

HERITAGE of Care THE BETHESDA LETTER

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

On a Roll

For the past Month, Kathy's Shop On Wheels has been rolling through Bethesda Home. Kathy Miller, the laundry and housekeeping supervisor at Bethesda, is putting a dream into action. She is providing the residents an opportunity to purchase items from her "Shop on Wheels." The shop is open every Tuesday morning from 9:30 to 10:30.

Her cart includes items such as cashews, candy bars, cans of peanuts, cookies, graham crackers, tissues, envelopes, puzzles, books, shampoo and other toiletry items. When asked what the hot seller was, Miller replied "Cashews! They buy those like crazy. I can't keep enough of them on the cart."

If there are items that Kathy does not have in her shop, she will gladly take orders.

"Tuesday is order day," said Miller. "If residents want or need something not on the cart, I will take special orders and bring the items on Wednesday."

Residents will order anything from bread to coffee.

Kathy also provides the residents with clothes on her cart. She has worked out a deal with a retail store, which will donate clothes to Kathy's Shop On Wheels. Kathy in turn gives the clothes away to residents who want them.

Kathy's Shop On Wheels is one more example of how the staff at Bethesda provides the best care for its residents while respecting their desire for independence.

Resident Esther Unruh really appreciates the convenience of Kathy's shop.

"I don't have a vehicle to get to the store, so this comes in handy," said Unruh.



Kathy Miller pauses while making her way through Bethesda's halls. Along with friendly visits, Miller's "shop on wheels" brings residents the convenience of store-bought items like groceries and clothing.

Not only does the store provide convenience but it also makes residents feel like they have more options.

"Having Kathy's Shop On Wheels makes me feel secure," remarked Unruh.

The security of having items available to purchase is one thing, but having someone stop in to visit is worth just as much for many residents.

The rolling shop has become a unique opportunity for Miller to get to visit with each resident on an individual basis. She wheels the cart to each resident's room and provides them items to purchase or just someone to chat with.

Resident Arlene Daniels is glad to see Kathy every Tuesday.

"I buy everything," said Daniels.

Daniels is one of the many residents that Miller has a very special bond with.

"She's my girl," said Daniels of Miller, "We get to visit one on one this way." Daniels also said she really enjoys the convenience of the shop.

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After having spent more than 18 years in Housekeeping at Bethesda, Kathy Miller continues to use service as a means to emphasize the value of Bethesda's residents.

Kathy's Shop On Wheels is all about service. Everything purchased for the cart is sold at cost. It is a not for profit venture.

"It's all about culture change," said Miller. "We want the residents to feel more like they are at home when they live at Bethesda."

Culture change is what the staff at Bethesda is aiming for these days.

"I know it is hard for them to come in here and give up living at home, but we want residents to still have the freedom to make their own decisions," said Miller.

Miller has worked at Bethesda for 23 and one-half years. Eighteen and one-half of those have been in housekeeping. Throughout her tenure she has made caring for the needs of the resident her priority.

Walt's Wisdom...

Formed ⁱⁿ Grace

"Do not be conformed to this world, but be transformed by the renewing of your mind." (Romans 12:1-2)

Last Sunday morning we were guests with friends Norman and Carolyn Yoder at their Evangelical Covenant Church in Lindsborg. Twelve adolescents (ages 13-14) offered personal testimonies to conclude an intensive two-year program of confirmation in the faith. In front of an overflow crowd of worshippers, families and friends, each spoke very openly and clearly about their personal lives and about their faith in Jesus Christ. Each one quoted a chosen Bible verse. At the end every young disciple received prayers, blessings and encouragements from family, friends and congregation.

Underlying every testimony and shining through in every aspect of the deeply moving ritual were (a) the love and grace of God; (b) the support of family and friends; and (c) a commitment to follow in the steps of Jesus.

We were blessed by the Community of Christ actively engaged in transformation rather than conformation to this world. How are we engaged in the confirmation that Jesus Christ is Lord?

Do you have confirmation/transformation stories and memories to share?

Walter Friesen, Chaplain

Carolyn's Corner...

We are all enjoying watching the world outside turn green, red, yellow, pink, purple and orange. The flowers and trees are all dressed in their spring apparel. The Residents are all looking forward to being outside—enjoying the nice weather and thinking about what

plants to plant in the planters.

The neighborhoods are working toward getting organized into teams comprised of staff and Residents to plan events and outings for each neighborhood.

Carolyn Arrowsmith, Activities Director



Our Greatest Resource

A few days ago, I had the opportunity to listen to Peter Wiebe, current interim President of Hesston College, give a presentation on "Creative Aging." A few weeks prior to hearing Peter Wiebe's presentation, I attended a conference that featured William Thomas, M.D. – a nationally recognized geriatrician and author of the book: "What are Old People For?"

I wish that all of you could have been present with me at these events. Both speakers addressed the issues of aging in America – and there were common threads woven through both presentations.

In his topic "Creative Aging," Peter Wiebe reflected on the human life cycle. He said that we spend the first quarter of our life in "preparation." The next two quarters of life are spent in the work force; and the final quarter of life occurs after we leave our jobs. This final quarter is often referred to as our "retirement." Peter is not fond of that word "retirement" and asks the important question – "How do we retire from life?" He much prefers the word "transitioning." I think that word "transitioning" is right on target – because that is exactly what we are doing – we are moving along in our life's journey to a new era. Our aging allows us the

opportunity to share the wisdom that we have gained on our journey and, as Peter so eloquently said, "it allows people to look at themselves again".

William Thomas, M.D., in his book "What are Old People For?" defines four aspects of aging:

1. Aging requires Life – Aging is an active process that requires the force of life... Being alive is a continuing pre-requisite for growing old...
2. Aging is Natural – We do not have to think about breathing in order to breathe, and we age whether or not we wish to do so. Aging is within us, not imposed on us.
3. Aging is Gradual – Aging is gradual, rhythmic, and a highly choreographed process. It holds no surprises... No one goes to bed at the height of vitality and wakes up old...
4. Aging requires Maturity – There are many things best reserved for people with the good judgment that comes with age. Old age give us access to a collection of experiences and insights that are beyond the ability of the young to understand or fully appreciate.

(excerpted from "What are Old People For?," VanderWyk and Burnham Press – pp. 36&37)

Both speakers lamented the fact that here in the U.S.A., we value new things and we worship youth. We sideline our elders – and forget the fact that they are often our greatest resource for wisdom, knowledge and experience. There is

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Food for thought—A relatively unsuccessful marketer of restaurant equipment didn't sell his first hamburger until age 52. At a time when many people prepare for retirement, Ray Kroc built McDonald's from a handful of hamburger stands into the world's largest food chain.

DID YOU HEAR???

In the past many individuals were told that they have nerve deafness and there is nothing which can be done about it. The fact is that most individuals with "nerve deafness" or "sensorineural" hearing loss can be helped with proper amplification. A comprehensive audiological evaluation conducted by a licensed audiologist will help determine the type and degree of hearing loss an individual has. Many

individuals may have fluid build-up behind the eardrum and need medical intervention instead of hearing aids. If hearing loss cannot be treated medically, then amplification using 100% digital hearing aids may be helpful.

If you need more information, please consult Dr. Haris Zafar, Ph.D., Licensed Audiologist, at (316) 634-1100 or toll free at 1-866-634-1900.

Dr. Zafar visits Bethesda Home on the 4th Friday of every month at 12:15 p.m. to do free hearing aid checks and cleaning for residents living on the Bethesda Home campus.

THE BETHESDA LETTER

Page 4 Bethesda Home Fiscal Year End Giving Summary All gifts from 4-1-04 to 3-31-05

<u>Type of Gift</u>	<u>Description</u>	<u>Cash or Value</u>	<u>Total Item</u>
Activities Department			\$742.00
ADA Automatic Door	Wal-Mart grant		\$1,000.00
Assisted Living Project			\$1,680.50
Banquet tables	Christmas Gift & memorial		\$317.69
Bond Reduction	Pillars Banquet		\$25,832.79
Butterfly Garden	Memorials		\$1,270.00
Color Laser Printer	Memorial		\$2,205.50
Cross Trainer	Spring Fundraiser	\$1,730.00	\$2,230.00
	Church Group	\$500.00	
Culture Change Project			\$5,808.50
	Estate Gift	\$2,250.00	
	Miscellaneous	\$3,558.50	
Designation pending	Memorial		\$960.00
Dietary Department			\$525.00
	Memorial	\$425.00	
	Miscellaneous	\$100.00	
Electric Lift Chair	Christmas Gift		\$848.27
Employee Enrichment			\$2,575.00
	Christmas Gift	\$400.00	
	Memorial	\$2,175.00	
Endowment			\$12,773.19
	Bequest Gift	\$988.51	
	Christmas Gift	\$500.00	
	Estate Gift	\$6,000.00	
	Gift Annuity Distribution	\$1,100.00	
	Memorial	\$25.00	
	Miscellaneous	\$4,159.68	
Gator	Christmas Gift		\$8,815.00
Hall Tree - ALU			\$50.00
L & G Storage Shed	Sand Volleyball Tourney		\$1,000.00
Lift Slings			\$500.00
	Church Group	\$250.00	
	Memorial	\$250.00	
Linens	Memorial		\$100.00
Maintenance Shop			\$100.00
Painting - Art Work	Memorial		\$300.00
Path Lighting	Kansas Wildlife Grant		\$24,164.00
Pet Care			\$105.00
	Memorial	\$85.00	
	Miscellaneous	\$20.00	
Pillars Banquet Expenses			\$500.00
Pressure Relieving Pad - full mattress	Memorial		\$40.00
Pressure Relieving Pad - Wheelchair	Memorial		\$210.00
Resident Bed			\$26,125.00
	Christmas Gift	\$25,000.00	
	Memorial	\$1,125.00	
Resident Care			\$5,592.62
Resident Room Renovation			\$17,390.00
	Annual Calendar yr-end letter	\$1,000.00	
	Estate Gift	\$4,105.00	
	Memorial	\$2,260.00	
	Newsletter	\$10,025.00	
SCU Dinnerware settings	Christmas Gift		\$169.04
Sit to Stand Lift	Memorial		\$475.00
Special Care Unit			\$700.00

Bethesda Home Fiscal Year End Giving Summary

All gifts from 4-1-04 to 3-31-05

<u>Type of Gift</u>	<u>Description</u>	<u>Cash or Value</u>	<u>Total Item</u>
	Annual Calendar yr-end letter	\$100.00	
	Memorial	\$500.00	
	Newsletter	\$100.00	
Trees/plants	Memorial		\$50.00
TV / DVD/VHS combo	Memorial		\$400.00
Vacuum sweeper			\$150.00
Wall Décor			\$974.39
	Church Group	\$214.39	
	Memorial	\$760.00	
Where Most Needed			\$34,147.50
	Annual Calendar yr-end letter	\$4,047.75	
	Annual Meeting	\$506.00	
	Christmas Gift	\$200.00	
	Gift Annuity Distribution	\$1,089.43	
	Grocery Certificate, Dillons	\$2,562.00	
	Grocery Certificates, Keith's Foods	\$406.00	
	Grocery Certificates, Mid Kansas	\$366.00	
	GWCA Vesper Services	\$300.00	
	Corp. Matching Gift of Employee	\$120.00	
	Memorial	\$70.00	
	Memorial	\$100.00	
	Miscellaneous	\$6355.88	
	Newsletter	\$5,391.90	
	Offering, Alexanderwohl	\$8,403.47	
	Offering, Church Groups	\$177.00	
	Offering, Goessel Church	\$1,060.00	
	Offerings Tabor Church	\$2,992.07	
	Total Cash Contributions:		\$180,825.99
Gifts-in-Kind			\$5,590.20
	puzzles, games, etc.	\$9.57	
	statue of boy & dog	\$1,339.38	
	sound mixer, receiver, mics	\$650.00	
	Manicure table	\$125.00	
	Wind Chimes	\$160.50	
	Culture Change Videos	\$298.00	
	Lotions and CD's for C.A.R.E. cabinet	\$42.90	
	hide-a-bed couch	\$100.00	
	Weed/grass Trimmer	\$300.00	
	Walk behind lawn mower	\$360.00	
	Large BP Cuff	\$31.49	
	Nebulizer	\$120.00	
	TV	\$50.00	
	Walker	\$75.00	
	Wheelchair	\$100.00	
	Office supplies	\$70.37	
	13 loads of dirt	\$650.00	
	Outdoor shed & Potting soil	\$761.49	
	duplex drapes	\$195.00	
	50% of travel expenses	\$45.50	
	Wall décor	\$106.00	
	Grand Total Contributions:		\$186,416.19

Total Gifts from Memorials – over \$14,700.00

Total Gifts from Estates/Bequests – over \$13,300.00

Everyone is invited to attend the Bethesda Annual Meeting on May 25, 2005, 7:00 p.m. in the Bethesda Activity Room for a complete report of the past year and an opportunity to discuss the visions for Bethesda's future. A home-made pie social will follow.

One small part...

One HUGE blessing

For eight years, friends of Bethesda Home have been offering their support by utilizing the convenience of its grocery certificate program.

Purchased from Bethesda at no additional cost, grocery certificates are valid at any Dillions, Kwik Shop, or Keith's Foods. With each purchase, four percent of every dollar goes to support Bethesda.

"I like using grocery certificates because I can carry them like cash and I have fewer checks to track down when doing bookkeeping at the end of the month," said Nancy Stucky. "The auto bank draft withdrawal is so convenient."

Bethesda began offering the grocery certificates in 1996 for use at Dillions stores (and more recently Kroger stores) and at Keith's Foods (formerly Mid Kansas). Since then they have generated over \$31,600 to Bethesda.

Currently 15 households use the automatic bank draft method to purchase the certificates, in addition to approximately 30 families who purchase them through Citizens State Bank, Crossroads Credit Union in Goessel or the Bethesda administrative offices.

"The Bethesda grocery certificate program allows our dollars to do double duty," said Jason and Renae Peters. "We pay for them with the automatic bank draft and Pete delivers them each month, which makes it really easy for us. The certificates help with budgeting for groceries."

Did you know statistics show the average family spends \$400 per month on food? That means 400 households using \$400 of grocery certificates per month would generate

\$76,800 per year for Bethesda! That would be a nice amount toward offsetting our Medicaid annual shortfall of approximately \$275,000.

"We would strongly encourage others to support Bethesda by using the grocery certificate," said Orville and Elsie Unruh. "It's such a small thing on our part, but such a huge benefit for Bethesda."

Certificates may be purchased in packages of \$50 (\$5 and \$10 certificates) or \$100 packages (2- \$25, 4- \$10, and 2- \$5 certificates) from The Citizens State Bank, Crossroads Credit Union or Bethesda Home in Goessel. For setting up an automatic bank draft, contact Pete Flaming at Bethesda (620) 367-2291 or email pflaming@bethesdahome.org.

With a diverse age group among participants, Bethesda's grocery certificates are a good thing anyone can enjoy.

"We support Bethesda through gifts and in many ways," said Milton & Linda Goertzen. "The grocery certificates are another way of supporting Bethesda without actually giving any money directly."

"We would be spending our money at Keith's Foods and Dillions anyway and with a no-hassle arrangement, a bank draft is issued that automatically provides us with a prescribed amount of certificates for use at each store each month."

"The certificates are delivered to our door. What can be more convenient than that?!"

Thinking Continued from pg. 3

an unwritten message in our society that aging is not "worthy."

It has been my observation that those individuals who fall in the "first" and "last" quarters of their lives have considerable appreciation for each other (think Grandparents and Grandchildren). Those of us who fall in the "middle" quarters tend to feel "stretched." We feel much responsibility for both our children and our parents. We are so busy "doing" that we forget (maybe

don't have time for?) just "being." When our relationships become duty-bound, they lose their vitality and joy.

As I reflect on these thoughts, I am reminded of one of the basic tenets of the Culture Change movement – that is to "know each person." What I am asking and encouraging all of you to do is to recognize what a wonderful treasure we have here at Bethesda Home. That treasure is our precious elders who have so much wisdom,

knowledge and experience to share with all of you. I invite you to be in relationship with our elders and to allow yourselves to be loved and nurtured by them.

Linda Peters

**Linda Peters,
CEO/Administrator**

Thanks to Our Valuable

Volunteers



Volunteers are positive influences in changing the lives of Bethesda residents. Since 1997 over 17,000 volunteer hours have been logged which equates to a value of over \$180,000 of volunteer services given to Bethesda Home. Thanks to the 42 Volunteers that have served Bethesda this past fiscal year.

A variety of services are provided by volunteers including: assisting with resident activities; reading to residents; assisting residents write their life story; playing piano for resident sing-alongs and music appreciation; baking cookies with residents; helping residents write letters, checks, etc.; assisting residents in selecting their food in going through the buffet line; clerical assistance and many other meaningful services.

Reflections from a long-term volunteer –

Beulah Arrowsmith began volunteering soon after her

husband died. “I do it because it is fun!” she said with a big smile on her face. “During the time that my husband was a resident at Bethesda I learned to know some of the residents and one of them said that she would really miss seeing me if I stopped coming.” That’s about all the encouragement it took. Soon after that Beulah began to volunteer at Bethesda every week, and has driven 35 miles one way from Bentley, Kansas for the past 14 years – logging an average of over 300 volunteer hours per year.

“It’s fun and a nice past-time to visit with people and to help them where I can. I really enjoy it!” Beulah helps with a variety of activities such as tying quilts, plastic canvas, baking cookies, assisting a resident with making greeting cards and banners, assisting residents with filing or

check writing, etc. “I just want to say a big Thank You to Bethesda for providing me with very good lunches on the days that I volunteer.”

“We could easily use about 20 more volunteers particularly to assist residents through the buffet line at meal times (11:30 a.m. – 12:30 p.m. and 5:30 – 6:30 p.m.) and to be a special friend to a resident or two,” said Carolyn Arrowsmith, Activities Director. A brochure listing other volunteer opportunities is also available at Bethesda. Volunteers who do work through meal times are also invited to eat a free meal with the residents and other volunteers. If you are able to give 30 minutes, 1 hour, 2 hours or more a week to make a difference in someone’s life, contact Carolyn Arrowsmith at Bethesda Home (620) 367-2291.

For volunteer photos see pg. 8

Memorial Gifts

We appreciate the many gifts given in memory of loved ones that have been designated to the following funds/projects:

- Employee Lounge Renovation - Alvin Goerzen
- Where Most Needed - Eldon Goerzen
- Special Care Unit - Verna Koehn
- Designation Pending - Betty Miller
- Room Renovation - Alfred F. Schmidt
- John H. Reimer
- Butterfly Garden - Alvin Goerzen

Welcome

Dorothy Varenhorst
Roland Dirksen
Susie Goertzen
Shirley Johnson

In Memory

Verna Koehn
Betty Miller
Alvin Goerzen
Pete Flores
Marie Voth
Shirley Johnson

Dismissals

Floyd Lehrman
Evelyn Schmidt
Roland Dirksen

New Employees

Marilyn Hiebert
Shirley Solomon
Debra Waner
Christina Newell
Dianna Gatewood
Lyle Christ



Mennonite Bethesda Society

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the power of one

- author unknown

One song can spark a moment
One flower can wake the dream
One tree can start a forest
One bird can herald spring
One smile begins a friendship
One handclasp lifts a soul
One star can guide a ship at sea
One word can frame the goal
One vote can change a nation
One sunbeam lights a room
One candle wipes out darkness
One laugh will conquer gloom
One step must start each journey
One word must start a prayer
One hope will raise our spirits
One touch can show you care
One voice can speak with wisdom
One heart can know what is true
One life can make a difference

Will that one be you?

Volunteers do make a Difference!



"I just recently started volunteering at Bethesda and it's so rewarding!" - Joan Nikkel (right) visits with resident.

"I started about 3 years ago visiting with a number of residents one day each week and thoroughly enjoy it!" - Erlene Unruh (left)



Beulah Arrowsmith (Standing) helps resident make a greeting card.

Deloris Schmidt (right) reads story books to a group of residents one day per week and assists with bulk mailings when needed.

