communities of CHOICE
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)

<table>
<thead>
<tr>
<th>ON MY OWN, I AM ABLE TO</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bathe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get up from a chair/bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use the toilet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use the phone/remember phone #s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prepare and eat nutritious meals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keep up the housework</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keep up the yard work</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shop and do errands</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get around the home without falling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>See and hear well (using glasses/aids)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Safely be alone for long periods of time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make and keep appointments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take all medications as directed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manage chronic health conditions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get help in an emergency</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access transportations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manage finances</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>When a senior lives independently</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Would benefit from more social interaction</td>
<td></td>
</tr>
<tr>
<td>Family needs respite from caregiving</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>When a senior</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Can manage their ADLs on their own</td>
<td></td>
</tr>
<tr>
<td>Desires a maintenance-free home/apartment</td>
<td></td>
</tr>
<tr>
<td>Needs increased security and monitoring</td>
<td></td>
</tr>
<tr>
<td>Would benefit from social interaction</td>
<td></td>
</tr>
</tbody>
</table>

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

**Supportive Living**

<table>
<thead>
<tr>
<th>When a senior</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Can safely be alone for long periods</td>
<td></td>
</tr>
<tr>
<td>Needs assistance with ADLs</td>
<td></td>
</tr>
<tr>
<td>Needs management for chronic conditions</td>
<td></td>
</tr>
<tr>
<td>Needs nutritional support</td>
<td></td>
</tr>
<tr>
<td>Would benefit from social interactions</td>
<td></td>
</tr>
<tr>
<td>Needs medication/treatment management</td>
<td></td>
</tr>
</tbody>
</table>

Living in a Supportive Community is an attractive 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 enrichment activities. Care services can be provided by Alberta Health Services.

**Long-Term Care**

<table>
<thead>
<tr>
<th>When a senior</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Needs cueing to navigate activities</td>
<td></td>
</tr>
<tr>
<td>Cannot safely be alone for long periods</td>
<td></td>
</tr>
<tr>
<td>Has mobility/balance issues</td>
<td></td>
</tr>
<tr>
<td>Requires assistance with bathroom needs</td>
<td></td>
</tr>
<tr>
<td>Is unable to move safely without assistance</td>
<td></td>
</tr>
<tr>
<td>Requires a two-person transfer</td>
<td></td>
</tr>
</tbody>
</table>

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 Alberta Health Services, after being assessed by a health care professional.

*For more information visit bethanyseniors.com*
ABOUT BETHANY
Bethany is a faith-based, not-for-profit provider of seniors’ services and affordable housing in communities 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 of holistic care, housing and support each step of the way.

We celebrate and embrace aging. For over 70 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.

THE HEART OF OUR 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.

All of 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 first-rate customer service is at the heart of all we do.

A PLACE TO CALL HOME
Finding a 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 centre of all we do and creating positive relationships within our communities promotes healing and 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.

Mission
Creating Caring Communities through:
• Inspiring Leadership
• Responsive Services
• Innovative Programs
• Exceptional People
• Life Affirming Relationships

Values
We Care
We Show Respect
We Are Responsible
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 menu choices offered at our communities, to the faith and spiritual resources available to all residents.

Helping seniors achieve their full potential is our goal and we offer meaningful activities that align with their interests, needs, dreams and expectations. Here are a few of our services and therapy programs: occupational, recreational, music, pet and spiritual support.

Our employees and volunteers create our communities of caring. Our staff provides 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, achieving 15 top employer awards since 2000.

FAITH AT BETHANY
Spirituality is part of day-to-day life at Bethany. We are the only provider that includes a spiritual component as part of every resident’s assessment. Professional chaplains are part of our residential care teams and contribute to the care plans of our residents living in designative supportive living and long-term care.

Our chaplains and community faith partners, representing a wide variety of faiths and denominations, are available to provide spiritual support to all residents and their families throughout their stay with Bethany.

OCCUPATIONAL
We use activities to engage residents and promote health and well-being.

RECREATIONAL
Through a wide variety of activities, residents can socialize, have fun and even improve their mobility and motion.

MUSIC
The power of music improves the quality of life for residents, including increased cognitive stimulation, social interaction and the alleviation of depression.

PET
Connecting with animals is important and we welcome pets as visitors in all of our care environments.

SPIRITUAL SUPPORT
Worship, pastoral visitation, spiritual growth and fellowship opportunities are offered by staff chaplains and faith community partners.
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 provide an attractive option for seniors who want to be part of an active retirement community in a condo-style setting. Life lease may build equity with buy-back at assessed fair-market value. Monthly fees are similar to a condominium fee.

SUPPORTIVE LIVING is an attractive option for independent seniors who want to live in a community setting, but require some support. People who reside in supportive living enjoy the convenience of meals, light weekly housekeeping and linen service. A 24-hour personal response system, as well as some recreational and social programs, are also included as part of the reasonable monthly rate. Home Care provided through Alberta Health Services.

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 Alberta Health Services, following assessment by a health care professional.

LONG-TERM CARE programs provide 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 come to long-term care referred from Alberta Health Services, after being assessed by a health care professional.
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 for over 25 years, Bethany Airdrie has developed relationships with local schools, churches and community groups. In addition, ARBOR MANOR, located inside Bethany Airdrie, offers 52 supportive living suites which include meals, weekly housekeeping, a 24-hour personal response system and some recreation and social programs.

- Supportive living
- Long-term care
- Dementia care

Contact
BETHANY AIRDRIE
403.948.6022
BETHANY CALGARY is located in West Hillhurst on the site of the first ‘Bethany Home.’ While the original building no longer stands, the legacy of caring continues. Long-term care residents live in eight different ‘neighbourhoods’ which are designed to meet different levels of resident care and accommodation needs. A feature of Bethany Calgary is the bright tropical atrium with live trees. 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 some social programs.

+ Supportive living
+ Long-term care
+ Complex and specialized dementia care

Contact
BETHANY CALGARY
403.284.6000
BETHANY COCHRANE is located in the picturesque foothills town of Cochrane, located west of Calgary. In the true spirit of the west, Bethany Cochrane provides a welcoming and homelike environment. Gracing the front grounds, the century-old All Saints Chapel preserves a piece of Cochrane history and provides a dedicated spiritual space for residents, family members, staff and volunteers. QUIGLEY MANOR, located inside Bethany Cochrane, offers supportive living to active seniors. Private and semi-private suites are available for rent with residents having access to common spaces, as well as social and recreation programs.

- Supportive living
- Long-term care
- Dementia care
- Adult day support program

Contact
BETHANY COCHRANE
403.932.6422
COLLEGESIDE CAMPUS  RED DEER

HOUSING + CARE

COLLEGESIDE is located on the park-like grounds of Red Deer College. It is the first community in Canada where continuing care and seniors’ housing are fully integrated within a college setting.

THE COLLEGESIDE CAMPUS includes BETHANY COLLEGESIDE and COLLEGESIDE GARDENS, as well as community spaces with public sitting areas and classrooms for Red Deer College. This creates a dynamic environment for residents and students alike. With a philosophy of ‘living, learning, caring and sharing’, residents have access to many of the programs, events and amenities offered by Red Deer College.
**BETHANY COLLEGESIDE** provides services for persons 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 and include ensuite washrooms.

+ Long-term care
  + seniors
  + young adults
+ Dementia care

**COLLEGESIDE GARDENS** offers affordable retirement living in a supportive community with 103 studio, one-bedroom 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, doctors, shopping and restaurants.

+ Supportive living for active seniors who want to live in a community setting with the convenience of meals, light weekly housekeeping and activities provided

Contact
BETHANY COLLEGESIDE
403.357.3700

Contact
COLLEGESIDE GARDENS
403.357.3701
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.

+ Designated supportive living 4
+ A spectacular atrium and countryside views

Contact
BETHANY DIDSBURY
403.335.4775
BETHANY HARVEST HILLS

HOUSING + CARE

BETHANY HARVEST HILLS provides homelike care for persons with Alzheimer disease and other forms of dementia. The care centre was built on a model of ‘six small houses’ with residential-style kitchens, living rooms and both private and semi-private rooms with ensuite washrooms. It offers gazebos, gardens and secure wandering pathways.

+ Specially built homelike community
+ Adult Day Program (in association with the Alzheimer Society of Calgary)
+ Our interdisciplinary approach to dementia care includes physical, spiritual, emotional and social programming

Contact
BETHANY HARVEST HILLS
403.226.8200

SUPPORTIVE LIVING + LONG-TERM CARE
BETHANY SYLVAN LAKE is located in the charming town of Sylvan Lake. The care centre offers homelike building designs that reflect the atmosphere of this local resort community. Being adjacent to the Sylvan Lake Lodge allows the two separate organizations to provide a full range of seniors’ housing, support and care services – making this a true aging-in-place community.

+ Designated supportive living
+ Long-term care
+ Dementia care

Contact
BETHANY SYLVAN LAKE
403.887.7741
COMING SOON

+ 180 bed facility with long-term care and supportive living
+ Construction expected to begin in Spring 2016
+ Completion is expected in 2018
SUNDANCE ON THE GREEN

SUNDANCE ON THE GREEN is a life lease community for people who enjoy the best of active living. Located in the south Calgary neighbourhood of Lake 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.

+ Spacious open-concept suites, from 800 to 1,200 square feet
+ Life lease may build equity with buy-back at assessed fair-market value

BETHANY HOUSE

BETHANY HOUSE is an innovative four-suite home which, in partnership with Rehoboth Christian Ministries, provides a supervised independent living environment for young men with disabilities.

Contact
SUNDANCE ON THE GREEN
403.254.9800
RIVERVIEW VILLAGE AFFORDABLE HOUSING

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

Contact
RIVERVIEW VILLAGE
403.272.8615

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

Contact
RIVERVIEW VILLAGE BLOCKS
403.272.8615
RIVERVIEW VILLAGE
AFFORDABLE HOUSING

KANERVA HOUSE is one of the apartment buildings that make up 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+.

Contact
KANERVA HOUSE 403.272.8615

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.

Contact
WILKINSON HOUSE 403.272.8615

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.

Contact
MIKKELSEN HOUSE 403.441.0673
**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 Alberta Government.

- Community for active seniors
- Safe, secure apartment living

**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

Contact
**BETHANY VILLAGE**
403.242.4355

Contact
**LIONS VILLAGE**
403.283.3836
BETHANY
MANAGED PROPERTIES

LUTHER PLACE offers safe, secure apartment living for independent seniors, with rent geared to the income criteria of the Alberta government. Luther Place has 30 one-bedroom apartments including two barrier free units. It is located within walking distance of a swimming pool and fitness centre.

Contact
LUTHER PLACE 403.277.0961

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 Alberta government.

Contact
ROSE MANOR 403.277.0961

SHARON MANOR has easy access to Munro Park which hosts walking/running pathway with fitness equipment stations. It is also conveniently located to shopping and bus routes. There are 43 one-bedroom units including one barrier free unit, with rents geared to the income criteria of the Alberta government.

Contact
SHARON MANOR 403.277.0961
**FOOTHILLS MANOR** is located on Fairmont Drive near Heritage Drive in a quiet residential section of the 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.

**MUNDY PARK** and **PRAIRIE SOUND** are located in the beautiful town of High River. Bethany professionally manages 30 apartment/townhouse units offering various accommodations.

**Mundy Park Apartments** includes three buildings with a total of 24 apartments providing affordable one, two and three-bedroom self-contained suites with private entrances and quality construction for adults, families and seniors.

**Prairie Sound** has affordable rentals in High River including six townhomes for adults, families and seniors.
In 2004, Bethany Care Foundation was established as a registered charity (Registered Charitable BN 87675 4102 RR0001) to support the vision and mission of Bethany Care Society. Our purpose is to help donors contribute in meaningful ways to preserve and enhance the quality of life for residents and clients of Bethany.

The Foundation’s focus is on fundraising for capital projects, innovative programs, equipment and furnishings that benefit residents and clients at all Bethany locations as part of Bethany’s mission of Creating Caring Communities.

www.bethanycarefoundation.com

www.facebook.com/bethanycarefoundation