



ON YOUR COMMUNITY

More Good News from Chilliwack

CBC News came to CGH Respiratory Rehab Services to find out more about the relationship between air quality and asthma in the Fraser Valley. CBC chose to feature our program because of the great outcomes for our patients. The segment included a patient and therapist demonstrating a condensed session of the asthma education class. CBC included the patient's point of view as well as an interview with the rehab therapist to which explored the problems of asthma and our surroundings.

Did you know that pollution from marine sources (cargo ships etc.) is expected to surpass automobile pollution in the near future? These added factors will provide further challenges to people living with respiratory related issues. Unfortunately, asthma seems to be on the rise, yet is an illness that can be positively impacted when patients look for ways to take charge. Too often, asthma lacks proper management as evidenced by the ongoing symptoms. Our asthma rehab program is here to support the physician in the role of patient care. We try to develop an individualized action plan for patient to achieve maximum results. Participation and patient involvement is a must if progress is to be expected. We ask our patients do their part on a daily basis.

The Respiratory Rehab Program at CGH encompasses both Asthma and COPD rehabilitation. The COPD rehab involves 10 classes over a five week period. Upon completion of the program, we have found a substantial drop in hospital visits by patients living with COPD. Our goal is to enhance patient education to reduce the onset of acute problems that will require hospital treatment.

Our rehab program is operated by Douglas Wang, RRT, and Karin Kunert, Rehab Assistant,

seen here with patients Don Wyers and Pat Bennett.



ALC Initiative

The new ALC classification implementation went live at CGH on January 24/05. Thanks to the great training provided by designated trainers and keen staff who attended education sessions, this implementation went very smoothly.

As further clarification of the EAR Tracking Category, please note:

The EAR Tracking Category has been developed in order to be able to track non-acute patients who are in the process of having eligibility assessments completed prior to determining their care plan (and potential ALC classification). This will allow FH to track patients through the eligibility process for specific programs or services.

A patient who is no longer acute and for whom the care team has recommended a specific non-acute program which requires an eligibility process will be designated EAR. The three FH programs that require an eligibility assessment at this time include: Residential Care, Sub Acute

and Specialized Rehab. The EAR category can apply only to these three programs/services.

The patient's status will be EAR until the eligibility process is completed, at which time the patient will be given the appropriate ALC designation if unable to move to the identified program/facility within 24 hours.

It's a "Coin"-spiracy



The atmosphere at Bradley Centre was like a scene from the movie "Pay it Forward" on March 2nd when students of Promontory School came to deliver their Acts of Kindness. The students partnered with Chilliwack Rotary clubs to meet the goal of doing one kind act for the environment, one for themselves, and one for others. They arrived to visit the residents at Bradley with a personal hand-made card for each resident and a beautiful banner as a reminder of the visit.

These activities are part of a larger project called "Coin-spiracy", in which a large golden coin is passed from group to group with the understanding that the recipients of the coin will undertake to do 3 acts of kindness (one each for self, environment, and others) and pass it on.

This international project and stories of the progress of the coins can be viewed on the website (www.investinakinderworld.com). You will soon be able to view one of the coins up close because the Rotary Clubs of Chilliwack have passed the coin to us here at Chilliwack Health Services! Sunshine Committee members will be looking for your ideas about what we can do for those 3 acts of kindness.

Health and Wellness Conference

The seventh annual Chilliwack Health and Wellness Conference will take place on Saturday, April 2 from 9:15 a.m. to 3:45 p.m. at UCFV Chilliwack Campus Theatre building. Jointly sponsored by The Rotary Club of Chilliwack, the University College of the Fraser Valley, Fraser Health, the United Way and the Chilliwack Family YMCA, this day-long conference brings together distinguished speakers and workshop leaders on a wide range of topics promoting healthy lifestyle options such as personal health, fitness, nutrition and environmental wellness.

The keynote speaker will be **Colin Milner, CEO of the International Council on Active Aging.** An award-winning writer, Milner has authored



many articles on aging-related issues and has engaged thousands of business and community leaders throughout North America. Cost for the entire day is only \$10.00. Space is limited. For more information and registration call the Chilliwack Family YMCA - 45844 Hocking Ave. (604-792-3371).

"ARTISAN FAIR"

Artistic Works by 15 Residents of Heritage Village are on display in the Main Lounge at Heritage Village March 8-10th.

Have you completed your St. Paddy's Day Quiz yet? Winners will be announced on March 17th.



March is Nutrition Month

