

**Mission Moment**



**Hymn Sing for Residents**

*Our mission is to enhance the quality of life of people who are older, disabled or vulnerable, serving them as a reflection of God's love and caring.*

**Focus On: Deer Meadows**



**By: Angelina McConnell**

Each month The Bethany Group will introduce you to all of our sites by focusing on one of our facilities per issue. This week, we say hello to Deer Meadows.

Located in Camrose, Deer Meadows is home to over 80 residents. It's a residential living facility designed to offer a supportive environment for seniors who are able to live independently with or without the use of community resources. The apartment-style accommodation offers a meal service as well as 24-hour security. The suites range from studio to two-bedroom designs. Each suite offers a fully equipped kitchen with fridge and stove, easy wheelchair accessibility and a sit-down shower.

I got a chance to tour Deer Meadows last week, met some residents, and walked around, seeing the beautiful puzzles mounted on the walls - some over 1000 pieces! Outside each suite are names, keepsakes and creations, telling you a bit about the resident who lives there. It's very cozy in Deer Meadows, and there are several areas for vis-

iting with other residents or family on comfy couches and chairs. I had a wonderful lunch that day; some of the menu items included pork with a yummy sauce, fish, salad, roasted potatoes, delicious vegetables and more! It was a genuine homemade meal, prepared by the friendly kitchen staff.

According to one resident, "things here are just great!" The resident I chatted with invited me into her home of 3 years and gave me a tour, and she showed off her bread machine - she only makes and eats homemade! She said the stove and fridge are of good quality, and are the perfect size for her. She shared her thoughts with me over some delicious oatmeal cake that she made. She just loves it, saying the other residents are kind and everyone is friendly.

Her home is decorated beautifully with pictures of family and friends, as well as paintings she does in her spare time. She did add though, spare time is hard to come by with all the activities that keep her busy!

"I am a part of the entertainment committee," she says proudly, and also takes care of not only organizing the entertainment, but getting them snacks and refreshments afterwards. Deer

Meadows also hosts an Art Show in May, where she will be displaying some of her beautiful paintings. (I admit, I can't wait for the show and hope to get one for myself!)

Among the many activities are the exercises, where you "don't stop moving for half an hour and you get a good workout" with an excellent instructor who is very good, pleasant and fantastic.

The other staff at Deer Meadows are also great, and she says they do little things everyday to keep everyone laughing. She says they are so funny and enjoyable. Also great, are the meals. They are "so fantastic you can't refuse anything."

Another nice thing about Deer Meadows is that families are welcome to come visit and stay. She says hers like that she is there, and stop in often. In the summer, they can sit outside on the patio and benches and enjoy the sunshine.

**Special Dates:**

- April 14: International Moment of Laughter Day
- April 22: Earth Day
- April 22: Good Friday
- April 24: Easter Sunday
- April 25: Easter Monday

**Inside this issue:**

- St. Patrick's Day Fun 2
- Farmers Almanac 2
- Bashaw has Special Visitors 2
- Moving On 3
- Lent & Easter 3
- Maintenance Tour 4



Puzzles and keepsakes outside of one of the suites.

**Mother Nature's Ice Art at Rosealta Lodge**

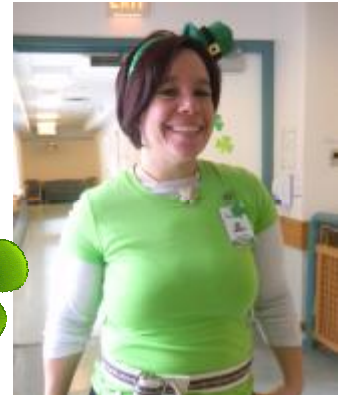


A good luck and congratulations to the residents and staff at Peace Hills Lodge who will be moving into the all new lodge this month! Happy packing!



**Happy St. Patrick's Day**

Staff and Residents at The Bethany Group celebrated St. Patrick's Day with music, entertainment and of course wearing anything green!



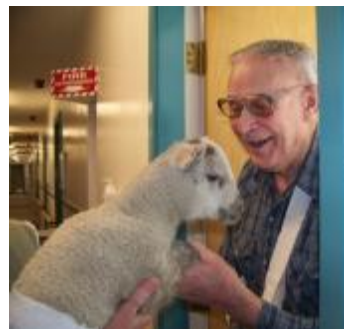
**March Update from the Bashaw Valley Lodge**

**April Farmer's Almanac**

**1st-3rd:** Unsettled.  
**4th-7th:** Fair for the Prairies; lots of sunshine for Alberta.  
**8th-11th:** Strong, gusty winds spread east from the Rockies through the Prairies.  
**12th-15th:** Fair skies.  
**16th-19th:** Unsettled.  
**20th-23rd:** Potentially severe thunderstorms in Manitoba; possibly lightning, damaging winds, large hail, etc. Clearing elsewhere.  
**24th-27th:** Fair; sun for Easter Monday.  
**28th-30th:** Unsettled weather from the west sweeps through the Prairies and continues east.

**By: Cathy Unsworth, Activity Coordinator - Bashaw Valley Lodge**

We had 4-week-old baby lambs visit on March 15. We got to hold and feed them. All the residents thought that was pretty neat! On St Patrick's Day we had fun dressing up & enjoyed a special coffee time. A draw was made for a pot of gold; it was won by Walter Schultz.



## Leading Up to Easter - Holy Days within Lent

By: Murray Cowan  
Pastoral Care



Easter celebrates the day Jesus rose from the dead, three days after his crucifixion. Some Christians celebrate this resurrection on Easter Sunday, two days after Good Friday. Easter also marks the end of Lent, a season of fasting, prayer, and penance. There are several holy days within the season of Lent:

*Ash Wednesday* is the first day of Lent in Western Christianity. This year it fell on March 9th. Sundays are not included in this 40 day Lent period. Because Easter tends to shift depending upon the calendar, the Ash Wednesday date changes every year. Easter is always determined to occur on the first Sunday after the fourth full moon following the Winter Solstice (December 21); or the first Sunday after the first full moon following the Vernal Equinox (March 21).

*Clean Monday* is the first day Eastern Orthodox Christianity observes Lent.

The fourth Lenten Sunday, *Laetare Sunday*, marks the

halfway point between Ash Wednesday and Easter. On *Laetare Sunday*, the priest has the option of wearing vestments of rose instead of violet.

The fifth Lenten Sunday, also known as *Passion Sunday*, marks the beginning of Paschiontide, which marks the last two weeks of Lent.

The sixth Lenten Sunday, commonly called *Palm Sunday*, marks the beginning of Holy Week, the final week of Lent immediately preceding Easter.

Wednesday of Holy Week is known as *Spy Wednesday* to commemorate the days on which Judas spied on Jesus in the garden of Gethsemane before betraying him.

Thursday is known as *Maundy Thursday*, or *Holy Thursday*, and is a day Christians commemorate the Last Supper shared by Christ with his disciples.

*Good Friday* is the next day, on which Jesus' crucifixion and burial is remembered. In the Roman Catholic Church, the Easter Triduum is a three-day event that begins with the Mass of the Lord's Supper. After this Holy Thursday evening celebration, the consecrated hosts are taken from the altar to a place where the faithful are invited to worship the holy Body of Christ. The next day the commemoration of the Passion of Jesus Christ is celebrated at 3

pm. This service consists of readings from the Scriptures, followed by prayers, adoration of the cross, and a communion service where the hosts consecrated at the Mass of the day before are distributed. The Easter Vigil during the night between Holy Saturday afternoon and Easter Sunday morning starts with the blessing of a fire and a special candle and with readings from Scripture associated with baptism, and finally Mass is celebrated in the usual way from the Preparation of the Gifts onwards.

Holy Week and the season of Lent, depending on denomination and local customs, end with Easter Vigil at sundown of Holy Saturday or on the morning of Easter Sunday. It is custom for some churches to hold sunrise services.

In the Roman Catholic, Lutheran, and many Anglican churches, the priest's vestments are violet during the season of Lent. In some Anglican churches, a type of unbleached linen or muslin known as Lenten array is used during the first three weeks of Lent, and crimson during Paschiontide. On holy days, the colour proper to the day is worn.



**Moving On**  
Submitted by:  
**Anne Lindgren**



Boxes invade my privacy, They probe and jab and point. I am surrounded by boxes, They are full and empty and closed.

Windows scream for attention, I see nothing. The fridge cries for replenishment, I slam the door. The telephone invites me for coffee, I hang up. Even the clock ticks no more. It is silent and motionless and It's packed in a box Ready to leave all this behind.

I wish I were a box with no feelings Just full of stuff ready to move on. Perhaps I'll go find a mountain to climb Or a hill off which to jump Or maybe, I'll just jump off these boxes And move on.

My new home awaits me beyond these boxes. These boxes which are full of life and love and Boxes that I suddenly itch to unpack. I want to see everything again Unpacked and alive in my new home. Yes I'm moving on!

## How it Works: The Maintenance Department

By: Angelina McConnell



There are so many departments that come together to create The Bethany Group.

From health services to laundry, administration to the various therapy areas, we all work hard to provide our residents with the best level of care and living facilities possible. Recently, I received a unique look at the maintenance operations.

There are two areas of maintenance, the department that takes care of the housing side and the other that takes care of the health services buildings. I got to interview and share some ice cream with the folks from the health services maintenance department - and I sure learned some neat things! During the interview, the guys were having their 15 minute afternoon break and played 31, a card game that's been happening in that particular 15 minutes for over 20 years!

The Bethany Group health services maintenance department is made up of 14 guys including casuals and 1 gal - who is not only the maintenance administrator but "keeps us in line" as the guys put it. They take care of carpentry, snow removal, painting, stores and delivery, and there are tradesmen such as a plumber, mechanic, welder, computer tech, two electricians, two power-plant engineers, and a locksmith. There's always someone on call and they're certainly a friendly bunch.

They maintain Viewpoint, Faith House, Bethany Meadows, the Rosehaven building, Louise Jensen and the Rosehaven Provincial Program. In addition to these buildings, the maintenance department oversees four local Alberta Health Services buildings.

They also run a plant that includes boilers and pumps that move hot air throughout the facilities. That particular plant heats an entire city block! In that block is the Rosehaven Building, Louise Jensen, R.P.P., the laundry facilities, maintenance building, the kitchen and the home care and public health buildings! That's a lot of heat!

There are four boilers that heat the water that in turn goes through pipes to heat the buildings. Two boilers are what maintenance calls the "smaller ones." (Keep in mind these small ones are about 25 times the size of a traditional boiler in a home.) The two big boilers are massive - to give you a picture they are as big as a master bedroom with 12 foot ceilings. Add in the pumps and hundreds of meters of piping that runs throughout the buildings and in tunnels underneath to distribute the heat - and you have a huge operation. After the hot water runs through the pipes to heat these facilities, it returns to the plant where it is cleaned and recycled to be used again for the heating process.

Thanks to Brian Stang of the maintenance department for the tour and giving us a look at the plant, it's an amazing sight!



(Above) One of the boilers was down for maintenance, so here is the inside view of all the pipes that contain the water that gets heated up.



(Above) The two big boilers



(Above) The meters of piping running in the tunnels underneath the city block to distribute the heat to various buildings.