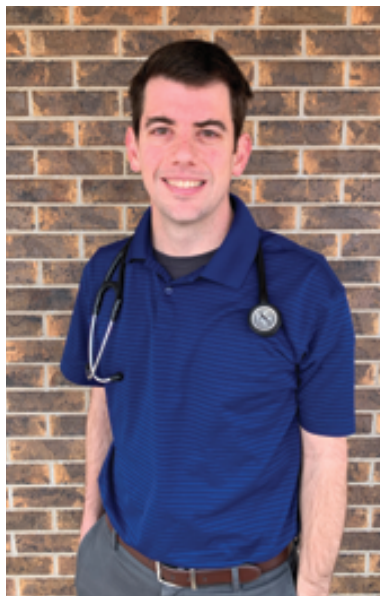


# THE BETHESDA LETTER

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



*Dr. Aron Fast pauses from a busy work day to talk about the high level of care that is provided at Bethesda.*

## The Doctor Is In!

For Aron Fast, M.D., being the Medical Director at Bethesda is a very fulfilling and rewarding experience.

He has been in this role since the summer of 2019.

The role of medical director, at Bethesda, is to help the staff oversee policy, patient safety, and the direction the nursing home is going in terms of medical care. There is an administrative role and the director is also a sounding board for the staff for trends and preparedness as a medical community.

Dr. Fast brings specialized medical information to the nursing staff to help equip them to deal and prepare for any medical circumstances that might arise. One example of that happened just a few months ago.

“We were going over different scenarios and working out our plan for what we could do if an influenza outbreak were to happen,” said Fast. “Preparation is key and we have made sure that the nursing staff and director of nursing have the best plans in place.”

The role of the medical director is also to care for any patient who does not have a physician available to them.

“Sometimes people will come to Bethesda from a distance and their regular physician is not able to see them. That’s where the medical director can step in to provide a very valuable service,” said Dr. Fast. “Some patients eventually just decide to see me as their primary physician and that’s great.”

For Fast, the transition to this role has been seamless.

“I come out to Bethesda once a month and I’m there for the morning. I see the residents who need to be seen and if residents have additional needs they can come to our office. I see patients who are in the hospital as well,” said Dr. Fast.

Even when Dr. Fast is not on campus at Bethesda, he is routinely connected with the Director of Nursing and nursing staff as patients’ needs arise. Fast is on call and can be reached day or night by the Bethesda nursing staff.

Fast and his wife, Dr. Annie Fast, moved back to Hesston, where he grew up, in 2011. Both of them work in the practice with a group of four other physicians and two P.A.’s with clinics, in Moundridge, McPherson, Hesston and Inman. The practice is called Partners in Family Care.

The Fast family resided in Wichita during their residencies for five years before coming back to Hesston.

### What’s Inside?

- Thank You Bethesda!  
A final message from Pete Flaming.
- Message from the CEO
- Life Enrichment Report
- Giving Opportunities
- And more!

### SAVE THE DATES

- May 21, 2020 Bethesda Annual Meeting
- November 1, 2020 Bethesda Pillars Banquet

### REMINDER

Please send us your email address if you would like to receive the newsletter and other communications electronically.

Send an email to [pflaming@bethesdahome.org](mailto:pflaming@bethesdahome.org) or call 620-367-2291.

Current and past newsletters can be viewed on our website [www.bethesdahome.org](http://www.bethesdahome.org) under the “About” heading.

Follow Bethesda’s current news and resident activities on our Facebook page. “Like” us!

We welcome your comments.



“Our clinic is an independent clinic and so we provide care for Harvey, McPherson and Marion Counties. We see lots of patients and there are many patients at Bethesda who have seen or see all six of our physicians,” said Dr. Fast.

Having worked with Bethesda for the better part of a year, Fast is very complimentary of the nursing staff and administration at Bethesda Home.

“They do a great job! It’s nice to go out there on a monthly basis and get to know everyone at Bethesda. Having frequent interactions with them I have come to really appreciate their top notch team. They care about the patients and communicate effectively. I have been really impressed with the care that is delivered there. I do think that coming to Bethesda to see the patients so that they don’t have to travel to see a physician is a good thing. It can provide a service that might not be readily available in some situations. But here it really does help the community to receive better healthcare and it is a win-win for everyone,” said Dr. Fast.

A number of residents who have moved in from outside the area have been thankful to see Dr. Fast and are taking advantage of this service at Bethesda each month.

Fast sees the impact that Bethesda Home has for

the Goessel community as an amazingly positive thing economically as well as medically.

“Bethesda is a huge economic driver for the community and the employment opportunities that it brings are huge as well. The community pride that is generated from having a great home is apparent as well,” said Dr. Fast.

Fast has talked with many residents and family members of residents who are extremely happy with the care they and their loved ones receive at Bethesda.

“They don’t have to travel out of town to get that care and for a small, rural community, that is an amazing thing,” said Dr. Fast.

Dr. Fast has been extremely happy with the care given to patients at Bethesda.

Dr. Fast explained how his interaction works with the nursing staff at Bethesda.

“The nursing staff at Bethesda works really hard and they send my staff a lot of information and do a stand up job. Not only do they provide the patients with what they need but they provide me with the information I need to do my job well too. The communication has been outstanding and that’s what makes a good team. They give effective timely communication about everything we need to know regarding a patients health.”

## CEO Corner

**This column is dedicated to Pete Flaming -Director of Fund Development.**



Sara Hiebert, CEO

Pete, I want to extend a personal Thank You to you for your leadership that you have shown to Bethesda Staff, the residents and the constituents who support Bethesda.

Your fiscally responsible nature has encouraged many of us to follow suit and give with generous hearts to the mission and vision of Bethesda. Staff have given dedicated

money through their pay checks, constituents have consistently given through auto draft each month and others have remembered Bethesda in their Wills.

These are just a few of the ways that Bethesda has been blessed because of your encouragement and example to give abundantly. May you be blessed beyond measure in the coming years as you enjoy and embrace retirement

life. 2 Corinthians 9:11 says it best, “You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God.” We thank God for you, Pete and for your work in God’s kingdom, and more specifically, Bethesda Home.

### In Memory

Since July 18, 2019

Betty Ratzlaff – 11/23/19

LeRoy Funk – 11/24/19

Eldon Woelk – 11/27/19

Allen Hiebert – 1/9/20

Elaine Unrau – 1/28/20

LaVerne Buchholz–2/12/20

## Chaplain's Chat



*Gail Graber, Chaplain*

Albert Schweitzer once said, "Joy, sorrow, tears, lamentation, laughter – to all these music gives voice." What a wonderful thought! Music has the remarkable ability to soothe and to excite, to evoke laughter and tears, to express sorrow and joy. Music carries us through the highs and lows of life like little else can. No wonder it is so

often mentioned in the Scriptures. In the Psalm even the "hills sing together for joy at the presence of the Lord." (Psalm 98:8b-9a) In Colossians Paul writes, "Let the word of Christ rule in your hearts...and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God." The Songs of Ascent that are Psalm 120 through 134 were sung by the Israelites as they made their way to the annual festivals. Included are prayers for deliverance, songs of praise and prayer, assurance of God's protection, thanksgiving and trust; songs that recalled the story of their history. Truly music is a gift from God who hears the song of each one of us.

It is often music that has the unmatched ability to soothe a restless or confused resident. The songs of their youth learned at home and at school or Sunday school are carried in their heart and bring relief when heard, or better yet, sung. Many times folks recall several verses of a hymn and sing from the depths of their hearts the words that formed their faith; words that continue to hold them up and give them hope in the winter of their lives.

To grasp that music does "give voice" to "joy, sorrow, tears, lamentation, laughter," helps us live with the both/and of life rather than either/or. When we see life fully and acknowledge it is joy and sorrow, lamentation and laughter, we become better equipped to stop judging and accept the whole as the gift given by God who is in it with us; even into gray hair and old age.

One of my favorite hymns is My Life Flows On. This hymn expresses well the music heard even in the strife; the songs heard even in the darkest night. "My life flows on in endless song" says the song begun here in this life is also the song that flows on into the life to come. And so, as the chorus goes, "No storm can shake my inmost calm while to that Rock I'm clinging. Since love is Lord of heav'n and earth, how can I keep from singing?" As music gives voice to the lives of the folks who live at Bethesda, may the music of your life carry you.

## Bethesda's Greenhouse

Spring time will bring out the horticulture enthusiasts at Bethesda. Recently, the ingenious maintenance staff (namely Rod Boese) made use of some doors from the old hospital to build shelving. Enter Joyce Dirks, Life Enrichment Assistant who has the gifts of horticulture, and behold Bethesda has its own greenhouse in the basement of the west annex where it is damp and perfect for starting new flowers and vegetables.

"I incorporated the greenhouse project into Life Enrichment activities by inviting residents to plant the seeds into the starter containers, and later residents, who are able, can plant in garden planters this spring – another example of a 'home' activity that they enjoyed doing previously," said Joyce. Flowers growing now include a variety of colors of hybrid geraniums. Residents will soon be planting petunias and later this spring tomatoes and cucumbers for fresh produce to be harvested and processed by the dietary staff for resident meals. "I am excited to watch this project "grow" and for our residents to have a helping hand with the garden like they would have at home. Our desire is to incorporate fresh vegetables into our dishes, salad bar, and even prepare recipes our residents may have once prepared here at Bethesda," said Katrina Koehn, Dietary Manager.



*Joyce Dirks, incorporates the greenhouse project into her role as Life Enrichment Assistant. She explains how this project has been exciting and enjoyable for many residents.*



## Thank You Bethesda!

I'm trying to wrap my head around what it means to retire from 2 jobs (Everence on 2/28/14 and now Bethesda as of 2/28/20), but I am realizing that throughout my life I have truly been blessed – even during a few health speed-bumps along the way. As I reflect on my years at Bethesda (8/96-9/06 as FT Development/Marketing Director and now completing 6 years as PT Development Director) I am filled with gratitude.

Thank You Bethesda Employees that I have been blessed to learn to know over the years. It has been a joy to observe how you care for the residents. Several of you have left me with fond memories of your good sense of humor and friendship. Remember – the one thing that you can give away that will always come back to you is a smile.

Thank You Bethesda Donors. Since August, 1996 over 2,800 donors blessed Bethesda with nearly \$6.4 million. During that time the top 330 donors contributed over \$5.88 million of which 20% have deceased. The challenge for the next generation is to replace the generosity of the those who have gone before us that left such a legacy to follow.

Thank You Bethesda Residents. Without you there would not be the need for the Bethesda ministry. Your rich life experiences bring joy to all who work here. You (including many who have gone to their eternal home) have brought joy to me as I have gotten to know you.

Thank You Bethesda Administration and Board members who took a chance in 1996 to hire me without any experience in the industry, but a belief in the Bethesda mission. It has been a joy for me to see many projects completed over the years and to see Bethesda become debt free and the Endowment Fund grow to over \$1.7 million.

Over the years I have heard comments like, “Here comes Pete. Hold on to your checkbooks!” I think I can be just one of the guys now again. Someone actually asked once, “Do you put your money where your mouth is in your fundraising efforts?” – to which I did not respond



*Pete Flaming pictured as a baby. From diapers to Bethesda, and hopefully not back to diapers very soon!*

at the time. Knowing that transparency about personal finances in today's world seems to be taboo, let me humbly respond to squelch that question in some minds. Data from our data base can attest to the fact that our support of the Bethesda ministry since 8/96 ranks in the top 20 of all donors (including Foundations, churches, and corporations). I may be of the “Old School,” but I am a firm believer that administrative staff and Board members of Bethesda should have Bethesda in their top 3 charities that they support – two former Bethesda board members are also in the top 20 donors.

So that I won't disappoint anyone, here is my last plea for your support. Be a \$1,000 per year donor to Bethesda – for life. Include Bethesda in your Will/Trust.



*Pete Flaming has made it part of his life's mission to commit and inspire others to give time, talents and treasure to the mission of Bethesda Home.*

It was an honor for me to be a part of Bethesda's 100th anniversary in 1999 and also the 120th anniversary in 2019. Bethesda has such rich heritage of fulfilling Christ's message in Matthew 25:40 “whenever you did one of these things to someone overlooked or ignored, that was me – you did it to me.” True, Bethesda experienced many struggles over the past 120 years, but the Administration, Board, and committed staff and donors have followed God's leading to make Bethesda

what it is today. To God be the Glory!

During my report at my first Annual Meeting in March of 2007 (during my FT employment time) I said, “With God's help and your support we will make Bethesda a special place for people to call home and enjoy it”. That is still my prayer for the future generation (who may be taking care of me!!). Again, a big THANK YOU to those who generously support the Bethesda ministry. Your financial support, prayers and volunteerism are the HEART and FOUNDATION of Bethesda's future. May God richly bless the Bethesda ministry for many more years.

### Bethesda Board of Directors

Darla Banman, Lynette Duerksen, Marjean Harris  
Bonnie Janzen, Jared Jost, Stephanie Regier  
Pat Rupp, Eileen Schmidt, Duane Unruh - Chair  
Jason Unruh, Verney Voth

## Life Enrichment Director Report



*Gayle Voth*

Life isn't static; it's constantly changing, and people have a remarkable ability to adapt to those changes. Some changes are more significant than others, and leaving your home to enter a nursing home is a major change which impacts a person's life in a most significant way.

When a person enters Bethesda, many people work at helping the adjustment occur as comfortably as possible. The nursing staff, the dietary staff, and the social work, homemaking, and maintenance departments all strive to do what they can for the new resident. Life Enrichment is no different. Shortly after a new resident arrives, we meet with them and complete a comprehensive assessment to determine their preferences. We visit with them about their lives and in which kinds of activities they would like to be involved. Then, they can expect a visit from a couple of residents who

will bring them a welcome basket containing useful items.

Some new residents choose to jump right in and be fully engaged in participating in group activities such as Bingo, Bible Study, Kristal Bells, Memory Activities, Music and Movement, Story Time, Match Game, Coffee Time, Read Aloud, Reminisce, Horticulture, etc. Others who have always been more solitary may choose to spend more time in their rooms reading, watching T.V., sewing, doing word puzzles, etc. We respect the resident's wishes as to how involved they want to be.

Having said that, we also try to stay abreast of their mood and if they start to get lonely and/or bored, we encourage them to engage in some sort of activity, whether it be a low-pressure group activity such as Coffee Time, Reminisce, or Hymn Sing, or an activity they can do by themselves in their rooms such as audio books, ipods with their favorite genre of music, adult coloring books, and word puzzles.

Helping residents adjust to Bethesda is indeed a team effort. With communication between departments, the resident, and their families we strive to do all we can to help our residents reach the point where this feels like "home."

## Summary of 2019 Donor Financial Partnership with the Bethesda Ministry

Thanks to all of you for your commitment in 2019 for participating with us in our vision and mission, and for investing yourself through the resources that God has given you — your energy, your prayers, and your money — in this work to which God has called us. We have been blessed by your generosity. Your contributions impact the lives of many.

- 370 total donor units (individuals and organizations) contributed \$644,440 – second highest since the data base was created in 1996. This included in-kind gifts of \$7,359.71. Gifts ranged from \$5.00 to \$374,343 for an average gift of \$1,742 per donor unit.
- 41 living individual donor units contributed a sum of \$1,000 or more for a total of \$163,285.84 or an average gift of \$3,982. These are our newest members of our "Pillars of Care Guild" that will be honored at our 2020 Pillars Banquet.

- Major gifts came from estate gifts, and IRA Minimum Required Distributions. For MRD gifts just let your agent know to make the check payable to Bethesda Home instead of to you to avoid paying taxes on the distribution.
- Total volunteer hrs. recorded 1,047.75 = value of \$15,608.50

The challenge given in 2015 was to have a total of 100 donors contributing \$1,000 or more. In 2018 we had 29 and in 2019 we made a good jump to 41 individuals contributing \$1,000 or more. That can be a one-time gift or a monthly contribution of \$84/mo. (\$2.80/day). If interested in setting up a monthly automatic bank withdrawal go to the [www.bethesdahome.org](http://www.bethesdahome.org) and click on the "Ways to give \$ and time" hot button and download the form to complete.

## 0 Deficiency State Survey

State surveyors just completed their annual survey of the care given at Bethesda and found 0 deficiencies. The excellent care given by the Bethesda team of care givers was applauded by the surveyors. "On numerous accounts the surveyors told me how appreciative they were of our staff," said Sara Hiebert, CEO. "They said that staff made the surveyors feel welcome, were kind, and provided great care – in all departments."



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**Do you enjoy reading the Bethesda newsletter? A \$5 donation would help us keep the Bethesda Letter coming in the future. A gift of any size is a blessing to our residents. Thank you!**

## A Giving Opportunity

Bethesda Home has had a contract for our emergency call system (nurse call system and duplex pendant call system) for nearly 20 years. We were recently notified that after January 1 the system will no longer be serviced if a problem arises. To replace the system will cost approximately

\$80,000—an unexpected and unbudgeted expense. We invite individuals and/or Sunday School Classes, mission societies, etc. to adopt this as a special project to fund. Make your contribution to Bethesda Home with a note in the memo “call system.” Contact Sara Hiebert for more information.

## Pete’s Opportunity for Philanthropy (farewell to the P.O.P. Quiz)

### POP Quiz

1) How many Americans have a will or living trust?

Only **40%**. Millennials (age 18-34) is exceptionally low – **20%**

2) How many Americans over the age of 55 have not remembered any charity in their estate plan? – **95%**.

Clearly, this is a problem waiting to be remedied. Planned giving can be extremely complicated. But in truth, over 90% of all planned gifts turn out to be simple bequests:

- The donor puts a clause in his or her will that leaves Bethesda a gift from their estate.
- This can be a specific amount; a percentage of the estate at the time of death; or the amount that is left over after other specific gifts are made.
- The donor makes Bethesda a beneficiary of his/her insurance plan, either for the full death benefit or a percentage.
- The donor names Bethesda as a beneficiary of their retirement plan. Again, this can be for

the full amount or for some portion. The donor can restrict this bequest or leave it unrestricted meaning, the donor doesn’t specify any purpose.

- Bethesda’s policy is that undesignated bequest gifts are divided 50% to the Bethesda Endowment Fund and 50% to a need designated by the Administration/Board of Trustees.

3) How many Americans carry college loan debt?

### 1 in 5

- Most are young, but adults 60 and older (who either struggled to pay off their own loans or took on debt for their children or grandchildren) are the fastest growing age of people with student loan debt.
- Financial Planning is for all ages. Meet with a financial advisor to learn about tools like 529 Plans and others to assist with this growing concern.