

## Mission Moment



### Pet Therapy

*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:

**May 6:** International "No Diet Day"

**May 8:** Mother's Day

**May 12:** International Nurses Day

**May 23:** Victoria Day

**May 31:** World No Tobacco Day

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## Focus On: West Pine Lodge



**By: Angie McConnell**

Each month The Bethany Group will introduce you to all of our sites by focusing on one of our facilities per issue. This time, we're saying hi to the residents and staff of West Pine Lodge as I was invited to visit last month for a special event.

Located in the cute little town of Winfield, West Pine Lodge offers lodge living for 38 individuals and can accommodate couples. It offers the privacy and comfort of home while providing a community environment where an active and carefree lifestyle is encouraged.

When you walk into the lodge you are greeted by a welcome area with a bench to sit down and take your shoes off or wait for a resident. Walk a little further and you are in the common room and dining area, with a very neat fireplace, chairs, a TV and more. On the walls are antiques, old pictures, neat knick-knacks and plaques commemorating when the lodge first opened. It's very cozy.

The smell of delicious food filled the dining room, and being that we were there for a BBQ, it smelt like the coming season of summer with that smoky BBQ smell that makes your mouth water.

I got a tour from the lodge manager, Wendy Filewich, and got to see the activity rooms, craft room and sitting areas. She even showed me pictures of the lodge from the past summer, when a volunteer comes in and does 95% of the flower beds. And what an amazing job he does! I can't wait to see this summers beautiful flowers.



The residents are extremely friendly at West Pine Lodge. I had the privilege of having lunch with Marianne and Judy. They told me about their grandchildren and how much they liked living in the lodge. I also met Jim, who had his election badge pinned to his shirt, ready for the coming election. And of course Vi was helping clean the tables after lunch; the staff says she is always helping out.

Pearl was telling me about the volunteers and entertainment that come into the lodge, which is why I was there that day, to take pictures of the Volunteer Appreciation BBQ. There were so many volunteers in attendance, some that couldn't be there - but wow its amazing the number of people who take time for others. Thank you volunteers!



The staff at West Pine Lodge gush about the residents, saying how much they enjoy talking to and sharing their days with them. Its like a big family in Winfield, you are greeted by friendly staff and the residents are so welcoming, it was hard leaving!

Thank you West Pine Lodge for the tour, lunch and stories, I had a great time and hope to see you all again soon!



### Bashaw Valley Lodge Update

These are our newest residents! Our 2 rabbits have a cage in the courtyard right outside the coffee room windows. One resident is the main caregiver and everyone is enjoying them.



Our Volunteer Lunch was on April 12th. We had 15 out of 25 volunteers attend. Our theme this year was....Our Volunteers Are Our Everyday Angels.



**May Farmer's Almanac**  
**1st-3rd.** Dry and pleasant.  
**4th-7th.** Widespread showery and thundery weather.  
**8th-11th.** Skies slowly clear.  
**12th-15th.** Changeable; breezy under a mix of sun and clouds.  
**16th-19th.** Fair initially, becoming very unsettled.  
**20th-23rd.** Slowly clearing for the Victoria Day weekend.  
**24th-27th.** Hot for the Prairies. Thunderstorms develop in western Alberta.  
**28th-31st.** Becoming mostly pleasant.

### Easter Egg Decorating

Residents and from Rosealta Lodge had fun on April 20th decorating Easter Eggs!



### Educational Expressions from Pastor Norman Lentz

Over the past number of months the Pastoral Care Team has been given a number of opportunities taking in some educational events and now we would like to share some of the gleanings with more people and how some of the factors contribute to our well-being. Over the next while a number of articles will be shared by members of our Pastoral Care Team regarding the personal benefits acquired from these experiences. Our hope and desire is also to initiate some opportunities for developing some clarity to some personal encounters many of us may have experienced in the face of some change, adjustment, or loss.

A recent focus of some conversations that have been happening are directed upon maintaining dignity, respect, quality of life and integrity of people with whom we work and live. This is one of the underlying principles of The Bethany Group's statements of values and vision which provide a

basis for our purpose of being a faith-based organization. Our personal experiences are all unique. It is that uniqueness which makes up the many facets of a gem (organization). The encouragement we have been given is to express that uniqueness in a manner which stimulates resourcefulness in someone else. Someone once said, "Each of us enters this life as an *original*, why should we go out as a *copy*?"

This raises another topic: one which is always difficult to approach – the matter of "end of life issues," "personal directives," and/or "dying well". These will be some of the topics addressed in some of the forthcoming articles by our Pastoral Care Team as some of the educational opportunities we have been privileged to attend. A most recent conversation of our team focused upon the need to facilitate an opportunity for people wrestling with a number of losses encountered in their immediate past, and to have an avenue

through which there might be an expression of love and hope for the future.

Someone once stated very crassly: "Statistically speaking, none of us gets out of this life alive!" It has also been noted that conversation in the nineteenth century spoke very openly about *death* and in very confined terms about *sex*; but the twentieth and twenty-first century have had more conversation about *sex* and very little about *death*. Approaching the topic of "end-of-life" can be a sensitive issue, but this is an issue Pastoral Care would like to emphasize as being crucially important as part of the process of life. There is a marked difference in the reaction of people who have spoken openly about death and those who attempt to postpone the inevitable. Our Pastoral Care Team will be sharing some of the most recent gleanings from the workshops attended and alert everyone to the fact that we want to be available to facilitate conversation which stimulates holistic well-being.

## Wise Owl & Camrose City Police Fraud Awareness

**By: Angie McConnell** Constable Shawn Lofgren from Camrose Police Service and Janelle Wallace from Wise Owls are presenting a session on fraud prevention at Stoney Creek Lodge on Monday June 13 from 1:30pm - 2:30pm. I was able to take in one of the sessions at Deer Meadows and found the information very valuable. One fact was interesting: the *Grandparent Scam*, where a criminal calls a senior pretending to be a grandchild in trouble, is still

happening in Camrose despite all the awareness. This session is open to guests from other locations so feel free to stop by and take it in!

Here are some pictures from the Deer Meadows session.



**Happy 100th Birthday George!**

Hope you had a fantastic birthday celebration with family and friends at Deer Meadows!

## A Dozen Roses

**Submitted by:**  
**Anne Lindgren**

I got a dozen roses  
From a friend, the other day.  
But I have only one left  
For I gave most of them  
away.

I gave one to my mother  
Who to me is very dear  
In hopes that it will bring to  
her  
A little floral cheer.

I took one to a friend

Who's not feeling very well  
The flower or the visit-which  
Helped me more, I could not  
tell.

One went to a friend  
I haven't known for very  
long  
She struggles, in some small  
way  
I hope this helps her carry  
on.

The rest went to the ones  
Who've helped me in so

many ways  
They've been a cheerful  
presence  
On my very dreary days.

The roses were so pretty  
I just could not keep them all  
Except one single bud  
Standing beautiful and tall

My friend gave me the flow-  
ers  
To help brighten my day  
But the biggest joy I received  
Was in giving them away.

## Pedestrian Safety

**From: Vicki Cole, Educa-  
tional Promotions Coordina-  
tor, City of Camrose**

Now the snow has melted,  
its time for a reminder on  
pedestrian safety! All pedes-  
trians should use the **Point,  
Pause and Proceed** method  
when they want to cross the  
street. **Pointing** indicates to  
drivers that you want to  
cross. All drivers should be

aware that when a pedestrian  
is at a corner and has his or  
her arm pointed across the  
street, it means all vehicles  
are to come to a complete  
stop. It is the law in Alberta.

**Pausing** means you should  
make eye contact with driv-  
ers and wait until traffic has  
stopped before stepping off  
the curb. Never assume that a  
driver sees you.

**Proceed** when it is safe to do  
so by keeping your arm ex-  
tended in front of you as you  
cross the road and watch for  
vehicles.

Also when walking, be seen!  
Wear bright coloured or re-  
flective clothing especially  
when walking in low light or  
in poor weather. Enjoy the  
fresh air and be safe!

## Easter Snapshots from Various Locations



A **heartfelt** thank-you to  
the Royal Bank of  
Canada & WCMI  
Construction Services  
Ltd for donating RBC  
Cup Hockey Tickets to  
residents and staff of The  
Bethany Group!

## How it Works: The Bethany Group Food Services Department

By: Angie McConnell



The food services department operates under the motto of family-style service, aiming to serve residents a nutritious, home-cooked meal with quality in mind. I was given a tour of the

food services operation from start to finish by Charlene Fleck, Support Services Manager. Approximately 300 residents between Rosehaven, Louise Jensen, Faith House, Bethany Meadows and Viewpoint receive meals from the Rosehaven kitchen. Plus they provide food 4 days a week to the Crossroads Day program and 7 days a week for the Meals on Wheels program through Camrose and District Support Services.

Food services is made up of 25 staff including dietary attendants and cooks. They take care of everything from raw and dry goods once they are delivered, to preparing, cooking and finally serving the residents their meals. They have standardized recipes and guidelines to follow, and have all the dishes, pots and pans to wash and dry in between!

The kitchen follows a four week menu. This means that the menu repeats every four weeks. According to Accommodation Standards, set by Alberta Health Services, there needs to be an alternate item offered for each meal (usually the entrée item.) For example, if Monday the menu is beef, mashed potatoes and carrots, they need to have an alternate to serve such as chicken, pork or an-

other protein, instead of the beef.

The Canadian Food Guide also stipulates that there be one green and one orange vegetable on the menu every day.

Work begins when groceries arrive at the loading dock twice per week on massive pallets. Everything from milk to bread to produce and all dry goods come in this way. Immediately staff put everything away into storage rooms, refrigerator or freezer.

Production of the meals is the next step. Meal preparation is always done "today for tomorrow." The cooks make the meals including food from every food group. Most menu items are made right in the kitchen; peeled potatoes are mashed in the big mixer and meats are roasted in the ovens. After the cooking and preparation, the cooks pan each food item for each of the 15 dining rooms. It is an incredibly meticulous job to be sure everything is right for every location and for each resident, including the number of servings needed per location.

The food is then held in refrigerators in the kitchens. An hour prior to the mealtime the food is transferred into the Burlodge ovens on each unit. The Burlodge ovens look like big food carts, but what is really neat about them is that they are ovens! Ovens on wheels, now wouldn't our mothers have loved that? Burlodge ovens are a convection oven, meaning unlike a conventional oven that is heated by elements, this oven is heated by hot air constantly circulating by a fan throughout the oven. This allows for a more evenly distributed heat.

After an hour, the oven is done cooking and the food is placed on the hot top. The temperature of the food is taken to ensure that it is cooked properly. All food must have an internal temperature of 74°C. The top of the Burlodge oven and the heating lamps keep the food hot while it is being served. After plating the food, the staff delivers the meal.

Food services work hard preparing the menu, recipes, and adhering to accommodation standards and Canada's Food Guide. The Dietician on staff optimizes the nutrition statuses of the residents by assessing, implementing, and evaluating individualized nutrition care plans. Dietary restrictions are always taken into consideration. The kitchen and each unit has a resident profile binder that includes their picture, allergies, dietary restrictions, likes, dislikes, and who needs food items minced or pureed to ensure the resident is getting a meal they can eat and will enjoy.

Residents don't miss out on nutritional value and taste because the food is made fresh. It is prepared, cooked, stored, then served; nutrients and great taste included. Thank you for the tour Charlene, and to your department for all their hard work keeping the food quality great, the service fantastic, and the meals nutritious.

