

Mission Moment



The Friends of Rosehaven at Prairie Schooner, volunteering to benefit our residents.

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.

Focus On: Peace Hills Lodge



By: Angie McConnell
Peace Hills Lodge in Wetaskiwin is calling a brand new building home, and we would like to introduce you to it and the wonderful residents and staff there as well.

Driving up to Peace Hills Lodge, the definition of the word "lodge" comes into mind. It is a beautiful building that looks like it would be right at home where it currently sits, or if it was in the middle of the forest. Walking in, you see the residents mailboxes, are greeted by an open and spacious reception area and a cozy fireplace. As you walk around the building the one thing you notice is how wide and open the hallways are, and that each area of the lodge is easily accessible. The color scheme is very serene and neutral as well.

The new Peace Hills Lodge has two floors and each floor has their own dining rooms. Those rooms have massive windows that bring a lot of natural light for residents to enjoy during mealtime. The kitchen on the first floor accommodates both dining

rooms. There are laundry rooms on each floor and numerous sitting rooms.

There are 73 single suites and 6 one bedroom suites at Peace Hills Lodge that can accommodate singles and couples. As you pass each of the resident rooms on both floors, you see a display ledge and also a three-shelf cabinet to display personal items. These can showcase the lives and interests of those who live there, making the lodge feel very homelike.



At Peace Hills Lodge, one of the most noticeable things is the antique furniture in the common areas. There are old desks, chairs, wardrobes, armoires and more that decorate these areas. They are beautifully restored pieces that residents, family members, and staff can enjoy.

There are three outdoor common areas at Peace Hills Lodge, including one unique space accessible not only from the common areas, but directly from first floor inte-

rior rooms as well. It's a massive rectangular courtyard that includes spaces for outdoor parties, BBQ's, benches, trees, a gazebo and numerous flower boxes. It's a nice space to sit out and enjoy the sunshine on a nice day. What is neat as well is the lodge even has its own garage for scooters!



Also home to the Peace Hills Lodge are the lodge staff and they have welcomed The Bethany Group's Housing staff. All their offices are on a separate wing just off the main building.

So to the residents and staff who have just celebrated their grand opening, hope you are loving the new lodge, and I can't wait to visit again soon!



Special Dates:

- Sept. 8** - International Literacy Day
- Sept. 13** - International Chocolate Day
- Sept. 21** - World Alzheimer's Day
- Sept. 21** - World Gratitude Day

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Did You Know?

- That you share your birthday with at least 9 million other people on this earth?
- That a million dollars in \$100 bills only weighs 22 pounds?
- Women blink twice as many times as men do?
- Canada has more lakes than the rest of the world combined?
- It is against the law to pawn your dentures in Las Vegas?
- Your heart beats over 100,000 times per day?

September Farmer's Almanac

1st-3rd: Pleasant for the Prairies.

4th-7th: Thunderstorms for Labour Day.

8th-11th: Clear skies over the Prairies.

12th-15th: Fair.

16th-19th: Violent squalls across the Prairies.

20th-23rd: Rain, followed by clearing skies and cooler temperatures.

24th-27th: Changeable; some sun, some clouds, risk of passing showers.

28th-30th: Turning fair and pleasant.

Bashaw Valley Lodge Visits the Lamp Museum

By: Angie McConnell

Donalda, Alberta is home to the Donalda & District Museum that has the World's Largest Oil Lamp and a massive collection of them. Located just 30 minutes East of Bashaw, the Museum has over 900 lamps, Metis artifacts from the early 20th century, and 4000 artifacts depicting the history of the Donalda area and its residents. There is also a beautiful view right near the Museum that our residents got to enjoy; the huge ice-gouged Valley of Meeting Creek. It is definitely worth the trip !

Here is what Activities Coordinator Cathy Unsworth had to say about the trip: "The Donalda Lamp Museum is a very nice and accessible museum for seniors. The display of old lamps was very impressive. We enjoyed a picnic lunch under the Worlds Largest Lamp, which is across the street from the museum. The picnic area over looks the Valley of Meeting Creek. And the lamp actually lights up at night, which is very neat to see if your driving by Donalda after dark. This outing was really enjoyed by all!"

**National Alzheimer's Awareness Month**

September is National Alzheimer's Awareness Month and throughout the month various coffee break fundraisers around Alberta in conjunction with others that happen throughout the year. Every 5 minutes, a new case of dementia develops in Canada. By hosting an awareness month, the Alzheimer's So-

ciety not only gives you the facts, but showcases the various ways in which we can help whether through donating money or volunteering our time to the cause.

The Crossroads Adult Support Day Program hosts a caregivers support group for spouses or family members

of those who have dementia. It happens on the 3rd Thursday of every month from 1:30 - 3:30pm on the second floor of the Rosehaven Building in the multi-purpose room. Please contact Tena Lansing to sign up or for more information at 780-679-3046.

Where Grass is Always Green

By: Anne Lindgren



He was 87 years old. A faded afghan covered his shriveled legs. His face was an interesting network of wrinkles. And his eyes... his eyes were a deep blue... vibrant and sparkling... all encompassing. His eyes and his smile...

Every afternoon as I left my classroom, I looked forward to meeting him. He was always sitting there, expectantly, as if, he too, looked forward to seeing me.

There he sat on the sun deck of Sunset Manor. He sat... or sort of slumped... he sat in the shade of the towering weeping willow. The breeze ruffled his snow white hair. The sun lit up his face. He reminded me of a picture of Jesus in my Mother's prayer book.

Every afternoon our conversation followed much the same pattern:

"Good afternoon, Mr. Hanes," I smiled as I gently touched his out-stretched hand. "I see you're enjoying our lovely sunshine."

He nodded. "And did you have a good day at school today? Did you talk to little Jimmy about that episode yesterday? It didn't upset you too much, did it?"

He remembered our conversation of yesterday. "Oh yes, Jimmy and I got that all straightened out. And how was your day?"

His eyes took on a brightness rivaled only by his smile. "I had another wonderful day. My son drove in from the country and he brought along my little granddaughter... well... she's not really little anymore. She's a teacher... just like you. You must meet her sometime."

"A teacher? How nice. You must be very proud of her. Did you get that letter you were waiting for?"

He hesitated. As if he'd forgotten the letter. Then he gripped the arms of his chair even more firmly. "Oh yes... the letter from my daughter. Yes... yes.. And she also sent a cashmere sweater for my birthday. Green... the sweater is green. She remembered that my favorite color has always been green. I'll model it for you tomorrow... on my birthday... tomorrow... when you stop by again."

His eyes searched mine, confirming another date. "Wow! You'll look like a professor! And how is Mr. Travis? Is he feeling better?"

"Mr. Travis?" he hesitated... "Oh, Mr. Travis. My roommate... he's fine. His baby daughter called around this morning and they went for a drive in the country. He won't be back 'til late. They went to that beautiful place in the country, where the air is always

fresh and everyone is so happy... and the grass is always green. I'm going there too... soon. My sister went there last year. I'm going to meet her there. Maybe tomorrow. Yes... tomorrow. For my birthday.

I detected a sense of weariness. "That'll be great. You sound very busy. Which reminds me, I'd better get home and make supper or my family will disown me. See you tomorrow and don't forget to wear your green sweater."

I had walked only a few steps, when I met a nurse just coming off duty. "Good afternoon," she said, "I see you've been visiting with Mr. Hanes again. I'm so glad you've taken an interest in him. He has absolutely no one you know... no family... no one. Mr. Travis used to stop in and visit him for a chat every morning. But now... did Mr. Hanes tell you that Mr. Travis passed away during the night?"

I turned my back at the figure in the wheelchair. He was sitting very tall and looking at me very intently. He now sat in the complete shade of the weeping willow and the sun no longer lit up his face. "Yes," I said, "yes, he told me about Mr. Travis."

Just then, Mr. Hanes lifted his left arm and waved at me. a smile crinkled the corners of his mouth. "Oh yes," I repeated, "Oh yes, he told me about Mr. Travis. He told me... he told me about everything."

A soft breeze rustled through the dried leaves at my feet. I waved back at Mr. Hanes... and hurried home.

September is Arthritis Awareness Month

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two bones meet. A joint functions to allow movement of the body parts it connects. Arthritis literally means inflammation of one or more joints. Arthritis is frequently accompanied by joint pain. Currently, there are over 100 different types of arthritis.

The causes of arthritis depend on the form of arthritis. Causes include injury, abnormal metabolism, inheritance infections, and an overactive immune system.

Symptoms of arthritis include pain and limited function of joints. Inflammation of the joints from arthritis is characterized by joint stiffness, swelling, redness, and warmth. Tenderness of the inflamed joint can be present. Loss of range of motion and deformity can result.

Arthritis prevention focuses on avoiding joint injury and early diagnosis and treatment. Research demonstrates that early diagnosis and treatment can result in less damage, deformity, disability, and more.

Additionally, maintaining overall good health and strength with exercise and good nutrition can be helpful in preventing joint disease.

Hot Air Balloon Championships Coming to Camrose

By: Angie McConnell



The 2011 Canadian Hot Air Balloon Championship is being held Thursday September 22 - Sunday September 25 in the City of Camrose. Pilots will be competing to represent Canada at the World Championships in 2012 in Battle Creek, Michigan (USA).

What is neat about these is that you cannot race a hot air balloon. Pilots will be required to drop weighted streamers onto targets to test their accuracy. Because hot air balloons rely on the wind and weather conditions to move, this could be a tricky task! You can see the balloons launch during the morning and in the evening taking part in the competition. Due to the instability of jet streams and the weather during the day, there will only be morning and evening competitions.

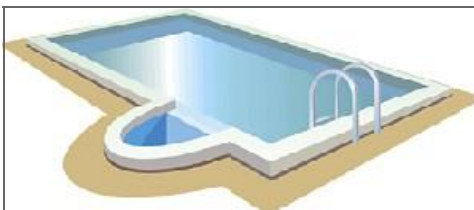
All morning launch locations are still to be announced, but you can have your eyes on the skies one hour after sunrise to find the balloons. All evening launches will be made from the Edgeworth Center in Camrose, one hour before sunset.

Two other events happening in conjunction with the Hot Air Balloon Championship is the Kodiaks pancake breakfast Thursday September 21 from 7 - 9am at the Community Center. Friday September 23 is the Sun Media Night Glow where the pilots will tether their balloons down at Rudy Swanson Park and light-up in the night sky after dark. That is going to be amazing to see!

To the left are some pictures from previous events. It looks like a very neat event to attend.



Waterworks Program in Camrose Comes to an End



The Bethany Group has been pleased to provide the Waterworks Program to Camrose and area cli-

ents for the past 11 years.

Recently, the pool was closed for cleaning, and unforeseen repairs have caused us to consider the viability of reopening the pool. Unfortunately, due to these issues, The Bethany Group will no longer be able to offer this program effective

immediately, as the pool will not be reopened.

We would like to thank all the clients and instructors who used the pool during the past 11 years and helped make the program a success.