

Appendix A to the Agreed Statement of Fact
Handwritten Confession

Sept 2007
Caressant Care

Not a diabetic, had dementia

Written Sept 24 -
Elizabeth Wetlaufer
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1) James Silcox - I was working a double shift. 3pm - 7am.

James was known for inappropriately touching the staff -

[Redacted] James was not diabetic.

That evening I got the urge to overdose James. I was angry that he was so inappropriate. At approximately 9:30pm I decided to overdose him with insulin, hoping he would die. I felt it was his time to go because of the way he acted. I remember feeling angry at him.

I went into the med room & used a spare insulin needle to prepare a dose of 50 units of short acting insulin. I gave it to him at app. 10:30 p.m.

I throughout the night, after I overdosed him, James called out "I'm sorry" and "I love you". At app. 3:00 a.m., the P&W's found James vital signs absent. I called the attending physician and the James family to inform them of James' death. The physician ruled his cause of death to be a post surgery embolism.

Sept or Oct 2007

Caressant Care

2) Maurice Granat - Not a diabetic, cancer patient

I was told by one of the nurses that Maurice had a bad habit of grabbing the staff's breasts and asses. One afternoon I was working and I felt angry. I gave Maurice app. 40 units of short acting

Maurice Granat (cont'd)

insulin at around 8 pm. By the next morning he was in a coma. He died some time that afternoon.

October 2011

Helen Matheson Not a diabetic. Carissant Care, Dementia
 Helen was very quiet & reserved. One afternoon I gave her an overdose of insulin. I am not sure why I chose her, I was feeling angry and frustrated about my job. After the overdose she stopped talking and eating. The Doctor declared her to be palliative. She died 2 days later.

October November 2011

Mary Zerwinski - Not a diabetic, Carissant Care, dementia

Mary was spunky, thin and outspoken. One afternoon, around 4 pm, I gave her 50 units of short acting insulin and 30 units of long acting insulin. She begged me because she was outspoken & resistant to care. I was feeling very angry in general. She died the next afternoon.

November 2011

Gladys Millard - type 2 diabetic, Carissant Care, dementia

Gladys had severe dementia & no longer talked. She was very stubborn & horribly difficult to give pills to.

I was working 7-3. 11pm - 7am. At around 5 am I gave her 40 units of long acting insulin and 60 units of short acting insulin. At app. 7 am she became unresponsive and diaphoretic. She died that evening.

Elizabeth Wettkufer

October 2013

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Helen Young - Caressant Care - type 2 diabetic, - dementia

Helen was feisty and outspoken. She was constantly saying "help me nurse". She frequently yelled out "I want to die". One afternoon I felt like something snapped inside me. She kept yelling out she wanted to die. I thought angrily "fine. I'll help you die." I gave her 60 units ~~of~~ ^{of} short acting insulin just before supper. After supper I gave her 60 units of long acting insulin. At app 8pm the PSW^{thw} called me to her room. Helen was having a seizure. She was not epileptic. I took all her vital signs and pretended to take her blood sugar. She died 2 days later.

March 2013^{thw} March 2014

Maureen Pickering - Caressant Care - dementia, not diabetic

Maureen had a lot of behaviours. She would hit other residents or pull their hair. She was on one to one care. We didn't always have the needed staff for this. Sometimes I had to be with her 1 on 1 as well as give pills to 32 people, do paperwork and do treatments. One afternoon shift we did not have her 1 to 1 staff. I was angry, frustrated and irritated. She kept yelling out random ^{or} things. ^{after supper, or} I gave her a Haldol shot to calm her down. Then I got the idea that if I could cause her some brain damage she wouldn't be such a handful.

at app. 8pm I gave her 80 units of long acting insulin. That night she ~~went~~ ^{had} a stroke.

Elizabeth
Dr. Elizabeth

March 2014^{BH} March 2014^{BH} 1

Maureen Pickering (cont'd)

She was sent to hospital where she became comatose. She died app. 5 days later.

August 2014^{BH} Meadow Park Nursing Home

Arpad "Art" Horvath Dementia, Not diabetic

Art was physically abusive to the staff. He would pinch & hit. One evening I decided enough was enough. I felt angry, frustrated, vindictive, & energized. I gave Art 80u of short acting insulin & 60u of long acting insulin at app 8 pm. During the night he had a stroke, ~~and~~ died 4-5 days later.

People who didn't die

Clotilda Adriano - dementia - diabetic - Caressant Care
September 2007

Albina Demideros - diabetic - Caressant Care
October 2007

Wayne - dementia diabetic - Caressant Care
October 2008

Mike - Huntington's disease
2009

Sandra Fowler Telfer Place Paris Winter 2016
Survived. Dose her 80u long acting insulin, 60u short acting

Beverly ~~(?)~~ (?) diabetic

August 2016 Saint Elizabeth, Ingersoll, home care
Dose 180u long acting insulin via Picc line
Survived

Elizabeth Wetlaufer