



the JOURNEY

Winter 2021

Good Samaritan Vista Village, Pincher Creek, Alta.

Operation: bird feeders

Part 1 by Charleen Bruder, Health Care Aide, Good Samaritan Vista Village

With COVID-19 hitting our world, everyone's life changed. None more so than the residents in our care home. As staff, we had to adapt to masks and shields, regular temperature checks and the constant stress knowing you may contract the virus. That you may be one of those who are asymptomatic, bringing it to work with you. But our residents have an even bigger challenge during this pandemic, especially at the start when visitation was even more limited. They had to stay in the care home or go into our enclosed courtyards, and many would pass their days sitting and watching the world go on through the windows. Every effort was made to ensure window visits and other forms of visitation were supported, but to many of the residents, we became their family, friends and cheerleaders. It was and continues to be, our mission as staff to do our best to keep their spirits up as well as our own.

One of our residents, Albert, has large windows across from his



From left: Zach Harris, teacher at Crowsnest Consolidated High School; Logan McInnes, Good Samaritan Vista Village assistant site manager; Albert Prairie Chicken, resident at Good Samaritan Vista Village; Charleen Bruder, health care aide at Good Samaritan Vista Village; Jim Riedlhuber, Good Samaritan Vista Village site manager

room facing out into a field. Every day, Albert would sit in front of the windows and watch the birds, gophers, deer, and ants. Albert would tell me what was happening with the neighbouring outside animals. He watched birds build a nest, to momma bird bringing in

food, to eventually those baby birds flying. I got updates on the gopher family, and we would discuss the deer that passed by. We had a good chuckle watching a couple of bucks eating apples out of a neighbour's tree full of ribbons (the ribbons were to deter the deer



▲ Albert Prairie Chicken enjoying the view



▲ The finished products

from eating the apples). I would sit with Albert at times when he felt lonely for family, and he would tell me stories of his people's beliefs, spirits, family and stories of animals. He even took the time to teach me some of his language. It was during one of these chats that I suggested we needed a bird feeder in his corner. One of our cottage windows also looks at the area, and I knew it would bring some entertainment for those residents as well. Albert, with his big smile, stated, "Yes! Good idea!"

Having teenage children at home renovating anything they could get their hands on while in lockdown, got me to thinking it would be nice to have bird feeders all around the care home and in the courtyard. Such small and simple things bring the most joy. Thinking this would be a great project for high school students, I asked my daughter, Darilyn, about her construction teacher. She stated it was Zach Harris, but he was doing construction class in the Crowsnest Consolidated High School, and

Math 10-3. Apparently, construction and welding rotate schools. Despite this, I contacted Mr. Harris and told him my idea; he immediately thought it was great and asked the students in his math class to assist.

Getting the email at the beginning of December stating they had completed the bird feeders was absolutely the best news as we dealt with new Public Health measures and increasing COVID-19 cases across the province. Presenting Albert with his new bird feeder was the best Christmas present after a long year of the pandemic. His smile was absolutely beautiful and large!

The fun doesn't end there! Jennifer from our recreation department is setting up an activity to have the residents paint the feeders. Mr. Harris also said that he would be willing to help with the stands for the feeders, and my wish is that by the time we can hang them we can have the students who built them come for a visit and put them around the care home for the

residents. We will also be asking our local hardware stores if they would be willing to donate some birdseed, as we know how much birds can eat!

I want to thank Mr. Harris and his Math 10-3 students, Jakub Emond, Cooper LeBorgne, Julie MacDonald, Kyle Pearson, Jordan Pedersen, Bailey Siray, Adam Strandquist, Gaike Ward, and Tristin White for this lovely gift. You have brought enormous joy to our residents and while words are never enough, thank you from the bottom of our hearts. We hope we can have you visit in person someday soon so we can say thank you directly.

Part 2 by Mr. Harris

This September, Charleen reached out to me, asking if we could build some bird feeders in the shop with students. After talking with some students about the idea, they all seemed to show interest and agreed to take on the project. This was the perfect project that allowed the students to make



Albert Prairie Chicken and Charleen Bruder

connections between the content that we had already covered in the classroom while also giving them the chance to earn an additional construction credit which is always helpful down the road.

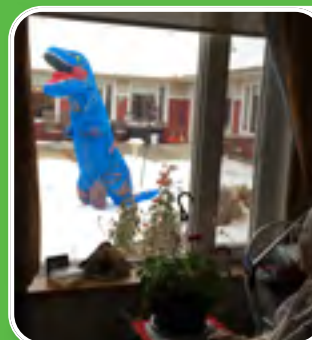
The students started the project off with rough cut 1" thick slabs of spruce that were given to me from a friend. This meant that students had to mill the wood down to a desired thickness and width using the jointer and thickness planer before they could cut it to its final dimensions. This process made the construction more technical, but the students caught on quickly. By the end of the project, they were helping each other out (thanks Gaige).

The students all took pride in their work, and it showed the most when they were willing to take things apart in order to improve the feeder. Cooper was a great example of resilience throughout this project as he was willing to make mistakes and go back and fix them without hesitation. Seeing this type of spirit in students is always inspiring to me.

Thank you for the opportunity to be a part of this project, Vista Village, and good work to the math crew who brought a little bit of joy in a time of need.

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BLUE T-REX SPOTTED IN EVANSBURG!

Turn to page 22 to find out why this dinosaur visited residents.

Message from the President and Chief Executive Officer



Dr. Katherine Chubbs, RN, BN, MHS, CHE, DBA

Starting as the new President and Chief Executive Officer of The Good Samaritan Society and Good Samaritan Canada in November 2020, I can say that it has been an interesting and enjoyable few months for me.

I wanted to use this opportunity to share a bit about myself. I am originally from a remote area in Labrador, and in Labrador is where I began my career as a Registered Nurse. I have had the opportunity to work in numerous areas as a nurse, including in infection prevention and control, occupational health and safety, as an educator, and in long term care. These roles have shaped my career, and I believe they benefit our organization as we manage the pandemic.

In terms of education, I have completed several nursing programs, including a diploma and degree in nursing as well as a northern nursing program. I also have a masters in health leadership and a Doctorate in business administration. I have been in health leadership for over two decades now, and have had seniors health in my portfolio for about half that time. I have been an executive leader for about a decade, and my most recent role was Chief Zone Officer with Alberta Health Services, where I got to know Good Samaritan quite well. Prior to that, I spent over six years as a Vice President for the Eastern Regional Health Authority in Newfoundland and Labrador.

The last few months I have been focused on listening and learning, and I truly appreciate everyone that I have had the opportunity to speak with. Before the new Public Health measures were introduced in Alberta and British Columbia in December, I was able to get out and visit a few of our care homes. It was a privilege to meet some of our employees and residents and to hear from them first hand. I look forward to the day where I can again get out and visit our homes and meet many more



▲ Visiting Good Samaritan Pioneer Lodge in Salmon Arm, B.C.

of you, including the family members that have placed their loved ones, and their trust, in our care. It is essential to me that I get out and view the vital work being done on our frontlines and gain a better understanding of what we are doing well and what we can improve upon.

Despite the challenges currently presented to us in the form of COVID-19, I am impressed by our employees' ability to continue moving forward while keeping those we care for and each other safe. While managing the pandemic is our main priority, other initiatives have to continue. It is only through the hard work and dedication of our Good Samaritan team and the support of those in our care and their loved ones that we are able to succeed. As we embrace 2021, my goal is to lend a more strategic lens to Good Samaritan, pushing forward our strategic priorities in an organized manner, while still remaining conscious of the COVID-19 burden. I want us to evolve our strategies and



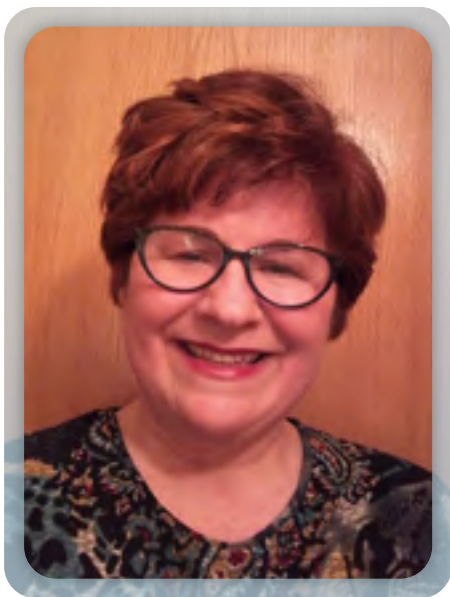
▲ Visiting Good Samaritan Village by the Station in Penticton, B.C.

operations to create a roadmap that will help us navigate through the pandemic response, recovery and beyond.

It is a blessing and a privilege to be serving those in our care, and while there is a lot of work ahead of us, I am confident that together we can do just about anything. As we continue to manage the COVID-19 pandemic, I would like to express my gratitude to our employees for all they have done and do to keep our residents and their colleagues safe. I also want to thank those entrusted to our care and their loved ones for working with us through all of the changes and challenges that have occurred the past year.

It is an honour to be a part of the Good Samaritan team.
God bless,

Katherine Chubb



 Linda Chorney

In early October, Linda Chorney, Customer Service Representative (CSR), for the TeleCare Team, played a pivotal role in saving a life. During an inquiry call, Linda identified that the potential customer was in some distress. She advised the client to sit down and remained on the phone with her. Based on the interaction, Linda determined that medical assistance was required and called 911 to ensure that this person received medical treatment. The person was rushed to the hospital and told that she must have a “guardian angel” as she was a short time away from bleeding out and passing away.

Linda’s actions certainly exhibit two of the values of The Good Samaritan Society and Good Samaritan Canada:

- 1) Putting people before tasks.
- 2) Serving others without self-interest.

Employee Spotlight Linda Chorney



How long have you worked at Good Samaritan and in what roles?

I began working as a Customer Service Representative with Good Samaritan TeleCare in October 2014. After many years in the business communications/marketing field, I was ready to begin the path to “semi-retirement” in a totally different role. At that time, my mom was a patient of the Good Samaritan Seniors’ Clinic, which is where I heard about TeleCare. I was pleased to have the opportunity to work with seniors and gain more insight into the aging experience. (I was also thrilled to have a 5-minute commute to work!) My role in Customer Service covers a wide spectrum: promoting TeleCare’s emergency response monitoring products, arranging installations and care calls, handling all sorts of customer enquiries, and processing removals when life changes for a client.

What’s one thing you are really proud of?

My reward at the end of the day is having helped someone feel more secure in their home, or lending an ear to a family member worried about the safety of their loved one. Now more than ever in today’s crazy world, having empathy, compassion, and kindness are so important...I’m proud to be part of a team that exhibits those qualities on a daily basis.

Where is one place you want to travel to?

Although I’ve been fortunate (in my younger years!) to travel internationally, I’d love to explore Canada more, particularly the Atlantic regions.

What do you like to do when you’re not at work? Any hobbies?

My favourite pastime is doing crossword puzzles! Over the years, I’ve dabbled in painting and sculpture, but more recently I’d like to explore songwriting.

Do you have a favourite memory you would like to share from your time at Good Samaritan TeleCare?

My favourite memories are of interacting with our volunteers, whether it’s hearing their stories of client installs, or enjoying their company at our volunteer appreciation events. We are very blessed to have such a great group of long-standing volunteers who are truly a “second family” to us all. During these COVID times, we really miss them!

Linda was nominated by Jim Pringle, Manager for [Good Samaritan TeleCare](#).

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

Good Samaritan Mill Woods Centre, Edmonton, Alta.

Taking the time to appreciate what is around us

by Evie Varelas, Recreation Therapist, Good Samaritan Mill Woods Centre

Time. Our lives are built around time. What if time felt endless and you were able to slow down and appreciate the little things around you. Maybe this is something we should all try to do at least once a day, regardless of how busy we feel. Slow down and appreciate the little things around us, even if just for a minute.

One resident at Good Samaritan Mill Woods Centre has time to appreciate those little things, and likes to share these thoughts and stories through her writing. Adrienne Thurston has been at our care home for the past two years and loves reading and writing. Due to multiple sclerosis, which Adrienne has been living with for the last 28 years, she has not been able to read or write without assistance for a while now, but this has not stopped her from sharing her stories.

Adrienne is influential in her writing as she expresses so much passion and feelings through words. In the last year, Adrienne has started to post her stories to a blog to share her words with as many people as she can. This has been a great way to get to know Adrienne and staff have been able to take time and get to know a resident that has been willing to open up and share her thoughts. Adrienne's writing can be found at: www.storiesspace.com/adrienne.

I thank Adrienne for taking the time to write and express her stories as it has definitely made me want to slow down and notice the little things around me from time to time. I hope you are able to do the same.



BEAUTY AND AWE

by Adrienne Thurston

*A ray of sunlight shoots through my window
temporarily blinding me
until it bursts into millions of shooting stars
making a kaleidoscope of colors
across my bedroom wall.*

My day has begun.

Good Samaritan Christenson Village, Gibsons, B.C.

Poetry by Gail: Ebb and Flow

by Bruce Devereux, Recreation and Volunteer Coordinator, Good Samaritan Christenson Village



The challenge for this project was Gail's MS which has significantly affected her physical abilities and vocal capacity. It would be an arduous and draining task for Gail to read each of the nine poems selected, but Gail's solution was inspiring. She chose eight care staff to each read a poem. Gail chose each staff member deliberately to match their personalities to the piece they would read. Gail and Danika then used audio/music creation gear to generate original soundscapes and music scores for each recorded poem.

On November 16, after a year of hard work, we were officially able to share the project in a physically distanced, COVID-19 safe manner, and it was amazing! The recording deeply touched staff, residents and Gail's sister. If you want to learn more about this project or to hear some of the poetry, I have created a podcast titled, "The Creatively Engaging." You can find it on all major podcast platforms, or visit www.thecreativelyengaging.com.

We want to give a special thank you to the BC Care Providers Association who provided us with a generous grant that made this project possible by allowing us to purchase the necessary audio equipment.



This photo of Gail (left) and Kathy (administrative assistant, right) was taken before the COVID-19 pandemic



Some of the employees chosen to record the poetry

Gail is a poet. She also happens to be a woman with multiple sclerosis who lives at Good Samaritan Christenson Village. Over the years, Gail has created an impressive body of original work. This fact is even more impressive when you hear of the physical restrictions MS has placed on her. Gail can only move one finger on her right hand to create her poetry. A very slow and determined process.

Our Music Therapist, Danika Wulff, and Gail decided to undertake a year-long project titled, "Ebb & Flow," that would see a selection of her poems shared with a wider audience. We had planned on an earlier finish, but COVID had other plans.

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

Balancing the mind and body with occupational therapy

by Nicole Bretzer, Occupational Therapist, Good Samaritan Dr. Gerald Zetter Care Centre



Ela dances with a resident living with dementia

At Good Samaritan Dr. Gerald Zetter Care Centre, the occupational therapy (OT) department has been working to promote our residents' health and well-being through engagement in meaningful activities. With a wide variety of programming options available, residents can maintain not only their physical abilities but also the wellness of their mind and spirit.

On the second floor, Ela (Rehab Aide) guides our residents living with dementia during FUNctional



Lisa using art to maintain fine motor skills

Exercise. This group has residents take part in gentle full-body exercises focusing on moving to the rhythm of music and enjoying the meaningful memories it holds.

Meanwhile upstairs on the third floor, Githy (Rehab Aide) leads residents in Woga – Wheelchair Yoga & Meditation, where residents complete gentle stretching to maintain range of motion and participate in guided breathing and meditation exercises to balance the mind.

Twice a week, Lisa (Rehab Aide) and our resident artist group meet for Fine Motor Group where residents work on various art projects to maintain fine motor strength, coordination and promote creative thinking and expression. Each quarter the resident artist group collaborates on a visual art display housed in our sites' common area for others to enjoy.

Each week, our gentlemen take part in Men's Group where the group reminisces, discusses current events and learns about different topics of the group's choosing. In this group, our gentleman can socialize, philosophize, and learn about new and interesting topics.

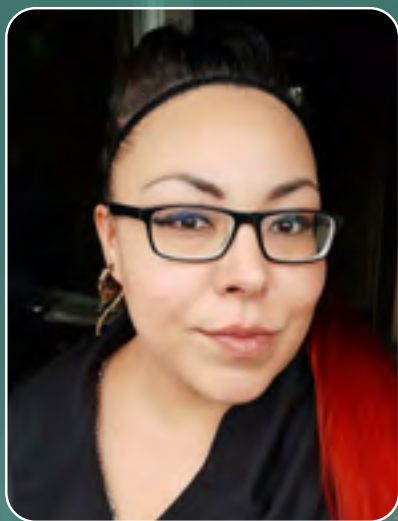
And let's not forget Mind & Body Works, where residents living with dementia engage in reminiscing and sensory activities using a Montessori, strength-based approach to promote engagement and socialization.

In today's world, it is easy to focus on only one aspect of our health. Through engagement in meaningful activities, occupational therapy is able to promote a holistic approach to health and well-being. Please feel free to reach out to an occupational therapist to explore how OT can help residents living in our care.

Good Samaritan Stony Plain Care Centre, Stony Plain, Alta.

A salute to Good Samaritan HCAs

by Bennita Yellowknee, Health Care Aide, Good Samaritan Stony Plain Care Centre



Bennita Yellowknee

Health Care Aide I See You

Wash their face.
Comb their hair.
Tilt that broda chair.
Answer that call bell.
Got the stockings on to stop the swell.
Sweating everywhere, couldn't even tell.
Sling here.
Sheep's wool there.
Double check everything because you care.
Time for their nap.
Sling'em up n lift them into bed.
So they may now rest their weary head.
End of shift is near.
Pray that tomorrow they'll still be here.
This is to all the HCAs out there.
"You did your best, now make sure you rest."



Good Samaritan Christenson Village, Gibsons, B.C.

90 minutes of online musical magic

by Bruce Devereux, Recreation and Volunteer Coordinator, Good Samaritan Christenson Village

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects." Dalai Lama

I know a pianist, Monika, through a course we both took, and she listened to Gail's podcast ([story on page 8](#)).

She was so inspired by her dedication and passion, she offered to do a concert for Gail! What is extra special about this offer is that Monika lives in Lithuania and she arranged to hold the concert for us over Zoom on December 30, 2020.

Gail couldn't believe she inspired someone of this calibre who plays on the world stage, and she was absolutely thrilled. Monika's performance was spellbinding, and her dialogue with the intimate audience of Gail and her friends and

staff from Good Samaritan Christenson Village was so genuinely heartfelt. Midway through the performance, she announced which of Gail's poems was her favourite, and then recited it! The tears in Gail's eyes and those around her said it all. It was a magical experience that resulted in a standing ovation and an encore zoom. I've never experienced one of those before.

This concert is a perfect example of the ripples of kindness we can all create in the world. Thank you to Monika for making life more engaging for our resident's and for Gail for continuing to be a source of inspiration. If you want to learn more about Monika, you can visit her website www.monikapianiste.com.



▲ Monika (top) and Bruce (bottom) doing a soundcheck the night before the concert



Thank you all for your kind words and to you Bruce, for organizing everything with a big screen and good sound. I loaded myself with so much good energy! I know people are saying that Zoom concerts are not the same as live, but I am not so sure anymore! I felt everyone and especially Gail in the front row. I even bowed. To be honest, when I started reading Gail's poem, I got really nervous and mixed up some words. I hope Gail accepted my improvisation. :)

- Monika Mašanauskaitė

in TOUCH

News and information from Mission and Ethics



Vision of hope

by Karen Wedman, Director of Mission and Ethics

"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world." John 16:33 NIV

Jesus says, "Take heart!" This year has been difficult for our hearts. Emotions and feelings come tumbling out as we deal with the COVID-19 virus and the restrictions around the pandemic. More than ever before we have had to work together to push through the effects of COVID-19, and we rely on the words of Christ that He brings peace in the midst of a troubling world.

This year our focus has been on the Good Samaritan vision statement to grow in strength, excellence and creativity in caring for others. With current realities, our vision is more important than ever. It helps us look at ways to provide care during a time of challenge but also with

new opportunity. In Scripture, Ezra the Psalmist says in Psalm 119:18A, *"Open our eyes that we may see wondrous things..."* This is ***A Vision of Hope!*** This means seeing what we do in a new way but knowing that God provides all that we need to help us with the work we are called to do. This was our theme for Mission Month and had continued into the new year.

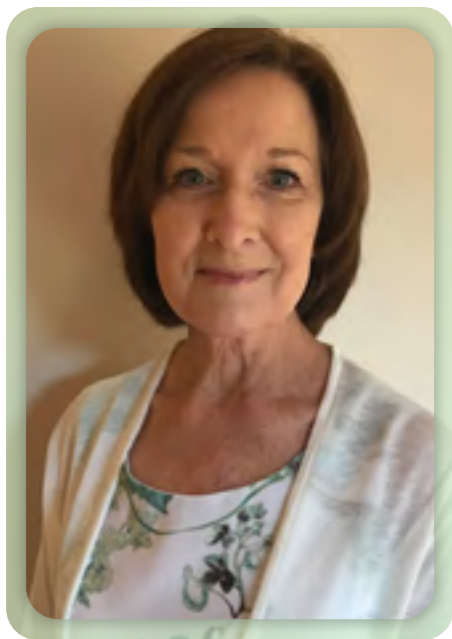
Working more creatively allows us to use our imagination to develop original ideas, and chaplains and volunteer services have been working diligently to do just that.

Spiritual and religious care supports looked different as restrictions around gathering in groups was imposed. Technology has become

very important as chaplains deliver worship services through on-line videos and use iPads to connect residents with their families.

Gretchen Johnson, chaplain at Good Samaritan Dr. Gerald Zetter Care Centre and Good Samaritan Good Shepherd Home, speaks of how worship continued during the pandemic.

"During the season of COVID-19 - the continuation of worship services quickly became an urgent concern among the residents in the care homes I have served. Challenges included meeting in small groups, finding spaces within the care homes to accommodate social distancing for our little gatherings, and finding ways to share music by way of familiar



 Gretchen Johnson

hymns (without our volunteer piano player). Add to that the physical discomfort at times of speaking through a facemask and shield. Staff and residents soon discovered the challenges of being able to understand the muffled voices coming through the layers of personal protective equipment (PPE)

One of the ways that pastoral care transformed worship for the residents, in light of the above, included preparing a video of myself leading a worship service, and inserting familiar hymns and prayers. Videos were viewed on the big screen TVs in each unit lounge, which also provided small groupings of residents with a sense of community and unity as God's people. The residents were able to see me without any PPE, which allowed them to understand what I was saying much more clearly. Having the video service option allowed me to multiply myself across several care centres, especially when I could not always be at every site. Another

colleague easily facilitated showing the video working collaboratively with a recreation staff member.

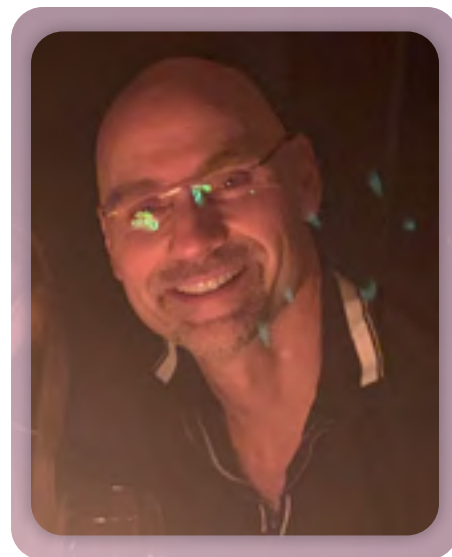
The residents were very appreciative of the opportunity to keep gathering for worship, and many around the smaller intimate groupings found it a great blessing."

Chaplains are providing virtual memorial services and new services such as the one Dean Shingoose, chaplain at Good Samaritan Southgate Care Centre and Good Samaritan Mill Woods Centre, held to remember residents who have recently passed away as a result of COVID-19. Dean states,

"I feel that the Remembrance Ceremonies for residents that we lost during COVID-19 is very therapeutic and meaningful for the staff and myself as well. Ritual and ceremony honors our shared story; it gives us meaning in the midst of our shared losses."



 Dean Shingoose



 Curtis Collins

"Every day I work with our residents at Good Samaritan Village by the Station to watch a worship service broadcast from their own churches via the iPad. This has been the main way I help residents stay connected with their church families during COVID-19. Listening to friends singing, praying, worshipping, and hearing their pastors preach helps to inject some normalcy and spiritual encouragement into every week. The residents love it and often sing and pray along. Viewing church services has also helped some of our people reconnect with their congregations and spiritual practices. Residents have radios, and TVs can show the Vision channel, but seeing and hearing friends and family worshipping on a Sunday is irreplaceable for many Christians. This practice has helped dozens of residents every month get through the isolation we are all impacted by. The tablet has brought so much hope and joy to our residents. I can't imagine not using it in the same way after the pandemic."

- Chaplain Curtis Collins, Good Samaritan Village by the Station



▲ Pastor Dean held a remembrance ceremony for residents who passed away during COVID-19



▲ Christmas Cards created by the Boys and Girls Club Torch Program in Wetaskiwin, Alta. Photo by Szuzi Girard, Recreation Aide for Good Samaritan Good Shepherd Home

Volunteers

Volunteers were restricted from coming to the care and group homes during the pandemic and so volunteer services needed to look at volunteering from a new perspective. Groups, churches, schools and organizations within the community have continued to support our homes through virtual concerts, art programs, pen-pal programs, or sending in Christmas cards and cards of hope.

As of Christmas day, we have had approximately 2785 submissions from 452 individual volunteers and 34 groups who have participated in our virtual volunteer program.

We are so thankful for our volunteers who are patiently waiting to come back to our homes and for those who have provided virtual help during this time.

Volunteers reflect the love and caring that individuals and the community have towards our elderly, and they lift up our residents to improve their quality of life.

Ethics

Discussions were held during COVID-19 to help increase understanding of the ethical considerations that are relevant to providing care during a pandemic. These conversations serve as a resource to help staff understand the tension in values from an individual perspective versus a community perspective. Central to this community or public health perspective is the harm principle, which states that a community has a duty to protect all members from harm where possible. In any decision, both the needs of the individual and the community needs to be taken into account. Discussions also involved ways of dealing with moral distress for residents, families and staff around issues such as legislative restrictions for the care and group homes. Ethical discussions help us to prepare and give us the tools to help make wise decisions.

Opening our eyes to see wondrous things provides a vision of hope to view life even through a pandemic.

Our theme of ***A Vision of Hope*** evokes the imagination to dream, envision, and ponder in a familiar, yet new way, the significance and possibilities of our organizational mission and vision to care for those in need. Hope is often a mysterious thread that is woven through the experience of care. It is the glue that helps one another hold on for the next moment, the next day, the next season. Hope helps us find a resolve to persevere when the unexpected arrives and helps us remain faithful to our calling to serve and nurture one another to grow. These are the gifts, which help us hope for brighter things to come, even in the midst of days or seasons of remarkable challenge. May we discover the creativity of the Divine entering in to show us what remarkable, beautiful and wondrous things we are blessed with to serve one another in love.

The Good Samaritan Society and Good Samaritan Canada

Meeting “real” Samaritans

by Sharilynn Upsdell, Chaplain, Good Samaritan Mountainview Village



▲ Husney Cohen, shaking hands with Sharilynn Upsdell, chaplain at Good Samaritan Mountainview Village in Kelowna, B.C., in front of Samaritan Scrolls at the Samaritan Community Centre in Kiryat Luz, on Mt Gerizim

Travelling to the Holy Land in April 2018, I learned that the Samaritan people remain active and comprise the smallest, most ancient, ethnic community in the world. I was eager to meet some “real” Samaritans, from whom we derive our Good Samaritan name.

I had the opportunity to visit Mt Gerizim, in Samaria, in the West Bank of Israel/Palestine. 3600 years ago, Moses pronounced Mt Gerizim as the Mount of Blessing (situated opposite Mt Ebal - the Mt of Curses) and ever since the Samaritan people have lived nearby and worshipped at their holy site on Mt Gerizim, distinguishing and at times alienating them from other major religions who chose to build primary worship sites in Jerusalem.

Husney Cohen, younger brother to the current Samaritan High Priest, and his nephew Abood, enthusiastically welcomed us to the Samaritan Community Centre in the village of Kiryat Luz.

Nestled into the hillside of Mount Gerizim in the northwest corner of the West Bank, this Samaritan village is home to approximately half of the eight hundred living Samaritans (the other half live about fifty km away near Tel Aviv). With their traditions based on the first five books of ancient scripture of the Pentateuch, Samaritans continue to read and speak Ancient Hebrew and Arabic (along with English) and follow many practices of their early Samaritan ancestors.

Husney explained his family name of “Cohen” means “priest” in Hebrew. With great pride, he shared their ability to trace their priestly lineage 134 generations directly back to Aaron, the first High Priest and brother of Moses.

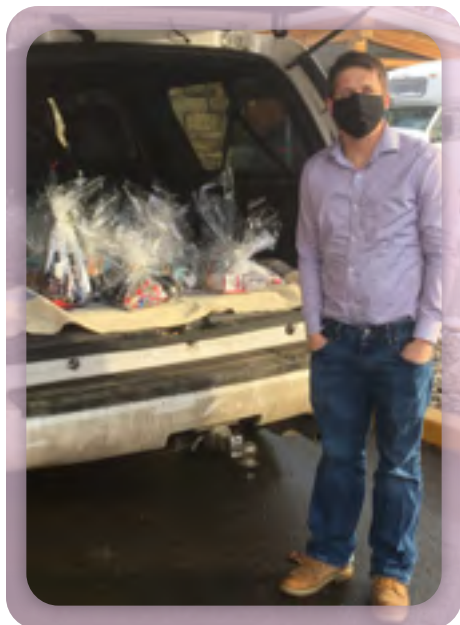
Even in these most tumultuous times in the Holy Land, Samaritans consider themselves a “bridge of peace” between Palestinians and Israelis, facilitated by the fact that today; this ancient group carries simultaneous citizenship in three different nations - Palestine, Israel, and Jordan. With long reigning conflict in the middle-east, Samaritans have creatively adapted their spiritual practices - such as moving the traditional community booths inside their homes for worship during Sukkot, an ancient First Fruits Thanksgiving feast, rather than remaining outdoors in large public gathering spaces where they risk interruption or destruction by dissenting critics.

Around the world, in COVID times more than ever, we deeply recognize that a relationship with God and worship is not restricted to a single place or style. Regardless of where a spiritual tradition has roots for worship, we know that wherever we are, God is accessible in all times and all places. Even when we cannot access our traditional places of worship, like our Samaritan brothers and sisters, we continue to hear God’s call to be “bridges of peace” and carriers of compassion and healing wherever we find ourselves in the world.

The Good Samaritan Society and Good Samaritan Canada

Christmas angels

by Janelle Brideau, Fundraising Coordinator, and Danica O'Neill, Director of Community Engagement & Fundraising



Chris Smith, Recreation and Volunteer Coordinator for Good Samaritan Heron Grove, receiving gifts from volunteer Mark Dame, his wife and their friends, and from Gordon Food Service Canada who matched the donations

'Twas the day before Christmas at our Good Samaritan Heron Grove home, and residents and employees were hoping that St. Nicholas soon would be there. Who visited next was even better, our Christmas Angel: Mark Dame with gifts for all the residents!

A huge thank you to Mark, his wife and their friends and family for donating individually wrapped gifts to our residents in Vernon, Kelowna and Salmon Arm! Also to Gordon Food Services for matching their contributions, which was so generous.

Christmas looked very different for many of us this year, and Good Samaritan was so blessed to have numerous angels in the community who continued to give their time, energy and resources to support our residents and staff during this difficult time. Your gifts, cards, well wishes and donations made such a positive impact on those in our care. Good Samaritan could not do the work we do without the support of our community.



Mark Dame

The Good Samaritan Society Virtual silent auction

by Danica O'Neill, Director of Community Engagement & Fundraising

Sponsored by:



Due to the COVID-19 pandemic, The Good Samaritan Society cancelled both of our annual golf tournaments. A big part of this tournament is the silent auction table that raises funds for the New Initiative in Care Excellence (NICE) Program. The program directly impacts those in our care by funding and implementing initiatives that will benefit quality care and accommodations. Past projects that have been funded through this program have included motorized wheelchair bikes, door decals and murals, weighted blankets, joy for all companion pets, dementia dolls, wheelchair swings, games and so much more.

Even with our golf tournament cancellations, nothing stops Good Samaritan, and we took our silent auction online! More than **\$7,100** was raised to support the **New Initiatives in Care Excellence (NICE)** Program through the virtual silent auction in October. A huge thank you to the generous supporters who donated and purchased items, to Purolator for sponsoring shipping of the items, and to Alicia Montague, Cheryl Benoit and Janelle Brideau for coordinating the auction.

GOOD SAMARITAN'S VIRTUAL RUN, WALK & ROLL

by Danica O'Neill, Director of Community Engagement & Fundraising

We would like to take this opportunity to sincerely thank all of the participants, donors and sponsors who helped raise more than **\$100k** during Good Samaritan's first ever virtual Run, Walk & Roll. You are real superheroes and your support made it possible for us to continue to assist with amazing projects and purchases for care homes and programs across the organization. Those in our care will truly benefit from this amazing effort!

The virtual event encouraged participants to use an online platform to create awareness and collect pledges to support a program or care home of their choice. Participants got creative and ran, walked or rolled to complete a distance of their choice in their community.

A huge **THANK YOU** to all those who participated, shared information, or donated to the event. A special thank you to our title sponsors CareRx and Servus Credit Union.



A huge thank you to our sponsors:



Reynolds
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& Farmer LLP





Congratulations to our prize winners!

1st Top Fundraising Team

Rita Halma from Team Park Meadows

2nd Top Fundraising Team

Nicole Bretzer from Team Dr. Gerald Zetter

1st Top Individual Fundraiser

Crystal de Jong from Team Dr. Gerald Zetter

2nd Top Individual Fundraiser

Brandy Denny from Team Wedman

Best Costume

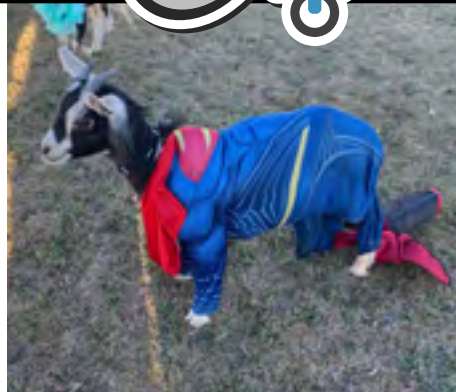
Super George from Team Mill Woods

Social Media Superstar

Jennifer Williams from Team Prairie Ridge

Participant Draw

Paige Walker from Team Southgate



We are planning to launch the next
Virtual Run, Walk & Roll Event
on **May 1st, 2021.**

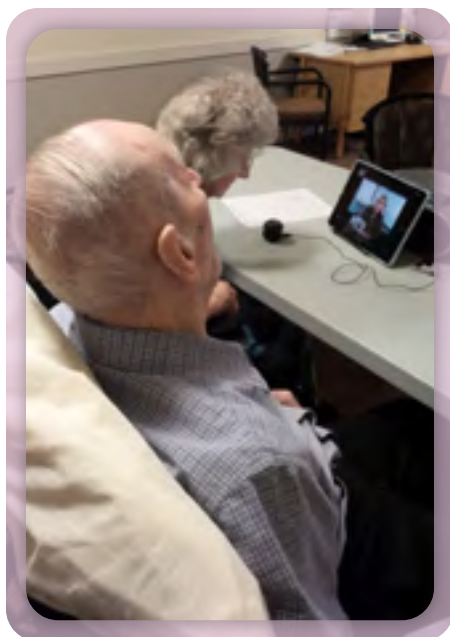
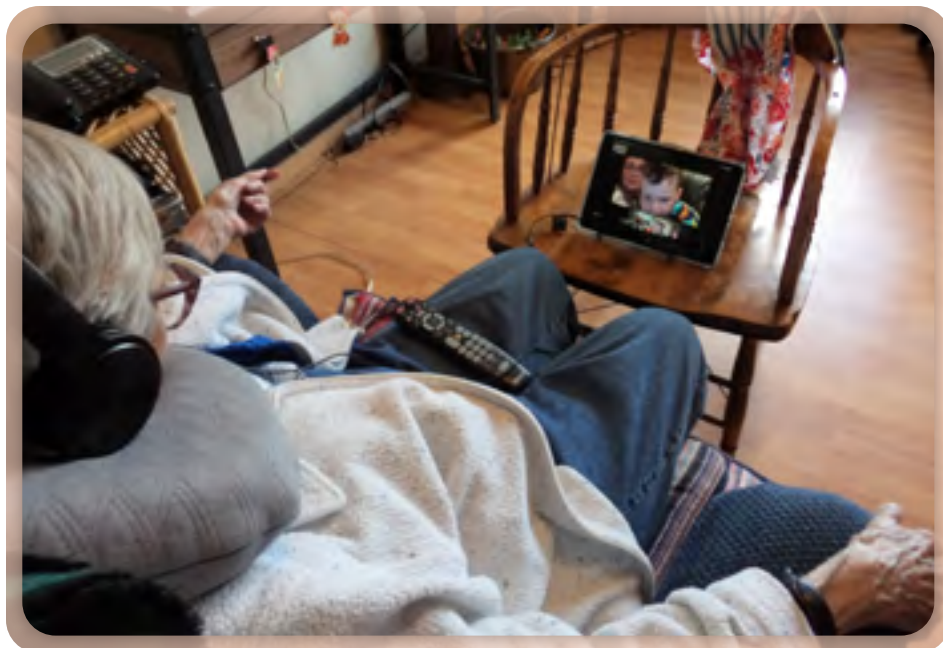
Stay tuned for more details!



Good Samaritan West Highland Centre & Estates, Lethbridge, Alta.

Importance of technology

by Pamela Roy, Recreation Therapy Aide, Good Samaritan West Highland Centre & Estates



For the past months, we have been appreciating the benefits of technology and video conferencing. As staff, we have quickly learned to use a 'new to us' program for video chatting to connect our residents with their loved ones near and far. The wonder of this technology is new for many residents and has taken some getting used to, but they sure love to see their family on the screen.

During these virtual visits, residents have asked family "how did you get in there?" They have also been able to see new grandchildren, have garden and yard tours, and watched great-grandchildren play outdoors.

It has been an experience for staff that have assisted with these video chats learning to use the programs, fixing technical glitches, finding the Wi-Fi hotspots, and most importantly assisting our residents in keeping connected to their family. We have seen and shared in laughter and tears, and know the value of each moment for our residents and their families to connect is priceless.

We could not offer virtual visits to our families without the support of so many. We are blessed to have received iPads that were purchased through donations to The Good Samaritan Society. Support such as this makes a difference in the lives of those who we care for and is so essential at this time. Especially as we work to keep our residents healthy, safe and connected with their loved ones.

Good Samaritan Pembina Village, Evansburg, Alta.

Kindness at Christmas



While COVID-19 has had more than its fair share of challenges for everyone, it was especially hard for many people around Christmas time being unable to celebrate in their usual ways and to gather with loved ones. A very special thank you to the families who not only brought their loved ones gifts, but also bought something for each resident at Good Samaritan Pembina Village in Evansburg, Alta. From the bottom of our hearts, thank you for making life more joyous for those in our care!



From left to right: Brian Howe, Vel Howe, Michelle Christensen, and Kari Christensen dropping off gifts for all the residents at Good Samaritan Pembina Village in Evansburg, Alta.



Special thank you to Volunteer Alberta for delivering 24 hand-written Christmas cards to the residents at Good Samaritan Pembina Village

Good Samaritan Pembina Village, Evansburg, Alta.

Laughter is the best medicine

by Janelle Brideau, Fundraising Coordinator



▲ Dino Vicki enjoying some window visits with residents

The pandemic has changed the lives of so many around the world, and with more time that passes, we are all finding new and different ways to cope. Vicki Vincent is the dedicated recreation therapist and volunteer coordinator at Good Samaritan Pembina Village in Evansburg, Alta. Vicki is always thinking of creative and exciting things she can do with or offer the residents during this time of isolation to help maintain their physical, mental, and emotional well-being.



▲ Activity packages for the residents

One thing Vicki knows for sure is that laughter can be a cure for everything! Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins released by your brain, which can relieve your stress response. Vicki knew that more than ever, the residents needed some laughter in their lives.

How did she make sure everyone laughed, you ask? She got an amazing dinosaur costume and visited every resident! Dino Vicki roamed the halls, windows and rooms of Good Samaritan Pembina Village spreading laughter and smiles everywhere she went. She also created and handed out individual activity packages for each resident to do at their leisure. They included things like art supplies, games and puzzles. Vicki thoughtfully picked out activities that offer something to make the residents smile, relax and brighten their mood while helping strengthen their hands and dexterity.

Thank you, Vicki, for reminding us of the importance of enjoying the small things, and how important it is to sit back and laugh together.

Good Samaritan Christenson Village, Gibsons, B.C.

Thank you to our Christmas angels

by Bruce Devereux, Recreation and Volunteer Coordinator, Good Samaritan Christenson Village

Due to COVID-19 this year we could not organize our 142 Christmas angel gifts from staff and community members as we usually would. Thankfully, Nina, a member of our recreation team, pitched to our local London Drugs to add tags to their seniors' angel tree in the Gibsons store. Shoppers could take a tag and add the cost of a framed print onto their bill; the framed print would then go to a Good Samaritan Christenson Village resident as a Christmas gift.

What made this endeavour even more special was that we submitted all original artwork created by our residents during our art programs. Our residents can now enjoy some of their artwork printed and framed, and it looks amazing on this scale! It has been a dream of ours to do a project like this for some time, and we are so thankful to London Drugs and the community of Gibsons for making it a reality. **Thank you for making life more beautiful for those in our care!**



MYTH

We don't know the vaccine is safe until we get more long-term data



Reference – University of Waterloo School of Pharmacy 5in5

COVID-19 Vaccine Fact from our 2020 Walk, Run & Roll title sponsor, CareRX!

FACT

Millions of people have already been vaccinated worldwide. Vaccine side effects occur within 6 weeks and after that, the vaccine and initial immune system response is gone.

Clinical trials indicate the vaccines are safe and are looking for long-term data to understand how long the vaccine protects against COVID-19.

Budgeting tips for families from our 2020 Walk, Run & Roll title sponsor, Servus Credit Union!

Keeping Your Family Financially Fit throughout COVID-19

1. Understand your financial situation

An advisor can help you develop concrete financial strategies that fit with your family's current situation. Even a quick call with your advisor is a great first step if you're not sure where to start, or if you are feeling uneasy about your finances.

2. Beware of panic and compulsive buying

While you're at home, you might be tempted to do more online shopping. When you're physically shopping in stores it's easier to see how many items you're buying, but shopping online can become a passive activity where you end up spending more money than you mean to. Try these tips to curb the extra binge-buying:

- Buy local: is there a similar item from a local business that likely needs your support more than a big chain?

- Be resourceful—can you find it cheaper, on sale or used?
- Keep items in your cart for a full 24 or even 48 hours (take a financial fitness minute- see Tip #4)

3. Look for free online activities

Look for free activities to do with your family online. If you have a business in mind, follow them on social media or visit their website.

- Stream workouts from gyms offering them through their Facebook or Instagram accounts
- Tour museum and art galleries like Glenbow From Home
- Visit the zoo through Calgary's Daily Dose at Home tours
- Learn virtually (for children and young adults) through Junior Achievement Southern Alberta and Northern Alberta

4. Take a financial fitness minute

Before going through the online checkout, take a minute and ask yourself if the purchase is needed right now. The financial fitness minute will help to minimize compulsive and panic buying habits. After taking a minute, you can also determine if a more expensive purchase is something you can budget for—instead of overloading your credit card.

Reach out to your financial advisor and start the conversation about where your family is at financially, and what has changed since the pandemic started. If you bank with Servus, we have financial relief supports to get you started or contact your Servus advisor directly.

Taking the first step is often the one we put off—but know Servus stands with you during this difficult time.

June 1, 2020 - November 30, 2020

Donations

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!

2020 Christmas Appeal

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Catherine Yamada
David Taniguchi
Douglas White
James (Jim) Pringle
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New Initiatives in Care Excellence (NICE)

Silver Group Purchasing



You can subscribe to receive *The Journey* online, by visiting:
www.gss.org/contact/newsletter.

June 1, 2020 - November 30, 2020

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In Honour of Residents of Good Samaritan Linden View

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Loretta Barnes

In Memory of Allison Cox

Gordon Catherwood

In Memory of Alma Tomnuk

Thomas Lemire

In Memory of Arne Hougen

Joyce Lizzi

In Memory of Audrey Joyce Erickson

Don Duhamel

In Memory of Bruce Mathewson

Koon Tai Wong

Li Zhou

Xiao Wei Wang

In Memory of Cameron Jantz

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In Memory of Cliff Head

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