

Did You Know...

that in order to meet Canada's Food Guide, The Bethany Group must have one Orange and one Green Vegetable per day on the menu. Following it will help:

- meet your needs for vitamins, minerals, and other nutrients;
- reduce your risk of obesity, type 2 diabetes, heart disease, certain cancers, and osteoporosis;
- contribute to your overall health and vitality.

Resident Surveys

Just a reminder, resident surveys were sent out in January and if you haven't completed them yet, please do so and send them back as soon as you can! Thank you!

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A Dream Collection Coming True

By: Angie McConnell

Louise Jensen resident, Debbie Ulrich, is living out her dream of helping the people of Camrose - one can at a time.

The idea of donating food bought from the money raised by recycling bottles began in August of 2010, with what Debbie calls "a very funny story." Her and her companion were going out, but their van would not start. It was such a nice day that Debbie suggested a walk. The pair headed West from Louise Jensen, and went right past the food bank.

Debbie asked, "What is that building?" Her companion explained that the building was the location of the food bank, and she looked towards the skate park and saw empty cans lying in the grass, the idea hit her.

Debbie talked with her husband, Terry, made a plan, and went for it! At first the collection started around

garbage cans and picking up bottles that people had thrown on the ground, and grew as Debbie started spreading the word around Louise Jensen about her plan. She keeps the recyclables in her room until she can cash them in.

The first collection brought in twenty dollars, and she decided to save the money until it was a large enough amount to buy a great deal of food to donate. She keeps track of the monies raised on her door, so everyone can see as they walk by! Debbie and her supporters collected until December, and last week she donated over \$500.00 to the food bank!

\$200.00 cash was given to her from Bethany Meadows (from can collection,) and \$300.00 worth of groceries was purchased from Debbie's collections.

Debbie says the big thing when buying food is to not only look for good prices so you can make the money go

a longer way, but to look at the dates. Be sure that the product you are buying is non-perishable and doesn't expire anytime soon. She not only collects cans, but bottles, milk containers, and other glass, tetra, and juice jug as well.

Debbie says she plans to keep on collecting, and has a goal in her mind that she some day hopes to reach, and at the end of the day, her dream remains, "to just help the people of Camrose."



Debbie Ulrich has been a resident at Louise Jensen for 6 years, after a car accident 9 years ago left her a quadriplegic. It hasn't slowed her down one bit, nor has it stopped her giving spirit. She continues the bottle collection and encourages people to get donations to her through the front desk at Louise Jensen. She has the continuing encouragement of her husband Terry, two children, and two grandkids, and from the staff & residents of The Bethany Group.

FOOD BANK HAMPER			
I AM DEB AND MY COMPANION AND I HAVE STARTED THIS PROJECT OF COLLECTING BOTTLES & CANS. THE MONEY WE RECIEVE IS GOING TO MAKE HAMPERS FOR THE FOOD BANK FOR THE YEAR 2011			
DATE	AMOUNT TO DATE	GOAL	AMOUNT TO GO
Jan., 2011	\$20.75 collected from cans & bottles	\$500.00	\$479.25
Jan., 2011	\$20.00 cash from cans & bottles	\$500.00	\$459.25
Jan., 2011	\$43.00 collected from cans & bottles	\$500.00	\$416.25
Jan., 2011	\$20.10 collected from cans & bottles	\$500.00	\$396.15
Jan., 2011	\$ 7.50 collected from cans & bottles	\$500.00	\$388.65

Watching Curling



Avoiding Bacteria—Some of the Germiest Spots in Your Home

As we approach the popular event of “spring cleaning,” certain areas in our home will get their once a year cleaning. However, after reading where the germs really like to hide in your home, you may want to consider cleaning these areas more than just annually...

water or multi-purpose cleaner. For wood blinds follow the same procedure using only a little tap water. Do not overwet the wood and be sure to buff dry right away. For fabric blinds, go over the blinds with a dry microfiber cloth.

notice any, replace the soil.

- **Vacuum Cleaner Brushes & Attachments:** You clean out the dust container or replace the bag routinely but when was the last time you cleaned the tool or brush roll? Check your manual for the how-to. Using scissors, cut off any carpet fibers or hair entangled around the brush.

- **Toothbrush Holder** Soak the holder in a solution of 1 part bleach to 3 parts water and rinse. Then air dry upside down. Or simply wash on the top rack of your dishwasher.

- **Underside of Rugs** To remove dust and dirt that's gone deep down into the rug, simply flip it over and vacuum the underside.

- **Top of the Refrigerator** I guess it's true what they say: "out of sight, out of mind". This definitely applies to the top of the refrigerator. Don't forget to wipe it down when you do the sides and handles.

- **Kitchen Trash Can** Clean your can or the plastic liner in your utility room sink, the shower, or outside. (Be sure to disinfect the sink and shower afterwards). Spray the trash can with a cleaner that contains bleach and let it stand for 10 minutes. Rinse and wipe clean. Before adding a new garbage bag, be sure the can is completely dry.

- **Plants** Outdoor plants are cleaned off by the rain, but houseplants become caked with dust. Spiff them up with water and a soft cloth, like an old t-shirt. Don't forget to inspect the dirt for mold. Overwatering plants can cause mold to develop on top of the soil. If you

- **Blinds:** The material they're made of -- metal, wood, or fabric -- determines how you dust them. For metal blinds, wipe with a sock lightly dampened with

Bashaw's Resident Snowman



Valentine's Tea

Stoney Creek Lodge

February 16th

1:30-3:00

Baking, Crafts,

Silent auction, Raffles,

Door prizes

Tea \$2.00

Donations are greatly appreciated!!



Almost 3 Feet and Counting

Edmonton is reporting they have had over 2 1/2 feet of snow so far this year, and we have had even more in Camrose! Here's a look around the city at the mounds of snow - and we are only halfway through winter!



The snow is so deep my kitten Gunner can get to the bird bath! Good thing they are not using it!

Provincial Women's Curling Comes to Camrose

The 2011 Alberta Scotties Tournament of Hearts was in Camrose January 26th - 30th. Big curling names like teams Bernard, Nedohin, Kleibrink played the round robin tournament at the Edgeworth Center. Congratulations to team Kleibrink who won and now moves on to try for the national title. A HUGE thank you to Ken Duggan who gave The Bethany Group tickets to give residents!



Residents Watching the Curling Draws



Attitude

Submitted by:
Anne Lindgren

The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny

room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones," I said, "you haven't even seen the room ...just wait."

"That doesn't have anything to do with it," she replied.

"Happiness is something you decide on ahead of time. Whether I Like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it."

"It's a decision I make every

morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away...just for this time in my life."

"Old age is like a bank account ... you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my memory bank. I am still depositing."

Bethany Insight Contact Information

For ideas/feedback/submissions, you can reach call Angie at 679-3081, or email her:

angie.mcconnell@thebethanygroup.ca

Bashaw's Balloon Workout



National Have Fun at Work Day was January 27th and staff at Bashaw Valley Lodge had fun dressing up silly and it certainly made the residents have a good laugh.



Loaves and Fishes

To celebrate the holiday season and help those in need, residents, their families, and staff collected donations for the food bank. Sites that participated had posters and a box for collection, and when we went to pick them up, it was amazing how many donations there were!

A HUGE thank you goes out to who participated in "Loaves and Fishes." The food bank was ecstatic about the donations and the \$240 cash that was collected for them. Thank you for your generosity!



Above: Bashaw Donations to the Bashaw Food Bank



Top: Rosealta

Bottom: Deer Meadows



Above: Viewpoint Donations



Dave Buist and Denis Beesley with volunteers from the food bank



Stoney Creek Donations



Bethany Meadows



Left: 3rd Floor, Laundry & Maintenance Donations

February Farmer's Almanac

1st-3rd: Blizzard initially for the Prairies, with up to 40 centimeters possible; clearing by the 3rd.

4th-7th: Fair and much colder.

8th-11th: Unsettled for the Prairies

12th-15th: More stormy weather spreads east.

16th-19th: Clearing and colder.

20th-23rd: Snow over the Prairies, "Flaky" for Alberta's Family Day.

24th-28th: Yet another storm pushes in.

A Big Birthday

The Rosehaven Heritage Building is coming up quickly to a milestone birthday—the big 100 years old in 2012! We would like to collect information on the building, its stories, your stories about it, pictures over the years and more! If you have any information to submit, or a story to share, please contact me, Angie McConnell, at 780-679-3081. I also have email: angie.mcconnell@thebethanygroup.ca Please spread the word as well, or if you know someone with information, encourage them to contact me as well. I can't wait to hear from you!