

HERITAGE of Care

THE BETHESDA LETTER

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

Making a Difference Bethesda's Physical Therapy Department

Having a licensed and skilled all inclusive therapy program is no stretch for Bethesda Home. Restoring and maintaining each patient to the highest level possible is the mission of those who serve the residents and community. These services are provided through Genesis Rehabilitation Services. Additionally, Bethesda employee Marlene Percival, Restorative Nurse Coordinator, LPN

more on patient treatment.

Terri notes, "I work with people with a multitude of diagnoses...but with a common goal, to improve, restore and prevent."

Bockhaus is quick to attribute much of the program's success to the combined efforts of the ladies that serve along side her.

One of those ladies is Emily Sichley, a Registered Occupational Therapist,



Leslie Copeland, Emily Sichley, Terri Bockhaus and Marlene Percival all work together to strengthen and maintain residents through various forms of physical, speech and memory exercises.

completes the team.

Terri Bockhaus has managed the Therapy Program here at Bethesda Home for the past nine years for Genesis. As a Certified Physical Therapist Assistant, Terri has balanced her time serving her patients from her desk and working along side each one as they work to restore strength, balance and coordination.

Recently Genesis appointed Christina Klinkerman, Certified Occupational Therapist Assistant to serve as the program manager enabling Terri to focus

who "works with patients to restore their ability to groom and dress themselves." Sichley works alongside residents to regain and maintain the ability to accomplish daily living tasks as well as specializing in wheelchair positioning and incontinence programs.

Leslie Copeland, a licensed Speech Therapist, serves residents by working to improve speech, memory and cognition of those who need her services.

"She helps people with oral motor exercises to prevent coughing and

What's Inside?

- Meet the physical therapy department
- Reflections from donors
- Christmas gift ideas
- Resident testimonials

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Interesting Signs

Just a few chuckles

Posted outside a secondhand shop:
We exchange anything - bicycles, washing machines, etc. Why not bring your wife in and get a wonderful bargain?

ooo

Posted on a bathroom door:
Toilet out of order. Please use floor below.

ooo

Notice on a farmer's property:
You may walk across this property for free, but the bull charges.

"Therapy" continued on pg. 3

CEO's Corner



It seems like just yesterday, but it was over 5 years ago when we finished our Building Community and Changing Lives (BCCL) capital campaign to renovate the main nursing facility. The BCCL project was the remodeling of the main nursing facility to make it feel less institutional (cinder block walls, main nurses' station, central laundry, laminate hallways) and

more like the environment of a home (living areas, dining room, homelike atmosphere and décor).

We were blessed by you, our extremely supportive constituency, who donated the 2 million dollars necessary to make the changes without the need to borrow money. We continue to be pleased and celebrate the changes that have been made.

In an effort to follow Paul's instruction to the church in Philippi that, "In humility consider others better than yourselves" (Phillipians 2:3b) we are often hesitant to tout all the things we are proud of here at Bethesda. Hopefully you have been able to see our facility with the remodel and experience some of the homelike atmosphere, or have been able to stay abreast of the activities going on through our facebook page and website.

This past week we had our annual visit from the fire marshal. It was a very good survey with 2 minor deficiencies

– both of which were corrected the day of the visit. Earlier this year we had a visit from consultants who in their literature say that "they seldom get Christmas cards from their clients" as their job is to provide an accurate portrayal of the facility and areas of improvement. They had wonderful things to say about Bethesda; the quality of care, the atmosphere, the cleanliness of the facility and the friendliness of the staff. The consultants also made the board aware that Bethesda runs a very lean operation without any low hanging fruit (wasteful expenses).

Bethesda has been rated as a 5 star facility by CMS (the Centers for Medicare and Medicaid Services). In our last facility health care survey we had 2 small deficiencies. Our census remains full and we are in the process of building both a new garage to house our new bus (funded in part through a KDOT 5310 grant), as well as a new single independent living unit.

We are grateful for all the ways that each of you help to make these things possible, and grateful for your support in making Bethesda a wonderful place to live and to work. Thank you for the role that you play in our mission to be a community formed in the spirit of Jesus Christ to fulfill the lives of adults with special needs in a place that is home.

Eric Schrag, CEO

Did You know?

- Since 1996 contributions to Bethesda's ministry and capital campaigns have totaled over \$4.76 million. WOW! Your support has enabled Bethesda to be a vibrant ministry in a competitive retirement community market. THANKS!!!
- 19 of the top 100 donors have deceased since 1996. Their contributions totaled \$634,449. The challenge is for that void to be filled.
- 35 donors have contributed to Bethesda for 17 or 18 consecutive years since 1996 – and 32 more have contributed for 10 – 16 consecutive years. We are blessed to have such committed donors. – THANKS!

Additional methods of giving available

Bethesda offers a variety of methods of contributing to our ministry. Visit the Bethesda web site – "How to Give" tab. Methods include PayPal, and electronic fund transfers from your banking or savings account. These are in addition to customary giving methods of cash, checks, commodity gifts, bequests, non-cash items, memorial/honorarium gifts, etc.

In Memory Since April 15, 2014

Evan Dirksen, May 11, 2014

Calvin Ridgeway May 17, 2014

Ruth Rediger Reimer July 30, 2014

Esther Penner September 17, 2014

Orie Voth October 22, 2014

“Therapy” continued from pg. 1 choking/ aspiration while eating and drinking. She can help patients improve memory and cognition as well as sequencing, problem solving and word finding” says Bockhaus.

Once a patient meets his or her maximum rehab potential, Marlene Percival steps in to maintain their achievements. Marlene, a Licensed Practical Nurse, has worked as the Rehab Coordinator since August. Although Percival has not been at Bethesda Home for a long time she has already experienced success in her patients lives. Patients, that are in her words “pretty stiff”, work in therapy and are able to accomplish tasks that before they were unable to do.

Bockhaus also remembers many success stories but one story she holds dear to her heart is of an elderly veteran who moved into Bethesda following back surgery. “He was very debilitated, and could not stand unsupported. His main goal in therapy was to get strong enough to visit the World War Two Memorial in Washington, D.C.” She remembers, “part of his therapy was to raise and salute the flag every morning. After many months of intense therapy, his family was able to take him to Washington.” She keeps a photo given to her by him on her desk with a note on that back that reads, “Terri, this trip

would not have been possible without you.”

Stories of success like these are made possible by generous donations of people in the Bethesda community. Whether you reside here or know someone that does, your gifts matter.

Tools such as sequencing cards, a 9 hole peg test and balance board are all useful tools that benefit patient care. Would you consider making a donation to fund another success story?

Successes in the residents lives are only part of the story. Bethesda’s therapy program benefits those in the surrounding community. Outpatient therapy provided on Bethesda’s campus is a great asset to the Goessel community. It allows those who need therapy to do so in town and not have to drive elsewhere.

“For those who are just released from the hospital, but are unable to care for themselves at home, they may come to Bethesda to convalesce.” says Bockhaus

These patients will receive skilled therapy as ordered by a doctor and be given a home assessment. This determines how well they function in their own environment allowing therapists to make recommendations for the patient to return home safely.

“Therapy” continued on pg. 5



Top Left: Terri Bockhaus, CPTA/TPM, offers encouragement to Arnold Voth as Voth works on the Nustep machine. Nustep is a machine that is used often here at Bethesda. For patients that use Nustep, their strength and endurance are improved while reducing the stress on joints.

Top Right: Resident Betty Schmidt works on maintaining her strength with restorative nurse coordinator Marlene Percival, LPN.

Bottom Left: Building strength and increasing flexibility are important parts of residents staying healthy. Resident Dora Schmidt and occupational therapist Emily Sichley work together to strengthen Dora’s arms.

Bottom Right: Leslie Copeland, a licensed speech therapist, works with Arnold Voth as he completes tongue exercises to improve oral motor functions.

Thankful for our supporters!

Financial challenges can be found everywhere. Bethesda is no exception. When considering how many services are being provided, factoring in the rising costs to provide those services as well as the shortfall in Medicaid reimbursements, the picture is not always a pretty one.

“That’s where the supporters of Bethesda have really stepped up and made a difference,” said Pete Flaming, Director of Development at Bethesda. “Without having the support of the community both far and near, we wouldn’t be able to do what we do. There are simply not enough funds to operate Bethesda Home without contributions from other sources.”

Many of the people who have been Bethesda supporters are longtime givers who have seen the need and realized that they were able to be part of the solution.

That was exactly the case for Elton and Denise Nickel, of Goessel.

“It’s a hometown thing,” said Elton. “It’s local and we support it so that it stays in the community.”

Denise was quick to comment that as a faith based facility; it is a valuable ministry opportunity as well as a service provider to our community.

“Bethesda gets a lot of people from outside the community,” said Elton. “My mother was one of those people from outside the community who saw the value to come and live in Independent Living when she couldn’t make it on her own anymore.”

After pursuing many options in Colorado, it was determined that a Bethesda duplex was the best choice for Nickel’s mother.

“That was a good feeling, knowing that we have the best choice available with regard to facilities and care,” said Elton.

The Nickels also now have Denise’s parents, LeRoy and Alice Funk living in a duplex at Bethesda, so they know first hand how good it is to be a part of this community.

“They were very excited to make the move to the duplex. They even have some of the same neighbors that were also their neighbors when living on their farm. It’s been a really good move for them. After a year and a half, the honeymoon still isn’t over,” said Denise.

Both Elton and Denise mentioned that it’s not enough to talk about the good amenities and care that Bethesda provides. Something has to be done financially to help support it.

With 19 of the top 100 Bethesda donors having passed away over the last 18 years, other donors have to step in to fill the gap. Those 19 donors had contributed over \$634,000 or \$1850 per donor, per year.

When asked what suggestions or words of encouragement the Nickels might have to others to help fill this void, they became quiet for a bit and then very serious.

“We have to start where we can, even if it is small,” said Elton. “It’s not like we all have to give huge sums of money to make this work. If enough people commit to give regularly, in an amount that works for them, it will help tremendously,” he said.

One of the many ways to give is to setup an automatic debit each month from your bank account. It makes it really easy and ensures that we don’t forget about it,” said Denise.

Elton continued to talk about local support.

“A lot of it starts at home. That’s your base,” said Elton. “We’ve seen very good and caring, skilled, committed people at Bethesda. Their jobs are most definitely a ministry to those that they care for.”

Denise also mentioned that there are many areas that continue to need funding. “Keeping the facilities

up to date is important and makes Bethesda competitive. I think we have done a good job with that. The re-model and campaign were important to update the campus and now the neighborhood model of living has improved the residents’ quality of life immensely,” she said.

Another couple that have been supporting Bethesda is ElRoy and Loretta Wiens. They have been supporting Bethesda for 18 consecutive years and are proud to be a part of the ministry.

Both ElRoy and Loretta have been on the Board of Trustees at one time. They have both participated in all of the capital campaigns and are deeply committed to Bethesda’s mission.

One of the main things that has inspired them was the drastic change, for the better, that the neighborhood concept has created.

“We both saw a tremendous change in Bethesda with the neighborhood concept. We think that the entire facility benefited from it,” said ElRoy.

“There was much more of a personal feel to it. My sister, who was a resident, really liked the change,” said Loretta.

Loretta’s grandma lived at Bethesda in the 70’s and early 80’s. Her dad lived there for several years until his death in 2010. For each one of Loretta’s family members who lived there, it was close to home but they knew people there already and that was a draw.

“Even if you don’t know people there, the staff and community are very willing to get to know you and welcome

“Supporters” continued on pg. 5



Elton and Denise are happy to support Bethesda for many reasons. Both Elton and Denise have or have had parents in the Bethesda duplexes and nursing care.

“Supporters” continued from pg. 4

you in,” said ElRoy.

While there have always been family connections to Bethesda for the Wiens family, they have really found that it is worth supporting based on so much more.

“It’s really about the way that they treat their residents and the quality of life and community aspect that it provides to the residents,” said ElRoy.

When asked what suggestions or encouragement they might have for others who are thinking about supporting Bethesda financially, the Wiens’s suggestions come from experience.

“It’s always easier to start with a small monthly donation and increase it as you can,” said ElRoy. “A budgetary approach always works best. Keith’s Foods and Dillon’s do a gift certificate that really helps to benefit Bethesda Home. Many people don’t know about it but it is one way that you can donate without spending extra money. You have to buy groceries anyway and this way Bethesda gets a portion of the purchased amount.”

Bethesda’s mission is to provide the same high level of care to all residents regardless if they are private pay or on Medicaid. The sustainability of this is difficult given Medicaid’s shortfall, but the Wiens’s feel that it is essential to continue with this mission.



ElRoy and Loretta Wiens have faithfully supported Bethesda for the past 18 years and have each served on the Board of Trustees at one time or another.

“The Board has put the Benevolent Fund in place to address this need. It feels good to know that we can help a little bit. We really stepped it up during the time my sister was at Bethesda. She was never employed during her younger years, so she needed the help of the Benevolent Fund,” said Loretta.

“The staff at Bethesda truly do treat every resident with the utmost respect and dignity. They don’t know who is on Medicaid or who is private pay so it’s not an issue for them. Everyone gets the same great care and is treated with respect,” said ElRoy.

The Wiens’s really enjoy the Pillars Banquet and make it a point to attend every one that they can.

“The building projects were good for Bethesda and replacing the roof was essential,” said ElRoy. “The facility is great and the care is top notch.”

Partners like the Nickels and the Wiens families are what keep Bethesda’s doors open. It’s essential that more people just like them step up and make a commitment to help

keep the mission viable. Realizing that the mission is necessary to caring for residents is the first step.

“After talking to some of my co-workers in Wichita about senior care, I think we are really blessed to have a place like Bethesda and it is worthy of our support,” said ElRoy.

“Therapy” continued from pg. 3

It takes a lot of work and planning to achieve success for the patient.

“We all are working for the patient to achieve what they want to accomplish” reiterates Copeland.

That is exactly what Terri, Leslie, Emily and Marlene strive for.

“It’s not just one person,” Percival points out, “it is a team effort to get a patient back to normal or close to normal.”

Christina Klinkerman, Certified Occupational Therapist Assistant / newly appointed program manager, pauses from her daily schedule to smile for a quick photo. Klinkerman’s role has been essential in making sure patients physical needs are met with the right strategy.



Our residents and family members describe their experiences with Bethesda

From a rehab-to-home resident

"I really appreciated the care I got last fall when I was recuperating from total knee replacement. It was good to see first-hand how the Home operates. Thanks again for the excellent care I received."

From a non-local community family member

"When we first came here I knew no one in management and only vaguely knew some of the nursing staff. From day one you all, and the residents too, made us feel 'AT HOME'. You treated us royally! Thanks so much."

From a duplex resident

"Someone else said that it took a lot of prayer to make the decision and it did. I asked my church members to pray with me to make the right decision, and they did. When I made the decision to do it I felt so at ease and have not looked back or given any second thoughts. I didn't really want to leave my home, but I could no longer take care of my yard. I should have moved 3 years earlier. I have been VERY happy here. Maintenance responds quickly when called and maintains the yard beautifully. On another issue – Long Term Care Insurance is a stewardship issue that everyone should consider."

Family gift opportunity for Christmas

Supporters of Bethesda have been very generous over the years in providing funds for specific needs which has enabled Bethesda to keep room rate costs reasonable. Your continued contributions toward needs not covered in the current budget



are deeply appreciated. Christmas time is a good opportunity for families to pool contributions together to make a sizable contribution toward the purchase of one or more items that are needed, but exceed the budget limitations. To assure that items meet quality standards, Bethesda will purchase the items you

identify with the funds provided. Below are a few opportunities to consider. Donor recognition will be placed on an item purchased when possible, unless the donor prefers to be anonymous.

- Garage for new resident activities bus – approx. \$9,000 needed to complete the project
- New or lightly used 4 door car
- New or lightly used full sized pickup
- Used skid steer with bucket & forks - \$??
- Full Patient Lift with slings - \$8,000
- New printer for administrative office - \$3,000
- Electric beds \$2,000 ea.
- Assorted wheelchair cushions - \$450
- Resident mattresses - \$350
- Bedside mats to protect high fall risk residents - \$80
- Bed Positioning wedges - \$75
- Nebulizer machine with filters - \$55
- Music for Krystal Bells resident hand bell choir - \$25
- Floor puzzle - \$18, each

Some of you have wondered

Why are there so many cars at Bethesda during the day on Monday through Friday

Some clues that may help you understand. – In addition to the direct nursing care, housekeeping, laundry, maintenance and dietary staff there are administrative/supervisory staff, numerous, professional services staff including: Physical / Occupational therapy, beautician, maintenance, Chaplain and Social worker. Additionally, on a periodic basis, there are consulting professionals including Medical Director, Podiatrist, Optometrist, Psychiatrist, Psychologist, Pharmacists, Audiologist and dental services. – All of which contribute to

our mission of being a community formed by the spirit of Jesus Christ to fulfill the lives of adults with special needs in a place that is home. Additionally, there are customers of the Lincoln Perk coffee shop and family, friends and pastors visiting residents.

Bethesda's full time equivalency of staff is 104 - the largest employer in Goessel producing the largest economic impact to our community.

Activities Department Report

Gayle Voth, Activities Director, and her staff have been busy making use of the new activity bus recently. Residents enjoyed a bus trip to Abilene to ride the train in August. In September residents went to the Kansas Cosmosphere in Hutchinson, and in October they went to Dillon Nature Center. Additionally, several more local trips were taken – a fishing trip to Marion Lake this past month, and the special care unit took a driving tour of Papa’s Pumpkin Patch.

“Future trips have not been finalized but we are considering going on a drive to see Christmas lights in December, going to Karg Art Glass in Kechi to observe artisans doing glass

blowing, and the Botanical Gardens in the spring. We also hope to be able to arrange for more spur-of-the moment activities as opportunities become available,” said Voth.

Additionally, numerous in-house activities are offered including: the 5th Grade Class Generation Bridge interacting with residents weekly; bingo, community devotions on Wednesday mornings and various programs led by area churches / groups. See the calendar of activities on the Bethesda web site www.bethesdahome.org “About – Events”, or follow current events on Facebook – including pictures of events.



Left: Walter McQuade, Lucille Bredemeir, and Hilda Buller enjoy the October excursion to Papa’s Pumpkin Patch, located six miles north of Newton on K-15 Highway. Residents were able to sit back and enjoy the tour of the pumpkin patch.



Right: It was a good day to fish. Brian Legg enjoys the fall weather as he has his lines cast with the hopes of a bite.

P.O.P. Quiz (Pete’s Opportunity for Philanthropy)

What tool is available to earn higher interest than on my current CD or passbook savings accounts?

Answer - through a Gift Annuity – an opportunity to increase your generosity and earn a lifetime of income – a way to give and keep on receiving. The gift can be in cash or stocks, bonds, etc.

The current gift annuity interest rates approved by the American Council on Gift Annuities for a single life are:

If you choose to receive payments immediately	If you choose to delay payments from when gift was made		
		till age 65	till age 70
age 65 = 4.7%	age 45	8.9%	11.3%
age 70 = 5.1%	age 50	7.6%	9.6%
age 75 = 5.8%	age 55	6.4%	8.2%
age 80 = 6.8%	age 60	5.5%	7.0%
age 85 = 7.8%	age 65	NA	6.0%

See your financial advisor, or Pete can also process the application through the Mennonite Foundation at the Bethesda office. You can make the gift as large as you like (min. \$10,000) and can be divided among as many charities as you like. There are no fees to contend with.

Contact Pete Flaming for more information or go to the Bethesda web site www.bethesdahome.org and click on the “How to Give” tab on the top of the home page. For a wealth of information of how to give a variety of gifts, follow the link to the resources provided by Everence Financial and Crescendo. There is an on-line calculator that enables you to enter your own confidential data that will show you the amount of interest you will earn during your life expectancy, your tax savings, and the amount that will go to charity at your death.



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please send your current email address to pflaming@bethesdahome.org

Simply Buying Groceries Helps Bethesda

Gift Certificates for groceries gain dollars for Bethesda Home. How does this work?

Keith's Foods and Dillon's / Kroger stores throughout the country have provided a special incentive to purchase these certificates. However, the initial \$50 gift cards **must be purchased from Bethesda**, for Bethesda to receive their contribution.

Up to 5% of each dollar used from these gift certificates goes to Bethesda in the form of cash towards the benevolent fund. If there was ever a way to feel good about going grocery shopping, this is it!



We invite you to visit our [updated website](http://www.bethesdahome.org)

www.bethesdahome.org

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



Find us on
Facebook

Follow Bethesda's current news and resident activities on our updated facebook page.

"Like" us! We welcome your comments.