

December 2017

Greetings From The Office

As we approach Christmas, our joy increases as we prepare to celebrate the birth of Jesus our Saviour, the One who gives us abundant life. The message of Christmas brings us Hope, Peace, Joy and Love.

There is something special of Christmas at Bethany. The whole Bethany family is participating in welcoming the Christmas spirit to our grounds. Outdoor candy canes and other Christmas lights are glowing in the dark night – what a beautiful sight. Thanks to the maintenance men for bringing all the decorations down. Thanks also for our wonderful staff in decorating the resident rooms and doorways. Decorations look just fabulous.



This year has been a year of renovations, especially at Birch Manor. The Birch Manor new entrance project is expected to be completed by Christmas. The concrete landing is ready for railing installation and the automatic doors have arrived and will be installed this week. The highlights of the entrance renovation include expansion of the vestibule and redesigning the doctor's office.

In addition to the entrance project we have renovated two double room suites and the third one will be available before Christmas. Hallway walls have new fresh paint and sunroom has a new landing and a new ramp to make the entrance more accessible. Our fundraising team continues the Open the Door for Me project. Thank you for all the donors and fundraising team for the excellent work.

We have also added activities for the residents especially now before Christmas. Residents have been working with wreaths and bird feeders which were available for purchase at the annual Bethany craft sale. Residents were proud to show the work of their hands for their family members. Participation in meaningful activities is so important and is helping the residents to socialize and live a fuller life.

Well, winter and snow is here again to stay and for us to enjoy. The scenery on some mornings when walking down the road to work is just magical – frosted trees and white glittering snow. It is so beautiful and peaceful.

On Monday December 4, all twelve health regions amalgamated into one, officially forming the Saskatchewan Health Authority under new leadership. There will be no intermediate interruptions in the services. This is a long process and the changes will be seen in the years to come.

Bethany is focused in excellent care, safety and health. It is so wonderful to see the staff interactions with the residents – we are one big Bethany family. I am very proud of the way Bethany staff work to make Bethany the

wonderful place it is – a home for our residents in many ways. My sincere thanks to our caring and compassionate staff. Thank you also for the women’s auxiliary team for their support and all volunteers for your compassionate work. Your work has been a real blessing to Bethany and its residents.

Let us not forget the true reason of celebrating Christmas, the birth of Jesus our Saviour. God has been faithful are we grateful all His blessings.

I would like to wish you all a Blessed Christmas and Happy Holiday Season!

Sinikka Purmonen
Administrator



Hello From The Nursing Station

The Christmas spirit is in the air at Bethany. The rooms are decorated, doors are wrapped, and elves are busy working. Cookies are baked, iced and an odd one eaten. Menus for Christmas dinners are planned. We will squeeze in shopping, singing, wrapping and sending out Christmas cards. What a blessed time of year to be together and wait with excitement for the birth of our Lord, Jesus Christ.

The Flu shot was given to all the residents who wished to have one on November 22. There has been a case of Influenza A in one of our surrounding communities, so we want to protect ourselves and our residents. Please do not visit if you are feeling ill with an influenza like illness or are experiencing a gastrointestinal illness. Living communally, as we do at Bethany, makes for the ideal environment to easily spread germs. You and I may only feel ill for a few days, but many of our residents are frail and medically compromised, so their time to recover is much longer. Good hand hygiene is effective and will decrease the spread of germs by 33%. Use Isagel before coming to visit to protect the residents and then again upon leaving to protect yourself and your family.

There is no greater gift than coming to spend time with the residents while sharing fond memories and rekindling the love of family. Bring in some sparkling juice and home baked treats and make yourself a party. We have many small locations that are ideal for small family gatherings, the sun room, the reminiscence room, the TV room, the Activity room in the evenings and weekends, the dining room gathered around one of the tables, or in the resident’s rooms. There are always extra chairs.

My hope is that we all can be a bit more mindful, sensitive, and respectful of our elders. Without them, we would not be here. With them, our life can be richer in wisdom. Remember, we will all be there someday, if we are fortunate enough. Let’s try to respond now to our elders with the same dignity that we would want to receive in our future years.

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BETHANY PIONEER VILLAGE
INC.
Box 8
Middle Lake, SK
S0K 2X0

Telephone: 367-2033
Fax: 367-2155

ADMINISTRATOR
Sinikka Purmonen

ASPEN DIRECTOR OF CARE
Colette Meszaros

BIRCH COORDINATOR
Jessica Pashko

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Resolve to be cheerful and helpful. People will repay in kind. Resolve to listen more and talk less and be leery of giving advice because wise people don't need it and fools don't heed it. Resolve to be tender with the young, compassionate with the aging, sympathetic with the striving, and tolerant with the weak and the wrong; remember, at some time in our life, we will have been all of these things.

I HEARD THE BELLS ON CHRISTMAS DAY

**I heard the bells on Christmas Day
Their old familiar carols play
And wild and sweet the words repeat,
Of peace on earth, good will to men.**

**And in despair I bowed my head;
“There is no peace on earth,” I said,
“For hate is strong, and mocks the song
Of peace on earth, good will to men.**

**Then pealed the bells more loud and deep:
“God is not dead, nor doth He sleep;
The wrong shall fail, the right prevail,
With peace on earth, good will to men.”**



With all the world events of the past years, the words of this old carol have renewed meaning. I wish you and your family true peace and good will this Christmas season and a safe and healthy year that is filled with God's many blessings. With love and best wishes to all,

Colette Meszaros
RN DOC

Message From Canadian Martyrs Parish Father Colin Roy



Grace and peace to you on this joyous Feast of the Nativity!!

Preparations for Christmas are in full swing, and each year during this time I think back to my childhood when my family would get the house ready for Christmas.

As is the case in most families, setting up and decorating the Christmas tree was always a lot of fun. It was a chaotic and messy experience with decorations and metal hooks scattered on the floor, as my brother and I worked to decorate the tree, and mom cautioned us to be careful with my Grandmother's homemade decorations. However, once everything was in place and we finally figured out which bulb was burnt and needed replacing (Christmas lights wired in a series circuit always caused some frustration) it was time to set up the nativity scene, my personal favourite.

Our nativity scene was beautiful in a unique and humble way. The frame of the stable was made of sturdy twigs, and the roof and walls were made of cardboard wrapped in newspapers as a kind of wallpaper. I always enjoyed setting the figurines inside on the straw and then reading the odd headline or two on the walls. It never occurred to me until much later, just how appropriate this humble nativity scene actually was.

Our Lord Jesus Christ was not born in some majestic setting untouched by the world, but in the messiness of human history, at a specific time and place, with its own set of headlines. We often sterilize and sanitize the account of Jesus' nativity, failing to recognize the difficult and messy experience of it all. Imagine Mary and Joseph's exhaustion after a long and grueling journey to Bethlehem. Imagine the concern of St. Joseph as he desperately tried to find a place for his wife to deliver her child, only to be rejected and forced to take shelter in a cave that served as a stable for animals. And then, imagine the great joy that Mary and Joseph experienced looking upon the Lord of human history, the Saviour of the World, knowing that the Good God would not have had it any other way.

My brothers and sisters, may Almighty God grant you abundant peace and joy as we celebrate Jesus' birth and begin a New Year. Together, let us allow our Lord to make his home in our hearts so that we can go out and help bring him to birth in this messy world with all its headlines, with all its longing for a redemption to be found in Christ.

Message From Gospel Church

Pastor Ryan Schnee



Is Christmas a Christian Holiday?

There are some things that are predictable about the Christmas season. One is that someone will dedicate either air time or column space to highlight an organization's rebranding of "Merry Christmas" to "Happy Holidays". It is an annual exercise guaranteed to make emotions run high and the signs of, "Keep Christ in Christmas" to come out. Few will really consider what it is, or what it would be that would make Christmas, a Christian holiday, and what they really need to do, to keep Christ in Christmas.

The name Christmas by itself is not enough. A name is only as useful as it is accurate in describing the thing in question. A man blessed by his parents with the first name of 'Christian' may be an atheist. Whatever significance the word might have, its common associations don't apply in their case. Merely referring to this time of year as Christmas won't save the day. The meaning of the occasion must lie deeper than that.

What is it, then, that would make Christmas a Christian holiday? Would it be the food? Most families have traditional 'Christmas' food eaten at this time of the year. Fruitcake, gingerbread, turkey, cranberry sauce grace our plates.... it is a season for good food. Alas, this does not usually help our figure, or put the Christ in Christmas. In Ezekiel 16:49 we are told, "Now this was the sin of your sister Sodom; She and her daughters were arrogant, overfed and unconcerned: they did not help the poor and the needy." Unfortunately being fat and happy after a big meal is not a Christian virtue.

If it isn't the food, maybe it's the company. This is a season where friends and families gather, and where there is laughter and camaraderie around the table. This may be a good thing, or it may not. God spoke through his prophet Amos warning the people that, "I hate, I despise your religious feasts; I cannot stand your assemblies.... Away with the noise of your songs! I will not listen to the music of your harps. But let justice roll on like a river, righteousness like a never failing stream." (Amos 5:21-24)

If it isn't the food, and it isn't the company, perhaps it is the gifts. On this point we all hear how our gifts are related to the gifts that the magi brought for the Christ child. Unfortunately, this can be a tenuous connection. Our list of people that we will give gifts to it is usually composed of two categories, family, and friends that we receive gifts from. Of these Jesus said even evil people, "know how to give good gifts to their children," and, "if you do good to those who do good to you what credit is that to you? Even sinners love those who love them" (Luke 11:13, 6:32) The giving of gifts and time spent with family and friends, over fine food are not uniquely Christian activities.

Except for the date on the calendar, they are exactly the same things we do for the Grey cup, for birthdays, and anniversaries. So what would make Christmas a Christian holiday? What must we do to keep Christ in Christmas? What would define our celebration as truly representing the person who it is held in honour of?

When John the Baptist inquired if Jesus was the Christ he was given this reply, “The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor.” (Lk 7:22,23) Jesus was saying, “You can tell I’m the real thing because of my concern for the downtrodden and my efforts on their behalf.” It will be the same with our Christmas. It will have Christ in it not because of what we eat, but when we share it with the poor. It will have Christ in it when the invitation to our table extends beyond our family and friends to the lonely and the un-loved. It will be a Christian holiday when we give to those who never can, or never will repay our generosity.

Trusting you will keep Christ in your Christmas this year,



Open the Door Campaign Update

Happy Holidays! As we enter into this festive season, we thought it was a great time to update everyone on phase one of our “Can you open the door for me campaign!” Our fundraising efforts kicked off in July with the announcement of our plans to upgrade the existing dated manual entrance doors at Birch and put in new automatic doors. Along with this project, we also are expanding our healthcare options for our residents and community members by adding dental and foot care services. To accommodate these added provisions, an expansion of the existing doctor’s office will also be taking place.

As we are all aware, every project comes with a price tag, so we will continue to take on different methods of fundraising until our goal is reached. Through grants we have applied for and received, as well as personal donations our total raised since the summer is now at \$52,195.00. In keeping with the spirit of the holidays, as well as wanting to do their part to raise money, residents of Birch Manor have been busy all of November making birdseed wreaths, as well as Christmas wreaths to sell at the Bethany craft show. It has been an amazing use of their talents, and a wonderful way to connect with them and rekindle old stories of family time and their holiday traditions.

We look forward to the New Year with renewed spirit and excitement of upcoming events and upgrades to Bethany Pioneer Village. If you are interested in helping us achieve our goals, tax deductible donations are always graciously accepted and appreciated.

In closing, we wish you all a very merry Christmas. We hope this holiday season brings you peace, joy relaxation and joyful time with family and friends!



Birch Manor

It's beginning to look a lot like Christmas, everywhere you go. The joyful spirit of Christmas has struck here at Birch. It is a season of great joy; a time for remembering the past and hoping for the future.

The past few months seem to have flown by, but not without some great times. Thanksgiving brought us all together to reflect on all the good things in this uncertain world. Moving into the holiday season certainly has lifted spirits and smiles. Our Halloween party was not one to be missed with costumes, dancing, food, drinks and lots of laughter. Thank you again to the Freakin' Awesome Country Band who rocked us into the night, you were, well.... really freakin awesome.



We are truly grateful for the work that Sharon Carter has done with our choir group. It is an activity that is looked forward to by the residents every week. They even do homework and practice on Friday's during our morning exercises.

Art is proven to be very therapeutic for our minds, fine motor skills, and to calm anxiety and help fight depression. Dr. Zyg Kondziewski graciously has offered his time every week to our very own paint class! Every Tuesday afternoon we get together and learn new skills, work on new projects, while being entertained and fathomed by Zyg's talent and humor. He even made up some paint kits so that the residents can work on their canvas at home whenever the creativity strikes. This class is open to anyone who would like to participate and uncover a hidden talent, or if you are like me, pick up where you left off many years ago.

Let's celebrate the anniversary of Birch on December 8th with a special Chinese dinner. All are welcome to discover your good fortune!

Our Christmas party is on December 14th at 7 p.m. We will be entertained by Malcolm Foster for the evening, gather with our friends and loved ones and make cherished memories.

I am so thankful for our Birch family; it warms my heart to see everyone so happy and putting smiles on each other's face. We are very blessed with a Godly home full of wonderful neighbours and loving staff. Thank you everyone for showing that extra love and compassion.

I want to extend my love and prayers to everyone for a safe, happy, and healthy holiday season. I pray that we all leave 2017 in a closer walk with God.

Jessica Pashko
Coordinator



Activities

“Tis the Season” as they say, just like that December is here! Just as quickly our beautiful autumn scenery has been replaced with a white blanket of sparkling snow. Here at Bethany our yard has been turned into our own “Enchanted Forest” as Warren and Kevin have been busy putting up all the outdoor lights and decor. It makes for such a wonderful evening walk or drive through our Little Village!

This fall we have been very blessed to have so many visitors and entertainers stop by here at Bethany. In October we enjoyed spending the afternoon at Birch Manor while being entertained with music and magic by Harry Drader. We also enjoyed many musical visits, with Arnie Ecker, The Cudworth Cowboys and also listened to Music by Mozart performed by Renee De Moissac on piano who was accompanied by her friend Martha Kashap on violin. In November Can-Am Country was here to once again play some good dancing tunes for us all.

October we also enjoyed doing a little shopping as Seniors Fashions by Sewlutions as we hosted an all day clothing sale! On November 9th Rev. Al Hingley along with Members of the Humboldt Legion were here and held a Remembrance Day Service. Thank you so much for coming, it was a beautiful service. The Ladies Auxiliary held a lunch and bingo here at Aspen on the 23rd which was a lot of fun! Thank you Ladies!

This October we embarked on our first globe travelling Winter Vacation! We started our trip in Nova Scotia and have been travelling so far to 6 countries in Europe. Each week once arriving at our new destination we get to tour a little, then after enjoy some local cuisine that the kitchen cooks up for us ! It has been great fun, so far we’ve had a lobster from Nova Scotia visit us and even tried wooden shoes! We will be continuing our trip all the way until spring; I can’t wait to see what we come upon next!

November and October were also filled with many activities cooking and baking for dinner clubs and also for our Annual Craft Sale which was held this past weekend. This was our 21st annual sale which seemed to be enjoyed by all! We had both returning and new vendors come with all kinds of goodies to purchase, along with the jams, jellies and poppycock made by our Residents. This is always such a nice event as our Residents get to reminisce and visit with old friends and new who stop by on this day. It will be exciting to see what next year brings! Hope to see you all around this holiday season, and please feel free to stop by anytime for a coffee and a visit!

Some dates to keep in mind:

Dec 18th – Humboldt German Singers will be here at 2:30

Dec 20th – Candelite Service will be held at 6:30 at Birch Manor

I hope everyone has a wonderful Christmas filled with making many new memories with friends and family!

Best Wishes for the New Year

Angie Reiter

Activity Worker



From The Kitchen

Oatmeal Raisin/Chocolate Chip Cookies

1 cup Margarine, softened
1 cup Brown Sugar, packed
1 Egg
1 tsp Vanilla
1½ cups Flour
1 tsp Baking Soda
¼ tsp Salt
1¼ cups Oatmeal
1 cup Raisin/Chocolate Chips



Cream margarine and sugar together. Beat in egg and vanilla.
Add remaining ingredients. Mix well. Drop by spoonful onto greased cookie sheet.
Bake at 350 for 8 to 10 minutes.
Makes 3½ dozen.

Auxiliary

It is looking a lot like Christmas.

The other week, when I drove to Bethany for bingo at Aspen, Kevin and Warren were putting up Christmas lights at Bethany.

Bethany is so beautiful, peaceful and welcoming and all the Christmas lights add that extra joy at Christmas.

We hosted two very successful bingos; one at Aspen and one at Birch.

Our last meeting for this year was on November 27 at Aspen. A motion was made, seconded and carried to give some money for the Birch renovations; in this case for the back entrance. Another motion was made to purchase a cassette player for Aspen. Drivers who took the ladies to Birch Hills for the Rally, declined to be paid. Some of our members will help at the Craft Sale this Saturday. Our Auxiliary will be hosting the Zone 4 Rally in the fall of 2018. We set the date for Thursday, September 27, 2018. The next meeting will be Monday, January 29, 2018 at 1:30 PM at Birch. Visitors are welcome at any of our meetings.

Remember Christ is the reason for this season.

Wishing you all a most blessed Advent and Christmas season with all your family and friends.

May the peace, love and joy of Christmas be with you today and always.

Merry Christmas
Frohe Weihnachten
Ingrid Lechler

