

# HERITAGE of Care

# THE BETHESDA LETTER

BETHESDA HOME...independence, respect, dignity since 1899

## Volunteers Make Bethesda Better



**Above: Walter Friesen, Delores Schmidt and Loretta Wiens enjoy the lunch provided by Bethesda Home in honor of its volunteers. Right: Bob the Builder welcomes volunteers.**

Bethesda Home has the best volunteers in the world, and May 15 was a day to celebrate and appreciate all who volunteer at Bethesda. A lunch was provided for the volunteers, catered by Keith's Foods, and some very entertaining music was provided by "The Woelk's and Eric Schrag."

Just about 40 volunteers were honored at this year's appreciation luncheon. There were even more volunteers that were not able to make it.

When trying to nail down everything that volunteers do at Bethesda, it was quickly evident that this was not an attainable task. So many people do so many things for very little or no recognition and everytime you turn around somebody is lending a hand to help a friend or neighbor out.

Examples of Christ's love displayed through volunteers abound at Bethesda.

"This is like no other place I've seen," said Autumn Hanson, Activities Director at Bethesda. "Everyone steps up and volunteers. We are so blessed to have so many people who are so giving of their time and

abilities. Volunteering doesn't really get treated as work or extra effort here, but as just part of everyday life. It is something that you do because you like it and enjoy serving and working with everyone around you. It really is a part of the Bethesda culture."

That culture is worth noting and definitely worth taking into consideration when deciding where a family member might have the most enjoyable, fulfilling experience as they grow older.

One of those examples is displayed in the way Delores

Schmidt comes in and counts the change in the pop machines. She shrugs it off and says "It's no big deal, just a job that needs to be done." As a matter of fact, it has to be done every Wednesday, and Bethesda Home is grateful to Delores for her dedication to the little things that can really help out!

Another example is seen when people like Andy and Elva Plett get involved with Generation Bridge and interact with elementary school students who come to the home once a week.

"We really enjoy it when we can volunteer. It seems like we get just as much out of it as the students do. It is just a really fun time," said Elva.

Elmer and Josephine Voth also participate in the Generation Bridge program. Josephine also enjoys accompanying musical groups on the piano.

"You really get to know the child that you interact with through Generation Bridge," said Josephine.

"I think the relationships you build and the camaraderie that you build with everyone is the best part about it. This is our first

year and it really has been a blessing to serve in these ways," said Elmer.



Walter Friesen, former chaplain at Bethesda, comes back to do a Bible Study, is involved in sing alongs and also sings in a quartet that provides a program three to four times per year.

Helen Schmidt has grown up volunteering at Bethesda, and now as a Duplex resident, she is still certified to help feed residents. She does so several times a week on average.

"I enjoy the people very much. There are so many good people here," said Schmidt.

Volunteers range from community members to duplex residents and even to staff who are employed by Bethesda Home.

Joyce Ashley, Gloria Rediger and Dora Goerzen are three examples of staff who volunteer their time outside of work to make a difference in the lives of residents here at Bethesda. They also attribute many

# Thanks to Our Valuable Volunteers



Volunteers are positive influences in changing the lives of Bethesda residents. Thanks to the volunteers that have served Bethesda. If you're interested in becoming a part of Bethesda's team of volunteers, contact Autumn Hanson, 620-367-2291.

Barb & Russ Abrahams	Lewis & Helen Enns	Marlin & Sheri Janzen	Darlene Schmidt	C. Howard & Esther Unruh
Rodney & Ilona Abrahams	Aileen & Dave Esau	Dorothy Kerbs	Deloris Schmidt	Elsie Unruh
Karen Andres	Morris & Linda Ewert	Perry Klassen	Dennis & Jan Schmidt	Erlene & Robert Unruh
Beulah Arrowsmith	Dwight & Tammy Flaming	Brett & Cassandra Klingenberg	Diana & Jim Schmidt	Harold & Joyce Unruh
Howard & Carolyn Arrowsmith	Frieda Flaming	Maynard Knepp & Carol Duerksen	Dora Schmidt	Leah Unruh
Frank & Joyce Ashley	Laura Flaming	Irma Koehn	Eileen & Bruce Schmidt	Becky & DeWayne Voth
Barb & Keith Banman	Marilyn & Pete Flaming	Thomas & Susan Krehbiel	Esther Schmidt	Elmer & Josephine Voth
Eida Banman	Pat & Amy Flaming	Chad & Kerri Lindeman	Greg & Marguerite Schmidt	Irvin & Susan Voth
Elma & Marvin Banman	Luetta Frey	Corey & Nancy Miller	Helen Schmidt	James & Barbara Voth
Eida Bartel	Walt & Carol Friesen	Ivan Miller	LaVerta & Alfred M. Schmidt	Janice Voth
Ralph & Lavanda Base	LeRoy & Alice Funk	Rick & Kathy Miller	Myron & Pat Schmidt	Marie & Martha Voth
Arthur & Ann Boese	Elma & Ernest Goertz	Sheryl & Alvin Molzen	Randolph & Malinda Schmidt	Phyllis Voth
Bob & Connie Boese	Arlen & Anita Goertzen	Brendon & Susan Nafziger	Rannie & Meribeth Schmidt	Terri Walker
Sharon Boese	Elaine & Irvin Goertzen	Floyd & Jo Ann Nickel	Robert & Glendene Schmidt	Joyce & Mark Watts
David & Jill Brandt	Eleanora Goertzen	Phyllis Nickel	Rudy & Nola Schmidt	Daton Wedel
Karl & Marcia Brubaker	Linda & Milton Goertzen	Joan Nikkel	Wilbert & Eunice Schmidt	Les & Terri Wedel
Paul & Linda Buller	Phyllis & Lee Goertzen	Kermit Nikkel	Kris Schmucker	Stan Wiens
Shelley & Jon Buller	Dora Goerzen	April & Glen Nilsen	Jake Schrag	Connie & Jim Wiens
Viola & Irvan "Pete" Buller	John Goerzen	Eldon Pankratz	Justin & Erica Schrag	ElRoy & Loretta Wiens
Robert Dalke	Paula Guhr	Erma Pankratz	Darlene & Jerry Schroeder	Gayle & Mark Wiens
Mary Ellen & Lester Derksen	Anne & Micky Harvey	Jason & Renae Peters	Delwin & Dalonna Schroeder	Charles & Mary Ann Woelk
Patsy & Ron Dirksen	Bonnie & Lowell Heinrichs	Rod & Linda Peters	Dennis & Lavina Schroeder	Denise Woelk
Richard Drake & Kathleen Schroeder	Rebecca & Doug Hensley	Andrew & Elva Plett	Elaine Schroeder	LeRoy & Marcella Woelk
Alice & Milt Duerksen	Kathleen Hess	Dennis & Annette Quiring	Gordon Smith	Mark & Harriet Woelk
Angie Duerksen	Don & June Hiebert	Viola & Lee Ratzlaff	Randy Smith	Robert & Kathy Woelk
Carol & Donley Duerksen	Johnnie & Bertha Hiebert	Grace & Regier	Nancy & Brian Stucky	
Chelan & Megan Duerksen	Kevin & Debra Hiebert	Heidi Regier Kreider	Nathan & Janel Stucky	
Derrek Duerksen	Margaret & John Hiebert	Edna Reimer	Lee & Di Suderman	
Donna & Wesley Duerksen	Mike & LuCinda Hiebert	Clarence & Amanda Rempel	Leann & Jerry Toews	
Kent Duerksen	Paul & Martha Hiebert	Chet & Jeanette Roberts	Andy Unruh	
Norma Duerksen	Thomas Hiebert	Dave & Trish Schimming	Anna Unruh	
Travis Duerksen	Pastor Mark Isaacs	Susie Schmidt	Barb Unruh	
Dwight Dyck	Bonnie & Steve Janzen	Alfred & Laverta Schmidt	Bill & Sherry Unruh	
Edna & George Dyck	Lois Janzen	Alice & Dannie Schmidt	Brandon & Kristi Unruh	

## Attitude of Gratitude

Is anyone else grateful for spring? Sometimes in the midst of being busy, the sound of birds singing serves as a reminder that God does indeed give us much for which to be grateful. Paul gives encouragement in his first letter to his friends in Thessalonica on how to live faithfully in the midst of persecution. In verse eighteen, he says, "give thanks in all circumstances." It does not say "give thanks for all circumstances."

Does it matter that we are thankful? Some studies indicate that, yes, it does make a difference for our lives. An article in The Faith in Action Study Bible gives the following seven samples of ways that having an attitude of gratitude influences our lives.

- 1) "An attitude of gratitude helps people see beyond tragedies to opportunities."
- 2) "Difficult circumstances force people to develop life skills, for which gratitude is appropriate."
- 3) "The ability to perceive and identify blessings is a wonderful strength only humans can possess."
- 4) "A harsh winter makes an individual more grateful for a mild spring (a contrast effect)."
- 5) "Gratitude is an effective way of dealing with stressful life situations."
- 6) "Gratitude can make the telling of life stories move naturally from trying times to triumphant times."
- 7) "Grateful people are less defensive and more open to life."

We all, at one time or another, find ourselves in situations that are less than pleasant. In fact, some are completely awful. But if we find a way to be thankful even in the awful, the experience, the outcome and the memory of it can be much different. As we who live and work at Bethesda find ourselves in the midst of construction and culture change we are grateful that we are able to even make these new changes to and within the building. It means that the community of Goessel cares about those in its family who live at Bethesda – truly something for which to be grateful. If we view the coming changes grateful for an opportunity for growth, to develop new skills, and to discover and use our gifts; at the end of the day we can know that we are stronger and better able to cope with whatever life offers. And our thankfulness will be, not that it's finally done, but at what we've learned and how we've grown along the way.

Charles Swindoll says, "The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day."

Scripture says, "Give thanks in all circumstances."

I guess it's up to us to say, "Today I will live with an attitude of gratitude."

*Gail Graber*

– Gail Graber, Chaplain

"Volunteer" continued from pg 1

thanks to those who volunteer and make their jobs much easier to do.

"The volunteers fill in in the evenings and do little things that we just don't have time to do," said Ashley.

When asked what the volunteers mean to Bethesda as a whole, Rediger responded "They are the bridge from the community to Bethesda."

Goerzen replied, "The residents really look forward to seeing the volunteers."

The list goes on and on and there is no possible way to acknowledge every volunteer. Nor is there a way to list every good deed done by volunteers. If we have missed your name or deed, we are sorry, but know that your works have not gone unnoticed. Your gracious giving of time and resources has helped to ensure that Bethesda Home will continue to be the most giving, friendly, comfortable and accommodating place to enjoy retirement.

On many occasions, Bethesda Home staff will volunteer their time to go shopping for residents or to help out after their shift has ended.

One of the groups that volunteers many hours is the Town and Country Garden Club. This group is one of the most visible

of all the volunteers. Marcella Woelk heads up this group.

"We have about 21 members in our group, and we make sure that the butterfly garden stays looking nice. We are responsible for keeping it up and for adding flowers, plants or whatever else we see fit to do," she said.

The group meets once a month in the board room to take care of business, but on their own time, the group takes care of whatever region in the garden they have been assigned.

"We divide up plots and each take care of a section of the garden," said Woelk.

The garden club has been around for more than 20 years and is still growing.

"We welcome anyone who would like to join our group to volunteer," said Woelk.

"The best thing about volunteering here is that the people are so great. It really is a great place to work. The residents really



Mark Woelk, Eric Schrag, Rick Woelk and Charles Woelk entertained the volunteers with acoustic arrangements of traditional hymns.

enjoy the garden and we are glad to keep it looking nice for them," said Woelk.

Last but certainly not least on the agenda for the luncheon was the musical group of Woelks and Schrag. Rick Woelk, Mark Woelk, Charles Woelk and Eric Schrag entertained the group with some good old hymns arranged for guitar.

Year after year, generation after generation, Bethesda has been leading the way and leading people through serving.

## "Serve one another in love" Galatians 5:13

As I was putting together the lists of volunteers for the newsletter I was reminded again of how much our community does for the residents here at Bethesda Home. Paul's words to the church in Galatia, to serve one another in love, seem to be taken to heart here at Bethesda. We are blessed with so many caring individuals who give of their time, their talents, their prayers, their words of affirmation, their charitable gifts, and most importantly their love.

For those unfamiliar we have a number of activities that happen weekly, that could not be done without outside support. We have a Friday evening program for the residents. This program takes on different faces depending on who is coming...we have singing groups, drama groups, stories, and slide shows just to name a few. On Sunday afternoon we have a Bethesda Home chapel service which is sponsored by the congregations that have residents in our facility. Both of these venues provide a wonderful chance for our residents to see new and familiar faces.

This is an exciting time here at Bethesda as we begin the construction process on our facility wide renovation. The new construction to the South is being completed, part of which is the addition of a chapel area which makes for a dramatically different and attractive view from Main Street. This project, like so many others, would not be possible without the many volunteers who supported this project. We look forward to the finished project, and will be eager for all to come and see the home that will be created.

Invariably even with the long list of volunteers in the newsletter some names were inadvertently left off, for which I sincerely apologize. I know you don't volunteer in the hope of recognition and fame, but I do want you to realize how valuable and integral you are to this facility, our staff, and most importantly our residents. Thank you for serving Bethesda Home in love.

Blessings.

Eric Schrag, Dir. Marketing/Development

<b>Welcome</b>	Dorothy Ratzlaff	<b>In Memory</b>	Lester Schmidt	Elva Ruby Funk	Fern Bartel
Dannie Schmidt	Elva Ruby Funk	Marlene Schwind	Marie Jantz	Leroy Woelk	Nellie Gilkey
Randolph Schmidt	Alvin Goertz	Velma Franz	Mary Unruh		Diane Loewen
Malinda Schmidt	Ruth Huxman	Alex Schwabauer	Sam Quiring	<b>New Employees</b>	Jackie Pennington
Wilma Unruh	Viola Ratzlaff	Ray Frey	Ethel Ellen Schmidt	Victoria Jones	Tara Barnett
Verda Wedel	Dannie Schmidt	Karl Reimer	Verda Wedel	Alice Fensky	Sara Sebring
Arnold Voth	James Schmidt	Bertha Zook	Velda Duerksen	Kim Martin	
Wilma Jean Boesker	Edna Reimer	Helen Navrat		Brandi Raymond	
Lester Schmidt	Leroy Woelk	Ethel Walker	<b>Dismissals</b>	Kris Berger	
Kathy Schmidt	Frances Voth	George Endres	Bennet Nickel	Rinda Duerksen	
Bennett Nickel		Magdalene Diener	Ruth Huxman	Amber Beckner	



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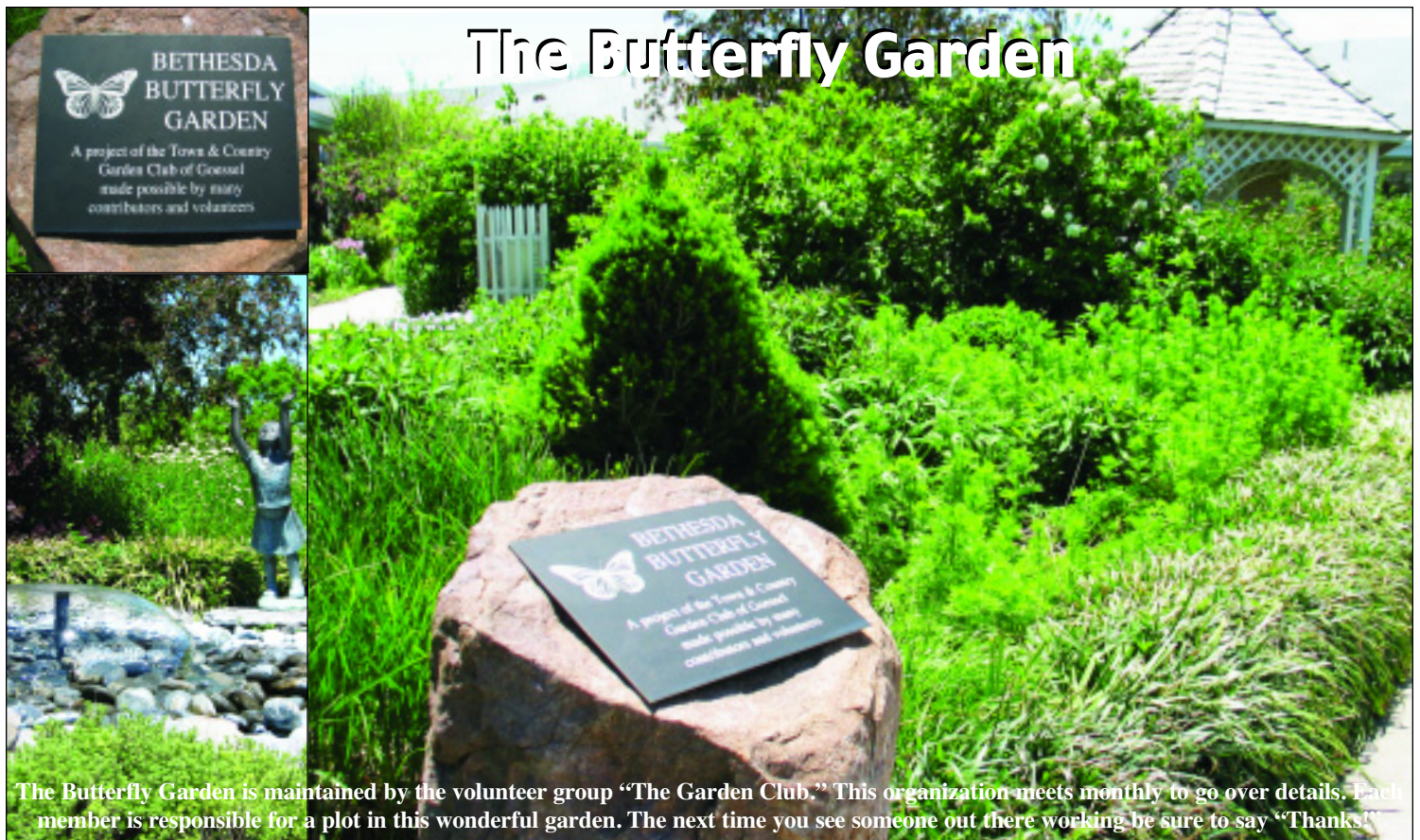
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[www.bethesdahome.org](http://www.bethesdahome.org) – Now Newly Re-designed!



The Butterfly Garden is maintained by the volunteer group “The Garden Club.” This organization meets monthly to go over details. Each member is responsible for a plot in this wonderful garden. The next time you see someone out there working be sure to say “Thanks!”