



Airdrie Health Foundation

CREATING CARING COMMUNITIES

HEIDI LAMBIE – SENIOR DEVELOPMENT OFFICER

BETHANY CARE FOUNDATION | 100, 2915 – 26th Avenue SE | Calgary, AB | T2B 2W6
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About Bethany

Bethany Care Society

Bethany Care Society has been creating caring communities since 1945 and is one of Western Canada's largest not-for-profit providers of care, services, and affordable housing for over 2,400 seniors and adults with disabilities in Calgary and central Alberta. Bethany provides a full spectrum of housing and care options, from independent living, supportive living, long term care, affordable housing, and community services. We are dedicated to building caring relationships with the residents and clients we serve and meaningful partnerships that support and celebrate aging within the communities we operate – fulfilling our vision of “Creating Caring Communities.”

As the senior population grows, so do we, responding to the evolving needs of our residents, their families, and the communities they call home. We work closely with Alberta Health Services (“AHS”) to offer the only complex dementia care program in the Calgary Zone. Bethany has established itself as a recognized leader in dementia care, with specialized programming, highly qualified and experienced leaders and caregivers, and strong partnerships with clinical researchers and specialists working in this field.

We are transforming the way Albertans are aging.

At Bethany, we believe in holistic care. Our care model is shaped by this belief, and we monitor and respond to each person's changing physical, emotional and spiritual needs. This philosophy, rooted in the same passion to serve that inspired Bethany's founders, has become the hallmark of our mission. Bethany has an inclusive approach to caring for all people, regardless of their faith, beliefs, or circumstances.

Bethany sites can be found in Airdrie, Cochrane, Didsbury, Red Deer, Sylvan Lake, and Calgary. Bethany manages Mountain View Senior Housing locations in Didsbury, Olds and Sundre.

Bethany Airdrie

Bethany Airdrie is situated in the heart of one of Alberta's fastest growing cities, just north of Calgary. The care centre is well connected to the community and over the past 25 years, Bethany Airdrie has developed relationships with local schools, churches, and community groups.

Bethany Airdrie provides services for persons with complex health needs who are unable to remain at home or in a supportive living centre. All the residents have access to the common areas including a memory room, dining room with homemade meals and a great room which can be reserved for private parties. Bethany Airdrie's recreation programs promote life-enhancing activities such as gardening, pets, games, music, and art, to name a few. The priority of Bethany Airdrie is to ensure residents receive quality care including nursing and personal care round-the-clock while living a full and active life. The interdisciplinary approach to care allows them to implement individualized care plans that ensure each resident gets the best holistic care possible.

Bethany Care Foundation

In 2004, Bethany Care Foundation was established as a registered charity to support Bethany Care Society. Its purpose is to raise the funds necessary to preserve and improve the quality of life for all residents of Bethany. The Foundation focuses on fundraising for capital projects, innovative programs, equipment, and furnishings that benefit residents at all Bethany locations as part of Bethany's mission of Creating Caring Communities.

Better Bathing for Residents

Bethany Airdrie, thanks Airdrie Health Foundation for their support of \$20,000.00 towards the renovation of a tub room.

While the residents have semi or private bathrooms in their suites, most residents are unable to bathe independently given the complexity of their care needs. The equipment in the central tub room allows residents to get in and out of tubs and showers safely. The open space surrounding the equipment provides employees the room they require to help residents with their bathing needs.

The space has now been transformed because of Airdrie Health Foundation's support. What was once an uninviting space is now a warm, bright, serene space for the residents to enjoy their twice weekly bathing.

The creativity that enabled taking one bathing space to be reconfigured into two, has thus given each unit their own designated spaces. This redesign has permitted bathing to continue during acute site changes like during outbreaks. Staff went from the ability to offer three bathing opportunities simultaneously for residents of same gender, to now offering four opportunities simultaneously.



To modernize the tub rooms the following purchases occurred; new floor and wall surfaces for ease of cleaning and maintenance, new tubs, lifts, showers, and equipment, like a towel warmer to further enhance the bathing experience so residents could be shrouded in the warmth of a towel. All these enhancements improve the resident's enjoyment of their bathing opportunity. A positive

experience for the residents is important to minimize aggressive behaviours to keep them safe, along with the staff, and at the same time providing dignity to the resident. Most of the residents have a level of dementia and bathing can cause them to be disoriented thus becoming irritated or agitated by splashing water. The multiple transfers from bed, to chair to bath, being naked in front of others, or simply disliking showers or baths can further cause agitation. The renovated tub room provides the calmness and ambience needed to ensure a quality of life that provides respect and dignity to our residents. Thank you for being part of enhancing our resident's quality of life!

On a weekly basis, 104 bathing opportunities occur for the fifty-two residents who utilize the new space. With the renovation and the support of Airdrie Health Foundation, staff now have more flexibility in their schedule to offer bathing for the residents in the two bathing spaces. In addition, residents now have the option to take additional time to soak and relax if they do desire, further enhancing their bathing experience.

Thank you for investing in the senior’s well-being in your community, we could not do what we do without your support. If you have any questions about this report, please do not hesitate to contact me.

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