

HERITAGE of Care

THE BETHESDA LETTER

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



The Environmental Services Department takes time from their many daily tasks to pose for a picture.

An Environment of Service

A labor of love is one phrase you might use to describe Mark Woelk's and Kathy Miller's careers at Bethesda Home.

With over 60 years of experience at Bethesda between the two, the people and facility may change but their goal of creating an environment that is clean, safe and "homelike" has not.

Mark, the Director of Facilities Management, originally began his career at Bethesda Home early on. "I started working part time at Bethesda during my senior year of high school, washing floors and helping in the maintenance department." Later on Mark would split his time between being a CNA, working in the maintenance department and taking classes at Central Kansas Area VoTech.

Kathy's role at Bethesda is supervising the housekeeping and laundry services. Over three decades ago, Kathy began her career at Bethesda working in the kitchen. Within a year or two she would apply for her current position as Supervisor of Housekeeping and Laundry Services, the position that she holds today.

For Mark, each day is something different. "I enjoy the variety that my job offers on a daily basis...When I get to



Mark Woelk and Kathy Miller stand in front of two of Bethesda's industrial sized washing machines.

work each morning I rarely know what is waiting for me..." Some days it may be a broken water line that needs attention, other days a broken blender or yard work for the home and the surrounding independent living units. Mark and his crew offer weekly, monthly or annual yard services for residents in duplexes and surrounding homes and businesses. The services include anything from leaves and snow removal in the fall and winter to lawn care in the summer.

Kathy's day can vary from custodial work throughout the home in offices, general meeting areas and in residents rooms, making beds in the neighborhoods and laundering clothes and bedding for the residents. "Our purpose here is to make the residents feel at home and happy." To accomplish this mission, Kathy explains simply "we work as a team."

What's Inside?

- Letter from CEO Eric Schrag
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- Activities Update
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We invite you to visit our updated website
www.bethesdahome.org

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

Follow Bethesda's current news and resident activities on our updated Facebook page. "Like" us! We welcome your comments.

 Find us on
Facebook

CEO's Corner

Moving Forward



Bethesda Home was founded in 1899, over 117 years ago. Much has changed since Bethesda's inception. If you have not had a chance to read *A Heritage of Care* written by Kris Schmucker, I would encourage you to do so. It is a great read, and each time I find new pieces of interesting information about Bethesda and its history. Since Bethesda newsletters

no longer are written in German, we no longer have a physician or hospital, we accept board members, society members and residents who are not Mennonite, it is clear much has changed over the years.

Recently the decision was made by the Bethesda Board, in collaboration with administrative staff, and industry consultants to close our Special Care "Heritage" neighborhood for the time being. As with any of Bethesda's changes over the years, (closing and selling the hospital, closing the west annex, closing the east annex, buffet dining, adding neighborhoods, etc.) this brings with it a fair amount of uncertainty, concern, fear and also opportunity. Not to belabor the intricacies of the decision here are a number of things that factored into the decision.

- The state penalizes facilities for a number of things; falls, and the use of antipsychotic medication being two big ones. Residents being referred to the Heritage neighborhood were at a much higher risk for having falls, and needing antipsychotic medication.

- Industry changes in care models. The original intent of the neighborhood was to be isolated. Staff and residents alike were isolated. In fact, when I started working at Bethesda 10 years ago, I was told not to go back to the special care unit unless it was necessary. We were to avoid adding any extra stimuli for the residents in that neighborhood. The model has changed and, in most cases, residents have thrived and behaviors have improved when moved out of the isolated environment.

- The state is encouraging, and the trend that we are seeing, is for residents to stay in their homes longer. As a result facilities in our area are having lower censuses. Several have closed units, wings, or greenhouses.

- We along with area facilities struggle to find staff in general, but certainly staff interested in working with the residents in the Heritage neighborhood.

- Per capita Bethesda had many more nursing beds in comparison to the size of our population especially when compared with the ratios of other area homes. 45 beds put us much more in line with industry norms.

- Opportunity – we have had a lot of good suggestions from board members, community members and staff members for uses for that space – specialties in another area of care, wellness center, offices, community space, larger ALU, Day Care, Child Care, student housing to name a few.

While change is never easy, the one constant at Bethesda since 1899 is striving to provide the best care, and the best services in a community formed in Christ's spirit. We are excited about what Bethesda will be and can be moving forward, and like the vision of Bethesda's founding fathers, want to continue to make this a viable and valuable ministry for many years to come. Thank you again for your constant support, prayers, gifts and love.

Eric Schrag, CEO

Thought to Ponder

Is "God helps those who help themselves" biblical?
Answer on page 4

Good News For Donors

Good news for donors 70½ years of age and older! Congress has passed, and the President has signed into law on December 18, 2015 the Protecting Americans from Tax Hikes (PATH) legislation which makes permanent the charitable giving tax incentives for tax payers 70½ and older.

The IRA Charitable Rollover provision, which previously needed to be approved each year, becomes permanent. This provision allows individuals who have reached the age of 70½ to donate up to a combined amount of \$100,000 in any one year to charitable organizations directly from their IRA accounts without treating the distributions as taxable income. One congressman stated, "...this bill highlights the fact that charities can confidently plan and expand the good work they do."

Distributions can only be made from traditional IRA accounts or Roth IRAs. Charitable donations from 403(b) plans 401(k) plans, pension plans and other retirement plans are ineligible for the tax-free treatment. See your tax accountant for details of how this may benefit you.

Distributions must be made directly from the IRA trustee payable to the charity (Bethesda Home). Donors cannot receive any goods or services in return for their contributions.

P.O.P. Quiz

(Pete's Opportunity for Philanthropy)

Name 5 of 10 ways that individuals can contribute financially to Bethesda.

Answer on page 4

Dedicated Employees Make Bethesda a Home For Many

Bethesda currently has 94 valued and dedicated staff, many of whom have served much of their working career at Bethesda (28% have 10 or more years). We encourage you to express your thanks for their service whether it be direct care staff on all three shifts; dietary - day & evening shifts; home makers; social services; rehab; housekeeping, maintenance; or administrative/support staff etc. Below is a list of all current employees and years of service:

40+ years

Marcella Woelk

30-35 years (2)

Mark Woelk

Brenda Franzen

25-30 years (6)

Carolyn Arrowsmith

Kathy Miller

Trish Schimming

Judy Rudolph

Kay Stika

Ron Ediger

20-25 years (5)

Barb Abrahams

Melinda Cairns

Ron Soller

Mark Goering

Christina Miller

15-20 years (10)

Rick Woelk

Becky Wedel

Mike Estus

Ginny Eby

Sheryl Reimer

Ronda Piland

Terri Walker

Rachel Fensky

Faun Bloomer

Connie Campbell

10-15 (2)

Rose Bradshaw

Lyle Christ

5-10 (13)

Shelly Ray

Gail Graber

Roseanne Hayes

Eric Schrag

Amanda Schrag

Rachelle Nading

Fern Bartel

Gertrude Malm

April Johnson

Gayle Voth

Rod Boese

Galen Miller

Sara Hiebert

2- 5 (23)

Nicole Duvall

Christine Stehman

Orlene Saylor

Kelli Willis

Denise Woelk

Mary Rauh

Chelsey Rempel

Linda Van Aardt

Sheri Wiens

Nikki Jost

Angela Girk

Rose Bradfield

Jason Meysing

Amanda Church

Tara Lehrman

Jennifer Hagewood

Bonnie Ratzlaff

Curtis Girk

Rebekah Herrel

Kristen Newfield

Marlene Percival

Pete Flaming

Chelsea Stika

1-2 (14)

Darla Meysing

Robin Bailey

Cheri Bentz

Lanna Wagner

Judie Steiner

Rosemary Reimer

Skye Young

William Luzier

Destiny Johnson

Lauren Rymill

Katie Bair

Hoyt Brill

Sharon Manis

Sharleen Francis

Recent Hire to 1 year (18)

Dianne Dansereau

Stephanie Moore

Suzanne Byers

Sherri Landis

Cindi Bell

Coral Mitchell

Alyssa Booton

Ashley Hiebert

Ashley McCubbins

Rachel Manis

Peter Wintermote

Bonnie Ensz

Krystina Javier

Haley Neill

Christen Thompson

Holly Spoonemore

Kathy Mitchell

Tonya Clegg

Taylor Becker

Laura Bryant

Donors Provide The Financial Support To Sustain Bethesda

Thanks to each of you who committed some of your God-given resources to support the Bethesda ministry of caring for the frail and elderly family, friends and community members who are no longer able to fully care for themselves.

- 316 (322 in 2014) different individuals/organizations contributed a total of \$160,152 (\$135,219 in 2014) in cash and in-kind gifts – ranging from \$10.00 to \$8,870 per individual annually.
- \$25,757 was received from in-kind gifts
- 3 (5 in 2014) of which contributed over \$5,000 each.
- 32 (30 in 2014) individuals contributed over \$1,000. The challenge presented last year was to have 100 donors contributing \$1,000 or more – 2 were gained.
- 10 business /organizations contributed \$45,675

Six different funds were the beneficiaries of the majority of the contributions:

- Benevolent Care - \$71,073 (\$73,625 in 2014) – toward offsetting the \$330,000 annual Medicaid shortfall (\$730/mo. per resident)
- Maintenance equipment - \$24,578
- Bladder Scanner - \$10,174
- Resident Power Lift – \$9,735
- Resident / Nursing care equipment, etc. - \$8,796
- Endowment Fund - \$8,400 (\$1,034 in 2014)

The 2016 challenge – to have 100 donors contributing \$1,000 or more (An \$84 / month contribution / automatic bank withdrawal will accomplish that threshold – that's \$2.80 per day). Start now to get a jump start on being one of the 100 donors. Complete and return the Authorization agreement form on the back page.

In Memory Since October, 2015

Laverna Buller-Dick 11/20/15

Richard Robb 11/24/15

Floyd Lehrman 01/01/16

Hilda Unruh 01/13/16

Lucille Bredemeier 01/14/16

Shirley Ayers 01/16/16

Gary Unruh 02/14/16

An Excellent Choice Made 27 Years Ago

Former teacher, librarian and a published author, Jan Waltner Sevilla has lived at Bethesda Home for nearly 27 years.

For Jan, the need to move into an assisted living home came earlier in life than for most. While living with her husband in Cleveland, Ohio, the time came when nursing home arrangements needed to be made. After looking into care facilities in Ohio and consulting with family in Kansas the decision was made for Jan to move closer to family and to her alma mater, Bethel College of North Newton.

Jan's husband Jerry explained their decision, "We all have known that nursing homes in that area [Central Kansas] were far superior to most locations here [Ohio]. Her uncle had worked with Bethesda and some other nursing homes in the area in the past and felt that Bethesda was a far better choice, plus he knew Ralph Garrison, the CEO of Bethesda at that time. At that time, most young people, like Jan, could not enter a care facility because of her age, but Ralph said there was room and was not concerned about that "universal policy.""

At that time, Jerry had about five years remaining until retirement, so the decision was made for Jan to move to Bethesda while he remained in Ohio working. Jerry remembers "It was a very difficult time for everyone. Rosie Reimer was the intake social worker...Rosie was excellent and did everything she could to make this transition easy and we were grateful." Jerry goes on to say "The difficult situation was made much easier, her time at entering Bethesda, up to and including today, was made much easier because of all the helpful and caring staff."

On a weekly basis Jan talks on the phone to her husband, Jerry, who still lives in Ohio and she also enjoys visits from her sisters from time to time.

Having grown up in McPherson County Kansas, in the small town of Elyria, Jan attended high school in McPherson and graduated from Bethel College with a secondary education degree. After teaching secondary English in Ohio, for a number of years,

Jan went back to school to pursue a master's degree in library science from Kent State. "It was my real calling" remembers Jan. "If I could do it all over again, I would have started out being a librarian." She credits her teachers growing up for fueling her passion for reading and English. "I have always liked reading...it was an escape, not that my life was bad, but as a child it was the possibility to go places and to do different things."

In 1999, Jan published a collection of her poems entitled "Through a Lens Oblique." Jan credits the visits and prompting of a friend to write and compile these poems. "A friend used to come

once a week. We would meet and read each other the poems we had written." Throughout this time period Jan would write dozens and dozens of poems.

"My outlook on life is different than that of most people" says Jan "that is where the title came from. I have a unique outlook." The prompting of her friend coaxed the hesitant author to pursue publishing her collection. With a smile Jan says "I am glad I wrote this book, but don't expect another one."

The length of time that Jan has spent at Bethesda has given her the ability to reflect on her experiences. "I think that Bethesda Home is a pretty good place. I do not really feel like I am in a nursing home. I would not recommend to anyone to live in a nursing home, but if you have to, you might as well choose a good one." said Jan with a smirk "And I believe I did. You are allowed to do whatever you want...you can be very independent." Most importantly, Jan concludes with saying "You are allowed to be yourself."



Jan Waltner Sevilla moved from Ohio to Kansas when she first became a resident of Bethesda Home 27 years ago.

"Service" continued from pg. 1

On a weekly basis, Kathy also creates a shopping list for residents and travels to Newton to purchase groceries, personal items or just about anything a resident can think of, to assist residents who are unable to make the trip themselves. She also takes care of the aviary and sews and mends clothes for the residents.

"When we work here it's like working with family, and we want to make our family happy," says Kathy.

Working in the Environmental Services Department is not without its challenges. "On a daily basis we are working against the clock to get projects wrapped up. There is always something that needs to be done," says Mark. "Navigating the many state

regulations and codes, that make the "home-like" environment as safe as possible are sometimes challenging" admits Mark, "but it is always worth it. It takes a lot of communication and teamwork to make things work."

It is the family like atmosphere that is evident amongst the Environmental Services Department. "If you want to work at a place where there is never a dull moment, come join us at Bethesda" says Kathy with a smile, "There are a lot of happy times. In my lifetime, I have worked different places and as far as I am concerned, Bethesda is one of the best places I have ever worked. And that is why I have been here nearly 30 years."

Activities Update

A Visit from Prince



Jean Friesen takes time from her recent visit to Bethesda, to pose with her Shih-Tzu, Prince, whose role as a therapy dog, brings joy and comfort to residents.

How often does a prince frequent your home? Bethesda has a weekly visit from Prince, the therapy dog! Prince is a full-blooded Shih-Tzu, owned by Jean Friesen from Newton. She decided Prince would be an excellent therapy dog, based on his personality and temperament. So she took him for obedience training and had him tested by an examiner at Waggin' Tails Ranch in Valley Center to register him with Therapy Dogs International as a therapy dog.

Jean Friesen, Prince's owner, is semi-retired after having worked as a diagnostician in Special Education for 25 years. Currently, she is a substitute teacher and enjoys her volunteer work with her therapy dog. She makes the rounds to a number of nursing homes in the area. When asked why she does it, she replies that she really enjoys seeing how people respond to her dog. She explained that some residents feel sadness and loss at having to give up their pet when coming to the nursing home. Seeing Prince and spending time with him allows residents to form a relationship of unconditional love and can bring joy to their lives. "I like to see their smiles" Jean added.

"Prince is the perfect little lap dog and loves to be petted," says Gayle Voth, A.D. "Our residents look forward to his visit. One resident, in particular, would be more than happy if he would just live in her room with her. He provides her with a real sense of joy and acceptance and makes her feel special." And it's a pretty big deal to be loved by a prince!

- Gayle Voth, *Activity Director*

P.O.P. Quiz Answers

(Pete's Opportunity for Philanthropy)

- 1) Cash/check
- 2) Monthly or quarterly Electronic Fund Transfer from banking or savings account
- 3) Stocks/bonds
- 4) Real estate
- 5) Beneficiary of life insurance policy
- 6) IRA beneficiary
- 7) Minimum Required Distribution (RMD) from IRA
- 8) Bequest gift
- 9) Use Keith's Gift cards to purchase groceries
- 10) Enroll Bethesda as your charity of choice in Dillons Community Rewards Program (#9 & 10 help others to contribute)
– See Authorization Agreement on last page.

"Money is like manure; it is not worth a thing unless it is spread around to help things grow."

Thought to Ponder Answer From page 2

"God helps those who help themselves" is probably one of the most often quoted phrases. While this phrase sounds like it definitely comes from Scripture, it actually isn't recorded anywhere in the Bible. The phrase "God helps those who help themselves" is credited to the Greek storyteller Aesop (and Benjamin Franklin). Whatever the original source of this saying, the Bible teaches the opposite. God helps the helpless! Isaiah 25:4 declares, "For You

have been a defense for the helpless, a defense for the needy in his distress, a refuge from the storm, a shade from the heat..." God helps those who can't help themselves and uses others – like you and me – like Bethesda caregivers – to help those who can't help themselves. Jesus said, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." – Matthew 25:40

BETHESDA



H • O • M • E

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LETTER**

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AUTHORIZATION AGREEMENT

for Pre-authorized Payments to
Bethesda Home, Goessel, Kansas

BETHESDA



H • O • M • E

I hereby authorize Bethesda Home to initiate debit entries via Electronic Fund Transfer from my

Checking **Savings account** (select one) in the financial institution named below.

Please debit \$_____ to such account Please increase my EFT by \$_____ to a total of \$_____

I request that the date for such payments be on the 1st or 15th of each month OR 1st or 15th of each quarter (March, June, September, December).

Contribution for:

Undesignated Gift Benevolent Care Fund (Medicaid shortfall) Resident Care Needs Endowment Fund Other _____

Financial Institution Name _____ Branch (if applicable) _____

City _____ State _____ ZIP _____

Transit/ABA No. _____ Account No. _____

This authority is to remain in full force and effect until Bethesda Home has received written notification from me of any changes or request to terminate this authorization in such time and in such manner as to afford Bethesda Home and the financial institution a reasonable opportunity to act on the request. Such written message may be mailed to the address below, or sent via e-mail to eschrag@bethesdahome.org or sent via FAX to Bethesda Home at 620-367-2294. Unwritten requests will not be accepted. Bethesda reserves the right to terminate this agreement if deemed necessary.

Print Name _____ Signature _____ Date _____

Please attach a voided, blank deposit slip or check blank to this form to confirm accuracy of account numbers.

Mail to: Pete Flaming, Bethesda Home, Box 37, Goessel, KS 67053

I wish to receive a receipt for each withdrawal via Mail I wish to only receive a year-end summary receipt of all withdrawals

via email – please provide address Your email address _____