



the JOURNEY

Summer 2018

Good Samaritan Good Shepherd Home, Wetaskiwin, AB Overcoming Loss

By Lindsay Petite, Site Manager

When Gary first moved into Good Samaritan Good Shepherd Home, he was very sick and only had one leg. Eventually, he lost his other leg due to complications from his diabetes, and he was so very sick and down after this that it was thought that he was not going to make it. On top of that, he also suffered a bout of pneumonia. Thankfully, when he moved back to the care home after his time in the hospital, he started to flourish again.

Gary not only overcame the loss of his legs, he has become stronger and is a bright spot in our community. For the last few years, he has helped and volunteered with the recreation team and is now doing more than ever by running the tuck shop, selling tickets for fundraiser raffles, and even being the welcoming face to new residents that move in by delivering them the activity calendar. Gary was also kind enough to take on being the mailman and delivers all of the mail to the residents' rooms.

Recently, Gary was donated a new electric scooter by the family of one of our other residents. Gary was so happy when this happened he was in tears! He is now even more mobile which makes it easier for him to get around and assist us with projects.



Gary showing off a beautiful quilt donated to the care home



Gary is always willing to lend a hand and to help people feel welcome

We wanted to share a bit more about Gary with the readers, so we decided to interview him and get his perspective on some things:

What is your advice for other people and their families that are currently looking at moving into a care setting?

Look for pleasant staff, nice surroundings and everyone being as friendly as can be. Look for a care home that plays cards, shuffleboard, bingo, fun and fit, you always want something to do.

What is your favourite thing about Good Samaritan Good Shepherd Home?

The people. The friendliness and the food is good, most of the time.

What is your favourite thing to do for fun?

Calling card bingo, I really enjoy that. Wherever I'm needed, that's what I like to do.

What are the most difficult and most rewarding things about growing older?

Most difficult was losing my legs and adjusting to that, using a wheelchair, learning how to drive the wheelchair, it's tricky. I wish I could see my family more often; I can't get around enough to go visiting. My oldest son comes to visit, but I don't get to see my other kids very often.

The most rewarding thing about growing older is getting your pension.

What world events were the most memorable while you were growing up?

I was asked to play hockey for the Kamloops Rockets. I was skating in the arena in Kamloops, and the team manager came up to me and asked, I said no. I sure wish I would have said yes.

JFK died when I was in about Grade 6. Elvis Presley died, and my wife was a huge fan! We saw Elvis perform in Chicago when my youngest son was about six months old. We took three kids with us on that trip. My wife had the youngest on her back in a carrier, she had just gotten a perm, and the baby straightened the back of her hair out!

Do you have any advice for young volunteers that are interested in getting involved at a care home?

Be friendly. Please come and volunteer, it's a fun place to be! I am a big joker, and we have lots of fun.

What about new staff?

Don't drag your feet, be friendly and have a good sense of humour!

"It's not how much we give but how much love we put into giving."
– Mother Theresa

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Message from the Board Chair



Dr. Jeanne Besner

The Board of Directors of The Good Samaritan Society (GSS) and Good Samaritan Canada (GSC) are pleased to announce the appointment of Julius van Wyk as the new President and CEO. Julius' appointment is a clear reflection of the Board's confidence in his ability to lead the organization to even greater success in the future.

Julius' appointment is the culmination of an extensive national search led by Davies Park, an executive search firm. Davies Park supported the Board in its efforts to conduct extensive internal and external consultations to find the candidate who best fit the profile of the "preferred" executive required to lead the organization. Throughout the interview process, the Board was struck by Julius' commitment to servant leadership, his focus on developing people, and his unwavering resolve to ensure the needs of the people we serve are met. In the months during which he served as Acting President and CEO, Julius has demonstrated his ability to work effectively with people to cultivate strong and respectful relationships and to engage in open and transparent communication with the Board.

Before assuming the role of Acting President and CEO, Julius' professional background included serving as Chief Operating Officer and Vice President of Support Services and Business Development for GSS/GSC. His role in these positions underscored his ability to create healthy relationships and hospitable environments with employees, residents and their families, and volunteers through open communication, trustworthiness, and integrity. Prior roles as Regional Director with Compass Group and as Director of Operations with Pomeroy Group honed his knowledge and skill in strategic and financial planning, employee engagement, project management, asset management, and acquisitions and growth-related capital investment.

The Board of Directors is delighted to welcome Julius to his new role and looks forward to working with him, the Senior Leadership Team, and our exceptional staff as we continue to extend Christian hospitality to those we serve.

Sincerely,

A handwritten signature in cursive script that reads "Jeanne Besner".

Dr. Jeanne Besner
Board Chair

Message from the President and CEO



 Julius van Wyk

Thank you to everyone for their well-wishes and advice as I embark on a new journey as President and CEO of The Good Samaritan Society and Good Samaritan Canada. It is an absolute honour to have been selected, and I am confident that together we can do wonderful things.

While I was acting in the role, I made it a priority to tour our care homes across Alberta and British Columbia, and to listen and talk to many of our employees, our residents and clients, and family members. That time was invaluable, and it solidified for me that we have dedicated employees that embody the values of our organization; thank you for being servant leaders every day.

My visits were often heartwarming, but also a learning experience. We should always be prepared to listen to those we care for and to learn from their wisdom.

On my tours, not only did I hear about challenges, but I also heard about innovative ideas that could help us overcome them. It was apparent to me that as a team, we will ensure we are leaders in the care sector and that we provide the highest level of care and services. No one person can make us successful in our mission to extend Christian hospitality, it is truly a team effort.

The next few months will be an exciting time for The Good Samaritan Society and Good Samaritan Canada as we start the planning process for our 2020-2024 Strategic Plan. Our current plan, covering 2014-2019, has served us well, and we have met many challenges and have a strong foundation for future success. The strategic planning process will help us determine where the organization is now, where we want to be in the future, and how we intend to get there. To accomplish that and to develop a comprehensive plan, we need to hear from our stakeholders.

We would love to hear your feedback and ideas to ensure that whatever we do in the next five years is in the best interest of our residents, clients, and employees. If you would like to provide feedback, you can email goodsaminfo@gss.org or you can reach out to us via phone (1-877-431-3600). Our focus throughout this process will continue to be on delivering high quality, safe care to our residents and clients, while also creating an engaging and safe work environment for our staff.

You can now subscribe to receive *The Journey* online, by visiting: <https://gss.org/contact/newsletter/>.

As we head towards our 70th year, I am excited about the future of our organization, and I am so thankful to be a part of it. Thank you for your support.


Sincerely,

Julius van Wyk
President and CEO

Employee Spotlight

Becky L'Heureux



 Becky is the Manager for Information Management at Good Samaritan Head Office

Becky joined GSS on October 18, 1982. That year, Time Magazine named the computer as their "person of the year" and computers would play a significant role in Becky's career. In 1982, The Good Samaritan Society (GSS) was comprised of three Nursing Homes: Southgate, Mount Pleasant and Stony Plain, one Auxiliary Hospital and PPDD, which operated out of Pineview. Back then, what is now called Head Office was housed on the 4th floor of Good Samaritan Southgate Care Centre and included the Executive team and the Finance team, probably about 10 to 12 people in total.

The accountant hired Becky in a three to four week temporary

position to assist with a system conversion; she was running the old system in parallel while the accounting staff implemented the new system. The 'old' system was on the third floor in a small room across from the nursing desk, which facilitated Becky's first exposure to the people we serve. Becky was hired before GSS had a Human Resources department, so it is unclear if she had a title or a job description. After that first month, Becky checked in with the accountant to see if he wanted her to stay longer or if she should start planning her exit from the organization. He said 'longer'... so she stayed.

In 1988, the 'Systems Department' was formed and Becky joined this team. She witnessed the creation of Lifeline, which later became TeleCare, the opening and closing of our Home Support Department, and the opening of our first Assisted Living care home. The Systems Department eventually became the Information Management Department, elements of which subsequently became part of the Quality Department. In other words, Becky has witnessed a great deal of transition.

Over the past 35 years, Becky worked out of seven different buildings and served under the leadership of all the Presidents and CEOs of The Good Samaritan Society starting with George Hennig and now Julius van Wyk. Her

different roles have allowed her to work with staff in many different areas of the organization and she has seen various systems come and go including four or five Payroll implementations since 1982.

Becky, congratulations as you celebrate a significant anniversary of your employment at GSS. Reaching this milestone is a special occasion that merits recognition and is a testimony of your loyalty. Those that have worked with you in the past said it was a delight to work with you as you were purposeful, thoughtful, and brought a keen sense of humour that was often needed to overcome obstacles. They also said that you were not afraid to speak your mind and help others get back on track.

You are a valued member of our team, and your continued contributions are vital to the success of our Good Samaritan family. Your dedication and loyalty will be forever cherished. Again, thank you for your hard work and dedication. We look forward to your ongoing contributions and a bright and successful future together.

Becky was nominated by Julia Roy, Director of Quality for The Good Samaritan Society/Good Samaritan Canada.

Employee Spotlight recipients receive a Good Samaritan theme basket. If you have someone you would like to nominate, email communications@gss.org.

Good Samaritan Southgate Care Centre, Edmonton, AB

Dedicated Care Changes Lives

by Lisa Randall, Good Samaritan Board Member



Good Samaritan Board Member, Lisa Randall (far right), and her family

My mother, Kathleen, has been a resident living with dementia on the third floor of Good Samaritan Southgate Care Centre for over five years. She needs to be in a secure unit because she is a runner and would be out the door and on the Whitemud freeway in a flash. One Halloween night several years ago, she was staying with my sister Heather in a ground floor condo on Whyte Ave. Late at night, she got out of the apartment and the

building and turned left down Whyte Ave. The police stopped her a few blocks away, saw her name tag and took her back to Good Samaritan Southgate Care Centre. She shouted at them all the way that "she was only going home." Heather thought she was sleeping late and almost had a heart attack when she saw mom was missing in the morning. Now we laugh about Mom's spirit and independence.

Once, mom was a beautiful young Registered Nurse from New Brunswick who came out to High Prairie, Alberta, to visit her Dad. She married a handsome forest ranger and raised seven children who adored her. At fifty, she went farming and had 25 idyllic years. Now, she is 100 years old, a wizened frail old lady with an indomitable spirit. When her caregivers walk her to the bathroom, I joke with them "Don't take your eyes off her for a second or she'll be on the Whitemud."

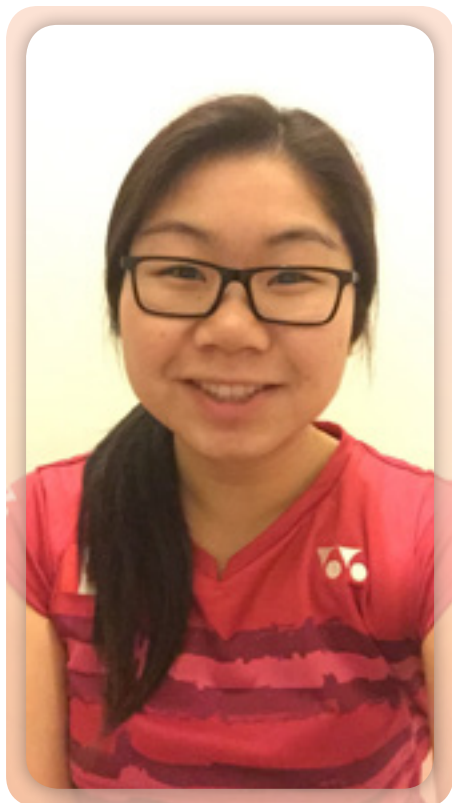
My two sisters and I visit her regularly and are awed by the quality of care provided by the staff – all of them. They are all living examples of the Good Samaritan Mission, Vision and Values and provide loving care while supporting the independence and choices of the residents. The staff are wonderful and caring, but I would particularly like to mention the housekeepers, Val and Suki, who clean, chat with the residents and keep an eye on them. Aileen, the unit clerk who has her capable finger on the pulse of the third floor, the wonderful caregivers Renata and Gilma and the truly professional nurses Dorothy, Jissy, Jennifer, and Sam.

Thank you for everything you do.
From a grateful family member,
Lisa

Good Samaritan Southgate Care Centre, Edmonton, AB

Volunteering Can Open Doors

by Josephine Wu, Good Samaritan Volunteer



Josephine Wu

Being a full time athlete and a competitive badminton player was not easy, and it did not get easier when I got on the [Canadian National Badminton Team](#) in 2015. Balancing both identities as a student and an athlete proved to be a challenge as I advanced into my degree, but it was even harder to excel at both. Throughout my school years, I was so focused on trying to be a good student and a



Josephine and her partner competing in Doubles Badminton

good badminton player that I never gave much thought about what career path I wanted to take.

As I graduated with a Bachelor of Commerce degree at the University of Alberta in April 2017, although I was more than excited to be done my undergrad, thoughts of being stuck in a cubicle with an office job terrified me. It was then that I realized that the business analyst job that everyone in my major was shooting for, may not be what I defined as my 'dream job.' With the mindset that I wanted a job that could help people, I came across the occupational therapy master's

program while looking at other career options. Being unfamiliar to occupational therapy, I decided to look for volunteering opportunities in the field to gain insight about the profession. Although there were limited occupational therapy volunteering opportunities available online, I wanted to apply for the position at The Good Samaritan Society. Knowing that Good Samaritan Southgate Care Centre was a place for individuals living with dementia, I was eager to sign up for the opportunity. With coaching and tutoring experiences, I have mainly dealt with individuals



from as young as toddlers to middle age adults. The idea of dealing with the elderly, specifically those with dementia, proved to be a challenge and a new experience that I wanted to take on.

It is through my volunteering at the Good Samaritan Southgate Care Centre that I learned to have more patience and empathy when interacting with the residents. Gradually and unknowingly, I felt less of a volunteer but rather a friend assisting another in need. I truly enjoy my experience at the care home as I am able to witness and be part of the resident's gradual improvement. The most rewarding aspect of my volunteer experience, in my opinion, is that feeling of satisfaction I get when residents there recognize my face or sometimes crack an unexpected

joke. It is those little moments that put a smile on my face and motivates me to keep coming back.

The Good Samaritan Society has also allowed me to gain valuable work experience that will be a great asset for my future career. Not only did I build a network of people in the occupational therapy field, but I was also able to enhance my interpersonal communication skills.

Most importantly, volunteering gives me a sense of fulfilment and self-satisfaction; while making a difference in the community, I am also able to remove thoughts of stress from my mind. It is also because of volunteering that I am reminded of how a little help goes a long way. The idea that if I am able to make an impact on people while volunteering, then I can also make the same kind of impact on

individuals in the badminton community came to mind. In a sense, my ability to help the residents gave me motivation to be a more influential individual in the badminton community. As badminton has never been a sport in the spotlight in Canada, many children stop competing when they enter post-secondary. To prevent the gradual decrease in badminton players, I want to be able to promote badminton in Canada. As I have my heart set on going to the Olympics, I believe that my participation in the games will not only serve to fulfill my dream as an athlete but also to hopefully shed some light on badminton in Canada. Moving forward, I hope that I can be a role model for not only badminton players but also as an individual in the community.

Good Samaritan Park Meadows Village, Lethbridge, AB

Tiffany - Leader of Tomorrow

by Leslie Jastrau, Volunteer Advisor



Congratulations Tiffany on being recognized as a Leader of Tomorrow

In partnership with [Volunteer Lethbridge](#), the 21st Leaders of Tomorrow Gala was held on Wednesday, April 18, 2018, to celebrate the youth of the Lethbridge community and surrounding area.

This year, 142 youth were nominated I am proud to write that Good Samaritan Park Meadows Village had 14 youth volunteers that were recognized. I was especially thrilled, along with my colleagues, when one of our volunteers, Tiffany Trinh, was awarded one of the five \$1,000 scholarships from the Rotary Club. Tiffany has been volunteering with us since July 2015 and after graduating from high school entered post-secondary to become a Registered Nurse.

Congratulations, Tiffany, and thank you for your years of support.

Good Samaritan West Highland Centre and Estates, Lethbridge, AB

Volunteer Appreciation Event

by Pamela Roy, Recreation Therapy Aide



L-R: Greg Broadbent (Volunteer and Recreation Coordinator) presents Gail, Linda, and Anna with a special thank you for their outstanding dedication to the residents

Volunteers are an important part of Good Samaritan West Highland Centre and Estates, and they contribute a considerable amount of time hosting activities and special events for the residents who reside here. Events include bingo, crafts, birthday parties, decorating for special occasions and holidays, special events, and outings. Many of our volunteers spend a lot of time conducting one-on-one visiting with our residents and cleaning high touch areas including the dining room.

At the Volunteer Appreciation Event held on April 25, 2018, our volunteers were treated to pizza and wings, black forest cake and entertainment provided by Los Gringos. Fifteen volunteers were in attendance along with our Site Manager, Shelley Price; Director of Operations for Southern Alberta, Trent Regier; Chaplain, Lois Punton and Good Samaritan Board Member, Wayne Petersen.

Volunteers were presented with a pin, a card, and a pair of Good Samaritan sunglasses. Three of our volunteers reached milestone hours. Gail Provick with 500 hours, Linda Hoopfer with 250 hours, and Anna MacDowall with 250 hours. We are so grateful to have our volunteers supporting the staff and residents of our care home.



Good Samaritan Dr. Gerald Zetter Care Centre, Edmonton, AB

Photovoice Project

by Courtney Larson, Mackenzie Kovacs, Jasmine Giani, Alex Irving, and Nils Moser

A group of University of Alberta students who volunteer at Good Samaritan Dr. Gerald Zetter Care Centre have graciously shared a recent project of theirs about visually representing engagement.

This visual representation, also called a photovoice, is a research method used to create, collect, and share information of community-based participation. Photos, documents, and dialogues are used to present and reflect on individuals' perspectives, experiences, and emotions regarding the needs and resources of a community or organization. Participants of this project create pieces of art which establish critical discussions and understanding of less influential people and voices. Often these projects lead to changes in perspective and thought processes of individuals both within and outside communities. These projects provide both a visual and textual framework of understanding that can be unique and meaningful to the viewer.

This visual representation is considered one of the main projects for our experiential community service learning course. The reasoning behind its purpose is to create a piece of art that depicts the



Courtney and Mackenzie

meaning of volunteering and the benefits that ensue. We were required to think of a creative and unique representation that connects the skills and information we have obtained and display it in a visual message that makes the viewer curious as to its meaning. Completing this project provides us pharmacy students with an opportunity to reflect on the vast experiences volunteering has presented to further our skills and knowledge in our future careers as pharmacists.

After completing this assignment, we have come to understand the impact volunteering has on an individual. In our experience participating with the Ukrainian sing-a-long group and visiting with residents over the past few months, we have gained and come to appreciate friendly relationships, stories, and memories shared with the residents, staff, and fellow volunteers. We are grateful for the knowledge and understanding this project has offered us regarding the impact volunteering provides.



Photovoice: These Hands

by Courtney Larson and Mackenzie Kovacs

The old-fashioned cassette symbolizes the music of life that provides the residents with cherished memories from their past. As the cassette tape unwinds, it illustrates the progression of these individuals' lives through the projection of muffled lyrics in a rhythmic beat. Just as the cassette has aged with time so has their story; however, the authenticity and relevance are still memorable and meaningful to the listener every time it plays.

The hands of time embody the seniors' contribution of wisdom and the youths offering of vitality, while also encompassing the relationship between them. The positioning of the elderly hand around the cassette depicts a relationship between deliverance and acceptance. The knowledge and experience seniors can offer younger generations is characterized by the lined, work weathered hand. Enveloping the cassette in an offering as well as

accepting manner is the hand of youth; this signifies the gift youth can provide to the elderly as well as the knowledge that can be received and understood. The hands signify the sharing of information and comprehension between different generations. They are the union between the young and the old.

The backdrop of the image portrays the significance of culture and religion. The backcloth is a piece of traditional Ukrainian cross-stitch pattern depicting these individuals' colourful and rich heritage. Each stitch in the intricate design signifies an individual's cultural beliefs and values by expressing the beauty of custom. In addition, the Holy Bible displays the importance of religious belief and value. The prevalent sense of faith, love, and trust in the grace of God is of strong relevance in each of these individuals' lives. Together, the cross-stitch and bible depict the relevance and compassion to tradition and belief each of the residents has.

Overall, the image illustrates the impact of volunteering in a long-term care home has on a person. The presence of youth and vitality that we volunteers provide to the elderly in our interactions establishes an atmosphere of positivity to the residents' lives. Also, the residents provide volunteers with knowledge and information that allow us to grow as individuals.



Photovoice: Dany

by Jasmine Giani, Alex Irving, and Nils Moser

He is a man with a lively past and has many adventures to share. His belongings help frame them. They demonstrate connections for us and memories to him.

The photo album illuminates his history and childhood from across the world and his escapade to Canada. An emotional representation of a life depicted within a single album that links faces to names and context to the story.

His guitar symbolizes memories of his old home and a connection to family. It provides a sense of identity and association with the past.

The two pairs of baby shoes tell the story of his transition into parenthood. Although they don't caress the little feet of his children like they used to, they symbolize a snapshot of unforgettable memories of pure joy, pride and happiness.

These belongings may seem like simple materialistic items. But they are truly much more than that. They represent an entire lifetime of memories that are cherished by those they belong to.

The Good Samaritan Society and Good Samaritan Canada

The Future is Bright with Volunteers Like Ours!

Each year the staff at our care homes put together a celebration to thank our many volunteers for everything that they do. Whether it is helping with recreation activities or assisting with fundraising events, our volunteers make The Good Samaritan Society and Good Samaritan Canada stronger.

To be a volunteer it takes:

Generosity – a willingness to give your time to others.

Understanding – because their lives might be very different from your own.

Empathy – an ability to put yourself in someone else's shoes and feel what they must feel.

Compassion – to truly care about making someone's life better.

Patience – because the process doesn't always go as smoothly as it might.

Dedication – to stick with the project and see it through.

- Author unknown



THANK YOU to all of our wonderful volunteers for helping us grow in strength, excellence and creativity in caring for others.

in TOUCH

News and Information from Mission Effectiveness



What does it mean to be a Faith-Based Organization?

by Karen Wedman, Director of Mission Effectiveness



Karen Wedman

I love that question because it gives me a chance to share how we provide holistic care. We strive to care for the physical, emotional and spiritual needs of our residents, clients, and all those in our communities.

As an organization, we recognize the importance of providing trained Chaplains who offer both spiritual and religious care to our residents. Worship services, bible studies and hymn-sings help residents identify with the religious rituals of their past. These important rituals assist residents who can no longer attend their home church. Chaplains partner with church leaders in the neighbourhood so that there can be continuity in religious care

between the church and our organization. Chaplains also provide spiritual care. This involves helping residents to find purpose and meaning at this time of their life.

Journeying with residents, Chaplains help people to express their beliefs, values and where they find the source of their hope. Through these developing relationships, Chaplains help residents experience a sense of caring and belonging. As a faith-based organization, policies and procedures are viewed through the lens of offering Christian hospitality to our residents and our staff. We also operate using Christian principles such as grace, inclusion and the priesthood of all

believers. Staff view their work as a vocation. We are called to use the gifts and talents God has given us in the work that we do each day.

Our names "The Good Samaritan Society" and "Good Samaritan Canada" are based on the parable of The Good Samaritan who stopped to care for a stranger. As an organization, we live out the words from Luke 10 "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind and love your neighbour as yourself." Embodied in this parable are the actions that identify us as a faith-based Christian organization. We love and serve God, and we love and serve one another.

Good Samaritan South Ridge Village,
Medicine Hat, AB

The Friends of South Ridge Village



The Friends of Good Samaritan South Ridge Village is a group of volunteers from several local Lutheran churches in Medicine Hat that formed in 2004 to be a voice and help for the residents whenever possible. Regular meetings are held once a month to keep in touch with current happenings, and over the years, our group has brought about many positive changes.

For example, our group started a tuck-shop on a cart that had small treats like chocolate bars that residents could buy. It was so well received that it didn't take long for Good Samaritan South Ridge Village to create a permanent location for it. When this occurred, our group was happy to donate the fridge and some other items, and it is still very popular with everyone at the care home.

The Friends of South Ridge Village also held a fundraiser to purchase a paratransit bus for residents that

have difficulty getting around to events and shopping.

Once a month we order special lunches, and residents choose what they would like to eat; it's usually Chinese food, pizza, or Kentucky Fried Chicken. Each congregation donates funds that pay for these special lunches and also for the Christmas turkey dinners in December. We're always happy to help serve at these fun events.

We often purchase special gifts at Christmas for residents who do not receive any gifts, and we also organize and participate in various singalongs at Christmas and in the spring. This year, all of the cottage residents gathered to sing favourite hymns with a treat of ice cream after – it was a moving and happy afternoon for everyone involved.

Mother's Day and Father's Day are special to everyone including people that cannot be with family or not able to leave the care home. We decided to bring a special treat

for them, which included cake, fruit and juice served after the Sunday worship service on the actual day. It was heartwarming to see how they enjoyed these afternoons held in their honour.

We so often forget the freedom and privilege we have to meet with friends and family that so many of them do not have. It gives us so much pleasure to be able to be there for them and to help them celebrate this stage of their life.

The care home is currently undergoing some upgrading – a new sound system, a gazebo for the residents' cottage, and new fencing to allow them greater freedom to enjoy the outdoors. As this will be costly, Friends of South Ridge Village would like to contribute, so we are planning a roast beef dinner fundraiser in October. We hope you'll consider stopping by if you're in the area.

- The Friends of South Ridge Village

Good Samaritan Mountainview Village, Kelowna, BC

His Banner Over Me is Love



L-R: Linda Tollefson, Isabel Dietelbach, Marlene Schutz, Linda Rideout, and Louise Gobolos

"Ask and Ye Shall Receive"

Upon arriving at Good Samaritan Mountainview Village, Chaplain Sharilynn Upsdell took this scriptural promise to heart and invited local Fabric Artists to consider donating beautiful art pieces to brighten up the hallways and resident living areas.

"The Q Girls," gathered by Isabel Dietelbach, have been making quilts together at First Lutheran Church for some time.

This group noticed the Mountainview Village invitation and their scissors and sewing machines were called into increased activity as they created many colourful fabric banners.

A ministry once begun at First Lutheran Church has now attracted other community members, providing opportunities for fellowship and creativity to be enriched as they serve the residents of Good Samaritan Mountainview Village with their cheery banners.

Additionally, more beautiful quilts have been donated from the Okanagan Quilters Guild, through Brenda Elmore and Donna Schnieder. The generosity of such beautiful craftswomen is a real gift to the residents and staff of our care home.

Service runs in family trees...

Linda Tollefson—who is on the left in the above photo—is the great granddaughter of Gottlieb Wedman, founder of The Good Samaritan Society.



Good Samaritan South Ridge Village, Medicine Hat, AB

Our Dignity Quilt

by Dallas Hjorth, Chaplain



Our Good Samaritan values enhance “community”, and so we recognize the importance of having our residents warmly welcomed into a loving home, enjoy living in a loving home, and then when death comes reverently honoured with the covering of a dignity quilt as they depart our home. As our dignity quilt went missing some time ago, we were in need of a new one. We are so thankful that Marian Bos, our new care manager’s (Stacey Wagner’s) mother, offered to make us a new one.

This beautiful dignity quilt helps those of us at Good Samaritan South Ridge Village to live out our Good Samaritan values by showing respect and honour to each resident of our home who leaves us in death.

Thank you, Marian, for your love and the hours of work you spent applying your talent to bless us with this quilt.



Marian Bos (seated and the person who made the quilt), clockwise from Marian is Karen Olshaski, Site Manager; Stacey Wagner, Care Manager (Marian’s daughter); Lisa Dykema, Administrative Assistant; Brenda Ross, Health Care Aide; and Joselin Hernandez, Health Care Aide



Good Samaritan West Highland Centre and Estates, Lethbridge, AB

My Installation

by Lois Punton, Chaplain



Lois Punton

Last Winter, as part of our weekly worship service at Good Samaritan West Highland Centre and Estates in Lethbridge, AB, I was installed as chaplain for the care homes.

We started our time with refreshments for the residents and guests who would attend the worship service. In addition to residents, those participating in the instalment service included my fellow chaplain, the Rev. Les Skonnard; Site Managers Carmen Peterson and Shelley Price and Recreation Coordinator for Good Samaritan West Highland Centre and Estates, Greg Broadbent. Karen Wedman, Director of Mission Effectiveness for The Good Samaritan Society (GSS) and Good Samaritan Canada (GSC), led the service and offered a wonderful reflection.

Having been in my position as chaplain for eight months at the time, it was a blessing to have a simple, low-key service that was part of our regular worship program at the care home. I so appreciated the participation of my two fabulous site managers who took time from full schedules to attend and be part of this important moment. Having the support and presence of chaplain Les and "Rec Dude" Greg, with whom I work closely, meant a great deal to me. The very best part though was being surrounded by the residents I have come to know over my time with GSS/GSC. All of these people and so many more make coming to work each day a joy and delight.

The most challenging part of the whole installation was that it could only be held in one care home and not both.

I am so grateful for Leslie J. and Rita F. in the Recreation Department at Good Samaritan Park Meadows Village, as I work very closely with them, for managers and assistant managers that support and encourage my work, for volunteers, for helpful and talented staff who care for our residents, and

for appreciative family members who offer useful feedback. I am blessed to work with so many great people, staff, residents and family members alike in my role! Now that I'm officially installed, I think the next thing I'll look forward to is my retirement party, a good many years from now!

Speaking Opportunities

Rev. Dale Olsen is available to come and present to your group on the topics of Spirituality and Aging, The Serious Business of Happiness, and the Mission of The Good Samaritan Society/Good Samaritan Canada. If you are interested, please contact Dale by phone **780-431-3818** or by email dolsen@gss.org.





SPIRITUALITY & WHOLENESS WORKSHOPS 2018

Suffering and Spirituality:

Exploring Practices that Soften Suffering and Promote Healing

Sherwood Park, AB, Friday, September 14, 2018 Our Lady of Perpetual Help Parish



**Dr. Lorraine M. Wright,
RN, PhD**

In addition to being the Professor Emeritus of Nursing at the University of Calgary, Dr. Lorraine Wright is an author/blogger, international speaker and consultant in family nursing and family therapy. Lorraine has presented in some 30 countries and written ten books on various subjects including her book *Suffering, Spirituality, and Illness: Ideas for Healing* which will be the basis of her presentation at the 2018 Workshop.

About the workshop: Have you escaped suffering in your life? Do you know anyone who has? Serious illness and loss invites deep suffering when our lives and relationships are changed forever. Deep suffering opens the door to spirituality as attempts are made to make sense of and to heal from suffering. Suffering and spirituality are an inseparable duo. The Trinity Model will be presented as a useful framework for thinking about the complex notions of suffering, spirituality, and illness beliefs. Actual examples will be presented throughout the workshop to illustrate how to soften suffering specifically.

The Need for a Spiritual Revolution:

Reducing Loneliness and Social Isolation in Residential Care Homes

Kelowna, BC, Friday, September 28, 2018, St. Charles Garnier Parish

Lethbridge, AB, Monday, October 1, 2018, Country Kitchen Catering (lower level of The Keg)



**Kristine Theurer,
MA (Gerontology), MTA**

Kristine Theurer has a Master of Arts in Gerontology and has pioneered the use of standardized peer support programming in residential care homes. Kristine is the founder of Java Group Programs Inc., an organization dedicated to the development and implementation of peer support programs for older adults, which includes Java Music Club, Java Memory Care and Java Mentorship programs.

About the workshop: A spiritual revolution is a move from what we can do to and for residents, to what they can do for one another. Peer support—residents helping each other. How can we better engage the community in meeting spiritual needs? How do we continue to have meaningful friendships/relationships into old age, and what structures might support that, across our care homes and day programs. Explore these questions in an interactive seminar dedicated to finding a new spiritual approach to overcome loneliness and social isolation.

For more information and to register, visit: www.gss.org/events.

2018 Annual General MEETING

The Good Samaritan Society

THURSDAY
SEPTEMBER 20th

Details:
11:30 am
8861-75 Street
Edmonton, AB

Guest Speaker:
Dr. Verna Yiu
President and CEO of
Alberta Health Services

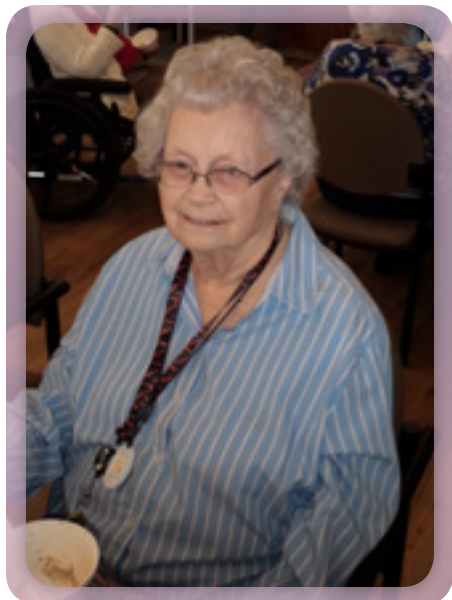
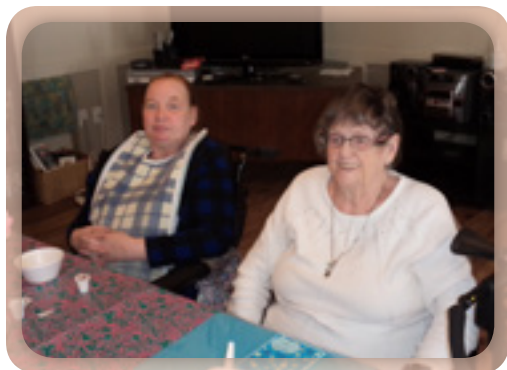
SAVE THE DATE

There is no charge for this event but free will offerings will be accepted. All proceeds will be directed towards the Pastoral Care Endowment Fund.

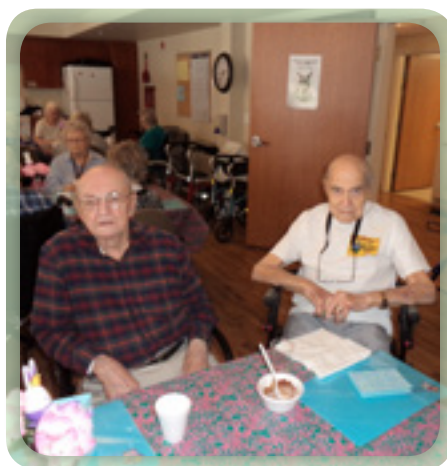
Good Samaritan West Highland Centre and Estates, Lethbridge, AB

Welcome Tea

by Pamela Roy, Recreation Therapy Aide



In the month of March, Good Samaritan West Highland Centre and Estates hosted a new resident welcome tea. Because this was our first event, we included residents that had moved into the care home within the past six months, and in total, welcomed fourteen new people.



Our recreation room was decorated with special centerpieces and residents were served a delicious cake with vanilla ice cream. Thank you to our volunteer, Gail, for the delicious dessert and assisting with the event. New resident family members were invited to attend the event, and our Chaplain, Lois, joined in and assisted with serving beverages and dessert.



Each resident was introduced to all in attendance and was given a handmade welcome card and a Good Samaritan placemat. A few new residents discovered others that they already knew and spent time catching up. Others took the opportunity to get to know the new residents and share stories with each other.

All in all, it was a great day and we are looking forward to the next one.

Good Samaritan Good Shepherd Home, Wetaskiwin, AB

Bath Bags Anyone?

by Angela King, Chaplain



The Wetaskiwin Quilter's Group and Good Samaritan Good Shepherd Home in Wetaskiwin have enjoyed a very long and happy association over the years. The Quilter's Group rents space in the care home's Wellness Centre for meetings, socializing, quilting and storing their supplies. In exchange for reduced rent, they generously create an original quilt for the fall raffle each year with the proceeds going towards resident care and comfort.

The Wetaskiwin Quilter's Group also donated a lovely "Dignity Quilt" to be used during our Honour Guard Ceremony (featured in a story in the Summer 2017 edition of *The Journey*).

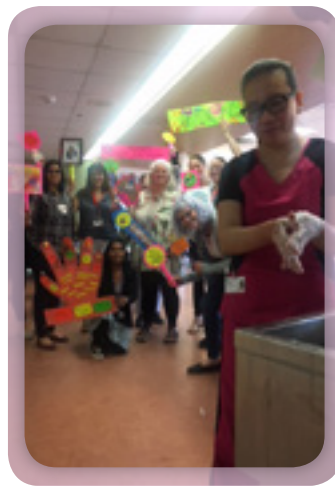
This year, a very specific need arose: shampoos, favourite soaps, lotions, and towels were being misplaced on "bath day." The solution? The Quilter's Group donated both time and all the

necessary materials to create more than 75 quilted bath bags, one for each resident! Good Shepherd's "Angels in Waiting," Sandra, Jackie, Louise, and Dom had the fun job of filling each bath bag for Christmas! Grateful hearts look forward to a long and beautiful friendship with the Wetaskiwin Quilter's Group.

Thank you for your friendship and support.

Good Samaritan Dr. Gerald Zetter Care Centre and Good Samaritan Place CHOICE[®] Program, Edmonton, AB

STOP! Clean Your Hands!



The Good Samaritan Dr. Gerald Zetter Care Centre Leadership Team giving cheers to the extreme! Always keep those hands clean and do your hand hygiene.



Alberta Health Services ran a Stop Clean Your Hands Day poster contest this spring, and we are pleased to announce that teams at both Good Samaritan Dr. Gerald Zetter Care Centre and Good Samaritan Place CHOICE[®] (Comprehensive Home Option of Integrated Care for the Elderly) Program, won!

Congratulations to everyone involved!



The beautiful submission by the team at Good Samaritan Place CHOICE[®] program

Good Samaritan Mountainview Village, Kelowna, BC

Fun Food Tasting

by Carolyn Monz, Market Housing Coordinator



Several Independent Living tenants at Good Samaritan Mountainview Village in Kelowna, BC, enjoyed a fun food tasting event put on by our food vendors, Sysco and Maple Leaf Foods. A tenant meeting the month prior spurred this event as questions regarding menu product selection arose. The vendors were invited to come in and do a question and answer session and decided to take it a step further by offering an item sampling.

The tenants were treated to four different courses that included: Meatball and Tortellini Skewer with Marinara Sauce and Fresh Rosemary, Turkey and Cranberry Quinoa Salad, Roast Beef Ciabatta Sandwich with Horseradish Cream and a Heirloom Cherry Tomato and a Pulled Chicken Asian Slaw in a Phyllo Cup with Fresh Cilantro.

The tenants appreciated having the vendor representatives there to answer any of their many questions. The Roast Beef Ciabatta Sandwich was voted as the favourite with many comments on its tastiness and presentation. All walked away with a smile and a full belly!

Many thanks to Sysco and Maple Leaf Foods for providing our tenants with this wonderful opportunity.

Good Samaritan Mill Woods Centre, Edmonton, AB

Art Feeds the Soul

by Jessica Chisholm, Site Manager



The Recreation Therapy Team at Good Samaritan Mill Woods Care Centre runs a very successful art program that includes group and individual sessions. Art is an excellent way to be creative, to express oneself, to experiment, to take risks, to try new things, and to enjoy the outcomes!

We have an Art Wall where we display everyone's project on a regular basis. This spring, we began featuring individuals and the work they have done throughout the previous months. One of our featured artists this spring was Roseanne Janvier. The Recreation

Therapy Aide regularly meets with Rose in her room to do art therapy one-to-one. Each project is completed within the single session, and Rose shows great creativity with colour. Her art is beautiful and we are very proud of her talents!

The Good Samaritan Society Donors Help Make Life More Comfortable

by Danica O'Neill, Director of Fund Development

The Edmonton and District Quilt Guild was founded in 1978 with the mandate to broaden public awareness and increase the overall knowledge of quilting. The membership has a strong value for community service and chooses a charitable organization on an annual basis to donate quilts to. This year, The Good Samaritan Society was the selected charity and will be the recipient of approximately 100 lap sized quilts for care home residents in the Edmonton area.

The Good Samaritan Society was brought forward to the guild by one of their long time members who has a personal connection to our organization and who has witnessed the outstanding level of care provided to those we serve. Many of the members also have experience with family and loved ones in long term care and hope the quilts provide comfort to those who receive them.

The guild has also generously donated a quilt to be raffled with the proceeds supporting resident comfort and care. **Tickets are available through the Edmonton and District Quilt Guild or at the Good Samaritan Head Office for \$5 each with the draw taking place on November 1, 2018.**

Thank you to the Edmonton and District Quilt Guild members who worked tirelessly on these amazing quilts. We appreciate your support to make lives more beautiful and comfortable for our residents and clients.



The Good Samaritan Society

26th Annual Spirit of Caring Golf Classic



▲ Good Samaritan Board Chair, Dr. Jeanne Besner, thanks guests for their generous support

Thank you to all of our participants, sponsors, donors and volunteers for their ongoing support of our Annual Servus Spirit of Caring Golf Classic.

Over the past 26 years, the proceeds from this tournament have allowed our organization to enhance resident comforts at our care homes and to provide additional supports to our various programs.

We've been able to purchase buses for resident outings, electric beds for a good night's sleep and staff safety, equipment for music therapy programs, and vital physical therapy tools and technologies, just to name a few.

We wouldn't be able to do what we do without the generous support of our sponsors, golfers, donors and volunteers that helped us raise almost \$150,000 at this year's tournament.



▲ Congratulations to the first place team, which included our new President and CEO, Julius van Wyk



▲ The day wouldn't be successful without our many (colourful) volunteers who we are so grateful for

THANK YOU for helping us Make Life More for those in our care – parents, grandparents, aunts, uncles, coaches and friends. Donors truly do have the power to transform lives and to take comfortable accommodations and turn them into remarkable homes for our residents and clients.

We look forward to seeing you out on the course next year on Thursday, June 6, 2019!



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Thank You to Our 2018 Spirit of Caring Golf Classic Sponsors!

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As charities, The Good Samaritan Society and Good Samaritan Canada depend on the support of our donors to help secure items not otherwise funded for such as our beds and specialized equipment needed to care for our residents. The generosity of our donors helps make this happen—thank you!

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Good Samaritan West Highland Centre

Coca Cola
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December 1, 2017 - May 31, 2018

Honour and Memorium

In Honour of Miriam Hirsekorn's Birthday

Manfred Kemp

In Honour of Zac Greenough—Rejoyce Joystick

Corine Fowler

Elsa Sekulic

Grace Gospel Chapel

Vanessa Ridden

In Memory of Alfred Berger

Karen Berger

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Clayton Sissons

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