June 2011

FROM THE OFFICE

Annual Meeting

As we come up to our Annual Meeting we are facing some changes. Rudy Martinka, who has served on the Board since 2005 had to resign during the year due to his other work pressures. Marj Heidecker, who has been on the Board since 1999 also had to resign in order to become an employee at Birch Manor. We thank both Rudy and Marj for their valuable contribution.

Colleen Baumann filled in for Rudy and will be elected to the Board at the Annual Meeting. Welcome Colleen. So far we haven’t been able to find a replacement for Marj.

It will be a pleasure to present our financial statements as once again we have completed another successful fiscal year. Our surpluses may be small, but it is better than the alternative.

Water

Due to the volume of water we use we are required to have treated water meeting municipal standards. If we used less water our water would be just fine, but now we must have chlorine in it.

We have contracted with the Village of Middle Lake for them to supply us with treated Reverse Osmosis water. We have contracted with Suer and Pollon Mechanical to install the water lines from the Village supply to our buildings. No date for construction has been set, but we expect it will be soon.

Board Governance.

Operating an organization like Bethany is becoming more and more complex. Boards can no longer manage an organization. It is becoming more important that they focus on setting policy and direction and linking with our community and membership.

We are looking at a modified model of Policy Governance called the Relationship Model. This would place more responsibility on the Administrator with more clearly defined expectations to be accountable for.

I don’t know if our Board will adopt the new model, but I feel that they are at least looking in the right direction.

I am sure that some old timers will say that the Board must be in charge. By this they really mean making management decisions. This world is far too complex for that style of governance to continue. As the organization goes under they would wring their hands and say, “there was nothing they could do.” Yes they could, but it means change.

Glenn McDougall
Administrator

FROM THE NURSING STATION

As I type this report we have rain falling for another day. June is the rainy season, so I guess this is what we should be expecting. Spruce trees are budding and the grass is green and lush. What a heavenly way to water all those plants that were in need of moisture to grow and produce whether that
is our garden or the fields. Warm weather will soon be on its way!

Resident centered care, given choices, and gentle persuasion approach is the focus of today’s nursing care with family involvement encouraged. Families are increasingly interested in the day to day care plan for the resident, wish to participate in their physical care and want to be informed of changes in their health status. The Nurse’s role involves communication with families more now than ever before. A formal mechanism to bring forward any concerns and give input into the planning of programming would be to have a family council or individual family meetings. If at any time family members wish to set up a family council or meet either with myself or the physician to discuss care plans, medication, nursing rehabilitation or any other concerns please call the Nursing station (306) 367-2036 to make arrangements. The Nurse will assist you with any immediate concerns.

Summer is a great time of year for families to participate in the resident’s day. The Regional Park is only a short distance away from our home. They always enjoy going down to the park for ice cream, french fries, pop or whatever they may be hungry for. There may even be a ball game going on that they would like to watch, or see a neighbor that they have not seen for a long time. Just stroll around the units where everyone has small vegetable/flower gardens is a pleasant time spent together reminiscing about the past. We have some lovely patio areas both in front of the building and behind with raised gardens and flowers, open areas and sheltered areas with a tent or a roof. Sun or shade we have many pleasant quiet corners for you to enjoy the outdoors with your family member. Stop by anytime. Our doors are always open and welcome you to visit.

The safety of our residents is of utmost concern. When you come to visit you may hear many buzzers. We have a call buzzer in each resident’s room so that if they need assistance we can be notified. We have bathroom buzzers when the resident needs help to or from the toilet. We have exit buzzers to all the exits down Hall #1, #2, #3. We have a buzzer that will alarm when a by pass is not pushed between the adjoining halls in between Birch and Aspen. We have a buzzer when the Activity Room door is opened and someone goes out to the backyard which has a security fence surrounding the perimeter. We have video cameras located at four locations to assist with identifying those visitors entering/exiting the back entrance, the front entrance and two at the adjoining hallway between Birch and Aspen. Add a fire alarm to that and we sometimes have all kinds of bells and whistles sounding off at the same time. We try to answer all the buzzers as quickly as possible and try to address all resident’s needs in a timely manner so they will not need to call for our help. There may be times when all our hands are busy with assisting other residents but we try to quickly finish up and attend to the call.

Hopefully, everyone will have a spare minute in their busy summer schedule to stop by for a visit. Everyone appreciates company and does not feel lonely when a loved one, a friend or a family member stops by for a visit.

Colette Meszaros RN
Director of Care
BIRCH MANOR

Summer is finally here! We haven’t experienced too many hot days as of yet. Lots of flowers and gardens are planted. Most farmers managed to get all their crops in. We have a lot to be thankful for.

We bid farewell to Mary Bentley, Lucy & Frank Rauw, and Irene Schreiner. We will miss you all and wish you the very best in your new homes.

We welcome seven new residents to our Birch family. Gertrude Engele, Isobel & Frank Raab, Emma Schidlowsky, Margaret Schreiner, Selma Brauer, and Evelyn Gray. We hope your stay with us will be a long and happy one.

The Golden Oldies were here to entertain. Music always lifts our spirits. Thank you.

The Pilger ladies played bingo with us once again. We always enjoy your company.

We were also entertained by Ukrainian Dancers, Alexa and Janelle Kirsch. Thank you girls, excellent job! “Hizzy” also came to share their dance experience with us. The residents hope they all come back again.

We had our first bus trip with eight of our residents. Michell Heidecker is our bus driver. We had a great time.

Bye for now and remember that wrinkles should merely indicate where smiles have been.

Gloria Schlitz
Birch Coordinator

ACTIVITIES

Hello to our readers, I hope the sun is shining your way. It's great to feel the sun’s warmth after our cold prairie winter. Our residents have had several opportunities to enjoy the nice weather at their afternoon coffee break: we’ve had hot dogs twice, (April and June), ice cream cones, ice cream floats, watermelon and cookies and fresh bread baked outdoors in our clay oven. Whenever possible we like to take the opportunity to get our residents out for afternoon coffee breaks as the air is usually warm by that time of day. Our staff does an excellent job of encouraging residents to come out.

The evening of May 17 residents enjoyed the music of Can-Am Country of Saskatoon.

The evening was a nice mix of classic country, old time favorites and good jokes. Golden Wear clothing held a sale here on May 18 with several shoppers going home with goods.

We travelled to the Lake Lenore Greenhouse on May 24 to purchase flowers and vegetables for our gardens at Bethany. Our residents enjoyed the many plants at the greenhouse. We drove back there on June 10 to pick up more. Thanks to the Lake Lenore Coop Greenhouse for their generous donation of flowers to our grounds. Thanks also to the Genevieve Stauber who accompanied us.

I had the pleasure of attending the Provincial Auxiliary Convention in Watrous in May. Thanks to the Auxiliary for asking me. Our Ladies Auxiliary buys corsages and boutonnieres for our residents for Mother’s Day and Father’s Day. Thanks to the ladies for this gift of kindness.

Several residents enjoyed the Cultural Dance Nite at Birch on June 3 a great time was had by all. We’ve been on country drives since our last issue. There was much to see: water, crops being planted, water, baby geese, water, emerging crops, buffalo, water and new born calves. All those things we who get around on our own take for granted. Thanks to Kurt Demmert for attending on one of our trips.
On June 21 we will be celebrating the first day of summer with a BBQ and the Bruno/Carmel Crew will entertain at 2:30 that same afternoon.

I am pleased to have Amanda Engele helping out in Activities for June, July and August. This helps us get out and about a lot more when the weather is good. Our flowers have been set out and our lettuce is up and growing. It won’t be long and we’ll be making fresh salad for our dinners.

July 15 we will be hosting our third annual Summerfest. The evening will consist of a supper with KFC chicken. The evening entertainment will be provided by Ken & Friends. Supper tickets will be available for purchase by the public from the Bethany Office. If the weather cooperates we will be holding the event outdoors if inclement it will be held indoors. Dress warm; bring your lawn chair and dancing shoes too. Everyone is welcome so hope to see you there.

I hope you have the chance to enjoy all the greatness of summer.

Take care till next time!

Betty-Ann Godart
Activities

FROM THE KITCHEN

Spring is for seeding, summer is for weeding.

Spring is almost behind us and we are only a few short days from the first day of summer. As I drive to work I’m noticing all the farmer’s crops starting to spring up nicely. Garden seeds are also poking their way out of the earth in their perfect rows.

Esther Schmeiser was the only birthday in April. In May we had three birthdays – Allan Jones, Ed Klimek and Ambert Hallam. In June we have four birthdays – Joan Kraft, Florence Revering, Arnold Harding, and Laura Queen.

Ambert supplied KFC and birthday cake for all the residents and staff along with his family and friends who joined us for his birthday. Kitchen staff supplied potato salad, macaroni salad, and coleslaw. Thanks Ambert, it was truly enjoyed by all.

A belated Happy Mother’s Day to all mothers from all of us.

Happy Father’s Day on Sunday to all father’s on your special day.

June 21 marks the first day of summer. Activities along with kitchen staff are planning a BBQ for the residents. This meal will include BBQ hamburgers, potato salad, lettuce salad, and beans. It will be the first of many BBQ’s for the summer.

Thought of the month
Gardening didn’t keep Adam out of mischief

Recipe: Oatmeal Cookies

1 cup margarine
1 cup brown sugar
1 cup white sugar
2 eggs
1 tsp vanilla
1 ½ cups flour
1 tsp baking soda
3 cups oatmeal
1 cup chocolate chips
1 cup raisins

Beat margarine and both sugars. Add eggs and vanilla. Stir in flour, baking soda, oatmeal, chocolate chips and raisins. Bake at 350° F for 10 to 12 minutes.

Della Wojcichowsky
FROM THE UNITS

It felt so good to have some seasonal temperatures this last week, even a few hot days and a shower to boot.

The planting of flowers and gardens is done. The vegetables were slow in coming up but the nice days got everything growing. Most of the perennials are blooming. This is such a lovely time of year.

Selma Brauer moved over to Birch Manor this month. She had a yard sale of household goods and furniture.

Donald and Fay Kirsch moved into the suite that Selma vacated. May they enjoy their stay at Bethany.

We send get well wishes to Alvin Bautz as he is recovering from surgery.

Take Care everyone and may you have a happy summer.
Betty West

BIRTHDAYS

Aspen
Joan Kraft - June 1, 1930
Florence Revering - June 23, 1922
Arnold Harding - June 28, 1929
Laura Queen - June 30, 1924
Micheal Skowronski - July 5, 1915
Leo Graf - July 18, 1961
Cecilia Seufert - July 30, 1920

Birch
Joan Jones - June 4, 1923
Emilie Wiesner - June 16, 1946
Frank Raab - June 27, 1923
Adina Lemke - June 30, 1915
Evelyn Gray - July 14, 1922
Kay Marshall - July 15, 1927

AUXILIARY NEWS

Father’s Day is almost here. So we would like to wish all the Father’s out there “A very Happy Father’s Day”. Enjoy your day and let yourself be spoiled a bit. Spending time with your family will make lasting memories.

Four of our members attended the ASCHA convention in Watrous on May 5th. I was told it was a very good convention. Bob Williston was an excellent guest speaker.

One of our members, Cathy Gobolos, moved into enriched housing in Humboldt. We wish you all the best Cathy and many thanks for all your help as an auxiliary member.

At our May meeting we decided to have a meeting in July as Bethany Day will be August 14th this year. We want to organize the food and helpers for the day.

All the gentlemen from Aspen and Birch will receive boutonnieres on Father’s Day courtesy of the auxiliary.

It was decided to pay mileage to Betty Ann, who drove to Watrous for the convention. Summerfest and volunteer appreciation will be this year on July 15. All volunteers get a free supper. Otherwise supper will be $8.00 per person.

Our next meeting will be July 25 at 1:30 p.m. at Birch. This is your invitation so please come out and see what we are all about. Coffee is always on.

Have a great summer!!

Ingrid Lechler
The Lighter Side

New Evening Classes For Men!!! All Are Welcome

Day One

HOW TO FILL ICE CUBE TRAYS
Step by step guide with slide presentation.

TOILET ROLLS – DO THEY GROW ON THE HOLDER?
Roundtable discussion

DIFFERENCES BETWEEN LAUNDRY BASKET & FLOOR
Practicing with hamper
(Pictures & Graphics)

DISHES & SILVERWARE;
DO THEY LEVITATE/FLY TO KITCHEN SINK OR DISHWASHER BY THEMSELVES?
Debate among a panel of experts.

LOSS OF VIRILITY
Losing the remote control to your significant other – Help line and support groups.

LEARNING HOW TO FIND THINGS
Starting with looking in the right place instead of turning the house upside down while screaming – Open forum

Day Two

EMPTY MILK CARTONS;
DO THEY BELONG IN THE FRIDGE OR THE BIN?
Group discussion and role play.

HEALTH WATCH;
BRINGING HER FLOWERS IS NOT HARMFUL TO YOUR HEALTH
Power point presentation

REAL MEN ASK FOR DIRECTIONS WHEN LOST
Real life testimonial from the one man who did

IS IT GENETICALLY IMPOSSIBLE TO SIT QUIETLY AS SHE PARALLEL PARKS?
Driving simulation

LIVING WITH ADULTS;
BASIC DIFFERENCES BETWEEN YOUR MOTHER AND YOUR PARTNER
Online class and role playing

HOW TO BE THE IDEAL SHOPPING COMPANION
Relaxation exercises, meditation and breathing techniques

REMEMBERING IMPORTANT DATES & CALLING WHEN YOU’RE GOING TO BE LATE
Bring your calendar or PDA to class

GETTING OVER IT;
LEARNING HOW TO LIVE WITH BEING WRONG ALL THE TIME
Individual counsellors available

Good Luck Gentlemen

HOCKEY FACTS
Saskatchewan has more players elected to the Hockey Hall of Fame than both Alberta & BC combined

Saskatchewan – 17
Alberta – 8
British Columbia – 5

During the 1905 Stanley Cup Finals, Frank McGee of the Ottawa Silver Seven scored 14 goals in one game...

Most Games Played

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<tr>
<th>Games</th>
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<tr>
<td>1767</td>
<td>26</td>
<td>Gordie Howe</td>
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<td>Scott Stevens</td>
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There are very few differences between the authenticated Stanley Cup and the replica. The surest way to identify one version from the other is to check the engraving for the 1984 Stanley Cup winning Edmonton Oilers. The authenticated version has x’s engraved over Basil Pocklington’s name where as his name is completely missing from the replica version.

The original Stanley Cup was only seven inches high. The names of every player from each winning team are etched on the base of the Cup. The cup and base now stand more than 35 inches high.