

# Carewrite

Carewest news and information for everyone

CHRISTMAS 2007

## Gifts from the heart



*Staff and patients on Carewest Dr. Vernon Fanning's Neuro Rehab unit filled 42 pairs of socks with toiletries for the Mustard Seed.*



*Michelle Kuzyk was Santa's assistant at Carewest Sarcee's Regional Community Transition Program.*

The Christmas spirit was alive and well at Carewest this past December.

Whether they were filling socks with toiletries for the Mustard Seed or decorating a tree with warm mittens for families in need, Carewest staff, residents and volunteers celebrated the season by thinking of others.

Our generous community partners – like WestJet, South Calgary Rotary Partners, Mount View Elementary School and General Electric, to name a few – made sure everyone, including residents without families, celebrated the season with a gift.

Thank you to everyone who so beautifully decorated our sites, organized Christmas parties and spread warm cheer with their good deeds.

*Divona Herzog  
Carewrite Editor*

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## LOOKING AHEAD Plans for 2007

Happy New Year and welcome to 2007 – the start of another full and exciting year for us all! The year ahead will be as much about starting anew as it will be about continuing the important initiatives that we started in 2006.

At the top of the list is the ongoing emphasis on workforce planning. The Human Resources department continues to put considerable effort into attracting and retaining good staff. To that end, a new Workforce Planning Steering Committee has been created to look at this issue in a focused manner and come up with ideas about how best to address the job crunch. The current job market isn't going to change anytime soon, so it's important that we find solutions to our new staffing reality.

Improving the quality of Carewest's work environment and recruiting the right staff are directly related to improving how we care for our residents and clients. This year we continue our commitment to quality improvement and our ongoing assessment of how we, as an organization, are doing. What are we doing well? What could we do better? And what needs to happen to get us there?

One thing we're doing is reviewing Carewest's organizational structure, which was put in place in January 2005. Is it doing what it should be doing? Do people understand it? Has it resulted in better communication between leaders and staff? We're seeking answers to many of these questions through a survey sent out this month to all staff. Of prime importance is having a structure that improves support at the unit level and having an organization that is flexible and responsive to staff and service needs.

A healthy, happy work environment isn't only about who you report to, but how safely things are done as well. By all measures, Carewest is a leader in this regard. The Employee Health and Safety department has done tremendous work around creating a healthy and safe environment for all employees, illustrated by our outstanding success on the recent PIR (Partners in Injury Reduction) audit, in which Carewest scored 96.1 per cent.

On April 1<sup>st</sup> of this year, the new Long Term Care Standards will come into effect. The Standards fit nicely with Carewest's commitment to a culture of safety and much work is going into readying for their implementation, as well as ensuring we continue to follow the Standards once they are in place.

All these initiatives will have ongoing importance as we continue to grow as an organization. As part of that growth, Carewest will get a new logo – one that better reflects the changing face of our organization – and the planning around new growth opportunities will continue. The first of these will be in Strathmore, where Carewest will construct a 160-bed care centre adjacent to the Strathmore Hospital. Planning for this is still in the very early stages but we'll let you know more as the plan develops.

Carewest is also working closely with the Calgary Health Region on planning around a potential Seniors Health Campus to be situated on the Bridgeland site, which again, is in the very preliminary stages.

All of this adds up to another busy year at Carewest. Through it all, I'm confident that together, we'll embrace the opportunities and challenges that come our way.

*Dale Forbes*  
Executive Director

# Did you **KNOW**

## Physical Plant Services

**Did you know that Carewest's Physical Plant Services (PPS) is charged with the operation and maintenance of all buildings and grounds?**

This involves the daily operation of the boilers, HVAC, (heating, ventilation and air conditioning systems) and mechanical equipment.

There are 19 PPS building operators stationed throughout Carewest's sites, including four team leaders who oversee the maintenance work at the sites and offer guidance to the other PPS staff. Carewest Horticulturalist **Chris Makin** and Administrative Secretary **Carol Dallaire** help PPS keep up with all of this work.

PPS responds to many individual requests for repairs through a computerized work request system. Directors, Leaders, Client Service Leaders, and Unit Clerks have access to the system and can enter a work request into it. PPS checks the system and prioritizes requests usually two to three times a day. Most standard requests are handled within 24 hours; however some may take longer if parts need to be ordered or if contractors are required to complete the repairs.

PPS also has a close relationship with the Calgary Health Region and coordinates with its capital planning department for purchases of new equipment or for renovations of the buildings.

Due to several deaths from boiler explosions in the 1800s – including one in Calgary that flattened an entire city block – the Alberta government requires all building operators to have Power Engineering Certificates. After strict examination by the government, certificates are issued by the Alberta Boilers Safety Association and regulate the size of physical heating plants and equipment that a building operator/ maintenance worker can operate. After the government enacted legislation placing restrictions on boiler operators, the risk of injury due to boiler and equipment failures reduced dramatically.

*Kevin Chenger, Facilities Leader  
Physical Plant Services*



### NEURO REHAB Socks that warm the heart

This December, I had the pleasure of delivering boxes of warm socks filled with toiletries to the Mustard Seed Street Ministry on behalf of the staff and patients of the Carewest Neuro Rehab unit. I want to thank everyone for their participation in this very worthwhile project. The team effort made it a success and the encouragement and assistance given to patients on 2 East at Carewest Dr. Vernon Fanning ensured they could help with the work. Forty-two pairs of socks were filled with toiletries and the people at the "Seed" were pleased by your generosity.

JANUARY 22<sup>ND</sup> TO FEBRUARY 25<sup>TH</sup>

# Introducing the Online Quality of Worklife Pulse Survey

**Carewest has been selected as one of a handful of healthcare organizations across Canada to test the CCHSA Worklife Pulse Survey.**

Since most of us spend more than one-third of our waking lives at work, it makes sense to do whatever we can to make the most of it.

The Canadian Council of Health Services Accreditation (CCHSA) is providing an employee Quality of Worklife Pulse Survey tool for organizations to “take the pulse” of their current work environment.

Carewest has been selected as one of a handful of health care organizations across Canada to test the survey tool. By participating in this research project, our organization demonstrates that we take the quality of worklife for our staff, volunteers and physicians seriously.

Carewest has organized an onsite Pulse Survey Team that will be responsible for promoting and administering the survey, planning follow-up actions and collaborating with the CCHSA and their research partners (Brock University Workplace Health Research Unit and The Graham Lowe Group).

From January 22<sup>nd</sup> to February 25<sup>th</sup>, you can complete the survey at any computer with Internet access – at work or and even in the comfort of your own home, if you wish. It should take you approximately five to 10 minutes to complete. Your survey responses will be sent to a confidential and secure website, which is housed at the CCHSA. That way, your responses remain confidential and Carewest only receives a roll-up of the data, so individuals cannot be identified.

There will also be a paper version of the survey for staff who cannot readily access a computer or who would prefer a paper version. It will be available at your site in the staff room, or you can ask your management team for a copy. Please send all completed paper surveys directly to Information Management at the Administration Centre.

If you can't find a copy and can't get access on a computer, please call **Jeanine Kimura** at 267-2905 or email her at [Jeanine.Kimura@calgaryhealthregion.ca](mailto:Jeanine.Kimura@calgaryhealthregion.ca) so we can get a copy out to you.

Thank you in advance for taking the time to participate in the Quality of Worklife Pulse Survey. We truly look forward to hearing your ideas on how we can make our work lives healthier and happier!

*Jeanine Kimura  
Quality & Service Development*



*Santa (Denise Kuzyk) is surrounded by Yvonne, Zsuzsanna and Sandy.*

## Santa visits RCTP

Clients, staff and guests on Unit 2 in the Regional Community Transition Program (RCTP) celebrated Christmas with lots of music and food. The Sarcee Staff Carolers made a special appearance and clients were treated to a welcome surprise by Santa. He had a special gift for everyone and one of his elves from the North Pole took pictures.

We extend a special thank you to **Michelle Kuzyk**, who gave us her day to help with party preparations and for assisting Santa. Thank you also to **Denise Kuzyk**, Unit Clerk, who brought a smile to each client's face. Those precious moments will never be forgotten.

*Diana Wiebe, Recreation Therapist  
Unit 2, RCTP, Carewest Sarcee*

## PAIN AND PALLIATIVE CARE

# Carewest helps deal with grief and provides loss support

### What is grief?

Grief can be defined as the pain felt when a relationship ceases. As relationships change, we grieve that loss in order to develop new relationships.

### Grief is a family affair

Families experience constant changes and individuals do not grieve in a vacuum. Most intervention strategies have been orientated toward individuals but the experience of loss has an impact on the whole family.

Dr. **Janice Winchester Nadeau** had a conference in Calgary in October, 2006 entitled *Grief and Loss from a Family Perspective*. She examined how families make sense of their loss and how pre-loss family factors affect grief. She suggested interventions could be drawn from family systems theory, structural family therapy, Milan family therapy, multigenerational family therapy, family sculpture and family metaphor.

## CAREWEST GEORGE BOYACK

### Thank you for going the extra mile

I would like to thank all the staff on fourth floor of Carewest George Boyack for their help in assisting during the GI outbreak. Everyone's help made such a tremendous difference to the clients.

Many thanks to all the RNs and LPNs who work many hours to ensure professional nursing coverage on fourth floor Boyack. Your extra time and efforts are greatly appreciated.

*Tannis Andersen  
Client Service Leader  
Lifestyle Choices  
Carewest George Boyack*

## Love – Gratitude

The agony is so great.....And yet I will stand it.  
Had I not loved so very much, I would not hurt so much.  
But goodness knows I would not want to diminish that precious love  
by one fraction of an ounce.  
I will hurt, and I will be grateful to the hurt.  
For it bears witness to the depth of our meanings,  
And for that I will be eternally grateful.

*Shirley Holzer Jeffery*

## Carewest Pain and Palliative Care Consulting Services

Carewest Pain and Palliative Care Consulting Services provide support to the unit to help families and clients deal with grief and loss associated with declining health and the dying process. Loss support can help clients deal with other issues including loss of independence and personal possessions. Families may also use the loss support to cope with the absence of their loved one in their daily lives.

The role of the Carewest staff and volunteers is very important in helping the clients and their families to heal in grief. The clients and their families may have a difficult time during special occasions like holiday and anniversaries.

Dr. **Alan Wolfelt** said, "Respect this pain as a natural extension of the grief process. Learn from it. And most important, never try to take away the hurt." His message was simple: be compassionate and listen with your heart.

Special thanks to all the staff and volunteers for doing a good job and making a difference to our clients and their families.



*Halley Leung  
Pain and Palliative Care Consulting Services  
Carewest Sarcee*



*(L to R) Leony Sadol, Irene Pascual, Pat Chevaldayoff, Maria Cruz, Teode Abat*

**CAREWEST SARCEE**

# Mitten tree champs

Carewest Sarcee was beautifully decorated for the holiday season. Among more than six Christmas trees at our site, one was left to be decorated with warm mittens and gloves for families in need in the city.

After more than a week of looking at a bare tree in the Sarcee dining room, Unit 1 and 3 staff started a new tradition and raced to see who could fill it first.

Unit 3 has been declared the 2006 Mitten Tree Champions, with a total of 31 pairs of gloves and mittens. Not too far behind were staff at Unit 1, who collected 24 pairs.



A big round of applause goes to staff in both units, who give their care and attention to residents and families every day, and so generously contributed to this cause as well.

*Kelly Baskerville  
Client Service Leader  
Lifestyle Choices  
Carewest Sarcee*

**CAREWEST DR. VERNON FANNING**

## The spirit of Christmas



In the midst of the hustle and bustle of the Christmas season, I am amazed at all the phone calls from people who want to do something for our residents. This year at Carewest Dr. Vernon Fanning, we had many examples of people reaching out to share the spirit of Christmas.

**Fanning Volunteer Association**

purchased gifts for residents who do not have family. This year, they gave gifts to 29 residents / clients.

**Santa's Secret Service** purchased gift for residents who are seniors and who don't have family. This year, we had 11 in that group.

**Mount View Elementary School** adopted three residents and the whole school gave gifts for these residents, along with pictures of their classes. The parent council donated craft items, which were given to the Regional Community Transition Program (RCTP).

**General Electric** donated gift bags for five men and five women and those were given to clients on RCTP.

We take so many things for granted but to be able to share our time and good fortune is a blessing. Even to say, "Merry Christmas," goes a long way. To all of those who gave and who continue to give in whatever way you can...**THANK-YOU!**

*Carla Ergang  
Activity Convenor  
Carewest Dr. Vernon Fanning*



# Be good to the Earth

## The Earth needs your help – STAT!

By now, you've probably made your New Year's resolutions but I'd like to ask you to add one more to your list. Help stop the number one environmental issue facing our earth – global warming.

Most of you are probably already doing things to reduce global warming but I'd like to appeal to the people who haven't yet made that commitment. The earth is warming faster than anticipated so every little effort helps and adds up to a whole lot of good.

As an individual, there are three areas where we can make the most impact in reducing carbon emissions – the electricity in our homes and workplaces, the waste we produce at home and in the workplace, and the transportation we choose to use. In this issue of *Carewrite*, we focus on transportation.

*Leslie Loomis  
Registered Nurse  
Carewest Glenmore Park*



### Grab some popcorn and get informed

Have you seen "An Inconvenient Truth"? This DVD will illustrate the effect of global warming better than anything you might read. Pick it up the next time you rent a movie.

## Keep your car in good repair

By keeping our cars tuned up, the tires properly inflated and checking the air filter monthly, we will save on fuel costs as well as reduce carbon dioxide emissions. And taking roof racks off our cars when we aren't using them gives us more savings.

## Walk, ride a bike, take public transit

We can save energy by carpooling, taking the bus, riding a bike or walking. Leaving our cars at home two days a week reduces carbon dioxide emissions. For each litre of gas saved, approximately 20 pounds of carbon dioxide are never produced.

### As of last July, you can now claim the cost of bus passes and tickets as an income tax deduction.

A new non-refundable tax credit was introduced for the cost of public transit passes purchased on or after July 1<sup>st</sup>, 2006.

It includes transit by local bus, streetcar, subway, commuter train, commuter bus and local ferry. The pass must be valid for a period of at least one month.

The credit may be claimed by either the taxpayer or the taxpayer's spouse or common-law partner for transit costs incurred by themselves and their dependent children.

Make sure you keep your passes or receipts so that you can substantiate the amount you spent.

Source:  
[http://www.softfrontax.com/resources\\_federal\\_budget.htm#Tax%20Credit%20for%20Transit%20Passes](http://www.softfrontax.com/resources_federal_budget.htm#Tax%20Credit%20for%20Transit%20Passes)

CALGARY HEALTH TRUST

## Community partnerships

important to quality of life for residents and clients

The holiday season was a very busy time for all of us. In the area of donations and community support, we were overwhelmed by the generosity of those in our community. Here are some of the highlights of the generosity we have been the recipients of over the last little while.

### The Over-bed Lift Project

As **Joan Gilmour** wrote in her article on the over-bed lift project in last months' issue of *Carewrite*, the Calgary Poppy Fund has been an integral part of Carewest's ability to fast-track this project. The over-bed lift project has been supported by many donors to date including the Flair Foundation, which recently provided a generous donation of \$25,000. However, the bulk of the funds (close to \$400,000) have come from the Calgary Poppy Fund over a two-year period.

Moving forward, it is our hope that we will be able to complete this major capital project by 2008.

### Friends of the Colonel Belcher

Friends of the Colonel Belcher (FOCB) was established in the fall of 1998 to support efforts to enhance the quality of life of residents living at Carewest Colonel Belcher. Their mandate is to raise funds, in conjunction with the Calgary Health Trust, to provide enhancements and amenities for use by the residents and staff at the Belcher.

Over the past year, the FOCB have allocated close to \$100,000 in donations to provide some of these enhancements. Many of the contributions made through this group come from local legions and ladies auxiliary groups. Two of the groups that we recently had the opportunity to meet are the Korea



A word from

**Trish**



Calgary  
Health Trust

Fundraising for excellence in health care.

War Vets, who presented a cheque for \$10,000 for over-bed lifts, and the Alberta N.W.T. Command Ladies Auxiliary of the Royal Canadian Legion, who presented a cheque for the veterans' comfort fund and for the purchase of three pressure guard mattresses.

To the FOCB and all of the wonderful groups who contribute to the Colonel Belcher, we salute you.

### Vets' Angels

Another small but fierce group that provides for our veterans is the Vets' Angels. Vets' Angels are a unique group that provide veterans with everyday items such as toiletries, socks, etc. They also provide the spirits for the Dugout at the Belcher.

*Continued on Page 8.*

## Community partnerships

*Continued from Page 7.*

### Craft Cabin Renovations

As you may know, renovations to the Craft Cabin at Carewest Dr. Vernon Fanning are almost complete. Earlier in the year, I was asked to look into the possibility of getting some of the appliances at a reduced cost or donated. I am happy to report that the following suppliers came on board and were happy to help. They are: The BRICK, Geanel Restaurant Supplies Ltd. and Hobart Food Equipment Group Canada.

The new and improved Craft Cabin will serve as a multi-purpose room and will no doubt be a hub of activity in the very near future.

### WestJet

In December, members of the WestJet 737 Staff Fun Club came to Carewest Sarcee where they not only provided the funding for the great meal, they also served it, provided each resident with a small gift and helped pay the entertainment costs.

WestJet has been on board with this event for many years and without their strong support, the resident Christmas dinner would not be the great event that it is.

### South Calgary Rotary Partners

Recently, I had the amazing experience of meeting with a dedicated volunteer / donor group who has supported Carewest Sarcee for over 40 years – amazing, I know. This enthusiastic group has provided the ongoing support and funding for the weekly bingo program, provided presents at Christmas, hosted the annual Rose Tea held in May and most recently, donated the funds to replace an over-bed lift.

This is but a mere sampling of the community support and generosity I see every day in my role as the Carewest representative with the Calgary Health Trust. I have the great pleasure of talking to generous individuals every day – too many to list in an article of this size.

The commitment, dedication and generosity of all of the groups and individuals that I have the great pleasure of dealing with every day, is a testament to the caring community in which we live. Thank you to each and every one of them.

## PASSIONISTA UPDATE



Passionista, the new marquee event supporting Carewest, Quality of Life programs, will take place at Artists of the World in just one short month.

To date, we have received significant support from many corporations. The food, beverages and entertainment have been booked and the auction items are rolling in. The entertainment will feature **Tim Tamashiro**, the **Simply Sinatras** and local artist **Dean Stanton**, who will be on hand to create a special painting that attendees can bid on throughout the evening.

Tickets are now on sale. Those interested in purchasing tickets can visit the Carewest website at [www.carewest.org](http://www.carewest.org) or the Calgary Health Trust website at [www.thetrust.ca](http://www.thetrust.ca).

Following the event on February 8<sup>th</sup>, we will provide you with a list of all of the event sponsors and supporters and provide you with the results of the evening.

That's it for now... stay tuned for more updates in February.

*Trish Weatherup  
Calgary Health Trust*



**WHAT:** We are excited to announce **Passionista**, the dynamically refreshed fundraiser for Carewest as it enters a new era.

**WHEN:** **Thursday, February 8<sup>th</sup>, 2007**

**WHERE:** **Artists of the World Gallery**

514-11th Avenue SW

Passionista will be showcased at Artists of the World, an intimate yet exotic gallery located in a trendy downtown area.

In a truly exceptional experience you will be surrounded by world class art and museum quality memorabilia as you enjoy three levels of fabulous food, extraordinary entertainment, a raffle and silent auction. Whether you lounge on the top level sipping a martini, enjoy the dance floor on the second level or simply mingle throughout the three levels, this will no doubt be an event to tell your friends about.

**WHY:** All proceeds are directed to Carewest quality of life programs through the Calgary Health Trust.

**WHO:** Everyone.

**HOW:** Your support through sponsorship, donation and/or ticket purchase is critical to our success. We invite you to join us in helping to bring health care excellence to your community.

*In 2005, donors to the Calgary Health Trust contributed over \$19 million to excellence in health care.*

*Together we are creating the healthiest population in Canada one patient, one dollar, one donor at a time.*

***Ticket Price: \$175***

***A spectacular evening is in store, tantalizing your senses with exceptional art, music and culinary delights.***

**FOR FURTHER INFORMATION  
PLEASE CALL (403) 943-0617**



800, 11012 Macleod Trail SE, Calgary, AB T2J 6A5  
T: (403) 943-0617 F: (403) 943-0629 E: [fundraising@thetrust.ca](mailto:fundraising@thetrust.ca)

[www.thetrust.ca](http://www.thetrust.ca)

# EMPLOYEE PROFILE

## Bob MacLachlan



Carewest employees and volunteers make up a vibrant community with diverse talents and dreams. This month we profile Bob MacLachlan, a pharmacist with Carewest.

No one could ever accuse **Bob MacLachlan** of lacking stick-to-it-iveness.

The Carewest Pharmacist has been committed to his passions – both at work and beyond – for most of his life, due in large part to a childhood hip disease.

After spending 21 months in Calgary’s Red Cross Cripple Children’s Hospital as a result of the disease, a meeting with a doctor helped set Bob’s future direction at the tender age of six.

“On my exit interview with the physician, he told me that I should look at a job that doesn’t require a lot of lifting, like pharmacy, so that was the main reason I went into pharmacy,” says Bob, 60.

That, coupled with his interest in chemistry, put Bob on track for a career at Carewest. In 1972, he graduated from the University of Alberta and a year later started as a pharmacist at Carewest Glenmore Park.

“When I started here there was one pharmacist and one pharmacy assistant, then I came on board.”

These days, the Carewest Pharmacy has 15 pharmacists. That same doctor also unwittingly steered Bob toward his other passion – the sport of curling – when he urged Bob to only engage in non-contact sports.

In 2002 Bob had a hip replacement but that didn’t stop his lifelong involvement in curling.

“I grew up in Innisfail and the curling club was only three doors away,” says Bob. “I’d come home and quickly do some homework and I’d run over and see if I could spare a game.”

Bob’s love of the game, along with his interest in health care, runs in the family. His daughter, 27-year-old **Kyla**, is a competitive curler and an X-ray technician at Foothills Medical Centre, while his son **Shawn**, 25, also curls competitively. Bob’s wife **Donna** is a nursing attendant at Rockyview General Hospital.

These days Bob uses his vast knowledge of curling as a certified coach for his daughter’s team and both his children compete on the World Curling Tour. In fact, last year his son’s team accomplished 20<sup>th</sup> overall in the world.

“The ultimate goal of most competitive curlers is to get to the Olympics. It’s pretty tough in Canada because of all the good curlers that are out there; just to get out of the province is something. But as long as they want to put the effort in, they could do it,” says Bob of his daughter’s team, which curls Tuesday and Wednesday nights and practices Fridays, Saturdays and sometimes even on Tuesdays after their regular game.

When he’s not curling or working, Bob uses what free time remains as an amateur radio operator – another hobby he adopted as a child.

*Lynne Koziey  
Communications Coordinator*

If you know a staff member or volunteer we could profile, please email Lynne at [Lynne.Koziey@calgaryhealthregion.ca](mailto:Lynne.Koziey@calgaryhealthregion.ca) or call 267-2940 with your ideas.

## BEST PRACTICES

# Meaningful mealtimes ... what is that all about?

A satisfying, meaningful meal can mean the difference between a good day and a bad day for a client. Our ability to achieve this is often challenged by staff shortages and increasing demands.

To help staff develop skills to ensure a quality mealtime, Carewest has partnered with FCS International in an excellence program. This decision reflects our commitment to strive for excellence by developing organizational best practices.

FCS International is a national company specializing in healthcare solutions and training specifically with the senior population.

**Jayne Harvey**, an FCS International representative, will visit Carewest sites over a two-day period at the end of January to observe and review our dining experiences. These informal two days will focus on what we do best at Carewest and options we can utilize to enhance practices.



Jayne continues to work as a registered nurse in long term care and understands the challenges of changing client needs, staffing ratios and changing operating standards.

Her approach to solution-building is to invite team members to participate in informal discussion and work with their schedules to assure they are part of the plan. Our goal is to make the two days a fun experience and a great opportunity for staff to

participate in solution-building that complements their expertise with industry expertise.

Keep posted for ongoing reminders as the days get closer. This is your opportunity to make a difference at Carewest! We hope that you will take advantage of this program to enhance our practices.

*Heather Truber  
Leader*

*Carewest Dr. Vernon Fanning Food Services  
and Carewest Commissary*

## Valentines chuckle

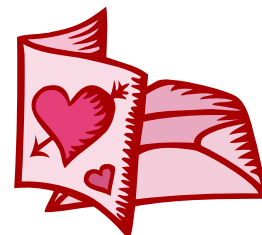
[valentines.day.123holiday.net](http://valentines.day.123holiday.net)

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them. His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing.

The man says, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.



# Those feet were made for walking... for wellness

## HEALTH PROMOTION WELLNESS IS...

by Margaret Usherwood  
Carewest Colonel Belcher

### How many steps do you take in a day?

We all know that walking will improve your health and fitness and help you maintain a healthy weight, but how much is enough? The average North American accumulates 3500 to 5000 steps during the course of the day. In order to improve your health, you should add another 2000 to 3000 more steps each day.

It's not as hard as it sounds. You can accumulate steps throughout the day. In fact, it only takes about five minutes to get in 500 steps. And if the cold weather is discouraging you from walking, consider taking a walk in the mall. Most malls have walking programs you can join.



### Steps to take to start walking

- Measure your steps with a pedometer. A good quality basic model costs around \$25 to \$40. Clip it to your waistband or belt. It should be snug on your hips and placed above your knee. Set it at zero, walk 20 steps and check that they have been recorded.
- Set a daily step goal. Aim for at least 4000 steps and increase as you are able by 5000 steps each week. Your goal is 7000 to 9999 steps per day.
- Keep a weekly walking log to mark your progress. Reward yourself and brag to all your friends when you meet your goal.
- Walk to the store or to do errands.
- Walk around the block.
- Walk a dog (borrow your neighbours' dog if you don't have one).
- Walk in the local mall if the weather is inclement or it's too cold.

### Benefits of walking

- Walking refreshes the mind, reduces fatigue and increases energy.
- More than half the body's muscles are designed for walking. It is a natural movement that is virtually injury free.
- Walking can provide an enjoyable time for sharing with family and friends.
- Regular brisk walking can reduce elevated blood pressure and improve digestion and elimination.
- Walking strengthens bones and helps prevent or control osteoporosis.
- Walking relieves stress and tension.
- Regular walking will help you maintain a healthy weight.
- Brisk walking trains your heart, lungs and muscles to work more efficiently.

For more information, call Margaret Usherwood, Health Promotion Coordinator, Carewest Colonel Belcher at 944-7854

EMPLOYEE HEALTH AND SAFETY

# InFLUenza vaccination update

Site	Percentage of employees immunized for inFLUenza*
Sarcee	84%
Glenmore	66%
Boyack	89%
Fanning	80%
Belcher	68%
Royal Park	88%
Signal Pointe	69%
Nickle House	100%
Administration	83%
TOTAL	78%

\*Using November 22/06 payroll count denominator.

**CAREWEST STAFF**  
**InFLUenza**  
**vaccinations still available**  
**until the end of March**

Although there are no more scheduled inFLUenza immunization clinics, you can still get vaccinated.

**When:** Lunch time of every Day 1 Orientation

**Where:** Carewest Dr. Vernon Fanning

**Dates:** Now until the end of March

Alternatively, you can go to your “most responsible unit” and make arrangements with a designated RN for an influenza vaccination.

Thank you to the many staff who participated in the 2006/07 inFLUenza campaign. And special thanks to the designated RNs who administered staff immunizations, to Dr. Len Aldridge for his annual donation of two \$100 cheques and to the site social committees for their generous prize donations. For a complete list of influenza vaccination campaign prizes and winners, please see Page 15.

*Shari Moynihan, Employee Health & Safety*



**CORRECTION**

## A tale of two Eileens

In the December issue of *Carewrite*, we featured a story about MDS (Minimum Data Set) celebrations. It was accompanied by the photo on the left with a caption that read: *Signal Ponte celebrates completion of MDS with a cake: Nancy Christensen, Eileen Willoughby and Darlene Meagher.*

**Lynn-Ann LeClair**, Client Service Leader at Carewest Signal Pointe, was kind enough to point out that the middle person in the photo was not **Eileen Willoughby**, who works at Carewest Sarcee. It was **Eileen Lynch**, who works at Carewest Signal Pointe. Good catch, Lynn-Ann!

EMPLOYEE HEALTH AND SAFETY

# InFLUenza vaccination campaign prize winners

Carewest Sarcee	
\$15 gift certificate*	Sandra Becker
\$10 gift certificate*	Rebecka Bradbury
\$5 gift certificate*	Luz Klaassen
One day off with pay	Pat Chevaldayoff
One month free parking	Andrea Woolley
<i>* Gift certificates donated by the Social Club</i>	

Carewest Royal Park	
\$15 gift certificate*	Helen Mamecha
\$10 gift certificate*	Nina Gagnon
\$5 gift certificate*	Mel Diolata
One day off with pay	Jennie Cherrington-Kelly
One month free parking	Gail Kalanchey
<i>* Gift certificates donated by the Social Club</i>	

Carewest Glenmore Park	
\$5 gift certificate to Tim Hortons, donated by the Social Club	Jennifer Shi
	Emma Manucot
	Jorelyn Dellosa
	Billy Joel Reniva
	Bertilla Lee
	Leny Gallisic
One day off with pay	Jackie Orosz
One month free parking	Amanda McGillivray

Carewest Signal Pointe	
\$15 gift certificate*	Maria Gregorio
\$10 gift certificate*	Dee Perez
\$5 gift certificate*	Mel Diolata
One day off with pay	Jewel Laborde
One month free parking	Lois Haugen-Svensson
<i>* Gift certificates donated by the Social Club</i>	

Carewest George Boyack	
\$25 gift certificates donated by the Social Club	Maria Lourdes Orio Carmen Sesante
One day off with pay	Harpreet Kooner
One month free parking	Jamie O'Hara

Carewest Admin Centre	
Movie pass and popcorn for two	Patty Hewko
Candy jar	May Wong
One day off with pay	Angela Eggleston
One month free parking	Kim McWilliams

Carewest Dr. Vernon Fanning	
\$40 gift certificates to the Fanning store, donated by the Social Club	Manwanjit Sandhu Irene Stevenson
\$25 gift certificates for Quick Quisine	Margaret Hay Dorothy Allan
One day off with pay	Mary Jacob
One month free parking	Gwen Ventura

Carewest Nickle House	
One day off with pay	Kathrin Schmidt

Carewest Colonel Belcher	
\$20 gift certificates donated by the Social Club	Katie Kennedy Sylvia Mah
One day off with pay	Russ Stegel
One month free parking	Nicoleta Rusu

Grand Prizes contributed by Dr. Aldridge	
\$100 cheque	Debbie Young Royal Park
\$100 cheque	Kendra Furguson Administration

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## Find your factory setting

To find your ideal body size, you need to know what it looks like. For that, take a look at your old yearbooks, not the latest issue of GQ or Vogue.

If you've gained weight as an adult, you can get a relatively accurate picture of what your ideal size should be by thinking about what you looked like when you were 18 (for women) or 21 (for men) – the age at which your body was metabolically most efficient and when you weren't stapled to an office chair for 60 hours a week.

Most people gain their weight between the ages of 20 and 60; by looking back at photos of yourself when you were between 18 and 21, you'll have a good, though not quite scientific, idea of your "factory settings." It's not perfect, but it's a thumbnail sketch of where you want to be. Think about your waist and shape back then. Ask your parents about their body sizes – or find pictures of them – to help give you a good idea of what you're supposed to look like when you look your best. That's your goal.

### **Carewrite schedule**

#### **February**

Submission deadline: February 14<sup>th</sup>  
Publishing date: February 21<sup>st</sup>

#### **March**

Submission deadline: March 7<sup>th</sup>  
Publishing date: March 14<sup>th</sup>

**All submissions  
are welcome!**

## CPR News Update

Happy New Year to everyone.

The new year brings new changes to CPR once again, effective January 1<sup>st</sup>, 2007.

Heart and Stroke, with other governing bodies, has tried to make CPR easier so people feel confident if they need to use it. We are now consistent across Canada and the United States.

Carewest offers paid CPR training for all RNs and LPNs. Others may acquire a course through me, but at their own expense.

Carewest will supply the new manuals for the students who attend the classes this year. They will no longer be available at the sites. You must bring this manual to all CPR classes that you attend in the future or you maybe asked to purchase a new one or have to leave the class. The manuals will be actively used throughout the classes.

We encourage you to attend the classes you register for as the new presentation format requires accurate attendance.

There will be a written exam at the end of each class that requires a pass mark of 70 per cent or greater with a one-on-one skills test with an instructor to obtain your card.

The new course offered at Carewest is called "Heartsaver with AED". This replaces the Heartsaver Level B that Carewest requires you to have. The new course that replaces Basic Rescuer Level C is called "HealthCare Provider." I will be offering at least one of these courses per site for those who may need it and it will be partially covered by Carewest.

Expired cards will be extended for a short period of time.

Keep your eyes open for a posting at your site for class offered.

If you have any questions or concerns feel free to contact me at 590-0097 or Sherri at Human Resources at 267-2910.

*Wendy Davis  
CPR Instructor*