



# BETHANY NEWSLETTER

April 2024



Please update the following information in your Bethany Telephone Directory.

Resident updates are not available on the web site.

*Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*  
Matthew 6:26

**To avoid disappointment, please keep this information handy.**



The **WINDOW** is open for **PURCHASES/PAYMENTS**

Mondays to Thursdays

**9:00 a.m. to 2:45 p.m.**

Lunch: 12:30 p.m. to 1:00 p.m.

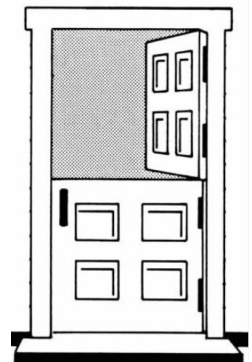
Coffee breaks: 9:45 a.m. & 2:45 p.m.

The **Fire Department** has requested that Bethany Manor **maintain a current list** of all residents using **oxygen** in their suites.



If you use oxygen, please contact the office at **306-242-9019** and let us know.

However . . .



The **MAIN OFFICE** is open for **GENERAL INQUIRIES**

Mondays to Fridays

**8:00 a.m. to 4:30 p.m.**

(excluding lunch & coffee breaks)

*If you have the choice between being right and being kind, choose being kind.*

~Dr. Wayne W. Dyer

**Jerry Letkeman**  
Executive Director



*Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead...* *1 Peter 1:3 (ESV)*

I enjoy hearing reports from individuals or small groups who are planning social connections or activities for their floors. Prior to COVID-19 the **Community Life Committee (CLC)**, as a group, was primarily involved in planning group outings. That has evolved to our Quality of Life Coordinator taking care of that, and this is going well. Angela is very open to feedback and suggestions.

The other key item on the CLC agenda was having **Floor Representatives** report on their floor activities. This was helpful in that it provided ideas, information, and encouragement to other floors.

We currently don't have enough official floor reps to have a full fledged committee. I would welcome floors to gather and consider choosing a floor rep to be on the CLC. However I know that community building is still going on and is led by individuals on various floors whether they are official reps or not.

I would like to hear what different floors are doing and so I ask that you connect with me, via email, written letter, phone call, or in-person meeting. I would like to plan a Community Coffee in the future where these floor activities could be shared and celebrated.

As many of you are aware one of the two elevators in the Manor Phase 1 building is currently out of commission and awaiting repairs. The Manor Phase 1 elevators are almost 40 years old and we can no longer find parts for them. Our plans are to modernize both elevators over the course of 2024.

We've entered into an arrangement with **New Look Hair Care Group** to provide us with salon services. David Dyck is their western Canadian director, and a partner in the firm. They have 400 outlets across Canada that specifically cater to seniors residences, and to care homes. We are the 4th outlet in Saskatoon. There is an event to meet the new stylist on April 3. Details are in this newsletter. Their operations will begin on April 10.

We thank Janice and Connie for their excellent service to our residents and wish them well.

An ongoing thank you to our volunteers! Without you we wouldn't be able to provide the programs and services that we do. We also welcome new volunteers. We always have a need. Just phone the main office and we'll point you in the right direction.

Enjoy April!





"If you must look back, do so forgivingly.  
If you must look forward, do so lovingly.

However the wisest thing you can do is be in the present, gratefully."

~Maya Angelou

## **April theme is: Resurrection stories**

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.*

- April 07: Luke Bushman; Special Music: Ben Buhler & friends  
April 14: Marian Hooge Jones  
April 21: Ralph Gliege  
April 28: Lois Siemens

**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)

We spend much of our prayers *talking to* God.  
Contemplative prayer is giving ourselves time to  
*listen to* and invite God to talk to us.

We open with a Psalm reading, have 20 minutes  
of silent prayer and end with the Lord's Prayer.

Please feel free to join us.

### **TUESDAYS IN BLACK**

The ongoing war in Ukraine and  
Gaza breaks my heart. I can't do  
much, but one thing I decided to  
do is wear black on Tuesdays as a  
way to remember to pray and  
lament.

I invite you to join me for  
"Tuesdays in Black."



*A little lightheartedness...*

## From the Fund Development Desk

**Donor Appreciation Tea – April 26<sup>th</sup>.** It's our turn to say thank you to donors who supported our charitable work in 2023. With our efforts towards the Housing Assistance Fund in 2023, we want to use this as an opportunity to share with you our early results, particularly as the government subsidy that did so much for residents the past 35 years has been eliminated. We are preparing a letter to go out to each of you and should see it in your mailbox around the time of this publication. It will have instructions on how to RSVP and we do ask for you to RSVP so we can ensure to properly host you.

### Planned Giving – Where we Make Mistakes

As I noted last month, we had Elaine Lozinski at Bethany once a week to work with residents through the challenges of 'being ready.' Combined with my work with specialists in this area through the Canadian Association of Gift Planners (CAGP) and an exciting program called Will Power, I see some common mistakes older individuals can be prone to make in their planning. I will share a few of these each month for the next few months.

#### Top Common Mistakes

**“My kids know what I want.”** This may be true, but it is not as true as individuals think.

Family dynamics during times of grief, stress, and mourning change what people know, remember, and agree on. Ensuring you have written down your wishes (in a legal will), shared it with family members, and brought everyone to the same solution is critical.

**“My child is a professional \_\_\_\_ and will know what to do.”** I am always impressed by how education is a priority in our community! I note that even professionals in late-life planning often need to confer with peers with different specialties. Specialists in estates (especially with land/property), POA arrangements, tax and charitable planning often work with each other to ensure your plans are legal, thoughtful, and well-understood. Your family may benefit from having a specialist review your ideas for best results!

With gratitude,



James Perkins,  
Fund Development Coordinator  
306-371-9922

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

# ZOOMER idol



Zoomer Idol is a unique event that celebrates the talents of older adults featuring various performances from vocalists, bands, and dance acts.

Zoomer Idol specifically showcases individuals over 50. This gala includes a cocktail hour, dinner, and an exciting competition judged by local music professionals.

**55+ Seniors are welcome to audition by April 30, 2024.**

For more information, please see poster in the Bethany Business Resource Centre.

## Please Be Kind

*There is no excuse for abuse.*

*Please be considerate when speaking to staff.*

*No verbal abuse will be tolerated.*



## Did you know?



~that you can **Dial 811** in any Canadian province or territory to get medical advice when you have questions, or are unable to be seen in person.

## Prescriptions



Just a friendly reminder that when you request prescriptions to be delivered, you **MUST BE HOME** to receive them, or else have a trusted neighbour receive them for you.

**PLEASE DO NOT** ask any pharmacy to leave prescriptions in the clear plastic mail bunk outside your suite door.

**This is a danger to all residents.**

*You're invited to  
**meet the new Hair Stylist!***

*Come and Go Event on  
Wednesday, April 3 from  
10:00 a.m. until noon.*

*This will be held in the Hair Salon &  
the Manor Multi-Purpose Room.*

*Come & meet Wendy, the new  
stylist, as well as David Dyck from  
**New Look Hair Care Group.***

*The Hair Salon will be operating on  
Wednesday, Thursday, and Friday  
each week.*

***The first day of  
operation will be  
Wednesday, April 10.***



Please note that on April 15, 16, and 17, the Bethany Food Services department/Kitchen is having some cooking equipment replaced. The current equipment is 30+ years old, and after all this time we can no longer get parts for our aging stoves!

During the equipment upgrade, we will be unable to accept additional reservations for the Dining Room. Dining Room service on April 15, 16, and 17 must be limited to residents who have a monthly meal pass (includes Assisted Living). All residents with a meal pass will be served as usual; we are unable to accept additional residents or guests using meal tickets. Dining Room reservations will be accepted again starting April 18, 2024.

We want to say a big THANK YOU to all of you who donated your refundable recyclable bottles and cans to the Food Services department through our donation pick up times on the first Wednesday of each month. The donations help to cover operating costs in Food Services.

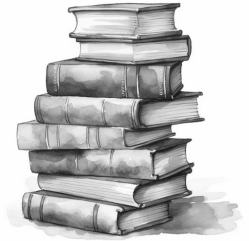
“And Spring arose on the garden fair, like the spirit of love felt everywhere; and each flower and herb on earth’s dark breast rose from the dreams of its wintry rest.”

~ Percy Bysshe Shelley,  
*The Sensitive Plant*



## 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.

## ***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:

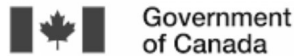
**306-668-2762 or 306-668-2763**

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

## April is cancer awareness month in Canada.



Today, there are 1.5 million Canadians living with and beyond cancer. This month, we recognize our countless researchers, health care practitioners, volunteers, caregivers, policymakers, and community members who continue to innovate and advance cancer research and care across the country. We also acknowledge the courage and strength of our patients, who motivate us each and every day.



# Attention



If you request grocery delivery, please ensure that you meet these delivery folks at the door immediately after having buzzed them into the building.

**Allowing delivery personnel to leave groceries in the lobby is not acceptable.**

If you want items delivered directly to your suite, then you **MUST** provide delivery personnel with your suite number, directions to your suite, as well as instructions as to where to find a grocery cart to load these groceries.

## 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



Resident birthdays are not available on the website

After 6 weeks training, please meet the newest member of the **Saskatoon Police Service; Fraud Division**; a new drug sniffing rabbit named Private Bennie, short for Private Benjamin!



*\*did you believe it, or did we catch you?*



*Happy April Fool's Day!*

