



bethany
CREATING CARING COMMUNITIES

COMMUNITIES of Choice

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ABOUT BETHANY

Bethany is one of the largest faith-based, not-for-profit providers of seniors' services and affordable housing in central and southern Alberta. We understand that the needs of seniors and adults with disabilities change throughout different stages of life, and our priority is to offer the highest quality holistic care, housing and support each step of the way.

We celebrate and embrace aging. For over 75 years, Bethany has been a voice for seniors in Alberta. As the seniors population grows, so have we, responding to the needs of the communities we are in. Inspired by our legacy of faith, love and a passion to serve, we create caring communities for seniors.

Our residents benefit from holistic care of mind, body and spirit that is unique to our communities. We invite you to come see what life is like at Bethany.

OUR VISION

- Leading the Transformation of Albertans Aging Well

OUR MISSION

Creating Caring Communities through:

- Inspiring Leadership
- Responsive Services
- Innovative programs
- Exceptional People
- Life Affirming Relationships



OUR VALUES

We Care

We are a person-centred organization. Our care is rooted in compassion and kindness. We demonstrate the highest ethical standards in everything we do.

We Show Respect

We build strong, genuine relationships with our residents, our tenants and each other. We treat everyone with consideration, empathy and dignity.

We are Responsible

We recognize the privilege and responsibility of providing care to others. We steward our resources carefully to ensure that we are accountable to those we serve and those that support our work as a not-for-profit society.

We Embrace Diversity

As a faith-based organization, we honour the spiritual beliefs of every person we serve, those with faith traditions and those without. We are open and welcoming to all, knowing that we are made stronger by the diversity of our communities.



CREATING CARING COMMUNITIES

We provide a variety of housing and care options, ranging from independent living to supportive living, long-term care, specialized dementia care and community services. Our communities are welcoming, safe and comfortable, but the true differentiator is our quality of care. We are dedicated to excellence in care delivery for all of our residents. Providing excellent customer service is at the heart of all we do.

A PLACE TO CALL HOME

Finding a new place to call home is a big decision, whether you are making the choice for yourself or on behalf of a loved one. Bethany provides appropriate care for every resident to live their life with dignity, respect and compassion. Most importantly, living at Bethany provides seniors and their families with freedom.

Every resident is unique and is treated as such. Our person-centered approach guides us as we work to meet the specific needs of our residents. Relationships are at the center of all we do and creating positive relationships within our communities promotes a higher quality of life for all. Imagine having the independence to enjoy life and be engaged in the community. This is what life is like at Bethany.

LIFE AT BETHANY

We believe in providing holistic care of the mind, body and spirit. We also celebrate diversity and this is reflected in everything from the faith and spiritual resources available to all residents, to the menu choices offered at our communities. We strongly believe in helping seniors achieve their full potential by engaging in meaningful activities that align with their interests, needs, dreams and expectations. A few of our programs include: occupational, recreational, music and pet therapies.

Our employees and volunteers live out our Mission of Creating Caring Communities. We provide a multi-disciplinary approach to health care that includes physical, mental and spiritual well-being. Our employees are one of the reasons we stand out amongst other health care providers.

Volunteers are the heart of the Bethany community and contribute in diverse ways to the quality of life of our residents, helping to provide a variety of social and recreational opportunities.

Our approach to building quality teams, developing staff and creating meaningful relationships with our residents to provide quality care is working. Bethany is recognized as an employer-of-choice in Alberta, achieving 15 top employer awards since 2000.

MULTIFAITHFULNESS AT BETHANY

As a multifaith-based organization, we honour the spiritual beliefs of every person we serve, those with faith traditions and those without. At Bethany, our residents benefit from holistic care of the mind, body and spirit unique to our communities. Professional Spiritual Care Practitioners are part of our residential care teams and contribute to the care plans of our residents living in long-term care. We are the only care provider that includes a professional spiritual component as part of every resident's assessment.

SPIRITUAL CARE

Bethany is committed to providing for the spiritual well-being of all residents through interactions that honour their individual spirituality. Our onsite chaplain and multi-faith team of chaplains and faith partners engage with residents one-on-one and offer a variety of programming activities that range from meditation, to hymn sing, and worship that nurtures the inner life. All activities are optional and residents and their families may choose which, if any, they would like to participate in.

THERAPY AT BETHANY

Our therapy programs are designed to help residents enhance their quality of life as we take our residents' clinical needs very seriously. Working together, our employees and therapists assess every resident to create a therapeutic program designed to support greater overall health and happiness. Volunteers assist with many of our therapy programs including helping with social activities or exercise, such as walking.



OCCUPATIONAL

The goal of occupational therapy is to promote health and wellbeing. Occupational therapists assess all residents and help those requiring rehabilitative support to find meaningful and enjoyable activities.



RECREATIONAL

Our recreation therapists use social interaction in a meaningful way to help meet social, spiritual, emotional and physical needs of residents. Whether it is enjoying time in the outdoor courtyard, playing games or spending time working on a favourite hobby, residents have a variety of activities they can choose from including:

- Exercise activities
- Reminiscing activities
- Bedside activities (for residents who are limited to their rooms)
- Craft activities to spark creativity and group interaction
- Sensory stimulation activities which contain fun, large group activities that appeal to their senses



MUSIC

Through the power of music, our music therapy program allows residents to benefit from greater social interaction, improve cognitive stimulation, improve moods and in some cases, reduce medication. For residents living with dementia, music therapy can be very helpful.



PETS

We know the importance of connecting with animals and welcome pets in all of our care environments. Our pet policy supports healthy and safe interaction for all residents on site.



PHYSICAL

As people grow older, they often face physical and emotional changes. Our physical therapists assess all residents and provide support to those who will benefit from our personalized rehabilitative programming to help manage the aging process.

START HERE

As people age, they face challenges their loved ones may not know how to address. Fill out the assessment below to help identify areas of concern.

| ACTIVITIES OF DAILY LIVING (ADLS) | ✓ | ✓ |
|--|------------|-----------|
| On my own, I am able to | YES | NO |
| Dress | | |
| Bathe | | |
| Get up from a chair/bed | | |
| Use the toilet | | |
| Use the phone/remember phone #s | | |
| Prepare and eat nutritious meals | | |
| Keep up with housework | | |
| Keep up with yard work | | |
| Shop and do errands | | |
| Get around the home without falling | | |
| See and hear well (using glasses/aids) | | |
| Safely be alone for long periods of time | | |
| Make and keep appointments | | |
| Take all medications as directed | | |
| Manage chronic health conditions | | |
| Get help in an emergency | | |
| Access transportation | | |
| Manage finances | | |
| TOTALS | | |

If **“NO”** is checked just a few times and you are able to successfully manage your home environment, look at getting help to manage any areas of concern from:

- 1. A family member, trusted friend or neighbour;**
- 2. Home care services.**

At some point, you may need additional help - such as adult day programs, assisted living or long-term care.

| ADULT DAY PROGRAMS | |
|--|---|
| When a senior lives independently | ✓ |
| Would benefit from more social interaction | |
| Family needs respite from caregiving | |

Basic Programs: for medically stable individuals that focus on socialization

Comprehensive Programs: for medically complex individuals requiring rehabilitation, social work and/or nursing

To see how an Adult Day Program would benefit you, talk to your Alberta Health Services Care Manager or call 811.

MOVING TO A NEW COMMUNITY

SENIOR COMMUNITY

| When a senior | ✓ |
|---|---|
| Can manage their Activities of Daily Living (ADLS) on their own | |
| Desires a maintenance-free home/apartment | |
| Needs increased security and monitoring | |
| Would benefit from social interaction | |

Bethany's seniors' communities include affordable and fair-market priced housing for seniors and persons with disabilities who want to enjoy an active, independent lifestyle.

SUPPORTIVE LIVING (SL)

| When a senior | ✓ |
|---|---|
| Can safely be alone for long periods | |
| Needs assistance with ADLs | |
| Needs management for chronic conditions | |
| Needs nutritional support | |
| Would benefit from social interactions | |
| Needs medication/treatment management | |

SUPPORTIVE LIVING (SL)



A supportive living community is a good option for independent seniors who want to live in a community setting and also for seniors who may need some assistance with activities of daily living. Residents of supportive communities enjoy the convenience of meals, light weekly housekeeping, a personal response system, and life enriching activities. Care services can be provided by Alberta Health Services (AHS).

DESIGNATED SUPPORTIVE LIVING (DSL)



Designated supportive living offers 24-hour support by health care aides and licensed practical nurses, in addition to the supportive living services noted above. Residents are referred to designated supportive living through AHS, following an assessment by a health care professional.

Options in HOUSING + CARE



| LONG-TERM CARE (LTC) | |
|---|---|
| When a senior | ✓ |
| Needs cueing to navigate activities | |
| Cannot safely be alone for long periods | |
| Has mobility/balance issues | |
| Requires assistance with bathroom needs | |
| Is unable to move safely without assistance | |
| Requires a two-person transfer | |

LONG-TERM CARE (LTC)



Long-term care provides around-the-clock professional care and support for people with complex health needs who are unable to remain at home or in a supportive living environment. Residents coming into long-term care are referred by AHS, after being assessed by a health care professional.

HOUSING



Housing options provided by Bethany Care Society include affordable self-contained and fair-market priced housing properties for seniors and adults with disabilities who want to enjoy an active, independent lifestyle.

Affordable rental apartments provide independent seniors a quality place to live at rates that are geared to income or set below current market rents. Some properties offer affordable housing for adults and small families with reduced incomes.

Life Lease suites at Sundance on the Green OFFER an attractive option for seniors who want to be part of an active retirement community in a condo-style setting. Life Lease will provide a buy-back at the original price less an 8% administration fee. Monthly fees are similar to a condominium fee.



Opening Minds Through Art (OMA) program at Bethany Cochrane.



Residents enjoying the large outdoor barbeque patio.



Bo Levi Mitchell and the Kindness Ninjas visit Bethany Airdrie.



Residents at Bethany Riverview celebrate Stampede.

life at Bethany



Bethany is a community for seniors who enjoy the best of active living.



Everyday is filled with activities such as games nights.



Living at Bethany means friendship, security and comfort.



Bethany Calgary's Charlie providing pet therapy.



LONG-TERM CARE + Supportive Living

BETHANY AIRDRIE



AMENITIES:

- Access to Bus Routes
- Outdoor Patio and Gardens
- Common Dining Room
- Secure Areas for Residents with Dementia

Bethany Airdrie is in the heart of the city and well-connected to the community. Bethany Airdrie offers a caring environment for individuals along the continuum of care. A 74 bed long-term care program includes a 22 bed unit designated to support individuals requiring dementia care. An inclusive Palliative and End-of-Life program is available for residents in their later stages of illness. The Recreation and Occupational program promotes engagement and resident integration into the community through attendance at functions/events and physical wellness.

Bethany Airdrie Quick Facts

115
employees



73
volunteers



74
long-term
care beds



45-102
age range
of residents



1987
opened



BETHANY CALGARY

Supportive Living (SL)
Long-Term Care (LTC)
Young Adult Program (YAP)
Alternative Level of Care (ALC)



AMENITIES:

- Access to Bus Routes
- Exercise and Therapy Areas
- Outdoor Patios and Gardens
- Secure Areas for Residents with Dementia

Bethany Calgary is located in West Hillhurst. Long-term care residents live in eight different 'neighbourhoods' which are designed to meet different levels of resident care and accommodation needs. Bethany Calgary is also home to residents of the Young Adult Program and Alternative Level of Care. More information on these programs can be found at [BethanySeniors.com](https://bethanyseiors.com)

In addition, **Hillside Manor**, located inside Bethany Calgary, offers 19 one-bedroom supportive living suites with access to the tropical atrium, private dining area and television and recreation room, as well as social programs.

Bethany Calgary Quick Facts

69
alternate
level of care



19
supportive
living beds



28
young adult
private rooms



319
long-term
care beds



78.4
average age
of resident



1945
opened



BETHANY COCHRANE

Supportive Living (SL)
Long-Term Care (LTC)
Dementia Care
Adult Day Support Program



AMENITIES:

- Access to Bus Routes
- Historic Chapel
- Outdoor Patios and Gardens
- Auditorium for Large Social and Worship Events
- Secure Areas for Residents with Dementia

Bethany Cochrane offers quiet, country-side living in the beautiful town of Cochrane. We provide three streams of care: Adult Day Program, Supportive Living and Long-Term Care. Our site also features the century-old All Saints Chapel. Our vision is to redevelop our site and create a campus of care for seniors that will help families stay together as they age. We will provide affordable lodge housing, life lease lodge housing and care options along the continuum of care.

Quigley Manor, located inside Bethany Cochrane, offers supportive living to active seniors. Private and semi-suites are available for rent with residents having access to common spaces, as well as social and recreation programs.

Bethany Cochrane Quick Facts

204
volunteers



38
supportive
living beds



32
adult day
program clients



78
long-term
care beds



81.9
average age
of resident



1988
opened





AMENITIES:

- Access to Bus Routes
- Churches Nearby
- Outdoor Patios and Gardens
- Private Rooms with Ensuite Washrooms
- Secure Areas for Residents with Dementia

Bethany Collegeside provides services for people with complex health needs who are unable to remain at home because they require 24/7 support. The residential style homes offer residents personalized space, with privacy in a welcoming and relaxed homelike environment. Living rooms have fireplaces and private rooms include ensuite washrooms.

Bethany CollegeSide Quick Facts

310
employees



102
supportive
living suites



28
young adult
beds



84
long-term
care beds



74.4
average age
of resident



2004
opened



COLLEGESIDE GARDENS



AMENITIES:

- Access to Bus Routes
- Churches Nearby
- Shopping Nearby
- Drug Stores Nearby
- Outdoor Patios and Gardens
- Private Rooms with Washroom
- Variety of Kitchenette Options (no stove)
- Wheelchair access

CollegeSide Gardens (CSG) is located on the park-like campus of Red Deer College. It is the first community in Canada where continuing care and senior's housing are fully integrated within a college setting. CollegeSide Gardens offers affordable retirement living in a supportive community with 103 studio, one and two-bedroom suites. CollegeSide Gardens provides quality living in bright, comfortable, modern suites at a reasonable monthly rate. The park-like location provides residents access to pathways, patios with outdoor sitting areas and BBQ, a dog run and close proximity to churches, medical clinics, shopping and restaurants.

CollegeSide Gardens Quick Facts

72
affordable
studio suites



25
one-bedroom
suites



6
two-bedroom
suites



134
stayed in CSG
guest suite (2018)



2010
opened



BETHANY DIDSBURY



AMENITIES:

- Private, Secure Entrances
- Secure, Wandering Gardens
- Private Rooms with Ensuite Washrooms
- Chapel
- Secure Areas for Residents with Dementia

Bethany Didsbury offers the town of Didsbury and surrounding areas a 100 private-suite care centre. Care is provided for residents 24 hours, 7 days per week by licensed practical nurses, health care aides and other care providers in a designated supportive living setting. Bethany Didsbury has a spectacular atrium and countryside views where residents can enjoy freedom and independence in a safe, comfortable and secure environment.

Bethany Didsbury Quick Facts

121
employees



45
volunteers



81-90
average age
range of resident



2.5
years
average stay



100
designated
supportive
living beds



2014
opened



BETHANY HARVEST HILLS

Long-Term Care (LTC)
Dementia Care



AMENITIES:

- Access to Bus Routes
- Private Rooms with Ensuite Washrooms
- Secure, Wandering Gardens
- Common Dining Room with Kitchen
- Private Dining Room with Kitchen
- Secure Areas for Residents with Dementia

Bethany Harvest Hills provides a homelike environment for persons with Alzheimer's and other forms of dementia. The care centre features residential-style kitchens, living rooms and private rooms with ensuite washrooms. It offers gazebos, gardens and wandering pathways where residents can enjoy freedom and independence in a safe, comfortable and secure environment. Bethany Harvest Hills offers an interdisciplinary approach to dementia care includes physical, spiritual, emotional and social programming.

Bethany Harvest Hills Quick Facts

100
employees



110
volunteers



9.7
average years
of service



60
long-term
care beds



500
hours of volunteer
work in one month



1999
opened





AMENITIES:

- Original Food Company Bistro
- Hair Salon
- Summit Start Daycare
- Open Courtyards
- The Rotary Atrium

Bethany Riverview is a purpose-built care centre located on a 12-acre campus of care for seniors called Riverview Village. The campus is also home to 400 seniors living in three affordable rental apartments. Bethany Riverview features 210 beds of which 120 are dedicated for people with complex dementia. It is designed to support seniors to age in their community from those living independently to those requiring long-term and complex dementia care.

Bethany Riverview Quick Facts

310
employees



26
volunteers



120
complex
dementia care



90
long-term
care beds



81.9
average age
of resident



2018
opened



BETHANY SYLVAN LAKE

Designated Supportive Living 4/4D
(DSL4/4D)
Long-Term Care (LTC)
Dementia Care



AMENITIES:

- Shopping Nearby
- Exercise and Therapy Areas
- Roof Top Patio
- Garden Courtyard
- Secure Areas for Residents with Dementia

Bethany Sylvan Lake is located only steps away from the waterfront. The care centre offers homelike building designs that reflect the atmosphere of this charming community. Being adjacent to the Sylvan Lake Lodge allows the two separate organizations to provide a full range of senior's housing, support and care services - making this a true aging-in-place community. Bethany Sylvan Lake offers Designated Supportive Living, Long-Term Care and Dementia Care.

Bethany Sylvan Lake Quick Facts

89
employees



95
volunteers



21
supportive
living beds



40
long-term
care beds



83.5
average age
of resident



2003
opened





HOUSING + Independent Living

SUNDANCE ON THE GREEN Seniors Community



FEATURES:

- Life Occupancy Agreement (the Life Lease)
- Community for Active Seniors
- Spacious, Open-Concept Suites Offer Between 800 to 1200 Square Feet of Living Space
- Close to all Amenities

Sundance on the Green is a community for seniors who enjoy the best of active living. Located in the South Calgary neighborhood of Sundance, it is in the heart of an active and vibrant community, close to public transportation and with excellent access to shopping, restaurants and the Lake Sundance recreation area.

Sundance on the Green is a 99-suite Life Lease independent adult community. Living at Sundance on the Green means friendship, security and comfort.



Our Life Lease provides a 90 day buy-back of the lease agreement - no lawyers, no realtors, we do the hard work, so you don't have to!

RIVERVIEW VILLAGE

Affordable Housing



SHOW SUITE AT RIVERVIEW VILLAGE



RIVERVIEW VILLAGE
403.272.8615

RIVERVIEW VILLAGE

As part of the campus of care, Riverview Village offers affordable, comfortable rental accommodation for independent seniors and others, in a well-maintained park-like setting. Located in the southeast community of Dover in Calgary, Riverview Village is conveniently located on bus routes and close to shopping.

- 55+ seniors – studio, one and two-bedroom affordable rental apartments

RIVERVIEW VILLAGE BLOCKS

Riverview Village Blocks offer one and two-bedroom affordable suites in walk-up apartments for families and adults.

- Families and adults – one and two-bedroom affordable rental apartments



RIVERVIEW VILLAGE BLOCKS
403.272.8615



KANERVA HOUSE
403.272.8615

KANERVA HOUSE

Kanerva House is one of the apartment buildings in Riverview Village, and is located close to bus routes, schools and shopping in the southeast community of Dover in Calgary. Kanerva House offers one-bedroom apartments for adults, ages 65+.

WILKINSON HOUSE

Wilkinson House offers bachelor and one-bedroom apartments for adults, ages 55+. Wilkinson House is situated in a well-maintained park-like setting and is close to walking paths, bus routes, and shopping. A tenant social club holds regular meetings and hosts a variety of social events.



WILKINSON HOUSE
403.272.8615

MIKKELSEN HOUSE

Mikkelsen House is the newest addition to the community of apartment buildings located on the grounds of Riverview Village, an ideal location close to parks and pathways. The building offers 139 studio, one-bedroom and two-bedroom suites that feature high ceilings and large windows with panoramic views of the city and mountains.



MIKKELSEN HOUSE
403.441.0673



BETHANY VILLAGE
403.242.4355

BETHANY VILLAGE

Bethany Village is an apartment for active seniors. Conveniently located in Lincoln Park near Mount Royal University, Bethany Village has good access to bus routes and shopping. Bethany Village offers safe, secure apartment living for independent seniors, with rent geared to the income criteria of the Government of Alberta.

- Community for active seniors
- Safe, secure apartment living

LIONS VILLAGE

Lions Village offers affordable, comfortable rental accommodation for seniors. It is located in the heart of Calgary, near the Bow River and walking paths, bus routes and close to shopping. Many suites feature spectacular river views.

- 90 suites in a spacious, bright building
- Resident lounge areas, a library and outdoor patio overlooking the river



LIONS VILLAGE
403.283.836



LUTHER PLACE
403.277.0961

LUTHER PLACE

Luther Place offers safe, secure apartment living for independent seniors, with rent geared to the income criteria of the Government of Alberta. It is located within walking distance of a swimming pool and fitness centre. Luther Place has 30 one-bedroom apartments including two barrier free units. Barrier free units are designed for people with physical or other disabilities. For example, there are no cupboards below the kitchen or bathroom sink to accommodate wheelchair users.



ROSE MANOR
403.277.0961

ROSE MANOR

Rose Manor is located in Calgary's Northeast and has 30 one-bedroom units and includes one barrier free unit. It is directly accessible via Centre Street with easy access to shopping and the downtown core. Rents are geared to the income criteria of the Government of Alberta.

SHARON MANOR

Sharon Manor is located in Northeast Calgary and has easy access to Munro Park which hosts walking/running pathway with fitness equipment stations. It is also conveniently located next to shopping and bus routes. There are 43 one-bedroom units including one barrier free unit. Rents are geared to the income criteria of the Government of Alberta.



SHARON MANOR
403.277.0961



FOOTHILLS MANOR
403.277.0961

FOOTHILLS MANOR

Foothills Manor is located in Northwest Calgary in a quiet residential neighbourhood. It is close to churches, shopping centres and dining options. Foothills Manor has 30 one-bedroom suites for seniors 65+ and offers a social room for numerous activities. Rents are geared to the income criteria of the Alberta government.

BETHANY CARE FOUNDATION



Providing sensory activities like art, music and gardening.



Creating Caring Communities



Offering comforts of home

GETTING INVOLVED WITH BETHANY CARE FOUNDATION

Bethany Care Foundation is a registered charity serving donors who are passionate about innovating care and enhancing the quality of life for seniors and adults with disabilities living in Bethany communities.

For more information or to donate please visit: bethanycarefoundation.com or call the Foundation at **403.210.4600**.



WE'RE SOCIAL

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BethanySeniors.com

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