

Carewwrite

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

FALL arrives

New Site Leader

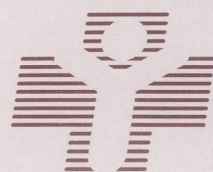
Mark Ewan Comes to Fanning & Nickle House

STEP

Students Bid Adieu

Surveys & Accreditation

The Results Are In!



Carewest

Excellence and Leadership in Continuing Care

September 19, 2002

A Message from Brenda



Feedback Always Welcome

Every few years Carewest conducts an organization-wide employee survey. The objective of these surveys is to determine what we're doing well and areas for improvement – from an employee perspective. We take the results of these surveys very seriously. Last March, 528 staff members completed the survey and a booklet of highlights is now available at each of the sites and the Administrative Centre. Please be sure to pick up a copy.

There isn't enough space in this column to cover all the results in any detail. But it's safe to say that the majority of respondents are proud to work at Carewest. The survey also tells us that only 60 percent of respondents feel that Carewest has set a clear direction. Comments include: "Recent changes and potential changes are creating a climate of uncertainty."

Indeed, Carewest has undergone considerable change during the last few months - the outsourcing of Carewest corporate services to the Calgary Health Region, the addition of the Colonel Belcher Veterans Care Centre to Carewest and the recent changes in funding. Without question, it has been a challenging time for us.

On behalf of our Board and Management Partners, I would like to take this opportunity to thank you for taking the time to fill out the survey. The information you've provided is extremely helpful. While there are some things we may not be able to change, we'll make an effort in the areas where we can effect change.

I'll be visiting each of the sites in the months to come to answer your questions and listen to your thoughts. If you can, please join me. If you miss the Keeping In Touch session at your site, you are most welcome to attend another one at another site. The first Keeping In Touch session will be held at Carewest Cross Bow on September 27th at 2 p.m. in the staff lounge.

*Brenda Huband
Executive Director*

Keeping in Touch

with Brenda

**Carewest Cross Bow Staff Lounge
September 27th, 2 pm to 3 pm**

Join us for information, discussion & 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!

Survey Results

Results from two important surveys have recently been released.

Long Term Care Resident and Family Satisfaction Survey

In the summer of 2001, Calgary Health Region interviewed 1470 residents and 1657 family members from 27 long term care centres to gather feedback about care in the Region. They were asked 56 questions on topics such as cleanliness, privacy, recreation, meals, care and staff respect.

Site specific results will be available shortly in your site newsletter and the statistics are encouraging. Eighty-six percent of residents and 87 percent of family members interviewed at Carewest said that overall they were satisfied with the care and services provided.

Carewest Staff Survey

In March of 2002, 528 Carewest staff members (or 26 percent of the total Carewest workforce) completed a staff satisfaction survey. Feedback revealed that 80 percent of those who completed the survey were satisfied working at Carewest. Concerns were raised about being short staffed and about the many changes Carewest has experienced in the past year. Look for more detailed information in survey booklets available at your site.

Charlene McBrien-Morrison
Leader, Information Resources

Staff Comments

2002 Carewest Staff Survey

"Keeping in mind fiscal restraint, Carewest does its best in all areas."

"I don't want to go anywhere else! Second to none!"

"Carewest has the highest standards of resident care within the Region."

"Budget constraints limit in some areas the types of services needed and the amount of care needed to improve quality of life."



Five drawer dresser for \$30.
Call Pam at 230-6946 (work)
or 248-9670 (home).

Accreditation Results

Every three years, Carewest participates in a voluntary evaluation process headed by the Canadian Council Health Services Accreditation Team. It helps us focus on areas that need improvement and recognize things we do well.

This year, we once again participated in the accreditation for the region. While the focus was on the Calgary Health Region as a whole, each participating organization was assessed on its leadership and support services (human resources, environment and information management). We also had representation on integrated teams for long term care, brain injury and musculo-skeletal injuries.

The results of the recent accreditation exercise have just been released. Carewest's leadership and support services teams received an overall good rating with only two key recommendations, both of which Carewest had already identified and started working on:

- Further implement policies and programs to manage violence/aggression in the workplace.
- Develop protocols and practices for how staff and contractors can work safely with electrical equipment.

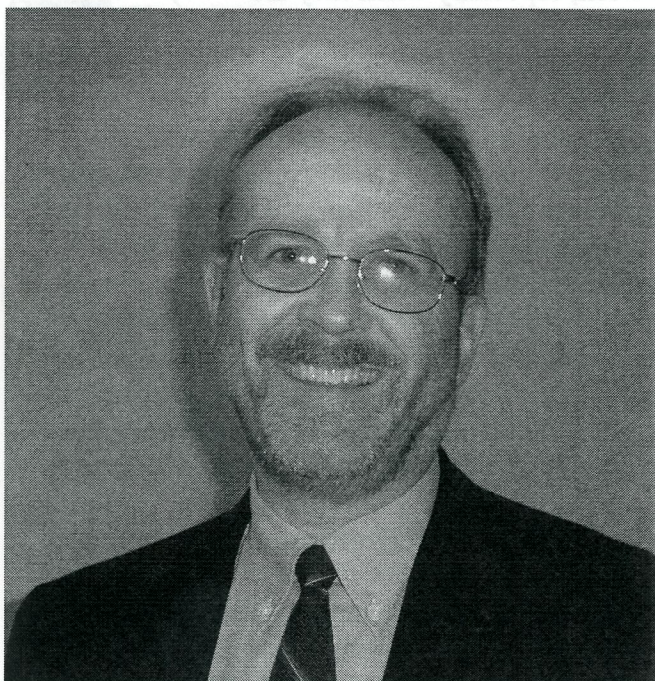
There's more good news....

- Carewest received the equivalent of a 'gold star' for its partnership with Apex Lifestyles Communities.
- Our infection prevention and control efforts were applauded.
- Carewest Signal Pointe was declared a 'remarkable environment that meets the needs of a special population'.
- The 'Traumatically Hip' team that assessed its services for people with hip injuries include the Musculo-Skeletal (MSK) unit at Carewest Glenmore Park; this team also had a positive accreditation with high marks for introducing the MSK unit.
- The integrated long term care evaluation was very positive, with lots of recognition for cooperative efforts among providers to ensure high quality service.
- The integrated brain injury team was commended for its attention across the system to client and family rights and encouraged to continue to work to improve coordination between the various service providers.
- Care centres as a whole were commended for their attention to clients and residents as individuals and for working together as a team.

Most health care centres choose to participate in the accreditation process because it supports a culture of continuous improvement and it's a way of measuring us against a common standard. Thank you to all the Carewest staff who participated in this worthwhile exercise.

Jeanine Kimura
Service Development Leader

New Site Leader Focuses on Quality of Life Issues



Mark Ewan, new site leader for Carewest Dr. Vernon Fanning and Carewest Nickle House

Mark Ewan's passion for quality of life issues sprinkles nearly every sentence as he speaks about his career and his new position at Carewest.

"What's important to me is high quality service, responding to the needs and preferences of our clients, and making a difference in the lives of those we serve," says Mark who started as site leader for Carewest Dr. Vernon Fanning and Carewest Nickle House on September 16th.

"After my undergrad degree in science at University of British Columbia, I moved to Edmonton to pursue a Masters in Health Services Administration." When asked why he chose this academic path, Mark adds that he "wanted to be involved in a leadership role in a human service setting rather than a profit setting." Over the past twenty years, most of Mark's experience has been in mental health, continuing care and rehabilitation settings. He remembers his six years of work experience at Alberta

Hospital Ponoka as a turning point in his career. After working at the University Hospital in Edmonton, Ponoka offered a health care setting where the focus was on quality of life.

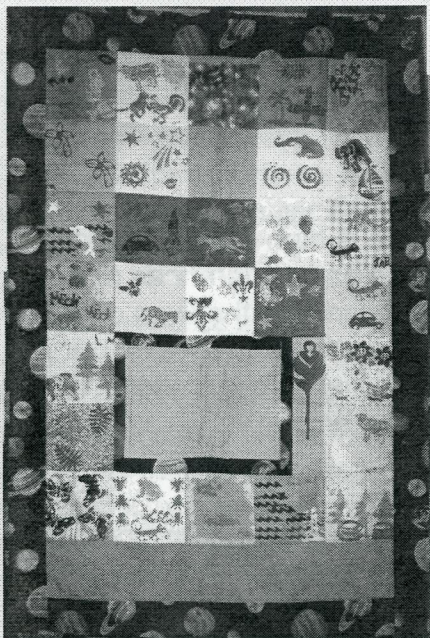
He went on to serve as administrator at Vancouver's GF Strong Rehabilitation Centre, pursuing an active consulting career in Alberta and British Columbia, and serving as site manager at Alberta Hospital Edmonton three years ago, a position similar to his new responsibilities at Carewest. Mark's recent continuing education activities include coursework in gerontology at Simon Frazer University and training with Dr. Bill Thomas of the Eden Alternative.

"Carewest has an excellent reputation for client service and I'm honoured to work here," says Mark. "I'm also looking forward to fly fishing in southern Alberta. Some of my best memories are of fly fishing in B.C.'s Thompson River." Mark is married to Kathy and together they parent two teenagers, Matt (17) and Kirsten (15).

"Please welcome Mark to Carewest," says **Brenda Huband**, Executive Director. "His interest in quality and quality of life along with his experience will compliment the ongoing and future direction of Dr. Vernon Fanning Centre, Nickle House and Carewest. I also want to thank **Joan Gilmour** for her past leadership at these sites. She is now responsible for Carewest George Boyack and Cross Bow and we wish her the best as site leader there."

*Divona Herzog
Carewrite Editor*

Quilt Becomes Memory of Special Day Together



Many hands make light work, especially when they are inspired by a surprise snow storm!

Last May at the annual Weber Huntington Disease Camp, campers experienced a late spring snowfall. Stranded for the day at Camp Horizon just outside of Calgary, they spent the day creating a beautiful quilt with help from **Loy Bacon** and **Valerie Lange** from the Calgary Quilter's Guild. Thirty camp participants from British Columbia, Northern Alberta, Saskatchewan, Edmonton and Calgary (including a group from Carewest Dr. Vernon Fanning and Calgary area) designed individual squares that were stitched together to form a colorful and functional quilt. Not only is it lovely to look at, but the large centre square serves as a place to post announcements and agendas when hung for display.

Each quilt square is a reflection of a camper's individual personality and interests. There are scenes from vacation memories, tributes to

favourite family pets, butterflies and garden scenes. Using stencils and fabric paint, the campers with Huntington Disease created beautiful designs that were later stitched together by experienced quilters.

The quilt will be displayed at different units throughout Carewest Dr. Vernon Fanning and will return to Camp Horizon next year where it will be used as a display board and as a reminder of a snowy, creative day spent together.

Camp participants from Carewest are part of the Leisure Directions program at Carewest Dr. Vernon Fanning. It's a recreational group that celebrates individuality while encouraging people with HD who are experiencing similar challenges to try new things together and, most importantly, to have fun! They include residents and people who live in the community.

What is Huntington Disease?

Huntington Disease (HD) is a neurological disorder that affects a person's movements, moods and thinking process. It is a genetic disease; every child of a person with the defective gene for HD has a 50/50 chance of inheriting the gene. Every person experiences the progression of HD in a unique way, but in the most advanced stages, all symptoms converge in a predictable manner.

*Huntington Disease Society
Caregiver's Handbook*



Photo:

(Front row, L to R) Residents Mary Shenton, Leslie Pearson, Lorraine Marsden, Pina Guidotti, Jean Cowie

(Back row, L to R) Volunteers and community participants Janice Groszko, Art Bodnarchuk, Christie Hardie, Betty Shenton

*By Anne Parry, Therapy Aide
Carewest Dr. Vernon Fanning Centre
and Divona Herzog, Carewrite Editor*

Calgary Health Link

Increases Access to Health Care System

The Calgary Health Region is setting up a nurse telecare line – Calgary Health Link.

Calgary Health Link will provide people with immediate access to information and advice 24 hours a day, seven days a week.

The project is being done in collaboration with Edmonton's Capital Health and all 17 provincial health regions, and will be in operation later this year.

"The public has told us they want improved and timely access to health care," Calgary Health Link Director **Micheline Nimmock** said. "We have listened and, working with our partners at Capital Health, are developing a system where individuals can get the advice they need from registered nurses over the telephone."



Nurse telecare is the cornerstone of this project but it's much more than that. Individuals calling in will use Health Link as their first point of entry into the system, getting everything from switchboard help across the Region, to general advice and information on services and facilities.

The federal government made Health Link a reality through an investment of \$54 million dollars in a number of primary care projects across Alberta. The annual cost of the system province-wide will be about \$15 million; the Calgary Health Region's share is around \$5 million annually.

"We appreciate the funding and thank the federal and provincial governments for their support in improving access to care for Albertans," Calgary Health Region Vice-President of Communications **Roman Cooney** said. "Over the past several months, the Calgary Health Region has worked with Capital Health to jointly provide this service across Alberta. This is an example of the kind of innovation and collaboration in health care the Mazankowski Report is calling for."

"The next step is to continue recruiting nurses and work out the details on how to bring nurses together in one site," Nimmock said. "This is the first time in Canada this type of system will be run by health regions and the first time it's been done collaboratively - this means better access and providing care closer to home."

Cooney says a commitment was made to the province to provide a single, cost-efficient service at two sites, making sure both regions can provide back-up to one another and coverage of Alberta.

*James Millar
Director, Operations & External
Communications
Calgary Health Region*

Staff Influenza Vaccination Questionnaire Results

Thank you to the people who took the time to respond to the staff influenza vaccination survey. Total responses received were 559 out of a possible 1200 (46.5%).

Site Responses

Administration Centre – 39
Colonel Belcher – 28
Cross Bow – 24
Dr. Vernon Fanning – 121
George Boyack – 54
Glenmore Park – 76
Nickle House – 11
Royal Park – 20
Sarcee – 77
Signal Pointe – 30
Unknown (did not list what site they were from) – 79

Staff Responses

Why staff take the vaccine:

- I am aware of the policy regarding non-vaccinated staff in that they will be off work (without pay) in the event of an Influenza outbreak.
- I want to prevent the transmission of the virus to my family or myself.
- I want to prevent transmission of the virus to the residents or their families.
- I had a chance to win a day off, with pay.

Why staff *do not* take the vaccine:

- Previous experience with reactions.
- Allergies.
- Don't get the flu, don't feel the need for one.
- Don't like being 'forced'.

Suggestions to increase the number of staff taking the vaccine:

- Increase staff information and education about the vaccine, its benefits, etc.
- Make the vaccination mandatory.
- New and more incentives / rewards (e.g., more and better prizes, free ice cream at the time of vaccination, etc.).

Overall satisfaction:

There were many comments about how much excellent work is currently done to promote the vaccine and organize the program. Kudos to registered nurses (RNs) who gave the shots!

What will Carewest do with the results of the survey?

The information from the survey will help Carewest in planning and focussing our efforts in the 2002/2003 Influenza Campaign.

Improvements for this fall:

- More education on influenza and the vaccine.
- Coordination of clinics with

Occupational Health & Safety, Infection Prevention & Control (IP&C) and designated RNs.

- More clinics and over a longer period of time. Management Partners are allotting time for designated RNs to hold clinics.
- More coordination of prizes at all sites.

Again, IP&C appreciates the time you took to fill out the questionnaire. We hope we can address your concerns starting with this year's campaign.

Immunization clinics begin October 21st. Watch for posters telling you where and when you can get your shot to stay healthy.

Mary LeBlanc
Infection Prevention & Control Coordinator



Happy 2nd Anniversary Carewest Nickle House



Joan Gilmour cuts anniversary cake. Staff and residents celebrated with a barbecue.

Good luck Catherine and Larry! Carewest Nickle House gave Larry Wilson (resident) and Catherine Coultier (registered nurse) a grand and tearful going away party. Larry Wilson moved to the island and Catherine has gone to Carewest Colonel Belcher. Good luck and we'll miss you!

Nickle House Says Goodbye to Two Friends



Larry Wilson and Catherine Coultier

Brenda Huband Officially Appointed as Director

On behalf of the Carewest Board and the Calgary Health Region, it gives me great pleasure to announce the appointment of Brenda Huband as Executive Director of Carewest. The Carewest Board has worked with Brenda over the past year in her capacity as Acting Executive Director and has appreciated her tremendous abilities in health care, long term care and leadership. Under Brenda's direction, Carewest has achieved continuing success as a long term care provider in the Region and as a significant partner in several projects being undertaken by the Calgary Health Region, including:

- Successorship and ongoing development of the Colonel Belcher Care Centre
- Implementation of the new Rehabilitation and Recovery program
- Restructuring of Carewest Administrative and Support Services
- Accreditation 2002

Please join with the Carewest Board and the Calgary Health Region in congratulating Brenda on her appointment.

*Eileen Grant
Chair Carewest Board*



Letter to the Editor

At our Residents' Council Meeting, we had a great deal of discussion regarding cutbacks of funding by the Alberta Government, who blames the federal government deciding to reduce their involvement in health care. Both governments seem to forget that everyone, regardless of income or stature, eventually will need health care at some point in their lives.

We were also informed that staff across Carewest will, of necessity, also be reduced to meet our restricted budget. Perhaps we should prepare a petition to send to all levels of government from civic through provincial to federal. I personally feel that we must do what we can to keep or improve our health care in all parts of Canada and for all Canadians regardless of means or origin. If your readers agree with me, please let me know so we can take further action.

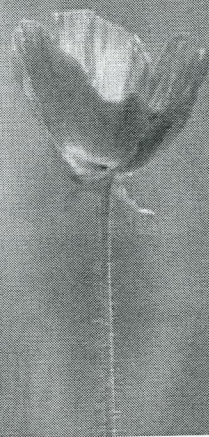
*Robert B. Boyd
President, Residents' Council
Carewest Sarcee*

For many years the Day Hospital has entered the Sprout and Grow Show through Calgary Parks and Recreation. As many of you know, this summer's snow certainly put gardens way behind for our growing season. With this in mind, I am happy to announce that the Day Hospital successfully obtained a *first place* for our outdoor garden.

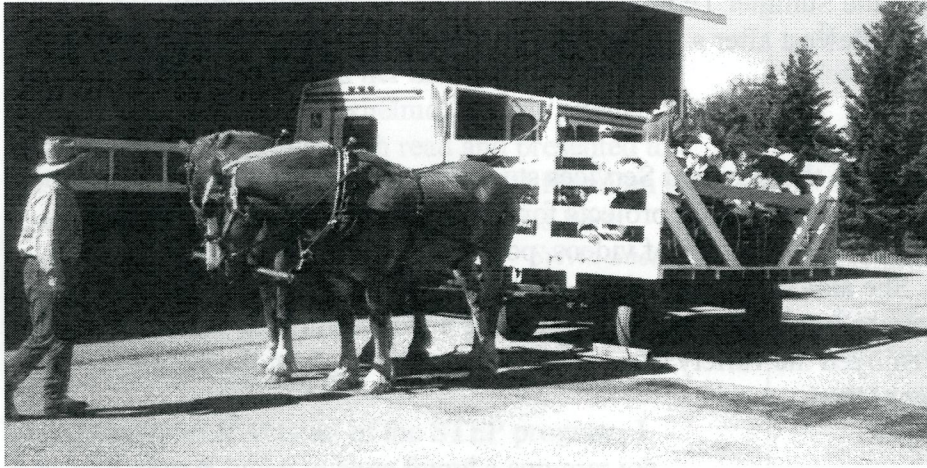
Many thanks go to the participants for their efforts – **Jack Andrews, Isobel Stevenson, Betty Janssens, Catherine Picariello, Anita Gray, Jim Holmes, Steve Polyak, and Muriel Powell.**

*Lyn Laverty
Recreation Therapist
Carewest Glenmore Park*

South Day Hospital Wins Gardening Award



Carewest Residents Enjoy Day at Lynwood Ranch



Residents from Carewest Cross Bow, George Boyack, Signal Pointe, and Dr. Vernon Fanning gathered together on Monday, August 19th for a day at Lynwood Ranch. Mother Nature did her part by providing a warm sunny day so everyone could enjoy a hayride around the ranch and along the Sheep River. Dinner was served following the hayrides and included beef on a bun, baked beans, all the trimmings and assorted squares for dessert.

The highlight of the event was an evening of entertainment provided by 'Hearts on a String' vocal trio. There was lots of toe tapping and dancing going on. It was a wonderful day enjoyed by all. A big 'thank you' goes out to the staff, volunteers, and bus drivers who worked so hard to make this such a great day!

*Paulette Fornataro
Activity Convener
Carewest Cross Bow*

Back Belts: Good Protection or Not?

At one time or another you have likely seen people working in other places who are wearing back belts outside their clothing. You've probably also wondered why we don't have anything like that at Carewest. The truth is that back belts are not indicated for use for most workers and some important health and safety agencies like Alberta Workplace Health and Safety and NIOSH (National Institute for Occupational Safety and Health) in the United States, do not support general workplace use.

There is inadequate scientific evidence to support the idea that back belts are good for you and there are concerns that using a one on a regular basis will weaken your back muscles. Weak back muscles and soft tissues will actually increase the possibility of a back injury. Back belts also may give people a false sense of security and as a result, people may lift more weight than they should.

The best way to protect your spine is to keep active and use good body mechanics while lifting. If in doubt, always get help for items that are too heavy for you and use a mechanical lift for residents as outlined in the nursing care plan.

Please call Wellness with any questions at 260-5454.

*Roxanne McKendry RN COHN(C)
Occupational Health and Safety Advisor*

Myths About Back Belts

- A back belt reminds you to lift the right way
- Back belts reduce workplace injuries
- Limiting your back movement prevents excessive bending
- The back belt provides more support and decreases stress on the back
- The increased abdominal pressure created by the belt helps reduce stress on the back

STEP Students Bid Adieu

Students employed through the Summer Temporary Employment Program (STEP) said good-bye to Carewest after a very successful summer term.



Kari Ullyot

Kari Ullyot was the Resident Services student at Carewest George Boyack and she finished some wonderful projects for the residents. Our Journey Program now has an extensive library of videos, posters and information on over 16 countries. She also helped redesign our ceramics, adopt a garden program and update our site entertainment book. Kari was a wonderful help and many residents enjoyed the variety of programs she ran throughout the summer. Thanks again Kari.

*Elisa Holland
Activity Convenor
Carewest George Boyack*

The summer of 2002 at Comprehensive Community Care (C3) was filled with sunshine because of our STEP Student, **Megan Glass**. Megan became a part of the team and friends to the C3 clients right away. She shared her kindness and spirit with everyone. Megan will be attending her second year at the University of Calgary this fall, where she will be working on her Bachelor of Arts in psychology, followed by her education degree. The C3 team would like to thank Megan for her devotion and commitment to the C3 clients and the program. Thank you Megan.

*Vicki Davis
Recreation Therapist
Carewest Sarcee*



*Nayereh Shahidian (C3 client)
and Megan Glass*

Carewest Cross Bow was a hub of activity this summer thanks to STEP students **Sarah Kempe** (Resident Services) and **Sarah Stewart** (Regional Community Transition Program). If they weren't on the patio flipping burgers for the unit BBQ's they could be found in the kitchen baking for the garden tea parties. Although the things they accomplished this summer are too numerous to list, some of the most popular things were homemade ice cream making on the patio, weekly BBQ's, crafts, baking, garden tea parties, and Stampede week activities. We can't forget gardening as I've been told the gardens are better than ever this year. With the weather being so nice it was great to see people out in the fresh air, sunshine, and flowers. A big Cross Bow thank you goes out to Sarah and Sarah for a job very well done!

*Paulette Fornataro
Activity Convenor
Carewest Cross Bow*

The inspiration of youth has been felt at Carewest Cross Bow for many summers but especially this year. Returning STEP student **Sarah Stewart** was busy with gardening, crafts, card games, newspaper reading, and outdoor excursions. The Regional Community Transition Program (RCTP) kept her very busy welcoming new clients and her natural abilities saw her comforting many overwhelmed elderly clients. We share this quotation that Sarah read and presented to the residents on an engraved plaque. It is found on the residents' bulletin board at Carewest Cross Bow.

*Sylvia Sherman
Administrative Secretary
Carewest Cross Bow*

As a two-summer veteran of the STEP program, I consider myself lucky to have found a summer job that allows me to meet so many amazing people and to participate in such a variety of activities. How many students get to garden, participate in fun and fitness, and go on bus trips while getting paid.

Last summer as part of the Capable Seniors program, I was given the freedom to develop some of my own activities for the residents. I started a cribbage club for men and ran a baking group with some of the female residents, many of whom were visually impaired.

This year as a student for both Capable Seniors and the Supportive Pathways, I arranged to have a friend bring her Chinese pug dog visit. 'Boo' the dog is small enough to sit on residents' laps but still tall enough to reach up and give each resident a sloppy kiss, even if they didn't want one.

My experience at Carewest Sarcee has been extremely rewarding and it has been a pleasure to work there. The experiences I have had these past two summers and the life experiences that residents shared will continue on with me in the future, in my professional and personal life.

No matter where life takes me, I will always have a warm spot in my heart for the staff and residents of Carewest Sarcee. It has been an honour to be a part of their family, even if only briefly.

*Lindsey Bright
STEP Student
Carewest Sarcee*

Youth

*Youth is not a time of life ~
it is a state of mind.*

It is not a matter of rosy cheeks, red lips and supple knees; it is an attitude, a quality of the imagination, a vigor of the emotions.

Youth means a predominance of courage over timidity, a preference for adventure over love of ease.

Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Whether seventy or sixteen there can be in every being's heart a sense of wonder, the sweet amazement at the stars, the challenge of new events, childlike curiosity, and the joy of living.

You are as young as your faith, or as old as you doubt; as young as your self confidence, as old as your fear; as young as your hope, as old as your despair.

So long as your heart is warmed by the messages of beauty, hope, cheer, courage, and meaning in life, you will remain young.

Anonymous

May youth be yours forever!



Don Fitzpatrick (resident), Lindsey Bright and Boo

Honour a Veteran for Remembrance Day

You have an opportunity to honour the sacrifices made by our Canadian veterans.

The Friends of the Colonel Belcher - in partnership with the Calgary Health Trust - are close to completing \$2 million campaign to provide features that will make the new Carewest Colonel Belcher a very special home for our veterans... a home that is second to none! The new Colonel Belcher is being built in NW Calgary and will be opened to our veterans in March of 2003.

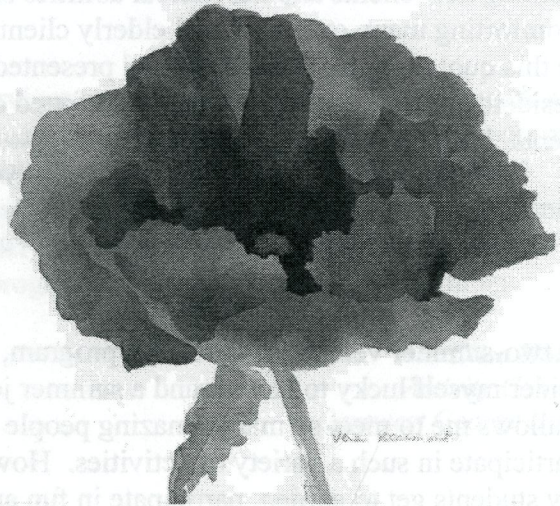
As part of the new centre, The Friends of the Colonel Belcher are building Calgary's first and only 'Wall of Honour'.

For a charitable donation of \$150, you can write an inscription that will be engraved on a brick and placed into the Wall of Honour.

The Wall of Honour will weave through the Legacy Garden at the entrance to the new Carewest Colonel Belcher. This is an opportunity for you to not only honour a veteran, but to also support the quality of life of our veterans.

Many Canadians have made brick inscriptions already, but we are inviting you to donate \$150 now, to help the Friends of Colonel Belcher complete the Wall of Honour in recognition of Remembrance Day on November 11th.

To date we have received inscriptions that honour a veteran by name, or that honour a military company, or even that honour all veterans. Bricks can be inscribed with up to two lines of text, with each line containing up to 21 characters (including spacing and punctuation).



Your contribution today will help us raise the final \$340,000 towards the Friends of the Colonel Belcher's \$2 million goal. Your support will ensure our veterans have a quality of life that is second to none.

To inscribe a brick, please contact Nadine Humphreys at 943-0607 or visit the Friends of the Colonel Belcher's website at www.focb.ab.ca.

Thank you for supporting and honouring our veterans.

*Nadine Humphreys
Development Coordinator
Healthy Communities Development Council
Calgary Health Trust*

Mark Your Calendar

The Visible and Invisible World of Infection Control

**Southern Alberta Professionals in
Infection Control (SAPIC)**

Date: Thursday, October 3 & Friday, October 4th
Location: Carewest Dr. Vernon Fanning Centre
722 – 16 Avenue N.E.

Cost: Full-time students \$50; non-member two
days \$150; non-member one day \$80

Information: 686-8125

This two-day seminar will provide health care
professionals with education and information on
current infection prevention and control research,
opinion and practice.

The Dementia Journey Alzheimer Society

Calgary Workshops

Date: Saturday, September 28 or Thursday,
October 24

Time: 10:00 am to 2:30 pm

Location: Alzheimer Society of Calgary
1920 – 11 Street SE

Register: 290-0110 or

info@alzheimercalgary.com (include your name,
address and contact phone number)

Airdrie Workshop

Date: Saturday, October 26

Time: 10:00 am to 4:00 pm

Location: Airdrie Health Centre
604 Main Street S Airdrie

Register: Evelyn Darazs at Rockyview Adult
Education 948-3929

Are you involved in the care of someone living
with Alzheimer Disease or another dementia?
This one-day workshop includes an overview of
the disease, together with strategies to help make
life easier for you and the person you care for.
Meet other carers who are traveling on the
'Dementia Journey' at this time. Cost is \$20 and
includes an information binder. Please bring a
brown bag lunch.

Alzheimer Disease – What Is It?

Alzheimer Society

Date: Monday, September 23

Time: 7:00 pm to 8:30 pm

Location: Fellowship Hall, Southwood United
Church 10690 Elbow Drive SW

or

Date: Wednesday, September 25

Time: 7:00 pm – 8:30 pm

Location: Grace Presbyterian Church
1009 – 15 Avenue SW

Register: 290-0110 or info@alzheimercalgary.com
(include your name and contact phone number)

What is Alzheimer Disease? What is its effect on
daily life? What are the warning signs of
Alzheimer Disease or other dementias? How is a
diagnosis made? How can you have a better visit
with a person with Alzheimer Disease? Get an
overview of the disease and strategies to make life
easier for the person with Alzheimer Disease, their
carers, and their friends. No cost.

ABC's of Fraud Alzheimer Society

Date: Thursday, October 17

Time: 7:00 pm to 8:30 pm

Location: Alzheimer Society of Calgary
1920 – 11 Street SE

Register: 290-0110 or info@alzheimercalgary.com
(include your name and contact phone number)

Presented by the Calgary Seniors' Resource Society
in partnership with Alberta Justice, sponsored by
Scotiabank. Seniors lose millions of dollars every
year through fraud. Criminals target seniors in their
own homes, contacting them by phone, by mail or
by knocking at the door. This entertaining
presentation will show seniors and their carers how
to become a 'tough target' for fraud. No cost.



Employee Recognition Program Monthly Draw Winners

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

Sue Lalonde - Cross Bow, Administration & Nickle House

Lynn-Ann Leclair - Sarcee

Ada Aburto-Aranguiz - George Boyack

Dorothy Perrault - Glenmore Park

Laura Boutin - Fanning

Frances Finlay - Signal Pointe & Royal Park

Just Say Thanks

Written by Cindy Randall (member of the Employee Recognition Committee) Resident Assistant, Carewest Signal Pointe

Hey! For all of our employee's old and new,

Did you know we have a program?

It's just for you.

When you see your co-workers

Going that extra mile

Grab a pen, and sit down for a while.

Now three little things are left to do

Write down your thanks and give them their card.

It's just from you.

Please don't forget the copy that's sent to HR.

That's just as important, by far.

Then once a month, from each site,

one winner we pick

They'll win shopping, dinner or maybe a flick.

By doing this, a precedent you set

Before long, a thank you, you may get.

Please remember, this program is just for you.

And all its success rides on a simple thank you!

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.

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