

Mission Moment



Prairie Schooner Entertainment

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:

- June 8:** National Best Friends' Day
- June 15:** Smile Day
- June 17:** National Eat Your Vegetables Day
- June 19:** Fathers Day
- June 21:** First Day of Summer

Inside this issue:

Educational Expressions	2
Baby Birds	2
Farmers Almanac	2
Signs of Spring	3
They Danced	3
Pictures	4

Focus On: Stoney Creek Lodge



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 Stoney Creek Lodge in Camrose. Stoney Creek Lodge offers lodge living for 62 individuals and accommodates couples. It offers the privacy and comfort of home while providing a community environment where an active and carefree lifestyle is encouraged. It definitely is a neat place!

Separated into 4 Wings, Stoney Creek Lodge is inviting from the moment you walk in. You are greeted by a welcome desk with decorations to match the season, and information on events and fundraisers happening at the lodge. To your left is a wide open common space, with a beautiful piano and a cozy fireplace. Residents can gather here for activities, entertainment, and they also come to the common room for the very popular sheep racing game.

To your right as you come

into the main doors is a short hallway leading to the dining room. There are windows all around and a patio, so there is a lot of natural light. Its lovely to enjoy your meal or have an afternoon coffee or tea. There is also a library area and small sitting room off the dining room.

I got to visit Stoney Creek Lodge on the day of the Mother's Day Tea, and what a great event that was! Staff and residents made special fancy hats to wear and the kitchen prepared cheesecake with berries for dessert. The afternoon was a blast! The Mom's of Stoney Creek were honored, stories and poems were read, and after the festivities we visited and enjoyed the delicious cheesecake—thanks to the kitchen!



Stoney Creek Lodge has some fantastic staff and residents. It was nice to chat and hear stories of the past from residents, and they also made many comments about how much they enjoyed the food, activities, and special things that staff do everyday to light up their days. Angela, the

activities coordinator, keeps things lively at the lodge by having events such as bingo and in-town outings organized for the residents. Some lucky residents even got the chance to attend the Scotties Tournament of Hearts in March at the Edgeworth Center.

Two of the lodge attendants, Susan and Diane, gave me a tour of Stoney Creek Lodge and introduced me to some residents who were in their rooms. I was invited in, and wow are those rooms decorated nicely. Some residents have welcome signs and nice pictures hanging on their doors, which makes the atmosphere even more inviting.

Dee, the lodge administrative assistant, also showed me around and was able to answer questions about the lodge and the history. Thanks ladies for the tour!

I had a great time visiting with staff and residents at Stoney Creek Lodge for the Mothers Day Tea. Thank you for inviting me, and hope to see you all again soon!



Last Post Fund Information

Attn: War Veterans
The Last Post Fund is a non-profit organization working for Canadian and Allied Veterans. They ensure that eligible Veterans receive dignified funeral and burial arrangements for those who do not have sufficient funds. They deliver this Funeral and Burial Program on behalf of Veterans Affairs Canada. For more information for you and your family, please contact 1-888-495-3766 or go to www.lastpostfund.ca

June Farmer's Almanac

1st-3rd. Thunderstorms for western Alberta and the Prairies; some will have large hail, damaging winds, and even tornadoes.
4th-7th. Clearing.
8th-11th. Scattered thunderstorms from the Rockies through the Prairies.
12th-15th. Hot and dry.
16th-19th. Strong storms initially, then clearing.
20th-23rd. Scattered thunderstorms from the Rockies through Prairies.
24th-27th. Fair skies.
28th-30th. Violent thunderstorms spread from the Rockies east.

End of Life Planning Adventure - Educational Expressions

**By: Signi Bruner,
Pastoral Care**

This past February I attended a one-day conference called "Dying Well". One aspect of 'dying well' that I've been giving some serious thought to is **being prepared** to die—end of life planning.

When I broached this subject with my children their initial response was startled concern—"Is there something we should know?" No. "Are you ill?" No. "You're not that old!" (I'm 68.)

No, I'm not *'that old'*, but when I have become incapacitated by a stroke, an accident or some other life changing illness, I do not want my children to have to decide whether to hook me up to machines or let me be. I do not want them facing a DNR decision. It is very seldom that all the children will agree on the best course to take for any parent's welfare; when they are in shock and grieving, collegial decision-making becomes next to impossible.

So I embarked on the adventure of end of life planning!

First I consolidated all my bank accounts in one bank and all my investments with one financial advisor. I've gathered my insurance contracts (life, auto, home) into one file folder with my birth, marriage and divorce certificates, and my passport, pension, driver's and health care information. And I've told my children where to find the folder.

One son came to the farmers' market with me and, much to his surprise, he helped me pick out a hand made wooden urn for my ashes. We debated color, style and which kind of wood we wanted (birch, two colors, it looks like a bird house—or an outhouse—and is biodegradable).

Now I'm picking out all my favorite hymns for the funeral—I've found at least 30 that I love, so some will be played as prelude, some as postlude and the rest we—they—will sing during the service. I know which Scrip-

ture texts I want read, so that's done.

Next I intend to go to Leisure Services (!!??) and purchase a half-plot for my ashes to be buried in, and then I'll talk to a funeral director about their services. I know I want "the service" to be in my home congregation, and I hear that I can pay them ahead for funeral costs and they will look after everything.

I'm not sure I have a spot to store a headstone, but I do intend to check them out and state my preferences for purchase at a later date.

To get back to my original concern about burdening my children with making decisions on my behalf, I do have a will and have named an executor, but I'm still working on a Personal Directive. I think that is the greatest last gift we can give our children—assistance with decision making for the time when we are still living but not deciding for ourselves. I do love giving presents!

Baby Birds at The Bethany Group

Some new pigeon babies were born and nesting at the Rosehaven Building. They have now been relocated to a better home, but we got some pictures before they left!



Signs of Spring



My cousin in Sherwood Park walked into her backyard to find they had some visitors the other day!



They Danced

Submitted by:
Anne Lindgren



Near the old
phonograph
He wiggled on
wobbly legs
His diaper
hanging loose.
On a rug
nearby

She swayed back and forth
And patty-caked and rolled-em.
And so ... they danced.

He entered kindergarten
His eyes lit up in a smile
As he stood and waited ...
unafraid.
Near the record played
She snapped her fingers
And tapped her tiny foot.
And this ... they danced.

Her dress shielded her skinny
legs
Like an old-fashioned lamp-
shade
A velvet bow pinned back her

braids.
He nervously twitched an eye-
brow
And rubbed his sweaty palms
On his knitted red vest.
And on ... they danced.

She raced towards a rainbow
Across the vacant lot
Her hair streaming behind her.
Nonchalantly, leaning over a
fence
His eyes followed her
Etched against the heavenly
arc.
And still ... they danced.

Chauffeured by her father
She came to his house
Dressed formal for the Junior
Prom.
Waiting at the open door
He awkwardly held out
Her first gardenia corsage.
Then ... they danced.

She was named Valedictorian
On their graduation night
She even wrote the lyrics

Which he sang so sincerely
For their theme song
Strumming along on his guitar.
And together ... they danced.
Wedding bells peal forth
One baby ... two babies
Bills, bills ... and more bills.
From early morning to late
night
He worked ... she mended
And they hummed their song
And still ... they danced.

Together, they were so proud
As their children grew tall
Grandchildren came to visit.
They smiled at each other
As their hair turned to grey
And their faces grew wrinkled.
But on ... they danced.

On their sun deck
They rocked to and fro
She knitted another red vest
He strummed a new tune
The rainbow spoke from the
sky
Its colors blending softly.
As on ... they danced.

Happy Seniors Week 2011!

Seniors Week this year is
June 6-12. This years
theme is Vibrant Leaders
in the Community.

“Seniors continue to be
an integral part of our
communities, as mentors,
volunteers and leaders.
We respect their wisdom
and knowledge, and their
sharing of life
experiences,” said Mary
Anne Jablonski, Minister
of Seniors and
Community Supports.
“It’s only fitting that we
set aside one week a year
to officially acknowledge
the richness seniors add
to the lives of all
Albertans.”

Seniors Week Events at The Bethany Group

Wed. June 8: BBQ at
Stoney Creek Lodge

Thur. June 9: BBQ at
Rosealta Lodge

Bashaw Valley Lodge Events:

Mon. June 6th - National
YOYO Day

Tues. 7th - Money Bingo
(open to friends & family)

Wed. June 8- Best Friend
Day

Thurs. June 9 - Annual
Seniors BBQ

Friday June 10 - National
Iced Tea Day

Picture Perfect

Here are some recent pictures taken at The Bethany Group

Below: Mothers Day Tea at Stoney Creek Lodge (below, right)



Residents and Staff created beautiful wind spinners at the Louise Jensen Care Center to mark the season of spring and the beginning of summer. (left and right)



Here are some pictures for you from Bashaw! The first are of the ladies planting the flowers in the courtyard. It was a cool rainy day, but a great one to put the plants in. We like to have the plants established in the courtyard for our Senior BBQ on June 9, and with the sunny weather, they should be growing quickly!

The other two pictures are of us enjoying a walk on the Bird Walk. It is a walking path behind our building that goes up through the trees. We usually go for a walk once a week from now till fall. There are some residents that go for walks on their own too.

For Seniors week we have special activities planned for each day of the week! As you can see we keep busy and have fun, but sometimes I'm not even sure if I can keep up with the residents!!!!

Cathy Unsworth,

Activities Coordinator, Bashaw Valley Lodge Photos (right, below)

