

**Mission Moment**



**Mealtime Assistance Program**

*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:**

- August 14:** National Have a Creamsicle Day
- August 15:** National Relaxation Day
- August 22:** National Be an Angel Day
- August 25:** National Banana Split Day

**Inside this issue:**

Educational Expressions	2
Farmers Almanac	2
A Big Thank You	2
Food Safety	3
Please Lord	3
Peace Hills Lodge Grand Opening	4

**Mealtime Assistance Program Launches**

**By: Angie McConnell**

The Bethany Group's Health Facilities, (Bethany Meadows, Louise Jensen, Memory Lane, Rosehaven, Viewpoint and Faith House,) are all part of a brand new program starting in September. Under the concept of having "all hands on deck," employees, volunteers and family members are invited to assist during mealtime and socialize with residents. By having "all hands on deck," mealtime for residents can become a more positive experience.

To make the meal time experience more inviting to our residents and provide a level of comfort, we have three areas staff or family can volunteer for.



**Host/Hostess**

This role 'sets the stage' for a positive environment and an enjoyable meal for the resident. It can be filled by volunteers or staff. Potential duties may include:

- Opening curtains/blinds in dining room
- Turning off televisions

- Turning on music to allow residents to focus on meals
- Setting tables
- Portering/Walking residents to meals
- Greeting residents as they arrive in the dining room
- Offering residents a choice of beverages and pouring
- Making toast for breakfast
- Ensuring shirt savers are provided and assist the resident to put them on if required and removing them when the meal is finished
- Initiating and carrying on appropriate conversation with residents
- Providing warm washcloths at the end of the meal to enable the resident to clean his/her hands and mouth

**The Encourager**

This person encourages the resident to partake in their own meal time experience, to maintain their independence. It can be filled by volunteers or staff with a clear understanding of the needs of the specific resident that he or she is working with and may require some specialized training. Potential duties may include:

- Cueing residents to specific eating tasks
- Socializing with residents
- Describing the meal to the resident in a positive manner
- Providing residents with one food item at a time
- Cutting up food for residents
- Placing utensils, cups, etc., in residents' hand

- Loading the utensil with food
- Providing warm washcloths at the end of the meal to enable the resident to clean his/her hands and mouth

**Feeding Assistant**

This role involves total feeding assistance to residents who require this level of care. It should be filled by staff or volunteers with higher training. Potential duties may also include any of those outlined in the Host and Encourager roles.

The goal of the Mealtime Assistance Program is to provide a higher level of customer service to our residents. Employees from every department are invited to participate by taking on one (or more) of 3 roles to support the residents (host/hostess, encourager, and feeding assistant). Resident family members and volunteers from the general public are also invited to take part in the Mealtime Assistance Program. Volunteers will have an in-depth education session, and are welcome to participate in any of the three mealtimes.

If you would like to participate in this new initiative please contact Carla Beck (780.679.3056).

### A Big Thank You



Thanks to the Ladies Auxiliary District #3 of the Royal Canadian Legion for donating funds to purchase a specialized recliner for residents at Louise Jensen and to purchase items to revitalize the respite rooms at Memory Lane. Your donation is much appreciated and went a long way!

### August Farmer's Almanac

**8th-11th:** Thunderstorms from the Rockies spread east across the Prairies.

**12th-15th:** Mostly sunny.

**16th-19th:** Clearing and pleasant.

**20th-23rd:** Stormy from the Rockies east through the Prairies.

**24th-27th:** Mostly fair and cooler.

**28th-31st:** Scattered showers, thunderstorms over the Prairies, then fair.

## Educational Expressions: Towards a Healthy Life and Success

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

This is the last article in a series summarizing sessions from the 24<sup>th</sup> *People and Progress Continuing Care Conference*.

Michelle Cederberg's *Exposing the Myth of Life Balance ... and Revealing the REAL secret to Success* was the fourth and final presentation of the day at the 24<sup>th</sup> *People and Progress Continuing Care Conference*. Michelle's talk was both humorous and practical and held our attention throughout.

According to Michelle the goal of having life balance is elusive. Nevertheless, there are steps that we can take to move towards having a healthy life and towards success in our endeavors. A good beginning is made by recognizing the five dimensions to the human person which are:

1. *Physical:* Michelle suggested taking time for intentional physical activity by exercising three times per week, drinking adequate water, and making an effort towards healthy eating.

2. *Emotional:* Michelle noted the importance of being communicative, of saying what we feel. It is also helpful to be aware of how we respond and to make an effort at **HALT**ing communication when we are **Hungry, Angry, Lonely, and Tired**.

3. *Intellectual:* This area can be nurtured through ongoing learning such as attending courses, workshops, and by reading and through mentally engaging activities such as scrabble, puzzles, etc.

4. *Social:* Michelle noted that kindness is good for your health. If you don't like someone try to get to know them better. Being bitter or unforgiving is like drinking poison ourselves and expecting the other person to die.

*Spiritual:* Michelle suggested having some time in our day or week to nourish this area. This includes doing those things that give us strength and that restore us.

A first key for success is giving some attention to each of the five areas. Michelle noted that the most difficult of these for many people is the *Physical* area. As stress increases we tend to let the *Physical* area go, but this is when we need exercise the most and need to look after our bodies.

To aid in making good choices Michelle also talked about sorting through priorities which affect where we spend time and energy. She noted that our "To Do" tasks can be divided up into 4 categories which are:

1. *Obligation:* Included the things we have to do, those that are obligations, that are often deadline driven, and that take energy.

2. *Distraction and Deception:* Include those things that we take on in the spur of the moment, especially those things that are urgent to someone else.

3. *Waste:* Includes the non-purposeful time that is lost to activities that we ourselves do not really value.

*Growth:* Includes the things that we do to help move ahead, including preparation, planning, and exercise.

A second key to success is knowing that we have to act on the *Growth* area; it doesn't act on us. Michelle suggested moving time and energy from the *Distraction and Deception* and *Waste* areas to the *Growth* area. Begin by asking ourselves what it is that we need to do to make progress in our area of work or in our personal life.

A third key to success has to do with the importance of taking small steps to great gains. Often we are stopped by our "all or nothing" approach to activities. This difficulty is often rooted in our perfectionism and is a major reason for why the "getting to it" is tough. Michelle stressed that small starts and small amounts of time are better and in fact are what is needed. Ten minutes spent exercising is better than the hour we spend thinking about it. Small steps could include things like:

1. Doing a little more physical activity than is normal for us.
2. Taking time each day to do an intentional act of kindness.
3. Working towards a work day win. This would be identifying small steps we can take towards growth in work.
4. Doing something just for fun.
5. Restorative rest.

A fourth key to success is making and using lists to help maintain intentional activity. This can be rewarding in itself as our brain releases positive chemicals when an item is checked off.

## Food Safety



Health Canada and the Canadian Food Inspection Agency are reminding Canadians

of the importance of food safety for older adults.

As you age, it becomes harder for your immune system to fight off harmful bacteria. This means that older adults can come down with a serious illness if they eat contaminated food. For this reason, it is very important to choose, handle and cook food properly before eating. It is very important for older adults or caregivers to follow food safety steps to help reduce the risk of foodborne illness.

It is estimated that there are approximately 11 million cases of foodborne illnesses in Canada every year. Many of these illnesses could be prevented by following proper food handling and preparation techniques.

To minimize the risks of foodborne illness, older adults or caregivers should follow these steps when handling and preparing food.

### Separate

At the grocery store, separate raw meat, poultry, fish and seafood from other grocery items. Place these raw foods in separate plastic bags that you can get in the produce or meat sections.

In your home refrigerator, store raw meat, poultry, fish and seafood on the bottom shelf to pre-

vent any juices from the meat dripping down onto foods.

Wash all plates, utensils, and cutting boards that touch or hold raw meat, poultry or seafood with warm soapy water before using them again for foods that you do not cook before eating, like fresh fruit and raw vegetables.

You may also use the following solution to help you sanitize your surfaces and utensils: Combine 1 tsp of bleach with 3 cups of water in a labeled spray bottle. Spray the bleach solution on the surface/utensil and let stand briefly. Rinse with lots of clean water and air dry.

### Clean

Wash your hands with warm, soapy water for at least 20 seconds before and after handling raw meats, poultry or seafood and after using the bathroom, touching pets, etc...

Always wash raw fruits and vegetables gently in cool, running water. You can also use a vegetable brush to scrub hard skin produce such as carrots, potatoes, melons and squashes. Remember, you can't always tell whether foods carry surface bacteria by the way they look, smell or taste.

### Chill

Make sure you store your raw meat, poultry and seafood in the refrigerator at 4°C (40°F) and below.

After grocery shopping, make sure your raw meat, poultry and seafood are refrigerated as soon as possible.

Put leftovers back in the refrigerator as soon as you are finished eating. Never leave food out for more than two hours. The simple rule is: When in doubt, throw it out.

### Cook

Make sure that your food is thoroughly cooked before eating it. You can reduce your risk of foodborne illness by avoiding high-risk foods.

Remember, visual cues like colour are not a guarantee that food is safe. Don't guess! Use a digital instant-read food thermometer to check when meat and poultry are safe to eat.

### Caution

Older adults should also pay close attention to what they are eating. Some foods are at a higher risk for foodborne bacteria than others:

- Make sure to cook hot dogs and deli meats until they are steaming hot before eating them.
- Don't eat raw or undercooked meat, poultry and seafood.
- Avoid refrigerated smoked fish or seafood.
- Avoid unpasteurized juice, cider and milk.
- Avoid soft and semi-soft cheeses made from raw or unpasteurized milk.
- Avoid refrigerated pâtés and meat spreads.
- Avoid uncooked foods made from raw or unpasteurized eggs.

For more information on food safety tips for older adults, see the Government of Canada's Food Safety Tips for Older Adults at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) or call 1-866 225-0709.

## Please Lord By: Anne Lindgren

Lord, I know that I am getting older  
But, must I really grow old?  
Plunge me not into that category  
Lower me gently, if You must.

Open my eyes to the vast beauty  
That always surrounds me.  
Help me to see the beauty of others  
Give me time to share with them.

I know I can be very stubborn  
And I can be reasonably sweet.  
Grant me the open mindedness  
To accept frailty in myself.

Keep me from reciting each pain  
As I grow more and more boring.  
Let me listen to other's troubles  
And not complain of my own.

Please remind me frequently  
That I am prone to forget.  
That what I remember so clearly  
May clash with what others remember.

Help me to remember that Sugar stays at the bottom.  
Help me to realize and accept  
My cup is half full, not half empty.

Help me to be humble  
As I turn the pages of time.  
Just let me grow old gracefully  
But, must I really grow old?

## Peace Hills Lodge Grand Opening

In late April, residents moved into the new Peace Hills Lodge in Wetaskiwin. The new lodge has 79 rooms and residents were very excited about moving into a brand new building. Residents of Peace Hills Lodge, their family and friends, as well as several dignitaries were invited to the grand opening celebrations on Wednesday July 20th.



Dignitaries in attendance included: The Minister of Justice, Hon. Verlyn Olson, MLA for Wetaskiwin-Camrose; Alderman Mark McFaul, representing the City of Wetaskiwin; Councilor Pat Garrett, representing the Town of Millet; Reeve Garry Dearing, representing the County of Wetaskiwin; Chair Barry Dunn from the Wetaskiwin & Area Lodge Authority; and Dale Johnson, on behalf of Blaine Calkins, MP.



Here are some snapshots from the Grand Opening and the move into the new lodge from earlier this year. Thanks to all who attended!

