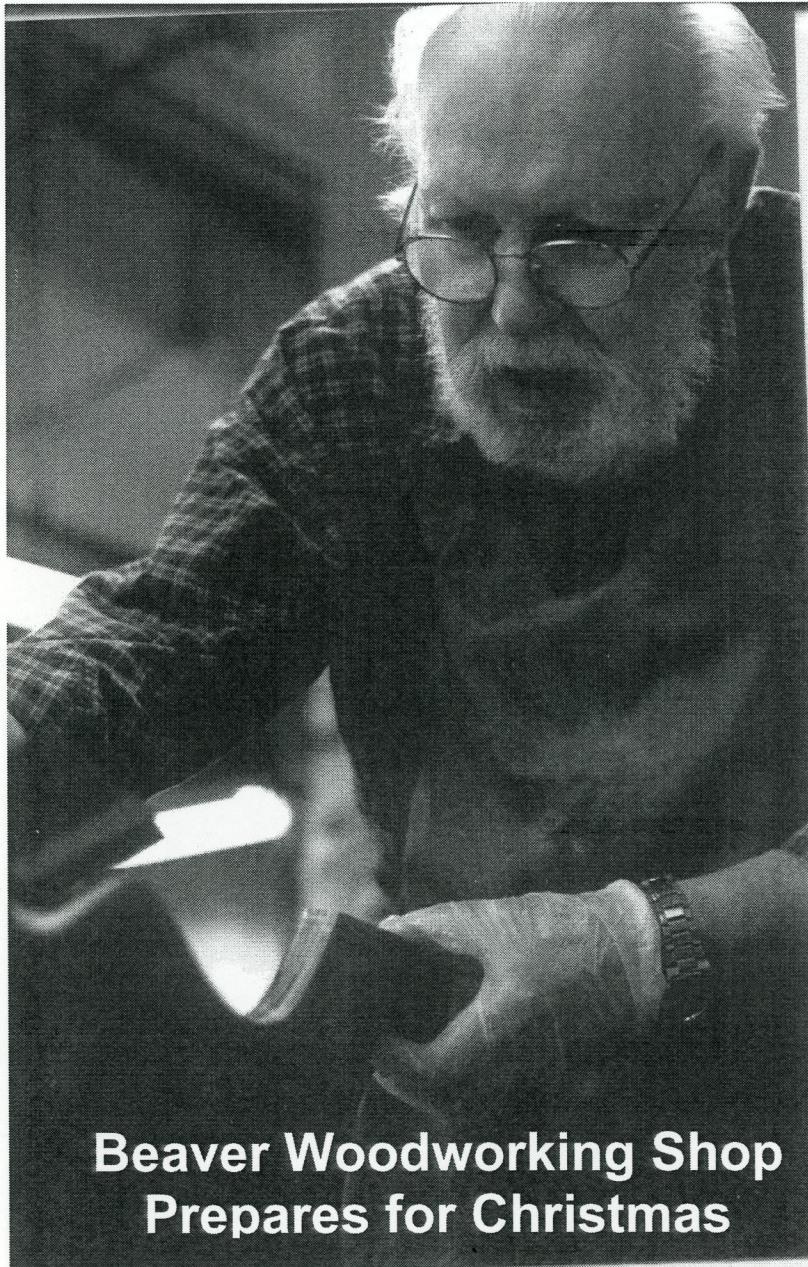


Carewwrite

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



**Beaver Woodworking Shop
Prepares for Christmas**

Jack Easterbrock

Residents at Carewest Dr. Vernon Fanning Centre are hammering their hearts out at the Beaver Woodworking Shop to get their gifts done in time for Christmas this year.

“Residents come down here and select anything they want to make,” said shop leader Trish Yates. “It’s our job to support them in making things happen.”

Continued on page 3.

In this issue

- **Diabetes Month**
- **Town Hall Report**
- **Sweet Harmony**
- **Halloween Fun**
- **Remembrance Day**
- **Pension Changes**
- **Carewest Recipe Helps Overseas**
- **Development Council News**
- **Reducing Waste**

A Message from Brenda



Thank You Veterans

Like many people, it's hard for me to attend a Remembrance Day ceremony without shedding a tear or two. While I have no direct connection with either of the last World Wars, because of Carewest Colonel Belcher I have a much deeper understanding of our veterans and their sacrifice.

One hundred and thirty-three WW2 veterans and two Korean War veterans live at Carewest Colonel Belcher. There are no longer any WW1 veterans residing at the site. Like so many Carewest staff and volunteers, I feel honored and fortunate to have such a close attachment to history right at our doorstep. The sacrifice these men and women made – on our behalf – was enormous. We cannot forget our peacekeepers either. Their role securing peace in troubled spots throughout the world is equally important.

We are all looking forward to this coming May, when our veterans will move into their new home in Parkdale. Carewest Colonel Belcher will be a beautiful, comfortable building, a fitting tribute to these heroes.

Wall of Honour

One of the ways we can honor our veterans is by contributing to the Wall of Honour. This is a wall made up of 3,000 bricks that will weave through the Legacy Garden at the new care centre. For a charitable donation of \$150 you can have an inscription engraved on the brick and placed on the Wall of Honour. This is all part of a \$2 million fundraising campaign spearheaded by the Friends of the Colonel Belcher in partnership with the Calgary Health Trust. Funds from the campaign will go toward craft and reading areas, a woodworking and model shop and a greenhouse.

Think about it. It doesn't cost much and it's a wonderful way to say thank you to our veterans. For more details on the campaign, please call Nadine Humphreys 943-0607 or visit the Friends of the Colonel Belcher's website at www.focb.ab.ca.



Special Christmas Gift Idea

With the festive season just around the corner, consider placing an inscribed brick in the Wall of Honour for a loved one. It's a wonderful way to honour the sacrifices that have been made by our many Canadian military veterans. Gift cards are available and the brick can be inscribed with two lines of text with each line containing 21 characters (including spacing and punctuation).

*Brenda Huband
Executive Director*

*Nadine Humphreys
Development Officer
Calgary Health Trust*

Beaver Woodworking Shop Prepares for Christmas

Continued from cover

Around 60 residents per week come to the shop to build one or two projects a year. Clients have the option of running the wood cutting machines themselves or working with wood that is previously cut.

Fanning resident **Rodger Higgs** has attended the shop for five years. "I've made tables, storage boxes, and clocks, and I usually give them away as gifts," said Higgs. "This Christmas I am currently making a clock, but this time I think I am going to keep it for myself."

Other popular items residents are making as gifts for Christmas include coffee tables, jewelry boxes, and toys for their grandchildren.

The Woodworking Shop is not only used for building projects, but also as therapy. **Ralph**

Garnette, a 55 year old volunteer at Carewest, suffered a stroke last May and now uses the shop to slowly regain use of his right arm.

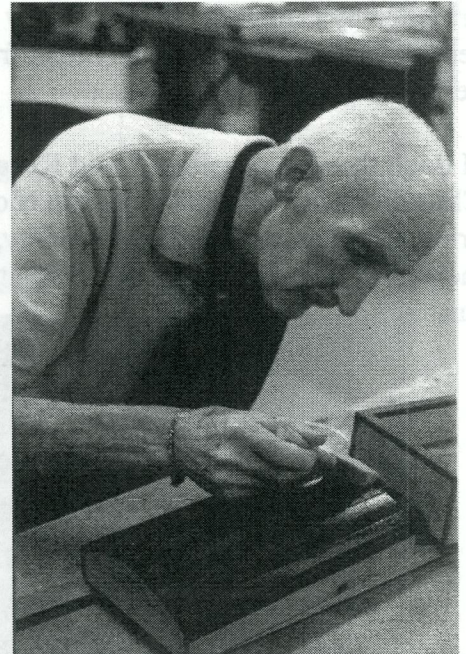
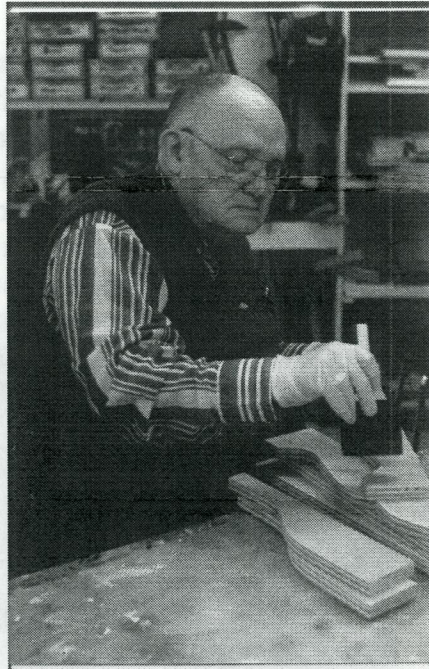
"This is better therapy than moving things around on the counter," said Ralph. "There are people sitting at home right now with disabilities thinking they are useless, but really they are not."

People throughout the city such as **Peter Hauserman** of Cambian Woodworking and Pro Tool City generously donate most of the wood and tool supplies.

Volunteers are a major part in making the Beaver Woodwork shop happen, however more help is always needed. In the meantime, residents are very satisfied with what they have accomplished.

"I enjoy the atmosphere of the place and the friendships I've made," said **Jack Easterbrock** as he put the last coat of varnish on his table. "I think it's the companionship because we really get along well and have a good time."

*Pamela Roth
SAIT Journalism Student*



Sweet Harmony

Fanning and Royal Park Choir

Pamela Roth
SAIT Journalism Student

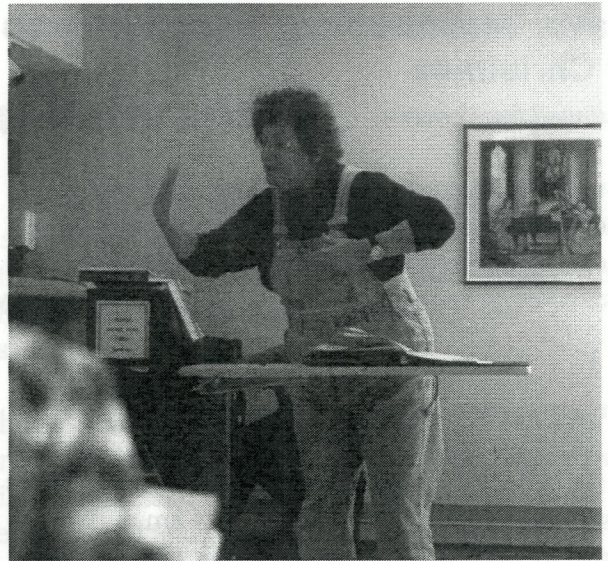
Music is something that can bring people together, and express themselves in many different ways. Members of the Carewest Fanning and Royal Park Choir, now in their fourth and fifth year, cherish their precious time spent together singing in harmony with the piano flowing smoothly in the background.

"I enjoy it. It's a great opportunity to get together with people," said **Rodger Higgs**, a member of the Fanning Choir for five years. "It's a time when I get to relax and just enjoy the music."

The two choirs, who have around 40 members in total, practice separately but join together as one four to five times a year to entertain other Carewest senior groups or long term continuing care facilities throughout the city.

Members of the delightful choir, which includes residents, family members, and staff, are transported to and from their performances by buses provided by Carewest. In return, they get a great sense of satisfaction and enjoyment from performing for others.

"I think they are excellent," said **Reverend Arnie Chamberlaine**, a member of both choirs. "I think it brings out their soul, their personality, whatever is the part of them that rejoices in life. It's a lot of fun."

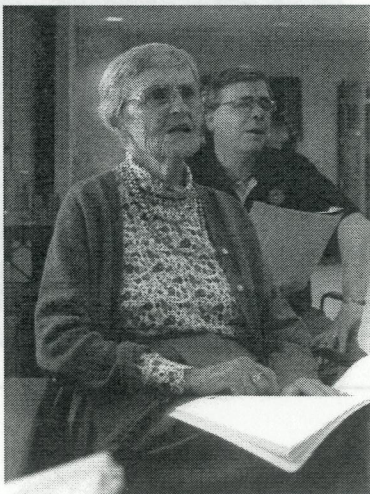


Choir Director Fran Snukal

The choir performs uplifting songs such as 'You are my Sunshine,' 'Old Man River,' and even some Broadway show tunes which are chosen by the choir and the choir director, **Fran Snukal**.

"The people in both choirs have become like family and friends to me, and we have become very close," said Fran, who volunteers with the choir three hours a week. "It's wonderful because they want to learn and improve, and they love to perform. They feel so special and important. It's all the things that I love to do."

The choir is open to anybody who wants to join and practices are held every second Monday at 4 p.m. The Fanning and Royal Park choir will be joining forces with Fran Snukal's adult choir for their next performance on Thursday, November 21 at Carewest Dr. Vernon Fanning. The show begins at 7 p.m.





Lifting Safely Quiz

This staff member is trying to assist the client to stand up!

1. What may happen to the client by using this technique?
2. What may happen to the staff member using this lifting and transfer technique?
3. What do you think is the proper technique in getting the client to stand up?

Please send your answers by interoffice mail to Samuel, Education Resource Nurse at Carewest Fanning Centre. The person with the best possible answers will receive a handsome gift!

Samuel Adu-Darko
Education Resource Nurse
Carewest Dr. Vernon Fanning Centre

Remembrance Day Service at Boyack

We had a Remembrance Day service on the 8th of November at the George Boyack, with over 75 residents, family, staff and volunteers attending. We were very fortunate to have **Tom Hradec** from the Canadian Association of UN Peacekeepers attend our service and read some wonderful poems (see one below). **Marji Krahn**, our pastoral care coordinator led a beautiful and moving service which all appreciated, since some were unable to attend a service outside the center. I would like to thank from the bottom of my heart the work and commitment which **Marji, Clem, Edna, Sui and Gilles** put in to make this service a very special one for the residents.

Elisa Holland
Activity Convenor
Carewest George Boyack

Remember Me

By Canadian CPL Ronald Herrernan

We bid farewell to family and friends
In hope that someday, we can live as brothers
I pray for the day all wars will end
And my fate shall be spared to others
It was the war to end all wars, that is what they said
But after eighty-two long years,
Canada still counts her dead
I was a true Canadian, I wish you could see
All I ask is... remember me
In war I fought and died, I thought it did cease
Now under the blue beret, I die for world peace
Like Michael, Ralph and John Ternapolski
Plus thousands of soldiers before
On Novemeber 11th, remember,
I died for peace not war
I was Canadian, I wish you could see
All I ask is... remember me.

Halloween Fun at Carewest

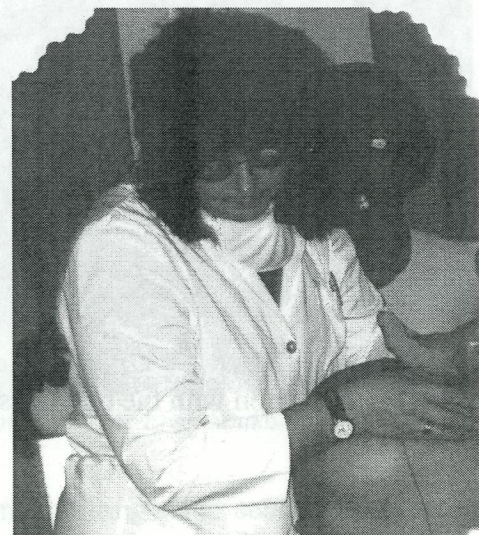
Carewest George Boyack

On October 27th Carewest George Boyack held its annual haunted house. The year's event was very successful with over 120 residents, staff and family participating to help raise money for resident activities.

I would like to thank three special volunteers – **Clem, Ashley and Elaine** – who volunteered eight hours of their time to help set the house up. I would also like to thank the six Bishop McNally High School students who came in on a Sunday to be actors and actresses in the house. We couldn't have done it without you. Thanks to everyone who came out and supported us. We look forward to next year!



*Elisa Holland
Activity Convenor
Carewest George Boyack*



Haunted House coordinator Elaine

Carewest Dr. Vernon Fanning

*Sandy Rodway
& Trina Suarez*



Carewest Staffing Services



*Shirley MacDonald Genereaux,
Norma Goldring, Cindy McIsaac,
Janet Layte, Julie Toma,
Patty Hewko-Kneeling*

Kudos

Carewest Signal Pointe

We would like to express our deepest appreciation for the wonderful care our mother, Isabella Devitt, received from the staff and loving caregivers at Carewest Signal Pointe where she was a resident for the past two-and-a-half years. Mom was so fortunate to be surrounded by such loving, well qualified staff that cared for her with compassion and dignity.

We are grateful for the support of the team at Signal Pointe for making Mom's stay so comfortable in such a home-like, warm and loving environment. Signal Pointe is truly a state-of-the-art facility and Carewest should be congratulated on building such a beautiful, well-planned residence for Alzheimers and dementia patients. We were truly blessed to be part of the Carewest Signal Pointe family.

Elaine Williams and Eleanor Anderson

Carewest Dr. Vernon Fanning Centre

We have our daughter Theresa Dabrowski in 1 East and we thought it was about time to let you know about the very efficient and caring staff looking after that wing. Not only do they do a good job in looking after our daughter Theresa, but they are doing a fantastic job in looking after the others too. They are all remarkable and caring staff. Hang on to them because they have a real tough job to do. Please leave the same staff on 1 East as long as you can.

M. Dabrowski

Bev Rosia – Carewest Sarcee

I was really impressed with Bev's poise during a recent interview with *Frontlines*. She was able to explain the user benefits of Pathways in the dialogue with the reporter while Nancy, Lorne and I really struggled to describe it. Bev gave fantastic real-life examples that would perfectly illustrate one of our points. Not sure where we'd of been without Bev.

*Don Schick, President/CEO
StrataHealth Solutions Inc.*

Carewest Cross Bow

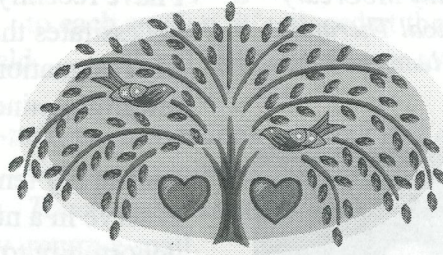
On behalf of the family of Irene Hogg, I would like to say thank you once again to the team at Carewest Cross Bow for the excellent care you provided to our mom. We recently had the opportunity to move Mom to a location much closer to the homes of

family members. We carefully considered all the advantages of the new location. Our decision to keep Mom at Cross Bow was based on the very positive experience both Mom and ourselves have had at Cross Bow. I wanted to share with you some of the many positive things

we considered about Cross Bow as we made our decision.

- The staff are good. Everyone. The medical staff, the support team, the recreation staff, the food services staff and all the others. Everyone is part of the team.
- The staff give good, loving care.
- If Irene needs two people to look after her at any time, there will be two people there.
- Everyone knows who belongs on the second floor and who belongs on the first floor. They don't need to check a list to see where someone's home is!
- The flower garden is wonderful.
- The meals are good and there's always someone to help Irene with her meal when she needs it.
- She's very very happy.
- She's always washed and clean and her clothes are clean.
- Everyone reaches out and they call her by name, "Hello Irene".
- The entertainment is good.
- If we can't make it in to visit, there's lots of staff to back us up.
- The volunteers are wonderful and so are the other families who visit.
- There is good, loving, family-style, home-style care.

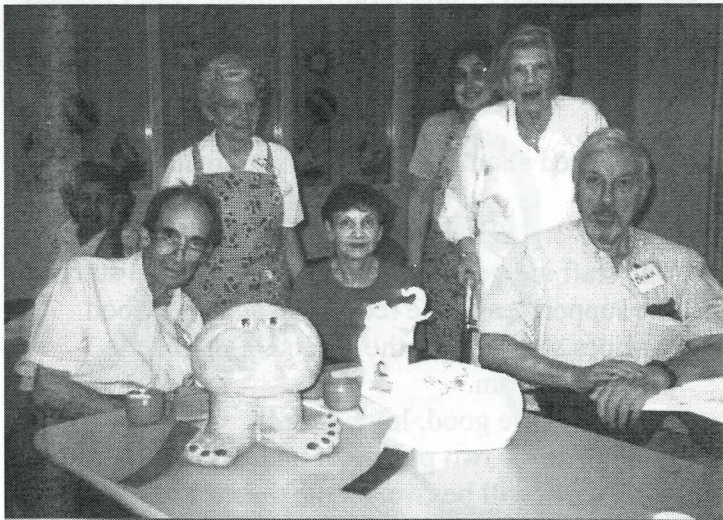
Maureen Darling



Ag Fair Winners Day Hospitals

On August 24th and 25th, Airdrie and District held their annual agricultural fair. Some Day Hospital staff and clients from both the South and North sites entered crafts. Pictured here are some of the first place winners with their ceramics. Congratulations to all.

*Dorothy McCreary
Physical Therapist
Carewest Glenmore Park*



*Bridget Valles, Julianna Toro, Grace and Sam Slemko,
Doreen Pepper, Jane Goodman, Brian Morris*

Letter from Mike Conroy Resignation from Carewest Board

Editor's note: Mike Conroy is leaving Calgary Health Region in early December to take a position with the Brenda Strafford Foundation.

Dear Carewest Board, Management and Staff,

I have recently made a career decision which necessitates that I resign from the Carewest Board. My resignation effectively ends an extremely rewarding nine year affiliation with Carewest.

During my tenure at Carewest, I had the opportunity to serve in a number of roles. Moreover, I had the opportunity to work in an organization with people who were unbelievably committed, passionate and talented. Everyone at Carewest should be proud of what has been accomplished. Carewest continues to evolve and lead change in continuing care. It is this commitment to anticipating and responding to community health needs that makes Carewest a national leader in continuing care.

For me personally, I have been privileged to participate in Carewest's growth and watch not only the organization grow and develop but also see individuals realize that their potential to make a difference has no boundaries. I would like to thank the Board and all the staff of Carewest for your support, confidence and kindness over the last nine years. Best of luck in future endeavours.

*Mike Conroy
Executive Director
New Business Development*

Memory Maker

www.realage.com

Don't let stress make a memory of your mental faculties. Studies have shown that chronic exposure to stress hormones may interfere with memory performance. To keep stress-induced memory lapses away, schedule mini tension breaks throughout your day. A few minutes of deep breathing exercises, gentle yoga stretches, or positive visualization may be all you need to stay sharp.



Sessions This Month

**Carewest Signal Pointe
Library**
November 26th
10:30 pm to 11:30 pm

Carewest Admin Centre
November 28th
9:30 am to 10:00 am

**Carewest Colonel
Belcher**
November 28th
1:30 pm to 2:30 pm

Carewest Sarcee
December 3rd
1:30 pm to 2:30 pm

Carewest Royal Park
December 5th
1:30 pm to 2:30 pm

Keeping in Touch with Brenda Huband

Join us for information, discussion and refreshments. Find out what's new at Carewest and what to expect in the future. Talk about the issues in an informal setting. Everyone is welcome!

Can't come but have a question?

- Look for the *Keeping in Touch* suggestion box. About one week prior to each session, it's placed at the Carewest site where the meeting is held. We'll print the answer to your question in *Carewrite*.
- E-mail your questions anytime to *Keeping in Touch* listed under the Carewest global address list. We'll address them at the next *Keeping in Touch* session and Brenda Huband, Executive Director, will respond by return e-mail.
- If you would like to speak with someone directly, please call Administration at 267-2912.

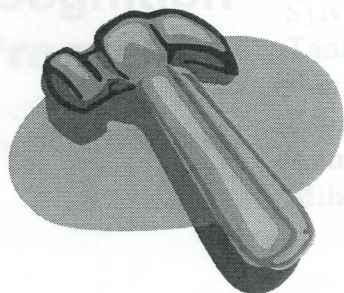
*Debbie Chaisson
Executive Secretary
Carewest Administration*

Town Hall Highlights

Here are some highlights from Executive Director **Brenda Huband's** 'Keeping in Touch' visit to Carewest Glenmore Park on October 24th. About 30 staff and management attended the informal afternoon session held in the Heritage Room.

Renovations

Ventilation has long been a concern and a challenge at Carewest Glenmore Park. Upcoming renovations include improved ventilation, air conditioning and a new heating system. Actual renovations will start very soon. In the meantime, lots of work is going on behind the scenes in preparation for the drills and hammers. Renovations should be completed in about nine to twelve months.



Planning For the Future

The Comprehensive Community Care Program at Carewest Sarcee has proved very successful. It is likely that the program will eventually expand to other areas of the city.

The new Carewest Colonel Belcher care centre in Parkdale is about 70 per cent complete. Veterans will occupy 135 of the 175 beds. The facility also includes 175 rental apartments for community seniors. Carewest is working with Apex Lifestyle Communities (our building partner) to include 30 designated assisted living apartments for seniors. Discussions are underway with regard to the future of the current Colonel Belcher Hospital. The fifth (top) floor was recently renovated to house a renal program.

Town Hall Highlights (cont'd from page 3)

The Rockyview Hospital is developing a Master Plan in preparation for the next decade. A Master Plan is a high level planning guide for a site which takes into account the existing physical conditions on the site, the existing services and their projected growth and the expected future services to be provided. The plan is intended to assist in determining the long-range development options to meet the needs of the site. As Glenmore Park is so close to the hospital it is an important part of these discussions.

Budget Reductions at Carewest

Funding for long-term care was reduced on July 1, 2002. This includes all care centres in the Calgary Health Region and has meant staffing and rotation changes throughout Carewest.

Brenda reminded staff to welcome new team members with a positive supportive attitude. Even in challenging times "it's important that we all support each other, our residents and their families," she emphasized.

Site leadership meetings are held twice a month at Glenmore Park to discuss issues that call for timely responses. Site Leader **Denise Pacentrilli** also produces a monthly update to keep staff up-to-date.

Other News

Carewest will be introducing 'weekend scheduler' coverage in the very near future. This will help to make the most efficient use of staff time.

As always, Carewest is looking at cost savings opportunities. As a result, we recently switched utility companies and may realize significant savings.

Representatives from our Employee and Family Assistance program will be visiting each of the sites to offer information about the services provided -- including counseling services regarding personal finances, legal issues, eldercare, substance abuse or any other topic that is important to you. More details to come.

Many thanks to everyone who took part in the United Way Campaign -- and a special thanks to chairperson **Sylvia Sherman**.

Carewest Colonel Belcher will be joining Glenmore Park for the semi annual Employee Recognition Luncheon on November 26th. This is a part of the Employee Recognition Program, "Making A Difference."

Brenda encouraged staff to attend the annual Carewest Gala being held on November 23rd. This is another major activity of the Employee Recognition Committee. This is considered one of the premier events for Carewest. Tickets sell out early so don't delay - get yours soon.

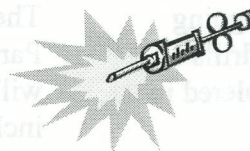
*Veronica Scott
Senior Communications Advisor
Calgary Health Region/Carewest*

Extra Good Medicine

www.realage.com

Getting vaccinated against the flu may do more than prevent aches and fever. It also could keep you safe from strokes.

In a recent study, flu vaccinations were associated with a reduced risk of stroke in certain populations, especially people between the ages of 60 and 75. More research is needed to confirm the link, but researchers speculate that a flu shot may lower stroke risk by protecting against bacterial infections secondary to flu illness.



Diabetes & Your Health

November is Diabetes Awareness Month

In 1995, 1.5 million Canadians were diagnosed with diabetes. In 2000, it was more than two million and by 2010, it will be an estimated three million. It is also estimated that there are huge numbers of undiagnosed and untreated diabetics. Many who are known diabetics do not have their diabetes under control, yet it is critical that people get their diabetes diagnosed and controlled. Left untreated, high blood sugars can lead to heart disease, stroke, blindness, amputations, kidney failure, and nerve damage.

Are you at risk and don't know you are? If you are 45 years of age or older, with some of the following then you may have diabetes or be at risk:

- Closely related to someone who has diabetes.
- Very overweight, with a lot of excess weight around your middle.
- A member of a high risk group (Aboriginal, Hispanic, Asian, African American).
- Living with high blood pressure or heart disease.
- Feel numbness in hands or feet.
- Told that your cholesterol is not normal.
- Told that you have "borderline" diabetes.
- A woman who has given birth to a baby over 9 pounds or 4 kilograms.

Other symptoms to look for are being overly thirsty and tired, going to the bathroom frequently, having blurry vision, or having unexplained weight loss.

November is Diabetes Awareness Month. Learn more about the risks and what can be done to manage them. Look for displays in some of Carewest's centres.

*Darlene Weger
Clinical Dietician*

Carewest Dr. Vernon Fanning Centre



Employee Recognition Program

*y Roma Zotzman
Employee Recognition Committee*

Congratulations to the Carewest employees and teams who were nominated through the Employee Recognition Program and won the draw last month.

Corina Grover - Administration
Madoline Guirnela - Cross Bow
Carol Knight - Sarcee
Sylvia Duffill - Glenmore
Tanis Durnin - Boyack
Wendy Heisler - Fanning
Penni Leggett - Colonel Belcher
Anna Idzikowska-Siwiek - Royal Park
Mila Valdez - Signal Pointe

Carewest is holding four Semi-Annual Recognition Luncheons to recognize various awards:

- 82 Service Awards for 5, 10, 15, 20, 25 and 30 years of service
- 3 Gold Awards to **Seth Roach, Cindy Randall** and **Christine Willey**
- 1 Excellence Award to **Donna Curwen**

We are holding the grand Carewest Gala at the Telus Convention Centre on November 23rd. See you there!



Carewest Recipe Helps Overseas

*By Joyce Tutty
Clinical Dietitian
Carewest George Boyack*

Medical Mercy Canada (MMC) launched by **Dr. Myron Semkuley** and his wife, **Elaine**, is a registered charity that helps disadvantaged people outside Canada. One of MMC's volunteers, **Ms. Grover**, contacted me earlier this fall at George Boyack asking if I could help. She informed me that a physician in a small community in Ukraine had stomach cancer and was living on Ensure, a nutritional drink. It is not available in Ukraine so MMC had been shipping the thick liquid in metal cans to the Ukraine.

A dietitian's assistance was needed because the cost of shipping the Ensure had become too expensive. Ms. Grover wanted to know if I could recommend a substitute for Ensure.

Once I determined the extent of his gastro-intestinal surgery and learned he was able to take food by mouth and tolerated milk and milk products with no difficulty, I set out to find a solution that did not

need to be shipped - one which, if possible, he could readily obtain locally. A long time Carewest employee, Clinical Dietitian Darlene Weger had previously developed a recipe for a Carewest resident under her care. She named her recipe Gil's Mix and it has since been used throughout Carewest to enhance the nutritional intake of residents at risk.

Carewest granted permission to give MMC the recipe modified to suit their situation and we began looking for a nutritional and palatable substitute for Ensure Plus, one of the recipe ingredients. All other ingredients were available in any grocery store. I researched nutrient content, consistency, and taste of Instant Breakfast, a powder also commonly available. If not available in Ukraine, it could be inexpensively be obtained in Canada and shipped at reasonable cost, thus solving the problem of the high cost of shipping. Local Nestle representative **Stephen McCarthy** kindly provided free samples of Instant Breakfast for recipe testing. Testing of the modification was necessary to determine if the consistency and flavour was acceptable.

The recipe, along with modification suggestions in case specific ingredients were not available, was sent to Ukraine via Medical Mercy Canada. Dr. and Mrs. Semkuley were overjoyed. Given Carewest's dedication to people requiring care, I thought each of you would like to know of Carewest's role in assisting a man who does not have ready access to advanced treatments commonly used in our country.

Paste Away

www.realage.com



A single serving of tomato paste can provide a double dose of memory-protecting nutrition. Recent studies have revealed a correlation between a diet high in antioxidant vitamins C and E and a low incidence of Alzheimer disease. Just one cup of tomato paste contains over 100 milligrams of vitamin C and over 10 milligrams of vitamin E. Add tomato paste to soups, stews, and sauces for an extra antioxidant punch.

Carewest Employee & Family Assistance Program

Frequently Asked Questions

Feeling that your life is out of control?

Life problems getting in the way of feeling happy and healthy?

If you are a Carewest employee and want some help to sort out some of your problems, the Carewest Employee and Family Assistance Program (EFAP) may be just what you need.

Legal and financial services have less coverage at one to two contact hours.

How can an EFAP help employees?

EFAP programs are designed to help employees and their families with life problems that require short term psychological counselling.

What kinds of problems can they help me with?

Stress (home or work related), marital problems, addiction issues, legal counselling, financial counselling, eldercare resources and more.

Why does Carewest have this program?

Carewest recognizes that employees may have problems that affect their life both at work and at home. Professional counselling is a way to help with these problems so they don't get out of control.

Who is Carewest's EFAP provider?

Carewest contracts out their EFAP services to a company called Wilson Banwell. Wilson Banwell is a very reputable national leader in the EFAP field. They also provide service for the Calgary Health Region.

Can I be certain that the information I give to Wilson Banwell is confidential?

Yes. All counselling provided is absolutely private and confidential. No information you share will be given to anyone at Carewest. Only group statistics are provided to the Wellness Department on a quarterly and annual basis. Cases are billed to Carewest using numbers only, not names.

Can members of my family attend too?

Yes.

How many times can I attend in a year?

EFAP assistance is designed to be short-term. Most problems can be addressed in three or four sessions. At Carewest, employees are allowed ten sessions a

Is there a cost for me to use the program?

No. If you have extended health benefits, Blue Cross will be billed under the psychological counselling benefit for the amount of the deductible per year. Once that is used, Carewest pays the full amount for the rest of the counselling sessions until you reach the maximum number of sessions per year.

If you don't have extended health care benefits Carewest pays the full amount.



Do Wilson Banwell provide only face-to-face counselling?

No. Now Wilson Banwell also has self-help support information on-line on their web site. This service can be found at www.wilsonbanwell.com. Additionally, sometimes only telephone counselling will be required depending on the nature of your problem.

How can I access Wilson Banwell services?

Simply phone 216-6340 and identify yourself as a Carewest employee. Your name will be checked to ensure you are an active employee (full-time, part-time, or casual).

How can I find out more about this service?

Phone Wellness at 260-5454, get a brochure from the Wellness department or your leader, phone Wilson Banwell at 216-6340, or go on-line at www.wilsonbanwell.com.

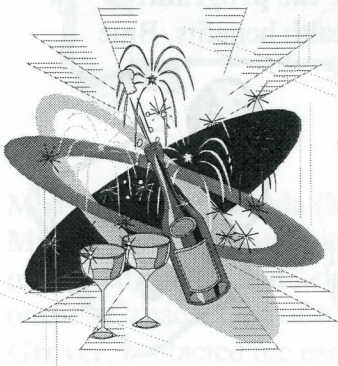
*Roxanne McKendry
Occupational Health & Safety Advisor
Carewest*

News From the Carewest Development Council

Shannon Smith - Development Coordinator, Calgary Health Trust

7th Annual Carewest FunDFest

Excitement is building as we plan the 7th Annual Carewest FunDFest, Calgary's premier black-tie event to be held on Wednesday, January 15th, 2003 at the Fairmont Palliser Hotel.



Plans for this year will include a gourmet dinner, unique live and silent auction, music and will feature humourist, storyteller and musician **Lorne Elliott** as our guest speaker. Mr. Elliott

has performed his one-man show all over the globe and is currently the host of CBC Radio's weekly comedy show, 'Madly Off In All Directions'. It will be a very entertaining evening!

Each year FunDFest focuses on raising funds for a special Carewest Program or project. Thanks to support from the Calgary community, last year's event raised over \$155,000 for Carewest's Palliative Care Program. Proceeds from this year will once again be directed to Carewest's Palliative Care Program.

Tickets are \$225 per person (a portion of the ticket price is tax receiptable) and some tickets are still available, but the event is selling out very quickly. If you would like to purchase a ticket, please call the Carewest Development Office at 267-2984. If you are unable to attend this exciting event, but would still like to donate to Carewest's Palliative Care Program, donations are also very welcome and you will receive a tax receipt for the full amount of your gift.

Shell Canada donation

The Carewest Development Office recently received a donation from the Shell Canada Community Service Fund.

"The funds have been awarded to recognize and support **Mr. Bob Wahlstrom**, a Shell Canada retiree. Mr. Wahlstrom regularly volunteers at Carewest Signal Pointe as the weekly 'Old Time Sing Along' organizer. The funds will be used to print new songbooks for Carewest Signal Pointe," says **Phyllis Konrad**, Director of Development.

"Shell believes that contributions of time, effort and caring to non-profit organizations benefit the entire community. Through the Community Service Fund, we recognize and support Shell people who give personal time to non-profit organizations on a regular, volunteer basis," says **Jeff Gabert**, Shell Public Affairs.

"We have supported Shell volunteers through the Community Service Fund for 25 years. In 2001, Shell Canada granted over \$360,000 to 260 non-profit organizations across Canada."

Little comforts – music therapy, art programs, day trips and special buses – happen because people in the community choose to be involved. These small things make a big difference. Carewest operates nine continuing care centres in Calgary, and offer a variety of programs and services to help our clients live as independently as possible in the community. The Carewest Development Office, a member of the Calgary Health Trust, raises funds and accepts donations for Carewest, its centres, programs, services, equipment and new initiatives.

Information about the Community Service Fund and Shell's other Community Investment Programs is available by calling 1-800-338-1410.

Mark Your Calendar

Three Events in One

Huntington Society

1. **New Year Kick Off Party**
2. **Volunteer Appreciation Event**
3. **From Bench to Clinic to Bedside –
An Update of Research Progress by
Dr. O. Suchowersky**

Date: Saturday, January 25th, 2003

Time: 6:00 pm

Location: Fraternal Order of Eagles #2098

9305 – 5 Street SE

Contact: Loretta Young at 284-5651/

hdrc2@telus.net

This will be a pot luck event. Come out and enjoy some food, fun, music (guest artist) and learn about recent developments in HD research. There may be more going on than you think!

The Wheel of the Fortunate

Huntington Society

Date: Thursday, November 28

Time: 7:30 pm to 9:30 pm

Location: Carewest Dr. Vernon Fanning Centre

Conference Room 2 (2nd floor)

722 – 16 Avenue NE

Contact: Loretta Young at 284-5651/

hdrc2@telus.net

Are you a North (Warrior), East (Visionary), South (Shepherd) or West (Thinker)? Then you are fortunate enough to be able to participate in (contribute or listen) the discussion on “The Helping Relationship”. There will also be a small season’s celebration and a door prize.

Published and Presented

Jeanine Kimura - Service Development Leader, Carewest

Over that past few months, Carewest staff have continued to actively promoting the excellent work and best practices occurring within our organization. Preparing for and delivering presentations takes a lot of hard work and we appreciate the efforts on Carewest’s behalf.

Erin Mitchell (NeuroRehab Unit at Carewest Fanning) along with **Margaret Grant** presented at the World Federation of Occupational Therapists - “Client Centred Practice: Goal Attainment Scaling and the Canadian Occupational Performance Measure.” They have also been invited to present at the Rehabilitation Rounds for the Calgary Health Region.

At the Dreambuilders Conference in Calgary in October, **Jennie Hollings**, **Seth Roach** and **Sandra Stone** (Comprehensive Community Care program at Carewest Sarcee) presented “Comprehensive Community Care: An Alternative to Help Seniors Remain at Home”. **Darlene Meagher**, **Lynn-Ann LeClair** and **Peggy Jones** (Supportive Pathways Program) presented “How am I doing? – A Performance Development Tool Incorporating Reflective Practice”.

In November, staff members will be presenting at the Veterans Affairs Canada Conference as part of a review of best practices across the country. **Marlene Collins** (Carewest Colonel Belcher) will present “How am I doing? – A Performance Development Tool Incorporating Reflective Practice” and **Ruth Cox** (Carewest Colonel Belcher) will present “The Clinical Pathways”.

Contribution Rate Increase Local Authorities Pension Plan

Effective January 1, 2003 both employer and employee contributions rates in the Local Authorities Pension Plan (LAPP) will increase by 0.5 percent.

The cost to fund LAPP has been approximately 10.8 percent of total pensionable salary; however, employers and employees have been paying only 9.8 percent of total pensionable salary. The LAPP Board decided to maintain the 10.8 percent over a number of years in order to maintain stability of contribution rates by supplementing the one percent difference using the plan's surplus. However due to poor performance in the financial markets and the falling interest rates, the surplus no longer exists - hence the need for the increase.

This is the first increase in contributions since 1993. In fact, the rates dropped in 1998 and remained at the current level for five years.

The impact of the increase for LAPP member and employers is shown in the chart below:

Member's current rate	4.025% up to YMPE*	5.9% over YMPE
Member's rate Jan 2003	4.525% up to YMPE	6.4% over YMPE
Employers' current rate	5.025% up to YMPE	6.9% over YMPE
Employers' rate Jan 2002	5.525% up to YMPE	7.4% over YMPE

*YMPE refers to the Year's maximum pensionable earnings level determined by the Canada Pension Plan. In 2000, the YMPE is \$39,100.

If you have any questions, call LAPP: 780-427-5447 or visit their website at www.lapp.ab.ca

*Christine Clements
Human Resources Analyst
Carewest Administration*

Friends of Seniors at Carewest Colonel Belcher

*Julie Dahl - Team Leader, Resident Services
Carewest Colonel Belcher*

On November 1st, 26 students were orientated to the Colonel Belcher. The students come from Western Canada High School and are participating in the Friends of Seniors program. Seniors volunteer for the program and are asked to mentor visiting youths. Two students are matched to one senior. The program provides seniors with companionship while benefiting youth by building relationships with the older generation, building self-esteem, exploring career paths and acquiring community service experience for scholarships and jobs.

Following the orientation students met with their resident for the first time. Incredibly, all of the matched groups meshed right away. It was amazing to see students and residents bonding so quickly. Following the meet and greet residents showed the students where they live and many stayed for some time looking over photo albums and talking on all kinds of worldly subjects. We look forward to having the students over the coming school year and thank them for volunteering in this program.

Friends of Seniors is a partnership program between the Friends of Seniors Foundation, Husky Energy, the Calgary Health Region and Carewest Colonel Belcher.

The Memory Lamp

When a resident passes away on the Palliative Care Unit at Carewest Glenmore Park, their name is placed under the lit Memory Lamp for 24 hours. Staff, families and friends are able to acknowledge a passing, and silently remember the individuals that so deeply touched our lives. This ritual is a very important part of the care and compassion given to residents and their families on the Palliative Care Unit.

Bev Rinehart
Team Leader
Palliative Care Unit
Carewest Glenmore Park



"To grieve well is to value what you have lost. When you value even the feeling of loss, you value life itself, and you begin to live again."

A.W. Frank, 1991

The Jesus Altarpiece

Thank you to gifted sculptor **Al Girtsen** and long time Roman Catholic lay visitor **John Faubert**. We have on display in our chapel here at Carewest Dr. Vernon Fanning Centre a beautiful work of art depicting both the New and the Old Testament, our Christian heritage. This display is available for prayer, reflection, mediation and quiet time by visitors, staff, volunteers, and most important of all, residents. Many have expressed their appreciation. Everyone is invited to view and offer their comment.



Don MacGillivray
Associate, Pastoral Care
Carewest Dr. Vernon Fanning Centre



Things You Can Do to Decrease Waste

Reduce / Reuse and Recycle

At home or at work, we all can pitch in to decrease the amount of waste entering our landfills each year. In 2001, Calgarians recycled over 17,000 tons of newspaper, 61,000 tones of computer equipment, 12,000 tones of leaves, 411 tones of batteries and 23,000 of tires. Each of us can contribute to decreasing the ever-growing problem of garbage and landfills.

Have you ever thought of some things you can do at home or at work? Here are a few suggestions (form the *Waste Minimization Manual* from Alberta Environment):

- Use the pop can recycle program
- Circulate documents instead of photocopying and make double sided photocopies if necessary
- Implement a 'garbage less' lunch program (bring your own reusable coffee/water mugs) and use your own reusable containers for take out
- Make sure to call Grand & Toy to recycle your ink cartridge
- Recycle paper and cardboard
- Reuse plastic bags
- Recycle newspapers, magazine and give books away

For home recycling, try these local Calgary pick up service companies. They cost around 100 dollars per year and pick up once per week:

- Recycle Plus (230-1030)
- Recycle Calgary (236-4485)
- Greenway recycling (263-9025)



If you prefer to save your money and are a do-it-yourselfer, log on to the City of Calgary website: www.gov.calgary.ab.ca to find a recycling bin location nearest you.

Happy Recycling !!

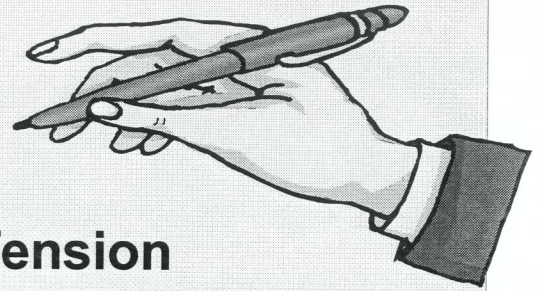
An Essential Oil

www.realage.com



A little bit of oil may be all you need to keep your memory working smoothly. An Italian study recently revealed a link between olive oil intake and cognitive function. In the study, elderly people whose diets included ample amounts of monounsaturated fatty acids, such as olive oil, had a lower incidence of age-related cognitive decline compared to elderly people who consumed very little monounsaturated fat.

Wendy Farrance
Team Leader, Food Services
Carewest Cross Bow



Pension Tension Fom Verse to Worse Internal and Infernal Rhyme

By Hazel McEwan, Resident
Regional Community Transition Program
Carewest Cross Bow

Old age would give you the 'heebie jeebies'
If it weren't for all the freebies
We get cheap hearing aids and part time maids
Cheap glasses and bus passes
And all that fat across our arses
We can't eat steak; our teeth might break
Teeth cost lotsa money in stingy old Sask.
In sunny Alberta they're cheap if you ask
Can't afford booze 'cause we're savin' for shoes
Our wardrobe is a stark disaster
With cheap fortrell and polyester
It's Polydent and shoulders bent
With 'rheumatiz' a pain it 'tis to even open our supplement
But it's legal now to live off the avails of destitution
But not too good for the constitution
When we're no longer able to rock and roll
It's heart pills and water pills
That's the way we get our thrills
But 'thank heck' we're not on a pill for Mirth Control

Note from the Editor

Thank you to everyone who contributes to *Carewrite*. Each month, I'm delighted by the volume and quality of the submissions I receive. This is what sets *Carewrite* apart from newsletters in other organizations; it is almost completely written by the readers. You create the product! It's an enticing mix of corporate information and homey chit chat.

Every contribution is appreciated and we're always looking for more photos. If you include the first and last name of the person(s) in the photo, it helps us easily identify who's who in our large family of residents, staff and volunteers.

I welcome your suggestions and ideas for making *Carewrite* even better.

Divona Herzog
Carewrite Editor

254-1672 / divona@herzog-associates.com

Carewest Volunteer Records Debut Album

Tiffany Christensen, volunteer at Carewest Cross Bow since March 2001, recently signed a deal with Vancouver-based recording label Synergy and is on her way to recording her debut album. Tiffany's voice has been compared to that of Toni Braxton. She was discovered after she placed her profile on tonos.com, a worldwide data-base for aspiring musicians looking for their big break. Her accomplishments were highlighted in a recent Calgary Sun article on November 12th.

Tiffany has contributed nearly 100 volunteer hours at Carewest Cross Bow, where she supports resident social activities, special events, one-on-one visiting and the News & Views program.

"She's a real asset to our team," says Resident Services Team Leader Agnes Kopfensteiner. "She brightens people's day with her cheerful personality."

The target date for Tiffany's debut album is early 2003. Look for her under the stage name Tiffany Gabrielle.

*Excerpts from Calgary Sun article entitled Music Marvel, November 12, 2002
With additional information from Agnes Kopfensteiner, Team Leader Resident Services, Carewest Cross Bow*

Music marvel

Calgary teen gets big break

By JOSH SKAPIN
Zone Writer

Tiffany Christensen's dreams are virtually coming true.

The 19-year-old Mount Royal College social work student last year signed a deal with Vancouver-based recording label Synergy, and is now on her way to recording her debut album.

Christensen was discovered after she placed her profile on tonos.com, a worldwide database for aspiring musicians looking for their big break.

Synergy is a label that has helped Teena Davis skyrocket to No. 1 on mp3.com, and get an offer for her material to be used on Dawson's Creek.

Christensen is now jetting back and forth to their studio in Vancouver, working on her debut disc.

It's targeted for an early 2003 release.

"Tiffany is a young, beautiful and talented artist," said Synergy project manager Darren Stoen.

"With more development and some polished songs she could make some serious inroads in

the music business."

The Lester B. Pearson high school graduate, whose voice has been compared to that of Monica and Toni Braxton, will use her middle name, Gabrielle, as her last name for stage use.

"Christensen sounds just a bit too Scandinavian," she says with a laugh.

Growing up in Calgary's culturally rich northeast, Christensen was exposed to a pile of diverse musical influences.

"You can learn a lot from different languages and cultures," she says, noting she likes to incorporate the global influence into her music.

"I would really like to have Spanish guitar in one of my songs."

In contrast to Christina Aguilera's eye-popping, sexed-up new image, Christensen wants to keep it clean and "about the music."

"I am not going to compromise my values for anything," she said.

"It means that I'll be less successful because of it, then so be it."



CHRISTENSEN

Correction

In the October issue of *Carewrite*, we ran an article entitled *Cross Bow's Supportive Pathways Program Surveys Families*. This title was incorrect; the survey encompassed the entire Carewest Supportive Pathways Program, not just Carewest Cross Bow. When we create or edit headlines, we do our best to get the information right. Sorry about the error!

Update

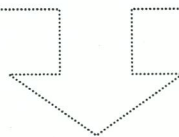
Carewrite is produced monthly. We welcome your submissions.

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