

### Resident Surveys

The Bethany Group values the opinions and experiences of our residents, and in January we would like to hear from you! Watch for our resident surveys, coming out this month, for a chance to give us your feedback!

National Non-Smoking Week is January 16-22, 2011! The theme for this year is: **“There are hundreds of reasons to quit... what’s yours?”**

### Inside this issue:

Bad Bug Prevention	2
Farmer’s Almanac	2
Fall Prevention	3
Santa’s Travels	3
Lodge Update	4
Christmas Carolers	4

### New Year’s Message from the President

A Happy 2011 to you and your family and also welcome to the *new* newsletter. We are very pleased that Angie McConnell has recently joined us as the new Communications Assistant and will assist in publishing the regular newsletters you will now be receiving. She’s been given strict instructions to make sure that she bugs me to do my piece and to ensure that I do not hold up our regular issues!

I am looking forward to 2011 as an exciting year. We will be opening the new Peace Hills Lodge in Wetaskiwin as well as finishing construction on Brookside, our new Life Lease apartment building, and the Wildrose Affordable Housing project. These will all be

exciting new additions to our family and will provide wonderful new homes for seniors and younger families. We also look forward to starting the new supportive living facility in Bashaw. We are currently in the early stages of design and will probably be starting construction in the summer.

But while we expand and build exciting new projects we will not lose focus on all of you who live in our existing facilities. I had the opportunity to visit many of your homes during the Christmas period and I was struck by the happiness and great feeling in all of the sites. Staff and residents were happy and the atmosphere was so friendly. Thank you all for welcoming me to your parties and events and I

promise to be a more regular visitor during the next year.

As we start 2011 you may notice that there will be some short services at all of our sites over the next few months. These services will be led by our Pastoral Care team and will give our Board, me, and all of our staff a chance to reflect and reaffirm our Mission: to enhance the quality of life for those who are older, disabled, or vulnerable serving them as a reflection of God's love and caring.

Thank you all for making 2010 a good year.

*Denis Beesley  
President and CEO  
The Bethany Group*

### Bashaw Valley Lodge Update



What a busy holiday season at the Bashaw Valley Lodge! December 15<sup>th</sup> was our big Resident and Family Christmas Supper. We have this event every year. Each resident can invite 2 guests to the supper. We have a

lot of fun setting up the dining tables fancy and making this a special time for the residents to enjoy. Roast beef and all the trimmings were served. To end the party, Santa stopped in to wish everyone a Merry Christmas.

## A Snowy January—Farmers Almanac Predictions

For those who are already sick of winter, brace yourselves, because if the Farmer's Almanac predictions are accurate for January, we are definitely going to be seeing a lot more of the white stuff.

For years not only Farmers, but meteorologists, media outlets, and more have been relying on the predictions of the Almanac to look at the weather patterns for the year. Some are skeptical, but the Almanac still remains extremely popular around

North America.

Published every year since 1818, the 194th edition of the Farmers Almanac is now available in stores and for those who are skeptical, the Almanac is noted for having an 80-85% accuracy rate.

Here is what we can look forward to in the beginning months of 2011 for Alberta, Saskatchewan and Manitoba...

### January 2011

**4th-7th.** Stormy, with snow over Saskatchewan and Manitoba.

**8th-11th.** Unsettled, with blustery winds.

**12th-15th.** Clearing. Chilly winds diminish.

**16th-19th.** Storm rapidly spreads in from the west. Heavy snow for western Alberta, with 20 to 40 cm possible.

**20th-23rd.** As storm exits to the east, clearing and cold weather overspreads the Prairies.

**24th-27th.** Unsettled, blustery.

**28th-31st.** Clouds, wind, snow.

## Bashaw Valley Lodge Christmas Party

On Dec. 22<sup>nd</sup> we had our Resident and Staff Christmas Party. The staff challenged the residents to a game of Roll-a-ball. Everyone had a great time and the cheering got a bit noisy. Needless to say the residents won the game. Then we enjoyed a special

snack time visiting with the residents. We had meat and cheese, Christmas cookies, nuts and bolts, chips and dip. This was a special event that both the staff and residents enjoyed.



May the dawning of this New Year, fill your heart with new hopes, open up new horizons and bring for you promises of brighter tomorrows. May you have a great New Year.

-Anonymous

### Intersection Safety for Pedestrians—A Tip from Alberta Health Services

POINT, PAUSE, and PROCEED. Be alert at intersections and always look out for possible dangers when crossing the street.



### Look Who Visited!

Some of the fuzzy volunteers from Rec Therapy. The puppies came to visit and were welcomed by staff and residents!

## Stop the Spread of Bad Bugs



Last month health officials from Edmonton were warning of a Norovirus outbreak. With flu and superbug concerns at an all time high, there are things we and our families can do everyday to prevent these

outbreaks from spreading and reaching us.

Hand hygiene is a great way to stop the bad bugs from getting around. Cleaning your hands using a waterless alcohol hand sanitizer or washing your hands with soap and water is considered good hand

hygiene. Hands play a big role in the spread of bad bugs. They can carry bad bugs from one person to another unless hands are properly cleaned. The Bethany Group has hand sanitizer stations all over our various locations for your use.

## Preventing Falls

### Expert Dr. David Hogan Explains how Seniors can Prevent falls this Winter

Falls are both common and serious. About one third of people over the age of 65 fall at least once every year. The Alberta Centre for Injury Control & Research reports falls by seniors resulted in more than 18,000 emergency visits and 6,915 hospital admissions in 2006.

I always recommend reporting a fall to your physician, who can help uncover the individual factors that could lead to you falling again.

In general, I recommend three things to prevent falls: The first is to be

active. Physical activity can make the body stronger, improve balance and reduce the risk of falling. If you're not as steady on your feet as you used to be, consider asking a professional caregiver if you need a cane or a walker. I recommend good footwear and, in winter, slip-on traction devices for shoes and boots and ice picks for canes. It is important to avoid becoming so afraid of falling that you don't get out of your house or your chair.

Next, check your environment. Loose carpets, bathtubs without handrails, icy sidewalks, uneven surfaces, pets, toys and other objects underfoot are all hazards. When you think about it,

walking is really controlled falling. Finally, check your medications and nutrition. Some prescriptions can lead to a fall. Your physician can help you weigh the benefits and risks of your medications. As for nutrition, vitamin D has attracted the greatest interest. In addition to its other health benefits, recent studies have found many people who fall don't have enough vitamin D. Osteoporosis Canada recommends a daily intake of 800 to 2,000 IU for adults over 50.

Dr. David Hogan is the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary  
*From Alberta Health Services Apple Magazine*



Want to stick with your New Years Resolution? Be sure that it's a realistic goal, like trying to get 20 minutes of walking in a day. Don't forget to reward yourself along the way!

## Santa Visits Deer Meadows



## Congratulations!



December 21<sup>st</sup>, Mel and Minnie Moorcroft celebrated their 50<sup>th</sup> Wedding Anniversary. Their family came in the weekend before to celebrate with them.  
-Bashaw Valley Lodge

## Wetaskiwin Lodge Update

Construction of the new Peace Hills Lodge in Wetaskiwin is almost complete, and last month, residents got to take a tour of the new facility that's slated to open in Spring 2011! During the open house, residents walked around the new common areas and even got to see one of the bedrooms as it could look completely decorated. There was also a small Christmas Concert and refreshments.

Here is a sneak peak for you!



## Welcome to our "New" Newsletter

Hello! I'm Angie, the new Communications Assistant for The Bethany Group. I started last month and am very excited to be a part of The Bethany Group, and to be bringing you this newsletter every month!

You'll see me around our various sites, taking pictures, reporting on stories and activities, and more! If you see a funny joke, great picture, interesting article or delicious recipe you want to share – send it my way!

For ideas/feedback/submissions, you can reach me at my desk, 679-3081, or by email me: [angie.mcconnell@thebethanygroup.ca](mailto:angie.mcconnell@thebethanygroup.ca). You can also hand in submissions to one of The Bethany Group staff, and they will be able to get it to me!

If a family member or loved one would also like to receive this newsletter, please contact me as well and we can get them a copy! The newsletter will also be available on our website, at [www.thebethanygroup.ca](http://www.thebethanygroup.ca)

Have a great 2011 and I look forward to meeting you soon!

## Christmas Caroling



A big thanks to the ladies of Rec. Therapy and Rehab, (and one each from the kitchen and Crossroads) for going around to the staff and residents of Louise Jensen, Memory Lane, Rosehaven, and the Rosehaven Building to sing Christmas Carols. It was a treat and they sounded amazing!

**L to R:** Starla, Sherri, Amelia, Kati, Jennifer, Tena, Deb, and Joanne