



September 2016

GREETINGS FROM THE OFFICE

Bethany Day in August is always a sign of end of summer events. This year we celebrated the 60th Anniversary. The day was special, from the start when the choir started singing to the end of the day one could feel rain of blessings from the heaven. God has been faithful and blessed Bethany in many ways. As pastor Krahenbil has quoted "Have faith, and the Lord will provide", how very true that is.

Fall is here again – within a week suddenly the trees have changed colours. We can see Canada geese and other birds flocking in the sky or resting on the fields waiting for another day to continue the flight south. This summer our major project was to improve Bethany outdoor areas. Birch Manor deck was extended and built for the residents to better enjoy the outdoors. Aspen Manor backyard has extended its walkways and a pergola was built. We have also planted many perennials and trees to improve the view from the resident room windows. Thank you to all volunteers, staff, Stauber family and Joan & Murray Hergott for their help in planting and providing perennials and trees. Now we are waiting for next summer to see the new perennials with beautiful flowers blooming.

Fall means also harvesting fields and gardens, preparing the soil for the next spring. Once the garden work is done we will be starting again our exercise groups for the seniors. Monday mornings the forever in motion class and on Thursday the popular Tai Chi Cha class. More information from the office.

Celebrations for Bethany's 60th anniversary continues. On October 15 we have the official anniversary event for all who have had connections with Bethany. It will be an evening of celebrating the history of Bethany and revealing plans for the future. Please join us in this celebration. Tickets are available at Bethany office.

Thanksgiving Day is almost here. All the praise and honour to God for everything He has provided for us. We have so many things at Bethany to be thankful for and we will continue in trusting for His guidance in our everyday lives. Being a Christian Home is a great blessing – whatever type of decisions we face; there are biblical principles that can help us in making right decisions.



Tent was full at Bethany Day

Once again, sincere thanks to our caring and compassionate staff, our special women's' auxiliary team and volunteers, and our hard working board. Thank you all for your contributions to make Bethany a wonderful place to work at, a family and a home for our residents and tenants.

Have a blessed Thanksgiving!

Sinikka Purmonen
Administrator



FROM THE NURSING STATION

St. Benedict Ladies Quilts: Every year the ladies of St. Benedict and area get together to hand-stitch quilts for the resident's beds at Bethany. The rooms are small and the bed is definitely the centre of attraction, so these beautiful warm quilts make the room look cozy and comfortable. Mrs. Ella Lingel from Cudworth sews the tops together. We thank her and the ladies of St. Benedict for this continued kind work.

Immunization and Long Term Care Homes: Immunization is an amazing combination of science and your immune system. Vaccines that are used to immunize, contain components of a specific bacteria or virus. The bacteria or virus components are killed or weakened. When you get a vaccine, it is not strong or plentiful enough to make you sick, but it's enough for your immune system to create antibodies against it. As a result, the vaccines prime your body against future "attacks" by a particular disease.

There are two vaccines residents should get. Pneumococcal polysaccharide 23-valent vaccine usually is given to those who are 65 years and older and often residents have received this vaccine prior to coming to live at Bethany. If you are unsure that you have received this, the provincial immunization registry called Panorama can be accessed with your permission to search your personal records and obtain your history. The Registered Nurse is able to give the vaccine at Bethany if it has been established that you have not received it.

Flu Vaccine is the other vaccine. Residents should receive the Flu vaccine annually. It is also recommended that those providing care should receive the vaccine to protect themselves and the residents. Unlike other vaccines, the flu vaccine needs to be given every year. Your body's immune response declines over time and the flu virus is constantly changing, therefore requiring the vaccine to be updated to keep up with that change.

In Canada the active influenza season generally starts in November and ends in March, however it may start earlier and go longer. The flu vaccine is most effective for a period of three months from the time the vaccine is given. There is always some question as to whether it should be given early or late in the season. When do we want the most protection?

Flu clinics for the general public begin October 31, 2016. More information about the flu immunization is available at the Population and Public Health website: www.4flu.ca (SHR Seniors' Health and Continuing Care). If you have any questions with regards to Immunizations, please do not hesitate to stop by my office at any time or call me at 367-2036.

60th Anniversary Celebrations: As celebrations of our Anniversary are slowly coming to an end, we can be so ever grateful for the people who have contributed in any way to Bethany. As I skim through the history book it gives me a wonderful sensation of love and caring that has given Bethany its reputation and kept me loving the work that I do. Bethany is my home.

It is in understanding our history of people helping Bethany in any small way and the huge impact that these selfless gifts had on Bethany. It is the residents who have lived here and the staff who have worked here, the volunteers who have given so freely of their time, the board members who hung onto ownership even through health care reform and pressure to give up ownership, and the ministers who have brought us closer to our Lord and had worship services with us and the administrators



Bethany Staff

who had the vision to bring Bethany into the future? We have all pulled together to make this our home. It brings tears of joy to our eyes, brings love and faith into our hearts and souls, and smiles to our faces. It is truly a privilege and blessing to be a part of Bethany Pioneer Village.

Thanksgiving is a time to reflect on the many blessings of not only the past year but the past 60 years and we pray for His guidance as we continue into the future. October 15 will be our final 60th Anniversary Celebration and I would urge you to attend this historical event. Bethany is your home and we want you to be a part of the celebration.

God bless you all!

Colette Meszaros RN
Director of Care



Choir at Bethany Day

BETHANY DAY HOMECOMING HIGHLIGHTS

By Sharon Carter

Early that morning the rain came down hard and fast. But, by 9:00 a.m. as the last minute preparations were being made, the sun shone warm and bright, quickly drying up the puddles. As the crowd gathered under the big blue and white tent for the church service, the choir of singers from Middle Lake and surrounding communities sang and the handbells rang.

Pastor John Rapp led the service, assisted by Pastor Ken Keller, Pastor Brad Julien and Pastor Robert Grout. The President of Lutheran Church Canada Central District, Pastor Thomas Pratcher, inspired everyone with his sermon "Moving Towards Bethany's Future With Confidence".

At noon Bethany's Auxiliary ladies were ready and waiting for their hungry customers. Soon everyone was enjoying hamburgers and home-made pie.



Handbells

After lunch we joined Pastor Rapp and the Stauber family at Bethany's beautiful new pergola and garden area behind Aspen. At the dedication of the pergola, that was built in memory of Annie Stauber, the family gathered for a picture.

Then it was time for us to gather under the tent again for Bethany's annual staff service awards.

Receiving awards for 10 years of service at Birch were Doreen Dobrohoczki, Irene Giesbrecht and Michell Heidecker. Staff awards for years of service at Aspen went to Linda Klitch and Bonnie McMillan for 10 years; Vickie Hauser, Janice Martin and Karen Rung for 15 years; Raylene Doherty and Diane Jenkins for 20 years; Marianne Bautz for 25 years and Gloria Struck for 35 years.



Stauber Family around the pergola

A special surprise presentation was made to Sinikka and Colette by staff members. Listening to Lorenda Thimm eloquent words of appreciation for the leadership of Sinikka and Colette was an emotional moment for all of us.

Activities

I think that most everyone will agree that we had a great summer. The weather was as good as it gets for growing crops and gardens. September on the other hand has dealt us some not so great weather for harvesting, so let's be hopeful that October will be kinder. Our raised gardens at Aspen have done very well this year and the residents made and enjoyed many fresh salads and are enjoying the fresh tomatoes.

Summer started with our annual Summerfest held in early July. This event is a great way for us to celebrate our community and also say thank you to our many volunteers for the time they give to enriching Bethany and its residents. This year's event was moved indoors thanks to an untimely rain event. The meal was held in Aspen and Birch and the dance took place at Birch. Music was provided by the band "Slightly Off Center" from Saskatoon. It was a hot and muggy evening but many of the 200 attendees enjoyed the enlarged covered deck area at Birch. The weather created a lot of extra work for everyone, so a most grateful thank you to all who came out for the evening and to the staff and volunteers who helped with the evening.



Dancing at Summerfest



Busy making pies

Residents and volunteers spent an afternoon cutting up donated local apples which were made into 27 pies and frozen for future use. Residents also helped make prune plum jam, as a special resident request. We have ordered 150 lbs of cabbage which we will be making into sauerkraut in the next while. Activities has a new stove that sits in our activity room thanks to the generosity of the calendar committee. We are very pleased with it and look forward to many pleasurable hours of its use.

A special thanks to Mike & Lacey from Pharmasave in Humboldt for hosting a BBQ for the Bethany Residents. This event is a nice way for everyone to get to know each other.

The Bruno/Carmel Crew and the Cudworth Cowboys kept toes tapping and dancing on their visits to Aspen. Residents also enjoyed an afternoon presentation of Museum In A Suitcase put on by the Humboldt and District Museum. The crew from Futuristic Industries in Humboldt also made their annual stop to visit friends at Bethany. Always good to see this group.

Residents have enjoyed several country drives and lunch outings this summer. Thanks to the individuals who ride along with us. A big thank-you to Sally & Casper Freriks for hosting the residents for an afternoon this summer.



Pharmasave cooking lunch for residents

Thanks to Angie Reiter and Lorenda Thimm for working with me in Activities this summer. It was great having them cover for me while I was on holidays and working on extra events throughout the summer.

Dates to keep in mind:

October 15- Bethany's official 60th Anniversary celebration

October 28- Halloween Bash @ Birch- 7:00 p.m. music by "The Freakn Awesome Country Band".

December 5-Bethany's Annual Christmas Sale- 10:30-4:00p.m.

If you are grateful for everything, then whatever you have is enough.

Happy Thanksgiving!

Betty-Ann Godart
Activity Worker



Kitchen

Another summer is done. Sad to say.

It is now time for canning tomatoes, making pickles, freezing corn. And time for our residents to make their delicious sauerkraut. Can hardly wait to taste it.

Here is my favorite pickle recipe.

SLICERS

3 ½ cups Vinegar

3 ½ cups Sugar

1 tsp Celery Salt

1 cup Water

¼ cup Pickling Salt

Cucumbers

Onions

Boil first 5 ingredients. Put one slice of onion on top and bottom of each jar. Slice cucumbers length wise. Place in jars. Pour brine over cucumbers and seal.

Marian Kroll
Cook



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Auxiliary

As I sit down on Thursday evening to write my report, I reflect on a gorgeous fall day and how lucky I am to spend the better part of my day outside in my garden doing some fall chores and simply enjoying the sights and sounds.

The farmers giving it their all on this day as a big rain event is looming for Friday, Saturday and Sunday.

Our last meeting was very well attended and we organized all the food and help for Bethany Day.

We decided to pay the rest of the bill for the countertops in Birch after Bethany Day; as we will then have more money in our bank account.

Bethany Day was a beautiful summer day with lots of people, good food and great entertainment. Bethany Day Raffle was won by \$100.00 Rita Bautz, \$50.00 Allan Baumann, \$25.00 Luzia Jaster. Allan Baumann donated his prize back to the Auxiliary. Thank You, Allen.

We would like to say a big Thank You to all who helped at Bethany Day in any way, by donating pies, volunteering, attending, being part of the entertainment, etc. It was all very much appreciated.

The Zone 4 Rally will be in Tisdale this year: on Tuesday, October 25. More information will follow.

Our next meeting will be Monday, September 26 at 1:30 PM at Birch. If you would like to join us for a cup of coffee and some fellowship, you are always welcome.

As we reflect on all the Blessings we can count on this Thanksgiving; let us give Thanks to God for all his Goodness and Love.

We wish you all a very Happy Thanksgiving.

Ingrid Lechler

Full house at Summerfest



Over flow at Summerfest



Beautiful day at Sally & Casper'



Enjoying the outdoors

*An invitation for you - come celebrate with us!
Bethany Pioneer Village - 60th Anniversary*

Saturday, October 15th, 2016

Cocktails 5:00 pm

Banquet 6:00 pm

Program 7:15 pm

Middle Lake Multiplex on Railway Avenue

*An evening celebrating 60 years of caring and a
preview of future directions for Bethany! Enjoy the
music, the dessert buffet and special presentations!*

*Advance tickets only.
Available at Bethany office until
Friday, October 7th - \$20*



CHRISTMAS PARTY

Hosted By Bethany Pioneer Village

Saturday

November 26, 2016



SUPPER & DANCE

Cocktails	6:00
Supper	7:00
Entertainment	8:30



Tickets \$40.00 each
BOOK YOUR TABLE EARLY

Entertainment
By
The Capitals



**Bethany
Calendars are
here and can be
picked up at the
office.**



Gobble till ya



WOBBLE!
Happy Thanksgiving!

BETHANY HALLOWEEN BASH AT BIRCH FRIDAY

OCTOBER 28, 2016

DOORS OPEN AT 6:30PM

HAPPY HOUR ALL NIGHT LONG

ENTERTAINMENT BY

The Freak'n Awesome Country Band

STARTS AT 7:00 PM



50/50

SNACKS



CASH BAR