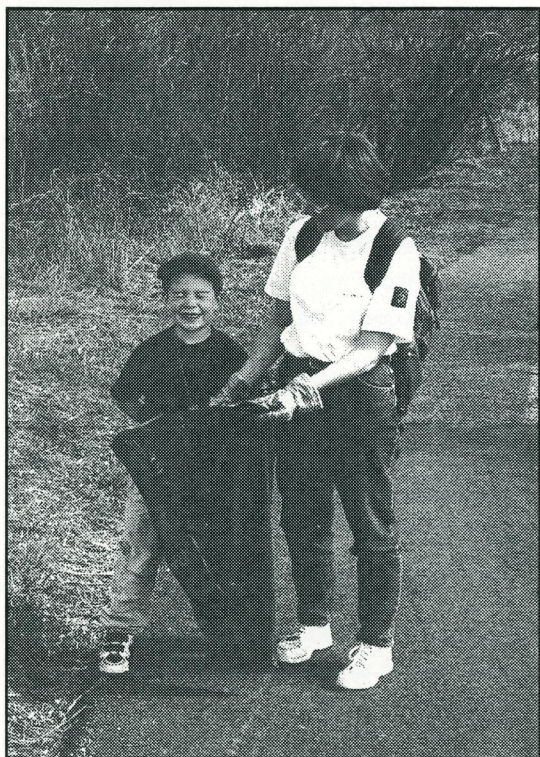


Carewwrite

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

CAREWEST SHOWS COMMUNITY SPIRIT

Thank you and thank you again, to all the people who kindly gave a few hours of their Saturday morning (May 1st) to help with the Renfrew Community Association clean-up. Renfrew, located between Dr. Vernon Fanning Centre and the Administrative Centre, is the future site of Carewest Nickle House, our newest facility for younger adults.



Miriam Winstanley, Program Leader, Community Services & Liaison, assists her son Evan with the pick up.

Recently, the Renfrew community put out a call for volunteers to help clean up the hill overlooking Deerfoot Trail. About seventy people showed up including several people from Carewest. We wore our Carewest T-shirts and pitched in — and I must say we looked pretty good!

Getting involved with communities that border our sites is important. We want people to know that Carewest is more than seven buildings situated in various neighborhoods. We are fully participating, responsive and supportive community members. After all, this is what *community linking* and *partnerships* are all about. And most importantly, the people who benefit are Carewest residents and clients. Keep up the terrific work Carewest!

Mike Conroy
Executive Leader

May is ...

Better Hearing and Speech Month
Huntington's Disease Awareness Month
Multiple Sclerosis Month
Cystic Fibrosis Month



Carewest

Excellence and Leadership in Continuing Care

May 7, 1999

SARCEE SITE LEADER JIM TOWNEND PLANS FALL RETIREMENT

Jim Townend recently announced his retirement from Carewest effective October 8, 1999. We'll have more information about Jim and his time with Carewest in a later issue. In the meantime, we do know that Jim is looking forward to spending time with his granddaughter and soon-to-be newest grandchild. Although, sadly for us, Jim will be leaving Carewest, the Townend name lives on. Jim's wife Linda is a Team Leader at Carewest Cross Bow.

INFLUENZA MANAGEMENT PROGRAM SCORES TOP MARKS

Last winter's flu season could have spelled trouble for continuing care in the region. Thanks, however, to a lot of hard work, the flu management program was an unprecedented success, notes Dr. Quail, Division Chief, Dept. of Family Medicine, Continuing Care.

Nursing and pharmacy put in countless hours of preparation that was largely responsible for the success of the flu prevention program, notes Dr. Quail. "Our sincerest thanks to your staff, and commend them for a job well done!" Plans are underway for the upcoming flu season.

Be sure to mark your calendar and 'come on out' to a Town Hall meeting. Hear the latest about what's happening at Carewest. Bring your questions as well!

Town Hall Sessions - Spring 1999

May 10	10:30 a.m.	Fanning	Staff	Conf Room 1
May 12	3:00 p.m. 6:15 p.m.	George Boyack Fanning	Residents Residents Council	Chapel
May 17	7:00 p.m.	Sarcee	Families/Residents	Chapel
May 18	11:00 a.m.	Admin Centre	Staff	Staff Lounge
May 25	2:00 p.m.	Glenmore Park	Staff	Heritage Room
May 27	2:00 p.m.	Cross Bow	Staff	Staff Lounge
May 28	1:30 p.m.	George Boyack	Staff	Chapel
June 4	2:00 p.m.	George Boyack	Staff	Chapel

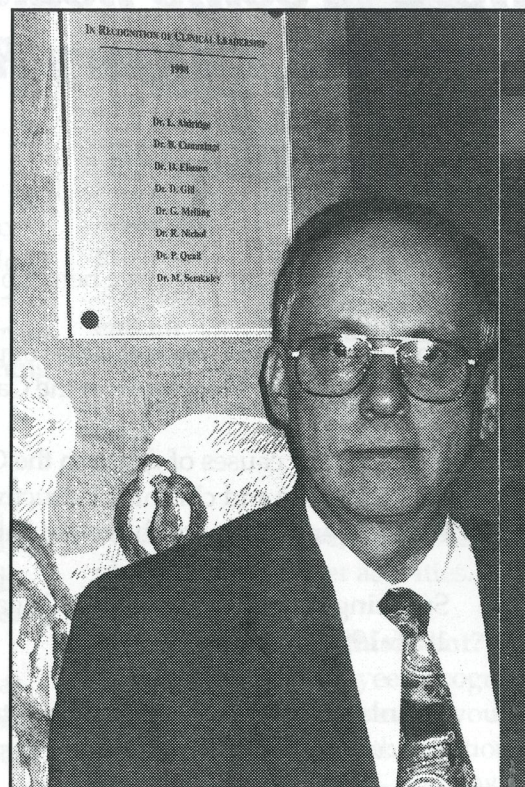
Dr. Len Aldridge

— another award winner from Carewest

Dr. Aldridge is a popular person on the Carewest scene where he's worked for about 23 years. He is the Medical Director for Carewest.

Medical Director is just one of many hats Dr. Aldridge wears in his very busy professional life. He is also an Assistant Professor in the Department of Family Medicine at the University of Calgary, and maintains a private practice in family medicine. Not only does Dr. Aldridge have overall responsibility for the medical staff associated with Carewest, but he also has a patient caseload, mostly Carewest George Boyack and Carewest Dr. Vernon Fanning Centre residents. Many of the residents he visits have been with him for years.

Dr. Aldridge was recently awarded the *Continuing Care Physician of the Year* award. Each year, the Continuing Care Medical Staff Association recognizes one of its peers for outstanding work in the field of continuing care. There are currently two hundred members in the Association. Dr. Aldridge confided that he was quite surprised by this recognition, but his peers obviously thought him worthy.



With his teaching position at the University of Calgary, Dr. Aldridge is able to teach students who come his way, a little bit more about geriatric medicine. The actual geriatrics component of their family medicine training is fairly small, and unfortunately not seen as a high priority in clinical rotations. When Dr. Aldridge was a student, his interest in the field was generated by a physician with whom he trained.

When he started his practice in 1971 here in Calgary, half of his patients were elderly. In 1976, Carewest appointed Dr. Aldridge Medical Director of George Boyack. He then went on to become Chief Medical Director at Glenmore Park and Cross Bow. Just to demonstrate how forward thinking Carewest is, Dr. Aldridge was once offered the opportunity to return to school and take four years of training to become a geriatrician. Circumstances at the time did not allow him to take advantage of this offer, however his long association with Carewest demonstrates a strong commitment to care of the elderly.

When asked about his hobbies, Dr. Aldridge mentioned that he doesn't golf; with his schedule, he should be putting his feet up and having a cool one now and then. Dr. Aldridge and his wife Barb are very proud of their four children and the things they're doing. One daughter is a pharmacist in the U.S.A., another is an oil and gas accountant, a son is working on a Ph.D. in Zoology in Manyberries, Alberta. The youngest daughter is still at home, working in Calgary.

Congratulations Dr. Aldridge on being voted the *Continuing Care Physician of the Year*.

- Debbie Hayman, Communications

Here is some healthy Food for Thought from the Calgary Regional Health Authority

Facts About Tobacco Use

- ◆ Tobacco use is an addictive behaviour that damages health status and quality of life.
- ◆ Tobacco use is the leading cause of preventable disease, death and disability in the Calgary Health Region. In 1997, at least 524 people in the Calgary Region died prematurely from the direct effects of smoking.
- ◆ The top four causes of death in the Calgary Health Region are smoking-related diseases: heart disease, lung cancer, stroke and chronic obstructive pulmonary disease. Smoking also contributes to many respiratory diseases and to low birth weight babies.
- ◆ Smoking-related diseases cost Calgary's hospitals an estimated \$30 million for inpatient expenditures in 1996-1997.
- ◆ Population studies suggest that restricting or banning smoking in the workplace reduce cigarette consumption among those who continue to smoke.
- ◆ Tobacco use has been proven to cause premature death and disability from cancer, heart disease and pulmonary disease, not only for smokers but also for those exposed to Environmental Tobacco Smoke (ETS) or second-hand smoke.
- ◆ About 35,000 potential years of life are lost each year because of tobacco use in Alberta.
- ◆ Tobacco use costs the Alberta economy an estimated \$729 million a year or nearly \$300 for each person (based on 1992 data). This includes \$216 million for direct health care, indirect health care related costs, reduced productivity, lost income and property damage.
- ◆ The 1995 General Social Survey found Alberta to have the highest rate of smoking in Canada among young women aged 15 to 24 years (48%).
- ◆ A number of studies have compared employers' costs associated with smoking and non-smoking employees. Tobacco users have above average outpatient medical care costs, higher average insured medical costs, more hospital admissions, and longer average length of hospital stay.

*****Did you know? May 31st is World No-Tobacco Day*****



CAREWEST FAMILY BARBEQUE

DON'T MISS THE FUN THIS YEAR!

Where and When?

June 19, 1999 from 1:00 to 4:30 pm
at the Riverside Bridgeland Community Center on McDougall Road (down the road from the Carewest Administration Center.)

I work on that day, will I miss out on the food ?

Don't worry, the cooking is non-stop all afternoon. You can come and chow down before or after your shift.

I don't have children, should I still come?

Yes, we are all kids at heart. Don't miss an opportunity to socialize with all the great people you work with. There will be food, music, prizes and of course the Beer Garden!

What kind of activities are planned for the children?

There will be a bouncy castle, face painting, two magic shows, balloon animals, cartoon mascots, organized games, a craft tent, ponies from Butterfield Acres, heated swimming pool, prizes, and dancing.

Do I have to pay?

The event is free of charge. However, we require a cheque deposit of \$5.00 per person which is refundable at the door. If you don't attend, you forfeit the deposit, rain or shine. This deposit is so the Riverside Bridgeland Community center can order the right amount of food.

Where do I get tickets?

Tickets will be sold from Wednesday May 12th to June 9th, at the main reception area at your site.

Please write your name on the ticket stub to enter a draw for a wonderful door prize.



What about the weather? We've planned undercover activities.

Who is sponsoring this event?

The Carewest Employee Recognition Council. Please contact your site representatives with questions.
Fanning : M. Christensen, Ann Gay
Sarcee - Jennifer Koloff
Boyack - Sue Yaskiw / Bernie Acton
Cross Bow - S. Sherman/W. Farrance
Glenmore: T. Durnin/Liz Sherman
Admin/Royal Park: C. Clements

News from Payroll and Benefits Administration

Payroll Update

Good news from the federal finance minister!

Mr. Martin has indicated that the 3% surtax would be eliminated as of July 1, 1999. He also indicated that the basic and spousal (and equivalent-to-spouse) amounts that employees can claim on a TD1 would go up as of July 1, 1999. The new amounts will increase to \$6,794 and \$5,718 respectively.

Beginning January 1, 2000, the following amounts would apply:
the basic personal amount would go up to \$7,131,
the spousal (and equivalent-to-spouse) amount would increase to \$6,055.

In other news, effective April 1, 1999, the general minimum wage rate in Alberta increased to \$5.65 per hour. It will go up again on October 1, 1999 to \$5.90/hour.

Benefit Update

Effective May 1st, 1999, dental premiums will decrease by 7%. All the other benefit premiums will remain the same.

This change will appear on your pay stub with the deposit date of May 19th, 1999.

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

Fanning celebrates a milestone birthday



Mrs. Alice McDonald enjoys the party

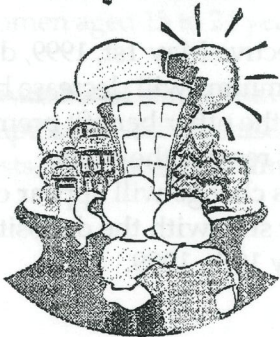
On April 22, 1999, Mrs. Alice McDonald, a resident on 2 West at Carewest Dr. Vernon Fanning Centre, celebrated her 100th birthday. A special party was held on 2 West with family, friends, staff and fellow residents in attendance.

At the celebration, special greetings from the Governor General and Prime Minister of Canada were read out by Mike Conroy, Executive Leader, and Joan Gilmour, Site Leader. A huge cake was served with assorted beverages and fruit, and musical entertainment was provided.

Some interesting facts about the year Mrs. McDonald was born: Sir Wilfred Laurier was P.M., Queen Victoria reigned, the first bottle of Coke appeared, and the population of Calgary was 4,000.

Congratulations Mrs. McDonald on celebrating 100 years of life, and best wishes for the future from all your friends at Fanning.

Canada Health Day 1999



make where you
are a healthy
place to be!

On May 12, 1999, hundreds of health facilities and agencies will join together to celebrate Canada's premier health event — Canada Health Day.

At Carewest George Boyack, Cross Bow and the Administrative Centre, we're celebrating by going for a walk! Everyone is encouraged to take 15 minutes from their lunch hour and walk the pre-determined route. Better still, take along a resident if you can. Snacks and prizes await the participants!

Canada Health Day is also "Wear your Carewest Team T-Shirt Day". Everyone who has completed the team training should have received a t-shirt, so if you can, wear it on Wednesday May 12th to promote Carewest teams in action.

News from the Carewest Development Council

(a member of the Calgary Health Trust)

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

Joe Struck Q.C.

Council's role is to support the frontline caregivers

Joe Struck became a Carewest board member in 1987, back when the organization was still called Calgary Auxilliary Hospital and Nursing Home District #7. He has remained on board throughout all the considerable changes that have taken place in the last 12 years. He is currently serving as the CRHA (Calgary Regional Health Authority) liaison on the Carewest Development Council. Joe was one of the original CRHA board members, encouraged to apply because of his background with Carewest.

"I'm a tax lawyer by training," Joe says, "and so I'm wholly unsuited to this pursuit! I must confess I have gotten far more out of my involvement with Carewest than I've ever put in. It's been a privilege to meet some fine people who really make the system work—the unsung heroes. I think," Joe adds: "Many people go into medicine because there's the prospect of quick fixes—a person comes in, they're healed and they're gone—but this doesn't happen (in continuing care). This is real life here, and the relationships that form between clients and staff are quite touching. They become friends in addition to caregivers. When somebody passes away staff members mourn. It's a celebration of life."

The Council's role, Joe says, is to support these frontline caregivers by providing resources that will help them do their valuable work.

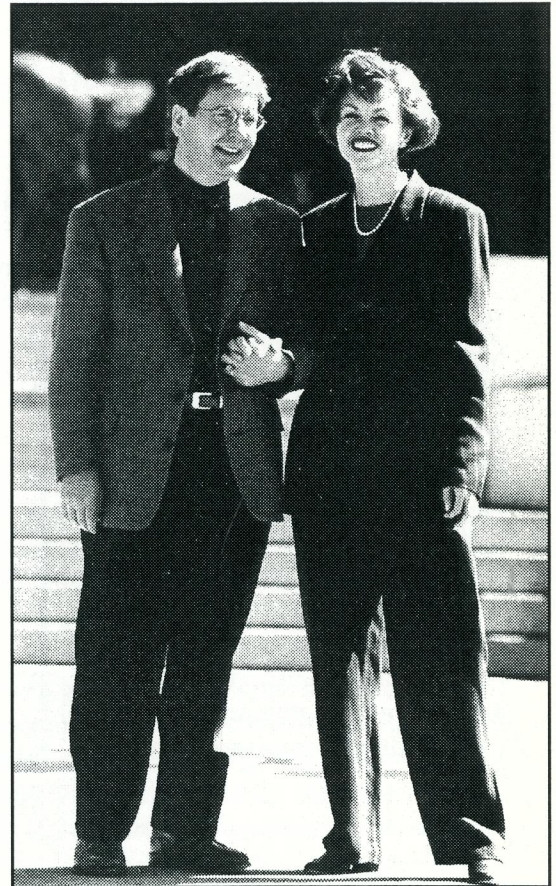
Joe volunteers outside Carewest as well. He is a former chair of the United Way's board and a present long-time member of the Management Advisory Council for the Faculty of Management at the University of Calgary. He enjoys the interest that Calgarians have in education and believes that, in order for this to be a world class city, we must have the best education system possible to prepare our future generation for competition in an increasingly global market. As dad to two teenagers, Joe is most interested in the future generation.

He also has the utmost respect for previous generations. Joe's parents immigrated to Canada from Bremen, Germany, when he was a young boy. "I'll never forget our first home in Saskatchewan," he says. "It had no insulation, no running water and no electricity. Heat was provided by a coal stove that we kept going around the clock in the middle of winter. We had a sense of what it was like to be pioneers."

Joe's wife, Bev Longstaff, used to serve on Carewest's Board as well. "I think she was brought on to keep me in line," Joe says, laughing. "In Bev, I've found my soul mate. I'm a very lucky man." Bev continues to be an active volunteer for Fun(D)Fest.

Any parting thoughts? "We have to do whatever we can to applaud the individuals who provide day-to-day care in our healthcare system. They are very deserving of our support."

—Theresa Smith, Communications



Canada, a society for all ages



International Year of Older Persons 1999

Opportunities for Active, Healthy Living

1999 Seniors' Resource Fair
May 29, 1999
10:00 a.m. to 3:00 p.m.
Atrium of Calgary Municipal
Building

Calling all Volunteers!

We're looking for people to help
with our Carewest information
booth. Please call Debbie
Hayman at 267-2992 or send an e-
mail with times you are available.
We couldn't do it without you!

Brain Injury Workshop

Friday, June 4, 1998
8:30 a.m. - 4:00 p.m.
Coliseum, Carewest Dr.
Vernon Fanning Centre
Cost: \$5.00 (includes light
lunch).
Please contact Maria at 276-
1016 for further informa-
tion.

The winners of the page 8 contest in the April 9th Carewrite are:
Randy Dicks, Carewest George Boyack
from Carewest Dr. Vernon Fanning Centre:
Anita Hanson, 1 W,
Karen Gilmour,
Gail Jarvie, 2 E,
Gwen Watts, 2 E.

Winners correctly identified Carewest Signal Pointe as the location of
the construction trailer. The winners received a gift certificate for
lunch at the Carewest site of their choice.

10th National Conference on Gerontological Nursing

*The Client Takes Charge: Gerontological Nursing
in the New Millennium*

May 26 to 29, 1999

Fantasyland Hotel Conference Centre - West Edmonton Mall

For further information, contact:
Conference Secretariat
c/o The Good Samaritan Society
200, 9405 - 50 Street
Edmonton, AB T6B 2T4
(403) 431-3706

*Armed with his
garbage
bag, Executive
Leader Mike
Conroy leads
the charge to
clean up the
hill.*



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