

Carewrite

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



Surrounding Gordon Powell in the centre: Maggie Hunter, Lois Schmidt, Trena Suarez, Helen Yuen, Shelley Chesire, Betty Norman Bray, Deborah Sears, Dr. Wall

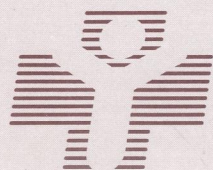
Fanning's Michealangeo

Danielle Macdonald, Communications

Staff at Carewest Dr. Vernon Fanning Centre's Day Hospital have discovered a Michelangelo in their midst. Program participant Gordon Powell has wowed them with his ability to capture their likeness in his pencil drawings.

Gordon's fame is quickly spreading throughout the Fanning Centre. Gordon's diagnosis, Spinocerebellar Ataxia, causes a slight tremor but does not affect his pencil drawings. Each piece is an exact likeness of the subject – right down to the curls in their hair. He has completed portraits of each of the program's twelve staff members and is being commissioned to draw program participant's grandchildren and even some staff members' pets.

(Continued on back page)



Carewest

Excellence and Leadership in Continuing Care

May 14, 2002

A Message from Brenda



Spring is Here!

It's Spring (at last!) and what a wonderful season it is. Not only are we seeing the first signs of Spring flowers and budding trees, but it's also an occasion of celebration throughout Carewest. It's the time of year when we pay special tribute to our volunteers and our employees through Volunteer Recognition and our Semi-Annual Employee Recognition luncheons.

Did you know that we have more than 1000 volunteers at Carewest? They come from all different backgrounds and walks of life. They range in age from babies to senior citizens. But they all have one thing in common. Boundless generosity and enthusiasm. So much has been said in praise of our volunteers -- and it's worth repeating.

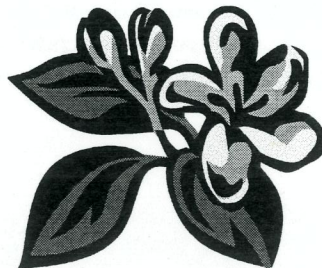
Volunteers are the lifeblood of Carewest and we simply couldn't do without them. They bring the community into our sites; they help keep our residents (many of whom are unable to get out and about) in touch with the world outside of our sites. In fact, volunteers are an important part of our organization's values -- "we value community awareness, partnerships, and the contribution of volunteers in order to respond to customer needs."

This is also the time that we honor staff members who have reached a service milestone with Carewest as well as those who have been selected for Gold or Excellence Awards. The fact that so many employees have chosen Carewest speaks to their loyalty and commitment -- it is also testimony to the fact that Carewest is a fine place to work. The people who benefit the most, however, are our residents. They receive consistent care from people they have come to know and trust.

I would like to pay special tribute to the people who have received Gold and Excellence Awards. These employees have gone above and beyond the requirements of their jobs. They've gone the extra mile and in so doing have helped us make a difference in the lives of our residents and the work environment itself.

On behalf of our Board, congratulations to our volunteers and award winners. You play a huge role helping Carewest to fulfill its vision -- to be the "provider of choice, committed to value in continuing care."

*Brenda Huband
Executive Director*





Bella Sheftel and Ann MacKinnon baking buns.

Bella's Baking Lessons

Bella Sheftel, a patient on the Carewest Glenmore Park Rehab and Recovery unit, was enjoying the smell of homemade bread. Therapy Aide Ann MacKinnon makes bread in the bread-maker three times a week. Bella commented that she used to make bread from scratch every day.

Ann arranged to have the ingredients on hand the following week, and helped Bella make a batch of french buns. Bella had the kitchen tied up all afternoon teaching the nurses how to plait buns, and they were gone as quickly as they came out of the oven!

Bella had a successful recovery and has since returned home.

*Patty Rhodes Brink
Recreation Therapist
Carewest Glenmore Park*

Signal Pointe Starts Walk to the Maritimes and Back

Staff at Carewest Signal Pointe are lacing up their walking shoes and hitting the road. Each time they take a walk outside during work hours, they count their minutes as miles toward their imagined goal – to walk all the way across the Canada to the Maritimes and back again.

Sounds unrealistic? Not for this group of determined “hoofers”. Last year they walked the equivalent of a trip to Mexico. Staff and residents from the winning house were treated to a special Mexican dinner.

“If you take a resident with you, you double your mileage!” says Martha Winchell, Manager at Signal Pointe. “It’s all about feeling good about ourselves and helping residents.”

The walking challenge is part of an overall wellness strategy embraced by Signal Pointe staff. Each Thursday they devote time to topics such as aromatherapy, stress management, and teambuilding. They benefit personally and apply new skills and knowledge in their work with residents.



*Divona Herzog
Carewrite Editor*

Changes at Carewest Glenmore Park

I am very pleased to announce that plans are moving forward to renovate Carewest Glenmore Park this summer.

The renovations will make way for the expansion of the musculo-skeletal program, the regional transition program, and the introduction of a geriatric mental health program. These changes are part of the Calgary Health Region's five-year plan. A major part of the renovations includes a new ventilation system, which is very much needed.

Our long-term residents on the second floor will be moving to other sites within Carewest and the Calgary Health Region. We wish them all the very best in their new homes. We thank the residents of our other units who will remain, for their patience and understanding during the renovations. The change will mean new opportunities for some Carewest staff at Glenmore Park. On behalf of our Board, I would like to thank all employees for their dedication and commitment to our residents.

*Brenda Huband
Executive Director*

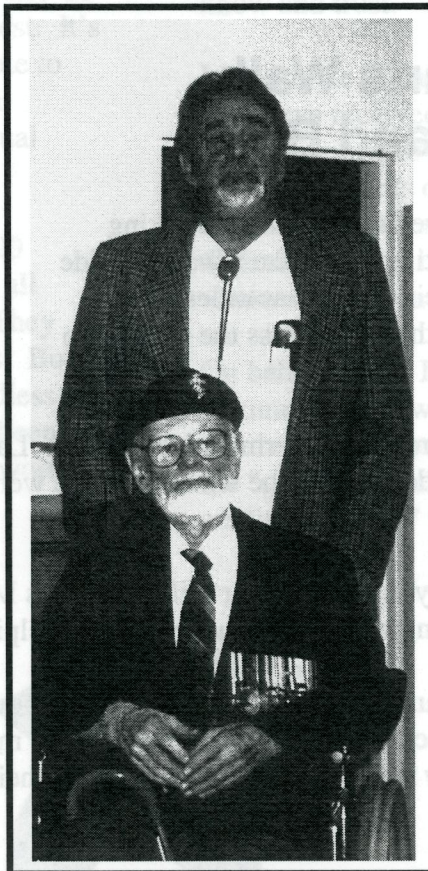
LPN Award

Oops! There was a typo in last month's Carewrite. The Laura Crawford Award of Excellence recognizes excellence in practice as an LPN, not an RN.

Carewest Sarcee staff member Debra Hart was nominated for the award. She has been with Carewest for just over a year and is now Leader at the Right Cluster, Carewest Sarcee. She says thanks to all the staff for their support and for making her feel welcome, especially the RNs on Unit 3 at Carewest Sarcee.

The award was presented on April 26th, 2002 at the Foundation Annual Breakfast Celebration at the West Edmonton Mall. Debra's two sisters and her brother accompanied her to mark the special occasion.

*Divona Herzog
Carewrite Editor*



Ernie and Allan Simpson

Peacekeeping Medal

On March 21st, Sergeant Ernest Samuel Simpson, one of our Lifestyle Choice residents, received the Canadian Peacekeeping Service Medal for his efforts in the Middle East (1957-1958). His brother Allan presented the medal. Congratulations to Ernie and all the other Veterans for the service they gave to our country.

*Andy Ganden
Recreation Therapist
Carewest Colonel Belcher*

Notes of Appreciation for Carewest Staff

In a few short words, the letters on this page capture what we are all about at Carewest – working together to make a difference in the lives of others.

A client at Carewest Cross Bow's Regional Community Transition Program (RCTP) recently nominated all of the staff for recognition in the Making a Difference! Program.

This is a most superior facility! My stay here has been for only eight days, but I received superior care and kindness delivered with such respect and dignity.

There is a warm and friendly camaraderie among the staff, which is passed on to the patient. Every one of my caregivers put themselves out to make me comfortable and to add to the speediness of my recovery. They are all ANGELS!

The other outstanding feature was the quality of the food – excellent variety, choice of menu, attractively serviced and very tasty.

I feel I have been blessed to have been placed at this facility. Thank you, thank you!

E. Allen Stevenson

To the Staff At Carewest Royal Park,

Thanks to you, I was able to stay with my sister, Mildred Zabel, on Monday night. I want you to know how much it meant to me to be able to do that.

For years, I came to Calgary and was able to stay and enjoy being with Mil in her won home. Last time I was in to visit, I wasn't able to and it just wasn't the same. As you will remember, we lost a sister on Boxing Day and I had such a need to be close to Mil. Thanks to you, I was able to do that when you brought in the cot for me.

I know it means extra work for everybody but please know that it was very much appreciated. I was able to enjoy the choir practice and attend the Chapel service with her. It is a lot easier to leave Mil knowing what a great place she is living in and how she is being taken care of by such wonderful staff. Thanks again.

Doreen Martens

Monthly Draw Winners

Congratulations to the Carewest employees nominated in the Employee Recognition Program who won the monthly draw this April.

Erica Lee - Administration, Cross Bow & Nickle House

Unit 3 Nursing Attendant Team- Sarcee

Wendy Plotzki - Royal Park & Signal Pointe

Yvonne Maygard - George Boyack MSK Team -
Glenmore Park

Terri Harrison - Fanning

Anna Sablone - Colonel Belcher



Wanted: Garage Space

Single garage space to store a pick up
from May to October.

Please contact Tim Sherba at
Carewest George Boyack:
267-2760

Mark Your Calendar

Used Book Sale

Carewest Sarcee



Date: Saturday, June 8th

Location: Carewest Sarcee

Information: Sue Clark, Activity Convener
686-8113

Join us for a used book sale to raise funds for resident activities.

Workshop for Family Carers

Alzheimer Society

Date: Thursday, June 6th

Time: 10:00 am to 4:00 pm

Location: Alzheimer Office 1920 – 11 St. SE

Contact: 290-0110

Cost: \$20 per person, includes print materials

Workshop designed for family caregivers provides education and information related to caring for someone living with Alzheimer Disease or another type of dementia. Please bring your own lunch.

Early Stage Dementia Support Group

Alzheimer Society

Date: Thursdays - May 23 to June 27th

Time: 10:00 am to noon

Location: Alzheimer Office 1920 – 11 St. SE

Contact: 290-0110

A six-week support group for persons dealing with individuals in the early stages of Alzheimer Disease and other forms of dementia.

Travel Tips

Alzheimer Society

Date: Thursday, May 16th

Time: 7:00 pm – 9:00 pm

Location: Alzheimer Office 1920 – 11 St. SE

Register: 290-0110

If your loved one has dementia, travelling can present challenges for both of you. Pick up ideas on how to take the stress out of your vacation so you can plan your trip with confidence.

MSK Unit Celebrates Administrative Professionals Day

Unit clerks Lesley Bateman and Bev Flemmer are really princesses every day but on April 24th they looked the part in their pink and purple tiaras.

Our unit clerks are essential to the smooth running of this busy Rehab and Recovery unit, and they earned much more than their carrot cake and balloons.

Patty Rhodes Brink
Recreation Therapist
Carewest Glenmore Park



Lesley Bateman and Bev Flemmer model their tiaras.

National Volunteer Recognition Week 2002

at Carewest Cross Bow and Carewest George Boyack

Ninety-eight volunteers, just under half of the active volunteers from the two Carewest sites in Bridgeland, came together on Saturday, April 27 to celebrate National Volunteer Recognition week.



Actors and volunteers share a smile at the volunteer recognition event.

Actors from Pegasus Performers

performed a very entertaining light-hearted humorous murder mystery. The cafeteria and chapel areas at George Boyack were transformed to resemble a wedding banquet. The actors portrayed the bride, her father, the groom's mother, the best man, minister, and wedding photographer. When the groom's mother bit into a "poisoned" apple and died a very dramatic "death", it was up to the volunteers to determine which of the other 5 characters poisoned the apple and why.

The actors were not the only ones performing. Volunteers were recruited to play the parts of the groom, two bridesmaids, two flower girls and organist during the mock wedding. While other volunteers stepped forward to act as judge and bailiff during the "kangaroo court". Many thanks to all these individuals for playing their parts so wonderfully. Their fun senses of humor greatly enhanced the show.

In between this lively interactive play, a hot buffet dinner consisting of cannelloni, cabbage rolls, two kinds of lasagna, meatballs, two types of salad and buns was served. Dessert, a delicious fruit and custard layered white cake, tea and coffee rounded out the meal.

No wedding would be complete without gifts. In this case however, it was not the bride and groom, but the guests, our volunteers, who went home with presents. There were individual thank-you gifts and volunteer recognition certificates for everyone plus over 40 door prizes.

Even the table centerpieces, fresh tulips in a vase, were raffled off at the end of the evening.

Thank-you to the staff and to the family members and personal friends of the Resident Services Team who helped us host this evening. And a special great big thank you to Elisa Holland and Paulette Fornataro, the Activity Convenors at these two sites, for working together with me so efficiently to plan and prepare this event.

It gave us all great pleasure to celebrate and give thanks to our many terrific volunteers during National Volunteer Recognition week. We're proud and honored to have you on our team!

*Agnes Kopfensteiner
Team Leader, Resident Services
Carewest Cross Bow and
Carewest George Boyack*

Long Time Cross Bow Resident Moves to Moncton

On February 28th, 2002, the Transition Unit at Carewest Cross Bow held a special farewell party for Allen Pettigrew, a long time resident. He was transferred to a facility in Moncton, New Brunswick to be closer to his sister and brother. His daughters Kristen and Jessie, along with staff from the Association for Rehabilitation of Brain Injury (ARBI), joined us to wish Mr. Pettigrew a fond farewell. Staff at Cross Bow presented him with a book of Calgary and of poetry to mark the occasion.

Mr. Pettigrew suffered from a brain injury, secondary to a cardiac arrest in 1994, and was left with slurred speech, difficulty walking, and no fine motor control in his hands. He had many obstacles to overcome as he worked toward a sense of independence. His biggest challenge was the attitude of others. Many people were rude or simply did not understand how to deal with someone with a disability. They tended to rush him, not listen to his instructions, or ask him to do something impossible such as sign a form on a desk that was not at wheelchair height.

The Transition Unit helped Mr. Pettigrew attain some of his goals – to be closer to his family, to be treated with respect and dignity, and to gain a sense of independence. We all wish him a fond farewell and hope he continues to achieve his goals.

*Alexandra Kushliak
Social Worker
Carewest Cross Bow
Transition Unit*

Reminder About Changes to the Diabetic Diet (LSC)

Changes to the Diabetic Diet (LSC) are coming May 13th, 2002!

The main change will be that special “diabetic desserts” will no longer be made for our diabetics. When planning the menu the dietitians added more fruit so that everyone will have a healthier diet! They have also allowed for one serving of a regular dessert daily for everyone, including the diabetics and those on reducing diets. Portion sizes for these desserts will be kept small. And just because diabetics are allowed one regular dessert does not mean they can have a second dessert!!

The total amount of carbohydrate in a diabetic’s diet is still very important and needs to be limited. We ask that diabetics continue to use sugar substitutes (Sweet N’Low), diet jams, and diet crystal juices. Carbohydrates still need to be distributed evenly throughout the day, not too much at one time, so consumption of three meals and three snacks daily is encouraged.

Please consult your dietitian if you have any questions or concerns.

*Andrea LeBel
Clinical Dietician, Carewest Dr. Vernon Fanning Centre*



Carewest Cross Bow staff wish Allen Pettigrew all the best.

Good Posture Pays Off

Stand up straight!

I'm sure we've all heard that before. However, even though most of us have been told that we should stand up tall and pull our shoulders back, our posture can likely use some improvement.

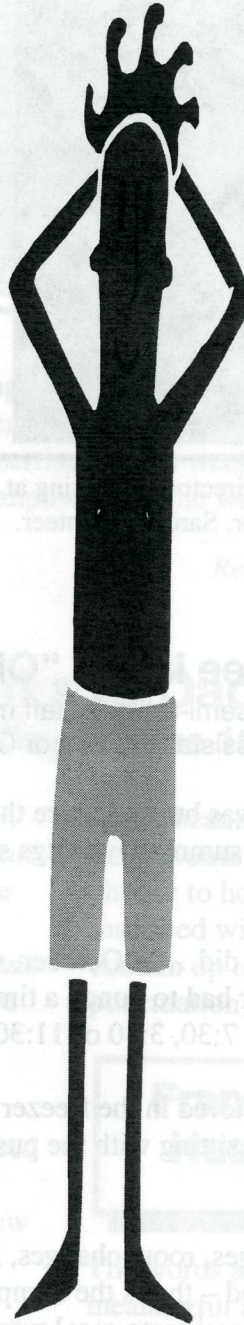
Poor posture leads to weakened, tight muscles and can cause injuries because of improper muscle balance. Proper posture can relieve pain, improve our appearance and help prevent injuries. Correcting poor posture is a key teaching focus for fitness leaders, personal trainers and rehabilitation providers.

One of the most common mistakes is letting the chin and head slump forward from the neck. This causes a shift in body balance and causes the shoulders to round forward.

Another common error is to let your tummy "hang out" which exaggerates the curve in your lower back and causes increased pressure in the structures at the base of the spine. Long periods of sitting makes this situation worse because your body weight is distributed along a shorter distance and puts even more pressure on the spine.

One bonus of having good posture is that if you can look five pounds lighter by just standing straighter!

The Wellness Department can help you with tips for better posture and stretching exercises for better flexibility.



Quick Posture Tips

- "Tuck in" your chin when you are sitting or standing. Keep the ears and shoulders stacked on top of each other, so that if you looked at yourself sideways you could draw a straight line from the tip of your ear to the top of your shoulder.
- Tighten your stomach muscles when you are standing. This will decrease the curve in your spine and help protect your lower back.
- Stretch your muscles. Muscles on the front of the body shorten and get tighter if you sit or stand in a slouched position. Short, tight muscle fibres are more easily injured than muscle fibres that are flexible. Try clasping your hands together behind your back for 30 second periods during the day to help stretch out the front of the chest and shoulders.
- Place a small rolled towel behind your lower back when you sit for long periods. This will help maintain the normal "S" shaped curve of the spine and help prevent fatigue.

Roxanne McKendry, Occupational Health & Safety Advisor 260-5453

Eileen Watkins, Wellness Coordinator, 260-5450

Carewest Wellness Department

Birthday Celebrations at Carewest Sarcee



Roberta Sharpe, Staff Alumni and former Director of Nursing at Carwest Sarcee, celebrates with Adele Prior, Sarcee volunteer.

On Monday April 15, 2002 Carewest Sarcee celebrated its' 40th Anniversary. The Site Operations team hosted a cake and coffee party in the afternoon with invitations going to all staff and volunteer alumni that we could find.

*Gail Benjamin
Team Leader Resident Service
Carewest Sarcee*

Sarcee in the "Old Days"

By long service (semi-retired) staff member Shirley Gordon
Nursing Assistant, 2nd Floor Carewest Sarcee

I started here just after the nursing home was built. Where the dining room is now, was once an outside patio with a BBQ pit and trees. On warm summer evenings staff would push the residents outside, right in their beds!

I was told how lucky I was to start when I did... In October, we would be getting a raise. We would be making over \$3.00 an hour. We no longer had to punch a time clock, and we had lifts! Shift change in those days was on the ½ hour: you worked until 7:30, 3:30 or 11:30 and residents were called patients.

Metal bedpans that residents claimed we stored in the freezer are, today, electric lifts, ceiling lifts, chairs and beds that can take a resident from lying to sitting with the push of a button; some mattresses even adjust themselves to the resident.

Over the years there have been staff changes, room changes, mood changes, menu changes and weather changes, but one thing that has not changed – that's the compassionate care and concern for comfort that the staff have for their residents. It [the compassionate care] was here when I started and it's here today.

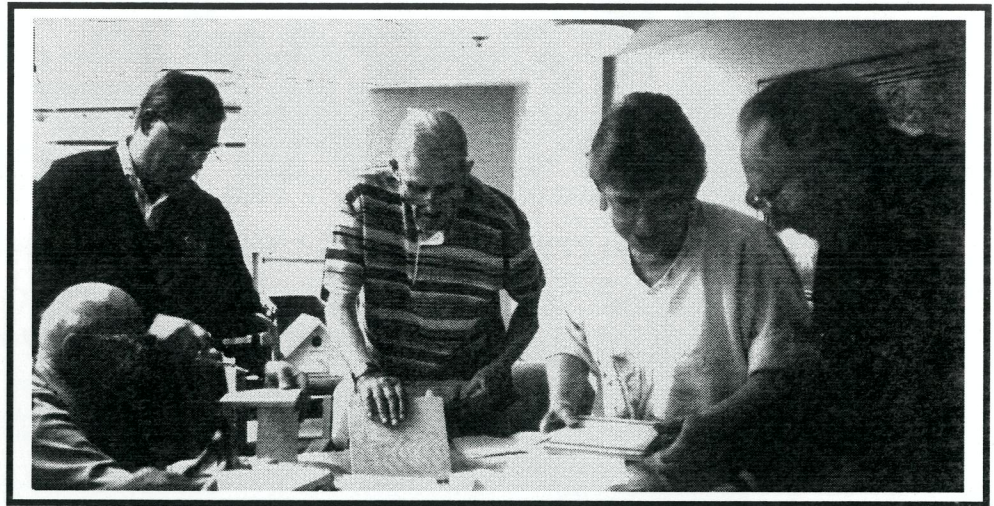
Thank you and Happy Birthday Sarcee.

Shirley Gordon

New Birdhouses for the Gardens

Photo: (L – R)

Conrad Schuchart - resident,
Dan Reefke - Totem Lumber,
Hans Van DerHorst - resident,
Francis Elson - NA, and
Robert Wright - resident
create beautiful birdhouses.



Eight painted and stenciled birdhouses now hang in our wonderful gardens. Special thank you to the City of Calgary Park and Recreation and Totem Lumber for co-sponsoring this special project. Dan Reefke from Totem Lumber provided the birdhouses and expertise for this weekly program. Thank you also to our eight enthusiastic residents who provided both the manpower and the weekly challenge for Dan.

*Lorraine Grover
Recreation Therapist, Carewest George Boyack*

Don't Just Say Thanks to Dad....Honour Him

Father's Day is June 16th

For some people, finding the perfect gift for Father's Day is a difficult task. A card or tickets to a ballgame don't always convey how much you appreciate your dad or grandpa. The Friends of Colonel Belcher's "Wall of Honour" is a meaningful way for individuals in the community to honour the sacrifices that have been made by our Canadian military Veterans.

For a charitable donation of \$150, you can write an inscription that will be engraved on a brick and placed in the "Wall of Honour". The wall will weave through the Legacy Garden at the entrance to the new Colonel Belcher Care Centre, under construction in northwest Calgary and scheduled for completion in early 2003. Money raised will be used for quality of life enhancements at the new centre.

Many beautiful inscriptions have been received to date. Some honour a veteran by name and others choose to honour all veterans. Each brick can be inscribed with two lines of text and each line can contain up to 21 characters (including spaces and punctuation).

**Frank Selman RCAF POW
Husband Dad Grandpa**

The words and names on the Wall of Honour are a meaningful and lasting tribute. For more information, please call Nadine Humphreys at 943-0607 or visit the Friends of Colonel Belcher Care Centre website at www.focb.ab.ca.

*Nadine Humphreys
Healthy Communities/Development Assistant
Calgary Health Trust*

Michaelangelo

(continued from page 1)

Gordon visits the Day Hospital program at the Fanning Centre twice each week. He spends much of his time between visits working from snapshots with pencil in hand, as each drawing takes between 20 and 40 hours to complete. Gordon enjoys his work, "It helps keep my mind occupied, and I don't think much about my condition."

Recreation Therapist Trena Saurez is also pleased with the demand for Gordon's talent. "Gordon's artwork has really enhanced his leisure outside of the hospital's programs. He's a lot happier and even a little bit more outgoing."

Two of Gordon's portraits will be on display during Stampede week at the Big 4 building in the Stampede Showcase. If you are interesting in asking Gordon to do a portrait for you, please contact Trena at 520-2106.

Resident Kicks Habit After Smoking 50 Years

Staff members and a resident over at the George Boyack Care Centre are breathing a lot easier. Mary Holstein, a five-year Centre resident, kicked the habit after almost 50 years. February 7, 2002 is remembered as a big day for Mary – it was her first day on the nicotine patch program.

More than eight staff members at the George Boyack Care Centre joined Mary in her battle to quit smoking. Staff members cite the increased cost of cigarettes as the final push to quit.

Mary has begun to focus her energy on other activities including twice-daily walks around the building...without a cigarette in hand.

*Danielle Macdonald
Communications*

Update

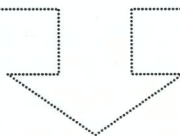
Carewrite is produced monthly. We welcome your submissions.

Please contact Divona Herzog

Voice: 254-1672 Fax: 256-2148

Email: CarewriteSubmissions@calgaryhealthregion.ca

Please send photos to Veronica Scott of Communications through interoffice mail.



Carewrite

Carewrite is produced twice a month. We welcome submissions.

Please contact Debbie Hayman — Voice: 267-2992 Fax: 267-2968 Email: debbie.hayman@calgaryhealthregion.ca

www.carewest.org