

New VP Human Resources *focuses on values at work*

What makes for a healthy workplace? What makes a place of employment attractive to job seekers? What do team members need to feel fulfilled and valued in their work?

These are the kinds of questions that Karen Galenzoski has thought a lot about in two decades as a Human Resources professional and these are the questions that will continue to shape her leadership efforts as the new Vice-President, Human Resources, for Caritas.

As Karen enters her new role, Caritas acute care sites are preparing for significant growth in personnel to support the addition of 200 beds over the next several years. At the

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same time, the continuing care program is also seeking opportunities to grow over the next decade.

“I see huge opportunities for Caritas to grow as a choice employer, to contribute as a health care provider and to have a major impact on the community,” says Karen, who is proud of Caritas Health Group’s commitment to corporate social responsibility.

For Caritas, she adds, the challenges are clear: to support service growth through recruitment, to support leaders in managing growth and change, and to ensure staff get the support they need to find satisfaction and fulfillment in their work.

“We have excellent managers and staff who are role models and mentors and we need to support them,” she said. “We have had great success in our occupational health and safety efforts, and there’s a strong commitment to staff growth and development.”


Karen has worked at all three sites during her 15 years with Caritas, providing her with a sense of the different character, legacy and strength of each site—as well as the elements that unify the organization.

“Caritas Health Group’s focus on mission and values really brings it all together and this is the basis for recruitment, staff development and retention,” she says. “We say values drive culture. We have to constantly ask ourselves whether we are walking the talk and we have to ensure all



our efforts support the kind of organization we say we want to be.”

Karen points to the recent Caritas-wide research into reward and recognition, ethics, patient safety, and workplace assessment as providing an important basis for this ongoing work.

“Ultimately through all our efforts, we want to ensure Caritas is a great place to work,” says Karen. “We know we are succeeding at this if people feel valued and respected for who they are and what they bring to their work, if they feel engaged and if they feel they can come to work and do a good job every day.” 

President's Notes

Excerpts from President Bev Rachwalski's remarks at the Caritas Annual General Meeting for the Community on June 8. [Bev began by holding up an old red brick—a brick salvaged in 1967 when the original Edmonton General building came down to make way for what are now the C and R wings.]

Our story as Caritas Health Group begins here with this brick, which was laid 110 years ago in the wall of Edmonton's first hospital, the Edmonton General. This brick for us represents the power of vision, the essence of mission and the tremendous impact of unwavering dedication.

It's hard to imagine the conditions that existed in this frontier, gold-rush town when five exhausted Edmonton doctors petitioned the Grey Nuns of Montreal for a hospital. The 36-bed \$30,000 hospital built in 1895 was state of the art—a blessing and a Godsend to the community.

Over 40 thousand days (960 thousand hours!) have passed since we first began this work along with the Misericordia and Grey Nuns hospitals that followed—days, hours and minutes which have changed people's lives forever.

Along the way we have learned that when dreams and dedication, passion and persistence, creativity and commitment come together, powerful things can happen. This is our history and it is our story in 2005.

We are growing! Our community hospitals are playing a significant role as the region implements its visionary plan Growing in Place 2010. At the Grey Nuns and Misericordia hospitals new space is being developed to move some services and offices out of the facility so that these areas can be reclaimed for inpatient beds. In all 200 beds will be added at the two sites over the next two years—a 38% growth in capacity for our hospitals.

At the same time, as our population ages and longevity increases, we are working to better meet the complex needs and chronic conditions of our residents at the Edmonton General. A special focus for us this year across all three sites is understanding and addressing the alarming rates of depression among seniors.

We are also proud of our role this past year in advancing primary care in the region. The Southside Primary Care Network, led and supported by physicians at the Grey Nuns, was the first of its kind in the province.

In 2005, we also completed our Master Planning for acute care and are working with the region and the Alberta Government to ensure our facilities can continue to serve our communities well in the years to come. In addition, we are busy considering our redevelopment options at our aging Edmonton General site. We are committed to advancing our work in continuing care and look forward to new opportunities there.

Our Caritas vision calls us to be "seekers, driven to greater service and embracing change with hope and courage." We are especially proud of our team, for taking this to heart through research and innovation. This year we opened COMPRU's Medical Modelling Research Laboratory at the Misericordia, we've made great advancements

in minimally invasive surgery and our Caritas Research Centre has helped more researchers than ever before do innovative work at our sites.

All of this wouldn't be possible without the support of our funders, our partners and the community—and our strong Caritas team. My heartfelt admiration and thanks goes to our physicians, staff and volunteers who live our mission of Healing the Body, Enriching the Mind and Nurturing the Soul every day.

I want to also thank the Caritas Hospitals Foundation, for telling our story in the community and for rallying the support that keeps us striving to do better. Finally, to our donors, I want to say thank you for believing we can all make a difference if we work together. God bless you for your support. ☩

Bev Rachwalski
President



Amazing Grace

A caring, resourceful, efficient, hard-working and intelligent nurse, an attentive listener, a problem-solver, a thoughtful friend and colleague, a generous and loving sister—all of these things and more have been said about Grace Yarmak. Sadly, the Caritas community bid an untimely farewell to Grace, Caritas Registered Nurse for more than 30 years, with her death due to cancer at age 60 on June 4, 2005.

A graduate of the Misericordia School of Nursing in 1967, Grace was passionate about her profession and vocation—from her first appointment as Acting Head Nurse in 1969 at the Misericordia Intensive Care Unit (at a salary of \$505.00 per month) through her last post as Charge Nurse in the Misericordia Cardiac Care Unit. Grace was proud of completing her Bachelor of Science in Nursing in 1984, and of passing her Canadian Critical Care examinations.

According to just a few of her colleagues—RNs Sheila Dalessio, Anne Prosser, and Bonnie Szewczyk—who worked with her at the Misericordia since the early 1990s, Grace was a great believer in professional development, and was always on the move at work and in the community. “She loved learning, knowledge and sharing this knowledge with others.” With her exacting standards, Grace’s colleagues knew they ‘had it right’ when she finished the conversation with a simple ‘That is correct!’ “I don’t think she sat down even once behind this nursing station,” chuckled Anne. Grace was also very active in the broader community. “Grace volunteered for every single community event,” said Sheila. “Wherever she was needed—Grace was there!”

This May, Grace was interviewed by *Insight* at her bedside at the Mel Miller Hospice at the Edmonton General—a floor and unit that she’d once worked on as a



Registered Nurse. When asked what makes a good nurse, Grace responded thoughtfully with an extensive list: “Compassion, organization, empathy, eagerness to learn and do, respect and attentiveness, common sense and a good sense of humour.” Given the deep and lasting impact she has had on others, Grace clearly modeled all of these qualities throughout her nursing career. In reflecting on Caritas as an organization, Grace spoke of the values of fairness, honesty, and integrity which she greatly treasured, and which created for her a feeling of family among her colleagues.

Grace had a few closing thoughts for her friends and beloved colleagues: “Keep up the good work... remember we laughed together... thank you for all of the happy times... and God Bless You all!” ☩

Caritas AGM Draws Attention to Mental Health Issues

On Wednesday, June 8 more than 250 members of our broader community gathered at the Sutton Place Hotel in downtown Edmonton for the Caritas 2005 Annual General Meeting (AGM). “This luncheon is an opportunity to highlight the developments of the past year,” noted Fran Ross, Caritas VP of Communications and the AGM emcee. “It allows us to reflect on the values and mission that shape our work and to recognize some important members of our Caritas community.”

Senator Jane Cordy was the keynote presenter—filling in for Senator Michael Kirby who had been originally scheduled to attend. Appointed to the Senate in 2000, Senator Cordy has served on a number of high profile committees, including the Standing Senate Committee on Social Issues, Science and Technology - which is conducting a comprehensive national review of the state of mental health and addictions

services in Canada. Senator Cordy spoke of the committee’s work and of the issues and options that are coming to light as the committee makes its way across the country.

Under funding, continuing stigmas and discrimination against those suffering from mental illness and addiction, a highly fragmented service delivery system, the lack of a national policy for mental health, mental illness or addiction are a few of the major findings of the committee discussed by Senator Cordy. “We plan to table and release a final report containing recommendations for reform in early 2006,” said Senator Cordy.

“Our focus today on mental health is fitting for Caritas,” said Caritas Board Chair Muriel Dunnigan. “We can find solidarity with the Sisters of Charity’s vision to be vibrant and compassionate signs of hope in our broken work” or with the motto of the Misericordia sisters: “Derilictus Misericordia” which means “Mercy to the lonesome and the sick.”



“As an organization, Caritas is compelled to care for those with mental illness—to recognize intrinsic human dignity, to lift up those who are suffering and to treat them with respect...In all its work, Caritas supports efforts to ensure our health system provides holistic care and comprehensive programs to improve mental health for all and effectively care for those with mental illness in our community.”

Contact the *Insight* editor at cbrassa@cha.ab.ca to request a transcript copy of Senator Cordy’s speech at the Caritas AGM. ☩

Caritas Mission Awards 2005



Ruth Hampton

Caritas 2005 Mission Award [Individual]

Ruth Hampton
Resident Care Manager,
10Y Forget Me Not Gardens

With a special grace, Ruth Hampton—Resident Care Manager for Forget-Me-Not Gardens has created joyful community on 10Y, an Alzheimer’s unit at the Edmonton General Continuing Care Centre. Her style of leadership artfully blends caring and compassion along with professionalism and poise to create a cheerful home for her residents, a safe harbour for family members and a meaningful and pleasant workplace for staff.

Ruth is a beacon of hope to her residents, their families and her staff. Her commitment and dedication is infused with boundless enthusiasm and a special love for those with dementia...who seem to draw comfort from her special efforts to create a peaceful, familiar, homelike environment. Among her many regular acts of kindness: Ruth cooks and serves homemade dinners—complete with linens and fine china—on special occasions for her residents. She also steps in when her staff need a listening ear or shoulder to lean on.

As one family member said, “If there are angels this side of heaven, then Ruth Hampton is one of them.”

Healing the Body,
Enriching the Mind, Nurturing the Soul” ... for Caritas, the mission is more than just words on paper.

Our mission sums up our work in this world—it reminds us of our tradition and legacy, and lays out our challenge and our hope for the future.

Each year the mission awards honour one individual and one team who exemplify the Caritas mission through their work, their interactions with others, their creativity, their ability to instill hope, their compassion and their dedication.

W. Clement Stone once said: “When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.” And judging from the many nominations received for the mission awards this year—that sense of hope and determination is alive and well in Caritas! Congratulations to our 2005 recipients and to all of our nominees!

Caritas 2005 Mission Award [Team]

Edovascular Stent Graft Team
Grey Nuns Community Hospital

Thanks to the initiative and skill of a dedicated team of professionals at the Grey Nuns Community Hospital, patients with life-threatening aneurysms now have greater hope for survival and quality of life.

Seven years ago Dr. Robert Turnbull saw a need to develop a highly specialized team to offer patients with aneurysms a faster and less invasive treatment to repair the walls of their weakened arteries. In 2000, the Grey Nuns Edovascular Stent Graft Team was formed—the region’s first and only centre for the specialized procedure that uses non-invasive techniques to insert a slender fabric tube where the artery is weakened. Getting the team established required old fashioned pioneering drive, out-of-the-box thinking, and commitment by radiologists, surgeons, anesthetists, technologists and nursing staff. In the first year, the team performed the life-saving procedure on 12 patients who had no other surgical options.

Despite the highly technical nature of the work, the multidisciplinary team develops warm, lasting relationships with many of the 100 patients they have treated—buoyed by their post-surgical success stories of family vacations, golf handicaps or grandchildren. ☒



Endovascular Stent Graft Team

Misericordia Volunteer Services *recognized by Mayor*

This summer Volunteer Services at the Misericordia Community Hospital was selected to receive a City of Edmonton Mayor's Award for Employers to honour the team's success in providing meaningful volunteer work for persons with disabilities. The award is administered by the city's Advisory Board on Services for Persons with Disabilities.

Acting Volunteer Co-ordinator Betty Lynn Zukewich accepted the award from Mayor Stephen Mandel in a ceremony at City Hall June 8 on behalf of herself and colleagues Brenda Shim and Toni Maloney.

The team was nominated by Judy Roberts, whose 23-year-old daughter Sabrina has volunteered at the hospital since 2002. Once a week Sabrina and her support worker load up a gift cart with snacks and comfort items and make their way through the hospital.

Acting Manager Toni Maloney says that the department began working with the community over 30 years ago to provide persons with disabilities fulfilling volunteer roles. "We work closely with agencies and families to find the best match for the person's interest, skills and abilities," she says. "We also seek out and work with hospital staff who have the abilities and interest to assist in training, coaching and supporting the volunteers.



Mayor Stephen Mandel and Acting Volunteer Coordinator Betty Lynn Zukewich.


We're grateful for everyone's efforts to ensuring our volunteers succeed."

Toni says the whole team is proud of Sabrina's success, "Sabrina has grown and

flourished over the past few years," she says. "Her self esteem and pride are apparent in the way she presents herself each week during her volunteer shift."

In her nomination letter, Judy wrote that Sabrina has always dreamed of working as a nurse, and that the Misericordia has helped her daughter fulfill her desire to be part of a hospital team helping patients.

"The staff have set up a routine that fosters independence," she wrote. "[They] are compassionate to her needs, supportive of her abilities and succeed in making her experience at the hospital an integral part of her life. For Sabrina, her experiences at the Misericordia are irreplaceable."

This is the second time Misericordia Volunteer Services has been nominated. The department also received the award in 2002. 

"We will act as a unified family, celebrating the strengths and contributions of each member to the Caritas ministry.... We will be a place where people find fulfillment, engaging spirits, nurturing souls and empowering the vocations of each member"

—Caritas vision


2005 Long Service Awards

Throughout the week of June 12, long-standing members of the Caritas community — including physicians, staff and volunteers — were recognized for their contribution to our mission of healing bodies, enriching minds and nurturing souls during the 13th annual Caritas Recognition Week.

In all, 532 people from the Caritas community were honoured for achieving milestones of 10 through 40 years of service. Special teas were held at each of the sites for our 69 - 10 year award recipients and a banquet was held at the Coast Terrace Inn on Friday, June 17 for 433 award recipients and 30 retirees.

In all, the contributions of the 2005 honourees add up to more than 10,000 years or over 3 million, six hundred and fifty thousand days of service to the people of Edmonton and area. "Year after year, moment after moment you have been an important part of people's lives through your work at Caritas," noted Caritas President and 20-year award recipient Bev Rachwalski at the long-service

banquet. "You have made a difference to each of these people, to your colleagues and our community... thank you."

"Thank you for allowing us to continue our journey of giving, sharing and caring," said Jim Micklos - to the board and administration on behalf of all 2005 recipients. "It is quite an honor to be able to serve mankind in what ever duties we perform." 

dedication at work

Caritas Hospitals Foundation / Sally Munro.com

Everyone's A Winner GOLF TOURNAMENT

Monday, August 15, 2005, Edmonton Country Club

Enjoy a great day at the prestigious Edmonton Country Club and help support the Caritas Health Group's Palliative Care Unit at the Grey Nuns Community Hospital.

Come out and Golf or Volunteer

Golfer Fee \$400 - including First Tee Gift, Round of Golf, BBQ Lunch, Post Tournament Reception, On Course Refreshments, Team Prize Package, 3-in-1 Prize Ticket, Proximity Prizes and much more!

To register to volunteer call Kim Hill at 482-8303
it's a great way to spend the day.

Blackhawk Tour Challenge

*Thank you for your
generous support*



Mural *of Hope*



Misericordia VP Sheli Murphy unveils hope-filled mural.

Caritas Health Group has tapped into the creative talents of over 60 Misericordia staff and volunteers and local artists to create a mural that brings hope and encouragement to everyone who visits the hospital. The mural, entitled “Reaching Out and Making a Difference- Symbol of Hope” is a culmination of individual reflections on hope that have been painted onto over 60 independent mesonite tiles and brought together to form a 5 foot by 18 foot wall mural that is displayed in the front lobby of the Misericordia Community Hospital.


“The mural demonstrates the strength of community,” says Sheli Murphy, Vice President of Operations at the Misericordia Community Hospital. “The individual depictions of hope reinforce the unique differences among us but it also demonstrates that together, our differences create beauty. As a whole, the art work possesses a beauty much greater than the sum of the individual parts.”

Staff, volunteers, and local artists volunteered their time and energy to paint and submit a one foot by one foot tile that, with the assistance of an art curator, was integrated into one single piece of work. “Each tile carries with it a story of hope and many of those stories have been shared by the artists as this mural was developed,” says Toni

“Each tile carries with it a story of hope and many of those stories have been shared by the artists as this mural was developed,”

Maloney, Acting Manager of Volunteer Services at the Misericordia Community Hospital. “Our goal was to create a display that would resonate with as many people as possible. With over 60 images, it is our hope that one or more of these images will bring cheer and perhaps a fond memory for our patients and visitors.”

Funding for the mural was received from the Alberta Foundation for the Arts as a part of a project grant for community support organizations. The Misericordia Community Hospital received \$10,000 to assist with the development of the Misericordia’s Creative Care Art and Healing in Medicine, a program that incorporates arts into the mainstream of

clinical practice. Staff and volunteers work together to expose patients and visitors to the hospital to various mediums of artistic expression as a way of engaging the mind and promoting healing. In addition to art displays, the program also provides patient’s with opportunities to enjoy storytelling, poetry readings, live music, and patient-centred art programs. 

Caritas supports post partum health

New program helps new moms regain core muscle strength

Physiotherapists at the Grey Nuns and Misericordia Community Hospital are offering mothers a new education and exercise program aimed at reducing or preventing long-term health problems that can develop after having a baby.

"Pregnancy stretches and weakens a woman's deep abdominal and pelvic floor muscles decreasing their function," says Amy Wilcox Gelhorn, Program Coordinator for the Post Partum Health for Moms Program at the Misericordia Community Hospital. "In order to retain mobility, the body compensates for the changes by placing additional stress on muscles in the low back, pelvis and hips."

The Post Partum Health for Moms Program is working to ensure that new moms retain their muscles and regain control in the core of their body so they won't become at risk for chronic low back and pelvic pain, prolapse of the uterus and bladder incontinence.

Grey Nuns Physiotherapist and Post Partum Health Instructor Heidi Cunningham says, "The program teaches women about the changes that occur in the body during pregnancy and guides them through a number of simple effective exercises to strengthen their weakened muscles.



Grey Nuns Physiotherapist, Heidi Cunningham shows new mom Katrina Forsey one of the target exercises while newborn Sterling helps out.

Yvonne Zarowny, also a Physiotherapist at the Grey Nuns and class instructor adds, "The small class sizes allow for individualized attention from the physiotherapists to ensure the exercises are done correctly. Participants new to exercising will enjoy the supportive atmosphere and the opportunity to progress at their own pace."

The classes are designed to improve the physical health of new moms. It is a great way for new moms to get active. At the completion of the program, women will have the necessary skills and knowledge to continue

their exercise sessions at home or at an exercise facility of their choice.

Program participant, Katina Forsey says she definitely noticed a difference in how she feels. "I can really tell the muscles are working. I feel more stable and balanced. I notice it particularly with my every-day activities from reaching for something over my head to bending over to pick up my son."

New moms are encouraged to wait for an eight-week period after they have given birth in order to allow their body time to heal before they begin classes.

Post Partum Health for Moms is an eight-week program offered through the department of Rehabilitation Medicine at the Grey Nuns Community Hospital and Misericordia Community Hospital.

There is a \$60.00 fee for the program that includes all instructional material, exercise handouts and parking passes. Participants are welcome to attend with their newborns.

*For more information call:
Post Partum Health for Moms
Grey Nuns Community Hospital:
450-7121
Misericordia Community Hospital:
930-5757*

Reduce your water use

By Brian Monaghan, Manager, Physical Plant, GNCH

There are a wide variety of fixtures and appliances that will help you reduce your water use. This will allow you to save money on both your water and sewer bills. Reducing your use of hot water will also save the cost and energy of heating that water. You can achieve a significant savings in overall water use and hot water use in particular by installing low-flow showerheads and faucets. Showers use approximately

37% of the hot water in a typical home. Use of the low-flow fixture head will restrict the use to no more than 2.5 gallons per minute. You can also save water by taking more showers than baths. You use 15 to 25 gallons of hot water for a bath and less than 10 gallons during a 5-minute shower. Simple measures such as this will make a difference to your overall water consumption.

Caritas Hospitals Foundation

13th Annual **STAFF LOTTERY**



It's not too late!!!

Tickets are still available for the remaining 69 chances to win BIG TIME CASH!!!!

Call Kim Hill at 482-8303 to register or for further information.

Caritas Hospitals Foundation

13th Annual **HOME LOTTERY**



Thank you Caritas Health Group staff, physicians and volunteers for making last year's event so successful. \$1.89 million was raised to help purchase two Hyperbaric Oxygen Chambers for the Misericordia, a Minimal Invasive Surgery Suite at the Grey Nuns and support the Caritas Hospitals Foundation Board Endowment

2005 PROCEEDS

New Surgical Centres of Excellence at the Grey Nuns and Misericordia Hospitals, Edmonton General supported by additional Foundation initiatives, & Caritas Hospitals Foundation Board Endowment Fund

65,300 tickets are being sold
35,600 single tickets at \$100 each and 9,600 3-packs for \$250

PRIZES

1 in 15 chances to win

- **Early Bird Prize—2006**
Porsche Boxster, a 7-night vacation for 4 in Hawaii, and \$15,000 cash
- **Three Grand Prize Showcases** include a beautiful Jayman Master built home that is fully furnished, decorated and landscaped; plus a hot new car and \$15,000 cash
- 4,380 prizes in all, worth \$2.8M
- Grand Prize Showhomes are open to the public commencing Aug. 20 and located at 1516-88 St. SW; 1508-88 St. SW; and 1512-88 St. SW

HOW TO PURCHASE YOUR TICKET(S)

- In person at Grey Nuns and Misericordia ticket kiosks in the main lobbies
- In person At Foundation Office at the Edmonton General
- In person commencing August 20 at the three Grand Prize Showcases

- By phone with Visa or MasterCard: 702-2995 in Edmonton; 1-877-819-8885 elsewhere in Alberta
- Order online: www.CaritasHospitalsHomeLottery.com
- Order by Mail: complete the official ticket request and send it with your cheque, money order, VISA or MasterCard # to: Home Lottery 2005, Box 1850, Stn. Main, Edmonton, AB T5J 4V5

DRAW DATES

Early Bird Deadline—
Midnight, October 20, 2005

Early Bird DRAW DATE—
November 1, 2005

Final Ticket Sales Deadline—
Midnight, November 15, 2005

Final DRAW DATE—
November 24, 2005

**TICKETS GO ON SALE
AUGUST 8, 2005**

Thank you for your continued support Caritas Health Group, and Good Luck!!!

Community News



Lifetime Achievement Award Presented to Caritas Physician

On March 13th, Dr. Fred MacDonald was presented a

Lifetime Achievement Award by CANA (COPD & Asthma Network of Alberta) at the Alberta Respiratory Disease Symposium held in Red Deer. The award was presented by Deputy Minister Paddy Meade (in Minister Iris Evans' place) and Dr. Irvin Mayers, Professor, Pulmonary Medicine, University of Alberta. The award commemorates Dr. MacDonald's lifetime of achievement and dedication to Respiratory Medicine in Alberta.

Dr. MacDonald helped to establish the centre for Lung Health and its respiratory rehabilitation program was established in July 1992 as a means of providing those who suffer from chronic respiratory disease with respiratory rehabilitation. The Centre offers programs of exercise and education for people with lung problems. The aim is to promote and maintain an individual's suitable capability. He became Medical Director of the Centre from 2001 and remains in this role.

Caritas Youth Health Care Camp

By Lindsay Mills, Camp Coordinator

From August 8 -12th, we are pleased to host 20 students aged 14-18 who will take part in the Caritas Health Care Camp—enjoying opportunities to learn about different health care professions. Students will tour different areas at the three Caritas sites, including Rehabilitation Medicine, HBO, Emergency, Sleep Lab, and Pharmacy. The camp will feature presentations from our staff in Pediatrics, Psychology, Psychiatry, Nursing, Speech Therapy and many more. A heartfelt thank you to all of the participating staff in these areas as well as COMPRU, Orthopedics, Pastoral Care, Renal Dialysis, Centre for Lung

Health, Palliative Care, Residents Council and Cardiac Care. Our gratitude also to the Caritas Senior Executive Team for their support and encouragement. Want to know more about the camp for next year? Simply contact Volunteer Services at your site.

Library Updates

The Caritas health sciences libraries have an intranet site! Check out www.intranet.cha.ab.ca/caritaslibraries/ for library contact information, to access to the library catalogue, to find quick links to medical dictionaries, directories and more. Remote (off-site) access to many e-Library full-text resources is now available. Search MD Consult, STAT!Ref, ACP Medicine and Health Knowledge Network (HKN) from your home or office. Contact Sheila at 450-7301 to register.



MLA Laurie Blakeman presenting a Centennial medallion.

100 Years Young and Counting!

Edmonton General Centenarians Honoured

How often do you step into a crowd containing 10 people who were around when Sir Wilfred Laurier was Prime Minister? This is just what took place on Saturday, June 4 when more than 150 family, friends, staff and dignitaries gathered at the Edmonton General auditorium for a special birthday party for Edmonton General Centenarians—residents aged one hundred years or more.

The celebration featured a rousing rendition of "Happy Birthday," colourful decorations, refreshments and cake for the centenarians—all ladies. Caritas VP of Continuing Care Al Pierog was on hand to extend his congratulations to ladies and their families on behalf of Caritas Health Group administration and Edmonton General staff. MLA Laurie Blakeman joined the festivities to present each of the centenarians with a 14-karat gold medallion in recognition of their hard work, ingenuity and pioneering spirit that has helped to build the prosperous, vibrant province we live in today. The event was co-hosted by the province, and part of Alberta's centennial celebrations.

Did you know?

- The first Edmonton General hospital was built 110 years ago - in 1895
- Prime Minister Sir Wilfred Laurier introduced the Alberta Act in the House of Commons on February 1, 1905. This act became law on July 20, 1905 – creating the Province of Alberta.
- Ontario-born lawyer Alexander Rutherford was appointed Premier of Alberta on September 2, 1905.
- Between 1901 and 1905, approximately 40,000 homesteads were granted to future Albertans. A homestead was approximately a quarter-section or 160 acres of land.
- Alberta was named after Princess Louise Caroline Alberta, the fourth daughter of Queen Victoria.
- Women were not entitled to vote in the 1905 provincial election (women received the franchise in 1916).
- Newcomers to Alberta in the 1900s often lived in tents. In June 1907, about 2,000 people were temporarily camped along Edmonton's riverbank.
- In 1905, life expectancy for Albertans was about 53 years.

The Edmonton Host Lions Club Remembers Forget-Me-Not Gardens

By John Boucher, Executive Director, Caritas Hospitals Foundation

In early spring, Alan Bissonnette (President), Harry Anderson, Bill Bissonnette, Greg Holmes, and Karon McGrath from the Edmonton Host Lions Club presented a cheque for \$67,600 to the Forget Me Not Gardens at the Edmonton General Continuing Care Centre—a 30-bed unit that is dedicated to caring for individuals with Alzheimer's.

Caritas Health Group President, Bev Rachwalski; Edmonton General Vice President, Al Pierog; Edmonton General Acting Director of Care, Averil Suriyakumaran; Forget-Me-Not Garden's Resident Care Manager, Ruth Hampton and Foundation Executive Director, John Boucher were joined by staff members from Caritas Health Group and residents from Forget Me Not Garden to express their highest appreciation to the Edmonton Host Lion's Club's for their generous financial support and their belief in the Caritas' vision when it comes to the environment in which the Edmonton General Continuing Care Centre cares for their aging population.

"Through the efforts to date by the Edmonton Host Lions Club, the Forget Me Not Gardens' staff, residents and family

members are witnessing the difference in the Lions Club and Caritas Health Group's shared vision – a home like environment that instills a prouder community and one that is more interactive and healthier in body, mind and soul. This significant renovation could not have occurred without the generosity and caring spirit of the Edmonton Host Lions Club. It has impacted all levels of care and service on this very special unit," said Ruth Hampton, Resident Care Manager of Forget Me Not Gardens.

The warm and stimulating colors, furniture, fabrics, flooring, accessories, plants and design were carefully researched by the Forget Me Not Garden staff to ensure these residents were made to feel safe, comfortable, stimulated and most importantly, at home. The Unit now includes a family area, living room area, Lions Club Garden area, and home like bathroom.

Our condolences go out to the family and friends of Mr. Grant McLaren who



was a long time member of the Edmonton Host Lions Club. During the Lions Club's 75th year of service to the community, Mr. McLaren took on the Forget Me Not Garden's project as his own and worked tirelessly as the Edmonton Host Lion's Club Project Committee Chair to raise money for this important cause. After a short illness Mr. McLaren passed away on December 23, 2004.

The Caritas Hospital Foundation and Caritas Health Group consider the Edmonton Host Lions Club an integral part of our caring family. ☒



"Champion Burden" By Lewis Lavoie, Acrylic on board

This work representing Gifts from the Heart was created by Lewis Lavoie at the Volunteer Appreciation evening at the Winspear Centre in celebration of Alberta's 100th anniversary.

"I was so impressed by the commitment and community of everyone involved at the Caritas volunteer appreciation evening. I likened their inexhaustible efforts to the work horse pulling with all his might and carrying his burdensome yoke as he breaks the raw landscape with the spirit of a champion race horse."

—Lewis Lavoie, April 6, 2005

Special thanks to the Alberta Foundation for the Arts for sponsoring this project.

Staff

Education

Quality at Work (TQI)

A basic two-day workshop for new Caritas staff and for those who have not had previous Total Quality Improvement training. Provides a basic grounding in the principles on which the Caritas Organization culture is founded.

September 15 – 16, 8:15 am – 4 pm,
Room 2R07, EG.

For more information or to register, contact
Cathy at 930-5724 or ckirkklan@cha.ab.ca

Situational Leadership & Coaching

A one and a half day workshop providing an in-depth understanding of Blanchard's Situational Leadership Model with practice sessions using actual scenarios. Explore the role of leaders as "coaches" and the three basic types of situations where coaching is used.

September 27 and November 22,
2R06, EG.

For more information or to register, contact
Cathy at 930-5724 or ckirkklan@cha.ab.ca

Stress Management

This one-day workshop will help to assess and manage your stress levels at home and at work.

October 21, 8:15 am – 4 pm,
Room 2R06, EGCCC.

For more information or to register, contact
Cathy at 930-5724 or ckirkklan@cha.ab.ca

Personality Dimensions® 1/2 Day Awareness Session

Discover your unique blend of colours (personality type). Learn to understand team behavior by recognizing the colours of your group/team. Participate in exercises to enhance your understanding of all the colour combinations, including your own.

September 20, 8:30 am – 12 noon,
2R06, EG or

September 26, 8:30 am – 12 noon,
Room 0647, GNCH.

For more information or to register, contact
Cathy at 930-5724 or ckirkklan@cha.ab.ca

Personality Dimensions® and Achieving Personal Balance

Understand the importance of nurturing the various parts of your life. Learn to recognize behaviors that indicate you, or others you know are stressed or struggling. Learn ways to find and create personal balance.

October 4, 8:30 am – 12 noon,
Room 2R06, EGCCC or

October 7, 8:30 am – 12 noon,
Room 0647, GNCH.

For more information or to register, contact
Cathy at 930-5724 or ckirkklan@cha.ab.ca

For information on how you can support the Caritas Hospitals Foundation or for details on our Planned Giving opportunities, please contact:

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Caritas Hospitals Foundation

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insight

A newsletter for the Caritas community

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