

# HERITAGE of Care

# THE BETHESDA LETTER

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



Bethesda Home's Medical Director, Dr. Jon Casimir takes time out from making his rounds to tell us about who he is and what he does.

## The Doctor is in

For the last 16 years, Dr. Jon Casimir has served as Bethesda Home's Medical Director. Picking up the reigns as Medical Director in 1999, Dr. Casimir has witnessed quite a bit of change in the world of medicine, but one thing that Casimir says has not changed is the unwavering quality of services that Bethesda Home offers.

"The role [of a Medical Director] is to give advice and opinion regarding medical issues that arise within the facility... immunizations, infectious diseases and keeping the facility current in the world of medicine" is how Dr. Casimir describes his duties at Bethesda.

Following his residency and graduation in 1998, Dr. Casimir began practicing obstetrics, adult medicine, pediatrics and geriatrics with Axtell Clinic in Newton, Kansas. He now practices at Via Christi Health in Newton and continues serving pediatrics thru geriatrics. "What is really neat about my job is that I get to work with whole families. There are times where I have worked with four generations of one family."

Twice a month, on the second and third Thursday, Dr. Casimir makes his rounds at Bethesda Home; greeting coworkers and residents as family and treating them as such. Although he is on campus twice a month, he is available anytime to answer questions from Bethesda's Director of Nursing and other nursing staff. Casimir remarks, "When I get a call, text or email, it is like a brother or sister inquiring about an uncle or aunt - we are a lot like family." Having such a close-knit relationship with coworkers is what Casimir says he values the most.

Having served at Bethesda for over 16 years, Casimir has seen first hand how Bethesda has evolved and continues to evolve in caring for its residents. "There are two sides to how I have seen Bethesda change over the years. First would be the facility itself." Casimir goes on to say that the continual advancement in the facilities itself, keeps Bethesda on the cutting edge. "It has always been nice, clean and up to date and it has continued to be modernized and nice looking."

### What's Inside?

- Endowment Exceeds \$1 million; a story 116 years in the making
- Calling all Farmers; Learn how you can save when you give
- Raising Koehn at Bethesda: a story of two long term residents
- Bethesda receives grant from Et Cetra Shop
- And More!

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

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## CEO's Corner

### A review of Fiscal Year 2015



Thanks to all that attended the 116th annual Mennonite Bethesda Society Corporation meeting. As you look and listen to commercials for food, or products, colleges, or nursing homes you hear entities touting their 30, 40 or 50 year histories. For 116 years Bethesda has been ministering to the elderly and frail. This community is blessed by such a longstanding and important ministry. Thank you for the role that each of you has played in Bethesda's history, and the role you play in Bethesda's future.

I want to thank the board members for their service to this organization. They value the life of the organization and more importantly the lives of those who make this their home, and their place of employment. I want to extend a special "thank you" to Kermit Nikkel, Matt Voth and Deb Hiebert for their service to Bethesda on the Board of Trustees. We welcome Duane Unruh, Jason Unruh, Marjean Harris, Jared Jost and Morgan Kaufman to the board and look forward to the ways that they will work with current board members Karl Brubaker, Patrick Flaming, Eileen Schmidt, Verney Voth, Pat Rupp and Bonnie Janzen as they continue to enhance the mission and the work being done here.

In the long term care industry we continue to hear concerns of the viability of small organizations. I remain convinced and committed to the reality that if we offer superior quality at a reasonable cost we will remain viable. I am grateful for the team that I work with who care deeply for the mission of Bethesda, and care for each resident like a member of their own family. These caring and compassionate individuals have helped us achieve a positive year. We are a CMS 5 star rated facility. We were again voted a top nursing home by US News & World Report. We have achieved our goal of an endowment exceeding 1 Million dollars, our census for the year remained strong in all three levels of care, and we were able to achieve a positive bottom line while fully funding depreciation. Each of these standards is high, and it speaks to you as constituents, employees and the community that together we can achieve these results.

The statement of operations was reviewed which included a comparison of the depreciation line for 2014 and 2015. The simplest way to describe depreciation is that it is planning ahead for replacement. We have a depreciation schedule for purchases that exceed \$2,500. Funding depreciation is sound business practice. It creates cash reserves, and allows for facility updates when necessary without the need to borrow. Also highlighted were our revenues and expenses for the year, and any other income. For 2014 we finished the year in the red by \$109,379. We were unable to fund \$109,379 of the \$399,220 depreciation. For 2015

we had a positive bottom line of \$60,094 while still funding all of the \$371,685 in depreciation.

As is the case with any organization we are not without challenges. Along with sister nursing facilities we continue to struggle for staff. We want to set the quality bar high, and we want to avoid utilizing agency help. Our goal is consistent staff – consistent staff provide consistent faces for the residents and their families. We have put new incentives in place and remain optimistic that we can get to a full staffing ratio without the help of agency.

The larger industry is changing from a "need" based to a "want" based industry which will continue to change the ways that we serve. Most people want to stay in their homes as long as possible. That is the wish of the state as well. We continue to try to find ways to offer services to the community – currently we provide maintenance, yard care, meals and pendant systems to individuals and businesses in the community. Hopefully those services can grow and others can be developed and discovered. The other change coming is in payment structure and how we are reimbursed. More and more reimbursements are going to be based upon outcomes. Hospitals will be penalized for re-admissions and as a result will want the nursing facilities that they partner with to be the best and provide for more acute needs. We are working harder to quantify our quality and our outcomes with data. This data is necessary for both the hospitals we partner with, and also the state and insurance companies that reimburse cares.

We are excited to have a new single independent living unit going up in the Meadowlane development. This has been a combined project to incorporate consumer feedback into independent living design. The unit looks a little more like an individual home, and has additional square footage in the living area to accommodate larger gatherings. If you are interested in seeing plans don't hesitate to talk with me or Sara Hiebert.

This past year we were awarded a KDOT 5310 grant for a new bus, and this coming year awarded a 5310 grant for a new van. We put up the new garage to house our bus and van. Pete secured donations for this garage as well as a new Gator utility vehicle and a new Hustler mower that will also be able to brush snow which the maintenance staff is very excited about. We were awarded a KING safety grant which paid for the replacement sidewalk on main street.

It has been a good year at Bethesda. Thank you. Thank you for caring for this ministry, for this place, for these residents and our staff. We are blessed by your many prayers, financial gifts, visits and volunteer hours. May we continue to work together to enhance 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





Margaret Hiebert (left) and Linda Buller (right) take time from visiting their mother, Irma Koehn, to stand next to the bench dedicated to their father Jake Koehn who passed away in 2006. The bench, which sits as a memorial, is located just outside the back yard of the Koehn's former duplex. The walking path cuts through where Jake and Irma once planted "enough tomatoes and potatoes to feed the entire town," remembers Hiebert.

## Raising Koehn at Bethesda

For former long term residents Jake and Irma Koehn, Bethesda has always held a special place in their hearts and the same story holds true for daughters Margaret Hiebert and Linda Buller.

As they grew up, both Margaret and Linda remember each of their grandmothers living at Bethesda Home and remember their father visiting his mother on a daily basis. From that point forward, the Koehns have never left. Although it was not until 1989 when Jake and Irma moved from their home of 15 years in Goessel into a duplex they had built, did they actually live on Bethesda's campus. Until that point, the Koehns were active in life at Bethesda. Jake had served on the Board of Trustees and Irma was a baker in the kitchen. By some estimates, in the nine years Irma baked for Bethesda, she made over 93,000 zwieback.

When it was time for Jake and Irma to move onto Bethesda's campus and build their own duplex, Linda remembers her parents excitement. "They were excited to live in a new house, since they had never lived in a brand new house before...and to become more involved in the Bethesda community." The daughters remember the large vegetable and flower gardens that their dad planted in the backyard of their duplex that is now crossed by the walking path that Jake helped the Lions Club raise money for.

The duplex provided Jake and Irma and their family a perfect space inside for family get togethers, holiday dinners and outside for summer picnics. A spacious kitchen and living area provided Irma and Jake with a space where they could host family and friends.

After 13 years, the Koehns felt it was time to move into one of two available semi private double rooms in healthcare. Having been married for so long, neither one wanted to leave the other's side. Even at this stage of their lives, both Jake and Irma remained active in Bible studies, coffee and devotions as well as the many other activities that were offered. Each enjoyed making friends

with fellow residents and staff and getting to know them on a personal level.

Over the next three years Jake's health declined and in 2006 he passed away. Irma's health had improved so much that she qualified to live in assisted care. During this time Irma really enjoyed being a part of the program Generation Bridge. Participants in this program are 5th grade students from Goessel Elementary who meet weekly with Bethesda residents to talk and play games. She saw this as a time where she could expand her knowledge as well as help the students expand theirs.

Jake and Irma and the family have seen those who work and reside at Bethesda as family. "They love us and we love them. It is unbelievable the amount of care we have received and the care our parents have gotten," said Margaret. "The staff care not only about their residents and families but about each other," Linda says. "They are pretty protective about their residents and each other," agrees Margaret.

Margaret remembers the respect that the staff had for her mom, knowing what activities were important to Irma and spending time doing them with her. She enjoyed long walks down the walking paths and through the butterfly gardens.

Linda remembers times when their mom was still able to leave for short day trips and the many times their mom would say upon returning, "Oh, it is so good to be home." Experiences like these spoke volumes to Linda and Margaret and to their families-hearing their mother and grandmother cheerfully call Bethesda home.

For the family of Jake and Irma Koehn, there is no place like Bethesda Home.

*Editor's Note: Five days after the interview for this feature article, Irma passed away on June 7 at the age of 101. Both she and Jake will be greatly missed by the staff and residents of Bethesda.*

## Endowment Exceeds \$1 million

Thanks to the vision of the Bethesda Board of Trustees, on December 22, 1986 the Bethesda Endowment Foundation was created with \$70,000 and a goal of reaching \$1 million before drawing regular distributions. The fund was established in order “to adequately provide for the level of care elderly deserve in the face of ever rising healthcare costs.” The fund is managed by the Mennonite Foundation, an affiliate of Everence, and is set up that only the income may be spent. The principal is never touched. For many years the earnings were reinvested in the Fund to help it grow.

Thanks to some major bequest gifts in recent years and individual donations over the years, the Million dollar level was reached in September 2013 and in 2014 the Bethesda Board authorized a 5% distribution of the corpus to be made (\$8,526 quarterly or over \$34,000/year) toward offsetting those ever rising healthcare costs.

Over 116 years ago God’s people committed themselves and their resources to care for the sick and the elderly in this community. Are we committed to do so again today? With increased regulations, increasing costs of equipment, supplies and staffing, coupled with decreasing State and Federal government support raises the challenge of sustaining the mission of Bethesda (fulfilling Christ’s teachings of “whenever you have done it unto the least of these you

have done it unto me”) for another 116 years.

Bethesda has been blessed by strong donor support over the years, positioning Bethesda as one of the Best Nursing Homes in the country in 2014 and 2015 (U.S. News & World Report) with quality facilities and care givers / staff.

Thanks to that support Bethesda is the only nursing home in the area that is debt free – having paid off the last bond issue in 2005. However, the challenge is to fund an annual \$330,000+ cost-of-care deficit in an effort to continue fulfilling our mission.

Gifts to the Endowment Fund are a good way to provide the sustainability of the services that Bethesda provides. Some excellent types of gifts to consider, that can also have possible tax saving implications, include: bequest gifts; appreciated assets such as land, equipment, rentals, stocks; Minimum Required Distributions from retirement funds; monthly or quarterly electronic transfers from checking or savings accounts, and other cash contributions.

“It’s not what you take when you leave this world behind you, It’s what you leave behind you when you go.”

*Randy Travis*

## Did You know?

For the second year in a row Bethesda Home was rated as one of the best nursing homes in the country by the U.S. News and World Report! The rating is based on how well a facility scored on state assessments in 1) health inspections, 2) nursing staff, 3) measures of quality of care, and 4) fire safety. Bethesda ranks in the top 21% of all nursing homes in Kansas and received the 5 star rating

from the Federal Centers for Medicare & Medicaid Services. Bethesda staff and management work hard to fulfill their mission of caring for the frail and elderly. Give your words of appreciation and encouragement to the Bethesda staff for the compassionate, caring services that they provide. More information is available on the Bethesda web site [www.bethesdahome.org](http://www.bethesdahome.org).

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

**Question**—What impact does Bethesda have on the Goessel community and the residents Bethesda serves?

**Answer**—Bethesda and the school system are the glue that holds Goessel together as both provide a huge impact on the economical and social stability of the community. Through prudent management and board leadership, both are currently on solid financial ground.

The resident care at Bethesda is exceptional and would leave a big void in providing nursing care options for families to consider if it was not in Goessel.

Your gifts are very important for Bethesda to sustain our

financial stability. A regular contribution of \$2.50 per day or \$75.00 per month via cash or automatic bank withdrawal from individuals can make a big difference. Gifts can be designated as “Where most needed”, “Endowment Fund”, or any of the nursing care and operational needs noted on our “Wish List” under the “Get involved” tab of the web site. An Electronic Transfer form can be printed and completed from <http://bethesdahome.org/make-a-donation/>.

Gifts can be in the form of cash, appreciated assets, bequest gifts, Required Minimum Distribution, etc. Any gift amount, smaller or greater, is deeply appreciated. Contact Pete Flaming for more information [pflaming@bethesdahome.org](mailto:pflaming@bethesdahome.org) or 620-367-2291.

### “Doctor” continued from pg. 1

The second is the people. “We work in a family of people. One of the hardest things is that we become so close-When that group of people changes it is hard to say goodbye. It is always great to be associated with them.”

When Dr. Casimir is not in the office he enjoys spending time

with his wife of 25 years and their three sons. A self described “exercise fanatic” he has run eight marathons, done countless triathlons and completed an iron man race. Aside from exercising, Casimir enjoys working his 13 cow calf operation and on occasions hunting deer and some turkey.



## Activities Update



The new activity bus recently took 13 residents to Botanica, The Wichita Gardens. Enjoying the gardens on a beautiful warm spring day are residents Marlene Quinn and Elva Penner with Rosanne Hayes, Bethesda employee.



Every other week volunteers Sharon Unruh and Lois Voth work on sewing projects with our residents. This past spring they worked on tying a quilt for the MCC Sale, which generated \$600.00 at the sale for MCC. Residents that participated as they could included: Geraldine Hopp, Phyllis Voth, Elva Plett, Mary Graber, Vernetta Funk, Irma Koehn and Betty Schmidt.

For a listing of all daily activities each month, visit our website [www.bethesdahome.org](http://www.bethesdahome.org), click on "About" tab and "Events". Follow us on Facebook for updated photos of activities.

### In Memory Since January 1, 2015

Henry Bestvater – 1/5/15	Rudolf Schroeder – 4/26/15
Fern Hein – 1/16/15	Lynn Penner – 4/28/15
Stephen Smith – 1/20/15	Janet Meisinger – 5/20/15
Betty Schmidt – 1/20/15	Elda Bartel – 5/24/15
LeRoy Ratzlaff – 2/19/15	Alvin Goertz – 6/3/15
Luella Bartel – 2/25/15	Luke Siebert – 6/6/15
Alice Base – 3/11/15	Irma Koehn – 6/7/15
Andy Plett – 6/7/15	
Bertha "Teeny" Williams – 6/19/15	

## Calling all Farmers

Commodity giving enables you to save \$330+ of taxes on a commodity valued at \$1,000. "I would drive a distance to purchase an item if I could save 33% on it, so why wouldn't I want to seriously consider saving 33% on my taxes through commodity giving?" says a local farmer who has given commodities for many years. "All it takes is a couple of phone calls to make a commodity gift, and it's an ideal opportunity for the mid-range giver."



1. You sell the commodity (grain, livestock, honey, etc.) acting as our agent and have the buyer make the check payable to Bethesda Home, PO Box 37, Goessel, KS 67053. Let Bethesda know how many bushels, head of cattle, etc. you gifted to Bethesda—call 620-367-2291.

Let us know if you want to designate the gift to a specific cause. All undesignated gifts will go to the Bethesda Endowment Foundation.

2. Ask the buyer to note your name on the check stub so we can acknowledge your contribution, unless you wish to remain anonymous.

An additional benefit to you – you can deduct the cost of producing the commodity.

Would you like help in legacy planning? Contact your financial planner or Pete Flaming, 620-367-2291 or [pflaming@bethesdahome.org](mailto:pflaming@bethesdahome.org) for assistance.

## Bethesda receives grant from Et Cetra Shop

The Et Cetra Shop in Newton, Kansas selected Bethesda as a recipient of a \$2,500 grant from their Local Giving Fund to local charities that are guided by purposes consistent with MCC. The \$2,500 will go toward the purchase of a new resident patient lift to assist non-ambulatory residents to transfer to a chair, bathroom, bed, wheel chair, or to participate in activities, etc. Bethesda seeks an additional \$3,000 from donors for this urgent need to replace a lift that has been used extensively for nearly 20 years. Send your contributions to Bethesda Home, PO Box 37, Goessel, KS 67053 c/o Pete Flaming.





## THE BETHESDA LETTER

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To enable us to communicate more efficiently in this electronic world,  
please send your current email address to [pflaming@bethesdahome.org](mailto:pflaming@bethesdahome.org)

## Dillons Community Rewards program update



We currently have 106 households enrolled as a Bethesda partner in the Dillions reward program. The first quarter we received \$882.36. This past quarter we received a contribution of \$1,059.48 from Dillions because of your participation. Joining is simple. Find out how by going to the Bethesda web site – giving tab – Make a donation - Dillions Rewards Program. This applies to all shoppers at Dillions, Bakers, and Gerbes supermarkets in Kansas, Nebraska, Oklahoma and Missouri.



### Keith at Keith's Foods would rather give 4% to Bethesda than to the credit card companies.

"I make 50-60 credit card swipes each day, being charged 4% for each dollar purchased, and end up paying credit card companies up to \$600 per month in credit card fees. I would much rather have people use the Bethesda gift cards and give the 4% or \$600 per month to support the ministry at Bethesda."

– Keith Banman

Keith's Foods Gift Cards to support Bethesda can be purchased via check or cash at Crossroads Credit Union, Citizens State Bank, Bethesda Home and now also at Keith's Foods - \$50 per card. You may NOT purchase the Bethesda gift card at Keith's with a credit card. Keith's Foods donates 4% of every card purchased to Bethesda. They are very convenient to use and can be a good tool to manage your grocery budget.