



BETHANY NEWSLETTER

March 2024



Please update the following information in your Bethany Telephone Directory.

Resident updates are not available on the website.

Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be, is moderately important.

C. S. Lewis



The staff of Bethany wish you and yours a very blessed Easter!

*The main office will be closed on:
Good Friday—March 29
Easter Monday—March 31*



Library News!

The following Saskatoon Public Library books are still missing!



Sunflower Sisters

by Martha Hall Kelly

The Water Beetles

by Michael Kaan

Summer's Promise

by Barbara Cameron

**His Love Endures Forever;
a Land of Canaan Novel**

by Beth Wiseman

My Secret Sister

By Helen Edwards

Please return them to our library ASAP to avoid replacement value fines!

In addition, please return ANY library book that belongs to Bethany if you have had it for longer than two months.

Because of lost books, please know that **ALL BOOKS** must now be signed out of the Library in the Bethany Place Lower Level. This includes books from The Saskatoon Public Library **AND** books in our own collection.

Come & Go Easter Brunch



Wednesday, March 20

10:00 a.m. to 12:00 p.m.

Bethany Place Dining Room

\$18.00 at the door

Residents with a Noon Meal Pass do not require a ticket

Please watch bulletin boards for further details.

Jerry Letkeman

Executive Director



Come to me, all who labour and are heavy laden, and I will give you rest. Matthew 11:28

I'd like to give attention to two documents that seniors should be aware of. Please consult an appropriate professional to give you wise direction. Consider Shawn at Amity Trust.

The first document is called a **Power Of Attorney** (POA) document. There's an *ordinary* POA document where an individual (the grantor), appoints another person (the attorney) to act on their behalf in connection with personal and/or property affairs. A grantor may appoint a personal attorney, a property attorney, or both a personal and property attorney. A power of attorney may be general, covering all of the grantor's personal affairs (in the case of a personal attorney), all of the grantor's property affairs (in the case of a property attorney) or all of the grantor's personal and property affairs (in the case of a personal and property attorney), or it may be specific, limiting the attorney's authority to a specific purpose, such as the sale of a property on the grantor's behalf.

There's also an *enduring* POA document. It states that this designation is to continue in effect even if the grantor becomes unable to make those decisions.

However, neither a designated personal attorney or a designated property attorney can make medical treatment decisions for that individual. For that you need another document, a **Health Care Directive** or what is often called a "living will."

A Health Care Directive is a signed statement by an individual of sound mind

to give direction regarding medical treatment in the event that they become legally incompetent to consent to treatment. This directive can be general or specific in nature and can also appoint a proxy, a substitute, who is authorized to make medical treatment decisions for that person. Consider checking into both of these, if you haven't already.

Regarding the clinic space:

We continue to prioritize that space for medical services and I'm working on this. Obviously we'd like this to include a family physician or a nurse practitioner. This may take quite a while and patience will be required. It took Dr. Tymchak (our previous family physician) a couple of years to find someone who was willing to take on this practice. We had the luxury of him working part time during that search.

I'm also working on our hair salon situation. Janice is retiring and we wish her well. Stay tuned for new information. This will require less patience...I hope.

We have a relatively new canary just outside the dining room. Some residents have been concerned about Alex getting lonely or needing stimulation. Ken Bechtel, who raises canaries and generously donated Alex to us, says that canaries are more territorial than sociable and are quite okay by themselves. Another male would be a territorial disaster and a female would create issues with babies, nesting, and squabbling. Canaries aren't big on toys but enjoy different perches to jump to and nibbling on some food.

When I connect with new residents they all say how friendly people are here. Thanks for building community!

Happy
Easter!



Spiritual Care News & Notes — March 2024

“Give me the money that has been spent in war and I will clothe every man, woman, and child in an attire of which kings and queens will be proud. I will build a schoolhouse in every valley over the whole earth. I will crown every hillside with a place of worship consecrated to peace.”

—Charles Sumner



March—Lenten theme is: Christ among us

Worship services are Sunday mornings at 10:30 a.m. in the Fellowship Centre.
Doors open at 10:00 a.m. *EVERYONE IS WELCOME TO ATTEND.*

March 03: Ralph Gliege

March 24: Nettie Balzer

March 10: Lois Siemens

March 28: Maundy Thursday 7:00 pm

March 17: Ed Olfert

Drama: *Jesus on Trial* (includes Communion)

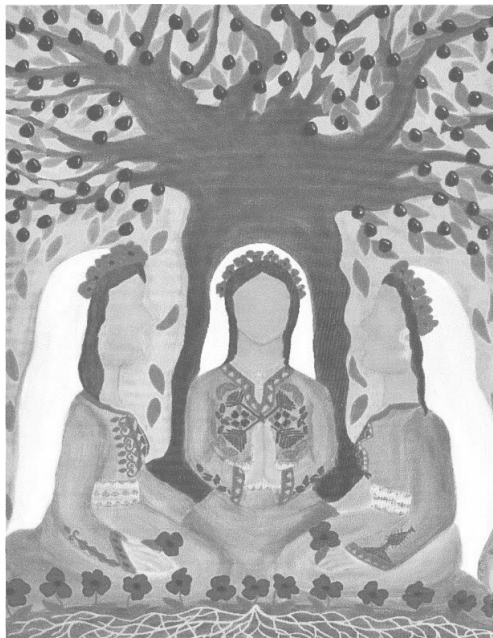
March 31: Easter Sunday/Priebes

NOTE: Thank you for your contributions to the worship service.

Please make cheques payable to: Bethany Manor

CONTEMPLATIVE MORNING PRAYER—Tuesdays at 9:30 a.m.

Bethany Place Lower Level—(BPLL)



World Day of Prayer Ecumenical Worship Service

Written by Christian women
of Palestine

Friday, March 1

2:00 p.m.

Fellowship Centre

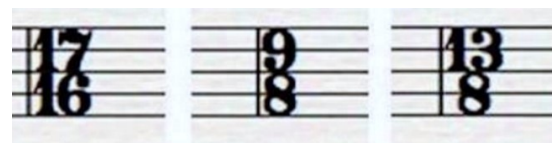
Artwork by Halima Aziz

Vision: A Journal of Church and Theology:

You can access the excellent issue on
Spirituality and Ageing

[https://press.palni.org/ojs/index.php/
vision/issue/view/69](https://press.palni.org/ojs/index.php/vision/issue/view/69)

A little lightheartedness...



these are difficult times

From the Fund Development Desk

HOUSING ASSISTANCE FUND – total current is \$133,500. Thank you to all our donors!

Our Housing Staff have been meeting with current rental residents and several have shared their financial concerns. The reality of government subsidies ending March 31st is driving more applicants to apply for the fund. Currently, we have one ongoing recipient and one confirmed for April 1st with another in review. We know that there are several past and present residents who need or have needed help and we anticipate this number will trend up in 2024-25.

Planned Giving – What’s Your Legacy?

I was very blessed to have a stepfather later in life – Ferdinand, or ‘Ferd’. Ferd was a German Catholic farmer from rural Saskatchewan – I see a lot of him in our culture at Bethany as he could speak and write in low German.

Like many Bethany residents, Ferd was devout in his faith, gave to charities close to him, his community, and to his family. In his last few years of life, Ferd gave to over 20 charities. So it was very surprising that in his will, he did not take advantage of naming a charity or charities for a gift in his will. A gift in his will would have utilized the opportunity to reduce his taxes at death and leave a legacy to the charities he was committed to. This would have greatly reduced his final tax bill which had to be paid by his beneficiaries.



Just in Case
Final Affair Arrangements

ELAINE LOZINSKI, CEA

CONSULTANT / EDUCATOR / SPEAKER / AUTHOR

Final Affair education, planning and guidance for
incapacity, end of life and other support needs...
Just in Case

*Empowering you to make decisions before
something happens.*



I share this with you now as Bethany plans to host Elaine Lozinski, author of the workbook, “Just In Case – Final Affair Arrangements” and has her workbooks on sale at our main office. Although the course will have started by our newsletter publication date, I invite you to purchase this book to help think through your legacy and the many details required for sound peace of mind for your spouse/family. Should the course proceed, I would invite those who purchase the book to talk to me about joining us in the sessions, as posted around the building.

With gratitude,

A handwritten signature in black ink that reads 'James'.

James
Fund Development Coordinator
306-371-9922

*Please ensure you have sought counsel from a professional
estate planning specialist whatever your plans may be.*

Business Resource Centre

Just a friendly reminder that we have a bulletin board in the Business Resource Centre (BRC) for residents to post:

- * For Sale Items
- * Wanted Items
- * To Give Away
- * Lost

Please bring your posters to Angela Schmiemann in the Quality of Life Office and she will place them for you.

In addition, all posters announcing services and/or ongoing programs in Saskatoon will be posted.

The magnifier reader is available for use to magnify both printed material and photos.

There are also two computers available for high-speed internet.

The BRC is also such a nice bright room just to sit in and visit.

Generosity of Bethany Residents Keeping Saskatoon Warm!



Last year, after the Quality of Life Coordinator accepted a large donation of yarn from a private donor, Angela connected with **Project Linus**, an international organization that has a chapter in Saskatoon. They collect blankets, mitts, toques, and scarves and then distribute them to needy organizations within our city. The knitted and crocheted items are greatly appreciated, especially during that cold snap we had in January! Residents are welcome to pick up balls of yarn from Angela's office to be turned into items that we can donate to **Project Linus**.

Since the beginning of November 2023, we have donated **122 pairs of mittens, 20 blankets, 60 toques, and 12 warm scarves!** *THANK YOU* to all our contributors!

Now just because the calendar is telling us that warmer seasons are around the corner, and there isn't the current need for all these "woolly items", doesn't mean that residents should stop making these items!

Keep making them, we can be assured that colder months will once again be upon us in the fall. There is still an assortment of yarn in the Quality of Life office to give away to residents to turn into projects to donate to **Project Linus**.

Please contact Angela at 306-220-8763 if you would like to pick up, or donate yarn or finished projects.



Used household batteries and lightbulbs can be brought to the main office for recycling.

Please ensure that all used batteries are removed from any packaging.

The History of Aprons!

**excerpts from Belle Stemper
www.ragtimefabrics.com*



I don't think most kids today know what an apron is. The principle use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses, and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER:

Moms and Grandmas used to set hot baked apple pies on the window sill to cool. Their granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love.

Income Tax Services



Saskatoon Services For Seniors

in conjunction with Canada Revenue Agency, provides a **free** income tax service for individuals or couples who have lower incomes and simple tax situations.

Volunteers are trained to accommodate basic income tax returns. To see if you qualify for this service, please call:

306-668-2762 or 306-668-2763

Tax returns will be completed on a first come, first served, basis.

Vacation Time & Your Responsibilities

Please remember that if you are going to be away from your suite or townhouse for four or more consecutive days, then you are responsible to:

- ♦ arrange to have someone check your suite **DAILY beginning the FIRST day AFTER you leave**
- ♦ alert the office with emergency contact information; **please pick up a form from the main office**

This is a requirement of Bethany's Resident Regulations.

It is also vital that residents provide a **telephone number** or email that we can contact **THE RESIDENT directly**, in case of emergency.

History has shown that providing us with the telephone number of a third party — such as your children — could delay contact during an emergency situation.

Please also keep in mind that due to privacy laws, we may not be able to provide information regarding the emergency situation to that third party.

For those of you who are emailing the office, advising of your absence, please ensure you include **ALL** information requested on the **“Resident Absence Form”** which is available on the counter outside the Window at the Main Office.



The image shows a 'Resident Absence Form' with the following fields and instructions:

- Resident Name:** _____
- Suite No:** _____
- Dates Absent:** _____
- EMERGENCY CONTACT FOR YOU:**
- (The office must be able to contact you directly)*
- Dedicated Person to Check Suite:**
- Name:** _____
- Phone No:** _____
- Resident? Y/N:** _____
- If Resident, Suite No:** _____
- If your vehicle will be parked on site during your absence, a resident/club person is required to fuel your tank and be able to operate your vehicle in case the vehicle must be moved.*
- My car keys are with:**
- Name:** _____
- Phone No:** _____

Garden Boxes



Bethany has nine raised garden boxes available. These boxes are free for use by residents on a two-year rotation.

There is a waiting list to secure one of these garden boxes, but residents are encouraged to put their name on this list.

Consideration will be given to residents who have never had a garden box at Bethany so that everyone has the opportunity to participate!

If you would like to place your name on the waiting list, please contact the Quality of Life Coordinator, Angela at: 306-220-8763



With Income Tax season upon us, our team of experienced preparers are ready to serve you!

\$75.00* tax returns for G.I.S. recipients

*Plus GST & PST

All other Returns start at \$150.00 tax included.

Save yourself the hassle, and take advantage of these services without leaving the neighborhood!

Call our office at 306-933-2228

Birthdays in MARCH

*Resident birthdays are
not available on the website.*



*Happy
St. Patrick's
Day*

***And a wee bit of an
Irish blessin' on ya!***

