



The Betel Homefront

March, April, and May 2025



Recreation News

*For anyone that has not seen our courtyard in full bloom, you are in for a treat. Flowers will be planted following the May long weekend, depending on weather. The recreation department would be happy to accept any flower/plant donations. We would also be happy to accept Shepherd's hooks.



*We have been having fun using our stand for special event parties, Tim Horton's days, milkshake parties & we are planning an A&W day. If you would like to donate to one of these events, please see a recreation staff member.

*It is only March, but outings are right around the corner. As soon as the snow is melted we will start venturing out for lunches and ice cream outings. There is very limited seating on the buses

*Thank you for your generous donations toward our Staff Appreciation Event. The event was a huge success!

*If you would like to receive our calendars and newsletters electronically as they come available, email the Recreation Manager at mmutcheson@ierha.ca to get your email on the list!

Friends of Selkirk Betel

An informational group for those wanting to help through volunteerism to enhance resident quality of life at Selkirk Betel PCH.

Disclaimer: This group is not affiliated with nor managed by Betel Home Foundation and is intended to share information with the local community.



Clothing Drop-Off System

There is a drop-off bin at the main entrance (Manchester), with bags & 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.

With 91 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.

Resident Council News

Upcoming Meeting Dates:

- March 24, 2025

**Annual Meeting
Review Resident Bill of Rights.**

- May 26, 2025

All meetings will be held @ 2:00pm in the recreation room.

Families are welcome to attend.



Volunteer News

The Betel Volunteer department is always looking for new volunteers. It can be once a week, once a month or even once in a while.

- Assist with entertainment/special events.
- Assist on outings
- Readers Corner
- 1-1 visits

Volunteer applications can be found by the front entrance or contact the volunteer department directly at 204-482-5459 ext. 20956.





The Betel Homefront

March, April, and May 2025



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-gee-ah). This can be a result of previous injury, progressive disease, or advanced cognitive impairment.

Residents who experience dysphagia are assessed by trained staff to determine what texture of foods and fluids is safely manageable for them.

Diet restrictions are common, and offering food or beverage to a resident who is not able to consume regular textures can put them at risk of choking or aspiration (when food or fluids enters the lungs). In addition to choking concerns, many residents also have restricted diets related to sugar or salt intake, or may have allergies and sensitivities to certain ingredients. Not following the proper diet and texture can have adverse effects on the resident ranging from gastric distress to severe medical complications.

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.

Education Resources

**Dementiability Methods:
The Montessori Way**



Pressure Injuries in Long Term Care



Palliative Care: Pain Management



Be Photo Conscious!

- Photography is not allowed in any dining room during meal times.
- Always ask for consent before taking another person’s photograph.
- Be aware of what is in the background of your personal photographs.

Please remember that not everyone enjoys being photographed. Thank you for your consideration & cooperation!

Management Contacts Phone: (204) 482-5469

Angela Eyjolfson - Chief Executive Officer (ext. 20952)
aejolfson@ierha.ca
Gayanne Prise - Director of Finance (ext. 20951)
gprise@ierha.ca
Jacob Ahiaegbe - Director of Resident Care (ext. 20960)
jahiaegbe@ierha.ca
Cindy Marynowski - Clinical Nurse Manager (ext. 20967)
cmarynowski@ierha.ca
Johannes Snorrason - Support Services Manager (ext. 20961)
jsnorrason@ierha.ca
Michael Centeno - Food Services Manager (ext. 20968)
michael.centeno@compass-canada.com
Matt Mutcheson - Recreation Manager (ext. 20956)
mmutcheson@ierha.ca

Paperless Bills

In an effort to be **GREEN!!**

**“CONSIDER GOING
PAPERLESS”**

Phone & cable companies offer paperless billing.

