

September-October  
2023

**In this issue**

<b>Site Updates</b>	<b>P.1</b>
<b>What's New</b>	<b>P.2</b>
<b>Photo Gallery</b>	<b>P.3</b>
<b>Thank You</b>	<b>P.7</b>
<b>General Announcements</b>	<b>P.9</b>



**Labor Day**  
Monday September 4th



## Site Updates

**Director's Update:**

June to September is Pride Season in Canada, which celebrates 2SLGBTQI+ people and their contributions. On Sunday, September 3<sup>rd</sup>, Carewest staff, clients, families, and management marched in the Calgary Pride Parade, showing our support.

**Food Services Update:**

Sept 30<sup>th</sup> represents National Truth & Reconciliation Day.

**Truth & Reconciliation Day**  
Saturday September 30th



The Calgary Health Foundation has also received a significant donation to enhance our services and care for residents, clients and families. Donations will be used to purchase new equipment as part of our 2023 Booster Fund Projects. Photos of new equipment will be made available once equipment arrives.

The Orange Shirt Society was founded in 2013 to create awareness & visibility.

To promote awareness and recognize this day, Carewest Commissary has created a T-Shirt Cookie in brilliant orange that will be made available on September 30<sup>th</sup>. We see this as a constant development going forward on this day, with additional ways to represent the indigenous community & culture.

**Thanksgiving**  
Monday October 9<sup>th</sup>



Donations are a valuable resource to help fund additional resident needs and programs and we are grateful to our donors for all their help and support. If you or anyone else wishes to donate, please speak to one of our unit managers, Administration, or refer to the posters posted throughout the building on ways to donate.

Something new is coming soon in Retail. Look for a Maple Chicken-Bacon & Waffle development, as we say good bye to the Charcuterie box soon, a Beef taco salad is also within the realm of possibilities in the fall as well, as the prototype was amazing.

Thank you all for your ongoing support!  
Commissary FS Team

**Halloween**  
Tuesday October 31<sup>st</sup>



Due to ongoing wildfires in the Northwest Territories, residents from Yellowknife were transferred to Fanning temporarily. We would like to welcome all evacuees and hope they enjoy their stay with us here at Fanning.

A flu shot clinic for staff will also be held in October as well. Residents are once again reminded that if they have any cold, respiratory or flu like symptoms, to let their unit nursing staff know. Symptomatic staff, volunteers and visitors are also reminded to stay home until symptoms resolve, so as to avoid outbreaks.

Have a safe and happy Fall!  
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

### 1<sup>st</sup> Floor Resident

#### Forums:

Forums are held on the 3<sup>rd</sup> Thursday every other month. The next Forum will be held in September and posters will be posted closer to the date.

#### 2<sup>nd</sup> Floor:

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

## Neuro Rehab Updates:

The Stroke Distinction Report is complete and now on InSite at [2023 Calgary Zone Stroke Distinction Survey Report \(albertahealthservices.ca\)](https://www.albertahealthservices.ca/stroke-distinction-survey-report)

All standards and key performance indicators were met.

A few of the highlights and shout outs for our unit included:

- Engaged, collaborative interdisciplinary team working to full scope provide comprehensive best practice stroke care.
- very impressed by the team's use of rehabilitation patient group (RPG) information in order to drive length of stay (LOS) improvements and engage patients and caregivers in their discharge planning. (both FMC and VFC are using this tool)
- extremely impressed with unique role of client educator and individualized education.
- team has excelled at employing creative strategies and using full scope of practice to sustain quality of service.
- VFC is leading practice with an initiative to enhance screening for suicidality.... has also been adopted by Tertiary Neuro Rehab at FMC ...
- QI initiatives including: mood monitoring, urinary continence, education, falls risk and communication access.
- The recreation therapist works with patients and caregivers to integrate their therapy goals into the community setting. This is a strength of the VFC rehabilitation program.

Opportunities they commented on include:

- Partnering with Calgary Stroke Program to advocate for added resources.
- Plan for equipment, including bariatric equipment and replacement of wheelchairs and cushions.

Those are the highlights! We should receive our certificates shortly and will plan a bit of a celebration when it comes!

We are working to strengthen our partnership with Calgary Stroke Program and appreciate the suggestions in the report to strengthen our advocacy in some of these areas.

Kudos to the whole team – your hard work, creativity, passion and commitment to excellence did not go unnoticed!! Great job!

## What's New?

The Top Drawer Grand Opening sale took place on Friday August 24<sup>th</sup>, and was a huge success!

Residents were delighted to receive their 2 coupons to “shop” for “new to them” clothes!

Anyone wishing to donate gently used clothing items, can continue to do so by dropping them off at Front Reception. Clothing will be available to “purchase” for residents needing new clothes, and any items left over will be available for everyone to purchase during regular Fanning Sales.



# Photo Gallery

## Fanning Activities (Cont'd)

### 3<sup>rd</sup> Floor LTC units recurring monthly activities:

#### Monday

Gardening  
Bingo

#### Tuesday

Baking

#### Wednesday

Java Music Club  
Book Club

#### Thursday

Bingo  
Creative Arts

#### Friday

Baking  
Creative Arts

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

### 3<sup>rd</sup> Floor Resident Forums:

3 East- Forums are held on the 3<sup>rd</sup> Tuesday every other month at 11:00 in the Resident Dining Room. The next forum will be Tuesday September 19, 2023. Family Members and visitors are always welcome to attend.

3 West- Forums are held on the 3<sup>rd</sup> Friday every other month at 11:00 am in the Resident Dining Room. The next forum will be Friday September 15, 2023. Family Members and visitors are always welcome to attend.



### Stampede Fun:

Our annual Stampede events are always something to look forward to, especially our decorations, which are displayed at our main entrance and throughout each unit.

Every year, our "Stampede horse" is proudly displayed near our Front entrance and is well enjoyed by residents, visitors and staff entering the building.

Additionally, various Stampede entertainment is booked throughout the week, including watching the Stampede Parade, resident pancake breakfasts and a special Stampede themed lunch, as well as various performances booked in the Coliseum. This year, we had 2 great entertainers during Stampede week: Merrill, and Luke & Carrie. Everyone enjoyed singing and swaying to the many Country & Western songs they sang.

## Spiritual Care Services:

### Christian Hymn Sing:

1<sup>st</sup> Wednesday at 1:30 p.m. in the Chapel.

### Roman Catholic Service:

2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 1:30 p.m. in the Chapel.

### Christian Hymn Sing:

3<sup>rd</sup> Wednesday at 1:30 p.m. in the Chapel.

### Muslim Prayer Service:

Every Friday from 1:30 p.m.- 2:00 p.m. in the Chapel.

### Upcoming Entertainment:

Wednesday October 18:  
Concerts in Care at 1:30 in the Coliseum.



### Product Demonstration (Above photos):

Stryker representative Cam trials the new Airtap System with Fanning staff to educate staff how to use the new product, which was trialed on 1 West and will be trialed throughout Carewest as well. The product reduces skin shear during repositioning and risk of injury to staff.



### Farewell:

3 West staff held a farewell party for Dr. Dawes on June 29, 2023 and to wish him all the best as he sets off for new adventures!

Dr. Dawes was really grateful for the gifts, great cake and food. He shared the cake with his wife and kids as well. The kids were mystified at how his picture got on the cake and decided not to eat the photo. He expressed his gratitude to unit staff via an email sent to managers and will greatly miss Fanning staff and residents!

## Concerts in Care

Presented by Health Arts Society of Alberta



**Darcy Stamp**, violin

**Jonathan Lagore**, guitar

Carewest Dr. Vernon Fanning Centre

Wednesday October 18<sup>th</sup> - 1.30 pm

Generously supported by



Halloween: Watch for posters on your unit bulletin boards for information about upcoming Halloween festivities.





" A Special Thank You to the staff on 3W for making our day special. We were able to enjoy a fine meal and enjoy our memories of years gone by while looking to the future. "

Jeff + Mary

**Happy Anniversary:**

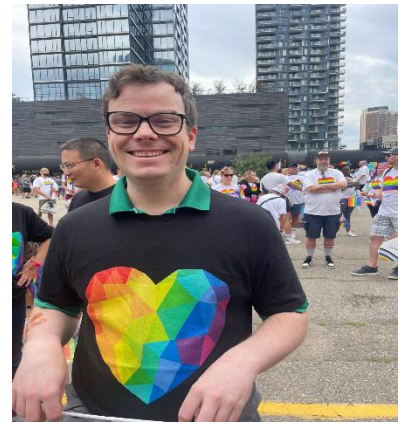
Jeffery and Mary Davis celebrated their Silver Wedding Anniversary on July 18, 2023.

Jeffery is one of our hemodialysis residents on 3 West, and a former biker who loves to travel.

Staff on 3 West decorated his room, so that he and his wife were both able to celebrate and enjoy their special day surrounded by their favorite staff on 3 West.

In appreciation of staff's help with the event, Jeffery and Mary wrote a "Thank you" note, which was shared with the staff.





**With Pride:**

Carewest and Fanning staff, clients, and families showed their support by marching in the Pride Parade held on September 3, 2023. The event had a big turnout, and staff had a lot of fun taking part in the event.

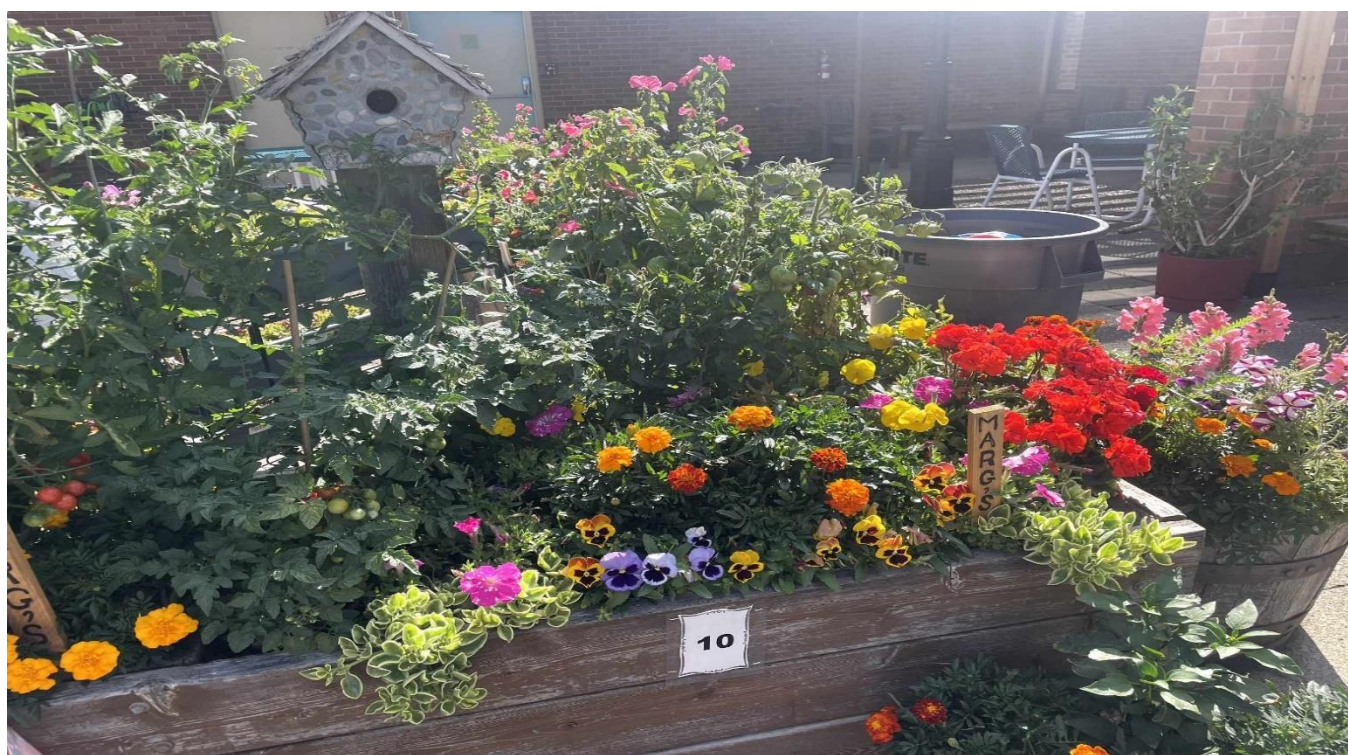
# Thank You!

## Bouquets for all of you:

Many, many bouquets to the Watering Crew:

- Dorothy and Gary (resident)
- Sandra (resident) and Daryl
- Bill McCormick (resident)

This crew is the reason our Fanning Rooftop Garden has been so beautiful this summer! Thank you all so very much for your dedication! You are appreciated very much!





### **Helping our neighbors:**

On July 27, 2023, a fire broke out in one of the Silvera Mountview Apartments next door. Residents were temporarily evacuated, while fire crews tried to contain the fire. Fanning management, staff and Carewest Managers of Support Services came to assist, by moving Mountview residents inside our Fanning Coliseum, where Mountview residents were offered blankets and refreshments including sandwiches, cookies, water, coffee, and tea.

Mountview residents shared their appreciation and wrote us a “thank you letter” shared feedback of gratitude and management at Silvera also expressed their thanks and gratitude. Carewest directors also shared their gratitude for our help and support during this time. A copy of the letter, as well as emails and feedback are posted on our main Visibility Wall, which is located on the Main Floor across from the Resident Computer Room.

## 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 and 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.

# General Announcements

## 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

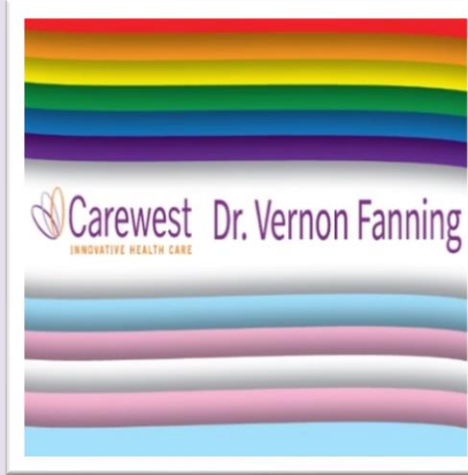
Residents and family members interested in receiving an electronic copy of the Fanning Flyer are asked to send their email to [katherine.ramirez@ahs.ca](mailto:katherine.ramirez@ahs.ca) to be added to the electronic distribution list. If you no longer wish to receive emails, please email the above email 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.