



The Betel Homefront

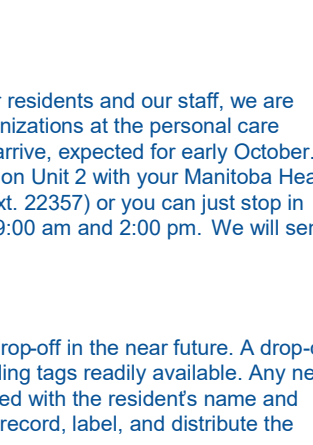
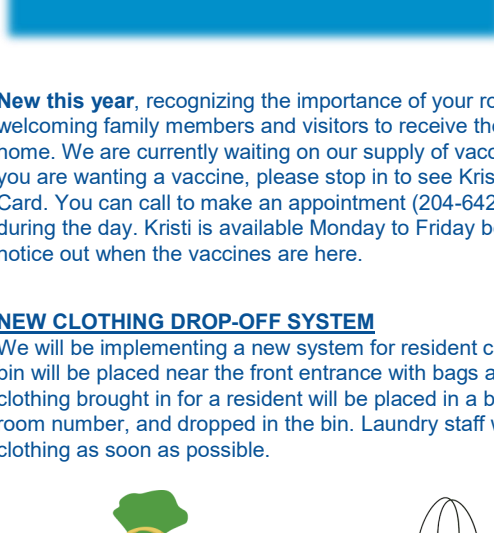
A quarterly newsletter brought to you by Betel Home Foundation

FALL EDITION 2024

What's New...

FALL IMMUNIZATION CAMPAIGN

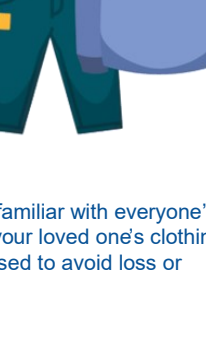
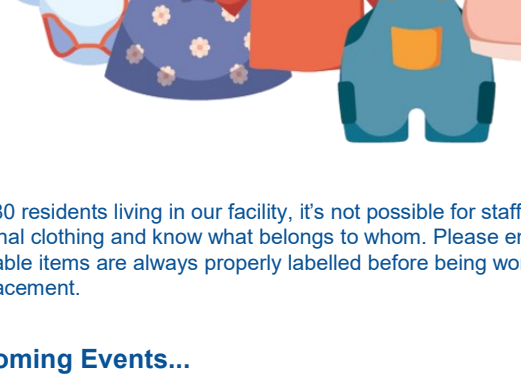
In preparation for our fall immunization campaign, doses of influenza vaccine (annual flu shot) as well as an updated COVID-19 vaccine to protect against a new strain of the virus, have been prioritized for personal care home residents. Our nursing staff are in the process of gathering consents for residents to receive these vaccines. Please stop at the nursing station to sign a consent form.



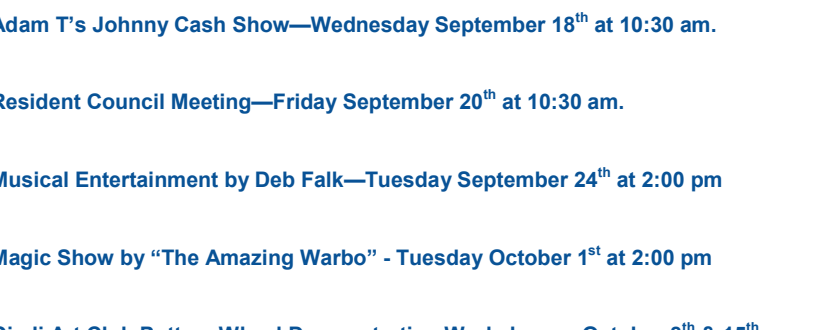
New this year, recognizing the importance of your role to our residents and our staff, we are welcoming family members and visitors to receive their immunizations at the personal care home. We are currently waiting on our supply of vaccines to arrive, expected for early October. If you are wanting a vaccine, please stop in to see Kristi Henry on Unit 2 with your Manitoba Health Card. You can call to make an appointment (204-642-5556 ext. 22357) or you can just stop in during the day. Kristi is available Monday to Friday between 9:00 am and 2:00 pm. We will send notice out when the vaccines are here.

NEW CLOTHING DROP-OFF SYSTEM

We will be implementing a new system for resident clothing drop-off in the near future. A drop-off bin will be placed near the front entrance with bags and labelling tags readily available. Any new clothing brought in for a resident will be placed in a bag, tagged with the resident's name and room number, and dropped in the bin. Laundry staff will then record, label, and distribute the clothing as soon as possible.



Labelling clothing and other washable items (i.e. blankets, pillows, slippers, etc.) is essential for ensuring that personal items return to their owner after laundering. Soiled and dirty linens are sent to laundry in large bags that often contain items from many different residents. Personal laundry and clothing protectors (dining aprons) are laundered in-house by Betel Home staff. Items such as bed linens, face cloths, and towels are sent out of the facility for laundering. These items are outsourced to a linen supply company that picks up the dirty linen, launders it, and re-supplies clean linen back to the facility. If a piece of personal clothing accidentally goes out of the facility with the outsourced linen, having a proper label tag on it is the only way it will find its way back to us eventually.



With 80 residents living in our facility, it's not possible for staff to be familiar with everyone's personal clothing and know what belongs to whom. Please ensure your loved one's clothing and washable items are always properly labelled before being worn or used to avoid loss or misplacement.

Upcoming Events...

- ◆ Wildlife Haven Rehabilitation Centre Inc. Presentation—September 10th at 10:30 am.
- ◆ Fisherman's Feast Luncheon—September 12th at 11:00 am.
- ◆ Musical Entertainment with "Monique & Dennis" on September 16th at 2:00 pm.
- ◆ Adam T's Johnny Cash Show—Wednesday September 18th at 10:30 am.
- ◆ Resident Council Meeting—Friday September 20th at 10:30 am.
- ◆ Musical Entertainment by Deb Falk—Tuesday September 24th at 2:00 pm
- ◆ Magic Show by "The Amazing Warbo" - Tuesday October 1st at 2:00 pm
- ◆ Gimli Art Club Pottery Wheel Demonstration Workshops—October 8th & 15th at 10:30 am.
- ◆ Patsy Cline Tribute Show featuring Laurie Sutherland—Tuesday October 8th at 2:00 pm.
- ◆ Musical Entertainment by Lorna Marr—Monday October 21st at 10:30 am.
- ◆ "Spoons & Strings" Musical Entertainment—Tuesday October 22nd at 10:30 am.
- ◆ Musical Entertainment by Colette Lessard—October 30th at 10:30 am.
- ◆ Halloween Happy Hour—October 31st at 2:00 pm.
- ◆ Musical Entertainment by Billy "The Singing Cowboy" Dudek & Dawn "of a New" Day—Tuesday November 5th at 1:30 pm.
- ◆ Remembrance Day Service—Friday November 8th at 10:00 am
- ◆ Resident Council Meeting—Friday November 22nd at 10:30 am.

What's Been Happening in Recreation...

MAD HATTER TEA PARTY

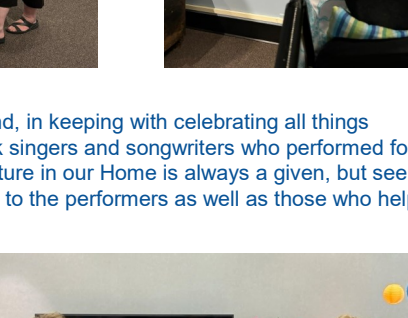
There is always a bit of a "lull" in the summer schedule between Canada Day and the Icelandic Festival of Manitoba (Islandingagurinn), when there are no specific holidays or themes to follow. Therapeutic Recreation Facilitator Allison Dann felt that the latter part of July needed a special pick-me-up, and developed the "Mad Hatter Tea Party" to meet that need.



Preparation for this event was a long and carefully thought out endeavor. Residents had a hand in assisting us many times throughout the month to bring it all full circle. Several craft and baking programs were arranged to create the decorations and prepare the food. Our residents always enjoy being able to contribute to their life and Home in any way they can. We all had so much fun including them in the steps that led up to this whimsical and innovative event.

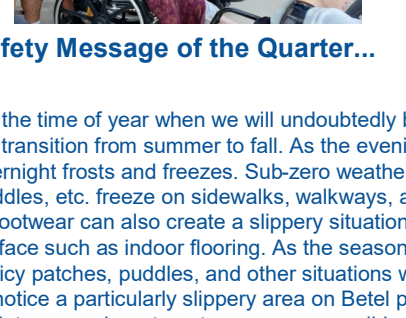
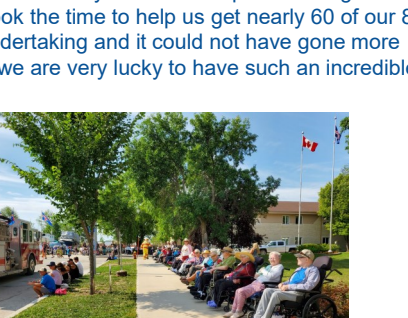


To the theme of "Alice in Wonderland", the multipurpose room was decorated from the floor to the ceiling, staff and volunteers wore character costumes, and guests were served an assortment of tea sandwiches, scones, dainties, jelly roll, and of course tea, coffee, and punch. The setup was incredible, the décor had the guests marveling, and many laughs were had at the expense of the staff and volunteers in their costumes! All around it was a great afternoon that was thoroughly enjoyed by all who attended.

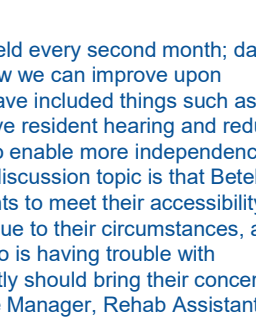
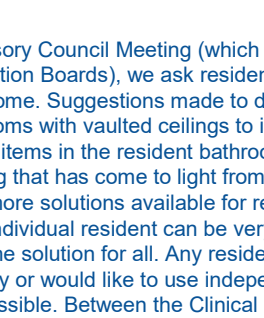
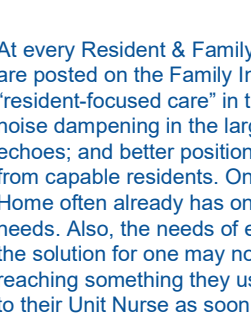


VIKING VILLAGE VISITS

The Friday afternoon at the start of the Islandingagurinn / Icelandic Festival weekend is where the action always begins for residents of Gimli Betel Home. The "Viking Village" is an annual tradition that gets established on the shores of Lake Winnipeg, right around the corner from our front door. While the "Vikings" are setting up, our residents are invited out to check out the village, see their wares and artefacts, and ask questions. The Viking crew is always very accommodating and enthusiastic, and we thank them for welcoming us in once again.

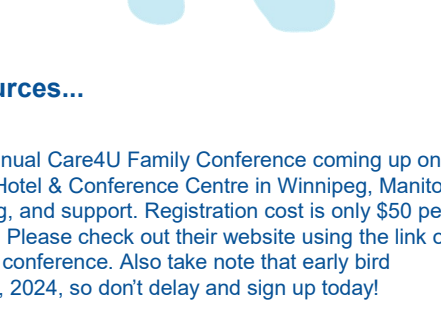
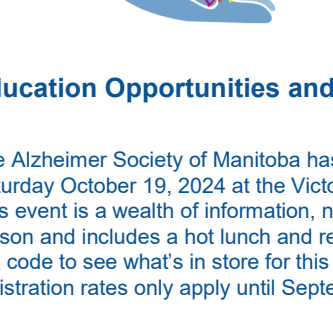


Our staff and volunteers also figured that if we were touring a Viking Village, why not go for a trip through the New Iceland Heritage Museum as well! The NIHM has a standing offer that all Betel residents (and their escort) may visit the museum free of charge. This is a fantastic resource for the cold winter months when outings are either not possible or difficult to enjoy due to the weather. Being able to take our residents "out" without even needing a coat is wonderful. The displays and information never disappoint at the NIHM. They offer several special displays and presentations throughout the year. If you are visiting with your loved one and would like to get out without needing to go very far, the NIHM is a great down-the-hill destination choice! Thank you to the NIHM for your ongoing partnership and consideration for the residents of Betel Home.



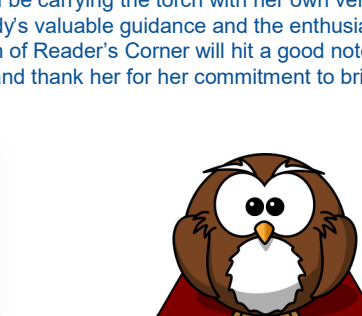
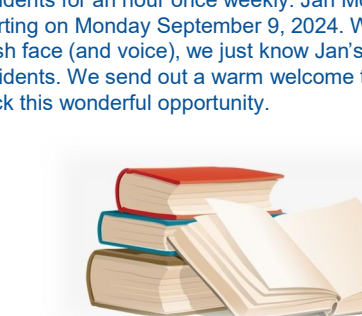
ICELANDIC FOLK SINGERS

On the Sunday morning of the August long weekend, in keeping with celebrating all things Icelandic, Betel Home hosted a trio of Icelandic folk singers and songwriters who performed for our residents. Having the presence of Icelandic culture in our Home is always a given, but seeing it in real time is a special treat. Big thanks goes out to the performers as well as those who helped coordinate the performance in advance.



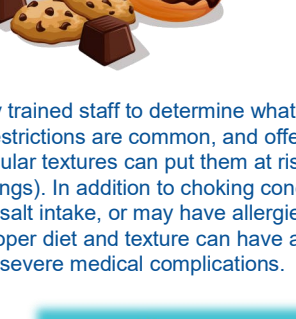
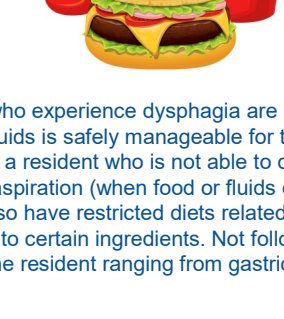
ISLENDINGADAGURINN / ICELANDIC FESTIVAL PARADE

The highlight of the August long weekend for Betel residents is usually watching the Islandingagurinn / Icelandic Festival Parade from the street in front of the facility. The combined efforts of all Betel staff (everyone from health care aides to housekeepers pitch in for this event) as well as the helping hands of our volunteers allows as many residents as possible to get outside and enjoy the show. Thank you to everyone who took the time to help us get nearly 60 of our 80 residents outside on parade day. That is a huge undertaking and it could not have gone more smoothly. Team work makes the dream work, and we are very lucky to have such an incredible team pulling for our residents!



Safety Message of the Quarter...

It's the time of year when we will undoubtedly be experiencing temperature fluctuations outside as we transition from summer to fall. As the evenings especially get cooler, we may start to see overnight frosts and freezes. Sub-zero weather conditions can pose a slipping hazard when puddles, etc. freeze on sidewalks, walkways, and the street. Melted snow and ice on the bottom of footwear can also create a slippery situation that isn't noticeable until you're on a smooth surface such as indoor flooring. As the seasons change, please keep your heads up and watch for icy patches, puddles, and other situations where traction could be compromised. If you happen to notice a particularly slippery area on Betel property, please bring it to the attention of our maintenance department as soon as possible.



Resident Focused Care...

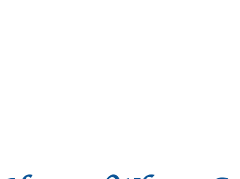
At every Resident & Family Advisory Council Meeting (which are held every second month; dates are posted on the Family Information Boards), we ask residents how we can improve upon "resident-focused care" in their home. Suggestions made to date have included things such as noise dampening in the larger rooms with vaulted ceilings to improve resident hearing and reduce echoes; and better positioning of items in the resident bathrooms to enable more independence from capable residents. One thing that has come to light from this discussion topic is that Betel Home often already has one or more solutions available for residents to meet their accessibility needs. Also, the needs of each individual resident can be very unique to their circumstances, and the solution for one may not be the solution for all. Any resident who is having trouble with reaching something they use daily or would like to use independently should bring their concern to their Unit Nurse as soon as possible. Between the Clinical Nurse Manager, Rehab Assistant, and our dedicated maintenance team, there is likely something we can do or change to remedy the situation. It could be as simple as moving the bed to a different position in the room, installing a different style of toilet paper holder, or getting a longer extension for the call bell cord. If you have a unique need and think we can help—please don't hesitate to ask! We are always happy to help.



Education Opportunities and Resources...

The Alzheimer Society of Manitoba has their annual Care4U Family Conference coming up on Saturday October 19, 2024 at the Victoria Inn, Hotel & Conference Centre in Winnipeg, Manitoba. This event is a wealth of information, networking, and support. Registration cost is only \$50 per person and includes a hot lunch and resources. Please check out their website using the link or QR code to see what's in store for this fantastic conference. Also take note that early bird registration rates only apply until September 18, 2024, so don't delay and sign up today!

https://secure.alzheimer.mb.ca/site/SPageNavigator/Calendar%20Events/Care4u/Care4uLandingPage.html



Volunteer News...

"Reader's Corner" will be making a comeback on our September program schedule! This program was popularized for many years by our volunteer, Hedy Bjornson, who used to read to our residents for an hour once weekly. Jan Morier will be carrying the torch with her own version starting on Monday September 9, 2024. With Hedy's valuable guidance and the enthusiasm of a fresh face (and voice), we just know Jan's version of Reader's Corner will hit a good note with our residents. We send out a warm welcome to Jan and thank her for her commitment to bringing back this wonderful opportunity.

The More You Know...

We often see families and friends generously bringing in treats and baked goods for their loved one, and many like to share with staff and other residents. This is a heart-warming sight to see, but it can come with risks as well. Many residents in long-term care experience difficulties with chewing and swallowing. Difficulty swallowing is also known as "dysphagia" (dis-fay-jee-ah). This can be a result of previous injury, progressive disease, or advanced cognitive impairment.

If you would like to share something you have brought in with a resident you are not familiar with, please check in with the nursing staff first to ensure it is safe for them. We absolutely want our residents to enjoy a treat whenever possible, but safety always comes first.

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