthcare Administration. She began by working for the City of Calgary Social Services as a counsellor to juveniles, and after that she became director of the Thornhill Family Day Home Program. A few of the many diverse positions and responsibilities that have followed this include acting as: Deputy Chairman of the Calgary General Hospital's board; Executive Committee member for the Calgary Regional Mental Health Council; member of Alberta's Public Health Advisory and Appeal Board; Chairman for the Calgary Citizens' Appeal and Advisory Committee; and a board member for Carewest.

In 1994 she was appointed as a member of the Calgary Regional Health Authority's board. After she left this position in 1998, she agreed to join the Carewest Development Council because she wanted to become more involved in longterm care. "Longterm care is where the focus is heading—and it's about time," she says. "Some acute care areas are very well looked after in terms of funding, and by comparison, longterm care has always seemed like the poor little country cousin. But that's changing, and not a moment too soon," she adds. "We all know the demographics, and the province knows it has to get going or it'll never be able to accommodate the people who will be needing longterm care in a few more years."

Carewest is leading the way in providing top-notch longterm care services, Kathleen says, and the fundraising role of the Carewest Development Council is vital in helping accomplish this. Fun(D) Fest is an example of an excellent way to raise funds, she says, "because it involves people and offers them something in return for their money. And it's a lot of fun!"

Family is important to Kathleen. She has two grown children, a son and a daughter, and two granddaughters ages five and nine. She likes to play an active role in her granddaughters' lives. Pets have always been an important part of the Clarke household too, and her two Standard Poodles are very much a part of the family.

Kathleen and her husband love to travel and spend time at their lakeside cabin. And no matter where she is, home or away, Kathleen loves to spend time reading. "I read everything—fiction and non-fiction," she says. "I'm up early and can't wait for the morning paper to arrive, now that my days finally allow some time to read it!"

Parting thoughts? "I can't speak highly enough about this organization. I wish more people knew about the wonderful, caring people here. It's extraordinary."

—Theresa Smith, Communications



EXPRESSION OF INTEREST UPDATE

Last December, the CRHA gave the go ahead for Carewest to advertise an 'expression of interest,' (EOI) in the newspapers. The purpose of the EOI was to invite an innovative and creative proposal to increase bed capacity in the region. As a result, several developers submitted proposals. Carewest has submitted its recommendations to the CRHA for approval. Stay tuned for more information as it develops.

Published and Presented

In *Horizon*, the Huntington Society of Canada magazine, Summer 1999 edition. *Living with HD, Calgary's Carewest Fanning Centre: Offering a Special Kind of Programme.*

- Loretta Young, Huntington's Society



More from the Carewest Staff Family Barbecue, 1999

Mascots visited and games on the grass were played. Everyone found something fun to do.



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