

The Bethany News

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October 2018

Greetings From The Office

As I was looking outside the window this weekend and saw snow on the ground, I had to look at the calendar to confirm that it was still September and not December! Could it really be? There is so much work to be done before the snow comes and we haven't had a chance to enjoy the season of fall yet. How does one stop time from slipping away from us, so that we take a moment to enjoy the beauty that is before us? The short answer is, we can't and must be appreciative of the memories that we have gained and be excited for what the future beholds for us. Like the leaves of the tree, Bethany is making memories and experiencing change as it moves forward.

We have created many memories over the past few months at Bethany and ones that will not be forgotten by our residents that call Bethany their home. We kicked off our summer by the resident enjoying a great Chicken dinner and the musical stylings of Donny Parenteau when he came and performed at our Summerfest. Summerfest is a way for Bethany to celebrate the many volunteers that help us throughout the year. We had many come out this evening to join us in this celebration and without their help we would not be able to do what we do. Once again, many thanks go out to this special group of individuals.

In August we were able to come together for Bethany Day. The tents went up and the food was made and the service was held outside. Even the gale force wind that was whipping through the backyard did not stop us from holding the service followed by the staff blessing. Our staff is a great group of people that give countless hours of their time to make Bethany a great place to work. Even though the rain forced us inside to finish off the celebrations, it did not stop the great mood and energy of the crowd. A beautiful singer, by the name of Faith Gaertner was our first performer, followed by the very Celtic sound of the Salt Water Joy band. After the great entertainment we were able to end the day off with the Ground Breaking Ceremony for Bethany's new "Multi-Purpose Room".



The Multi – Purpose room will be a 4700 square foot room that will host a spot for the residents to come to celebrate the many occasions that happen within the community of Bethany. This expansion project will house wheelchair accessible bathrooms, a coat room, a chapel, a fully working kitchen, extra storage and a stage for our many entertainers. The purpose of this addition would be to provide a much needed facility for the almost 100 people living at Bethany Pioneer Village. We currently host many functions which take in from 75 to 200 people. These functions include



entertainment, church services, common activities between Birch, Aspen and the units, Bethany Day, socials, candlelight service, Christmas parties, craft sales, funeral services, and family functions such as birthdays and anniversaries. The space will create an all-inclusive place for the residents and their families to gather to create memories. This project will take 10 months to complete with a finish date of May 2019.

Fundraising and grant writing still continue to happen while the 1.4 million dollar project is being built. Change is all around us, and we are appreciative of the beauty that it will bring us.

Habakkuk 2:3
 For still the vision awaits its appointed time;
 it hastens to the end—it will not lie.
 If it seems slow, wait for it;
 it will surely come; it will not delay.

Lisa Irlbeck
 Administrator



FROM THE NURSING STATION

Resident Centered/Resident Directed Care:

Resident-directed care places maximum possible decision making into the hands of the residents. This means that residents direct their own care.

Relationships and choice are of greatest value.

Resident-directed care occurs when care team members encourage independence and support residents to participate in decisions affecting their environment: their home.

Resident-directed care is based on:

- Communication
- Respect
- Choice
- Independence
- Privacy
- Autonomy
- Flexibility
- Security

It is also recognized that not all residents are capable of communicating their needs as they have in the past. **Care team members commit to know each resident and will respect their individuality.** This means connecting with residents on an emotional level and honoring their choices. In an effort to know and understand residents and their unique needs as much as possible, care team members may connect with family, friends and each other.

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

Telephone: 367-2033
 Fax: 367-2155

ADMINISTRATOR
 Lisa Irlbeck

ASPEN DIRECTOR OF CARE
 Jan Berger

BIRCH COORDINATOR
 Jessica Borstmayer

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We are very fortunate at Bethany that we are a smaller home, with care team members that do know the residents very well. We do have some newer care team members whom can benefit greatly from working alongside the experienced ones, and learning the residents and the best way to provide the care they need. We are also working on ensuring a well-documented, individualized care plan is detailed and up to date, especially for the newer care team members to access to get to know the individualized care each resident needs.

Since the launch of Purposeful Interactions in all of the homes in the former Saskatoon Health Region, each home is challenged with continuing to examine where care and processes can become even more resident centered, and resident directed. Care routines have recently been reviewed and revised to further ensure resident choice, and preference. The morning routine now enables residents to awaken on their own, especially where this will make a difference as to how their day will go. Bathing preferences are being reviewed, and bathing routines will be revised accordingly.

A second part to the challenge was to continue to review our environment, language, and processes to see where we are still more like an institution than a home. For example, the room we used to call the Bathing Unit is now the SPA Room!! Exploring what makes a really quality bath time for the resident may result in a longer soaking time, or music playing during the bath!

We will continue to review and explore options as more things come to light, and welcome observations and suggestions that may be noticed or thought of by family members and visitors.

Oral Health Care:

Three of our Continuing Care Aides have recently been trained to determine the best oral health care plan for residents, based on their needs. These will continue to assist residents, and pass on what they have learned to the other CCA care partners. An overview of the training will also be provided at the next Nurses Meeting, to further improve the oral health care of our residents.

Dementia Care:

We have and will continue to have residents suffering from dementia, and our approach to care for them requires knowledge of their condition, and is different from the approaches we use with cognitively well residents. There is quite limited education in CCA and Nursing courses, and we are looking at providing access to resources for the care team. One program that had been required by the former Saskatoon Health Region was a well-recognized and effective training course called Gentle Persuasive Approaches, which does include some education on the behaviors seen in a person with dementia. We are planning to ensure the care team is up to date in this training, as well as providing access to videos and webinars as they become available.

Immunization and Influenza Season Preparations:

It is recommended that Long Term Care residents receive the Flu Vaccine annually. The strains of flu that circulate can be different each year, and immunity wanes over time, so annual vaccination ensures protection is at its maximum and is best suited to the type of flu going around. Flu vaccines will be available starting October 22nd this year, so we are already preparing!

Despite the recent weather, we are still hopeful for an enjoyable fall season, and wish everyone a Blessed and Happy Thanksgiving!!

Jan Berger,
Director of Care



Birch Manor

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. Psalm 100:4”

Another summer has come and gone and an eventful one it has been. Filled with trips to the lake, deck parties, gardening, ice cream, and good old-fashioned summertime fun!

The weather was beautiful for Summerfest and was an evening that was talked about at coffee for days. It is such a blessing to be a part of a wonderful and loving community that goes out of their way to put smiles on the faces of our elders. Bethany Day proved our ability to adapt and work together and that the rain can't rain on our parade. I think it made it even nicer that we were brought in closer together. Thank you to all our volunteers, events like these would not be possible without your help. We are very thankful that we have so many great people that we can count on when we need an extra set of hands.



To get us practicing our fine motor skills we had a knitting and crochet day and out of that we created a “Hands in Motion” group where we will be knitting little dolls that will be sent overseas to third world countries. There are donated materials and patterns that are set up in the dining room that is always available, and the ladies have been working on their own at home as well as when we get together as a group. If you would like to become involved, please join us! Knitter or not, it's always better to be surrounded by love and support.

We have taken advantage of our empty room and set up a viewing gallery to watch all the work taking place outside! It has been countless hours of entertainment for us. The big trees have come down one by one and we couldn't believe how quickly the building came down. There is a very good group of men working hard for us and are a treat to have around. I hope they don't feel too uncomfortable when we are all watching them work, they have more supervisors than what they signed up for.



I'm not sure what the fall weather holds for us, but we are sending love and prayers to the farmers who still have crop out. Times like this we must remember that God has a plan for us and He didn't bring us this far just to leave us.

Sharon Carter is warming up our vocal chords with the Birch Choir with two performances already on September 26th and 27th. We are pleased that she will be working with us again with regular practices starting sometime this fall.

Kicking off the busiest part of the year on October 4th we will be celebrating Oktoberfest! Bratwurst, sauerkraut, and perogy dinner. Then Aspen Manor will host the “*Little German Band*” at 2:30.

Give the gift of time this season and come and enjoy a traditional Thanksgiving dinner with your loved one on October 8th. October 31st we will have our resident Halloween party, come out, dress up and win a prize! Entertainment by Ralph Galambos at 2:00pm. There will be lots of treat bags to give out throughout the afternoon and evening so be sure to bring your trick-or-treaters by.

The elves are already busy in the workshop and the big guy is checking his list. Our Winter Wonderland Christmas party will be held in the evening of Friday, December 14. Doors will open at 6:30 pm with entertainment to follow, along with a some very special guests.

There is always so much to be thankful for, but what warms my heart the most is our home here at Bethany. We are blessed beyond measure to have a place such as this to spend our days. Thank you to all who make us what we are.

God Bless,

Jessica Borstmayer
Coordinator



Annual trip to Gloria’s campsite

Activities

“Autumn is a second spring when every leaf is a flower” this quote by Albert Camus seems to be quite true this time of year. Looking around we are blessed with such beauty nature has provided. It truly is quite breath taking! Although we have had our fair share of rain lately, hopefully the rains will stop soon and the Farmers will be able to finish their harvest.

The past couple months have been filled with wonderful weather. We have made frequent morning coffee and doughnut trips to Humboldt and Wakaw. We’ve also enjoyed afternoons drives for some crop checking and of course ice cream from the Park! Each time we went out we would try a new road or direction different from last time to cover as much of our surrounding area as possible. Aside from the delicious snacks and beverages, we enjoyed collecting samples from crops and looking for wildlife. On one of our drives we even came across a fawn so young it was just learning how to stand and walk!

During the summer months we have also spent quite a lot of time in our backyard with our wonderful garden which has been growing well this year. One of our tomatoes grew quite large so we took it into Peavy Mart in Humboldt to be weighed and entered into their veggie growing competition. We set a new record for us here at Bethany as it weighed 1.9lbs! There are already plans of how to increase next year’s crop size. We have enjoyed our gardens bounty by eating the fresh produce sometimes right off the vine, using for our dinner clubs, and our cooks have used them in meals. We have also made a few homemade jams and jellies again which we will both enjoy here and sell at our annual Craft Sale. One of our favorites so far this year is our “Chokecherry” jelly, which we picked the berries needed ourselves right here in our backyard!



Throughout the summer months, we've enjoyed a few backyard BBQs, roasted hot dogs and fresh bread from our clay oven and moving some of our daily recreation programs outside. On August 29th Humboldt Pharmasave came to hold their annual BBQ dinner with both Birch and Aspen. On September 7th our Elders along with staff and Volunteers took part in the "Three Lakes Walk & Roll". It was such a wonderful time walking through our Bethany Trails and escaping into "Nature".

This summer we have held two major annual events again this year! Summerfest was held in July and featured music by Donny Parenteau! Everyone had a wonderful time dancing the evening away. Bethany Day was held once again in August and we were blessed with more wonderfully talented musical guests Faith Gaertner and Salt Water Joy. Thank You to all our wonderful volunteers for aiding with these events. Thank You also to all our friends and family for joining us on these wonderful events and being a part of all our new wonderful memories made.



We have also continued our Ladies' Tea and Men's Coffee Row. We have recently added a Reminiscing Group which seemed to be enjoyed by all. If you ever have any questions you wish our Elders to answer please submit to us and our Elders would love to answer them for you. I myself have learned many gardening, cooking as well as many other tips from our Elders.

I would like to welcome Pastor Clint Magnus to our Bethany Family. He will be here Tuesday afternoons at 2:45pm to lead us in our Lutheran Service Worship.



We are looking forward to the fall and upcoming Christmas season with many exciting events coming up such as Oktoberfest, Thanksgiving and Halloween celebrations, along with our annual Craft Sale and also Candelite Service!

Some Dates to keep in Mind:

- Oct. 4th- Oktoberfest Entertainment by "The Little German Band" 2:30pm
- October 15th- Our Ladies' Tea gathering 2:00pm
- October 22nd- Men's Coffee Row 2:00pm
- October 31st- Halloween Party at Birch 2:00pm
- November 2nd- Remembrance Day Celebration 2:30pm
- December 1st- Bethany's Annual Craft Sale 10:30-4pm
- December 19th- Candelite Service at Aspen 6:30pm

The summer weather is wonderful for us all to get out and about but I feel it is truly during our winter months which we spend mostly indoors and with our loved ones, that we can really get to know and appreciate one another.

Wishing you all a wonderful fall and many new memories ahead,

Angela Reiter
Activity Coordinator

Auxiliary

This year summer left us very sudden and the cool, damp weather with rain first and even snow is with us. The farmers need lots of good weather to finish the harvest. So we all hope for a great October.

This year Bethany Day had its own weather woes. First it was really windy and then it started to rain. So all the activities had to be moved inside. Our fundraising wasn't quite as successful this year. On the bright side the entertainment was excellent and enjoyed by all.

Our Bethany Day raffle winners were;

\$100.00 Marj Lessmeister

\$ 50.00 Jessica Lechler

\$ 25.00 Marcel Peidl

We would like to thank everyone who came out and helped, donated pies, bought raffle tickets and visited with the residents. Next year there will be a big room to move into if inclement weather should hit us.

Our auxiliary is hosting the Region 4 Zone Rally for the Association of Special Care Homes Auxiliaries. It will be at the Middle Lake Multi-Plex on September 27. The theme is Enriching Quality of Life.

Everything is organized; the speaker
 the noon luncheon
 the entertainment
 the coffee breaks
 the raffle prizes
 the door prizes
 the work schedule and so on

The invitations went out and the programs were printed. On Wednesday we will do the set-up and decorating. And on Thursday we hope for an amazing day at the Rally.

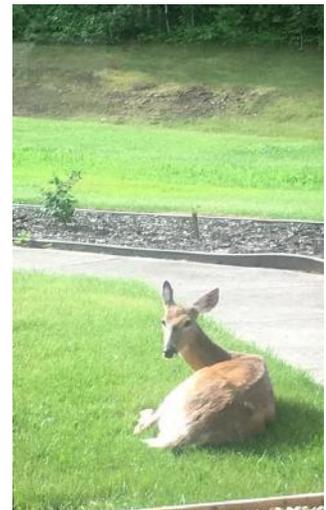
At our last meeting on September 17 a motion made, seconded and carried to buy Christmas presents for all the residents at Aspen and Birch.

We also will have a bingo in Aspen on November 15, lunch first, then bingo. Be there by 1:45PM. Bingo at Birch is on November 22 with bingo first and then lunch. Come by 1:30PM.

Our next meeting will be November 26 at 1:30PM at Aspen. Visitors always welcome.

We wish you all a very Happy Thanksgiving.

Ingrid Lechler



A visitor in the backyard.



The garden at Aspen produced a lot of good things.

