

# Carewwrite

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

## **It's that time of year again! Roll up your sleeve to win!**



Time to visit the registered nurse at your site and get your annual flu shot. This year the staff flu shot program will be held the week of October 18 to 22<sup>nd</sup>. Check out the posters at your site for dates and times.

We even have prizes for all six Carewest sites. Prizes include one month free parking and a day off with pay at each site (the Administrative Centre joins the staff at George Boyack). And, Dr. Aldridge is donating a \$100 cash prize for one lucky winner again. But remember, to win a prize you must first get immunized.

The reasons for taking "a shot in the arm" are many: protecting residents who are at increased risk, protecting family members who might be at risk, and reducing the severity of the symptoms if you do come in contact with the virus. Vaccination can be 70% to 90% effective in preventing flu. If you have any questions or concerns about the vaccination, please contact one of the Infection Control Nurses at your site.

The winner of the poster design contest is Barbara Champagne, Cook 1, Carewest Royal Park Food Services. Second and third prizes both go to Debbie Simon, a resident on 1 W, Carewest Dr. Vernon Fanning Centre. Honourable mention goes to Sandra Cummins, Unit Clerk, Carewest Glenmore Park. Look for Barbara's winning design idea at your sites.

## **More important flu news....**

It is widely known that Influenza can be deadly for elderly or chronically ill people. To help protect Carewest residents and staff, we are introducing a new Influenza Vaccination Policy. This policy is designed to reinforce the importance of immunization against influenza. The 'flu shot' is still, however, a personal choice.

If you are a staff member who has chosen not to be immunized (without medical reasons ie. allergies) and there is an Influenza outbreak you may be asked to return home. This is because the risk of catching and passing along the flu virus is high. While at home (without pay) you have several options to comply with the policy.

The new Carewest Influenza Policy will be distributed to each Carewest site within the next few days. Please read it carefully. Information pamphlets have been included with pay cheques and information sessions will also be offered at each of the sites upon request. If you would like more information about influenza immunization please talk to your Site Leader.



**Carewest**

*Excellence and Leadership in Continuing Care*

October 8, 1999



## ***The Friends of Seniors . . . They're back!***

School's in session, students are filling the halls and classrooms with laughter and energy. They'll soon be bringing the same energy to the residents of Carewest — Sarcee, Glenmore Park and George Boyack.

With a new season upon us, students are registering and attending training sessions to participate in the Friends of Seniors volunteer programs. These junior and senior high students from neighbouring schools will be partnered with Carewest residents. Every two weeks, the residents will have their teen's undivided attention, love and friendship as they share stories, make crafts, play games and 'connect'. The concept is simple, it fills a void for both seniors and youth, and it works!

The Friends program has been involved for the last five years at Sarcee, three years at Glenmore Park and two years at George Boyack. We are thrilled to be able to continue our programs this year and it is with the generous support of our sponsors that we are able to do so.

With great appreciation, the Friends of Seniors want to thank and acknowledge our long time, continuing sponsors Renaissance Energy, Canadian Occidental and Roseland Development. Joining them last year and continuing for this season are Petro-Canada and the Royal Bank of Canada. In addition, our most recent contributors are: The Calgary Foundation - Maurice W. McCaig Fund, an "anonymous donor," the Nat Christie Foundation, the Muttart Foundation, Hopewell Residential and Fluor Daniel Canada.

Our thanks also to the management and staff of Carewest who have supported us from the beginning, welcoming us and working with us to make it all happen. The Friends of Seniors will continue to provide programs that connect young and old people, our past and our future, in a very personal and meaningful way. With each new friendship comes an understanding and mutual respect that illuminates our world, making a brighter today and a promising tomorrow.

*Brenda Wood, Executive Director  
Friends of Seniors*



## **CAREWEST INTRODUCES EMPLOYEE EDUCATION FUND**

Carewest recently established an Employee Educational Development Fund to help employees pursue educational opportunities and personal development. The intent of the fund is to provide financial assistance that would not normally be supported by operational budgets.

Through the fund, all regular full-time and part-time employees are eligible to make an application for educational assistance. Applications will then be reviewed and approved by the Site or Service Leader and Human Resources to make sure they comply with the educational guidelines.

"We have a strong commitment to education throughout Carewest," notes Mike Conroy Executive Leader. "It's a way we recognize the value of Carewest employees and at the same time advance our industry. I firmly believe that on-going education is the hallmark of a progressive organization. We've undertaken several major education Carewest-wide initiatives including team and leadership training, and program education. All have been extremely well received."

To learn more about the Educational Development Fund, please talk to your Site Leader.



## ***Health Facility, Care Centre and Senior's Housing Facility Agreed To By CRHA and Parkdale Community.***

Jim Dinning, Chair of the Calgary Regional Health Authority recently announced that the Region in partnership with the Parkdale Community has reached an agreement to recommend the former Motor Vehicles Site be designated for health care.

The original proposal called for the construction of a Core Laboratory, seniors housing complex and a health centre. The seniors housing and health centre proposals will move ahead. The Region will look for another location for the lab.

"The CRHA and the Alberta government are committed to doing everything possible to secure another site for the Core Lab as quickly as possible. We are pleased with the community's support for the site being designated for health care and delighted with their strong support for long term care and seniors' housing," Mr. Dinning said in a prepared statement.

Several hundred people from the Parkdale and Point McKay neighborhoods attended two public information meetings to look at the CRHA's preliminary proposals. The Region gave several presentation and table top displays. Mike Conroy, Executive Leader, talked about Carewest and our philosophy of care. In particular, Mike focused on our commitment toward homey, attractive surrounding and helping people live life to the fullest.

The report of the Motor Vehicles Site Planning Committee now goes to the Government of Alberta for its decision.

## ***Carewest Dr. Vernon Fanning Centre Celebrates in Style***

On Friday, September 24th, a party was held at Fanning to celebrate 21 years of providing quality continuing care to the Calgary area. Well over 200 people joined the celebrations. The organizing committee as well as staff, resident and volunteers did a wonderful job developing displays depicting the developments and history of the past 21 years.



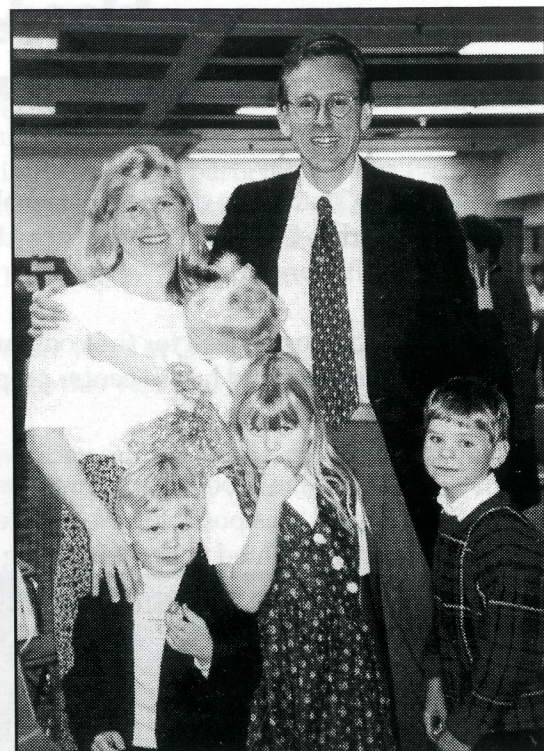
*Debby Dubord, Team Leader, Resident Services, Carewest Dr. Vernon Fanning Centre, Sandy Dougall, CRHA Board Member, and Linda Stilborn, Team Leader, Resident Services, Carewest Sarcee, enjoy the party.*



## More Carewest Dr. Vernon Fanning Centre celebration photos



Resident Council President Patricia Berger, and Secretary Treasurer John Coreman, addressed the crowd, along with Joan Gilmour, Site Leader.



Special guest, Dr. Ward Fanning, attended with his family, and spoke of his father, Dr. Vernon Fanning, during the formal program.



From left to right: Jerry Thornton, Mary Ellen Spornitz, Cathy Martin, Jim Saunders, Anne Welsh Baskett and Sabina Maye. What do they have in common? They helped to open the doors 21 years ago.



## Carewest Goes to the Zoo!

Carewest was invited to participate in Zoo Gala again this year on September 18. The Zoo Gala is the major annual fundraising event for the Calgary Zoo. This year the theme was "A World Community." Each year, the Zoo invites restaurants and beverage companies to bring sample food items and beverages for the Zoo Gala patrons. The Zoo sells 3000 tickets at \$125.00 each and the patrons can eat and drink at all 100 booths at the Gala. They also have entertainment, draws, a silent auction, and a very good party. This year, the Carewest crew of Jaylene Methot, Rachelle Koch and Andrea Lebel delivered and set up over 1200 sampler size desserts for patrons including carrot cake, chocolate banana cake, Nanaimo bars, decadent lime cheesecake and chocolate dipped scotch shortbread.

The Carewest Commissary was in good company with the Westin, Bernard Callebault, The Cheesecake Café, just to mention a few. We shared a tent with Lina's Italian Market. Their delicious brushetta made a great starter for everyone!

A good time was had by all and the opportunity was not lost to let the public see that not all 'hospital' food is boring and bland. As one guest put it "I won't mind getting older if this is what the food is like!"

A big congratulations and thanks to Jaylene, Rachelle, Andrea and the crew at Commissary for all their hard work! You did Carewest proud!



*Left to right: Jaylene Methot, Andrea Lebel and Rachelle Koch.*

*Heather Truber, Team Leader, Fanning Food Services*

## 2<sup>nd</sup> Annual Farmers Market

Two West staff and residents of Carewest George Boyack enjoyed a bumper crop of beautiful flower beds and rows of mustard, dill, coriander, radishes, lettuce, onions, garlic, potatoes, carrots and beets. Funds raised by selling produce to staff and families will help to decorate the wing.

A big thank you to all staff on 2 West who assisted residents to plant, tend and harvest the garden with great enthusiasm. The Farmer's Market was a huge success!

*Trudy Truax, team leader, and Lyla Bernard, recreation therapist*



*Henry Mette and Kathleen Lyle tend the produce stall*



## RECRUITMENT INFORMATION SESSIONS FOR SIGNAL POINTE

Although Carewest Signal Pointe officially opens in February, 2000, staff recruitment plans are well underway. If you are interested in learning more about job opportunities at Signal Pointe, be sure to attend one of the information sessions listed below. Carewest Signal Pointe consists of four attached bungalows for 48 people with Alzheimer disease and other dementias. A fifth bungalow will be for respite care, day programs and information and resources for home caregivers.

Tuesday October 12 at Sarcee in  
the Education Room  
11:30 a.m. - 12:00 p.m.  
12:00 - 12:30 p.m.  
4:30 - 5:00 p.m.  
5:00 - 5:30 p.m.

Tuesday October 12 at Cross Bow  
in the Staff Lounge  
11:00 - 11:30 a.m.  
11:30 - 12:00 p.m.

Wednesday October 13 at Royal  
Park In the Multi-Purpose Room  
11:45 - 12:15 p.m.  
12:15 - 12:45 p.m.

Wednesday October 13 at Boyack  
in the Chapel  
2:45 - 3:15 p.m.  
3:30 - 4:00 p.m.

Thursday October 14 at Glenmore  
in the Lower Staff Lounge  
11:00 - 11:30  
11:30 - 12:00  
at Glenmore in the Heritage Room  
4:00 - 4:30 p.m.  
4:30 - 5:00 p.m.

Thursday October 14 at Fanning in  
Conference Room 2  
2:00 - 3:00 p.m.

## Care and Service Manuals are here!

Today is MAD -- THE day to remove the old manuals from your unit and replace them with the new Care and Service Manual. See the Administrative Secretary at your site for the low down on what goes and what stays. Here is another word search puzzle to have fun with on the topic of the C & S Manual.

## WORD SEARCH:

Turn to Carewest's Care and Services Manual to learn more about \_\_\_\_\_ procedures.

R	R	L	H	E	A	L	T	H	Y	M
E	R	E	A	L	S	C	I	H	T	E
V	R	E	G	R	A	H	C	S	I	D
I	E	A	C	I	E	U	I	N	N	T
G	F	R	C	R	O	N	N	D	U	R
E	S	G	A	H	E	N	E	A	M	O
R	N	A	S	C	T	A	A	G	M	P
A	A	R	A	K	M	U	T	L	O	P
C	R	D	S	S	I	A	O	I	C	U
Y	T	E	F	A	S	N	E	M	O	S
O	I	N	O	I	T	I	R	T	U	N

Caregiver	Nutrition
Community	Recreation
Discharge	Regional
Ethics	Safety
Garden	Skin
General	Support
Healthy	Teamcare
Manual	Transfer
Mouthcare	

(solution: 9 letters)



## NEWS FROM THE CAREWEST DEVELOPMENT COUNCIL

### 4<sup>th</sup> Annual Carewest Fun(D)Fest...a huge success!

Carewest Signal Pointe was the big winner after a sell-out crowd wended their way home last Wednesday evening. Well over **\$100,000 Net** was raised at the gala fundraising dinner at the Palliser Hotel.

Keynote speaker Maureen Reagan, official family spokesperson for former President Ronald Reagan and Nancy Reagan, spoke passionately about the impact Alzheimer disease has had on her family, and about her commitment, as a member of the National Board of the American Alzheimer Association, to conquer this disease. Ms. Reagan waived her speaking fee in favor of a donation to the Ronald and Nancy Reagan Alzheimer Research Fund.

The Hon. Stockwell Day entertained all, as our "witty" surprise auctioneer...and did a good job of it too, as our live and silent auction brought in over \$32,000.00. A highlite was when he auctioned off three Bertec/Stryker electric beds for Signal Pointe!

The day's events began with a truly elegant afternoon tea hosted by Carewest Sarcee for staff, volunteers, residents, caregivers and other community guests to meet Maureen Reagan. Maureen warmly expressed that this part of the day was very meaningful to her and will be long remembered. Thank you to the staff and volunteers at Sarcee!

Pictures, thank yous' and kudos will appear in the next issue of Carewrite...so watch this spot.

*Phyllis Konrad  
Development Coordinator*

### **KUDO**

Congratulations to Mary LeBlanc Coordinator, Infection Prevention and Control (IP&C) and the IP&C Committee members for the fabulous flu awareness brochure: "Unless You Can Hold Your Breath From October Until April...This Message Is For You."

This bright yellow brochure certainly gets the message across in a straight forward, informative way. So friends...be sure to read every word, but most importantly, roll up your sleeve and get a shot in the arm! This year, Carewest's annual flu program runs from October 18 - 22.

*Veronica Scott, Communications Leader*

## **Cross Bow News**

### **RETIREMENT**

September 27<sup>th</sup> was a special day at Cross Bow. **FRAN DUBE** Food Service Cook retired after **27 YEARS** at Cross Bow. Fran's family, friends and fellow staff members gathered in the Day Service area to say goodbye to Fran and wish her happy retirement. Included among the guests were some of Fran's work mates from the 1970's, so it was a time for renewing old acquaintances.

Fran started working at Cross Bow as a food service assistant in September 1972 and progressed to Journeyman Cook in 1987. Fran always gave the extra care and attention to her cooking and both residents and staff will miss her culinary expertise. We wish her well.

*Sylvia Sherman, Cross Bow Administration*



*Marg Marlin, Site Leader, and Wendy Farrance, Team Leader, Food Services, present Fran with a special momento.*





## QUICK TIPS FOR DEALING WITH STRESS

Follow the "**G-E-T S-T-R-E-S-S F-I-T**" plan for a healthier, more enjoyable life. Here are 12 easy-to-remember tips on how you can bring stress fitness into your life. Keep them handy and review them often.

**Give** yourself a break. Go for a walk; get a good night's sleep; get away from it all.

**Eat** a healthy diet.

**Talk** it out.

**Spend** time with family and friends.

**Take** a course— for fun or self improvement.

**Relax...** with a good book, a great movie or your favorite music.

**Exercise:** walk, jog, swim, dance, go to the gym.

**Set** priorities.

**Schedule** your time.

**Find** alternative sources of satisfaction.

**Increase** your awareness of what causes you stress.

**Take** action! Address the person or situation that's causing your stress. And, if you're still not sure how to manage, talk to your health care professional or contact the Heart and Stroke Foundation for more information.



*Improving  
your odds  
against  
Canada's  
#1 killer.*



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## INFLUENZA FACTS ... DID YOU KNOW?

Influenza vaccination cannot cause influenza because the vaccine does not contain live virus.

Today's vaccines are extremely safe -- most people have little or no side effects, and these are very mild compared to actually getting the flu.

So, step up and roll up your sleeve to win! Let's improve our overall staff compliance rate, and decrease the risks to everyone at Carewest.

## CAREWEST CHRISTMAS GALA

Friday November 19, 1999

*At the fabulous.....*

**COAST PLAZA HOTEL**

Main Ballroom

1316 - 33 Street N.E.

(Near Highway #1

and 32<sup>nd</sup> Street) Calgary .

**Doors Open at 6:30 p.m.**

**Dinner 7:30 p.m.**

**Free Parking**

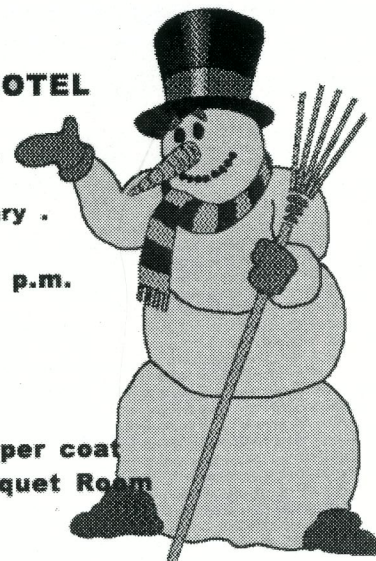
**Prize Draws**

**Coat Check \$ 1.00 per coat**

**No Smoking in Banquet Room**

**\$20.00 per ticket -**

**Fully Refundable at Door Only**



**CHEQUES ONLY PLEASE**

WORD Search solution:

■ Turn to Carewest's new Care and Services  
■ Manual to learn more about **ADMISSION**  
■ procedures.

# Carewrite

Carewrite is produced twice a month. We welcome submissions.

Please contact Debbie Hayman— Voice: 267-2992 Fax: 267-2968 Email: [debbie.hayman@crha-health.ab.ca](mailto:debbie.hayman@crha-health.ab.ca)