



Caregiver



THE NEWSLETTER OF DRAKE MEDOX COMMUNITY HEALTH WORKERS

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February 2008

Chinese New Year

http://en.wikipedia.org/wiki/Chinese_New_Year

Chinese New Year or **Spring Festival** or the Lunar New Year is the most important of the traditional Chinese holidays. It is an important holiday in East Asia. The festival traditionally begins on the first day of the first lunar month in the Chinese calendar and ends on the 15th; this day is called Lantern Festival

Celebrated in areas with large populations of ethnic Chinese, Chinese New Year is considered a major holiday for the Chinese and has had a strong influence on the new year celebrations of its geographic neighbours, as well as cultures with whom the Chinese have had extensive interaction.

These include Koreans, Mongolians, Nepalese, Bhutanese, Vietnamese, and formerly the Japanese before 1873. In Singapore, Indonesia, Malaysia, the Philippines, Thailand, and other countries with significant Chinese populations, Chinese New Year is also celebrated, largely by overseas Chinese, but it is not part of the traditional culture of these countries.

In Canada, although Chinese New Year is not an official holiday, many ethnic Chinese hold large celebrations and Canada Post issues New Year's themed stamps in domestic and international rates.

This year the Chinese New Year is on February 7th. This year is the year of the Rat.

Things that are happening in and around Vancouver to celebrate The Chinese New Year:

Chinese New Year Parade - Sunday 10th February 2008.

Held on the first Sunday of the Chinese (Lunar) New Year. Celebrating the arrival of spring and the Year of the Rat with thousands at the biggest parade through Chinatown, lions, storytelling and crafts, lucky red packets and much more for the whole family from 10:00am - 4:30pm. Everyone welcome. Donations appreciated.

On **February 10th 2008**, celebrate **Chinese New Year** in style at the DR Sun Yat Sen Chinese Garden from 10:00am - 4:30pm. A number of activities and events will be taking place such as fortune telling, tai chi, traditional Chinese music and crafts, and other fun demonstrations. So, mark this date down on your calendar and we hope to see you and your family and friends at the Garden! Donations appreciated.



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Municipal Pension Plan Winter Retirement Seminar Schedule

The Municipal Pension Plan are doing seminars throughout February and asking for you all to attend. If you would like to attend the seminars please enroll as soon as possible, 1-877-558-5573.

The Retirement Seminar Application and schedule are available under “tools” in both the Members section and the Employers section of the Municipal Pension Plan Website at mmp.pensionsbc.ca

If you have any questions, please contact Seminar Services at 1-877-558-5573

February 2008:

Date	Time	City	Venue
5	9am-12pm	Richmond	Best Western Abercorn Inn
5	1.30-4.30pm	Richmond	Best Western Abercorn Inn
6	6-9pm	Surrey	Holiday Inn Express Hotel
6	6-9pm	Vancouver	Park Inn
7	1.30-4.30pm	Vancouver	Holiday Inn Express
7	1-4pm	Langley	Best Western
7	6-9pm	Langley	Best Western
12	9am-12pm	Coquitlam	Best Western
12	1.30-4.30pm	Coquitlam	Best Western
13	9am-12pm	North Vancouver	Holiday Inn Hotel
13	1.30-4.30pm	North Vancouver	Holiday Inn Hotel



REGISTER NOW

**For a FREE In-service
With Coffee and Snacks.**

COMMUNICATING FOR RESPECTFUL RELATIONSHIPS

- **LEARN TO DEVELOP ASSERTIVE RESPECTFUL RESPONSES USING “I” LANGUAGE**
- **LEARN THE IMPORTANCE OF COMMUNICATION IN A HEALTH CARE SETTING**
- **HOW TO COMMUNICATE WITHIN YOUR TEAM.**
 - **LEARN YOUR COMMUNICATION STYLE**

**Location: South Health Unit
6405 Knight Street,
Vancouver**

**Contact: Bal Sahota, RN
604 877 0690
to register**

ONLY 50 SEATS

Nurses Corner

Courses

Drake Medox is pleased to offer the following education opportunities:

Date	Time	Course
February 19 th or 26 th	5-7pm	Advanced Palliative Care
March 4 th and 11 th	5-7pm	Dementia Care
March 5 th and 12 th	10am-3pm	Palliative Care - Basic
March 25 th Care and Learning	1-4pm	Pain Assessment and Palliative Care
April 21 st Care and Learning	1-4pm	Responding to Verbal and Physical Aggression

Please register at as soon as possible to secure your seat and remember to change your schedule.

Advanced Palliative Care Course: available for those who have completed the Palliative Care Course. This is a challenging course, and may increase your knowledge and potential to be part of Drake's Palliative Care Team.

Dementia Course and Palliative Care – Basic: this is required by all new hires and all employees who have yet to complete this training.

Palliative Care Team

Are you interested in being part of the Palliative Care Team at Drake Medox and have already taken the Palliative Course. Come to the session on February 19th at 5-7pm. We will review case studies, discuss end of life symptoms and share personal home care experiences.

Please call Bal to register for the session.

The Importance of being Polite.

A true story taken from the internet:

"Yesterday I was struck not once but twice just how rude people can be. The first was while I accompanied my husband to the Doctor's surgery and I witnessed 3 consecutive people being rude and short with a perfectly pleasant and accommodating receptionist. Yet no one was being made to wait, the lady who was at the wrong branch of the surgery was advised that she would ring ahead to tell of the reason for the delay and the lady being asked to complete a survey was only being asked for her opinion on her doctor and his services and being asked nicely at that. Once in the office I was struck by the way people just chat amongst themselves and carry on with their own lives and do nothing to welcome a stranger, even one who has been turning up reasonably regularly lately and who is cheerful and who says hello and goodbye though doesn't muscle in on their conversation.

Politeness and friendliness costs nothing, particularly when you haven't had someone grab 'your' car park space, and even then you don't have to swear!"

I have been asked to write a piece about the importance of being polite to one another as I was getting stressed by the amount of people that didn't use Please and Thank You. I didn't really know where to start. So I went to Google and searched different words. I was really surprised as to what turned up. I read one story that a Russian family moved to the UK and couldn't understand why English people expected to apologize for everything.

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After reading their story it came clear that it seemed to be a translation problem. From Russian to English the translation of: Could I have that jumper please – was actually translated to pass the jumper. It made me wonder what the translation was in other languages, so I thought I would give the Community Health Workers a fun little job to do. Can you please translate the following words in as many different languages as possible? Can you please provide the translation on a piece of paper, so I can get the spelling right?

Words: Please, Thank You, Excuse Me, I am hoping that this little task will educate all of us in the importance of politeness. Also the understanding that in different countries that politeness is different. Let's try to use these words in the office and with your clients.

The dictionary meaning of **Please:** (adverb) (used as a polite addition to requests, commands, etc.) if you would be so obliging; kindly: Please come here. Will you please turn the radio off?

Examples of Please:

May I have a box of gloves **Please**?
May I speak to Nancy **Please**?
May I have a print out of my schedule **Please**?

The dictionary meaning of **Thank You:** (*Idioms*) used interjectionally to express gratitude, appreciation, or acknowledgment, as for a gift, favor, service, or courtesy.

Examples of Thank you:

Thank you for the box of gloves.
Thank You for the print out of my schedule.

REMINDER NO Lift Policy

There is NO LIFTING of clients by staff without the use of assistive devices. Manual lifting (lifting without the use of devices) often occurs when you transfer or reposition clients who do not bear weight. In rare cases, a two-person transfer will take place of an assistive device, but these situations MUST be authorized by your Scheduler or Field Supervisor, and demonstrated by an OT or a PT. If you feel you are bearing much of the weight of a client you are transferring or assisting, PLEASE let your Scheduler know.

An effective choice for transferring clients is the ceiling lift, though many clients choose either not to use one, or to use other types of lifts. The choice of which lift/transfer device to use can be based on the size of the space the client is being transferred in, financial position or aesthetics. Whichever device is available to use, you must be familiar with it to enable a safe and confident transfer, for yourself and for your client.

If you provide service to a client that requires transferring, and there is a lift in the home that you have not been trained on, please remember to call your Scheduler to arrange the training. Safe transfer techniques are part of the training.

The goal is to transfer safely, with NO RISK of injury to our clients or our caregivers. So, please remember, if you are asked to transfer/assist a client who does not bear weight, call your Scheduler for details and instruction.

Happy Birthday to:

Catherine A, Imelda B, Natalie C, Dale C, Marie F, Gulsad K, Mercedita L, Marcella L, Baerbel M, Myrna M, Selina P, Mary Ann P, Maria P, Thelma R, Leanila S, Chand S, Daisy W, Jessica

Thank you.....

A big thank you to Zenaida Montano for doing a great job of outstanding reporting. Your work has been recognized by Drake Medox. Congratulations and keep up the good work.