

HERITAGE of Care

THE BETHESDA LETTER

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

Centuries of Success

In 2005, there were approximately 55,000 people in the U.S. who had reached the age of 100. This small percentage shows how difficult it is to reach this milestone.

For Bertha Zook and Marie Jantz, turning 100 was like a walk in the park.

Zook turned 100 on January 24, 2007, and Jantz hit the milestone on March 29, 2007. Each had their own special celebration.

Jantz celebrated with her nieces and nephews along with many friends and relatives.

"I had over 70 guests," Jantz said. "My nieces served over 70 pieces of cake. It was all in the Sunflower Hall right here at Bethesda."

Zook celebrated with 137 guests.

"A lot of them came from Missouri. There were 15 kids in my family," said Zook. Many members of Zook's family came to visit on her 100th birthday.

"We had an open house in the basement over at Emmanuel Baptist Church in Newton," said Zook.

Bethesda is privileged to have these two centenarians on campus. Both Zook and Jantz just recently found their way to Bethesda's main campus.

"I have been here a little over one year," Jantz explained. "I lived in a (Bethesda) duplex and then I became sick. I moved to this room after that."

Jantz moved to Goessel after working in Hillsboro as a nurse for many years. Some of her favorite things to do are raising plants and making scrapbooks.



Bethesda residents and Marie Jantz (above) and Bertha Zook (right) have reached the milestone of a lifetime.

"Even though I'm not in the duplex anymore, I still managed to give six plants, four dolls, a throw pillow and a scrapbook to the MCC sale," said Jantz. Needless to say, she keeps busy.

Zook found her way to Bethesda last spring.

"I had an apartment in Hesston, but I just couldn't live alone anymore. I had to do something, and this has been the best solution for me," said Zook.

Don't misunderstand her though, she would still prefer to be living on her own in her apartment. That being the case, Zook still finds many advantages to living at Bethesda.

"They're really good people here. You meet so many nice people," she said.

Coming from outside of the community, Zook didn't know anyone at Bethesda when she moved in.

"I've made lots of good friends and really feel like they accept me here," Zook explained. "I don't think you could find any better place!"

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God's Gift...

Ah! Spring! Flowers. Gardens. Rain. Warm sunshine. Robins. Colts. Bunnies. Easter. Mother's Day. Isn't spring a great time of the year to celebrate Mother's Day? Especially if our thoughts about our mothers remind us of nurturing and new life. When Ann Jarvis appealed to the powers that were to set aside a day as a national holiday to honor mothers, I believe it was in spring because that was the time of year she lost her beloved mother. As with the new birth of spring, once again life emerges after death.

As we think about our mothers this May 13, we honor all the memories that come to mind. Some are warm and life giving, some are tinged with regret or sadness. For those of us who have become mothers ourselves, we realize that even though we mostly act in love, we are not perfect and sometimes we just do the best we can with what we know or have at the time. We place our trust in God's grace.

In thinking about mothers, there are some mothers in the Bible who deserve to be recognized with a "Mother's Day." Of course, Mary, the mother of Jesus immediately comes to mind. From her insight as revealed in the Magnificat found in Luke's Gospel to her very presence at the foot of the cross, she modeled inner strength and character and faith.

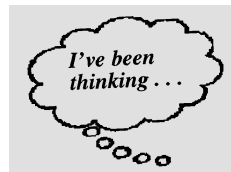
There is another mother in Scripture who is mentioned only briefly, once in the Old Testament, and once in the New Testament, in the list of faithful in Hebrews. We are not even told her name. She was the mother of Moses. What impresses me even more than the making of a basket in which she hid her baby in the river, but how she raised him when Pharaoh's daughter allowed her to nurse and raise him "until the child grew older." What would a mother teach her child knowing she had to give him up to a powerful king's daughter when he got old enough? How did she teach him about remaining faithful to God and to his people, and not be influenced by the power of his position? What values and lessons and faith were instilled in Moses by his mother that gave him the character to be chosen by God to free his own people from bondage?

Can we ask these same questions about our own lives whether we are parent or child? Questions about remaining faithful and acting with integrity in a world charged with quests for power and influence. How would our mothers act? How do we act?

There are many mothers at Bethesda, and there are some who, though not mothers, have wonderful, nurturing and loving spirits. All are treasured as beloved by a loving and nurturing God who calls us all to allow His love to flow through us.

As we honor motherhood this year, may we discover anew the loving and nurturing spirit in all of us. And may that Spirit grant us courage to remain faithful and free.

Gail Graber, Chaplain



I'd like to share with you a couple of statements that have been written about Bethesda Home:

- It's architectural style is similar to that of a large home. The interior is "home-like" with resident bedrooms and a living, dining and kitchen area.
- The board stressed the importance of "spiritual help" for the physically ill – they believe that spiritual care is important to physical healing.

Both of these statements were written to describe Bethesda when it opened its doors in June 1899. It seems to me that our forefathers and foremothers were way ahead of us with the concept of "culture change" and the strong connection that exists between body and spirit.

As I think about Bethesda's 108 year history – it occurs to me that we got a "little lost" somewhere along the way. Maybe it was the detours and roadblocks of public funding and external regulations. There certainly isn't a shortage of "boogeymen" at whose feet we can lay blame. But blaming others really doesn't help us to be better people or a better retirement community. Blame doesn't enable us to position ourselves for the future.

In the last year, Bethesda's board and administration have worked together to clarify our identity. We've asked ourselves the following questions:

- Who are we? And what makes Bethesda unique?
- Do our words and actions mesh?
- How does our public – our community of supporters that includes staff, residents, families and donors – know that Bethesda belongs to them and not to the boogeyman?

This work that we have done has been both energizing and humbling. We understand that we are nothing without you - our community of supporters.

In the last few weeks, we have just wrapped up our Building Community/ Changing Lives Capital Campaign. The financial support that we received from all of you was gratifying – to say the least. It is your dollars, your time, your energy, your care and your prayers that will allow us to embark on this truly exciting project of "re-creating" the home that our forebears envisioned. Bethesda is in the process of coming full-circle.

Words seem inadequate to express our deep appreciation to all of you for your support. But until someone comes up with a better word – I will just have to say "thank-you" to all of you for everything that you have done for Bethesda. May God bless you and keep you in the palm of His hand.



Linda Peters, CEO/Administrator

Bethesda Home Board Members

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Angie Duerksen
Ron Ferguson

John Goerzen
Margaret Hiebert
Bonnie Janzen

Floyd Nickel
Kermit Nikkel
Dennis Quiring

Kris Schmucker
Del Schroeder
Barb Voth

Thank You!



March 25 was a good day for Bethesda Home. At 7:00 in the evening at the Goessel Grade School we wanted to “thank” our wonderful constituents for all they have done and continue to do for Bethesda Home. The Breadbasket, a restaurant in Newton, KS provided us with a wonderful assortment of home-made pies and cookies. The Bethesda Board helped host and serve, and we were entertained by some great musical groups:

The Heritage Quartet: This quartet includes our former Bethesda Home chaplain Walt Friesen, his wife Carol, Lee Suderman, Perry Klassen, and Don Hiebert.

Brothers & Sisters: This group is a collaboration of the Charles and Mary Ann Woelk family. Brothers & Sisters includes father; Charlie, three sons; Mark, Bob, and Rick and daughter; Anita, along with in-laws; Harriet, Kathy, Denise and Arlen.

The Possum Boys: Not all of the possums were around, but we were grateful that Bethany Amstutz, Derek and Grant Klingenberg and Nate Stucky joined us for some bluegrass.

The Fillers: Dave Schimming, husband of our Bethesda Home dietitian Trish, and Eric Schrag sat in where needed, and also performed some numbers

together with Nate, Rick, Bob, and Charlie.

We really appreciate your wonderful support of Bethesda Home, and we’re happy that among the busy schedules of the evening we had so many come out for music and dessert.

Thank you again for being so kind to Bethesda Home. Thank you again for helping us to successfully complete our “Building Community and Changing Lives” capital campaign, and thank you for the time, thoughts, and prayers you continue to shower on those of us who live and work at Bethesda Home with.

Happy Birthday Marie!



**Marie Jantz
celebrates 100 years!**

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You can find Bertha on most days out sitting in the area next to the birds. She might have a cup of coffee next to her, or she might just be taking in the morning. Either way, she enjoys being out where the people are.

“I spend a lot of time out here. It’s nice here. People come and watch the birds. It’s kind of a meeting place. I don’t watch television very much. I would rather be out here,” she said.

For Jantz, the benefits of Bethesda range from good food, to quality of care and even the flexibility for her to work on her scrapbooking projects.

“I get the chance to work on my scrapbooks a lot. I have made 55 total scrapbooks,” said Jantz.

Being the oldest residents at Bethesda certainly has its benefits, but these two women are taking it all in stride. Jantz even goes so far as to say that she really doesn’t notice any difference from any other age.

“I find no difference. I can’t believe I’m 100. I take care of myself as good as I can. I wheel myself to the table at dinner time and still have my senses with me,” said Jantz.

Zook hasn’t even thought about being the oldest. She technically is the oldest resident at Bethesda, but in visiting with her you would never know it.

“I’m surprised that I lived as long as I have. My brother lived to be 94, but I’ve outlived every one of my siblings,” said Zook. “The doctor didn’t know what to say when I met with him last week. I was in such good shape he just couldn’t believe it.”

So what’s their secret to long healthy successful lives? For Jantz, it is hard work, and getting through it with God’s help.

“I was in difficult times and dangerous situations, but God always helped me through it.”

For Zook, her secret to success may just have to remain a secret. She said she didn’t really know there was any



secret. Although she didn’t have any advice to give, sometimes the best advice comes from observing people’s actions. Zook definitely shows that she cares about people and that she doesn’t need to be singled out and praised for her accomplishments.

Both Jantz and Zook are strong women who have much to offer and continue to inspire people every day.

DID YOU HEAR???

Many of us have family members or friends who are hearing aid users. Both old and new hearing aid users need the help of their friends and family to achieve the maximum benefit from their hearing aids. Here are a few things all of us can do easily:

Always attract the attention of the hearing aid user before starting a conversation; call out their name or lightly tapping them on the shoulder works well.

Slow down the speech at which you speak. It is well documented in research that just slowing down the rate of speech even slightly helps tremendously in increasing speech understanding.

Always talk to the hearing aid users and not away from them, while facing them so they can lip read to help them “see” what you are saying.

We must also remember that hearing aids are exactly that “aids.” They never restore normal hearing and some individuals and some places will always be a challenge for the hearing aid user to be able to understand speech.

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.


“Give Thanks”

Last evening I practiced with members of the youth group preparing songs for our upcoming Youth Sunday at church. One of those songs was “Give Thanks, With a Grateful Heart”. This has been an exciting time for us at Bethesda Home, and one in which we feel extremely grateful.

It was a joy to announce at our “Thank You” event on March 25 the successful completion of our \$1.55 million “Building Community and Changing Lives” capital campaign. The completion of this campaign means we have secured our \$225,000 all or nothing Mabee Foundation Challenge Grant. The completion of the campaign ensures the start of the BCCL project which will enhance the lives of our residents at Bethesda. The completion of this project is again a wonderful testament to the incredible support of our Bethesda Home constituents, friends, and family. THANK YOU.

We will continue to keep you apprised of the progress of the BCCL project. We are currently working with architects and contractors to begin where designs originally left off, when the initial design concept was created over a year ago. The next phase of design will encourage feedback from our residents, and staff, and will continue to look at ways of renovating our facility to make an attractive, welcoming, and comfortable home.

Thank you again for being so supportive of our mission at Bethesda Home. We could not be the place we are, or the place we strive to be, without your tremendous support.

Blessings in Christ, 

Eric Schrag, Dir. Marketing/Development



Autumn's Attic

Spring is here, and we have much to celebrate. The month of May will find us celebrating Older Americans Month, Cinco de Mayo, National Nurses week, National Nursing Home week and the 100th anniversary of the Celebration of Mother's Day!

On the 13th of May we will be having a Mother's day tea in the afternoon at 2:00 p.m. Please call and let me know if you would like to attend with your Mother here at the home. This celebration will kick off the week long celebration of National Nursing Home week. At the end of the week on Friday we have plans for a Luau, and remember you're always welcome to come and join in on the fun.

On the 30th of May we will do an activity for the 14th annual National Senior Health and Fitness Day. Everyone is welcome to join us as we learn more about fitness for seniors.

In June we will be celebrating Father's Day on the 17th with a get-together, and once again you are invited to come celebrate Father's Day here with us. As summer begins on the 21st of June you can be sure we won't miss a beat! Other activities for July celebrations are in the works as well.

Plans are being made to do some outdoor gardening on the patio and around the facility in containers. We will be planting some tomato plants, and perhaps some other veggies in containers. If you have time, plants, or large planters that you would like to donate, it would be appreciated.

Eric and I have been in contact with Mark Neumeyer from Vision Equipment. We are looking at a “reader” that will enlarge print from a book, and project it on a monitor or television screen. The unit is portable or can be set up on a table. This equipment will enable our folks that are not able to read even the large print books to be able to read again. This equipment is costly, and we do have some funds that we can apply toward the purchase. If this is something that you would like to contribute too, please contact myself or Eric Schrag for details.



Autumn Hanson, Activities Director

Memorial Gifts

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

Designation Pending

Helen Lewis
Eldon Bargaen

Building Community and Changing Lives

Al Schmidt
Randolf Flaming

Welcome

Elda Banman
Eldon Bargaen
Evan Dirksen
Helen Fornwalt
Preston Hale
John Rice
Al Schmidt
Susie Schmidt
Laura Schrag

In Memory

Randolf Flaming
Helen Lewis
Al Schmidt

Dismissals

Elda Banman
Lester Buchanan
Preston Hale
Susie Schmidt
Laura Schrag

New Employees

Suzie Conrad
Renee Fensky
Rebecca Lilly
Ellen Ray
Jennifer Raymond
Vicki Steen



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Clockwise:

**The Heritage Quartet
The Possum Boys
Brothers & Sisters**

