



# BETHANY NEWSLETTER

*July 2021*



**Please update the following information in your Bethany Telephone Directory.**

## **Resident News:**

*Resident News is not available on the website.*

*Dear God, I bless  
Your Name today  
and thank You that You are a loving God. I pray  
that You will revive every individual upon this  
land today. Give them a refreshing, from Your  
Holy Spirit, that they may be able to rejoice in  
You again Lord. Quicken Your people God and  
make them alive for You again. Allow them to lift  
up their hands and give You the honour and glory  
that belongs to You oh God, Amen.*

A Prayer inspired by Psalm 85

The main office will be closed on  
July 1st and July 2nd.

Happy Canada Day!



The main office might also be closed on  
Friday, July 9th. Please watch for  
signage at the office window closer to  
this date for confirmation.

*Do you have trouble pulling open some  
exterior doors after using your key?*

*Did you know that there is a  
**key port** available near many of our  
main exterior doors and if you use it,  
it will automatically open the door for  
you?*



## **Reminder re scented laundry products...**

*Bethany is a scent-free facility. Many laundry  
products (detergents, fabric softeners, etc.) can be  
heavily-scented. Many people with scent and  
chemical sensitivities and allergies suffer in silence  
when the scent from laundry products spread out  
of a suite or from a common laundry room.*

*Please do not use strongly  
scented laundry  
products.*

*Thank you.*



## **Security**

Our security cameras have  
recently shown that residents  
continue to allow folks into the building  
whom they do not know.

This continues to be a threat to  
the safety and welfare of your friends  
and neighbours. **Please  
think safety, before courtesy.**

*Only together can we  
make a difference!*

## Jerry Letkeman

Executive Director



*"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6*

The events of the past year have reminded us of how fortunate we are to be living in Canada.

**Healthcare** certainly springs to mind. Saskatchewan native, Tommy Douglas, was a major contributor to the reality of universal healthcare. Establishing that healthcare had its challenges but today we appreciate our comprehensive government-funded health care, work at making it better and pay our taxes accordingly. And, although the majority of our American neighbours have private health insurance through premiums (and thus lower income and sales taxes than us), it is not unusual to hear stories of uninsured individuals being driven to bankruptcy because of a cancer diagnosis or other life threatening diseases. Even the poorest in Canada have no fear of being deprived of critical treatment.

We live in a **peaceful country**. Our newscasts regularly include stories from war ravaged countries and this year also featured citizens of our great neighbour to the south attacking their own Capitol building in an attempt to turn over their election results. A number of deaths resulted, scores were injured and hundreds are facing charges. Canadians also have diverse political views but our national demeanor, less tainted with civil war, revolutionary DNA and anti-government sentiment, is blessed with a history and tradition of mindfully pursuing peace. Furthermore we own fewer guns and apologize more!

Our country is very **beautiful**. We have mountains, lakes, rivers, valleys and prairies, not to mention Niagara Falls and the Northern Lights. Thanks to our challenging winter climate we are not overcrowded and yet live in one of the most scenic nations of the world.

We have enjoyed a generally **strong economy**, with sectors that include natural resources, agriculture, manufacturing, technology and tourism. Not having all our economic eggs in one basket permits us to better handle the cycles of the global marketplace. We have a large and well trained workforce that places us in a good position to succeed in an everchanging world. Furthermore, we are leaders in technology and innovation and have a whole generation of young entrepreneurs who are rising to the challenges of our time.

We savour our **diversity**. We celebrate the various cultures of new Canadians as opposed to pushing them to assimilate into a homogenous melting pot. Diversity makes us richer and is good for our social fabric and economic well-being. We are accepting of new people and empathize with the struggles that forced some of them from their land and brought them to Canada. Mennonites can certainly relate to the need to be accepted during times of upheaval and immigration.

We are incredibly grateful to contemplate the end of the pandemic. Thanks to residents and staff for all your efforts to keep yourselves and this community safe.

For your information: Bethany Manor is owned and operated by Saskatoon Mennonite Care Services Inc. This private, non-profit corporation is expressed in a board of directors whose members are appointed from a group of Mennonite churches. Feel free to look at the Bethany Board of Directors information wall just across from the back door of my office. The responsibilities of the board are oversight and planning. This involves financial oversight, policy approval, strategic and long term planning. Management is responsible for day to day operations. The responsibilities of residents, if they wish to have responsibilities, is in community life. This is reflected in the Community Life Committee (where floor reps meet) and various other committees that promote community life. If you are interested in promoting community life or being a floor rep contact Angela Schmiemann, our Quality of Life Coordinator at 306-220-8763.

Enjoy July!

Dear Donors and Friends,

*As we look ahead to continued relief in the Saskatchewan reopening plan, my wish for each of you in the coming months is for you to be able to see and hug family members again. - James*

A Different Perspective on Charitable Giving – “**Whether You Like it or Not!**”

As I have shared with you in previous months, I am working on my MFA-P (Master Financial Advisor – Philanthropy) course this year and continue to glean great insights into giving and the charitable sector.

Recently, the course shifted to “**involuntary versus voluntary giving**”, which sound like a critical diagnosis a doctor would make but I’m happy to elaborate.

**Whether we like it or not**, a portion of every dollar we pay in tax goes to support charitable programs across Canada, in addition to the many vital services and projects our government undertakes on our behalf.

As the federal government directs which charities and programs benefit in any given year, this can be viewed as **involuntary philanthropy** as taxpayers cannot direct how those dollars are spent or how they are directed within charitable causes.

We can however, exert some control in the causes that receive our support through our **charitable giving (voluntary philanthropy)** that actually reduces how much we contribute in taxes and has the added happy benefit of directly supporting the causes we believe in.

Although we all aspire to be solid and contributing citizens, many donors prefer to direct their charitable giving to causes close to them and their families. They prefer to guide more donations to charities they believe in. Often these are faith-focused causes that may not receive much support from government.

One of the best ways to direct your giving in Canada is through **Gifts of Securities**, and I would like to further illustrate this important point with the chart on the next page.

The chart shows a significant \$50,000 donation as cash and as securities for comparison. While the dollar value is the same to the charity, the cost to the donor is significantly different!

While the illustration is shown for \$50,000, it works just as well for smaller values in accounts that would be subject to tax—RRSP, RIFF, non-registered.

# SHARING YOUR SHARES

The benefits of gifting shares, funds and other securities

## Gift of your Shares directly to a charity

## Sale of Shares and Gifting of Proceeds

Value of Shares/Proceeds of Sale	\$50,000	\$50,000
Original Cost of Shares	\$10,000	\$10,000
Gross Capital Gain	\$40,000	\$40,000
Taxable Portion of Capital Gain	\$0	\$20,000 (50%* of Gross Capital Gain)
Tax Bill to be Paid	\$0	\$10,000
<b>Gift to Charity</b>	<b>\$50,000</b>	<b>\$40,000 net of taxes</b>
Gift tax credit	\$25,000	\$20,000
Cost to Donor <i>(includes tax credits)</i>	\$25,000	\$40,000

*\*actual amount depends upon tax bracket and province of residence.*

*\*after taxes \*\*All figures are approximate. This information is not intended as legal or financial advice. We encourage you to consult a qualified professional to discuss tax-efficient ways to include a legacy gift in your estate.*

By transferring shares/funds directly to your charity of choice, you can receive the market value and not be taxed on the capital gains. The stock **MUST** not be sold before transferring to the charity's brokerage. This gift method can work in your lifetime, or in your estate to reduce your final tax bill and ease the burden on loved ones.

Please talk to your financial advisor to see if these are options for you.

If this is part of your charitable plan, we can accept these gifts via our friends at Abundance Canada or Canada Helps.Org. Feel free to stop by or email me if you have any questions about this giving method.

With gratitude,

James Perkins  
Fund Development Coordinator  
Ph: 306-371-9922  
E: james@b55.ca

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

# JULY 2021

FC – Fellowship Center  
BPLL – Bethany Place Lower Level  
W – Walkway (Outside)

\*All events, times and locations are subject to change

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> HAPPY CANADA DAY OFFICE CLOSED	<b>2</b> Ping Pong 10:30 AM BPLL OFFICE CLOSED	<b>3</b> Footcare BPLL
<b>4</b> Worship 10:30 FC Hymn Sing 7 PM FC	<b>5</b> Nola – Massage BPLL Exercise 10-11 FC Bingo 2 PM FC	<b>6</b> Shuffleboard 10-11 BPLL Walking Program (Walkway) 10:30 AM Ukelele 2 PM FC	<b>7</b> Exercise 10-11 FC Chapter Club 2 PM BPLL	<b>8</b> Walking Program (Walkway) 10:30 AM Mennonite DVD Series 2 PM FC	<b>9</b> Exercise 10-11 FC Historian Podcast 2 PM FC Barber	<b>10</b>
<b>11</b> Worship 10:30 FC Hymn Sing 7 PM FC	<b>12</b> Nola – Massage BPLL Exercise 10-11 FC Bingo 2 PM FC	<b>13</b> Shuffleboard 10-11 BPLL Walking Program (Walkway) 10:30 AM Ukelele 2 PM FC	<b>14</b> Exercise 10-11 FC Chapter Club 2 PM BPLL	<b>15</b> Walking Program (Walkway) 10:30 AM Mennonite DVD Series 2 PM FC	<b>16</b> Exercise 10-11 FC Historian Podcast 2 PM FC	<b>17</b>
<b>18</b> Worship 10:30 FC Hymn Sing 7 PM FC	<b>19</b> Nola – Massage BPLL Exercise 10-11 FC Bingo 2 PM FC	<b>20</b> Shuffleboard 10-11 BPLL Walking Program (Walkway) 10:30 AM Ukelele 2 PM FC	<b>21</b> Exercise 10-11 FC Chapter Club 2 PM BPLL	<b>22</b> Walking Program (Walkway) 10:30 AM Mennonite DVD Series 2 PM FC	<b>23</b> Exercise 10-11 FC Historian Podcast 2 PM FC	<b>24</b>
<b>25</b> Worship 10:30 FC Hymn Sing 7 PM FC	<b>26</b> Nola – Massage BPLL Exercise 10-11 FC Bingo 2 PM FC	<b>27</b> Shuffleboard 10-11 BPLL Walking Program (Walkway) 10:30 AM Ukelele 2 PM FC	<b>28</b> Exercise 10-11 FC Chapter Club 2 PM BPLL	<b>29</b> Walking Program (Walkway) 10:30 AM Mennonite DVD Series 2 PM FC	<b>30</b> Exercise 10-11 FC Historian Podcast 2 PM FC	<b>31</b>



## Bouquets...

We would like to thank and acknowledge the dedication and efforts of the following resident volunteers who have been helping sanitize “high-touch” surfaces twice a day around Bethany since COVID began:



*Resident names are not available on the website copy of the newsletter*

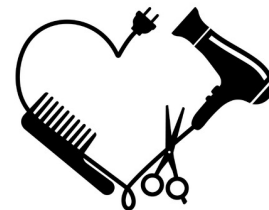


For over 100 years, Mennonite Trust has been helping people administer Estates.

If you've been named as an executor and don't know what to do, or find you just need a little help, let Mennonite Trust guide you to completion.

Call our office on Bethany Manor's main floor at 306-933-2228

## Bethany Hair Salon



*Janice Kaminski will be on holidays for July and August. Connie Norrington will work in her absence.*

Summer Salon Hours are as follows:

**Thursdays: 7:00 a.m. to 5:00 p.m.**

**Fridays: 7:00 a.m. to 5:00 p.m.**

**Saturdays: 7:00 a.m. to 5:00 p.m.**

*Please call 306-242-4143 for appointments and leave a message with your name and telephone number.*

*Thank you and have a great Summer!*

## Door Décor

Thank you so much for your creativity in decorating the doors to your suites! It makes for an enjoyable walk for staff and volunteers when making daily deliveries!

With the anticipated launch of freedoms throughout the province, Bethany will soon be able to admit outside services to make deliveries.

We ask for your consideration by ensuring that your door décor does not conceal your name and suite number, so as to accommodate ease of these deliveries.

## **Bethany Support Funds**

Having a hard time making ends meet? Did you know that Bethany has financial assistance support funds for rent payments and health/medical related expenses for eligible rental residents?

***Housing Assistance Fund*** – subsidizes rent for independent living rental residents

***Assisted Living & Personal Care Support Fund*** – subsidizes rent/fees for assisted living rental residents and Villa personal care home residents

***Health & Wellness Assistance Fund*** – reimburses significant health/medical costs including but not limited to hearing aids, ambulance, etc.

Application forms for these funds may be picked up at the main office. All applications and your information are confidential.

If you have questions about applying for one of the Funds, please contact Jennifer Saunders, Administration & Housing Manager at:  
Ph: 306-242-9019, ext. 222  
Email: [jennifers@b55.ca](mailto:jennifers@b55.ca).

Someone keeps pulling down Quality of Life posters throughout Bethany, namely in elevators, by the Fellowship Centre, and bulletin board areas. These are authorized posters and should not be removed by anyone.



Any events being planned are following the requirements of public health orders. If you don't want to attend an event please do not try to stop others who want to attend.

There are also costs to this—for paper, colour photocopies and Angela Schmiemann's time to prepare and post these posters again and again. Every time she has to put new posters up, her time is taken away from other Quality of Life activities and programs.

If you find a poster that you don't think should be up, please speak to Angela or the office; do not remove them.



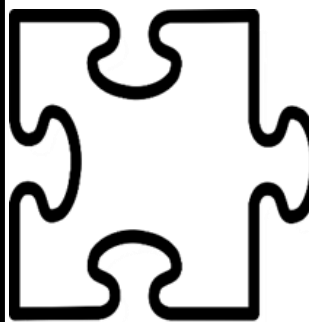
## **What's Pickleball???**

It's a mix between tennis, racquetball and ping pong played on a court, proving especially popular with players 55+. It's also a fantastic way to keep active, exercise and socialize with others.

We are so lucky to have the tennis courts right across the street from us on La Ronge Rd where Saskatoon Pickleball Inc. recently put in new pickleball courts.

To find out more and/or sign up to play, contact Saskatoon Pickleball Inc. at [pickleballnews@saskatoonpickleballinc.ca](mailto:pickleballnews@saskatoonpickleballinc.ca) or by calling 306-270-5893.

Or walk over to the tennis courts across the street and watch a game being played. Get active and have fun playing one of the fastest growing sports.



Puzzles will no longer be stored on the tables in Laura's Lane. They will be stored in the activity rooms on each floor. PLEASE DON'T BRING ANY MORE PUZZLES TO LAURA'S

LANE. Residents are now permitted to work on puzzles individually in activity rooms following social distancing guidelines please.



Spotlight on

**Spotlight on Residents**  
**is not available on the website.**

Forever...



## **Fitness Classes By Zoom!**

Our own resident \*\* will be leading us via Zoom. Every fitness level is welcome to attend.

**When:** Monday, Wednesday & Friday  
10:00-10:45 a.m.

**Where:** Fellowship Centre

**Bring:** Comfortable clothes/shoes and  
a water bottle

Space is currently limited to 30 due to  
COVID rules

### ***Did you know that dark chocolate is good for your health?***

Eating dark chocolate in moderation is part of a strategy to keep heart disease at bay.

Chocolate's darkness is determined by the proportion of cocoa solids made from cocoa beans, mixed with cocoa butter and sugar. The amount of cocoa in dark chocolate is important because it can be an indicator of the number of dietary flavonoids, which are antioxidants found in fruits and vegetables.

Research suggests consuming more dietary flavonoids is linked to a lower risk of coronary heart disease. Most dark chocolate is high in flavonoids, particularly those that are associated with a lower risk of heart disease. Some studies suggest chocolate or cocoa consumption is associated with a lower risk of insulin resistance and high blood pressure in adults as well.



Recently we had an accidental electrical fire in a Manor Phase 1 suite. The heat of the fire engaged the sprinkler system, and the fire was quickly doused with water. No one was hurt but there was considerable water and smoke damage in the suite and significant water damage in the surrounding areas. This is a good occasion to be reminded of basic tips to reduce the chances of fires.



**Basic fire safety tips:**

- Do not use extension cords in your suite; plug items directly into outlets.
- Watch out for cords or plugs that are frayed or worn.
- Don't overload outlets or power bars; a 15 amp regular outlet can handle 1800 watts, a kettle, for example, uses 1525.
- Keep combustibles away from space heaters and halogen bulbs/lamps that generate lots of heat. Replace any halogen bulbs with LED bulbs. LED bulbs stay at room temperature.
- Don't keep combustible materials or flammable liquids on the premises (as per Resident Regulations and fire regulations). This includes in the suite, any storage rooms and any storage cages the resident may rent.
- If you are going to leave your suite, do not leave things turned on, such as coffee pots, tea kettles, stove, dryer, dishwasher, electric blankets, scented wax warmers, etc. unless they have an auto-shut-off.
- Do not leave lit candles unattended.
- Do not leave your stove unattended when cooking.

Refer to the Residents Handbook section 1 "Emergency Procedures" for additional information.

Please also review the back page of the newsletter for a handy one-pager called "Fire Alarm—What to do?" We recommend you keep it nearby—stick it to your fridge or to a pin board in your suite.

**Did you know that July 1st is  
not only Canada Day  
but is also  
"International Joke Day"?**

We're sure that doesn't mean the rest of the world thinks Canada is something to laugh at! We Canadians have a great sense of humour so here are some good ol' Canadian jokes...



What do you call a sophisticated American?  
...A Canadian

Why shouldn't curlers tell jokes on the ice?  
...Because it might crack up

Whoever said, "Do the job right the first time and you'll never have to do it again" never shovelled snow off a Saskatchewan driveway!

How do you get 50 Canadians out of a swimming pool?

...Say "please get out of the swimming pool"

Do you know why Saskatchewan has a real hard water problem?

...Most of the time it's frozen.

What did the beaver say to the Maple tree?

...It's been nice gnawing you

**The landscape may be flat,  
but our sense of humour isn't!**

**WORD PLAY**

Answers to riddles from June Newsletter

1. Envelope
2. Mushroom
3. An "x"
4. The letter "t"
5. "e" (alphabet)
6. An electrician



*Spiritual Care News & Notes*  
*July 2021*



**Prayer for the Close of Day**

Lord, I have been open and present to others today.

Where my presence and my words were helpful,  
let them echo and multiply.

Where my presence and words did not fall according to intention,  
let them fly into the wind of the Spirit

and land in soil where they will be watered or withered,  
according to the plans of the master gardener.

Tend the souls of the bodies I touched today,  
And grant me courage to stand on the holy ground we have shared.

Amen.

~Lori Haynes Niles (adapted)

SUNDAY MORNING WORSHIP

Right now our numbers continue to be at 50 attendees plus  
worship team, according to Saskatchewan Government Guidelines.

Please sign up in Laura's Lane.

Doors open at 10:00 a.m.

Worship begins at 10:30 a.m.

We continue to utilize in-house worship leaders.

I want to say a huge **THANK YOU** to those of you who are  
ushers, pianists, musicians, speakers, working the sound system,  
helping with set-up and generally supporting the worship services.

**You are doing an amazing job!!!**

and we couldn't have worship without you!

Thank you! In alphabetical order by first name:

Resident Names are not available on the  
website copy of the newsletter

and the congregation who faithfully show up every Sunday!

TUESDAY MORNING CONTEMPLATIVE PRAYER

Lower Level of Bethany Place (by the fireplace) Tuesday mornings at 9:30 a.m.

Let us continue to bless one another  
as we walk the halls and talk together.

*Lois Siemens, Spiritual Care Coordinator*



Resident birthdays are not available on the website.



## **A Prayer for Canada on Canada Day**

by Sara Davison

Father God,

As we raise high and wave our flag with pride today, fill us with gratitude for the freedoms we enjoy. And fill us with compassion for those who do not know what it is to live and speak and worship freely.

As we meet with family and friends around a heavily laden table, may our grace include a moment of silent reflection for those who don't know how they or their children will eat today. May we show them respect, not only by exhibiting restraint, but by resolving to take one step, however small, to alleviate their suffering.

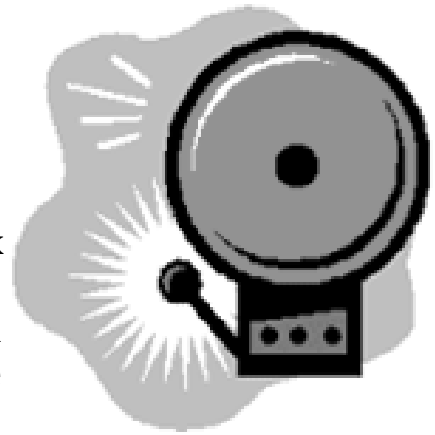
As we raise our glasses in salute to a dominion that has, as its foundation, a deep and abiding trust in you, give us an appreciation for the almost unparalleled access to health care and clean water that we enjoy. Remind us that one person, obeying your command to give water to the thirsty and food to the hungry, can change the world.

As we stand and gaze up at the heavens, in awe of the breathtaking display as fireworks streak and blaze across the night sky, may we be overwhelmed by the beauty of creation. And may we be sobered by the realization that we all have a responsibility to do what we can to take care of and save it.

And above all, as we celebrate this great country today, may we be grateful for all the blessings we have received. And, even more, may we give thanks to you, the one who has blessed us so that we, in turn, might be a blessing to others.

God, keep our land glorious and free.  
Amen.

# **FIRE ALARM - What to do?**



When your building's fire alarm sounds

- Test your door with the back of your hand.
- If your door isn't hot, open it a crack and look for smoke.
- If there's no smoke, put the "I'm evacuated" sign on your door handle and exit the building to the nearest gathering/assembly point\*. Use the stairs not the elevators.
- Use common sense before departing, i.e. take your glasses, turn off your stove, if applicable.

For those with mobility or oxygen support issues who need assistance to evacuate and are on the official list for Fire Department assistance:

- Stay in your suite, it now becomes the safest place you can be.
- Firefighters have access to the official list of those who need assistance.
- Wait for help to arrive.

If you have mobility or oxygen support issues, it's your responsibility to get yourself on that list. Call the office. There's a form to fill out. We don't want residents trying to evacuate the building or navigating stairs using walkers.

If your smoke detector goes off (the source of the smoke or fire is in your suite)

You need to leave your suite (unless the source of the smoke is burnt toast, or something easily managed), even if you are on the mobility assistance or oxygen support list.

- Get yourself to the safest place you can. Even the hallway is better than your suite.
- Pull your building's fire alarm system on your way to the stairs.
- Phone 9-1-1 when you are safe.

\*Assembly Points:

1. At the visitor parking lot in front of the 110 La Ronge Road entrance
2. In the Manor Phase II parking lot between Tower & Court
3. In the back parking lot between Place parkade and Tower
4. At the driveway area in front of the 211 Pinehouse Drive entrance

Please refer to the Residents Handbook section 1 "Emergency Procedures" for more detail.

*We recommend you keep this handy - stick it to your fridge or to a pin board in your suite.*

*From CBC's The National*

***Cowessess First Nation Chief Cadmus Delorme's message to Canadians:***

"From a First Nation perspective, I love living in Canada. I went to university, I grew up on Cowessess, I have the best job I think I ever wanted, being chief. It's not an easy task. But there is an accidental racism and ignorance in this country when it comes to history. You know, Indigenous people – and I'm speaking from Cowessess perspective – we don't want to live in our current state. We want to be a part of the economy. We want to be a part of the growth... the social lives.



Sometimes in this country, being Indigenous, it's as if you gotta prove yourself a little more. You're so used to seeing maybe, someone asking for change and being Indigenous... you know, there's a story behind every one, of the history that we inherited. So, my comment to everybody listening is, from Cowessess, we're not asking for pity. We're asking for understanding. We're asking that you stand beside us, that as we are gaining our control again – as Indigenous people – in our Treaty relationship, that we have better understanding. That our kids going to school understand the impact that residential school made, but also even pre- what great economy Indigenous people had prior to Treaty. This country would be so much more well-off, when Indigenous ideology and understanding is welcomed in, and not just brought in on certain days of the year."



***On the debate over whether to cancel Canada Day...***

"I would never tell somebody what to and what not to celebrate. You know, in 2021, we all inherited this. Nobody today created residential schools. Nobody today created the Indian Act. Nobody today created the Sixties Scoop. But we all inherited this. And if we want to say we're proud Canadians, then we will accept the beautiful country we have today, and we will accept what we all inherited. And what I would challenge is: everybody on Canada Day in this country, if you say you're a proud

Canadian, read the Truth and Reconciliation 'Calls to Action'. Over 100,000 residential school survivors told their story – including my parents – and they created the Truth and Reconciliation 'Calls to Action'. Bring that into your personal life, your social life, your business life. And read the Missing and Murdered Indigenous Women and Girls 'Calls to Action'. There's 231 Calls to Action. If we can all own those a little bit in this country, in one generation we would overcome so many challenges today, that our next generation won't inherit this. We will make them more as Dreamers."