

HERITAGE *of Care* THE BETHESDA LETTER

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

All in the family

For residents at Bethesda, the word “family” means much more than who you are related to.

When a resident moves into Bethesda Home they are immediately joining a large family. Residents gather together daily to visit, exchange stories, eat together and laugh together. What better way to spend your time than with people you love and who also love you.

This family atmosphere is one of the main reasons the biological families of the residents feel so good about their choice in Bethesda Home.

Brenda Buller, daughter of Susie Goertzen has grown up knowing Bethesda provides the best care an elder could ever want or need in their final years. That is why she feels so good her mother Susie makes Bethesda her home.

“I appreciate the fact that they are such a close-knit group. They spend their evenings together, act just like a family and care about each other,” said Buller.

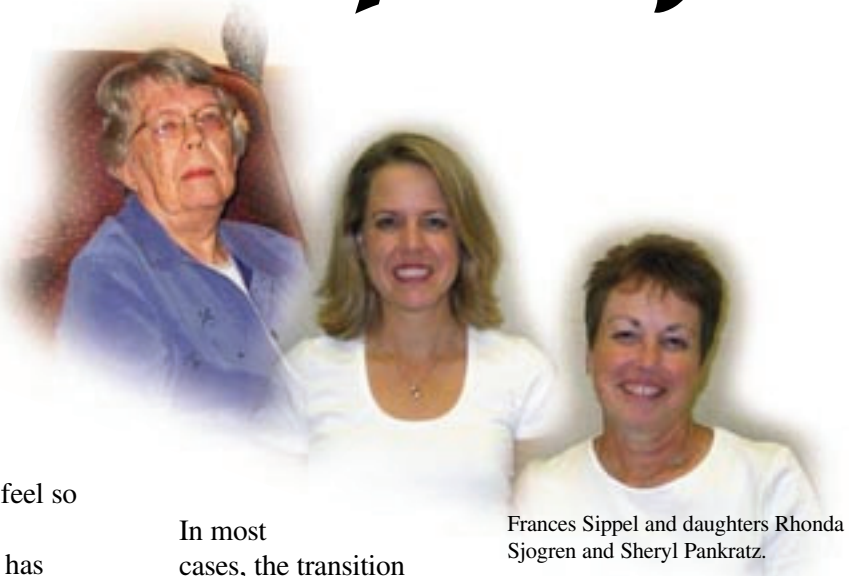
Sheryl Pankratz and Rhonda Sjogren are daughters of Frances Sippel, who has been a resident at Bethesda for four years. They feel Bethesda does an excellent job of providing a family atmosphere for the residents.

“The nursing staff knows every resident by name,” Sjogren said. “That is not something you see at every long-term care facility. Bethesda has an advantage in the personal care it provides.”

As children of a resident, there are a couple little things Rhonda and Sheryl have noticed that they really appreciate about Bethesda.

“It is very clean and does not smell like a nursing home at all,” said Sjogren.

“Bethesda provides good meals too,” Pankratz added. “It is the little things like this that really make Bethesda a desirable place to be.”



Frances Sippel and daughters Rhonda Sjogren and Sheryl Pankratz.

In most cases, the transition from independent living to long-term care is difficult for both the resident and the family.

For Susie Goertzen’s family, just knowing she would be at Bethesda gave them peace of mind.

“It gave our family a sense of peace, knowing that mom would be around other people that would really care about her,” said Buller.

For Rhonda and Sheryl, it was the appeal of the Alzheimer’s unit that drew their family toward Bethesda.

“Our dad (Leonard Sippel) was in need of special care, and Bethesda was very well recommended. The Alzheimer’s unit took very good care of him,” said Pankratz.

When asked if there was any advice she would give other families who are in the process of transitioning from independent living to long-term care, Buller had some helpful suggestions.

“The more ownership you can give the parent, the better. Let them decide what they want to take with them, and give them as many choices as possible. For Mom it was really a necessity to move into long-term care, but we tried to make the

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Walt's Wisdom...

WHAT IF?

WHAT IF, in a holy fit of grace and gratitude, I decided to change my world by shifting my attitude just a little? Jesus asked the weary, unsuccessful fishermen to lower their nets on the other side of the boat. Guess what: a boat-sinking catch! (John 21). Sometimes the world I live in does change in amazing ways when I see differently, when I choose to change the way I think and act.

WHAT IF I DECIDED . . .

1. To be unafraid?
2. To do an anonymous, secret act of kindness for someone who annoys or hurts me?
3. To unexpectedly say "Thank You"?
4. To save up one smile for a moment in the day when I felt a frown forming?
5. To laugh at a mistake I make?
6. To plan a tiny prank of love and attention for someone having a bad day?
7. To exaggerate a small problem to blow it up and push it over the cliff before it can do damage?
8. To express a sincere compliment when I notice a task well done or a simple kindness acted out?
9. To write a short, anonymous note of encouragement to someone?
10. To end my work day by writing in my private book the name of someone whom I disliked so that I could pray a blessing and release: "Lord, _____ hurt me; please

_____ bless _____ for me; I give _____ into your care; and please give me a clean heart"?


11. To label a "gratitude jar" and throw in a quarter when I sign in for work as a thank you for employment? And then took my time to think of the ways my "gratitude money" could be used to create "joy to the world."
12. To wait at the clock-in and greet every co-worker on my shift by name and with a good wish for the day?
13. To plan one gift of attention/kindness to give a resident or co-worker today?
14. To come 5 minutes early and meditate in the quiet room, listening to God in me?
15. To end my day by reflecting on (jotting down) one fine thing I did?
16. To end my day by remembering one fine thing someone did for me today?
17. To end my work day by naming one task or problem I want to do better tomorrow?
18. To end my work day by naming the ones to whom I am coming home, imagining the delight I will be for them?
19. To plan and complete one inexpensive activity of at least 20-30 minutes to be kind, compassionate and delighting to myself, the holy and loved one inside me?
20. To invest 10 minutes in meditating and reflecting on the person I am becoming today because of the people I met, the work I did, the attitudes I chose, the surprises and opportunities that happened to me?

WHAT IF?



Walter Friesen, Chaplain

LIFE IN THE NEIGHBORHOOD



I've been thinking . . .

Tsunami's, war in the Middle East, terrorists, hurricanes, floods, earthquakes—no matter where we turn the harsh realities of life confront us.

I heard a news story the other day. The main thrust of the story was that Americans are becoming "donor fatigued." It went on to say that while we recognize that there are great needs out there, we are becoming weary of donating to all of these disasters. People feel "tapped out."

Americans, in general, tend to be very generous and responsive to people in crisis. I think it is also true that Americans tend to have very short-term memories. If we are not confronted daily with pictures of "victims" (i.e. hurricane/earthquake survivors, etc.) we tend to forget that real suffering continues—long after the media have left. Every time I am feeling a bit "fatigued," I remind myself that I am blessed with all of life's necessities—a home, clothing, food, a job—as well as life's luxuries—a decent car, more than one pair of shoes, restaurant meals, entertainment, etc. Remembering how blessed my life is impels me to dig a

little deeper into my pocket and donate to persons who are not as fortunate as I am.

Those of us who work here at Bethesda Home are keenly aware of how dependent we are on the generosity of our family of supporters. There is no way this institution could have survived 106 years without the community of supporters who have provided us with workers, volunteers, goods and services, financial donations and prayers.

By the time you read this newsletter, we will have celebrated our 17th Annual Pillars Banquet. More than a dozen persons who attended this year's banquet have been doing so each year since it began in 1989. We are grateful for their "long-term" support, and we are grateful to each and every one of you who have generously supported the Bethesda mission through the years! In this season of Thanksgiving, we say "Thank You." May you feel blessed and not fatigued by your unselfish giving.



Linda Peters, CEO/Administrator

Carolyn's Corner...

Some of the recent major activity events that were enjoyed by the residents and staff during the past three months include:

- Willie & Rodi Longenecker from Ontario Canada provided a program of gospel music.
- The annual Halloween costume parade of pre-school children, children from Joyful Noise and the grade school children.
- A style show put on by the Bon Worth store of the Newton Outlet Mall. Staff and residents served as models as the other ladies in attendance enjoyed refreshments.
- A variety musical program given by Max Dunn from New Mexico.
- A hamburger fry on Bethesda's front lawn for staff, residents and family members of residents. Approximately 165 enjoyed the perfect weather, food, fun and the guitar and hammer dulcimer entertainment that was provided by Rick & Denise Woelk, who are both dedicated employees of Bethesda.
- The Potter's Wheel message given by Mr. Paul Friesen.
- Sunday afternoon Chapel Services provided by the pastors from the Alexanderwohl Mennonite Church, Bethel College Mennonite Church, Buhler Mennonite Church, Goessel Mennonite Church, Parkview Mennonite Brethren Church, Tabor Mennonite Church, and Bethesda's Chaplain, Walt Friesen.
- Friday evening programs given by Sunday School Class and small groups from the Alexanderwohl, Tabor and Meridian Mennonite Churches.

Intergenerational Activities

A new activity that just started this fall is led by Tom Krehbiel and his 4th grade class who come each Friday afternoon to teach us Bal-a-Vis-X. Bal-a-Vis-X is an exercise program to help residents improve their balance, auditory and vision abilities. The residents look forward each week as to what new exercise they will learn.

The award winning "Generation Bridge" group meets each Wednesday afternoon with the residents. Ilona Abrahams' fifth grade class comes to Bethesda with a variety of planned activities for the children to interact with nursing care and independent living residents. Activities may include crafts, playing stimulating games, making peppernuts at Christmas time, etc. Many of these children have adopted another "grandparent" that they visit at other times too.

A third intergenerational activity for the residents is the "Grand Kids." These children attend the Joyful Noise Community Child Care "after school" program and come to Bethesda each Thursday afternoon to do crafts, play games, watch videos, etc. with the residents. Many of the residents look forward to all of these intergenerational activities with these children each week.

The year is quickly coming to a close. Each of the neighborhoods are beginning to make their holiday plans for decorating their "home", planning parties, etc.

Carolyn Arrowsmith

Carolyn Arrowsmith, Activities Director

Memorial Gifts

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

Designation Pending

Henry Schmidt
Marie Voth
Tina Voth

Resident Care Fund

Rosella Friesen
Adeline Dixon

Welcome

Marlene Schwind
Rosella Wedel
Verla Eastman
Rosalie Voth
Virginia Learned
Lois Walters
George Helmer
Eldon Retzer

Dismissals

Verla Eastman
Virginia Learned

New Employees

Barbara Harms
Julie Aycock
Mayola Patterson
Kendra Guhr
Kristina Warren

In Memory

Adeline Dixon
Tena Voth
Rosella Friesen
Henry Schmidt
George Helmer
Ralph Albrecht
Otto Voth

Building Community and Changing Lives (BCCL)

Project Update

“Culture Change,” “Neighborhoods,” BCCL—what is this all about? What is the cost?

Many of you have perhaps seen the recent CBS News segment of “Eye On America” that featured the changes made in a nursing home in Manhattan, Kansas with a repeat airing on local news. The message given is clear—the clinical/staff-driven model of care provided in long-term care facilities is being replaced by a much more favorable social/resident-driven model of care expected by today’s culture. The clips shown of their facility renovation are a very timely visual to help explain Bethesda’s BCCL renovation project. For those who missed the visual, we will be happy to share such visual details with you.

Many have responded very favorably to the BCCL plans and feel the community will provide the financial support to see the successful completion of a \$1.5 million campaign. Following is a projection of the broad financial picture of the project:

Total estimated cost of the project	\$1,350,100.00
Endowment	\$149,900.00
Total	\$1,500,000.00

Total cash & intents anticipated by 12/31/05 (includes tax credit \$) = or 41% of the total project	<u>\$618,400.00</u>
Balance to be raised by cash gifts and intents to be given over the next three to five years to complete the project without incurring any debt.	\$818,600.00

Several foundation funding sources are being considered to assist in raising the amount, some of which may be matching grants. Gifts and/or intents will need to be received before the foundations will contribute. Plans for the campaign are currently being finalized. Look for our public launch and formal campaign announcement after the first of the year.

At this time, Bethesda is pleased to announce that Fred P. Schmidt and Richard Drake have agreed to serve as volunteer campaign co-chairs for the “Building Community and Changing Lives” fundraising campaign; other leaders are also being recruited.

“With God’s help and direction, coupled with the prayers and financial support from those who believe in Bethesda’s mission, Bethesda Home will meet the needs of future generations and continue to care for those who gave so much to our community for many years,” said Fred Schmidt, BCCL campaign co-chair and former chairman of the Bethesda board of trustees. “Our forefathers took huge steps of faith over 106 years ago, and we must do the same.”

Foundations and individuals respond favorably to the pleas for supporting the needs of our children who are the future leaders of our communities and country under the coined phrases such as “Caring for the future” and “Investing in our leaders of tomorrow”—very worthy causes.

Another very worthy cause is to express our gratitude and concern for those whose lives paved the way for us today, “Caring for past generations”—our parents, teachers, engineers, pastors, nurses, factory workers, farmers, etc. “Caring for those who cared so much for us”—a ministry of Bethesda Home.

NEW BENEFIT IN 2005 FOR MAJOR YEAR-END GIFTS

The US Congress recently passed the Katrina Emergency Tax Relief Act (KETRA) that may allow a donor to deduct up to 100 percent of their adjusted gross income for gifts given to qualified charities through December 31, 2005 instead of the standard 50 percent of AGI limit. This Act only applies for calendar year 2005.

Q. Must the gift be for Katrina relief?

A. No, if the gift is from an individual, but yes if it is from a corporation. A corporation may give up to 100 percent of taxable income for Katrina relief. An individual may make a 2005 year-end gift to public charities for any purpose.

Bethesda’s “Building Community and Changing Lives” project and/or Bethesda’s Endowment Fund are worthy of such major year-end gifts. This Act may be particularly beneficial to persons in the higher tax brackets and those with excess retirement assets. Contact your tax advisor to see how this new legislation may benefit you and your favorite charities, and contact Pete Flaming to assist you with your designated gift to Bethesda.

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transition more about what she wanted than about what she had to do.”

For many families, there is an overwhelming sense of joy once they discover what kind of care Bethesda provides and how happy their family member is once they are acclimated to the Bethesda environment.

Buller enjoys the accessibility made available for families of residents.

“I like to pop in and out. She is just so close and gets to interact with long-time friends from church, while also learning to know some other people as well. It has been fun for her.”

“A lot of people mom knew well during her younger years she has become reacquainted with here at Bethesda. It has been fun for me to get to know some of mom’s friends that I didn’t know very well before,” said Buller.

For the Sippel family, there were also many joys experienced in seeing their mother thrive in Bethesda’s home-like environment.

“Mom was in assisted living to begin with, and at the time it was all women. They would have lunch together and after lunch have a gab fest. She really liked that,” said Sjogren.

“Dad was in special care and they (Frances and Leonard) could spend time together and have meals together even though they were in separate areas of care. A lot of personal care was involved,” explained Pankratz. “The staff made sure they could visit each other, and we really appreciated that.”

Pankratz also went on to share how Bethesda is a good place for family gatherings.

“We would all go visit in the flower garden, and they had areas for our family to gather for Thanksgiving and Christmas gatherings as well,” she said.

One of the main questions that arises when deciding on a facility for long-term care is the quality of their nursing staff.

Buller had nothing but good things to say about the staff at Bethesda.

“I don’t have any complaints at all. They seem like a very concerned bunch. The smaller group feel of Bethesda works better than a larger home.

“There is consistency here and less turnover in the staff. They know her (Susie) very well and have been good to her. They have also listened to my suggestions and ideas as well.”

Pankratz and Sjogren have had very similar experiences with the nursing staff at Bethesda.

“They’ve been very helpful, cooperative and caring. They keep us informed. I believe it takes a very special person to be a nurse,” said Pankratz.

Sjogren agreed, “They all seem to be very cheery and very helpful.”

She went on to express her gratitude for the nursing staff.

“My husband’s mom is in another facility, and they have many temporary workers. The residents there don’t always

know who their caretakers are. At Bethesda, Mom knows each of her caretakers by name and has a personal relationship with them. In a situation like long-term care, you want to know your caretaker well. You want the same person to care for you every day.”



“It gave our family a sense of peace, knowing that mom would be around other people that would really care about her,” said Brenda Buller, daughter of Susie Goertzen.

“At Bethesda, it is very personal care,” said Pankratz.

“Having the same caregiver helps to check the meds that they are receiving and get to know who needs special help with certain things,” said Sjogren. “This is what Bethesda is good at.”

When choosing a long-term care facility, many things come into play in the decision.

For Susie Goertzen, it was entirely her decision, and it came down to the fact that it was very close to home, to family, and also close to church. Goertzen is a member of Tabor Mennonite Church located a few miles south of Goessel.

“Mom made the decision, and we all agreed it was a good one,” said Buller.

For Frances Sippel the decision was based more around Bethesda’s reputation for quality care.

“Bethesda is one of the best, especially for special care, and we needed that for Dad,” said Sjogren. “Not every place has good long-term care and special care as well as good assisted living. We knew that moving our parents there would be a good decision no matter what.”

Before moving to Bethesda, Susie Goertzen lived in Hesston at the Hickory Homes. Her move to Goessel from Hesston was a natural one, and she knew many people at Bethesda.

For Frances and Leonard (who has since passed away) the move was a chance to get to know new people since they had lived and farmed in the Lindsborg area most of their lifetime.

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Letter to Our Children

To Our Dear Children:

We want to tell you about a decision we made recently and some of the reasons behind it. But first, we want you to know that we are very proud of you and thankful for the honor of being your parents. You have brought us great happiness.

As we get older, we find ourselves thinking more and more about our estate, and what to do with it when we are gone. Our holdings, though modest by some standards, represent a lifetime of working, saving and investing. We want to dispose of these things in the right way, not only for you, but also for us and the legacy we desire to leave behind.

Our first responsibility, as you know, is to care for each other. If one of us should precede the other in death, we want the remaining person to have enough assets to live comfortably and to meet any unforeseen emergencies. Because our estate plan addresses these matters, we are able to face the future with confidence, self-respect and the knowledge that we will not be imposing a burden on our children for our financial needs.

Our second responsibility is to pass along to you, our precious offspring, a portion of our estate in order to provide you with a final and tangible expression of our love for you. It is also a way for us to assist you in meeting some of the challenges and opportunities you will face in the years ahead. The nature and value of these estate gifts will depend, of course, on several things, including the actual content of our future estate.

Our third concern—and this is why we are writing this

letter—pertains to our involvement with Bethesda Home and some other charities. As you know, we have supported Bethesda for many years. We believe in their mission and want them to be financially strong so they can continue to make a positive impact in our community for a long time.

We had thought of naming Bethesda in our will to someday receive a significant gift. But then we learned about a gift device called a “charitable remainder unitrust” that not only allows us to make a major gift now, but also provides us with additional income throughout the remainder of our lives. Every quarter we will receive income from the trust that we can either use to make additional contributions or, if needed, apply to our own needs.

While funding the unitrust has reduced the size of our estate, we want you to know that we have not invaded what we plan to pass on to you. We also want you to know that this planned gift to Bethesda has been a wonderful experience for us—the highlight of our lives as donors. To put it simply, we are thrilled!

Our hope is that someday you also will have the opportunity and inclination to do the same thing with a portion of your own estate.

*Affectionately,
Mom and Dad*

(If you have been thinking about making a planned gift to Bethesda Home, or about establishing or updating your estate plan, contact your Financial Planner to get the details, or contact Pete Flaming at Bethesda Home for assistance in taking this gratifying and “thrilling” step in your life.)

DID YOU HEAR???

Many of my patients with a severe to profound hearing loss often ask me, “Is there anything available for waking me up at night in case my fire alarm goes off and I cannot hear it because of my hearing loss?”

There are many types of assistive listening devices (ALDs) that are available which can do exactly that. There are pillow shakers and bright flashing strobe lights that can be connected to work for a fire alarm, door bell, telephone or an alarm clock. There are ALDs which can give a crisp and clear sound via headphones from a transmitter connected to a radio, TV, or any audio output for devices like a computer. Many ALDs are available for a variety of uses for individuals that have a hearing loss.

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.

Thanks for your input—Thanks to many of you who have shared your thoughts and wisdom in responding to the recent Planning Survey to help guide the Board of Trustees in planning for Bethesda’s future. Approximately 9% of the mail surveys were returned and a number of households are also being visited to gather expanded information. The Board and Administration of Bethesda continue to covet your prayers and guidance as we strive to meet the needs of our community and to fulfill our mission of providing a full continuum of care for those who choose Bethesda as their home.

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Even so, the Sippels did have some relation in the Goessel area. Frances's mother, Agnes (Loewen) Weyand, was one of the first telephone operators in Goessel, and many of Frances's cousins still live near Goessel.

The areas of care at Bethesda are as varied as the resident's needs.

For Susie Goertzen, the nursing care unit helped get her back in action after a brief hospital stay.

"It was not life threatening or anything, but the staff at Bethesda was very concerned and made sure to put her into nursing care to keep a very close eye on her," Buller said.

Currently, Goertzen calls the assisted living unit home and enjoys the benefits and freedoms it allows.

Frances Sippel has made full use of Bethesda's facilities.

"She has used all of the facilities except for the apartments," said Sjogren.

The Goertzen family grew up with Bethesda. Buller's grandparents

were residents there.

"It has been around as long as I can remember. I can remember visiting my grandparents there. Many things have changed though," Buller said.

For the Frances Sippel family, there was no immediate connection to Bethesda, but that didn't stop them from finding the best care possible for their mother and father.

"Living in Marion County, we had always heard good things about Bethesda," said Pankratz.

Everyone has favorites and for these two Bethesda residents, the favorite list abounds.

For Goertzen, the group activities are high on the list.

"She likes the evening meetings the most," said Buller. "I feel like Bethesda is definitely the best option for mom."

Sippel enjoys a number of things as well, but lists her favorites as Bible studies, sing-a-longs, and the Generation Bridge program.

"Mom loves the sing-a-long times even though she says she doesn't sing," said Sjogren. "She really enjoys the Generation Bridge program too."

The Generation Bridge program connects an elementary school child with a resident at Bethesda. It gives two very different generations a chance to interact.

Pankratz found her mother was also very appreciative of the scheduled off campus activities.

"She really enjoys getting out and appreciates the accommodations Bethesda provides for this," she said.

Some examples of outings include van rides in the fall, shopping trips and going out to eat.

For natives of Goessel and Lindsborg, Bethesda has proved to be a caring place where family extends beyond the bounds of blood.

Bethesda's Christmas Wish List



Would your family, Sunday school class, or office party like to give a Christmas gift that keeps on giving? Pool your resources and select one or more items below. Give cash or make checks payable to Bethesda Home. To assure that specifications are met, Bethesda will purchase the items. Notify Pete (620-367-2291) of your selections soon. Thanks to the many families and groups that have contributed over \$55,000 for Bethesda Christmas gifts over the past 7 years.

Resident Care Fund – any amount acceptable

DVD's and/or CD's for Special Care Unit – \$30 to \$80

Pressure Relieving Mattress Pads – \$80 each

Bulletin Board for Assisted Living – \$80

Commercial Blender for Dietary Department – \$400

Cushions for benches in the Special Care Unit Courtyard – approx. \$400

Twin Stack Plate Heater for dietary dept. – \$1,500

Hustler BAC-VAC – \$2,350

Renovation of Resident Rooms – \$3,000 each

Electric Bariatric Resident Bed – \$5,000

Wireless Resident Assistance System for nursing care

– \$30,000 (any amount toward this major expense is acceptable)

– current call system is aged and was damaged by electrical storm



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(620)367-2291
FAX 620-367-2294
www.bethesdahome.org

CEO/Administrator:
Linda Peters

Contributing Advisor:
Pete Flaming

Editor:
David Baker

Mennonite Bethesda Society

408-412 East Main
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Bethesda Newsletter is now on-line at www.bethesdahome.org – tell your friends about it!

Bethesda's Seventeenth Annual Pillars Banquet was held on November 5 at the Cross Wind Conference Center near Hesston. The 158 who attended were welcomed by the Bethesda Board Members, who also provided valet parking. Everyone enjoyed the beautifully decorated front entrance to the Conference Center, compliments of the gifts/creativity of Sharon Boese. A delicious meal of barbequed brisket, smothered chicken breast, scalloped potatoes, green beans, salad, and butterfinger dessert was followed by a musical program provided by "Sisters Forever" - Wendy Schrag, Gayle Funk, Denise Nickel, Barb Banman, and Sharon Adrian - all daughters of Lee & Alice Funk.

The Pillars Banquet is a major fund raiser for Bethesda that has generated nearly \$380,000 toward the bond indebtedness for the construction of the Assisted Living apartments and the expansion of the dining room completed in 1989. This year 163 donors contributed over \$22,440, plus \$1,200 was received from corporate sponsors toward the cost of the event for gross proceeds of \$23,640. Nineteen "Pillar Families" were given special "Pillars Honor Roll" recognition for having contributed to all seventeen banquets thus far. It was announced that if next year's proceeds equal or exceed this year's gifts, enough funds will be available to pay off the bonds that mature in June 2007, and funds raised from the Nineteenth Annual Pillars Banquet will go toward a new project!

