

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



The happy group from Club 36 at Cross Bow take part in the walk.

Canada Health Day

May 12, 1998 "Walking the Talk"

The Health & Safety Committees of Carewest Cross Bow and George Boyack celebrated **CANADA HEALTH DAY** with a beautiful Spring time walk.

Cross Bow, George Boyack and the Administration Centre teamed up to promote the day with a **"TAKE A WALK"** campaign. Staff were encouraged by committee members to take a 10 - 15 minute walk throughout the day and if possible, take a resident with them. The suggested route looped around the main Administration building on McDougall Road, past George Boyack, up the street, around Cross Bow and back to the start.

Clare Cooper from George Boyack and Sylvia Sherman from Cross Bow set up a check point stand at the junction of the three buildings and staff signed in as they completed the route. They also entered their names for a prize draw to be held at the end of the day. As an extra incentive, cold juice drinks and fresh fruit snacks were available as treats for all participants. Debbie Hayman from Communications gave walkers complimentary Carewest fanny packs.

Please turn to page 10 for more on Canada Health Day...

Update! Carewest Alzheimer House

Calgary City Council gave approval in kind yesterday for Carewest to change the land use of 4.5 acres in Signal Hill to build an Alzheimer House. Final reading of the application is anticipated at the end of May. We're really thrilled and this is what's happening now.....

Plans are underway for a sod turning ceremony to take place on Friday, June 26th at 2:30 p.m. Look for further details in Carewrite.

A name for the Alzheimer House has been selected by the planning committee. Once the Carewest and C.R.H.A. boards have approved the name, our Alzheimer House will have a real name. Look for an announcement at the end of May!



May 20, 1998

What's Inside...

- Mike Would Like to Know.....
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Mike would like to know ...

“What’s the best thing about working at Carewest ... and what would you like to see improve?”

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.



Clare Cooper

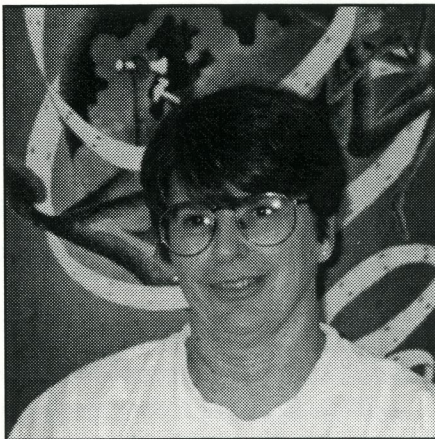
I like the atmosphere and environment at our centre— friendly staff, volunteers, residents and families. We’re all busy, but still find time to listen to each other or give a hug when needed. The ‘fringe’ benefits (ie. Stampede BBQ, Christmas party, staff appreciation, etc. etc.) are great. I generally like coming to work. I feel we’re improving all the time — Carewest gives staff opportunities to ‘speak their mind’ and we need to keep improving on this type of communication.

- Clare Cooper, Administration, Carewest George Boyack

I enjoy the people contact and long-lasting friendships I’ve developed over the years I’ve been at Cross Bow.

Improvement - improved and precise information regarding the closure of Carewest Cross Bow, we really need to know what’s going on in order to make some important life decisions.

- Florence Sutherland, N.A., Carewest Cross Bow



Claudette Cramm

The best thing about working at Carewest is the camaraderie that I have felt. Being married to a military person, we have lived (and I have worked) in several different provinces — no other facility has made me feel as supported or accepted as Carewest.

And as to what I would like to see improve, I am at a loss, but I’m glad to see staff recognition starting.

- Claudette Cramm, Team Leader, Carewest Sarcee

The two best things about working at Carewest for me are the constant challenges and the people! I have always said that I don’t like to be bored and Carewest has certainly ensured that does not happen! The diversity of people that I have met and/or worked with in my short 7 months has been a great experience. I am constantly amazed at the loyalty and dedication that is evident from those that care for our residents to the people I see everyday at the admin. center.

As for suggestions for improvement I guess it would be to constantly ensure that as many people from all across our organization are involved in some way or another in all the new initiatives and programs. It is so important to everyone to have a sense of involvement and input and I always say “The more the merrier!”

- Charlene McBrien-Morrison, Leader, Information Management



Marilyn Christensen

The best thing about working at Carewest is interacting with so many different people; residents and staff, and listening to their stories and their concerns. I’d like to see staff have more time to be able to just sit and talk with residents on a more personal level and not have to rush through their tasks.

- Marilyn Christensen, Psychologist, Special Programs, Carewest Dr. Vernon Fanning Centre

Staff Profile

Dot Perrault: one of the “neat people” at Carewest

“I’m a driver,” says Dot Perrault, “I love driving, and I love people ... I enjoy my job so much that sometimes I feel a little guilty calling it a job!”

Dot has been a full-time bus driver at Carewest since 1986. Before that, she worked for Cardinal Coach Lines for 12 years, driving school and wheelchair buses.

Carewest’s five wheelchair buses, or “fun buses” as Dot calls them, have space for six wheelchair and six ambulatory passengers. They can also be adjusted to carry 18 ambulatory passengers. Recreation Therapists submit their requests for group outings and then Dot works out bus schedules and assigns drivers. In addition to herself, there are two part-time and three relief drivers.

Dot doesn’t just drive, most times she participates in the outings as well. For example, on a shopping trip she’ll pair up with a resident. Every resident has someone to help them, Dot says, so volunteers are an essential part of these trips.

Outings are usually within a 2 1/2 hour drive from Calgary and have included sightseeing trips and picnics to Banff, Lake Minnewanka, Mount Norquay, and Head-Smashed-in-Buffalo-Jump. Yesterday, a group visited the Ginger Tea Room in Okotoks. They have also checked out many Calgary restaurants and attractions too. Sometimes, destinations must be checked out many Calgary restaurants and attractions too. Sometimes, destinations must be checked out ahead of time to make sure they are wheelchair accessible and there is space for unloading the bus — this is occasionally a problem downtown.

Residents unable to participate in these types of excursions are not forgotten. Dot takes them on short mini-tours around the city. Sometimes they will stop in a park, such as Bowness or Glenmore, for a snack before heading back again.



Please turn to page 8 for more on Dot....

Helping others is a way of life at Carewest

Acts of Kindness Group

The Supportive Pathways Program at Carewest Glenmore Park together with Westside Seniors (Scarboro United Church) collect a variety of items for other charities. Here are some of the things they collect.

Poptabs - helps the “Diabetic Outpatient Clinic” at Alberta Children’s Hospital.

Postage stamps - assist a vocational school in India.

Milk logos and caps - for the Calgary Children’s Milk Fund.

Campbell Soup labels - for the Evangelical School for the Deaf in Puerto Rico.

Old eye glasses - Operation Eyesight sends these to third world countries.

Samples of soaps, shampoos, etc. - for emergency shelters and to Calgary Urban Project Society (C.U.P.S.).

The Acts of Kindness group gets together, sorts out the items and takes time to visit and socialize. We invite other sites to join the Acts of Kindness group. Please call Vicki Davis, Recreation Therapist at Carewest Glenmore Park.

Plain Word . . .

Hard words

1. Leaped
2. Stationary
3. Fallible
4. Perinatal
5. Relinquish
6. Eversion

Bouquets

The following note was taken from a program for a Thank You Tea for Carewest Glenmore Park staff, held on April 22, 1998 at Carewest Glenmore Park. The tea was hosted by Connie and Don Lougheed, family of Minnie and Charlie Quilliam.

We would like to thank the staff of Glenmore Park, for the excellent care that our Mother, Minnie Quilliam, has received over the past nearly three years.

We would also like to express our thanks for the many kindnesses shown our Dad, Charles Quilliam, first as a visitor to the hospital, and latterly as a short term patient on Glenmore West. We were pleased that the last days of his life were spent with people he knew and cared about him.

The many things that you did for Don and I during this difficult time was much appreciated, and we recognize that these special things, done so graciously, exceeded your daily duties.

Please accept our hospitality today as a token of our appreciation.

- Don and Connie Lougheed

To Linda Stilborn, Team Leader, Resident Services, Carewest Sarcee

I am Lillian Graingers' granddaughter living in Toronto. I just wanted to send a letter of thanks for the recent information package I received in the mail.

I very much appreciate being included in the information flow as it relates to my grandmother's care. It is often very difficult emotionally to be so far away from her and out of touch with her day to day activities and progress.

Thank you again for your kindness and the wonderful care given to my grandmother. It is very reassuring.

- Julie N. Glasson



To Day Hospital South

Words cannot express our appreciation for all that you've done for 'Nanna'. You have helped instill confidence, given her opportunity to meet new people, play new games and simply experience many things she hadn't before. You've helped her with therapy and exercise and made her feel good again. You have all been like family to Nanna and I, and we'll truly miss you. I personally admire the way you treat the elderly. At long last I have finally met a group of professionals that treat the elderly as though they are worthy human beings - some with many good years ahead of them. It is amazing how many doctors we encountered that gave us the feeling that once you hit a certain age your problems and ailments are to be expected and to be put up with until the end. I think you add many years to their lives.

May God bless all of you and reward you with health and happiness.

With much love and respect,

Maria Pozzi, granddaughter of Maria Cantafio

Kudos

To Steve Ungerer, Harry Chetner, Philip Costain, Cheryl Voszler-Borden, Sylvia Sherman, Shelley Murdoch, Kathleen Kenzie, and Kel Czernick

Thank you all for your assistance with Carewrite — taking pictures, distributing copies, providing details (like names to faces), and generally helping us out with the newsletter. We appreciate you!

- Veronica Scott, Debbie Hayman
Communications



To Dorothy Lemczyk, R.N. and Sylvia Rainbird, R.N., Carewest George Boyack

Thanks you from the RN's at George Boyack for organizing and conducting a wellness clinic in the cafeteria on Tuesday, May 12th during lunch in support of Nurses Week. They volunteered to do this on their day off. Many staff participated by having their blood pressure and oximetry done.

Many thanks!

- Adele Underhay, R.N., Second Floor,
George Boyack

To Shirley Cox and planning committee

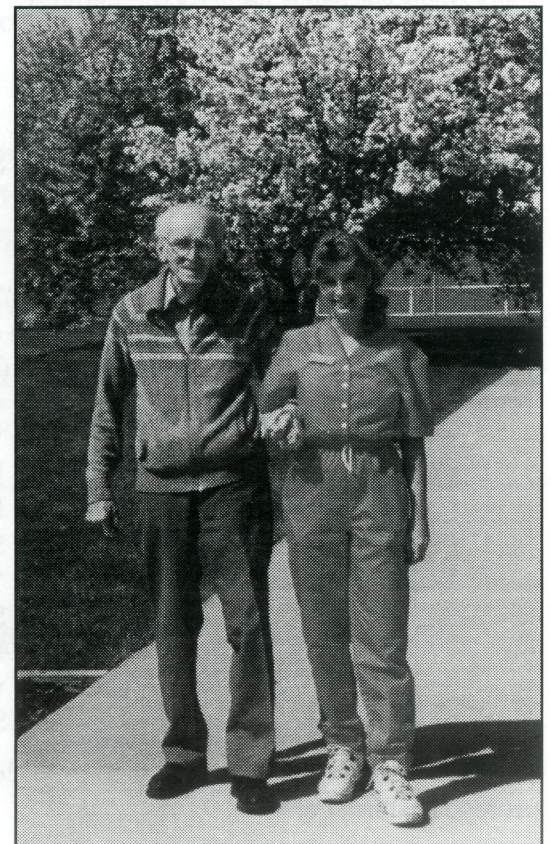
Bouquets to Shirley Cox (chair) and the planning committee of the Continence Resource Nurses Group for the very effective workshop they presented. Good Team Work combined with expert knowledge and incredible energy and enthusiasm led to this most successful venture. Shirley has received feedback from one participant who was so inspired by attending this event that she is initiating plans to develop a continence resource service in her work site. Day Hospital (and Carewest) is proud of this leadership in action.

-Ruthella Graham, Program Leader,
for the Day Hospital Teams

To Veronica Scott and Debbie Hayman, Communications

I really appreciated how willing you both were to put together a new set of Palliative Care information boards and fact sheets to be ready for display for Palliative Care week, especially when I gave you such short notice! Thanks for a great effort and they look great!!

- Sandy McMeekin,
Coordinator, Palliative Care



More participants in the
Take a Walk campaign.
Kathleen Ouellette and Sam
Gunderson take a stroll in
the sun.

Site Happenings...

THANKS MOM!

Mother's Day at Boyack did not go unnoticed. With a record crowd of 105 people, we celebrated motherhood in style. Thanks to Cindy Roberts for taking the reservations. With a gardening theme, our cafeteria was transformed by Joseph Sia, into a Garden of Eden. As the "Moms" were seated, each was given a flower donated by the Resident's Services Department. The buffet brunch was full of

nature's wonders, with a little help from Mark Warren, Head Chef and Shawn Tourout, assisting. Who says you can't improve on nature?

Special thanks goes out to all the Food Services staff who continue to outdo themselves, Mark, Shawn, Joseph, Colleen, Lori and Michele.

As if the food wasn't good enough, residents and families were also treated to the Tapestry Quartet, (part of the Sweet Adelines), led by

our very own Clare Cooper. Of course, we can't leave out the backbone of these big events; the Volunteers! A big thank you to all the volunteers who helped make our brunch run smoothly: Kaye, Chelsea, Shaun, Donna and Edna as well as the staff who participated, Kim, Gloria and Yasmin, and of course, Peter Pawluk and the rest of the Housekeeping staff for helping with the set-up and tear down.

Thanks, Everyone!

*-Shelley Murdoch, Activity Convenor,
Carewest George Boyack*



Mary Asano and family members enjoy brunch.



Michele Rondot, Laurie Inglehert, and Colleen Brent, all on the Food Services team at Carewest George Boyack.

CAREWEST FASHION – WHAT'S OK AND WHAT'S NOT

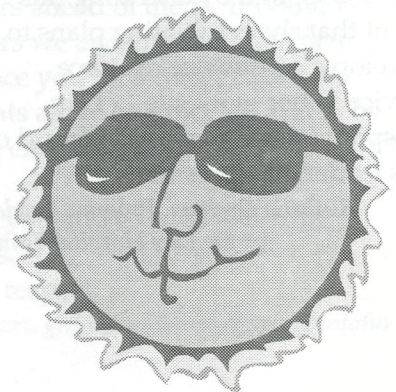
It's summer time, and like the song says... "the livin' is easy." Although the days are long and sunny, the blossoms are out and the barometer has gone up, we still have a dress code at Carewest (for all employees). Here's a reminder if you're in doubt about what to wear.

OK

Nylons and socks
Enclosed shoes (heels and toes)
Walking shorts

NOT OK

Bare toes
Sandals
'Short' shorts
Spandex, leggings, mini skirts
Halter or tank tops, t-shirts
with advertising or slogans
Sleeveless, see through blouses.



The idea behind the dress code is to provide a safe and healthy environment while also promoting a positive and professional image.

BRAIN INJURY WORKSHOP

Thursday, June 4, 1998

8:30 a.m. - 12:30 p.m.

in the Coliseum, Carewest Dr. Vernon Fanning Centre

Cost: \$5.00 (includes light lunch)

Open to staff, families and survivors of brain injury. Workshop topics will include:

- How to deal with difficult behaviours
- Care for the caregiver
- Coping with memory loss

There will also be a trade fair in conjunction with the workshop, featuring community resources for persons with brain injury and their families.

For more information, or to register, call Steve Ungerer at 230-6900, ext. 239.

**Support Brain Injury Awareness Week
(May 31-June 6, 1998)**

May is Speech, Language and Hearing Awareness Month!

The theme for this year's promotional campaign is ***Communication: It's Vital!*** The campaign is sponsored by the Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA).

Communication disorders affect one in every 10 Canadians. The goal of this awareness month is informing the public about the *importance of communication* and the *impact of speech, language and hearing disorders on everyday life*. Speech-Language Pathologists and Audiologists are health care professionals who are trained in evaluating, diagnosing and treating speech, language and hearing disorders. We work in hospitals, rehabilitation centres (e.g., Day Hospital), schools, health clinics, and private practice.

Do you know the facts??

Here are just a few:

- the largest number of people who have difficulty hearing are found in the working adult population.
- speech and hearing impairments in children and adults have a large impact on their educational, vocational and social well-being.
- the mean age for stroke occurrence in Canada is 50 years. Of those individuals experiencing a stroke, between 30 to 50% require the services of a speech-language pathologist.
- approximately 40% of all hearing impaired people are 65 years of age or older, and half of them have hearing loss in both ears.

Watch your e-mailbox throughout the month of May for more information, and tips for enhancing communication.

***Communication: It's Vital!
Celebrate the gifts of communication.***

*Submitted by Diana Didrikson, MScSLP(C)
Speech-Language Pathologist
Carewest Day Hospital*

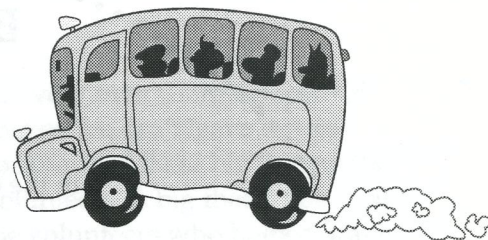
One of the bonuses of her job, says Dot, is working at all Carewest sites and getting to know people at each of them. She wishes everyone at Carewest had this opportunity to mix with all the "neat people" at other centres because "the personal contact helps build real team spirit." Dot mentioned the recent Carewest-wide art show at the Fanning Centre. It brought people from all centres together, she says, and it was wonderful. Dot would like to see more similar events.

As much as Dot loves her job, "family is number one," she says. Her face lights up as she talks about her husband, four children, nine grandchildren and two great-grandchildren.

Dot Perrault is one of the "neat people" at Carewest — a great grandmother and a great "fun bus" driver too. Thanks Dot!

- Theresa Smith, Communications

Other bus drivers on the Carewest team include: Dianna McDonald, Phil Lunn, David Gordon, Jackie Jones, Joan Romashenko and Doug Kelly.



ANOTHER ROUND OF TOWN HALLS COMPLETED

During the month of April, Mike Conroy, Executive Leader, hosted a series of Town Hall sessions at each of the sites. These get-togethers are an opportunity for staff members to hear what has happened at Carewest over the past year and the organization's plans for the future. Most importantly, however, they are an opportunity to ask questions directly and to discuss issues. Approximately 300 staff members from all sites attended.

Mike talked about a number of developments over the last year including the new staff recognition program called Making A Difference!; the official launch of two new programs, Supportive Pathways (for people with Alzheimer disease and other dementias) and Capable Seniors (for residents capable of making their own decisions). He also gave updates on Royal Park, a 'first-of-its-kind' facility housing a

continuing care centre and rental apartments all under one roof and the Alzheimer House soon to be built in Signal Hill. "In this fast-paced environment, it's so easy to let our accomplishments slip by. As an organization, we've achieved an enormous number of milestones in what has been a very successful year. Town Halls are one way of blowing our collective trumpet and sharing the good news."

Mike hosts Town Halls twice a year. "It's an opportunity for me to talk about the 'big picture,' to share the news about what's happening throughout Carewest. It's also a chance to talk about both our accomplishments and the areas we need to work on," he noted. Staffing remains the most important staff concern and highest priority for Carewest. "It's a complex issue and a serious concern. We've undertaken a major review of this whole

area and we should have some results very soon — the preliminary information looks quite promising."

The format for Town Halls is relaxed and fairly informal to allow more time for questions and conversation. Judging from the evaluations, this interactive style seems to work. Some of the more common questions from the floor included information about the 2% one-time, lump sum payment, laundry, scheduling and staffing, and new housing developments. For more detailed information about the Town Hall sessions, please call Veronica Scott, Communications Leader at 267-2940. And remember, Town Halls are just one way to raise questions. If you have questions, concerns or suggestions at any other time, please raise them with your Team Leader.

YOU MAKE A DIFFERENCE!!

As planned, the kick-off festivities for Carewest's Making A Difference Employee Recognition Program took place this past week at each site, including the Administrative Centre. The appreciation banner is making the rounds, and please encourage families and residents to sign their names. Also — the First Annual Carewest Family Barbecue is scheduled for Saturday, June 20th — plan to attend!



Christine Clements presented the program to the Administrative Centre staff.

TOP MARKS FOR CONTINENCE MANAGEMENT EDUCATION DAY

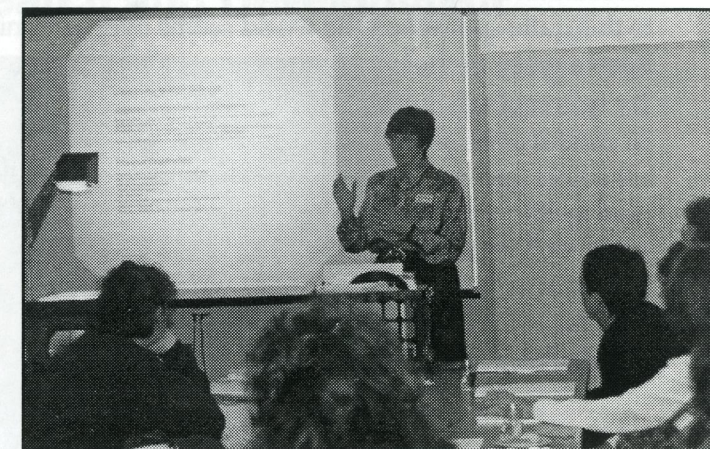
Carewest's first Continence Management Education Day at Fanning Centre, was a huge success, reports Shirley Cox, (Staff Nurse Day Hospital), one of the conference organizers and a member of the Carewest Continence Resource Nurses Committee.

Held on April 24th, the one-day event attracted sixty-seven participants including Registered Nurses, Nursing Attendants, an Occupational Therapist and two Public Health Nurses). Practical assessment, treatment and management were emphasized throughout the day. "Evaluations at the end of the session showed participants appreciated the depth of information and the humor in the presentations," explained Shirley.

Presenters included Jill Milne and Rosemary McGinnis (both former Carewest employees), Jerry Hanen and Marjorie Cheng (Carewest Pharmacy Services, Gerri Mitsch, RN., Sylvia Zilavec, RN., Cathy Richardson, RN., and Sca Molnlychke. "We were fortunate to have the expertise within Carewest and the willingness to share information," Shirley noted. The key note address was given by Marlene Raasok, Chief Operating Officer, Community Health Resources.

Rosemary McGinnis, former Director of Care at Cross Bow and an expert in continence management, said it was gratifying to see clinicians transfer information into practical reality. "It's a pleasure to see this type of empowerment happening. I'm very proud of the group."

Other members of the Continence Education Day Planning Committee included Alice Newsham, Sylvia Zilavec and Debbie Lee.



Rosemary McGinnis, one of our guest speakers, talking to the group on Managing Incontinence in the Neurologically Impaired Person.



Sylvia Sherman presented at Carewest Cross Bow

For the Health of It . . .



Wellness Facts . . .

TAKE GOOD CARE OF YOURSELF AND PREVENT 'BURN OUT' (STRESS OVERLOAD).

Managing work, family and home responsibilities can be a real juggling act, here are some helpful tips taken from an article on burnout (*Nursing Management*, April, 1998, issue) If you would like a complete copy of this interesting article, please call Communications at 267-2992.

- Be at peace with yourself. Do the best you can with whatever arises.
- See humour where you can.
- Live in simple conditions, rid of clutter.
- Don't worry. Live one day at a time.
- Develop Spiritual Beliefs.
- Remain open to new things and take risks now and then.
- Meditation and prayer are effective techniques to relieve stress. Go to this quite spot when the world seems overwhelming.
- Keep a grasp of the big picture, but set short-term goals.
- Try to accept what you can't change.
- Be careful of negative emotions. Let them go. They are learned behaviors and damaging to your health. Fear and anxiety dull and destroy life. Practice forgiveness and understanding. Try not to judge, but learn to accept.
- Be gentle with yourself. Don't let work swamp the other roles in your life.
- Exercise on a regular basis.

Canada Health Day

Continued from front page

The day's event was a resounding success with over 100 staff participating. The walkway between the three buildings was a beehive of activity as staff and residents alike took advantage of the opportunity to get out and enjoy the wonderful sunny skies and summer temperatures. At day's end the names of sixteen lucky staff were drawn and each received a little prize for their efforts.

We would like to thank Marg Marlin and the Health & Safety and Social Committees of both sites for their support, our Food Service staff for the fruit and juice, Debbie Hayman for the fanny packs and most of all, the staff whose participation and efforts really made it a fun day !

- Sylvia Sherman
Cross Bow Administration

A large order of fast-food French fries contains, on average, 470 calories and 20 grams of fat, almost as much as a Big Mac or Whopper. Though the fries have less cholesterol-boosting saturated fat than the burgers, they usually contain high levels of "trans" fat, which appears to be as bad for your heart as saturated fat. The trans fat, which doesn't show up on the nutritional listings supplied by the restaurants, comes from the partially hydrogenated oil used for frying.

In trying to eat at least five fruits and vegetables a day, it's easy to overlook breakfast — but don't.

Here are some ways to make that meal count:

Start the day with a glass of orange juice.

Top your cereal with a banana, raisins, or kiwifruit.

If you prefer toast or a muffin, add sliced apple, pear, or tomato to make an open-faced sandwich.

Add fruit to low-fat or nonfat cottage cheese.

Add berries or cooked or diced fresh fruit to pancake batter.

- from the University of California,
Berkeley Wellness Letter, June 1998

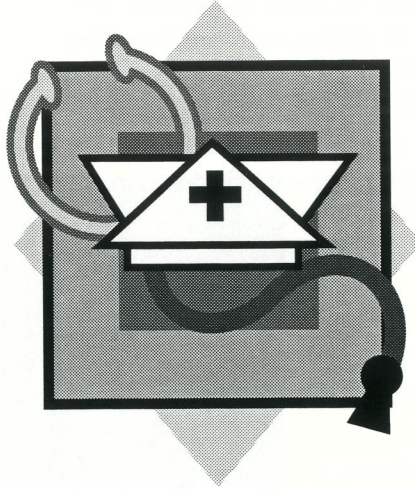
The Plain Words

1. Jumped
2. Not moving or changing
3. Able to make mistakes
4. Near the time of birth
5. Give up, Give back, Let go
6. Turn inside out

Nurses' Week at Carewest George Boyack

To celebrate International Nurses' Week on May 12th, 1998, the Boyack's Registered Nurses hosted a Blood Pressure and Oxygen Saturation Clinic in the cafeteria. During lunch hours, many staff took the opportunity to check their B.P., pulse and oxygen sats.

Staff nurses were available to answer any health related questions. Of course any health teaching was done in a 'fun and friendly'



manner. Refreshments were provided courtesy of staff nurses: Timbits if your blood pressure was within norm, if not - healthy, low-fat cookies were offered instead.

Pat on the back to all Boyack staff who exercise and either quit or are trying to quit smoking!

Thanks to all the staff and family members who participated in our clinic!

- Carewest George Boyack staff nurses

Carewest leads the way with Research and Development



Most often we think of research in health care in relation to large teaching hospitals. Research, however, is just as important in continuing care. It's an effective method to learn new ways to improve the care we provide and how we work. Here, at Carewest, we have our own Research and Development Committee and the members are on the lookout for topics to research. They will also offer assistance, advice and support to help you get your own research project off the ground. The committee also exists to review research projects proposed for Carewest. If you are interested in starting a project or are approached by a researcher, it is important that you let the committee know — they will assist by reviewing the project to consider the impact it may have on our residents, clients and staff.

If you have an idea you think would make a good research project, any of the committee members would be pleased to hear from you. Here they are: Dr. Vernon Fanning Centre — Myrna Deagon, Sylvia Zilavec, Jerry Hanen and Marilyn Christenson. Glenmore Park — Brenda Huband, Cross Bow / George Boyack — Donna Michael. Sarcee — Jennifer Koloff. Administrative Centre — Jeanine Kimura, Carmen Kubbernus and Tina Turcotte.

A Carewest Research and Development handbook, full of useful information and practical advice, is almost finished. In addition, Carewest Sarcee is involved in a study spearheaded by the University of Calgary on anxiety and depression.

MEALTIME COMPANION PROGRAM

Are you currently feeding your loved ones? Or, interested in volunteering to assist residents at meal time?

The Meal Time Companion Program is designed to teach techniques for feeding and how to enhance the social aspect of dining and maintain the nutritional status of our residents.

The next training session is scheduled for June 26, 1998 at 1:30 p.m. To register for this two hour session, or for more information, please contact Debby Dubord, Team Leader, Resident Services, Carewest Dr. Vernon Fanning Centre, 230-6900, ext. 223.

Boyack Art Show '98

With the success of the Carewest-wide Art Show, residents, families and staff wanted to see the works of our talented people. We were only too happy to oblige. On Thursday, April 30th we made the chapel into an art gallery. At the request of families and staff, we kept the exhibition up for three days so we could show off a little. Special thanks to our instructor, Jennifer Blair and to the Foundation for supporting this popular program.

-Shelley Murdoch, Activity Convenor

SPECIAL GROUP HOME FOR YOUNGER ADULTS GETTING CLOSER!

Carewest recently received Ministerial approval to purchase land for a bungalow for ten people (18 to 64 years) with memory and thinking problems and physical disabilities. Until a new name is chosen, the project is called 'Shared Living,' and will be built on one acre of land in the Renfrew community, between the Carewest Administration building and Dr. Vernon Fanning Centre. We're hoping to break ground this summer, following our City Council meeting in July.

The home will be staffed 24 hours a day, and meal, laundry and house-keeping services will be provided on site. Details of the day-to-day operations of the home are being sorted out with assistance from all areas within Carewest. We want to be ready to go as soon as the home is ready for occupancy.

We expect the first group of residents to be people currently living at Carewest Dr. Vernon Fanning Centre and other centres. However, people living in the community may also apply.

For more information, please call or e-mail Miriam Winstanley at Carewest Dr. Vernon Fanning Centre.

FOOD NEWS!

Due to an increase in food costs from our suppliers, it has become necessary to increase some of the cafeteria prices effective May 11, 1998.

*Team Leaders, Food Services
Carewest — Cross Bow, George Boyack,
Sarcee, Glenmore Park and Dr. Vernon
Fanning Centre.*

The following five people (all from Carewest Sarcee) correctly identified the Sarcee garden photo in the last issue of Carewrite, and received a certificate for lunch courtesy of Communications.

Julie Olson, N.A., Unit 1

Philip Costain, Activity Convenor

Cheryl Dobbs, Therapy Aide, Unit 1

Anna Partaker, N.A., Unit 1

Ann Smith, N.A., Unit 2

Congratulations!

*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.*