

Mission Moment



BBQ's During the Summer Months

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.

Special Dates:

- July 1:** Canada Day
- July 10:** Teddy Bear Picnic Day
- July 13:** International Puzzle Day
- July 15:** International Hug Week Starts
- July 18:** National Ice Cream Day

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Focus On: Louise Jensen

By: Angie McConnell

Each month The Bethany Group will introduce you to our sites by focusing on one of our facilities per issue. This month I would like to introduce you to the Louise Jensen Care Centre in Camrose.



In residential care settings like Louise Jensen, The Bethany Group has adopted a philosophy to provide a place for people to continue to live meaningful lives when they can no longer live independently. We believe in an environment where loneliness, helplessness and boredom are minimized, and we strive to create an atmosphere where residents want to live, families want to visit, and staff want to work.

Four cottages that are linked together by a main building make up Louise Jensen. The cottages are Ivy, Lilac, Hawthorne and Juniper. Between the four cottages, there are 65 residents. Each cottage has its own unique personality, and all are frequently re-decorated depending on what season or events are coming up. Staff work hard to ensure the resi-

dents are still able to live meaningful lives although they are living in a care setting.

This past month, one of the staff members made hundreds of paper cranes and hung them all over each of the cottages. Each resident also received their own personal paper crane to hang outside their door.

The residents and staff of



Louise Jensen are very welcoming. You get a friendly hello when walking through the halls from everyone, accompanied by a bright smile. And if you go into the main hallway, the live lovebirds greet you as well.

Besides the daily routine, there are many activities that residents take in while living at Louise Jensen. Some of those include hymn sings, pet therapy, celebrating special occasions and events, musical entertainment, and more!

This summer, each of the cottages has a BBQ once a month. I was invited to Hawthorne and Ivy's BBQ this



past month and residents were really enjoying the food! Special diets were accommodated too, so everyone could take part. Plus the weather was perfect for BBQ-ing. After eating, residents went outside and enjoyed horseshoes. They didn't stay out too long though, because the mosquitoes were so bad!



Whether I am going for a special event or just to say hi, I always enjoy visiting Louise Jensen! Thank you to staff and residents for making Louise Jensen so welcoming.

Did You Know?

World Population Day is being celebrated around the world on July 11th. This is a day celebrated by the UN and used to raise awareness about the world's population.

According to Wikipedia, there are over 6.93 billion people in the world! That's 440,000 times more people than the population of the City of Camrose!

July Farmer's Almanac

1st-3rd. Fair across the Prairies for the Canada Day weekend.

4th-7th. Becoming unsettled.

8th-11th. Continued unsettled most areas.

12th-15th. Dangerous storms from the Rockies through the Prairies, then slowly clearing.

16th-19th. Fair, turning cooler.

20th-23rd. Scattered thunderstorms, especially eastern Manitoba, with strong, gusty winds.

24th-27th. Showery conditions persist.

28th-31st. Fair skies.

Educational Expressions: Towards Dying Well: A Review

**By: Rev. David Eriksson,
Pastoral Care**

Along with other members of the Bethany Group Pastoral Care Team I had the opportunity to attend the 24th *People and Progress Continuing Care Conference* entitled *Dying Well*. Dr. Ira Byock, author of a book *Dying Well: Peace and Possibilities at the End of Life* (RiverHead Books, New York, 1997), presenting on the topic of *The Ethics and Practice of Loving Care*.

Dr. Byock called our attention to the value of *loving care* by first examining an assumption on which much of medical care is now based. When someone becomes ill, it is assumed that a person's quality of life improves as problems diminish and pre-illness functioning is restored. Thus, should a person's health decline progressively and death approach, it would seem that quality of life would be diminishing. Dr. Byock, who has been actively involved in palliative care and hospice work for many years, states that in his experience the opposite is often true. It is possible for people to experience contentment, a sense of fulfillment, and to continue to retain a sense of importance, meaning, and value in life in the face of death, discomfort, and the increasing limitations.

A key element that makes a difference is the practice of *loving care*. For Byock, this includes firstly, not allowing persons to die in pain, and secondly, providing every opportunity so that they do not spend their last days alone, nor die

alone. Byock relates that palliative care has much in common with pediatrics, the care of children. When a child is crying no one first asks how much morphine they need but instinct moves us to offer appropriate love and attention. The pediatric "failure to thrive", described in the early 20th century, was found not to be caused by pathogens nor toxins but by deprivation of human contact and touch at critical stages of a child's life. Similarly, Byock observes that in too many care settings people are too much alone at a time in life when they need more human contact. This aloneness is aggravated by underfunding and understaffing and problem based treatment which tends to depersonalization, making persons into objects who are subjected to medical interventions. A problem based approach continues to be of importance for counteracting disease and alleviating pain and other symptoms and augments the practice of *loving care* as love and meaningful interaction become more important. When spiritual and social needs of people are overlooked it is no wonder that pessimism increases as people's health declines, but this need not be so.

Byock also advocates for approaching the end of life from a developmental model which sees both aging and palliative care as providing opportunities for growth and completion. Such growth can happen in a variety of ways including finishing things that have been left undone, coming to terms with things that will never be done,

and working on "the five things of relationship completion" which are saying "I forgive you"; "Forgive me"; "Thank you"; "I love you"; and "Goodbye." Being able to do these things can sometimes make the last days some of the best of one's life. Although Byock does not speak as a Christian, in Christianity forgiveness is not an empty act but often opens our lives to forgiveness and healing in our relationship with God.

Byock's views are similar to those of the *Eden Philosophy* which has been embraced by The Bethany Group. Bethany's 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*. The words "long-term care" imply that people come not just to die but to live, to be cared for, often for a long time. Thus, we have opportunity to enhance people's lives often over the "long term." During this "long term" for most of our residents physical difficulties are increasing or will increase and their aging and disabilities progress. Byock's findings mean that it is good when we take an active approach to improving quality of life through activities and social interactions. It is helpful when families and friends visit and surround persons with love and care. Listening and fostering opportunities for people to complete tasks left undone, to express forgiveness and appreciation, and in saying their "goodbyes" can bring a sense of completion. Such things can help towards "Dying Well."

Protect Yourself: Summer Safety for Seniors

Protect yourself from the sun. Skin cancer is the most common of all cancers. Ironically, it's also the most preventable. Be proactive in reducing your risk of skin cancer and other negative side effects of sun exposure:

- *Wear sunscreen and lip balm* with a sun protection factor (SPF) of 15 or higher. The skin's ability to repair sun damage declines with age, resulting in unsightly age marks and increased risk of skin cancer. Also, the body's ability to process vitamin D naturally diminishes with age, placing older adults at an increased risk of osteoporosis and bone fractures. Consider counteracting any potential negative effects of vitamin D deficiency by supplementing your diet with vitamins.
- *Wear a broad-brimmed hat and tightly woven clothing* as protection from the sun.
- *Wear wraparound sunglasses* with at least 99 per-

cent UV absorption. Aging can cause increased sensitivity to light, wind, and changes in temperature, resulting in production of excess tears and irritation. Overexposure to sunlight can also increase your risk of developing cataracts. Protect your eyes and your vision with sunglasses.

Protect yourself from the heat. Older adults are particularly vulnerable to the negative effects of the summer heat. Aging generally results in a natural impairment of the body's cooling mechanisms. Fortunately, there are several tactics available for combating the affects of excessive heat:

- *Avoid going outside during the hottest times of the day.* Plan your outings for mornings and evenings to avoid exposure to unnecessary risks from mid-day heat.
- *Seek air-conditioned environments.* The risks of heat-related illness can be drastically reduced by spending just a few hours a day in air conditioning. If you don't have air conditioning in your home, visit senior centers, libraries, or indoor shopping malls to get relief from excessive heat.
- *Take a cool shower or bath.*
- *Drink plenty of water.* Thirst is an unreliable indicator of dehydration - by the time your brain signals thirst, your body may already be dehydrating. Anticipate thirst and dehydration before they strike by drinking plenty of water in advance and avoiding dehydrating drinks containing alcohol, caffeine, or large amounts of sugar. Be vigilant to the signs of dehydration: dry mouth, dry eyes, lethargy, and dark yellow urine or infrequent urination.
- *Eat cool, healthy foods* that energize and aid in hydration. Ex. Sandwiches, salads, and fresh fruits and vegetables.

Just a Hug

Submitted by:
Anne Lindgren

Until she spoke, with weariness I sighed,
The snow swirled and whirled outside.
My heart was heavy, ambition dead.
Tear-filled eyes found mine and said,

“Gram...have you hugged me today?
Have you asked if I’m ok?
A hug feels so good and so nice...
If you’ve hugged me once...

Please hug me twice!”

I looked at her, tears filled my eyes,
Her tiny chest heaved with sighs.
I bent forward, pulled her tight,
The darkness in me turned to light.

Her tiny arms encircled me...
She snuggled close and set me free.
Her sobbing ceased and with her sigh
A whirr of Angel wings went floating by.

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A song tugged at the strings of my pain,
I held her close and hugged her again.
“Oh my!” she said, “You hugged me twice,
Now I feel great...all fluffy and nice!”

My hug to her was my release,
All my pain and weariness did cease.
Love is giving what you really need,
Give of yourself and you’ll be freed!

Heat Stroke: A Silent Striker

Watch for the signs of heat stroke and heat exhaustion this summer. It's easy to get in the summer and many don't know they have it until they are sick.

Here are some of the signs: confusion or hallucinations, headache, weakness, profuse sweating or lack of sweating, fainting, rapid breathing or heart rate, and hot, dry skin. If you see any of these signs, seek medical attention, and take immediate measures to cool off by removing excess clothing, sponging with cool towels, and sipping cool water.

A Cute Story

An elderly woman and her grandson, whose face had bright freckles, were waiting in line to get his face painted.

"You've got so many freckles, there's no place to paint!" a girl in line said. Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. "I love your freckles. When I was a little girl I always wanted freckles," she said.

"Freckles are beautiful!" The boy looked up, "Really?"

"Of course," said the grandmother. "Why, just name me one thing that's prettier than freckles."

The little boy thought for a moment, peered intensely into his grandma's face, and softly whispered, "Wrinkles."

Seniors Week BBQ's

Here are some recent pictures taken at Seniors Week BBQ's from around The Bethany Group
Below and right: BBQ pictures from Stoney Creek Lodge



Below and right: BBQ Pictures from Rosealta Lodge



Below and right: BBQ Pictures from Bethany Meadows



Celebrations in Wetaskiwin



Birthday celebrations at Peace Hills Lodge in Westaskiwin included George Wilson (left), who turned 102 years old!

