

Carewrite

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



Carewest Royal Park and Sarcee Residents Take to the Water

Residents, staff and volunteers from Carewest Sarcee and Royal Park enjoy their boat trip on Ghost Lake.

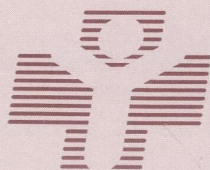
Please turn to page 7 for more about the Handiboat excursion.

PLANS FOR SHORT STAY AND REHABILITATION PROGRAMS MOVING FORWARD

In a recent issue of Carewrite we told you about the plans to introduce new programs and expand some existing ones at Carewest. The next stage in the process – planning for renovation and new equipment – is underway. Human Resources has also developed a staffing plan to accommodate the new programs and Fran Jost, our Resident Move Coordinator has been busy working with residents and families affected by the changes.

These programs have one thing in common — to provide short and long-term rehabilitation and recuperation for people before they return home or to another continuing care setting. The majority of clients will be coming to us following a stay in hospital.

continued on page 2



Carewest

Excellence and Leadership in Continuing Care

September 5, 2000

Regional Short Stay Transition Unit

Cross Bow's Regional Short Stay Program will undergo an expansion. This program is primarily for people who have been discharged from hospital but need more time to recuperate before returning home or to a continuing care setting. The unit provides assessment, therapy and a variety of other services including social work, nutritional support – and anything else necessary for a successful transition. The same type of program will be offered on a smaller scale at Glenmore Park and the Fanning Centre.

Rehabilitation Programs

Carewest is also working closely with the Calgary Regional Health Authority (CRHA) to introduce a Neuro Rehabilitation Program at the Fanning Centre (mainly for people recuperating from a stroke) and a Musculo Skeletal Rehabilitation Program at Glenmore Park (for people recuperating from orthopedic surgery). Both programs will officially open in January, 2001. In the Spring, Sarcee will become home to Calgary's first Comprehensive

Community Care Program (C3). This is an all inclusive home care and day support program for seniors who would otherwise be living in a continuing care centre.

These exciting forward thinking initiatives are part of the CRHA's overall Business Plan. The Region is committed to providing seniors with the most appropriate health care in the most appropriate settings. Busy, high tech hospitals are not always the most suitable places to recuperate after the 'acute phase' of an illness.

Renovations and equipment

In the months to come minor renovations will be happening at each of the targeted sites to make way for the new programs. These include modifications to therapy areas, tub and shower rooms, as well as pharmacy and storage areas. The rehabilitative focus of the programs also calls for new equipment and supplies. Carewest will share some costs with the Calgary Regional Health Authority.

(Watch for a profile of Fran Jost, Resident Move Coordinator, in the next issue)

continued from page 1



"A-sailing we will go ..."

One of the best bus trips I have ever been on was to Ghost Lake on a handiboat. The day was beautiful, not a cloud in the sky. Rose, our most trusted bus driver, picked us up and we were on our adventure. We stopped at Sarcee and picked up a few residents there. We travelled to our destination, a one hour trip to Ghost Lake. The boat was docked and a ramp was strung across from the boat to the shore. One by one we got on to the 24 ft. handiboat. We felt the breeze and the sunshine on our faces. We did some fishing caught nothing and viewed the sights along the shoreline. We docked the boat and had a BBQ – yummy chicken, steak, Caesar salad and garlic toast. It was a day to remember. One couple reminisced about how many times they spent fishing and boating on Ghost Lake. The handiboat trip was excellent.

Submitted by Pam Vandabasso, Activity Convenor, Carewest Royal Park and Jason Kosolofski, Activity Convenor, Carewest Sarcee

Winning Flower Power at Carewest

At Carewest, we take great pride in our gardens and grounds. Residents, staff, volunteers and family members spend a great deal of time out of doors at this time of year appreciating the efforts of the Carewest horticulture staff.

Each year, Carewest participates in the Annual Sprout & Grow competition organized by Calgary Parks and Recreation. This year, 19 facilities participated in the competition with about 370 individual entries. Carewest won 29 awards overall. A complete list of the results will appear in the Winter Recreation Discovery brochure due out in January 2001.

Another kudo was the first prize won by Carewest Sarcee in the continuing care category awarded by the Calgary Horticultural Society Awards. Congratulations to Chris Makin, Coordinator, Horticultural Program and gardening staff.

Dinner tables and fresh flowers go together

Carewest Cross Bow Food Services hosted a special dinner for residents and guests on Tuesday, August 22nd as part of the "Enhanced Dining Program". Residents decided they would like some fresh flowers to decorate the dining room and tables. The flower gardens around the building offered a wealth of vivid snapdragons, asters, marigolds and many other colorful varieties of flowers. After cutting, pruning and arranging the flowers, everyone was delighted with the end result. The dinner was a great success and the flowers definitely added to the occasion.

*Submitted by Sylvia Sherman, Administration,
Carewest Cross Bow*



Cross Bow residents Eythel Fry, Helen Bain, and Admin Secretary Sylvia Sherman display some of their flower arrangements.

Brownies bring smiles

A big thank you to the Renfrew Brownie Unit for the wonderful array of flowers in our garden. The girls raised the money and planted the flowers on a warm spring day. The residents of 2 North go to the garden daily to enjoy the garden. Also, the Brownies were very creative in decorating our Christmas tree this past year. They also earned badges for their community work. Good work girls!

*Submitted by Dorothy Lemczyk on behalf of
residents and staff, 2 North
Carewest George Boyack*



Top left to right: Dianna, Emily, Mrs. Armsden, Meghan, Marene and Doreen. Lower: Farren, Karly, Callie

P.S. Also a belated thank you to the 18th Pathfinder Unit of Renfrew for setting up the Haunted House this past Halloween. It was a lot of work, and a great deal of fun. Thanks girls.



SEMI-ANNUAL EMPLOYEE RECOGNITION LUNCHEONS...COMING SOON!

Did you realize that *September 30* is the last day to get your thank-you nominations in for the next Semi -Annual Employee Recognition Luncheon?

Did you remember to thank all the people you wanted to?

GET YOUR NOMINATIONS IN BEFORE THE DEADLINE!

(Remember you can still carry on thanking people after September 30 and they will be considered for all the monthly draws and the next Employee Recognition Luncheon in May.)

FROM YOUR EMPLOYEE RECOGNITION COUNCIL

Carewest Cross Bow and George Boyack welcome new staff

Welcome to **Geraldine (Gerry) Watkins**, Pastoral Care Coordinator at Cross Bow and George Boyack. Gerry started with Carewest on August 21, 2000.

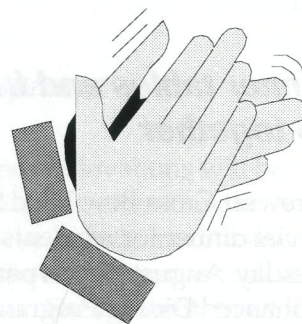
Welcome to the new Activity Convenor at Carewest Cross Bow, **Paulette Fornataro**. Paulette joined Carewest on August 28, 2000.

Thank you to Darlene De Moissac for filling in and for continuing to provide support in a casual/relief capacity.

Please join me in welcoming Gerry and Paulette to their new roles. Thanks to Darlene for her continued support.

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

Kudos



To 2W staff, Carewest Dr. Vernon Fanning Centre

Thank you to staff on 2 W for your assistance recently. When we were working on your unit, you were all eager to help, extremely aware of residents' physical, social and emotional well being, and were friendly, efficient and went the extra mile to help us and the residents out. Thank you!

Ella Fajnor, LPN and Mavis Reeves, LPN

Sarcee Resident Council President Treats Staff

Bob Boyd has given cookies to nursing staff at Carewest Sarcee for over a decade. Each week Bob delivers a package of newtons – apple, blueberry, raspberry or fig to staff on all units. Each package is accompanied by a card (on pretty paper) which Bob creates on his computer. Each week the greeting is different – enjoy your breaks, enjoy your breakfast, or Happy Mother's Day. Bob also hand writes an encouraging note on each card.

Bob makes life for Carewest Sarcee staff pleasant in many ways: he makes banners for us for special occasions and greets each of us by name. In short, it's nice that somebody takes the time to always think of the staff.

Thanks a lot Bob!

*Shirley Gordon NA, and Evangeline Baker NA, on behalf of
Carewest Sarcee staff*

To Signal Pointe staff

I would like to thank the staff at Signal Pointe for their support, cards and many kind words during the illness of my mother, who just recently passed away. It has been such a blessing and an honor to work for an agency that supports their staff and their families. Mom was so appreciative of the precious time that we were given to make special memories. I would like to send a special thank you to Martha and Ruth for their continued support and never ending compassion.

Sincerely

Carla Perrella, Administration, Carewest Signal Pointe

Colonel Belcher Care Centre News

Colonel Don Ethell Honoured For Peacekeeping

Congratulations to Col. Don Ethell who was selected along with Maj. Bruce Henwood from Calgary to receive Canada's first peacekeeping medal at a ceremony in Ottawa on September 6, 2000. Col. Ethell is a member of the Colonel Belcher Care Centre Project Advisory Committee and the Friends of the Colonel Belcher whose members raise funds for the project.

Col. Ethell and Major Henwood joined 85 other serving or retired Canadian Armed Forces members, police officers and civilians from across Canada to receive the Canadian Peacekeeping Service Medal. The medal was presented by Gov. Gen. Adrienne Clarkson, commander-in-chief of the Forces at the peacekeeping monument.

"It's a distinct honour to be selected to represent many, many Canadians who have served on peacekeeping missions," he said. A 39-year veteran, Col. Ethell has taken part in 14 peacekeeping tours over eight years.

Fanning Funtastics help out once again



Tracy, (kneeling in centre) surrounded by the ambitious group.

For the 6th consecutive year, Carewest Fanning Centre entered their "Fanning Funtastics" team in the M.S. Society's Super Cities Walk. On Sunday, June 4, 2000, therapy aide Tracy Baraluk led our largest team ever along the 6 km route - through Prince's Island Park, along Memorial Drive, and back through the Eau Claire area. The group consisted of 12 residents, 10 family members and friends, two staff members and eight volunteers. The team raised \$3344.00 for research and programming for multiple sclerosis, a cause very dear to our hearts. The team also received a certificate of accomplishment for being the largest non-corporate team in the Calgary walk. Congratulations! Thank you Tracy for all the time you spent organizing the walk, recruiting volunteers, and counting all that pledge money!

*Patty Rhodes Brink,
Recreation Therapist, Carewest Dr. Vernon Fanning Centre*

Carewest Participates in Zoogala 2000!



Carewest Food Services is again participating in Zoogala on Saturday, September 9, 2000! Zoogala is a major fund raiser for the world class Calgary Zoo. It is a magical evening of fine food and wine, fabulous entertainment and animal encounters. Over fifty of Calgary's finest food and beverage establishments showcase their talents as people stroll through the zoo. Zoogala routinely attracts about 3000 people at a cost of \$150 per ticket. Approximately \$300,000 will be raised for zoo operations!

Enthusiastic food service volunteers are preparing an array of delectable baked items in a zoo theme for the Carewest booth! If you happen to be at the zoo that evening drop in and say hi as we promote the great organization that Carewest is!

Heather Truber, Team Leader, Commissary



FAREWELL AND THANK YOU JOAN ARMSTEAD

On Friday, August 4, 2000, staff, family and friends gathered to celebrate the work and retirement of Joan Armstead. Co-worker Dorothy Allen organized Joan's farewell which included many of Joan's family and friends. Joan is very close to her family and very involved with her church. We are sure they will keep her busier then ever now that she is retired.



Left to right: Cheryl Bernacki, Joan Armstead, and Dorothy Allan.

Nearly every day for 19 years, residents, staff and guests in cafeterias across Carewest have enjoyed the food Joan prepared. Joan and the Commissary Team are not well known. They quietly work behind the scenes to ensure that the food is there on time, tasty and safe for all to enjoy.

Joan joined Carewest in October 1981, as a relief Food Service Assistant in the Commissary. In March 1985, she became Head Cook, responsible for feeding over a thousand people every day, throughout Carewest, not to mention the Christmas baking!

Joan was an exceptional employee. Joan set high standards and over the years she helped Carewest Food Services improve and grow. Her hard work, dedication to her job and her laughter will be missed by all who knew her here!

Darlene Weger, Clinical Dietitian

Painted Ladies at Carewest Signal Pointe



John Julifs, Ruth Marlin (with butterfly) and Marg Marlin, ready to release.



Mary O'Connor showing Eileen Nakrieko how to release the Painted Lady.

This spring we had a unique experience seeing Painted Lady Butterfly eggs hatch. Many thanks to Mary O'Connor, one of our special family members, who is also a preschool teacher. Mary has brought joy to her classes with this care project. She wanted her father and his friends in their Signal Terrace home to see the beauty of watching the eggs mature into butterflies. The whole experience lasted a month, and everyone took interest and became involved. The project was completed the day we released the butterflies in our Signal Pointe backyards. The photos above show this remarkable event — our Painted Ladies ready to take flight into their natural environment. "It's kind of magical," Mary said. She and her family would like to bring this fascinating experience to Signal Pointe each Spring. We are so lucky. Signal Pointe is a very special community in which to live and work.

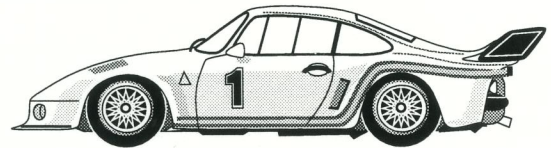
Beth Meszaros, Recreation Therapist

CAREWEST MAKES THE NEWS!

One way we inform the community about continuing care is through the media – television, radio and newspaper feature stories. During the last two weeks, the Calgary Herald, A Channel News, CFCN News and Shaw Television have covered several stories about Carewest.

Many thanks to Program Leader Nilima Parikh, and the staff and residents for sharing their stories and describing what happens at Carewest Nickle House. The Calgary Herald also featured a large photograph of Carewest patron Mrs. Diana Nickle, her daughter Sheri Nickle, Executive Director Nora Kirkham and Carewest Development Council Manager of Development Phyllis Konrad following the official opening on June 23, 2000.

The Regional Short Stay Transition Unit at Carewest Cross Bow recently made the CFCN evening news. Thanks again to both staff and residents for explaining the program – and special thanks to Program Leader Margaret Bates for all her help.



Sign up for the car rally

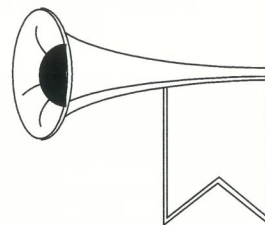
Please check out the poster at your site for details about the upcoming Car Rally on September 23, 2000. First car will be out of the gate at 10:00 A.M..

This rally is generating a lot of enthusiasm from every corner of Carewest! So don't delay, sign up today by writing your name on the sign up sheet or talk to the receptionist at your site. You are in for a fun and exciting day.

If you need further details, please call Lynn Douglas, Karin Bowie or Gail Annable at Carewest Sarcee at 686-8100

Attention All Carewest Nurses

The R.N.'s who represent your interests on the Health Advisory Council are Diane Krecsy and Linda Larsen. A mandate of the Health Advisory Council is to provide a means of dialogue with health care provider groups, such as registered nurses. You can reach Linda at Linda.Larsen@CRHA-Health.ab.ca, and Diane at Dkrecsy@mtroyal.ab.ca.



Agricultural Fair Winner

I would like to congratulate Anne Madge, therapy aide from Day Hospital, South Site for winning first place in the recent Nose Creek Community Agricultural Fair. She entered an acrylic painted cream can. CONGRATULATIONS, ANNE.

The fair is held annually in mid-August in Airdrie with many categories for interested people to enter. Day Hospital staff and clients have entered this Fair for the past three years.

For more information about the Fair please contact Dorothy McCreary.

Submitted by Dorothy McCreary, Physical Therapist, Day Hospital - South

Mary LeBlanc re-elected to Board

Congratulations to Mary LeBlanc, Infection Prevention & Control Coordinator for Carewest. Mary was re-elected for a second term as the Canadian Representative on the Certification Board for Infection Control and Epidemiology.

This is a voluntary, multidisciplinary board, which provides direction for and administers the certification process for infection control and applied epidemiology.

Mary has completed the certification process three times in her infection control career. The infection control certification is recognized all over the world. By serving on the board Mary maintains her clinical expertise in infection control.

Submitted by Brenda Huband, Site Leader, Sarcee

Bethany Care Society Hosts Annual Conference

The 6th Annual Dreambuilders Education Conference takes place on November 2-3, 2000. The conference spotlights new developments, initiatives and client-centred programs in a wide range of environments, from continuing care facilities to community living settings. If you're interested in attending this top notch conference, please contact Jean Silzer, Bethany Care Society, at 277-7377.

Calgary Corporate Challenge - CRHA Slo-pitch team.

The captain of this year's team is Warren Lafountain, Analyst, Desktop Services, ITS. The games are played on September 16 & 17th. If you're interested in playing, please give him a call at 267-2999.



OOPS. In our last issue of Carewrite, we left out the name of Clare Connolly in the story "Trip to Ukraine..." Clare submitted the story and she was one of the RN's who accompanied Dr. Semkuley on the trip. Our apologies Clare and thank you for the submission!

Carewrite

Carewrite is produced twice a month. We welcome submissions.

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

www.carewest.org