



Covenant  
Health

# Covenant Health Facts & Figures

2010



# Compassionate care led by Catholic values

Covenant Health was established in 2008—but our roots run deep and strong.

In fact, the tradition of Catholic health care in Alberta extends 147 years to our founding congregations: courageous, resourceful women who responded to the needs of our pioneer communities and laid the foundation of our health care system in this province.

We are proud to serve Albertans in this rich tradition.

As a united provincial team, we are focused on responding to the needs of our communities, walking with the vulnerable, and supporting all those we serve with hope and healing for body, mind and soul.

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## Strategic Directions

Live our mission and values in all we do

Build and engage our team

Continuously improve quality and safety

Respond to those in need

Engage and work with community

## Mission

We are called to continue the healing ministry of Jesus by serving with compassion, upholding the sacredness of life in all stages, and caring for the whole person—body, mind and soul.

## Vision

Covenant Health will positively influence the health of Albertans and be of greater service to those in need by working together with compassion, quality and innovation.

## Values

As a Catholic organization, we are committed to serving people of all faiths, cultures and circumstances, according to our values: compassion, respect, collaboration, social justice, integrity, and stewardship



## Board of Directors

Covenant Health is governed by a Board of Directors and has full governance authority for the organization. Our Board is supported by active and engaged community boards representing the 11 communities we serve.

**W. John Brennan**  
Chair

**Michael Dimnik**

**W.D. Bill Grace**

**Dennis E. Grant**

**James Heelan**

**Sr. Nuala Kenny**

**Richard Leavens**

**Raymond Mack**

**Shirley McClellan**

**Mary Pat Skene**

**Archbishop**

**Richard Smith**

Ex Officio

## Administration

President and CEO Patrick Dumelie leads the Senior Leadership Team who work within the integrated provincial health system to advance our strategic directions.

**Patrick Dumelie**  
President and CEO

**Scott Baerg**  
Senior Operating  
Officer, Mental Health

**Karen Galenzoski**  
Vice President,  
Human Resources

**Greg Hadubiak**  
Sr. Vice President,  
Edmonton Acute Care

**Jennifer Haggerty**  
Vice President,  
Planning and  
Support Services

**Karen Macmillan**  
Senior Operating  
Officer, Grey Nuns  
Community Hospital

**Sheli Murphy**  
Vice President,  
Rural Health Services

**Al Pierog**  
Vice President,  
Seniors Health

**Jon Popowich**  
Vice President,  
Quality

**Dr. Jeff Robinson**  
Sr. Vice President,  
Medicine

**Fran Ross**  
Vice President,  
Communications

**Rosa Rudelich**  
Vice President and  
Chief Financial Officer

**Jan Schimpf**  
Senior Operating  
Officer, Misericordia  
Community Hospital

**Gordon Self**  
Vice President,  
Mission, Ethics and  
Spirituality

**Michael Shea**  
Vice President,  
Board Support



# Provincial Statistics

## Service Capacity

Acute care beds	824
Sub-acute care beds	20
Palliative beds	56
Rehabilitation beds	24
Continuing care, designated assisted living, assisted living, and respite beds	1,386

## Team

Employees	8,760
Physicians	2,600
Volunteers	2,680

**Annual Operating Budget\*** \$690 million

**Annual Foundation Contribution** \$3.4 million

\*Includes annual budget for Villa Caritas, opening Fall 2010

## 2009-10 Activity

Emergency visits	183,694
Outpatient visits	368,178
Surgeries	40,088
Babies born	9,387
Diagnostic imaging exams	269,227
Lab tests	2.7 million

Covenant Health is currently planning four new capital projects to serve seniors in Calgary, Killam, Lethbridge and Red Deer. Visit [CovenantHealth.ca](http://CovenantHealth.ca) for news and details as the projects unfold.



# Banff Mineral Springs Hospital



Banff Mineral Springs Hospital provides quality, responsive medical services—including emergency and specialized orthopedic and plastic surgery, continuing care and primary care—to the local community and visitors from around the world.

## 2009-10 Activity

Outpatient visits	4,411
Emergency visits	10,840
Ambulance calls	1,400
Babies born	81*

Beds	46
Staff	227
Volunteers	215

## 2009-10

Annual operating budget \$16.6 million

\*Reflects temporary closure of obstetrical services from March - August 2009

## Major programs and services

24-hour Emergency	Orthopedics
Ambulatory Care	Palliative Care
Continuing Care	Spiritual Care
Day Surgery	Surgery/Anaesthesia
Diagnostic Services	Therapeutic Services
EMS Service	Women's Health
Medicine	

**Executive Director**  
Cindy Mulherin

**Community Board**  
Richard Leavens,  
Chair

**Founded by**  
Sisters of  
St. Martha (1930)

Box 1050  
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Banff AB T1L 1H7

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Photo courtesy of Alberta Health Services

# Back in the Game

## Banff Mineral Springs Hospital

Years of injuries sidelined Jim Chebib from the sport he loves. But the next time he steps onto the soccer pitch, he won't be afraid to go in for the tackle.

The 45-year-old Calgarian played for the Alberta Major League and calls soccer "a major part of my quality of life." After several seasons and numerous shoulder dislocations, traditional surgery didn't make the cut. Part of his bone was missing and a simple throw in of the ball meant he was out of the game.

Seeing Jim was a good candidate for a new surgery technique, Dr. Mark Heard,

Orthopedic Surgeon at Banff Mineral Springs Hospital, performed the first-documented live-donor cartilage shoulder transplant on Jim this March.

Today, Jim is happy to be back in the game. "When I step on the soccer field, I won't be worried about injuring myself," says a relieved Chebib. "I want to try different sports. That's an option for me now."

While every surgery comes with a risk, Jim felt at ease in the hands of Dr. Heard, a specialist in sports medicine. "The staff were very pleasant...it's a first-class facility."

The Banff Mineral Springs Hospital orthopedic program specializes in sports medicine and arthroscopic reconstructive surgery

# Bonnyville Health Centre



Bonnyville Health Centre is the focal point for health care in the vibrant Lakeland region—offering emergency, acute, long-term, palliative care and cancer treatments in a consolidated health facility built in 1986.

### 2009-10 Activity

Outpatient visits	9,477
Emergency visits	26,822
Babies born	380
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Beds	63
Staff	272
Volunteers	60

### 2009-10

Annual operating budget	\$20 million
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### Major programs and services

24-hour Emergency	Medicine
Ambulatory Care	Orthopedics
Continuing Care	Palliative Care
Coronary Care	Specialty Clinics
Critical Care	Surgery/Anaesthesia
Day Surgery	Therapeutic Services
Diagnostic Services	Women's Health
Family Medicine Centre	

**Executive Director**  
Alex Smyl

**Community Board**  
Roy Doonanaco,  
Chair

**Foundation Board**  
Roy Doonanaco,  
Chair

**Founded by**  
Sisters of Charity  
of Notre Dame  
d'Evron (1919)

5001 Lakeshore Drive  
Bag 1008  
Bonnyville AB T9N 2J7

Main 780.826.3311  
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Photo courtesy of Picture That Photography

# Battle of His Life

## Bonnyville Health Centre

Ralph Kristiansen has nerves of steel. With 35 years of military service under his belt, unshakable faith and a positive attitude—Ralph wasn't rattled when diagnosed with multiple myeloma.

In fact, Ralph felt he could delay cancer treatments until after he and his high school sweetheart enjoyed their 50th anniversary party with family and friends.

"I really paid the price [for that decision]," explains Ralph. "By the time the anniversary rolled around, I could hardly walk."

Today, Ralph is waging the battle of his life head-on, with aggressive chemotherapy treatments and pain management

support from the Bonnyville Community Cancer Centre.

Although his prognosis is unknown, Ralph is almost pain-free and happy to make the 50 km trek from his home in Cold Lake to Bonnyville, the closest cancer centre. "I wouldn't trade the doctors and nurses in Bonnyville for the world," he raves.

Having convenient access to cancer treatment allows Ralph to live at home throughout his therapy. It also helps him stay connected to his family team, so he can stay positive and focus on getting well.

The Bonnyville Community Cancer Centre provides the people of northern Alberta with convenient access to high quality cancer treatment and support

# St. Mary's Hospital



Located in Camrose, St. Mary's Hospital is a modern progressive facility serving a diverse and growing municipality and rural community with a wide range of acute care services in the spirit of hospitality and compassion.

## 2009-10 Activity

Outpatient visits	16,247
Emergency visits	17,567
Babies born	250

Beds	76
Staff	410
Volunteers	95

## 2009-10

Annual operating budget	\$30 million
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## Major programs and services

24-hour Emergency	Mental Health
Ambulatory Care	Orthopedics
Child Health Services	Palliative Care
Coronary Care	Spiritual Care
Critical Care	Stroke Services
Day Surgery	Surgery/Anaesthesia
Diagnostic Services	Therapeutic Services
Geriatric Services	Women's Health
Medicine	

**Executive Director**  
Cherylyn Antymniuk

**Community Board**  
John Howard, Chair

**Foundation Board**  
John Howard, Chair

**Founded by**  
Sisters of Providence  
of St. Vincent de  
Paul (1924)

4607 53 Street  
Camrose AB T4V 1Y5

Main 780.679.6100  
Fax 780.679.6196



Photo courtesy of Patricia Shewchuk Photography

# A Lot of Living Left

## St. Mary's Hospital

Dennis Johanson was getting ready to mow his lawn this summer, when his face started to droop and he suddenly couldn't speak. He knew that he needed to get to the hospital—stat!

Within minutes, Dennis got himself to St. Mary's Hospital and the emergency staff began to work quickly through a set of well-rehearsed stroke protocols. "Time is brain," explains team nurse Celine Tritton.

Confirming if Dennis was actually having a stroke was the first essential step, so he got a CT scan, and the team did a video-consult with a neurologist at the University of Alberta Hospital in Edmonton.

The results: Dennis was not having a stroke, but his heart was in distress. He needed immediate treatment, including anticoagulation therapy, to prevent a major stroke from occurring. So he got it—stat.

Today, Dennis is home and is doing and speaking well. He's keeping active with the help of his dog Buddy and returns each week to the Heart and Stroke Prevention Clinic for treatment and support to reduce the risk of a future attack. He counts the St. Mary's team among his blessings. "I still have a lot of living left to do. What a marvelous group they have there."

St. Mary's Hospital in Camrose is a primary stroke centre for rural Alberta

# Our Lady of the Rosary Hospital



Our Lady of the Rosary Hospital in Castor provides essential services—including emergency and basic acute care, continuing care, day support and respite—to a vibrant, progressive rural community.

## 2009-10 Activity

<b>Outpatient visits</b>	1,268
<b>Emergency visits</b>	3,795

<b>Beds</b>	26
<b>Staff</b>	85
<b>Volunteers</b>	30

## 2009-10

<b>Annual operating budget</b>	\$4.2 million
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## Major programs and services

- 24-hour Emergency
- Ambulatory Care
- Continuing Care
- Diagnostic Services
- Family Medicine Centre
- Medicine
- Spiritual Care
- Therapeutic Services

**Executive Director**  
Marilyn Weber

**Community Board**  
Betty Spady,  
Acting Chair

**Foundation Board**  
Randy Kary, Chair

**Founded by**  
Daughters of  
Wisdom (1911)

5402 47 Street  
Castor AB T0C 0X0

Main 403.882.3434  
Fax 403.882.2751



Photo courtesy of VG Photography

# A Heart Full of Gratitude

## Our Lady of the Rosary Hospital

July 9 started like any other day for Castor resident Earleen Greene. She wasn't feeling well when she woke up. But when her left arm hurt from her shoulder to her elbow, she knew something was wrong. "I had no idea I was having a heart attack," declares Earleen.

Her partner rushed her to Our Lady of the Rosary Hospital in Castor. As soon as they realized what was happening, three nurses and a doctor rushed into the room. "Everyone was doing what they were supposed to do. No ifs, ands or buts," remembers Earleen.

By the time her daughter Kim was at her bedside, the medical team decided to transfer Earleen to Calgary.

A fixed-wing Medevac plane airlifted Earleen. Within 30 minutes, she was in Calgary, where they could assess the damage to her heart.

"They wanted to make sure she got the proper tests. They were very thorough and I respect that," says Kim.

Discharged two days later, Earleen is healthy and very thankful to the fast-acting team in Castor. Her daughter adds, "It's a good thing they had the Medevac plane to send her to Calgary. I am very thankful."

Air Transportation and the Heliport is a vital part of the Emergency Care offered at Our Lady of the Rosary Hospital

# Edmonton General Continuing Care Centre



The Edmonton General provides around-the-clock nursing care and support to a large community of continuing care residents. The facility also provides the local community with palliative and subacute care services, and a Centre for Lung Health.

<b>Beds</b>	502
<b>Staff</b>	949
<b>Volunteers</b>	420

## 2009-10

<b>Annual operating budget</b>	\$46.3 million
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## Major programs and services

Centre for Lung Health  
Continuing Care  
Geriatric Services  
Palliative Care  
Social Work  
Spiritual Care  
Subacute Care  
Therapeutic Services

**Executive Director**  
Averil Suriyakumaran

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Cort Smith, Chair,  
Caritas Hospitals  
Foundation

**Founded by**  
Sisters of Charity  
(Grey Nuns) of  
Montreal (1895)

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Edmonton AB  
T5K 0L4

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Resident information  
780.342.8477



# A Breath of Hope

## Edmonton General Continuing Care Centre

Two years ago, Don Bonar was in a difficult place. Just 54 years old, the lifelong asthmatic and former smoker sat in a hospital bed for a month with chronic obstructive pulmonary disease (COPD) and a partially collapsed lung.

His life was suddenly quite different. A regular Edmonton Folk Festival volunteer, Don had to sit out that summer. He couldn't golf—even using a cart. And Don and his wife even considered moving from their current home, because the stairs left Don breathless.

But Don found his strength again and got his quality of life back through some hard work and the support of the Covenant Health Centre for Lung Health. His family

doctor referred him to the Breathe Easy Program for pulmonary rehabilitation after he left the hospital.

“One of the first things they do is assess your ability to exercise,” he explains. “They’re constantly checking your vitals to make sure you’re OK so you feel completely safe and supported.”

Though considered a graduate of the program, Don continues his vigorous workouts. “I just pushed myself and things just got better and better,” he explains. So much so that Don was up and down Gallagher hill at this year's Folk Festival, and he regularly swings his golf clubs again—walking hole to hole with reasonable ease.

The Centre for Lung Health Breathe Easy program is the primary pulmonary rehabilitation program in Edmonton

# Grey Nuns Community Hospital



The Grey Nuns Community Hospital provides a full range of health services to a diverse and growing urban community in southeast Edmonton. Health care services follow a deep-rooted tradition of Healing the Body, Enriching the Mind and Nurturing the Soul.

## 2009-10 Activity

<b>Outpatient visits</b>	155,355
<b>Emergency visits</b>	58,514
<b>Babies born</b>	5,823

<b>Beds</b>	352
<b>Staff</b>	2,629
<b>Volunteers</b>	489

## 2009-10

<b>Combined operating budget for the Grey Nuns and Misericordia Community Hospitals</b>	\$434.4 million
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## Major programs and services

24-hour Emergency	Palliative Care
Ambulatory Care	Mental Health
Child Health Services	Social Work
Coronary Care	Spiritual Care
Critical Care	Surgery/Anaesthesia
Day Surgery	Stroke Services
Diagnostic Services	Therapeutic Services
Family Medicine Centre	Vascular Services
Geriatric Services	Women's Health
Medicine	

**Senior Operating Officer**  
Karen Macmillan

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Cort Smith, Chair,  
Caritas Hospitals  
Foundation

**Founded by**  
Sisters of Charity  
(Grey Nuns) of  
Montreal (1988)

1100 Youville Drive West  
Edmonton AB T6L 5X8

Main 780.735.7000  
Patient information  
780.735.7272



Photo courtesy of Bluefish Studios

# Precious Moments

## Grey Nuns Community Hospital

Diane Hilsendeger has terminal cancer.

But she doesn't waste time wondering how much time she has left. Instead, her focus is on making the most of every precious moment. "I am thankful I have my life," explains Diane. "That is the main thing."

Coming to the palliative unit at the Grey Nuns made a big difference to Diane and her family, because she was no longer coping well at home.

"I'd rather be here because they are managing my pain," Diane explains. "They really care."

Diane hasn't been able to walk or lay down in bed for several months, so staff moved a recliner into her room for private visits and sleep.

Mother to three grown children, Diane's courage and positive attitude is a constant source of inspiration. Daughter Amy even enjoys occasional sleepovers in the bed next to her mom's easy-chair, complete with TV movies and snacks made in the unit kitchen. "I never feel like I'm imposing," Amy explains. "It means the world to me to see her settled."

The Tertiary Palliative Care team at the Grey Nuns has world-renowned expertise in caring for terminally ill patients with severe or complex symptoms

# Misericordia Community Hospital



The Misericordia Community Hospital provides a full range of acute-care services to a diverse and growing community. Health care services follow a deep-rooted tradition of Healing the Body, Enriching the Mind and Nurturing the Soul.

## 2009-10 Activity

<b>Outpatient visits</b>	132,353
<b>Emergency visits</b>	49,711
<b>Babies born</b>	2853

<b>Beds</b>	306
<b>Staff</b>	2,396
<b>Volunteers</b>	519

## 2009-10

<b>Combined operating budget for the Grey Nuns and Misericordia Community Hospitals</b>	\$434.4 million
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## Major programs and services

24-hour Emergency	Institute for Reconstructive Sciences in Medicine (iRSM)
Alternate Level of Care	Medicine
Ambulatory Care	Orthopedics
Child Health Services	Mental Health
Coronary Care	Social Work
Critical Care	Spiritual Care
Day Surgery	Surgery/Anaesthesia
Diagnostic Services	Therapeutic Services
Family Medicine Centre	Women's Health
Geriatric Services	

**Senior Operating Officer**  
Jan Schimpf

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Cort Smith, Chair,  
Caritas Hospitals  
Foundation

**Founded by**  
Misericordia Sisters  
(1900)

16940 87 Avenue  
Edmonton AB  
T5R 4H5

Main 780.735.2000  
Patient information  
780.735.2881



# Speaking Out

## Misericordia Community Hospital

Ordering a “double-double” from her favorite coffee shop is something Debra Hall-Lavoie will never take for granted. “Having no voice is a lonely path,” she explains. “When you don’t sound like everyone else, people make judgments about your intellect.”

Five years ago, a persistent sore throat sent Debra to the emergency room. Next thing she knew, she was a cancer patient—the disease had spread throughout her head and neck. Thankfully, a team of medical experts, 14 hours of surgery and bouts of radiation saved her life.

But it was the team at the Institute for Reconstructive Services in Medicine (iRSM) that saved Debra’s voice—and her quality of life. A special mouthpiece they developed, combined with speech therapy, meant Debra could talk again after losing part of her tongue in surgery.

Debra, a retired Occupational Therapist and lecturer, understands the power of one’s voice. As she sips her coffee, Debra explains, “speech is a window to your abilities. iRSM has been critical in helping me preserve my self-identity.”

iRSM, based at the Misericordia Hospital, is an internationally recognized clinical and research institute focused on medical reconstructive sciences

# St. Joseph's Auxiliary Hospital



St. Joseph's Auxiliary Hospital, located in Edmonton, is home to seniors who receive compassionate, holistic, 24-hour nursing care. The facility also offers palliative care and other valued supports to the local community.

<b>Beds</b>	202
<b>Staff</b>	356
<b>Volunteers</b>	240

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#### 2009-10

<b>Annual operating budget</b>	\$18.9 million
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#### Major programs and services

Community Day Support  
Continuing Care  
Palliative Care  
Social Work  
Spiritual Care  
Therapeutic Services

**Executive Director**  
Marilyn Snow

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Dr. Deirdre Ashton,  
Interim Chair

**Founded by**  
Sisters of Providence  
of St. Vincent de  
Paul (1927)

10707 29 Avenue  
Edmonton AB  
T6J 6W1

Main 780.430.9110  
Fax 780.430.9777  
switchboard@st.josephs.ab.ca



# Working Out for Independence

## St. Joseph's Auxiliary Hospital

On any given day, you just might spot a group of seniors in or around St. Joseph's Auxiliary Hospital practicing their morning exercises.

Pauline Smith is among them twice each week—an enthusiastic participant in a special Community Day Support program that is focused on improving the quality of life for adults with physical, cognitive or social limitations.

Three years ago, Pauline injured her shoulder and had knee-replacement surgery. Stretching with rubber bands and lifting small hand weights keeps her strong enough to prevent injury or a fall in her

home. "I enjoy my exercises," says Pauline. "I've also met some very nice people. It's the social part I enjoy the most."

Clients attend the dynamic program for a number of needs. One may be recovering from a stroke and work with therapists on their strength and balance. Another may show signs of early dementia and needs to keep their mind active. The program also offers respite care for caregivers.

The program exists to ensure "clients feel valued," says care manager Bonnie Derow. "Our goal is to keep our clients independent, strong and able to manage in their home environment."

The Community Day Support Program at St. Joseph's Auxiliary Hospital gives seniors the tools to live independently for as long as possible

# Villa Caritas



Opening Fall 2010 on the Misericordia campus in Edmonton, Villa Caritas will serve a growing number of seniors with complex mental health and medical conditions.

<b>Beds</b>	150
<b>Staff</b>	300*

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**2010-11**

<b>Annual operating budget</b>	\$26.9 million
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\*Estimate September 2010

## Major programs and services

Community Geriatric  
Mental Health  
Geriatric Psychiatry  
Psychological  
Assessment and  
Services  
Social Work  
Spiritual Care  
Therapeutics

**Senior Operating  
Officer**  
Scott Baerg

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Cort Smith, Chair,  
Caritas Hospitals  
Foundation

**Founded by**  
Covenant Health  
(2010)

Main 780.342.6500  
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# Villa Caritas

Villa Caritas, the newest addition to the Covenant Health family, is a 150-bed facility that will serve our most vulnerable seniors—those with complex medical and mental health needs. Designed to meet a growing need in the Edmonton area, Villa Caritas will expand the geriatric mental health program, currently housed at Alberta Hospital Edmonton, by 44 beds. This represents a 42% increase in the health care system's capacity to respond to seniors with mental illness.

Villa Caritas will provide appropriate, timely intervention and care for seniors with complex mental health and medical needs with a focus on treating their conditions and transferring them back home or to

an appropriate care setting. Villa Caritas brings together the excellent work and experience of the Alberta Health Services team together with the Covenant Health's strengths as a significant provider of a full range of health services to create a world-class program in a patient-centred facility.

The Villa Caritas environment—comfortable, private rooms and large, open common areas—has been designed to create a home-like living space that provides easier access to specialty services and supports that address each patient's health, spiritual and social needs.

Villa Caritas will open in Fall 2010.

# Killam Health Centre



Killam Health Centre provides the people of Killam and Flagstaff country with individual and family centered health services—including 24-hour emergency, diagnostic, therapeutic and continuing care.

## 2009-10 Activity

<b>Outpatient visits</b>	21,572
<b>Emergency visits</b>	4,522

<b>Beds</b>	50
<b>Staff</b>	105
<b>Volunteers</b>	52

## 2009-10

<b>Annual operating budget</b>	\$6.4 million
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## Major programs and services

24-hour Emergency  
Continuing Care  
Diagnostic Services  
Medicine  
Palliative Care  
Spiritual Care  
Subacute Care

**Executive Director**  
Geraldine Clark

**Community Board**  
Manfred Jesswein,  
Chair

**Foundation Board**  
Manfred Jesswein,  
Chair

**Founded by**  
Sisters of  
St. Joseph (London)  
(1930)

Box 40  
5203 49 Avenue  
Killam AB T0B 2L0

Main 780.385.3741  
Fax 780.385.3901



# Supporting Joy

## Killam Health Centre

Visits to a farm like the one she was raised on. Building scrapbooks. Special field trips and lunches. Joy Armstrong enjoys her occasional outings and activities with the Adult Social Day Support Program at Killam Health Centre because they are designed with her interests and needs in mind.

Scrapbooking is among her favorite. "We spend an hour or so and I don't know where the time goes," Joy explains. "Doing pages of the kids' weddings and of the grandkids. It's a wonderful keepsake."

The program gives Joy an opportunity to get out and to socialize, keep her mind active, and manage her health challenges. The program staff are "wonderful," Joy says. "They do whatever they can for you."

Joy's daughter-in-law Carol is grateful for the support. "We feel positive about Joy coming here. She is getting out and doing things that we wouldn't be able to do," she explains. "We are thrilled to have this service in rural Alberta. To me, the program is a necessity."

The Adult Social Day Support program is focused on helping participants maintain, restore or improve social, physical and cognitive function, allowing them to live independently for as long as possible

# Martha's House



Located in Lethbridge, Martha's House is an independent living facility operated by Covenant Health under St. Michael's Housing Association.

<b>Employees</b>	3
<b>Apartments (independent living)</b>	118

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**Executive Director**  
Chuck Couillard

**Founded by**  
St. Michael's  
Housing Association  
(2005)

**Operated by**  
Covenant Health

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Lethbridge AB  
T1J 2Y8

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Fax 403.327.3020



Photo courtesy of Monica Chapman Photography

# Snug as a Bug

## Martha's House

Bea Kidd, one of Martha's House spunkiest residents, doesn't let advancing age hold her back. With the support of a tool she calls her "Charlie Walker" the social butterfly gets around just fine and embraces all that life has to offer. "We do almost everything together," she chuckles.

Bea moved into the independent living facility just over four years ago, when she was ready to make a change. "It was homey, had beautiful surroundings and I just decided right then and there that I was moving in. "Today, Bea is Chair of the Resident's Council and she plays an active

role in the facility—from organizing social activities to helping problem-solve any issues that arise.

Any day of the week, Bea can be spotted visiting with family in her spacious apartment and chatting in the hallways with the staff she treats like her own grandchildren. You might also catch her in the activity room playing Nickel Bingo with her friends.

"I've had a wonderful life," she says. "I feel as safe and happy here as a bug in a rug."

Martha's House is an independent living facility in Lethbridge, Alberta that is operated by Covenant Health under St. Michael's Housing Association

# St. Michael's Health Centre



Located in Lethbridge, St. Michael's Health Centre offers a broad range of services to people of southern Alberta, including rehabilitation, continuing care and palliative care.

## 2009-10 Activity

<b>Outpatient visits</b>	11,460
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<b>Beds</b>	154
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<b>Staff</b>	333
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<b>Volunteers</b>	255
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## 2009-10

<b>Annual operating budget</b>	\$20.1 million
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## Major programs and services

Ambulatory Care

Continuing Care

Inpatient Rehabilitation

Palliative Care

Social Work

Spiritual Care

Subacute Care

Therapeutic Services

**Executive Director**  
Chuck Couillard

**Community Board**  
Jozef Prozniak,  
Chair

**Foundation Board**  
Jozef Prozniak,  
Chair

**Founded by**  
Sisters of  
St. Martha (1929)

1400 9 Avenue South  
Lethbridge AB  
T1J 4V5

Main 403.382.6400  
Fax 403.382.6413



Photo courtesy of Monica Chapman Photography

# Back on His Feet

## St. Michael's Health Centre

Golfing. Cross-country skiing. Bowling. For over eight decades, Hugh Christie relied on a pair of strong legs to support his active lifestyle.

But when a stroke knocked him off his feet and into a wheelchair, he faced an uphill battle to regain his quality of life. Fortunately, he had a determined attitude and the help of a skilled and supportive team at the inpatient rehabilitation program at St. Michael's Health Centre in Lethbridge.

Hugh was determined to walk out of the facility on his own, and staff rallied behind him to make sure he achieved his goal.

They worked with him for three hours a day, five days a week as he transitioned from bed to wheelchair to walking.

"They were just so encouraging. They even made a video of his progress," explains Hugh's wife Jean. When Hugh walked into the dining room on his own, all the staff, stood up and clapped.

Although he is not able to do some of the activities he did before the stroke, Hugh still goes for short walks and bowls. "If it hadn't been for the staff at St. Michael's, Hugh would never have walked again."

St. Michael's Health Centre in Lethbridge is home to southern Alberta's primary inpatient rehabilitation program—a post-acute rehabilitation program for individuals recovering from severe illness or disability

# St. Therese Villa



St. Therese Villa is a Designated Assisted Living (DAL) facility in Lethbridge. St. Therese has been a pioneer in this new model of care that offers a home-like option for residents who require on-going nursing support.

<b>Beds</b>	200
<b>Staff</b>	152
<b>Volunteers</b>	35

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#### 2009-10

<b>Annual operating budget</b>	\$10.4 million
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#### Major programs and services

Continuing Care  
Spiritual Care  
Therapeutic Services

**Executive Director**  
Chuck Couillard

**Community Board**  
Jozef Prozniak,  
Chair

**Foundation Board**  
Jozef Prozniak,  
Chair

**Founded by**  
St. Michael's Health  
Centre (2008)

253 Southgate Boulevard  
Lethbridge AB  
T1K 2S1

Main 403.332.5300  
Fax 403.332.5301



Photo courtesy of Monica Chapman Photography

# Enjoying the Little Things

## St. Therese Villa

As a pilot in the Canadian Air Force, Doug Rogers lived all over the world. From Toronto to Halifax, North Sydney to England.

Today, at 97 years old, Doug is proud to call St. Therese Villa home. "You can't get better care anywhere else in Lethbridge," he says.

The Designated Assisted Living facility offers a home-like environment for those requiring ongoing nursing support. Each resident's health is monitored on a daily basis by the committed care team, led by Licensed Practical Nurses, with access to a Community RN when required.

But it's the little things that make the biggest difference to Doug. Staff arrange a ride for him to the Legion every Wednesday, where he attends meetings and "solves the world's problems." They also make sure he has private space to visit with his friends and family.

Mr. Rogers married his sweetheart Lillian over 70 years ago and their three children, five grandchildren and five great-grandchildren are always happy to visit him and take comfort knowing he has the best care.

"The staff are here to help before you can blink an eye," smiles Doug, "They sure are good to me."

St. Therese Villa is a Designated Assisted Living Facility in Lethbridge, Alberta

# Mary Immaculate Hospital



Located in Mundare, Mary Immaculate Hospital is rooted in Ukrainian Catholic history and a tradition of hospitality and service to the community. The facility provides continuing care to people of all faiths and traditions, and offers a valued mental health adult day program.

## 2009-10 Activity

<b>Outpatient visits</b>	6,891
<b>Beds</b>	30
<b>Staff</b>	64
<b>Volunteers</b>	12

## 2009-10

<b>Annual operating budget</b>	\$3 million
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## Major programs and services

Adult Day Program  
Ambulatory Care  
Continuing Care  
Palliative Care  
Spiritual Care

**Executive Director**  
Paul Hardy

**Community Board**  
JoAnn Dubyk, Chair

**Foundation Board**  
Sylvia Zacharkiw,  
Chair

**Founded by**  
Sisters Servants of  
Mary Immaculate  
(1929)

Box 349  
Mundare AB T0B 3H0

Main 780.764.3730  
Fax 780.764.2112



# Living Life to the Full

## Mary Immaculate Hospital

As a priest, Father Damien Weleschuk is used to practicing compassion. Now, as a resident at Mary Immaculate Continuing Care centre, he receives it.

“Compassion is the responsibility of all humans,” he says. “Anyone who opens their heart to the Lord can offer compassion.”

Born in Lamont 84 years ago, Father Damien knew he wanted to be a priest since he was 10 years old. He studied theology in Rome where, “life was pretty simple...not always exciting, but inspiring,” he explains. Ordained in 1958, Father Weleschuk helped establish a parish in Mundare.

Years later, the community of Mundare is still home. At Mary Immaculate, Father Damien says his warm residence “has lots of room compared to what I’m used to. The [staff] look after us. That’s why we’re here.”

The residence offers him the care and support he needs to live his life to the full—which for him means practicing his faith. As he sits among his countless theological books, he explains, “studying the bible is never finished.”

Mary Immaculate Continuing Care Centre is a residence for people who require long-term care and support, or the assistance provided by the mental health adult day program

# Youville Home



Steeped in a rich 147-year history, Youville Home provides St. Albert with continuing care and supportive housing options in a new modern facility with a home-like atmosphere.

<b>Beds</b>	222
<b>Staff</b>	385
<b>Volunteers</b>	179

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#### 2009-10

<b>Annual operating budget</b>	\$18.8 million
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#### Major programs and services

Continuing Care  
Palliative Care  
Social Work  
Spiritual Care  
Therapeutic Services

**Executive Director**  
Cecilia Munro

**Community Board**  
Chris Ashdown,  
Chair

**Foundation Board**  
Cort Smith, Chair,  
Caritas Hospitals  
Foundation

**Founded by**  
Sisters of Charity  
(Grey Nuns) of  
Montreal (1863)

9A St. Vital Avenue  
St. Albert AB T8N 1K1

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Fax 780.459.4139



# Painting Brighter Days

## Youville Home

The morning slips away while Youville Home resident Mae Dory, aged 94, dips her brush in a sky-blue watercolor to put the finishing touches on her latest masterpiece. "I've been working on this one about four times," she says, looking at her golden-haired, feather-winged angel. "They always give me the hard ones!" she laughs, explaining that that she is given an outline that she paints and makes her own.

Each Wednesday, Mae joins about a dozen other Youville Home residents who side-step their physical limitations into a world

of soft, hazy colours. The room is abuzz with chatter while the participants—all of whom require 24 hour nursing care—socialize while they paint.

The art program challenges Mae to keep her fingers flexible, mind active and creative spirit alive. "I always say I am never coming back," jokes Mae with a cheeky smile, "but I'm here every week. It makes me feel like I accomplished something. I guess I do a pretty god job."

Youville Home art therapy is supported by the St. Albert community who purchase greeting cards featuring resident artwork at the facility gift shop

# St. Mary's Health Care Centre



St. Mary's provides this rural central Alberta community of Trochu and area with a range of health and continuing care services in an atmosphere of dignity and respect for the whole person.

## 2009-10 Activity

<b>Outpatient visits</b>	59*
<b>Beds</b>	56
<b>Staff</b>	69
<b>Volunteers</b>	77

## 2009-10

<b>Annual operating budget</b>	\$3.6 million
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\*Outpatient department closed September 2009

## Major programs and services

- Continuing Care
- Diagnostic Services
- Family Medicine Centre
- Geriatric Services
- Spiritual Care
- Therapeutic Services

**Executive Director**  
Marilyn Weber

**Community Board**  
Ron Zook, Chair

**Foundation Board**  
Ron Zook, Chair

**Founded by**  
Sisters of Charity  
Notre Dame  
d'Evron (1909)

Box 100  
451 Dechauney Avenue  
Trochu AB T0M 2C0

Main 403.442.3955  
Fax 403.442.3945



# Compassion Has Lasting Impact

## St. Mary's Health Care Centre

World War II veteran. Teacher. Principal. Husband and farmer. Don St. John played many roles throughout his life. But at St. Mary's Trochu he was known as a loving family man with a sharp wit and a joyful spirit.

Don received care at St. Mary's Health Care Centre in Trochu in the five months before his death in December at age 89. Even today, Don's widow Eleanor takes comfort in the quality of care he received.

"I just can't tell you enough good things about the people and the facility," she says. "They were so good to him.

He would hardly ring his (call) bell before someone was at the door...ready to help," she explains. "He loved them." Eleanor especially liked how the staff would return their affection with caring pats and kisses on the top of his head.

"We enjoyed many laughs together," says Recreation Therapy Aide Kelly McRae who encouraged Don to participate in sing-alongs and other recreation activities. "He made me feel special. He was one of my favourite 'Grandpas' at St. Mary's."

St. Mary's Health Care Centre in Trochu provides continuing care and assisted living services

# St. Joseph's General Hospital



Located in Vegreville, St. Joseph's General Hospital serves a diverse population in the Town of Vegreville and surrounding communities with quality acute care and outpatient services.

## 2009-10 Activity

<b>Outpatient visits</b>	9,085
<b>Emergency visits</b>	11,923

<b>Beds</b>	25
<b>Staff</b>	162

## 2009-10

<b>Annual operating budget</b>	\$9.8 million
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## Major programs and services

24-hour Emergency  
Ambulatory Care  
Diagnostic Services  
Medicine  
Palliative Care  
Social Work  
Spiritual Care  
Therapeutic Services

**Executive Director**  
Paul Hardy

**Community Board**  
Maria Radcliffe,  
Chair

**Foundation Board**  
Maria Radcliffe,  
Chair

**Founded by**  
Sisters of Charity  
of Notre Dame  
d'Evron (1910)

Bag 490  
5241 43 Street  
Vegreville AB T9C 1R5

Main 780.632.2811  
Fax 780.603.4402



Photo courtesy of Patricia Shewchuk Photography

# Trust is Key

## St. Joseph's General Hospital

The emergency room is a place most people hope they never have to go. Linda Bosse, a 44-year-old mother and grandmother, goes daily.

Linda lives in Vegreville and about 8 years ago, had her right arm amputated below the elbow. Since then, she's had ongoing difficulties with her wound. So Linda visits the emergency at St. Joseph's General Hospital every single day to have her dressings changed.

Luckily, the nurses know Linda by name and make her feel her best. "They're always gentle and explain to me what's happening," says Linda. Staff focus on

finding new ways to dress her wound to minimize trauma. They've also called upon the resources from other units, all with Linda's best interest in mind.

"They're trying everything they can to buy me time so we can solve this," says Linda. "I know they're working hard for me."

Linda is at risk for losing the remainder of her arm, but the relationships she's formed with the nurses get her through her toughest days. "You get to know the staff. They have good days and bad. But they always have time to joke around with me. I trust them."

St. Joseph's General Hospital, Vegreville offers quality acute care and outpatient services in the heart of rural Alberta

To find out more about how you can support our work, contact your local facility or visit [www.covenanthealth.ca/donations.html](http://www.covenanthealth.ca/donations.html)

## Foundations

Covenant Health facilities receive tremendous support from their community through 10 local foundations:

Bonnyville and District Health Foundation, Bonnyville

St. Mary's Hospital Foundation, Camrose

Our Lady of the Rosary Hospital Foundation, Castor

Caritas Hospitals Foundation, Edmonton and St. Albert

St. Joseph's Auxiliary Hospital Foundation, Edmonton

Killam and District Hospital Foundation, Killam

St. Michael's Health Centre Foundation, Lethbridge

Mary Immaculate Hospital Foundation, Mundare

St. Mary's Health Centre Foundation, Trochu

St. Joseph's General Hospital Foundation, Vegreville



## Covenant Health

*Compassionate care led  
by Catholic values*

Covenant Health is Canada's largest Catholic health care organization, with over 14,000 physicians, employees and volunteers serving in 11 communities across Alberta. A major provider in Alberta's integrated health system, Covenant Health works with Alberta Health Services and community partners to positively influence the health of Albertans through a broad range of programs and services in our hospitals, health centres and continuing care facilities.

### **Be a part of our team!**

Contact Human Resources or visit our website for career opportunities across Alberta.

Human Resources 1.877.450.7555

CovenantHealthCareers@covenanthealth.ca

### **Covenant Health Provincial Office**

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