

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

## Sarcee gets in the Olympic Spirit!

There was excitement in the air as 12 competitors took up the challenge in the Carewest Sarcee Winter Olympic Biathlon. The course was laid out along the outer perimeter of the dining room and auditorium. A total of seven targets were spaced out along the route. Each resident was equipped with two, five-shot dart guns and aided by a staff team mate. The participants had to hit each target before advancing to the next firing position on the course. It was a timed event with the fastest time advancing to the medals. Accuracy was also key to success in this event. The first shot at each target was free. Each additional shot cost the competitor 10 seconds. Our judges watched closely and after carefully tabulating the results, our medal winners were chosen.



*The medal winners!*

Gold Medal winner - George Wilson assisted by Sarah Graham and Olivia Monarrez

Silver Medal winner - Bob Butler assisted by Szusanna Kingsbury

Bronze Medal Winner- Gordon Burns assisted by Leanne Gelinis

*For more, please see Page 8.*

## March is ...

Asthma Awareness Month

Help Fight Liver Disease Month

National Kidney Month

Nutrition Month

Red Cross Month

**March 6, 1998**

### What's Inside...

Mike would like to know.....  
Kudos & Bouquets.....  
Name that project contest.....  
Staff profile.....  
Nutrition Month.....  
Wellness Fact.....  
Foundation File Facts.....  
Club 36 at Cross Bow.....  
Olympic Send Off.....



# CLUB 36 AT CROSS BOW

CLUB 36 at CROSS BOW is a Carewest/Alzheimer Society of Calgary joint venture offering an Adult Day Program for people with Alzheimer disease or related dementia. Cross Bow provides a temporary location for CLUB 36 until the construction of the new Carewest Alzheimer House is completed. At that time CLUB 36 will relocate to the new building.

The Cross Bow Club is an off shoot of the original CLUB 36 operated by the Alzheimer Society of Calgary for the last 10 years. The name CLUB 36, as they prefer to be called, comes from the publication "36 HOUR DAY" by author Mace; a tongue in cheek title to describe **one day in the life of a Care Giver!** The

Cross Bow Club has been in operation since November of 1997, offering services two days a week, Tuesday and Friday from 10:00 a.m. to 4:00 p.m. in the Day Service area. Tuesday is Ladies' Day and Friday is for the gentlemen club members.

The Club mission is to provide success oriented experiences in a warm, safe, and secure environment and to provide much needed respite for the caregivers.

Programs focus on activities of daily living, including in-house cooking opportunities, light housework, arts and crafts, coffee and conversation, reminiscing through old photo albums, viewing old classic movies, and occasional guest

entertainers.

Integration with the community is encouraged through day trips to museums, shopping centres and various other venues.

CLUB 36 membership at Cross Bow currently stands at nine members with openings for an additional nine members. Referrals are accepted through CRHA Home Care or the Alzheimer Society of Calgary.

CLUB 36 is hosting a **SPRING TEA on April 21, 1998** and all are welcome to drop in for a visit and a cup of tea. See you there!

- Sylvia Sherman  
Cross Bow Administration

## ANNOUNCING!

### New Program Leader for Fanning

I am pleased to announce that we have a successful candidate for Debbie Lee's position. The new Program Leader will be Christie Lenz. Christie comes to us with a range of experience in nursing, staff education and management. Most recently she was Director of Care at the Mayfair Care Centre. Christie will begin her employment with us March 16, starting with Carewest Orientation. Please join me in welcoming her to Carewest and the Fanning Centre.

- Joan Gilmour, Site Leader, Fanning

### Social Action Group

The Social Action Group is hosting the monthly meeting of Amnesty International, Groups 2 & 57 Calgary:  
Thursday, March 19, 1998  
7:00 - 9:30 p.m.  
Second Floor meeting room,  
Carewest Dr. Vernon Fanning  
Centre

There will be a video presentation about human rights in Peru. Coffee & donuts provided.  
**ALL WELCOME!**

### Capable Seniors

Information sessions presenting an overview of the Capable Seniors Program have begun in preparation of The Program Launch. Look for notices in your site for dates and times for sessions for residents and families and sessions for staff. Program Leaders in this Program will be pleased to answer any questions you might have.



## Staff Profile

### Alison Mitchell – One L of a Lady!

Alison Mitchell is “one L of a lady”. She tells me so herself. Of course she’s only joking about the spelling of her first name – one L, not two – but I’m referring to a whole lot more.

Alison has been an RN at Carewest Glenmore Park Day Hospital for nine years. The job gives her the opportunity to draw on all of her previous nursing experience as a medical surgery instructor, family practice nurse and home care nurse.



*Alison and Day Hospital client Pat Atkinson*

The most rewarding part, Alison says, is “having the opportunity to be invited into the circle of care that is part of every person in the community.” She works closely with the client’s family members, home care coordinators, family physicians, pharmacists, and church or community groups. “And it’s also a very, very unique opportunity to work closely with other disciplines,” she adds. Within Carewest, she works alongside other professionals, such as physiotherapists and occupational therapists, and enjoys the close link they have – everyone working together.

Complementary medicine, including reflexology and Compassionate Touch, also interests Alison. She would like to incorporate more of it into her role at Carewest. In order to fully understand and help people, she says, we must recognize the importance of the body-mind-soul connection.

Alison has wide-ranging interests outside Carewest as well. She and her son are on the board of the Canadian Electric Wheelchair Floor Hockey League. She also bikes, skates and belongs to the Weekend Hikers. During quiet times, Alison loves to curl up with a good book.

With so many interests, what is the essence of Alison? She laughs, then stops to reflect on the question for a few moments. “I guess I’d like to be remembered for being caring, for being a good advocate for people with disabilities – and not just in Day Hospital, but in the community as well.”

Alison Mitchell is definitely “one L of a lady” and Carewest is fortunate to have her as part of the team.

*- Theresa Smith, Communications*

On Saturday, February 28th, an Information Open House was held at the Signal Hill Library to provide information about the Carewest Alzheimer House. A table top model of the building along with several artist’s renderings helped to show how the Alzheimer House will look and how it will blend into the surrounding community. Barb Wilkinson, along with several members of the Project Team, and other Carewest staff, were present to help answer questions from the visitors. Look for the Sod Turning ceremony to happen this June!



### Plain Word . . .

In a word—it’s 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. Gale
2. Foliage
3. Provoke
4. Vestibule
5. Uncanny
6. Incrustation



## Mike would like to know ...

### ***"Why have you chosen to work in continuing care?"***

Once a month, Mike Conroy, Carewest Executive Leader, asks a question for staff members from each site to answer. This is an opportunity to express your thoughts and feelings on a number of topics.



"I enjoy working with the special needs elderly. The challenges are often what bring the rewards. Most times, I feel contented at the end of the day."

- Helen MacDonald-Bohan,  
Recreation Therapist, George Boyack

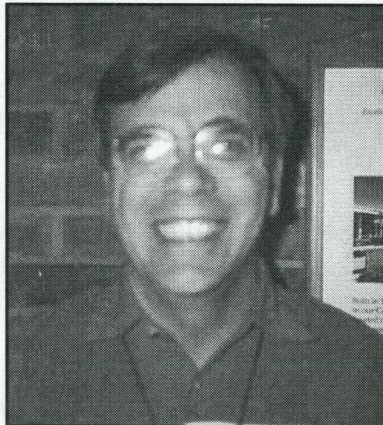
"I like Continuing Care, and Carewest has been a good company."

- Sabina Maye, Activity Convenor,  
Fanning



"I love one to one visiting and a sense of community. Long term care provides both of these. Pastoral care is my greatest gift."

- Rev. Arnie Chamberlain  
Sarcee

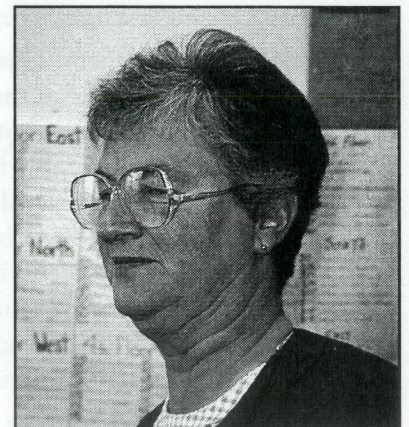


"Being my first nursing position it was a challenge, but it has given me a deeper understanding of the residents and their families. I am able to provide the dignity and respect these residents need in our society."

- Gwenda Chapman, Staff nurse, 2nd  
floor, Cross Bow

"I enjoy the many opportunities and personal contact with the residents, their families, and other staff that comes with food service delivery in a continuing care setting. It is far more than the service of three meals a day but also the extra activities and special functions we are able to plan for. It may be a special birthday, nutrition month, stampede barbeque or a Christmas Gala. It is not just a name tag attached to a diet card but a friendly face, smile and direct feedback from knowing the residents nutritional needs which make up the rewards of working with seniors."

- Margaret Brausse, Team Leader,  
Food Service, Glenmore Park





# Olympic Send-off, Sarcee Style!

Well, the big day had arrived. On February 6, the people here at Sarcee celebrated the opening ceremonies for the Nagano Winter Olympics. For only a dollar, the executives of the volunteer committee made delicious ice cream floats. Along with the ice cream, Canadian pins were handed out and people were able to enter their names into a draw for some funky Olympic watches. There was also a nice display with a photo of the Calgary Olympics pins, and none other than our friend George Wilson selling raffle tickets. There is no better way to pump up the Olympic spirit than to sing "O' Canada." With mini Canadian flags donning the tables, one could not help but feel a little bit patriotic. Hopefully, everybody had the chance to watch the opening ceremonies which for sure will be a lasting memory for the next four years.

Special thanks to the Sarcee Volunteer Association for hosting this event. We would also like to thank McDonalds for donating the Olympic watches for door prizes. Congratulations to our prize winners!

Harold Forsythe - unit 1  
Allen Blackwell - unit 2  
Bev Rosia - Education  
Ann Zaruby - Unit 3  
Brooke Dobs - Visitor  
Ruth Spady - unit 2  
George Rolling - unit 3 rt  
Sandy McMeeken - Palliative Care

VinceWalsh - unit 3 staff  
Freda McFadyen - unit 3 rt  
Billie Billings - unit 3 rt  
Helen Starker - unit 3  
Juanita Brooks - unit 3  
Maureen Fitzpatrick - unit 3 rt  
Maez - Housekeeping

- Seng Southichack, Sarcee

*Catheryn McCallum wins  
award for "most improved",  
with Szusanna Kingsbury*

## Sarcee Olympic Biathlon continued...

Other competitors included:

Bob Boyd -Top Camera man  
Hilda Newton- Top Female  
Helen Stevens - Top Blonde  
Frank Weldon - Top Electric Driver  
Erna Bauer - Top Sportsperson  
Catheryn McCallum - Most improved  
Fannie Graham - Top Giggler

I wish to thank all our participants for joining in the fun. Thankyou also to our Judges, Beth Mezzaros, Cathey Sharp, and Marrion Elliot for their support and energy, and good eyesight.





# Kudos

## Thanks from the Heart

I want to say thank you to all Carewest staff for remembering me when I was ill. Little did I realize when I took March 14, 1997 off as a vacation day that my life would change so completely and forever.

The biggest change was to stop smoking. This was hard but not as hard as handling the pain that attacked my jaw and crushed my chest. Whenever I think about cigarettes I think of the pain.

The second change was exercise. Previously I did very little. Now I can climb a hill, walk a treadmill for 40 minutes or longer without gasping for air, walk considerable distance without stopping to inhale air.

The third change was eating. Gone are MacDonald's Egg McMuffin, Carewest's Pina Colada muffins, and those delicious big fat juicy hot dogs that we have had a few times. No more french fries (except what I bake in the oven) or butter. I have overhauled my way of living.

I can't tell anyone not to smoke, or to exercise or to eat differently, but I can sure tell you I feel a lot better for changing my lifestyle.

I especially want to thank Diane, Kathy, Sue, Cheryl, Hanna, Audrey and Kathy Belanger for all their understanding and help during this past year. This is a great group to work with.

*Gladys Aiuto, Finance*

Thank you to the following residents at George Boyack, and to Helen McDonald-Bohan, recreation therapist, for all their help with a recent mailout.

Jessie Adair  
Connie Brockhurst  
Burton Wilson  
Dorothy Tester  
John Lipka  
Doris Laing  
Katie Biesel  
Marjorie Seton  
Mary Boyd  
Marjorie Heideker  
Hans Rasmussen  
Ray Branton  
Frances Wood  
Kay Goldie

*- Debbie Hayman and  
Phyllis Konrad,  
Carewest Foundation*

A very big thank you to Karen Woods and all the Infection Control site nurses for their help and expertise in handling our Influenza outbreaks over the past month. Thanks are also due to Gail Coates for her communication and computer skills. Karen Woods deserves an Oscar for her TV News appearances.

*- Len Aldridge, MD, Medical  
Director*

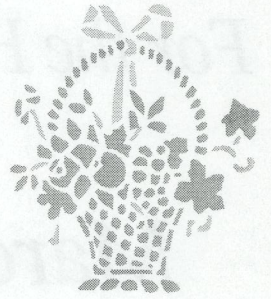
*We concur!*

Kudos to Marg Marlin, Margaret Bates, residents and staff for their recent assistance with a last minute CBC News visit to Cross Bow. Not only was the visit a last minute request, but they had to do it at lunchtime! However, things ran smoothly, and Mike's interview went well too. Way to go Cross Bow!





# Bouquets



To All the staff at Sarcee

Thank you all for your kind expressions of sympathy over the passing of my mom, Ida Forsythe.

My mom thought she was in a "high class hotel" at Sarcee; a nice room, her hair done when she wanted and great meals.

She had friends around every corner and could always find someone for a quick chat. The receptionists kept her in and there were people who took her out.

Mom loved music and there was lots of that. She especially loved the sing alongs and the entertainers always seemed to know enough to strike up a rendition of "Ida, was there anyone finer..."

Mom knew her dear Harold was well looked after. Knowing how they felt about each other, staff were always making sure they would have their time together, even candlelit dinners.

There was a lovely garden to sit in, often fresh flowers on the tables, real china for tea, and always a nicely set table. Mom's visitors were always treated as special guests.

Mom loved how clean everything was, and how she had to just point her cane at what she wanted and someone would meet her wishes. She always had fun with the staff, from those who danced with her at the parties to those who lovingly rubbed her feet at night.

Mom had Lyn Ann who made sure that all her needs and more were met, with the help of the marvellous Red Cluster team.

And, in her last few moments, she had Monica who I can't thank enough for being there - in our place - and easing her transition.

*Sincerely, Ruth*

To 2 South Glenmore

I shall always feel that you are all part of my extended family for you gave me unlimited support and kept me strong and sure.

As for my beloved husband, Isaac, I shall always remember your gentle, loving, dignified care and each day of my visits I would walk away thanking God for this.

Also my family's deepest gratitude to the nurses who made my husband's last moments so comfortable and more bearable for us.

Sometime, in the near future, I hope to get a southwest support group organized for caregivers -- I plan to dedicate this group to "2 South" our unsung heroines.

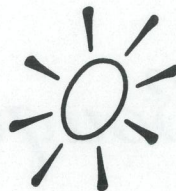
*Sincerely, Sylvia Hochman & Family*

Congratulations to Michelle Wapple (formerly, Faber), Staff Scheduling Assistant who was recently married in St. Thomas, Virgin Islands. A long-time employee of Carewest, Michelle extends a special thanks to the Scheduling/Payroll Department for all their support -- and providing lots of fun before the big event. All the best from all your friends at Carewest, Michelle!

For a sand and surf picture of the Wapples, please turn to page 10.



For the Health of It . . .



# March is Nutrition Month & The Nutrition Tip of the Day is..



Be Realistic. Make small  
changes over time in what you  
eat and the level of activity you  
do. After all, small steps work  
better than giant leaps.  
It's All About You!

## Wellness Facts . . .

### A BALANCING ACT

If you're trying to lose weight, it certainly helps to exercise more. But most studies that evaluate the roles of dieting (that is, reducing calorie intake) and exercise in weight loss have found that most of the benefit comes from the diet. To lose one pound, you would, on average, have to jog about four miles every day for a week, or else cut your calorie intake by 500 a day for a week. For most overweight people, the exercise would be harder than dieting, at least at first. But combining the two may be easiest: jog four miles *every other day* and cut your calories by 250 a day and you'll lose that same pound in a week. Adding exercise to a low-calorie diet not only burns more calories, but also helps prevent the loss of muscle mass and the drop in metabolic rate that usually accompany dieting. And once you're at your desired weight, exercise is an excellent way to stay there and *prevent future weight gain.*

- Taken from *The University of California at Berkeley Wellness Letter*, March 1998

### The Plain Words

1. Strong wind
2. Leaves
3. Stir up, Excite
4. Front hall
5. Mysterious, Not normal
6. Scab



# NAME THE ALZHEIMER HOUSE CONTEST!

***Attention: All Carewest staff members!***

We're looking for a new name for our Alzheimer House to be built in the Signal Hill area of S.W. Calgary. Can you help? Your suggestion for a name could win a weekend for two at Banff's Rimrock Hotel, courtesy of Laird Polson Architects.

All you have to do is charge up those creative juices, jot down your suggestion below and drop it off in the **NAME CONTEST** box at the reception desk at your site. The contest closes ***Friday, April 3, 1998.***

Watch for the winner and the winning name in Carewrite in April.

**Remember....All suggestions are welcome!**

For further information, please contact Debbie Hayman in Communications at 267-2992.



Name: \_\_\_\_\_

I work at (site): \_\_\_\_\_ Department: \_\_\_\_\_

I think the Alzheimer House should be called: \_\_\_\_\_



Michelle (Admin Centre - Scheduling) and Patrick Wapple married February 23, 1998, St. Thomas, U.S. Virgin Islands



*St. Patty's Day will arrive before the next issue of Carewrite, so send us your pictures and reports of any leprechauns visiting your sites!*

*On Tuesday, February 24th, Cross Bow had a party! The Geritol Jivers (pictured here) provided the musical entertainment.*



In the last issue of Carewrite, Page 10 had a "Name this face" contest. Response was overwhelming! Everyone seemed to know it was Paul Rushforth, C.E.O., C.R.H.A. The first six correct callers were: Cora Parreno, C.S.R. Fanning; Joseph Sia, Food Services, Boyack; Liz Sherman, Scheduling, Admin Centre; Lee Armstad, 2W, Fanning; Sean Tourout, Food Services, Boyack; and Mariata, Day Hospital North. Each winner will receive a free lunch at the centre of their choice (honestly - the certificates are in the mail!).

No contest this week! Look for something unusual next time though!

*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.*



# Foundation File Facts

*from the Carewest Foundation*

## **Carewest Residents Art Show**

There will be an art exhibition featuring paintings done by Carewest residents at all our sites on Wednesday March 18, 1998 from 11:00 a.m. to 3:00 p.m. at the Fanning Centre Coliseum. This art show is organized by the five Carewest Activity Convenors for the Art Partnership Program. This painting program is offered at all Carewest sites by the Carewest Foundation in partnership with the Alberta College of Art & Design and Petro-Canada. Don't miss this opportunity to view these wonderful art works.



## **3rd Annual Carewest Fun(D) Fest**

The preliminary planning is beginning for our Carewest signature special event – the 3rd Annual Carewest Fun(D) Fest! The date is Saturday, September 26, 1998 at our new Carewest Royal Park. The theme will be “a hard hat gala.”

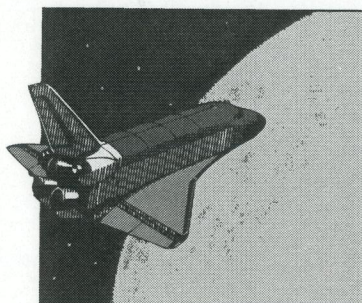
The list of volunteers is growing so if you want to join in, please call Robin or me at 267-2986.



### **WATCH THIS SPOT IN THE NEXT CAREWRITE FOR EXCITING NEWS!**

- ◆ \$\$ raised this year
- ◆ what these generous donations enabled us to purchase for Carewest
- ◆ fundraising needs for this year

*- Phyllis Konrad, Executive Director, Carewest Foundation*



## **WE'RE LOOKING FOR A NEW NAME FOR THE IMS PROJECT**

### **...CAN YOU HELP?**

As Charlene McBrien-Morrison, Leader, Information Management, reported in the January issue of Carewrite, Carewest is developing a state-of-the-art system to store and retrieve information and data. This will help us to be more efficient and reduce the paperwork that's part of care delivery. While Carewest as a whole will benefit from the IMS project, it will be especially helpful for our nursing staff. Resident Care Plans will be

automated so more time can be spent at the bed side, instead of charting by hand.

Charlene's team have been calling their work the IMS Project — which is rather b-o-r-i-n-g. They would like to find a much more dynamic, exciting name which reflects the purpose of the project — efficient, forward thinking, high tech etc. etc. Other organizations have used names like Startreck, Project Enter-

prise and Voyager Program. The name doesn't necessarily have to be space age, as long as it's dynamic!

Charlene and her team are holding a competition for a new name for the project. Please send your suggestion to Charlene before noon on Friday, March 20th and you could win a gift certificate for dinner for two. You can reach Charlene at 267-2919 or by e-mail.



