

January-February 2023

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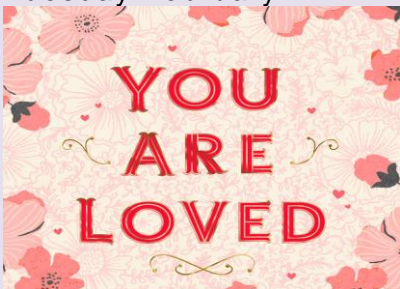
New Year's Day
Sunday January 1st



Chinese New Year
Sunday January 22



Valentine's Day
Tuesday February 14



Family Day
Monday February 20



Director's Updates

Happy New Year to Carewest residents, clients, families, staff, physicians, and volunteers. It is my pleasure to be joining the Carewest Team as the Director of Operations for Dr. Vernon Fanning Center, Nickle House, and Central Services.

On behalf of all of us, I'd like to extend our appreciation to Natale Oliverio (who was Acting Director) and Carol Anne Friesen (who was Acting Associate Director) for providing strong leadership and support during the position vacancy period, over the past few months.

Since starting a couple of weeks ago, I've had the opportunity to do walkabouts and meet so many of you. Thank you for your warm welcome. I look forward to working with all of you in the upcoming year as we continue to focus on everyone's safety through COVID, managing our risks, and sustaining and improving quality care.



Best wishes,
Shelley Bannister.

Fanning Activities

EQuaL Open Activities:

(Please check unit whiteboard for daily activities).

Monday:

Physical or Cognitive Games @ 1:15 in the Coliseum

Tuesday

Physical or Cognitive Games @ 1:15 in the Coliseum

Wednesday

Physical or Cognitive Games @ 1:15 in the Coliseum

Thursday

Physical or Cognitive Games @ 1:15 in the Coliseum

Friday

Physical or Cognitive Games @ 1:15 in the Coliseum

Resident Forums:

Forums are held on the 3rd Thursday every other month. Families and visitors are welcome to attend as well.

2nd Floor:

** 2 East and 2 West Clients are encouraged to check with their unit Recreation Therapists for scheduled events, outings and activities.

Did You Know?

Besides celebrating the start of a new year and new beginnings, January also celebrates a few other important holidays as well. For those of Christian faith, January 6th is the day of the Epiphany, which celebrates the revelation of God incarnate as Jesus Christ. January 11th is an important Canadian celebration, as it is John A. McDonald Day and celebrates the first Prime Minister of Canada. January 18th is Martin Luther King Jr. Day, which celebrates the birthday of Martin Luther King Jr., who was one of the most prominent ministers and activists in the civil rights for people of color movement from 1955- 1968 and is celebrated in both Canada and the US as well. January 22 marks the start of the Chinese New Year, which last for 15 days. This year is the Year of the Rabbit. January 26 is Family Literacy Day and focuses on grandparents, parents and family members reading together to improve their reading and writing skills. January 27th honors the International Holocaust Day, paying tribute and honoring the memories of the victims of the Holocaust.

Although February is the shortest month of the year, it is full of important events and celebrations as well, as February is Black History month, Heart & Stroke Month and Psychology month. February 4th is World Cancer Day, and focuses on raising cancer awareness, and to inspire action to one day create a cancer-free world. February 5th and 6th also celebrate Tu BiShvat, a Jewish Arbor Day holiday that is celebrated as an ecological awareness day. In Israel, trees are planted in celebration of the holiday. February 11 is 211 Day, which strives to raise public awareness of available human services networks that are obtainable by phone, online and by text for anyone requiring assistance. February 14th is Valentine's Day, which is now celebrated worldwide. Originally known as a Christian holiday to celebrate the martyr St. Valentine, it has since evolved and has become a romantic holiday, focusing on couples and on love. Today, Valentine's Day not only celebrates the love and romance shared between couples, but also celebrates the love of friendships as well. February 15th celebrates the National Flag Day, celebrating the inauguration of the Canadian Flag and is officially know as the "National Flag of Canada Day". Last but not least, the last Wednesday in February celebrates Pink Shirt Day, where individuals are encouraged to wear pink to raise anti-bullying awareness throughout Canada.

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Let our New Year's
resolution be this: We
will be there for one
another as fellow
members of humanity,
in the finest sense of
the word.

GÖRAN PERSSON

PureWow

Fanning Activities (Cont'd)

3rd Floor LTC units recurring monthly activities:

Monday
Bingo

Tuesday
Baking

Wednesday
Java Music Club
Breakfast Group

Thursday
Bingo
Creative Arts
Breakfast Group

Friday
Baking
Creative Arts

*Please check Calendars posted on each unit for times and additional information.

Resident Forums:

3 East- Forums are held on the 3rd Tuesday every other month at 11:00 in the Resident Dining Room. The next forum will be Tuesday January 17, 2023. Family Members and visitors are always welcome to attend.

3 West- Forums are held on the 3rd Friday every other month at 11:00 am in the Resident Dining Room. The next forum will be Friday January 20, 2023. Family Members and visitors are always welcome to attend.

Photo Gallery



We had some great entertainment during the month of December. It was so nice to have live entertainment once again. Although a few of our units were in outbreak, we were able to bring the entertainment to them through Zoom and live stream to TV's set up on the unit.

We kicked off the holiday season with the Crystal Belles choir who got us into the Christmas spirit.



Above photo: Brent Smith, Magician, beguiled and mystified the audience with his illusions and tricks.

Spiritual Care Services:

Christian Hymn Sing:
1st Wednesday at 1:30 p.m. in the Chapel.

Roman Catholic Service:
2nd and 4th Wednesday at 1:30 p.m. in the Chapel.

Christian Church Service:
3rd Wednesday at 1:30 p.m. in the Chapel.

Muslim Prayer Service:
Every Friday from 1:00 p.m.-1:30 p.m. in the Chapel.



Above photos: The Coyote Creek Band played many country and Christmas favorites and kept the audience movin' and groovin'.



Above photos: The Foothills Philharmonic Orchestra completed our month of holiday season entertainment, by playing some classical Christmas carols.

Photo Credits: Judy Dravucz.

Parking

The Parkade is available for physicians, visitors, staff and volunteers. Although parking is not assigned, there are designated areas reserved for disabled parking and for physicians.

Visitors can pay for parking at the Indigo parking machine located inside the building by the Main Entrance. Volunteers requiring parking passes are asked to see Front Reception.

Newsletter Credits

This newsletter has been compiled by Kate Ramirez, Secretary. Edited by Judy Dravucz, Rec. Therapist.

Carewest Frame of Reference, Philosophy of Care is:

“To provide our residents and clients with quality care in safe, comfortable and supportive environments.”

The guiding principles include working together to:

- Preserve and promote **dignity** through respectful, individualized approaches to care;
- Provide **kind** and **compassionate** care and service;
- Foster **supportive relationships** between all staff, clients, families and communities;
- Foster an environment of **learning** to promote excellence in care and service.

Pet Visitors

While Fanning welcomes pets to visit in the building, we would like to remind everyone that pets are not allowed in the Cafeteria or in unit dining rooms. Pets should also be in good health, fully vaccinated and on a leash during the visit.

Owners are also asked to pick up/ clean up after their pets should your pet have an “accident”.



Newsletter Electronic Distribution

Residents and family members interested in receiving an electronic copy of the Fanning Flyer are asked to send their email to katherine.ramirez@ahs.ca to be added to the electronic distribution list. If you no longer wish to receive emails, please email the above email address to be removed from the distribution list as well.

Smoking



It is a privilege and a special bylaw that allows Carewest to operate Resident Smoke rooms and allocate resident designated outdoor smoking area (s). These Resident Smoke rooms are for resident use only, and residents are required to adhere to all Smoke Room Rules and follow the posted signage. Visitors, companions, and caregivers are not permitted in resident Smoke Rooms.

A reminder to all staff, visitors, companions, and caregivers to follow the smoking guidelines and posted signage. Smoking is NOT permitted on Fanning property, including the Parkade or bus shelter and the lower back parking lot. If you are smoking in the park perimeter or on the sidewalk adjacent to the building for visitors and staff, please respect our environment and dispose of your cigarette butts appropriately and do not throw them on the ground or use a temporary container.



Carewest values all of our staff, residents, families, and volunteers and believes everyone has the right to a safe and respectful living and working environment.

We value our collective diversity which includes but is not limited to, Indigenous Peoples, those from the LGBTQ2+ (lesbian, gay, bisexual, transgender, queer, two-spirited) community, those living with disabilities, and all visible minorities.

