

HERITAGE of Care

THE BETHESDA LETTER

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

Introductions

It isn't very often that one would need an introduction at Bethesda.

For the most part, everyone knows each other on a first name basis.

Even though there are three new faces in the Bethesda staff, you wouldn't know it watching how they interact with residents and other staff. These new faces seem to have been here all along.

Gail Graber, Chaplain, joined the Bethesda team in the middle of August, this past summer, Eric Schrag, Director of Marketing and Development, joined the Bethesda staff on August 29 and Autumn Hanson, Director of Fun, joined Bethesda on the first of August.

Graber works two days a week at Bethesda, and three days a week at Eden Mennonite Church in rural Moundridge as a minister of visitation.

"So far, I've kept the routine of the previous chaplain (Walt Friesen)," said Graber.

When asked how she became Bethesda's new chaplain, she replied by saying that Friesen was a good friend of hers.

"He (Friesen) asked me if I might be interested in taking over for him when he retired," said Graber. "He knew that I was just finishing up my schooling to become a chaplain and thought it might work out well if I stepped into his position."

Graber finds her two jobs have very similar aspects.

"I try to connect with people in both settings. Here at Bethesda I am really trying to connect with both the staff and residents," said Graber.

One way she is connecting is through Bible studies.

"We have Bible Study on Monday mornings," said Graber.

Another opportunity for Graber to connect has come on Thursdays during sing along time.

"Bethesda is a great place. There is a real sense of community here. I'm getting to know everybody and feel like I am already a part of this special caring family," said Graber.

Autumn Hanson, came to Bethesda with a history of working in retirement communities.

She describes herself as the "crazy one."

Known for her horse named Pecos Pete and her wooden friend Hattie, Autumn always keeps the residents entertained and excited to see what she will do next.



Eric Schrag
Director of Marketing/
Development



Autumn Hanson
Activities Director



Gail Graber
Chaplain

She is in the process of training a therapy dog whose name is Teddy. Teddy, a Poodle/Lab mix has a quiet and friendly disposition and really relates well to the residents.

"I'm still getting acquainted with everyone, but I feel very much at home here," said Hanson.

"From the moment I walked in the door I was very impressed. There were no codes to push before leaving and it didn't feel like I was in a nursing facility at all. It was a very home-like environment. Things are a lot more fun here than I have ever experienced anywhere else," Hanson said.

A typical day for Hanson involves announcing the activities that are taking place. Some of the activities include: crafts, baking, Generation Bridge with the fifth graders, Bal-A-Vis-X, which involves hand-eye coordination activities with the 4th grade class, and of course, bingo.

"The duplex residents are always invited to come and join in the activities as well," said Hanson.

"We are trying to make the activities take a front row seat to anything else that might be happening. For instance, if one of the residents is scheduled to take a pill, we won't interrupt the activity just for that. Things that can wait 15 minutes will just have to wait. We want the residents to enjoy their activities without being interrupted," commented Hanson.

For Hanson it is all about providing freedom to the residents to enjoy their day as much as possible.

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God's Gift...

Greetings from one of the newcomers! I am so glad to be a part of the Bethesda Community. Community is kind of an interesting phenomenon. Basically it is a group of people living together in one location. But Dietrich Bonhoeffer says, "Community is a reality created by God into which we are invited to participate." Being invited means each person is welcome and each person is treated with respect and dignity. Sometimes I think we want to take the credit when community works in a healthy way. But really it is a gift, granted by God, for which we can be grateful. And I am. It is wonderful to have sharing in our weekly Bible Study, joyful participation in the sing-a-long, and attendance at memorial services. But even more than participation in those activities, community is the genuine caring for one another that happens here demonstrated by help given to residents, by working together, by the general atmosphere of service. So as we continue to live and work in this community of Bethesda, we thank God for the gift and we remember that we are all created in His image and called into community.

Gail Graber

Gail Graber, Chaplain



As you can see, we've had a number of key staff changes here at Bethesda Home. While it's always difficult to say good-bye to old friends, it's been fun and energizing getting to know Autumn, Gail and Eric. If you haven't already done so, please feel free to stop by and say "hi."

By the time you read this, our 18th Annual Pillars Banquet will be history. For the last 18 years, the monies raised from this event have been applied to the bond debt that was incurred to construct our Assisted Living Unit and Dining Room (construction completed in 1989). What a joy (and relief!) it is for us to have this debt finally paid for. We can now look ahead to our Building Community – Changing Lives (BCCL) campaign. It's thrilling for all of us when we think about the wonderful transformation that this old building will go through as we create "home" for our residents. Your support of the BCCL project is much appreciated. In this season of Thanksgiving, I say THANK YOU to our family of Bethesda supporters.

Blessings!

Linda Peters

Linda Peters, CEO/Administrator



Autumn's Attic

Time has gone so quickly! But, you know they say time flies when you're having fun. Speaking of fun, the new job title for Activities Director is now called the Director of Fun. I haven't quite built up the confidence to write D.O.F. on the charts.

I have spent these last few months getting to know the wonderful folks that live here at Bethesda Home, and I've learned some of the things they do and don't like to do. Believe me they will definitely tell you when they don't like something! My goal is for the "folks" to tell me what they would like to do for activities, and find a way to make those wishes happen. I do have many ideas for activities that the folks are enjoying. I also wish to respect the independence of each individual, and offer activities for groups and activities that can be done independently.

One of the new activity programs is the "No Sew Quilting." Many of the ladies here were quilters, however due to the inability to sew they have given up this pursuit. We have been creating beautiful quilt blocks by using special glue for fabric to join the pieces to our blocks. If anyone has quilt patterns they would like to share with us they would be most welcomed.

Several of our folks are crafters, and those that had never crafted before are enjoying this. If anyone has any ideas for simple crafts they would again be most welcomed. Some family members have offered craft ideas that we will be using in future craft sessions.

Lastly, I attended a continuing education session with the Kansas Activities Directors Association. One of the classes involved the making of memory boxes, which are small shadow boxes filled with items that reflect our "folks" past. Such items could include an old photo, a hankie, medal, or other things that would evoke a memory of the past. Not only are these helpful to recreate memories, they also work to help us become more familiar with the people we care for. They are great conversation starters between the folks and volunteers that visit. These boxes can also be accompanied by a simple "life biography." Simple questions asked and the answers written down. If you would like more information on helping to build a memory box for your loved one, please contact me.

I look forward to spending more fun filled moments with the wonderful folks here at Bethesda Home.

*Autumn
&
Jeddy*

Autumn Hanson,
Activities Director



Bethesda Home Christmas Wish List

Consider a family gift or a SS Class gift to charity
this Christmas to enhance the ministry of Bethesda.

1. **"Building Community and Changing Lives" Campaign** (renovation project establishing a personalized home environment that nurtures human relationships and spiritual development for each resident) - any amount acceptable to help meet the Mabee Foundation grant.
2. **Resident Care Fund** (Helps defray the costs not covered by Medicaid which average about \$17.50 per day or \$6,600 per year for each Medicaid resident. Approximately 60% of our residents are on Medicaid).
3. **Pet Care** (fish, birds, cat) – any amount acceptable
4. **Pressure Relieving Mattress Pads** – \$80 each
5. **Pill Crushers** - \$100 each
6. **4 - Vacuum Sweepers** - \$100 each
7. **Combustible Gas Leak Detector** - \$200
8. **Sewing Machine** - \$200
9. **Sewing Machine cabinet** - \$250
10. **Wheel Chair** - \$300
11. **Metal Picnic Table for Walking Path Park area** - \$600 (approx. \$300 remaining)
12. **Oxygen Concentrator** - \$700
13. **Metal Park Benches for Walking Path** - \$850 each
14. **Twin Stack Plate Heater** for dietary dept. - \$1,500
15. **Electric Bariatric Resident Bed** – \$3,000
16. **Wheel Chair Accessible Glider Swing** - \$3,000
17. **Sit-to-Stand Lift** - \$3,500
18. **Bladder Scanner** - \$11,500



Give cash or make checks payable to Bethesda Home. To assure that specifications are met, Bethesda will purchase the item(s). (Donors / memorials will be appropriately identified on all suitable items.)

May you be filled with joy and happiness this Christmas season.

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E-mail - eschrag@bethesdahome.org

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"They need to be in the driver's seat and decide what they want to do. There is no such thing as being late to an activity. They can come whenever they can and jump right in!"

Eric Schrag came to Bethesda after spending several years working at Bethel College as the Associate Director of Development.

"I wasn't really looking for a change, but the more I heard about it, the more excited I became," said Schrag.

"I learned about the variety that this job offers."

Variety is an understatement for Schrag's position. His duties include planning and arranging all aspects of the annual Pillars Banquet, overseeing the newsletter, heading up the spring fundraiser, working with keeping the duplexes filled and working with new construction of duplexes, as well as general fundraising and that doesn't even include campaigns.

"I also work with memorial gifts that are given in memory of a loved one," said Schrag.

A big perk for Schrag was the fact that he was already living right across the street.

"I have been living in Goessel since we moved back from Washington and it just seemed like the perfect fit to work here as well. I really love the Goessel community and it's been great to be a part of it. I can walk Julianna to school and have lunch with my family everyday. That's been a real blessing," said Schrag.

Not only is Schrag's new position convenient, but it is very fulfilling as well.

"It's a great environment to work in," commented Schrag.

"We get together and have devotions every morning. We have staff meeting Monday, Wednesday and Friday, which brings us together as more of a community too. We get to stay in touch with the administrative staff."

Getting to be close with the staff at Bethesda is only part of the job of the administration. They all make it a point to



Left: Eric Schrag poses with Hattie, a special resident who accompanied Autumn's move to Bethesda.

Below: The group briefly reigns in Pecos Pete, Bethesda's favorite equestrian resident.



get to know the residents personally as well.

"The residents are great. There are so many people who are so much fun to talk to. Every staff member here approaches his or her job like a ministry," said Schrag.

Anyone who walks through the doors of Bethesda and observes for a few minutes would have to agree. This is one place where everyone is cared for and everyone feels right at home.

Giving made easier!

The "charitable IRA rollover" concept has been proposed for years, and now it will get a two-year tryout. Permission to ask one's IRA trustee to send a check to charity will be a convenience, of course. It also can yield important tax benefits, compared to the alternative of taking a withdrawal and then writing out a check for the same amount of money to charity:

- *No extra income to tax.* The amount transferred to the charity won't be included in adjusted gross income. Those who don't itemize their deductions will, therefore, still get the full tax benefit for their donation.
- *No additional tax on Social Security benefits.* Depending upon one's other retirement income, a withdrawal from an IRA may trigger additional tax on Social Security benefits, even if the money is given to charity. Not so with a direct transfer from the IRA.
- *No phaseout of other tax benefits.* At higher levels of income, a surtax eliminates the value of exemptions and deductions. This surtax, which has been built into the tax tables, is avoided when a direct donation is made from an IRA.
- *No percentage limitations.* Normally, the deduction for charitable gifts can't exceed 50% of adjusted gross income, but the percentage limit won't apply to gifts made directly from an IRA.

Seniors who are philanthropy minded will welcome this opportunity to put a portion of their IRA assets to a charitable use. However this opportunity is available for two years only, 2006 and 2007.

Tax free IRA distributions to charity

Those who are 70.5 years old and older will be allowed to direct transfers from their IRAs to charities, rather than make a withdrawal from the IRA followed by a charitable contribution.

There are expanded benefits for conservation easements as well. Tax deductions may be allowed for the donation of development rights in property to qualified conservation organizations, even though the taxpayer continues to own and use the property itself. The amount that may be deducted has been expanded from 30% of adjusted gross income to 50% (or 100% in some cases for farmers and ranchers). What's more, the period for deducting amounts above those limits has been enlarged to 15 years.

Culture Change

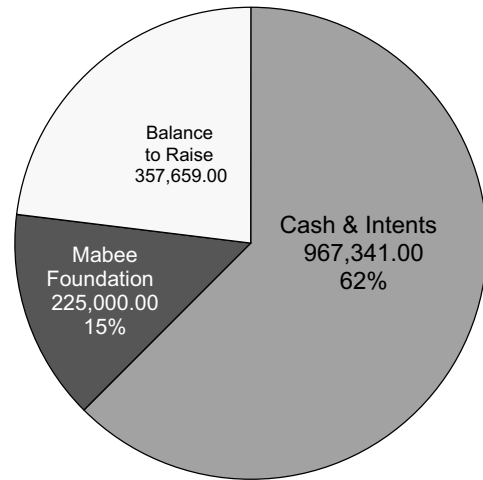
Emersion into change, and in this case, a new environment always brings with it enthusiasm, joy, and trepidation. I am not always the quickest when it comes to names, but I set aside my fear, and with tremendous confidence I said "Good Morning Gloria". That would have been wonderful had it been Gloria, but it was really Leona, and she was quick to inform me that she has been "Leona" ever since birth.

Ron Ediger is a wonderful part of the maintenance staff here at Bethesda and does a marvelous job keeping the floors clean. In one of my attempts to be funny (which my wife assures me are becoming much more of "attempts" than "funny") I pretended to slip on the floor that Ron had just recently waxed...in the process I made a huge black scuff across this newly waxed floor. It turns out that isn't very funny.

All and all emersion into work at Bethesda Home has been a wonderful blessing. Ron and Leona among others can attest to the fact that I still have much to learn, but this community of residents and staff make work each day a joy. I am thankful that I can be a member of the team, and look forward to many years working and serving the Bethesda community together.

The Building Community and Changing Lives campaign is another "culture change" that brings with it enthusiasm, joy and trepidation. This project will be a wonderful one for our residents and staff and will put Bethesda on par with the other area nursing homes that are making similar changes. From the standpoint of the Development Director the campaign does bring with it an element of trepidation. We are moving along

BCCL Campaign Progress



well in our campaign progress, thanks in large part to the many wonderful volunteers and community members who are helping to make this campaign a successful one, but the road to meeting the Mabee challenge will still be a difficult one. If you recall from the last newsletter we needed \$425,000 to meet the Mabee challenge. Currently we need \$356,000 to meet the Mabee challenge, and secure the \$225,000 from Tulsa, Oklahoma. I have the utmost confidence that this goal is an attainable one, and thank you again for all of your prayers, well wishes, and contributions.

Gratefully, *Eric Schrag*

Eric Schrag, Dir. Marketing/Development

We would love 4% of your Turkey!

Get your holiday groceries at Dillons and Keith's foods with Bethesda Home Grocery Certificates – four percent of your purchase will come back to Bethesda Home.



Designation Pending

Clarence Krause • Milton Schmidt
Roland Unruh • Orlando Voth

BCCL Campaign

Milton Wagner

Park Benches

Susie Goertzen • Evelyn Lehrman

Resident Benevolent Fund & Butterfly Garden

Edna Jantz

Welcome

Ruth Brandt
Samuel Classen
Margaret Cooper
Alma Enns
Raymond Frey
Marlin Goudy
Calvin Molzen
Jerry Molzen
Helen Navrat
Roland Unruh
Orlando Voth
Rudy Voth
Bill Winsinger

Dismissals

Ruth Brandt
Margaret Cooper
Luckey McKean
Mildred Schroeder
Mildred Vogt
Irvin Voth

In Memory

Martha Berry
Sarah Krehbiel
Evelyn Lehrman
Milton Schmidt
Roland Unruh
Orlando Voth
Milton Wagner

New Employees

Julie Anderson
Lacee Fillpot
Gail Graber
Autumn Hanson
Rosanne Hayes
Sherlyn Henry
Peggy Klocke
Bonnie Schmidt
Eric Schrag
Carol Schroeder
Vickie Schroeder



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