

Carewwrite

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



Carewest Choirs Come Together

The choirs from Carewest Royal Park and Dr. Vernon Fanning Centre performed at the Volunteer Tea, held at Belfast Elementary School on May 10th. Not only did we have great singing, but we enjoyed strawberry shortcake and won many door prizes. All the ladies received a carnation too.

It was a special time for residents of Carewest and it was a joy to watch them giving their all as they participated. Amazingly, the two choirs practised separately, but came together beautifully for the final performance.

Kudos to choir master Fran Snukal, a volunteer at both the Fanning Centre and Royal Park. Not only does Fran work with the Carewest choirs, but she has an adult choir and a children's choir in the community. Thanks Fran for your dedication! A special thank you to Arnie Chamberlain, Coordinator, Pastoral Care, for encouraging participants. Many thanks to Harry Chetner from Royal Park for spearheading the choir and giving the residents a positive and enjoyable activity.

There will be a repeat performance from these 29 performers on Wednesday, June 7, 2000, 7:00 p.m. at Carewest Sarcee.

Submitted by Elizabeth Tyler, Resident Assistant, Carewest Royal Park



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Excellence and Leadership in Continuing Care

May 31, 2000

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DON'T FORGET TO BUY YOUR TICKETS FOR THE CAREWEST STAFF FAMILY BARBECUE

held on the green space between the
Administration Building , Cross Bow and George Boyack

Saturday June 17, 2000 from 1:00 pm to 4:30 pm



**TICKETS ARE ON SALE NOW AT YOUR SITE
RECEPTION OFFICE**

**\$5.00 per person - Cheques only!
Cheques returned at gate.**

RAIN OR SHINE

Beer Garden

Kids Craft Tent

Clowns

Ponies

Astro Jump

Magic Show

Water Games



Hot Dogs / Hamburgers

Face Painting



Don't Forget to bring your swimsuit and your lawnchair

Carewest Staff Moves

Farewell to Steve Ungerer, Coordinator, Community Liaison and Editor, Fanning Flyer. Steve was very helpful to the Communications Department and we will miss his input and his wit. Good luck in your new position with the Alzheimer Society of Calgary Steve!

Some people just can't bear to leave Carewest! Fanning welcomes back Jim Townend for the three months Joan Gilmour is on a leave of absence. Jim takes over Site Leader duties on June 1st until Joan returns in early September.

Welcome to Nancy Redjepi, newest member of the Information Management Team. Nancy previously worked as a Nursing Attendant at Carewest Dr. Vernon Fanning Centre and has since changed her career path to re-join Carewest as a Health Record Technician.

Welcome to Brenda Poole, Program Leader at Carewest Dr. Vernon Fanning Centre. Brenda is replacing Christie Holan, currently on a one year leave of absence. Brenda comes to Carewest with extensive experience in clinical nursing, education and management.

Canada's Health Care System and Health Care in the Netherlands; the similarities and differences

Here are some observations on the similarities and differences between the two systems, as seen firsthand by two international nursing students. Nicole van Zelst and Hanneke Broods have been learning and working at Carewest since February, 2000. They came to Calgary from a nursing school in Holland, following the path of two nursing students from the same school who came to Carewest last year. Their positive experiences led Nicole and Hanneke to our doors.

Nicole and Hanneke will have completed their term at Carewest at the end of May, then they plan to travel and sightsee before heading back to Holland for their graduation on July 7th.

On May 9, 2000, these two nursing students presented an educational session to staff at Carewest Sarcee. Approximately twenty people attended the session which looked at the differences in the health care systems of Canada and the Netherlands.

One of the major differences of health care insurance plans is that Holland's is based on income, ours is not. In Holland, 62% of the population is insured through the "sickness fund". This is for people who earn less than \$40,000 (Cdn) a year. Thirty percent of the population is insured with private health insurance: they earn more than \$40,000. Then there is an insurance fund for those in public employment, including teachers and the military, and this totals about 6%. The last 2% of the population can afford to pay for their own health care needs and don't subscribe to any health care insurance. When they need to use a service, they simply pay for it out of their own pockets. According to Nicole and Hanneke, 95% of the health care services you might need are covered by these plans. The girls felt that the percentages we pay for health care are similar to theirs (%) out of their pay cheques.

Both young nurses commented that nurses here pay much more attention to quality of life issues during their working day. In Holland, the ratio of nurses to residents is lower; so there are fewer nurses available to attend to patient needs. They feel staff here have more time to pay attention to details.

In Holland, there are different levels of nurses - those with two years of training and those with a full four year program, and both work on the floor providing the full spectrum of care. Whereas here, RN's do more of the administrative functions and the NA's do the floor work.

In Holland, the nurses provide more total care; meaning the RN does everything for her group of patients. This continuity of care means that for the five or six days the nurse is working, the residents have him or her every day. They do not use NA's or Unit Clerks in Holland.

Here we use less restraints, in Holland they use them more often because of the lack of staff — not enough to keep residents safe without restraints on some. Technology is the same in Holland — but sometimes nurses do more things on their own — again because fewer hands are available.



Hanneke and Nicole enjoyed their stay in Calgary

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KUDOS

This lovely letter was written by the daughter of a resident at Carewest Dr. Vernon Fanning Centre. Due to space constraints we're unable to publish the entire letter, but hopefully the sentiments expressed are still clear.

Dear Friends on 2E — angels even!

It has been over two months since my mother, Ruby Tudor, died. At times the loss feels so new that the tears flow and my heart aches.

What is there about a mother's death that brings us up so short? We see the insensitive things we said and did so clearly and we wish there was more time to be more caring, to take more time to hear her stories. I think when a woman loses her mother it has something to do with losing a part of herself. A mother is the very first identification a woman has with herself as a woman.

I recall frequently how caring, how committed to every detail you all were during my mother's dying process. I feel so blessed to have had the support I did from everyone on 2E. I remember especially Gail, who helped ease my mother's passage. Jody, the palliative nurse, who came to visit mom, was so concerned and compassionate. The kind male night nurse who turned mom with such tenderness that last night — I've forgotten his name. The evening Peggy Pippy (Social Worker) visited and sat with mom so our family could go for supper together. I felt so confident to have her there because we knew her and she knew mom. I shall never forget her caring ways.

Then there was Jackie, who asked to cut mom's night gowns down the back so she could wear her own and it would be easier to take off and on. That very afternoon I saw them all done in a neat pile on the table at her bedside! And the wonderful little room where mom was moved, with a comfortable chair and couch for the family. And the miraculous way Elaine encouraged me to take my time with mom just after she died.

Arnie Chamberlain came in on Saturday to plan for a funeral service at Fanning on Sunday. He wanted to know more of who Ruby was and give her a glorious send off. Then there were all of you, whose names I have forgotten, who cared for Ruby and her family, who befriended my brother, Gary, and helped him cope. How does one really say thank you? Thank you! You truly are angels of mercy!

So, I haven't forgotten you. I am doing well — I think! There is nothing to do, really, but feel the feelings and continue on with life, appreciating all the while a mother who gave so much and who died so peacefully. I am happy for her and all of you. My thoughts are with you — my wishes for you — to be well, at peace, and happy, and that all your dreams come true.

With loving memories, Faye Miles.

A Special Birthday Celebration

On May 11, 2000, Mrs. Rosalia Kasper celebrated her 101st birthday. Staff and residents helped her celebrate, along with her longtime friend Mike and a visiting nephew. Mrs. Kasper has been residing on 3 East Carewest George Boyack for 16 years.

Lorraine Wilson, Team Leader, 3 East



Here are the recipients of the Monthly Draw Award from the Employee Recognition Program for the month of April, 2000:

Debbie Bonneau - Cross Bow / Administrative Centre

Rachelle Sirak - Sarcee / Royal Park

Pearl Malec - George Boyack / Glenmore

Doris Hurst - Dr. Vernon Fanning Centre

Coleen Manning - Signal Pointe

CONGRATULATIONS!

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At Carewest, staff are educated about proper body mechanics and preventing injuries. In Holland, work related injuries happen more frequently, as a result of fewer hands to help, and a lack of knowledge. We also pay more attention to fire drills and bomb threats here.

At Carewest, we try to make residents spaces more home like. In Holland meanwhile the focus is on trying to make spaces workable, which means no carpets and private rooms. Their continuing care centres look more like institutions.

Physiotherapists and occupational therapists have their own practices in Holland, so they are available to residents with a doctor's order and are on call. Here, we have therapists on staff.

There are very long waiting lists to get into a continuing care centre in Holland. There is Home Care as well with rules for how many hours your insurance will cover. All their long term care homes are government funded. If there are any private ones, residents have to pay the whole cost.

As there is a nursing shortage in Holland, both girls will likely stay put in the Netherlands after graduating. In the meantime though, they will travel through western Canada and enjoy some rest and relaxation before returning for graduation ceremonies.

Debbie Hayman, Communications

May is Better Speech and Hearing Month

Can't concentrate because of persistent ringing in your ears?

Can't understand what people around you are saying?

Wake up with a hoarse voice every day?

Can't hear your friend's voice on the phone?

If any of the above sound familiar, you may need to see a Speech-Language Pathologist (SLP) or Audiologist.

These professionals treat people who have difficulty forming speech sounds, expressing ideas, hearing, understanding what is heard, and reading and writing. Such communication disorders may result from delayed development, genetic syndromes, brain injury and stroke, hearing impairment, auditory processing disorders, vocal abuse, ear infections, stuttering, and dementia. Audiologists and SLPs work with everyone from newborns to the elderly.

Speech Language Pathologists work primarily in schools and hospitals. They assess and treat articulation, stuttering, voice disorders, language delays, learning disabilities, and adult communication difficulties following a stroke or head injury and swallowing problems. In addition, SLPs provide communication programs for hearing impaired individuals and those requiring alternate forms of communication such as synthesized speech devices.

Audiologists work primarily in private clinics and hospitals. They assess and treat individuals with mild to profound hearing loss. They also prescribe and fit hearing aids and other assistive listening devices (e.g. FM systems), assist people with cochlear implants and other occupational conservation programs.

During the month of May, Speech-Language Pathologists and Audiologists across Canada increase public awareness of their professions through "May is Better Speech and Hearing Month."

Remember ...

Communication: It's Vital !

Diana Didrikson, Speech Pathologist, Carewest Day Hospital



Carewest Sarcee Renovates

Recently at Carewest Sarcee, we had a ribbon cutting ceremony. Maria Mastromonoco and her son and daughter-in-law donated their time and money to have a door widened on Unit One - East wing that can now be used for palliative patients when needed - to provide privacy and opportunities for residents/families to spend time together before death.

Jennifer Cummings, Team leader, Carewest Sarcee

Jennifer Cummings, Mrs. Mastromonoco and her son cut the ribbon.

News from the Carewest Development Council

On Wednesday, May 10 a reception in honour of long-time board member, and Carewest friend, Mr. Gerald Pittman was held at Carewest Royal Park. Approximately 40 of Mr. Pittman's close friends, family and colleagues were in attendance. The focus of the event was to celebrate Mr. Pittman's long and fulfilling relationship with Carewest. He served on the Board of Trustees for Carewest (Calgary Auxiliary Hospital and Nursing Home District No. 7) for seven years, acting as Chairman for four years. Following that, he was Chairman of the Carewest Foundation and the Carewest Development Council and remains on the Council as a dedicated member.

The celebration honoured Mr. Pittman for his generous donation of a beautiful etched glass triptych, which is displayed in the chapel at Carewest Royal Park, as well as his establishment of The Gerald Pittman Endowment Fund (Carewest's first endowment fund). Many generous contributions were made to the endowment by those attending the event, and we received many donations from family and friends who were unable to attend.

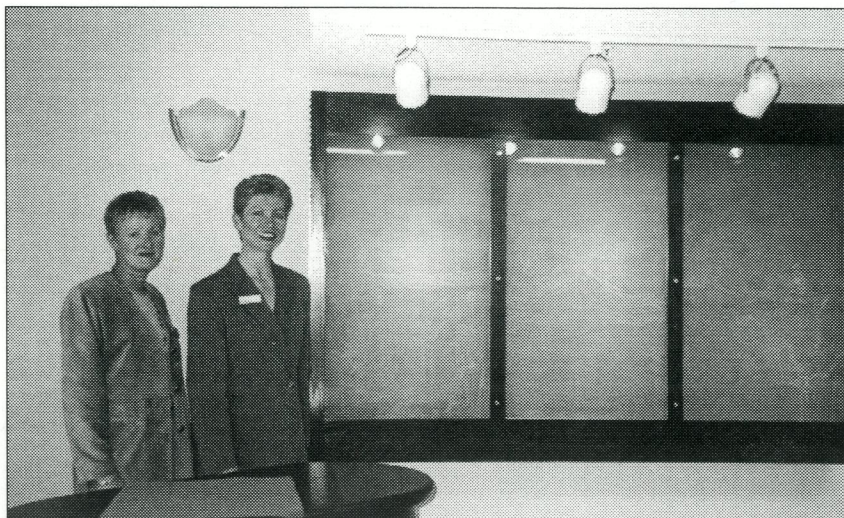
The Endowment Fund, established as a result of the generosity of Mr. Pittman together with his family and friends, will provide funding support for Carewest's Greatest Need. Greatest future needs may include (but are not limited to) furnishings, priority special care equipment, resident comfort items and program support.

Endowment funds are held in perpetuity (an annuity payable forever), meaning that only the interest income earned from the fund is disbursed, while the principal remains untouched.

Carewest is blessed and extremely fortunate to have Mr. Pittman as a volunteer and council member, and we would like to thank him for his many contributions, hard work and support he has given to Carewest over the past 12 years.



Cynthia Prasow, Carewest Development Council member, joins Gerald Pittman.



Lil O'Neill, Manager, Carewest Royal Park joins Brenda Huband, Site Leader, Carewest Royal Park beside the triptych.

Submitted by
Kelly Carbray, Development Assistant

*Correction from the last issue of Carewrite.
The artist shown in the bottom photo is
actually June Sherman, not May Zamlett.
Our apologies for this oversight.*

The winners of the May 5th Carewrite Great Page 8 contest are: Mary LeBlanc and Heidi Gohdes. Both these staff members from Carewest Sarcee correctly identified Jennifer Koloff Cummings as the beautiful bride in the wedding photo taken in Barbados. Mary and Heidi received Carewest t-shirts as prizes.



If you can correctly identify these two "cool cats" as well as what they're doing, we'll send you a prize! Just e-mail Debbie Hayman at Carewest Communications.

The Annual Car Boot Sale hosted by the Sarcee-Royal Park-Signal Pointe Volunteer Association is scheduled for Saturday June 17, 2000, from 9:00 AM to 1:00 PM. The sale will be held in the parking lot at Royal Park, 4222 Sarcee Road S.W.

This is an opportunity for major garage sale bargains. You can also rent a stall for \$10 and bring your car or truck full of your own sellable treasures. Please call Gail Annable at 686-8123 if you are interested in renting a stall.

Congratulations to Dorothy Lemczyk, Carewest George Boyack.

Dorothy successfully wrote the exam and is now a Certified Gerontological Nurse. Carewest George Boyack now has two team leaders who are specialized Gerontology nurses.

Marlene Foley, Program Leader

Just a quick reminder that the new vacation year has started. When you received your pay stubs on May 17th, the hours indicated reflect your 2000/2001 vacation entitlement. The new vacation year runs from April 24, 2000 to April 22, 2001 inclusive.

Jim Myres, Team Leader, Payroll, Benefits & Staffing Services

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

www.carewest.org