

HERITAGE of Care

THE BETHESDA LETTER

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

A Culture of Company

There has been much talk in the retirement home industry about culture change and living as a neighborhood. These concepts are vital to allowing elders the freedom to enjoy their experience at Bethesda. It is a place that focuses on life, and its heart is found in the relationships that flourish there. It is a radical departure from traditional skilled nursing homes and assisted living facilities.

Bethesda finds itself on the cutting edge of the industry with its assisted living unit functioning in the culture change and neighborhood mentality. In the assisted living unit at Bethesda Home, residents are living as part of a neighborhood. The unit consists of 10 elders who really enjoy each other's company.

When asked how the residents experienced the neighborhood culture change, they had many good experiences to relate.

"It is a nice place to gather and enjoy our visits," said Velma Franz. "We all live in this hall together, and gather in the lounge to visit and exchange stories."

"We're pretty much just like a big family," said Milton Schmidt.

For the residents in the assisted living wing, neighborhood also means that they get to associate with people outside of their hall.

"Sometimes the residents from the duplexes come over to visit us," said Franz.

Bethesda is very unique and inviting in that it has such a close-knit family feel that makes it a very special place to live. All of the residents in the assisted living unit except Esther Unruh and Esther Williams knew each other growing up. However, both



Bethesda's assisted living unit takes time from their neighborly visit to pose for a "family" photo.

Unruh and Williams are from the Newton area and have felt very accepted in the Bethesda community neighborhood.

"I have enjoyed getting to know everybody here and enjoy visiting with them," said Williams. Bethesda makes it a point to cater to each resident who can and should be able to make their own decisions.

The culture change idea focuses on giving each resident the freedom to set his or her own schedule.

"We can decide when to get up in the morning and when to go to bed. We set our own schedule except for meals and scheduled activities," said Susie Goertzen.

Bethesda provides the culture change mentality but also provides an excellent facility to accommodate the residents.

"We are very fortunate to be right here next to the butterfly garden," said Ben Bergen.

Every night between 7:30 and 9:00 the "family" gets together.

Company continued on pg. 2



“We’re pretty much just like a big family,” said Milton Schmidt.

“We visit mostly, but sometimes we bring old pictures in and try to recognize all of our old friends.

It brings back a lot of good

memories,” said Franz.

Bethesda organizes many activities to provide entertainment for its residents.

Monday is ladies’ tea day and mens’ coffee day, Tuesday is Bible study day, Wednesday is sing-a-long day, Thursday is music day, and Friday is the weekly bulletin folding day for Alexanderwhol Church.

“We feel good about being able to help the church out in this way,” said Goertzen.

“None of the events are mandatory, but we like to get together with residents from other wings of the home and see how things are going,” said Schmidt.

A typical day for the assisted living unit includes visits from family and friends from outside of the home as well. Visits are always welcome and can be scheduled for any time the residents would like.

Another benefit to living at Bethesda is the consideration for doctors’ visits and other outings.

Carolyn’s Corner...

The neighborhoods have all been having various special activities including special meals on campus with the staff (e.g. hamburger fries, pizza parties, Chinese dinners, Mexican dinners, etc.), going out to eat and going shopping with staff members. Plans are being made for more neighborhood events. The residents look forward to these special activities and neighborhood gatherings as well as the usual summer events such as Threshing Days and watermelon & crullers. A magic show has been scheduled for the evening of August 22.

“They make sure to have a van to take us to the doctor when we have to go. We also get out and go out to eat once in a while,” said Evelyn Lehrman.

Bethesda not only provides activities and accommodations, but also some food for thought and spiritual meditation. Before each meal one of the staff members gives a devotional.

“That’s not something you would get at just any place,” said Bergen. “We are glad to live in a community that places value on faith.”

Walt’s Wisdom...

Living Assistants

What if I became playful and rearranged the words Assisted Living Unit (ALU)? The friendly northeast wing of Bethesda is a designated ALU in which residents live quite independently. They manage many of their daily tasks quite well but have assistance readily available as needed.

What if we were to ask not only about the assistance a resident might need, but also devote equal time to assistance a resident might give? Could ALU residents and staff form their neighborhood to make neighborhood a Bethesda export? The unit would become a neighborhood of Living Assistants fulfilling their lives by assisting others to live more freely, more richly in neighborhoods.

Our society has almost lost the vision and skill and commitment to form neighborhoods. The neighborhood DNA could be transmitted, maybe?

Walter Friesen, Chaplain

We are pleased to have new volunteers join the Bethesda volunteer staff. Joan Nikkel visits weekly with residents and Darcey Franzen visits with residents and helps in activities. Jennifer Raymond helps with giving wheelchair rides and playing games with the residents. It is refreshing to see new faces on our volunteer staff. We thank all of our volunteers for their efforts and the time they spend with the residents.

Carolyn Arrowsmith, Activities Director

Points to Ponder

Joe had lived alone in his small farm house for several years following the death of his wife of 40 years. One day neighbors found him wandering on the road over a mile from his home, disoriented and confused. His family became concerned. After consulting with his doctor, they found that he had not been eating well and had not been taking his medications properly. He was diagnosed with early dementia. Joe, together with his family and doctor, decided he should move to Bethesda Home. Once there, after receiving good balanced meals, proper medication management and exercise, Joe soon showed signs of improvement and became involved with activities at Bethesda—men's coffee, Bible study, evening programs, Generation Bridge with 6th graders, playing pool, and visiting with other residents and staff. He was thriving through being reconnected to a larger community. His family members no longer worried about his daily living environment and care, yet visited him often.

To provide financial resources for Joe's care, the small family farm was sold. Joe's family understood that he would need additional care in coming years and that Joe's assets would quickly be depleted. It was likely that Joe would need to rely on Bethesda's Resident Care Fund and Bethesda's commitment to provide excellent care for all residents. Joe's family was concerned about how Bethesda would get paid for the "uncompensated care" that Joe would receive, because they had heard that when Joe qualified for Medicaid, the reimbursement that Bethesda would receive from Medicaid would not cover the cost of his care.

Uncompensated care is non-reimbursed care provided to residents at Bethesda Home whose daily living costs are not covered by normal revenue: their own assets, family ability or willingness to pay, long term care insurance, Medicaid or Medicare. Bethesda's mission since it was founded in 1899 has been to live out Jesus' teaching of caring for one another which equates to providing the same quality care to all residents regardless of their ability to pay. In fact, over the years, Bethesda

Home has consistently provided care to an average of 50% or more of its residents who are impoverished, and that will result in a projected annual shortfall this year of approximately \$290,000.

An alarming number of persons believe that government programs of Medicaid and Medicare will provide for their care should those needs arise. The facts are that Medicare offers essentially no long-term care benefits and Medicaid is fundamentally a health plan for the

poor. However, according to a recent study "as much as 22% (of Medicaid payments) goes to families that could afford to pay months or even years of their own nursing home care." (Wall Street Journal, Feb. 25, 2003).

Creating artificial impoverishment by making pre-need distributions of accumulated assets to heirs is a grave moral issue in long-term care funding that cuts deeply into the ability for care providers, like Bethesda, to survive financially, and likens to the sin of greed when heirs do not in-turn support the care-giving institution. God's people are not called to artificially impoverish themselves in order to become eligible for benefits that were intended for the truly needy.

All individuals in the Body of Christ have a responsibility to get the facts about paying for long term care needs. They should seek competent counsel from sources of moral integrity concerning the planning options available to them to provide for their future needs and then undertake appropriate advance planning for aging as an act of life stewardship. This could include a

Points continued on pg. 5



To avoid delays in newsletter deliveries, please let us know if your official "mailing address" is a PO Box number instead of a street delivery. Call 620-367-2291, email pflaming@bethesdahome.org or use the enclosed envelope to send us your correct PO Box address.

Mark your calendars – November 5, 2005 – 6:00 p.m. Seventeenth Annual Pillars Banquet at Cross Wind Conference Center featuring the lighthearted and inspirational music of the "Sisters Forever." Reservations can be made by sending your \$125 or \$150 per person contribution to Bethesda Home. Call or watch for more details. (Contributions to the Bond Fund are also welcomed for those unable to attend the banquet.) All proceeds go toward reduction of bond indebtedness for the construction of the Assisted Living and expansion of the dining room in 1989. If contributions equal last year's \$25,800 figure for the next two years, the bond will be paid off! Your generous support and attendance at the banquet is appreciated.

State Tax Credit Application Approved



The Building Community and Changing Lives (BCCL) project was approved to offer state tax credits to those who donate to the project. “The Grant Application Review Board strongly endorsed the project,” said J.R. Robl, Community Service Program Manager. “I am pleased to inform you that your project received the highest rating of all projects submitted to the Kansas Department of Commerce for FY 2006 Kansas Community Service Tax Credits, and we wish you success in meeting your fundraising goals to complete the project.” Bethesda received authorization to disburse \$240,000 of tax credits in 2005 and 2006. Thanks to all who submitted letters of support and intents to contribute to this project. These were key components that contributed to the high rating.

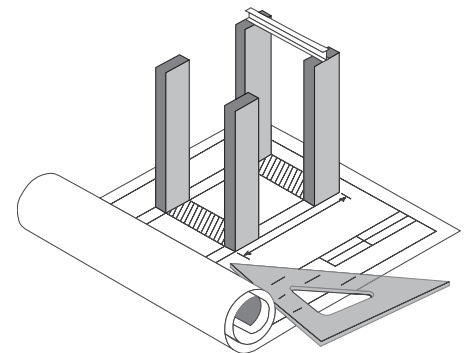
Brief Summary of BCCL project – Building community through resident neighborhoods and the creation of a “home” atmosphere and a normalcy of life environment encompasses a dramatic “culture change” in care-giving to the elderly and disabled – a transition from a clinical/staff centered culture to a resident (and family) centered way of life. Much is in process or has already been done at Bethesda to implement “culture change” such as: buffet dining, expanded dining hours, nurse call buzzers giving way to wireless pager systems, baths given per resident schedule vs. staff schedule, etc. Culture change implementation has now progressed to the point where some facility modifications and additions are necessary to complete the transition.

The Board of Trustees has given approval of preliminary construction/renovation plans to: 1)

create family-room/living areas in each neighborhood (each wing of the home), 2) create semblances of home, community and normal daily activities by renovating the commons areas with uniquely decorated “front door facades” of each neighborhood resembling the front porch of a home, and to create a “Main Street” that will have appropriate “store fronts” for a bank, post office, library, beauty/barber shop, fitness/therapy center, and chapel, and 3) add building space to accommodate the relocation of the laundry, expanded dining and food preparation space, and renovation of the chapel, activities, and areas.

“The completion of this project is very important for Bethesda to survive as a long-term-care provider in a very competitive market,” said Pete Flaming, Director of Development. “Total contributions generated by this tax credit program will fund about 25% of the total estimated cost of the project. Plans are to submit additional grant applications to help meet our goal, and some of those will likely be grants that will match other donor contributions. It is an honor to receive such strong endorsement from the Kansas Department of Commerce TC Review Board for the BCCL project. It is our hope and prayer that the whole community will grasp the importance of this project and what it means to the residents whom we serve and to the economic stability of our community. We solicit your prayers and financial/volunteer support as we work together on this ‘culture change’ journey.”

The Kansas State Tax Credit Program offers donors the opportunity to direct their state tax dollars to an approved community service project rather than contributing to the state tax pool. Bethesda Home is authorized to offer any donor with Kansas state income tax liability a 70% tax credit for contributions to the BCCL project in calendar years 2005 & 2006. For example, a \$1,000 contribution to the BCCL project reduces your state income tax by \$700, and if the donor itemizes on their federal return, the full \$1,000 can also be used as a deduction. If the donor’s state tax liability is only \$400 the state will send a \$300 refund check to the donor. Priority will be given to those donors who have already submitted a preliminary intent for 2005 contributions. Due to the strong donor participation for 2005 credits, there may not be any credits available for distribution in 2006. Contact Pete Flaming for details.





LIFE IN THE NEIGHBORHOOD

If you've been reading this newsletter over the course of the last two years, you are probably familiar with the terms "culture

change" and "neighborhood" as they pertain to nursing homes.

If this is your first ever exposure to either of those terms – let me briefly explain what they mean. The whole essence of "culture change" is to give residents the freedom to direct their care. Residents tell care-givers when they wish to get up in the morning, when they want to take their bath – when they want to eat, etc., etc. A part of "culture change" is "neighborhood." In short – what we are trying to do is put "home" back into nursing homes. To move away from an institutional, medical model – to a "home" environment.

This can be accomplished in several ways. You may be aware that some facilities are choosing to build "Green Houses." A Green House is a residential style home where perhaps 10 – 15 persons live. It looks very much like any other home – with the exception that it has a lot of bedrooms! Here at Bethesda, we are choosing to re-model our existing facilities (see Tax Credit Application Approved article). Whatever path a facility chooses to travel on during this transformational journey - we must always remember that it's PEOPLE not brick and mortar that is at the very root of culture change and neighborhoods.

What does "neighborhood" look like at Bethesda Home? In our assisted living wing, "neighborhood" is our assisted living residents gathering in the commons area at the end of each day to discuss the day's events. I see "neighborhood" when a resident, seated at the dining table, quietly takes three packets of "pink" sugar and places them next to her neighbor – even before the table mate arrives – because she knows that her neighbor is unable to reach them. Another neighbor asks, "Is everything okay with so and so? I haven't seen them for a couple of days." One neighbor pats the hand of another in our special care unit – because they sense that their neighbor is anxious and needs some reassurance. Neighbors living in our duplexes check on each other frequently – just to make sure everything's okay. Neighborhood is also "resident neighbors" checking on a "staff neighbor" after the recent loss of the staff member's mother.

A neighborhood is more than a physical location. It is also an emotional and spiritual experience. Remember that God said "...it is not good for man to be alone..." (Genesis 1:18). Images of home and neighborhood belong together. Without home – no neighborhood; without neighbors – no real home. And so it goes here at Bethesda. Life in the neighborhood is good. We welcome all of you to be a part of our neighborhood.

Linda Peters

Linda Peters, CEO/Administrator

Points continued from pg. 3

long-term care insurance policy or utilizing other means of savings and investments to provide for care in their senior years. Most people insure their homes for risk of fire, and health for risk of illness. They don't think twice about maintaining such coverage despite the statistically minimal risk of catastrophe to home or body. Why not prepare for the risks of aging? Are we openly discussing these moral issues in our families and churches?

With the challenge before us, how do we respond as members of a community of faith? We recognize that congregations and individuals face many challenges of their own in these difficult days and no one entity can serve as the primary source for funding the overwhelming shortfall (\$290,000) of uncompensated care. However, we do believe that congregations and individuals should consider Bethesda as an extension of their own ministries to those who are aging or are disabled. If we break this enormous shortfall down into smaller chunks, perhaps there may be Sunday school classes, men's groups, ladies groups, youth groups or individuals that

could commit to provide funding for uncompensated care for a day, a week, or a month, etc. (Designate gifts to Resident Care Fund.) –

\$27.50 would cover the shortfall of one Medicaid resident for one day

\$192.50 would cover the shortfall of one Medicaid resident for one week

\$825.00 would cover the shortfall of one Medicaid resident for one month

\$10,037.50 would cover the shortfall of one Medicaid resident for one year

Bethesda is deeply grateful for the strong individual and congregational support that we do receive – monetary, volunteers, board leadership, etc. These are gifts of time, talent and treasure that we truly celebrate and depend on. Join us in our efforts to follow Jesus' instruction in Matthew 25 to care for those who are hungry... or sick and needing care in ministry unto Him. "...In as much as you did it to one of the least of these, my brethren, you did it to Me." Matthew 25:40

Parting comments ...

Jan Schmidt

The Bethesda Mission Statement reads: Bethesda is a Christian community dedicated to provide the highest quality care in the name of Christ, for the elderly, retired, and disabled with emphases on: health care & nutrition, physical fitness, spiritual well-being, emotional stability, and a comfortable living environment. Bethesda is committed to a holistic approach in providing a continuum of care.

Translated into reality, those 53 words mean “work.” To accomplish this mission nearly 100 employees work at Bethesda, 42 volunteers come do their “work” at Bethesda, 12 Board members work through the agenda of the monthly Board meetings, community members and others “work” their jobs and make donations to Bethesda to accomplish our Mission.

A resident, or the family and friends of residents, see and experience the result of many decisions that are made by staff and the Board.

Our residents and their families feel the effects of the dreaded room rate increases. Each year the budget process reveals an increase in costs for the products and services needed to operate. Last year we took some bold steps to reduce the cost of insurance. This year Bethesda joined a group purchasing plan with the intent of reducing the cost of food purchased. While we budget and plan, unexpected expenses do occur like State regulatory agencies arbitrarily imposing thousands of dollars of facility improvements concerning issues that have always passed previous State inspections.

During this fiscal year, the Endowment Board and the Board of Trustees were combined and a thorough study was

done of our Endowment Fund investments, resulting in changes that we anticipate will be beneficial.

Last summer we shared the disappointment of our tax credit application being rejected. But it was heartening to see Pete continue planning and fundraising. Even though major funds were not available to implement the culture change project, the administration and staff persevered to reach our goals.

It is gratifying to see the participation of the community when the Pillar’s Banquet is the most successful ever, the spring fund raiser reaches its goal and brings in the highest receipts in 16 years, and Bethesda is the recipient of sizeable Christmas gifts. Your contributions are important to Bethesda and help us reach the goals in our Mission Statement.

I am grateful for the opportunity to contribute to the Bethesda Board of Trustees. Terminology like Corporate Compliance, Medicaid rates, Medicare Part A days, Risk Management Program, Statement of Policy, was foreign to me before joining the Board. The term that mystified the most Board members was “elopement.” When Linda discussed the issue of elopement, we learned that within the walls of Bethesda, elopement doesn’t mean that a young man leaned a ladder up to his sweetheart’s second story window, she escaped, and they lived happily ever after.

Thank you for allowing me to be involved with Bethesda. I will always cherish the friendships and memories.

(Jan served as board chair for the past two years.)

DID YOU HEAR???

One of the most common effects of using hearing aids is a feeling often expressed as “My head feels stopped up, my own voice seems as if it was coming from deep in my throat.” This feeling is called “occlusion.” Occlusion is caused mainly due to the fact that we are actually blocking our ear canals by putting hearing aids in them. Another cause is that low tone sounds are sometimes excessively amplified and our own voice is also amplified by the hearing aids. Better hearing aid designs are now available to

get rid of most of the problems associated with occlusion. Open fitting hearing aids and open earmolds also help with this problem.

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.

Givin' while you're Livin'



I am retired now, after enjoying many years as a high school math teacher and coach. I, like many others, always put some into savings and had a number of certificates of deposit. Over the past several years, the returns on my CDs have declined and/or shown a lot of volatility. I have checked around carefully, but there just are not any CDs with a good rate of return. I wanted a secure, yet highest return possible.

I had read some articles in past Bethesda Newsletters about Gift Annuities and decided to check it out. I was very pleased to discover when I set up an appointment with Pete, that based upon my age (71), a Gift Annuity would pay 6.6%. Plus, there would be a good tax deduction and a significant part of the income from the annuity would be tax-free for 15

years. Then I also found out that if I deferred receiving any payments for just 5 years I would actually get a fixed rate of 9.1% - plus the tax savings. (Rates will vary according to age of annuitant and one or two life annuities.)

After finding out how easy it was to set up a gift annuity, I transferred \$60,000 from several CD's that had matured into a Deferred Charitable Gift Annuity. I am delighted with my 9.1% deferred annuity. I am pleased with the charitable deduction and the tax savings that I will get this year and possibly for several more years.

Fixed payments from the gift annuity will be more than four times what I was receiving from my one-year CDs, and I was pleased to learn that over my life expectancy I will receive \$64,428 and my named

charities will receive approximately \$60,000. I am very pleased with the increased income and the charitable contribution I am able to make.

I was so pleased that I had stopped at Bethesda first because I found out, that since Bethesda processed the gift annuities through the Mennonite Foundation (a donor advised foundation), I could make just one gift annuity and name several charities as recipients of the annuity when I die – one stop took care of it all. Thanks to Bethesda for your commitment to serving others.

(Some details were altered to preserve anonymity of this testimonial.)

“If you're givin' while you are livin', then you're knowin' where it is goin'.”

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
Pressure Relieving Pads - Marlyn Unruh
Wheel Chair - Marlyn Unruh
Special Care Unit - Wilbur Walker
Designation Pending - Marie Voth
Resident Care Fund - Pat Koch
 - Pete Flores
 - Shirley Johnson
Room Renovation - Alfred F. Schmidt
 - John H. Reimer
Pet Care - Pat Koch
Butterfly Garden - Pat Koch
Video Camera - Milford Franz

Welcome

Esther Flaming
Mary Padgett
Weldon Vogt
Terence Hanna
Rosella M. Wedel
Esther Williams
Alvin Dalke
Otto Quiring
Floyd Lehrman

In Memory

Milford Franz
Marlyn Unruh
Wilbur Walker
Pat Koch

New Employees

Lisa Koehn
Sara Sebring
Grace Solorio
Michelle Stagner
Magna Starkey
Samantha Campbell
Amanda Schrag

Dismissals

Leslie Suderman
Weldon Vogt
Rosella M. Wedel
Terrance Hanna
Mary Padgett



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Bethesda Newsletter is now on-line at www.bethesdahome.org – tell your friends about it!

On behalf of Bethesda Rehabilitation Department, I'd like to say a big THANK YOU to the Bethesda staff and the community. Due to your generous donations, we were able to purchase a NuStep® Cross Trainer. The NuStep® is similar to a stair stepper, except in a recumbent position. Residents are able to exercise their arms and legs with much less stress on their joints. Because of the easy glide motion, many of our residents are able to enjoy exercising again – even those who have not been active for years!



Rachel Reimer, resident (left) and Paula Guhr, staff person (right) take their turn on the new NuStep®.



"This is fun!" said a resident of the Special Care Unit. Marietta Voth reports that after her hip surgery, riding a stationary bike was painful, but she's able to use the NuStep® without any pain. "I really like to exercise on this machine because it is not hard on my heart," said Magdalene Diener. Even the employees are enjoying the "new toy" after hours. Duplex residents are encouraged to use the NuStep® in the late afternoon or early evening hours, when there is less activity in the therapy room. – Terri Bockhaus, CPTA