

March-April 2023

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St. Patrick's Day Friday March 17th



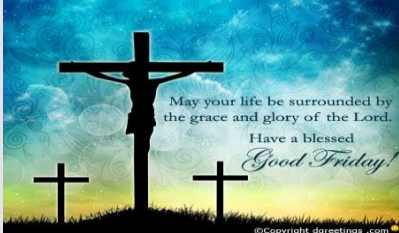
Daylight Savings Sunday March 12, 2023



April Fool's Day Saturday April 1st



Good Friday Friday April 7th



Easter Sunday April 9th



Director's Updates

As spring approaches there is lots of melting snow on the ground, putting everyone at risk for slips and falls, especially when weather fluctuates from cold winter temperatures to warmer sunny days. With that in mind, I ask that we all focus on putting safety as our top priority and being mindful of how we walk on sidewalks and icy surfaces, as well as ensuring we all wear appropriate footwear. I would also like to remind everyone to watch for slippery areas when coming into the building, as wheelchairs can bring snow into the building and result in puddles forming. Please let Reception or Security know if you observe any unsafe conditions so that appropriate follow up can be taken



Changes to Carewest organizational structure for Food Services have now been centralized and housed at Fanning. Regan Thompson, the new Lead Food Service Manager, will report to Natale Oliverio, Associate Director for Fanning, Nickle House, and central services. Please give Regan a warm Fanning welcome when you meet her. Food Services will continue to focus on providing quality meal service and ongoing menu improvement; menu feedback is always welcome.

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?

As we head into March and April, we look forward to spring and warmer weather, as well as celebrating the various holidays throughout these months. Daylight Savings starts March 12, where we “spring ahead” and turn our clock forward by 1 hour. March 17th celebrates St. Patrick’s Day and Monday, March 20, 2023 officially marks the first day of spring. April 1st starts off the month with April Fool’s Day and also celebrates Easter, starting with Good Friday on April 7th, and ends with Easter Monday on April 10th. Here are some additional holidays and events that are also celebrated throughout March and April:

March is National Social Work Month, Music Therapy Month, National Pharmacy Month, and National Nutrition Month, so let’s give our Social Workers, Music and Recreation Therapists, Pharmacists and Dietitians a big round of applause for all their hard work! March 1st is also Zero Discrimination Day focused on reducing inequalities and to address discrimination. March 7th is Black Mental Health Day and was established to raise awareness around the mental health effects of racism on Black communities and strives to promote systematic change. March 8th is International Women’s Day, so let’s celebrate all of our female friends, family members, coworkers, residents and neighbors. March 15th is Dietitian’s Day, so let’s take a moment to appreciate and acknowledge our Dietitians that day (and every day, of course!). March 20th is International Francophonie Day and celebrates a total of 88 states around the world who speak French as their first language. Francophonie day observes French as a common language, as well as the values that Francophones have in common. March 23 celebrates the start of Ramadan, which is a period of fasting, charity giving and self-accountability for all Muslims around the world. March 31st celebrates the Trans Day of Visibility and focuses on the accomplishments and victories of transgender and gender non-conforming individuals as well as raising awareness around transgender and gender non-conforming issues. March 31 is also National Indigenous Languages Day and is an opportunity for all Canadians to celebrate the rich and diverse culture and heritage of our Indigenous languages.

April is Sikh Heritage month. April 2nd celebrates Palm Sunday for many Christians and Catholics throughout the world, remembering Jesus’ entry into Jerusalem and marking the beginning of Holy week. April 4th is National Caregiver Day, so let’s take a moment to thank all of our caregivers. The Jewish holiday of Passover is celebrated April 5th to 15th and celebrates the deliverance of Jewish people from slavery in Egypt. April 7th is World Health Day, which under the sponsorship of the World Health Organization, aims to raise health awareness throughout the world. April 9 celebrates Vimy Ridge Day, when Canadians fought in the battle of Vimy Ridge during World War 1. April 12th is International day of Pink, where everyone is encouraged to wear a pink shirt and stand in solidarity with 2SLGBTQI+ community, fighting for equality and acceptance. Orthodox Easter takes place starting with Orthodox Good Friday on April 14th and ends with Orthodox Easter Monday on April 17th. April 16 is also Advance Care Planning Day and focuses on the importance of having a plan in place for your future wishes, preferences and care. April 22 is Annual Earth Day and is celebrated around the world to demonstrate support for environmental protection. April 22 also celebrates Eid ul Fitr, which marks the end of the Muslim month long fast of Ramadan and can last up to 3 days in some countries. Last but not least, April 26th celebrates Administrative Professionals Day, so let’s thank all of our administrative support team, receptionists and secretaries for all the hard work that they do. April 28th is National Day of Mourning which commemorates all the workers who have been killed, injured or suffered illness due to workplace related incidents.

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 March 21, 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 March 17, 2023. Family Members and visitors are always welcome to attend.

Photo Gallery



Photos: Robyn Maerz (RN), Gabby Blote-Jones (OT) and Dr. Sharma (MD) enjoy massages from MRU students Scout Abel, Gabriela Andrade and Melissa Mankheuse.

For anyone wanting to book additional massages, please contact:

Student Practicum Centre Clinic
Centre for Extension Credit
Faculty of Continuing Education and
Extension
4825 Mount Royal Gate SW
Calgary

Book Online: mru.ca/practicumclinic

Each 1-hour massage is \$30



FSAs Gina and Amanda posed for a photo together on Valentine's Day. Gina even wore a red, Valentine's Day themed sweater for to celebrate the day.



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.



Special Events

Concerts in Care

Presented by Health Arts Society of Alberta



Karri Quan, violin
Brigit Knecht, violin
Olena Kilchyk, cello

Carewest Dr. Vernon Fanning Centre

Thursday March 9th - 1.30 pm

Generously supported by



Concerts in Care

Presented by Health Arts Society of Alberta



Michael Hope, vocals
Claire Stevens, piano

Carewest Dr. Vernon Fanning Centre

Wednesday March 22nd - 1.30 pm

Generously supported by



Concerts in Care Series

“Founded by David Lemon, M.S.M., in 2006 in Vancouver, the Concerts in Care programme acts as a conduit between the performance community and elder audiences in long-term care homes, assisted living, adult day centres, psychiatric and palliative care, and retirement communities. The programme now serves audiences in all ten provinces with a variety of live concert experiences and online content. <https://concertsincare.ca/>”

We had an opportunity to host a couple of concerts, performed by various professional musicians in February through the “Concerts in Care” organization. Both performances were very well received and brought some joy into many people’s day. We look forward to the next two performances happening in March. Look for posters for more information on your unit’s bulletin boards.

Upcoming Events in March:

- March 9th Concerts in Care
- March 14th Crystal Belles Choir
- March 22nd Concerts in Care



Musical entertainment takes place in the coliseum, starting at 1:30.

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, Admin. 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”.



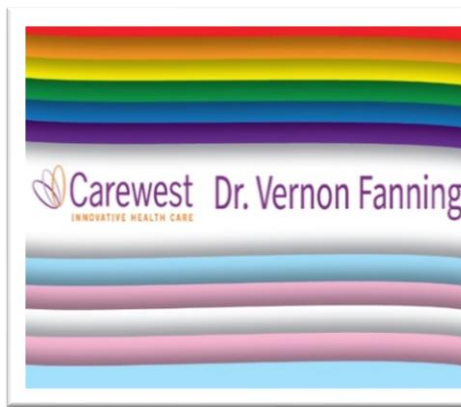
Newsletter Electronic Distribution

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.