

## Greetings From The Office

Winter and snow are here again to stay and for us to enjoy. I must say it is a blessing to live here in the rural area, landscape covered with glittering white clean snow. It is so beautiful and peaceful.

Christmas in the country side is something city people are missing; the beautiful scenery and tranquility. Bethany has set up our traditional Christmas light show on the premises. Instead of driving to the city to see Christmas lights, come to Bethany and see our colourful lights.

We had a busy fall at Bethany. Bethany staff enjoyed a one day Professional Development lead by Corliss Ratti that focused on “Leading our Life with Purposes.” The staff so enjoyed her talk and many laughs and tears were had by all. Thank you so much to her for sharing her inspiration with us. During a discussion with Corliss, she commented on the staff, and how caring and compassionate they are. She also mentioned how clean our facility is and was impressed with the great activities we offer to our residents. Big thanks to our nursing, activity, housekeeping, laundry, kitchen, and maintenance staff. We do have the best staff that a home can ask for.



Some of the children come to visit at Aspen

At Bethany, our seniors have an excellent opportunity to enjoy both the benefits of living in a community environment and maintaining independence and privacy in their living quarters. Bethany offers aging in place. When there is a need for more care, that care is available.

At Birch Manor, residents can have the peace of mind knowing staff is available 24-hours a day to lend a hand if needed. Seniors and their families are always welcome to visit to see how life in the Bethany retirement community can enhance and simplify their lives. Special Thank you goes to Irene Giesbrecht and her staff for making the lives of our residents that much more comfortable as the “age in place.”

We added activities for the residents in the summer and continued to keep the programs in the fall. Participation in meaningful activities is helping residents to live a fuller life. Bethany offers weekly bingo, craft, painting, music therapy, indoor curling etc. Our weekly exercise programs, like Ti Chi, have been well attended. Exercise and physical activity are among the healthiest things you can do for yourself. Exercise is safe for people of all age groups. Older adults can hurt their health far more by not exercising than by exercising.

At Bethany we are focused in excellent care, safety and health. We have been putting a lot of effort into activities and services that enhance the living experience for our residents and tenants. Those range from recreational activities to further renovations to spaces and building the Multi – Purpose room for residents and their loved ones

to enjoy. It has been recently decorated with a beautiful Christmas tree. How the lights twinkle and shine. It makes me want to sit in a chair with a cup of eggnog and stare at its beauty. But, we need your help with our Christmas Tree decorating campaign, "Tree of Love." With a small donation, you will receive an ornament that you can dedicate to a loved one and we will hang it on our tree to be recognized, and admired by all during the Candlelight Service. The Candlelight Service will be held on December 22<sup>nd</sup>, 2019 at 6:30 in the Multi – Purpose room. We hope to see you all there.

I am very proud of the way Bethany staff works to make Bethany the wonderful place it is. It is a pleasure to see how staff cares for our residents making Bethany a home for them in many ways. My sincere thanks goes to our caring and compassionate staff, the Women's Auxiliary team, the Board of Directors, The Bethany Foundation and all the volunteers for your compassionate work. There are many ways to serve God, who has richly blessed Bethany during the many years of our operation.

May the holiday spirit be with you and your family today and throughout the New Year. From my family to yours, we wish you a very Merry Christmas and a joyous New Year.

Lisa Irlbeck  
Administrator



## FROM THE RESIDENTS' HOME

### Resident Centered/Resident Directed Care:

Purposeful Interactions is an ongoing initiative to support the culture change in Long Term Care to a more relationship-focused, social model of care rather than the task-oriented medical model that Long Term Care was initially set up in. At a recent "re-charge" annual event, one of Bethany's own Aspen residents, Leona Jonas-Flasko, participated in a panel discussion to speak about her experience and how the relationship development and meaningful activities have so greatly impacted her recovery and present quality of life. Her heartfelt comments truly touched every heart in the room, and affirmed that this culture change is moving in the right direction and is having a significant impact on the lives of our residents!! She is our Rock Star, and if you see her, and want her autograph, she will gladly oblige!! ☺ ☺ ☺



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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  
Irene Giesbrecht

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Care Team: *Teamwork Makes the Dream Work!!*



With the return of our summer students to their studies, and some unanticipated leaves that have occurred, we have newer team members that are learning the ropes from our experienced mentors to enable them to continue to develop their skills and help to provide great care for our residents! We also have recruited a Registered Nurse and Licensed Practical Nurse, and we really appreciate them joining the specialty that Continuing Care is!!

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**Influenza Season:**



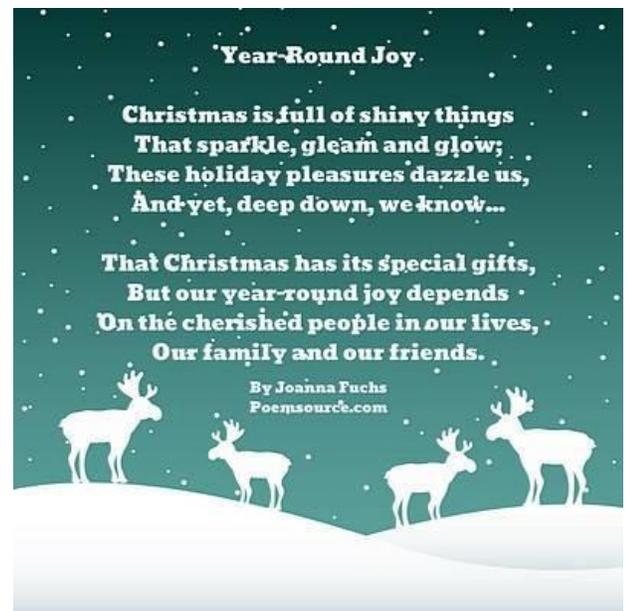
We have completed preparations for the flu season that is now upon us. We are hopeful that continued diligence in monitoring and reacting as appropriate in order to prevent and minimize the risk of outbreak and spread of Respiratory Influenza and Gastro-intestinal illnesses this winter will enable us to again avert an outbreak. The decision to postpone or limit visits by family members experiencing symptoms is also a huge factor in ensuring this and is greatly appreciated!!



*From Our Home to Yours-*

*Wishing all the very best Merry  
Christmas*

*and Happy New Year!!!*



Jan Berger,  
Director of Care



## Birch Manor

It's beginning to look a lot like Christmas. Isn't it though? This is the busiest time of year for me.

Room renovations are done and are great rooms which have been occupied since they were ready. The Multi-Purpose Room is done and will be in use this season. The kitchen is getting new flooring which is much needed.

Birch Manor is celebrating Thirty Three Years on December 9th! So many residents have shared our home. I have many fond memories in the short time I have been here. Over the years I have learned so much from each and every one. Working at Birch Manor has been a privilege for both my staff and me.

December 11 Shoppers will be bringing some goods from their store for the residents to get some of their shopping done. Everyone is invited to come out it will be in the Multi-Purpose Room.

Our Christmas party for our residents will be on Friday December the 20th at 7 P.M. Ralph Galambos will entertain us, family and friends are welcome. If you choose to join us it would be appreciated if you would bring a small amount of baking or snacks to share at our Christmas table. Candlelite service will be on Sunday December 22 at 6:30 in the Multi-Purpose Room.

I want to take this opportunity to thank my staff, the Ladies Auxiliary, our hairdresser Stacey, Homecare staff and Gloria Schlitz for make time to do exercises with the residents and helping me so much and so many others who do their part to enhance our home. Warren and Kevin; thank you for all you do.

It is Christmas in the heart that puts Christmas in the air. We wish you a Blessed Christmas and a Happy New year.

Irene Giesbrecht  
Birch Manor Wellness Coordinator



Getting ready for craft sale.



## Multi-Purpose Room

Bethany Pioneer Village is very pleased to have our Multi-Purpose Room open for Activities! Bethany Day 2019 marked the Grand Opening of this new addition with the ribbon cutting. The room has hosted many events already like birthdays, family gatherings and will be hosting the annual Bethany Christmas events and is booked for many family gatherings over the next month. Gloria offers weekly exercise, there is Tai Chi weekly and the room is a great place to safely walk indoors in winter. The room has a fully equipped kitchen which comes in handy for serving meals etc. The cost for the use of the room for residents and family is by donation. Information and booking of the Multi-Purpose Room can be obtained by calling the Bethany office.



Big Band Dance, what a lot of fun!

The Multi-Purpose room's completion is the culmination of much work and dedication of many passionate people. A grateful thank-you to everyone who helped to make the Multi-Purpose Room a reality and in so doing, enhancing the quality of life of Bethany's residents. God Bless.



Grand Opening



Halloween Dance



Full house at Bethany Day.

## Message From Bethany's Chaplain

Luke 2: 13, "And suddenly there was with the angel a multitude of the Heavenly host praising God and saying, "Glory to God in the highest and on Earth peace among those with whom He is pleased."

2019 has been a great year at Bethany. It has been a year that has seen the completion of the new multi-purpose room which has been a real blessing for many events. It has also been a year that has seen the ministry of Christ's church continue with weekly services by all the churches in town. On Tuesday afternoons the Lutheran church has a Bible study that is well attended as well as a church service that follows. Wednesday afternoons is the Catholic mass, and Friday mornings the Gospel church has the Sunshine hour. The Sunday morning service from Faith Lutheran church is also broadcast live throughout the facility every Sunday. With all of these services each week, Bethany fulfills its mandate to be a care facility that focuses on Christian teaching and principles.

As the Christmas season approaches, the verse at the beginning gives us much to be grateful for. When the Heavenly host proclaimed the birth of our Savior to the shepherds they were proclaiming God's salvation to us.

That little baby with wiggling fingers and toes was God's fulfillment of a promise given to our 1<sup>st</sup> parents, that God would one day send a Savior to reconcile us back to Himself. When human beings think of peace we think of an absence of conflict. When two countries stop shooting at each other we say they are at peace. But the peace that the angels proclaimed was something different. It was nothing less than peace with God. That little baby that we celebrate at this time of year grew up without sin and then gave His life on the cross as the perfect sacrifice for our sins. On that cross He bore the full brunt of the Father's wrath against our sin on Himself and in doing so, He paved the way for us to have peace with God. He made it possible for us to have reconciliation that results in forgiveness of sins and eternal salvation.

That is the message we proclaim at this time of year. It is the message that is proclaimed at the candlelight service at Bethany and in the weekly services leading up to Christmas. It is a message that the souls at Bethany love to hear, because it brings the comfort, joy and peace that only Jesus can bring. As we reflect on the year that is past and look forward to the year ahead, may our hearts be filled with thankfulness to our gracious God for all that He has given us in Christ and the daily blessings we have in Him. May the peace that surpasses all of our human understanding keep our hearts and minds in Christ Jesus and may God's blessings and peace be in abundance to each one of you this Christmas and in the year to come.

Pastor Clint Magnus

## **Message From Gospel Church**

Do you ever have to explain where you live by referencing a town larger than your own? Having grown up in Gwynne AB, this was not a foreign idea. I am quite used to saying, "Middle Lake, it's 40km north of Humboldt," to everyone who asks where I live now. If I am talking to someone from another province, I usually include a reference to Saskatoon to help them orientate themselves in this geographical direction. Even though this is a great place, it is not reckoned as an important place by many people. In fact we are quite used to the fact that if we want to see important people, the doctors, dentists, and specialists that we book appointments with, we need to head into one of those more important places. Sometimes we can even feel as if the important opportunities of life have passed us by in this sleepy little town. And then we come to the Christmas story and remember that central town in the story was not central to much.

Micah 5:2 (NIV) <sup>2</sup> "But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times."

Our Saviour was not born in the hustle and bustle of a big city. When the wise men came from the east looking for the king that had been born, they first went to the largest city in the area, where all the important people, and important action occurred, only to find something amiss. The greatest event in all of history had passed the city by and the honour of hosting the birth of God's son had been bestowed on a little village. What a tremendous reminder that God does not overlook little places, or the people who live there. He is willing to bestow his favour on the quietest of places and the humblest of people.

Wishing you the best this Christmas.

Pastor Ryan Schnee

## Recreation Corner

The leaves have fallen, and the grass is now covered with a white blanket of snow. Although we are still days away, one could say that “Winter” has arrived! The past few months we have been enjoying many new activities as well as some more familiar.

Although we can no longer go outside as we did in the summer, we now are able to participate in some activities which we put aside during the warmer seasons. One of our favorites is ...Curling!! We have been busy playing a few games with our floor curling set as well as watching games on T.V and cheering for our favorite teams. As well we have been busy with other various activities, our weekly coffee rows, pen pal letters and Tai Chi! Thank You to Shirley Guest for leading us each week in our Tai Chi group.

We also recently enjoyed a visit with the students from Three Lakes School. We enjoyed some delicious winter delights, sang a few carols and had a lovely time reminiscing. A big “Thank You” to all the kids for helping us create our decorations for the halls here at Aspen. This year we decided to name each Hallway and make some décor to go with each theme. Our themes included snowflakes, candy canes and Christmas bells. We will be looking forward to visiting with them again soon when we attend their Christmas Concert on December 19<sup>th</sup>.

Another fun and interesting activity we tried out was Stained Glass Art. A big Thanks goes out to Elaina Adams from Prairie Glass for coming out and spending the afternoon with us. It was a lovely time and we are looking forward to meeting with you again soon!

Our Quilting Ladies have been very busy working on some lovely quilts and other items. Some of which we will be selling at our upcoming craft sale. The Ladies had decided that this year they would like to donate a Quilt to the Humboldt Museum and Gallery, Festival of Wreaths fundraiser. If you’re in Humboldt be sure to make a stop by the Gallery to see all the lovely items which are available to bid on!

For Halloween this year we were lucky to make use of our costumes twice! We enjoyed dressing up and handing out candy to all the trick or treaters who stopped by. We then were able to dress up once again when we had our annual Halloween Party with entertainment this year by the band Can Am Country. It was a great evening of dancing and fun! We ended October with our annual Remembrance Day Service, which was led by Rev. Al Hingley and members of the Humboldt Legion.

As the Holidays are upon us, we have been busy also starting to do some baking and canning. We so far have preserved some apples, along with some jams and jellies! Next on the list is some holiday baking of Christmas Pudding and other treats. As Bethany is home to many Individuals, it is important to continue traditions which are meaningful to them as much as possible. It is always interesting when we make our holiday menus as we usually end up reminiscing quite a bit during these discussions.

It is during Christmas Season, I feel that we tend to take that extra time and reflect on our year, family, friends, experiences and many blessings. We get to reflect on the many memories in our lives and



Aspen residents curling.



Canning crab apples.

also continue to make new memories. I hope that you all are blessed with a wonderful Christmas Season filled with love, joy and laughter. During this Holiday Season, remember you are always welcome to stop by our Home here at Bethany and join us for a coffee, visit and cheer.

Some dates to keep in mind:

December 7<sup>th</sup>- Christmas Craft Sale at 10:30-4pm

December 22<sup>nd</sup>- Candlelite Service at 6:30pm

Wishing you all a Blessed Christmas Season  
and Best Wishes for the New Year!

Angela Reiter  
Activity Coordinator



## Auxiliary

Christmas time is fast approaching. The First of Advent was on December 1. Some houses here in Middle Lake have their Christmas lights up and glistening in the cold winter night. Kevin & Warren at Bethany make sure that Bethany Pioneer Village will sparkle and shine this Christmas season. Thank you both so much for all your hard work.

We had one meeting since the last report. All the residents will receive gifts from the auxiliary. Angela from Aspen, Irene & Gloria from Birch will make sure that every resident gets the right present. Thank you ladies for doing this important job.

The auxiliary had a bingo at Birch and Aspen with prizes and lunch supplied.

Cudworth held the Zone 4 Rally this year on October 3. The theme was; Overcoming Loneliness – We laugh, We cry, We care. We had two very good guest speakers Brenda Kolla and Jackie Saretsky. Brenda spoke from a more personal level as she lost her husband of many years. She also was a nurse at the nursing home and saw firsthand what loneliness can do to residents. Jackie spoke from a more professional level, but the message stays pretty well the same. You can be alone and happy or lonely in a crowd. It's not easy overcoming loneliness. There is social isolation and the feeling there is no purpose in your life anymore. One to one companionship – the power of human presence is very important. And where there is Hope it is Love in action.

The visitor's suites will get new flooring. It will look so much better; but more importantly the upkeep will be easier.

We like to wish all of you and your families a very Blessed Advent and Christmas season.

May the spirit of Christmas bring you joy and peace.

Merry Christmas  
Frohe Weihnachten

Ingrid Lechler