

HERITAGE of Care

THE BETHESDA LETTER

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



Chuck Abrahams enjoys the “busy-as-you-like” lifestyle at Bethesda Home.

Getting to Know Our Residents

The residents and staff at Bethesda Home make it a wonderful environment for care and community.

For Chuck Abrahams, the choice to come to Bethesda was an easy one.

“My daughter, Marci works at Bethesda. She is the Human Resources Director here and suggested that I look into coming here,” said Abrahams. Family is a very important part of his life. He has found that Bethesda offers something many other places couldn’t.

“My wife, Genny lives here at Bethesda and that was one of the main draws for me, that we could both be here together,” he said. “My son, Brad and his wife, Rose, live in Silver Lake. My daughter, Marci and her husband, Ron live in Hillsboro. I am thankful that we get to see each other often.” Abrahams also has six grandchildren with one more on the way.

“I heard good reviews about Bethesda being one of the nicest facilities in the area,” said Abrahams. “I grew up in Goessel so I was already familiar with it and I moved here on May 7, 2018,” he said.

Abrahams worked for the United States Postal Service at the Hillsboro Post Office for 30 years.

“I really enjoyed working there. I averaged a walking distance of 12 miles per day to deliver mail. I’ve always enjoyed spending time outside in the fresh air,” said Abrahams.

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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 or call 620-367-2291.

Current and past newsletters can be viewed on our website 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.



Since coming to Bethesda, Abrahams has enjoyed all of the activities he has been a part of.

“There are so many things you can do here. You can be as busy as you like,” he said. Abrahams might be found playing a card game on his computer or chatting with friends at dinner time.

“My room has a great view to the south where I can see the front of Bethesda and see people coming and going. It’s a great perspective,” he said.

One of Abraham’s main hobbies in retirement has been woodworking.

“I made 16 grandfather clocks along with smaller clocks for each of my family members. While he doesn’t spend much time doing woodworking these days, there are still some smaller projects that Abrahams enjoys tinkering with.

When asked about some of his favorite experiences, Abrahams reminisced about a trip to Hawaii.

“I remember eating delicious food while watching dance performances. The pineapple was out of this world!” he said.

Making the transition to Bethesda was a natural one for Abrahams. He has found it to be a very caring place to live and enjoys not having to worry about the stress of home ownership or meal preparations.

“I really enjoy living at Bethesda. The staff here are very nice and give great care. It’s nice having home cooked meals every day. I don’t have to worry about anything because the staff takes care of my everyday needs. I would recommend Bethesda to anyone! It’s a great place to live.”

Another resident who is happy to be at Bethesda is Byron Hiebert. Byron and his wife, Louise came to Bethesda together. They have been married 28 years and the option for them to come together was a big draw for the Hieberts. The experience at Bethesda has been top notch.

“We have been here since August of 2016,” Hiebert said. “The workers here are taking great care of us and the food selection is good. The activities available here are also good.”

Having grown up outside of Hillsboro on a dairy farm, Hiebert learned the value of hard work early on. Prior to coming to Bethesda, Hiebert lived and worked in Texas for 30 years.

“I did masonry work and also roofing,” said Hiebert. “Before we lived in Texas we lived in Michigan, which is where I learned how to do masonry work.”

Hiebert also did some farming. Learning these trades from his father-in-law, Hiebert was grateful for the opportunities he had.

“I worked on a dairy farm and also made maple syrup,” he said.

Family is something that is very important to the Hieberts. They have two daughters who live in El Campo Texas, which is where they lived before making the move to Bethesda.

“We talk on the phone with our daughters nearly every week,” Hiebert said.

They have eight grandchildren and 24 great grandchildren who live throughout Texas, Oklahoma and Arkansas. One even lives in Kenya, Africa doing missions work. Most of the grandchildren and great grandchildren have come to visit Byron and Louise since they moved in.

After retiring, Hiebert has enjoyed gardening.

“I liked to grow flowers and also had fruit trees,” he said. “Orange, grapefruit, fig, peach and blackberry trees were most of what we had.”

Woodworking was another interest for Hiebert, and after retiring, he found more time to devote to his woodworking projects.

“I made eight large bookcases, for the grandchildren, several rocking horses and a rocking cradle for the great-grandchildren,” he said. “I also made several lazy-susans which were gifts for friends.”

Hiebert continues to enjoy woodworking on a smaller scale since coming to Bethesda. Making wooden cars, a stagecoach and even a boat have kept him busy and have been an attraction to many as they admire his work displayed at the Lincoln Perk coffee shop at Bethesda.

Both Abrahams and Hiebert have found Bethesda to be a great fit for what they are needing at this stage in life.



Treat yourself to maintenance free living, good neighbors, and the benefits that Bethesda offers. We would love to have you join our Bethesda family! If you are interested in visiting or receiving some information, please let Sara Hiebert know.

Julia Tarwater Celebrates 100 Years of Life

Julia Tarwater was born on August 24, 1918, in Mildred, Kansas to David Smith Turner and Zeldea Virginia Andre. Her ethnic background includes German, English, Welch and Pennsylvania Dutch. Her childhood memories include running from the house to the corral when her father was near the corral gate. Her father would open the big gate and put her on a horse while he watered the livestock. She has fond memories of her father growing broomcorn and the family making brooms, selling them for 25 cents each. Julia graduated from Hamilton High School in 1936, and married Cyrus Willis Tarwater later that same summer. They moved many times during their married life. They lived several places in Kansas and Oregon, following job opportunities for Cyrus. He built silos, worked in the oil field, farmed, ranched and worked for lumber companies and in warehouses. Julia's work included working in a potato processing company, helping with farm jobs, washing and ironing for people, plus other jobs.

Julia and Cyrus had one child, a son named Raymond, deceased. They also had one grandchild, also deceased. After retirement, the couple had fun camping and fishing all over Oregon. Cyrus passed away at the age of 73 while they were living in Oregon. Julia remained there for seven more years, then moved to Newton, Kansas to live close to her niece, her primary family caregiver. When a hospitalization and subsequent need for nursing care

arose, Julia moved to Bethesda. She has lived here for 18 years, arriving in April of 2000. When her niece, Mary, passed away, her great-niece, Brenda Harms, became her primary family caregiver.

Julia's interests include reading, collecting poems and hand sewing. She also enjoys cooking and contributed several recipes to our Bethesda Cookbook a few years ago. Currently, she enjoys going outside in the warm summer air when the weather is nice, listening to music and visiting with others.

We are excited to celebrate Julia's 100th birthday and we are blessed to have her here in our Bethesda family!



Julia Tarwater with her great-nieces and great-nephew. The little girl is Julia's great-great-great-niece.

In Memory

Since August, 2018

Lillian Hiebert 8/22/18

Camden Morse 8/23/18

Phyllis Unruh 8/30/18

Melba Woelk 9/10/18

Audrey Humphries 9/30/18

Don Moyer 10/29/18

Loren Johnson 11/3/18

Melvin Hiebert 11/6/18

THANK YOU!



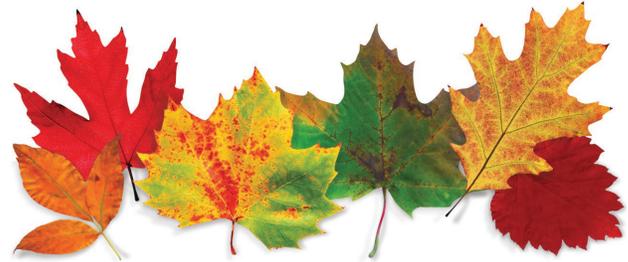
Thanks to the Kroger Foundation for their \$2,000 grant for the Friendship Meal program that prepares and delivers approximately 240 meals per month to Goessel community area residents.

CEO Corner



I love this time of the year! And I love how God is so very present in the changing of the leaves, the crispness of the air and the eyes and hearts of those around us. Thanksgiving and Christmas seem to bring out the very, very best in people. Thankfulness abounds and generosity and love flow endlessly. We here at Bethesda continue to be so thankful for each of you. For the gracious ways you let us care for you and your loved

ones; for your prayers and support; for your gifts that allow us to continue our ministry of caring for all people. Without you, Bethesda could not do what we do. Thank you! Blessings to you this season and may you savor the joys this season brings. May you rejoice in God's grace and blessings and share your love with those around you!



Resident Care / Facility Gift Ideas

If your family would like to give a Christmas gift or just want to fund a special need to help keep budget costs down, we invite you to consider one or more items below.

General Nursing / Resident Care needs

- Benevolent Care Fund (toward offsetting approx. \$750 / mo. / resident on Medicaid)
- Endowment Fund (quarterly earnings go toward the Benevolent Care Fund)
- Vital Sign machine – \$2,040
- Senior Computers with touch screen for residents – \$1,149 (need 2)
- Lap tops for staff – \$450 ea. (need 2)
- Pillow cases – \$67.99 (for case of 60)
- Flat sheets – \$279.98 (for 24)
- Fitted sheets – \$285.98 (for 48)
- Bedspreads – \$279.99 (for 12)
- Wash cloths – \$28.99 (for case of 120)
- Bath towels – \$184.32 (for 48)
- Hand towels – \$48.99 (for 48)
- Bed pads – \$189.98 (for 48)
- Bedside tray tables – \$85 ea. (need 8) – total \$680
- Gel Cushions – \$150 ea. (need 8) – total \$1,200
- Pagers for nurses – \$180 ea. (need 4) – total \$720
- Cart Covers – \$32 for 2
- Recline Back Wheelchair – \$350 (need 1)
- Tilt & Recline Chair – \$2,400 (need 1)
- Lift recliner - \$750 – \$1,000 (need 1)
- Sit to Stand Slings – \$200 e. (need 2) – total \$400



- Full Lift Slings – \$200 ea. (need 2) – total \$400
- Stimulation games for Speech Therapy – \$80 for all 4 (Connect Four, Pixy Cubes, Concentration, Nonsense)
- Bean Bag Toss with Carry Bag – \$30
- Shoe horns 24" – pack of 6 – \$39.99
- Reacher 26" standard – \$10.39 ea. (need 3) – total \$31.17

- Sock aids (2 handled) – \$15.99 ea. (need 3) – total \$47.97

Dietary –

- Drinking glasses – \$65 for 72
- Kitchen towels and wash clothes – \$3.00 ea. (need 12)
- Red colored silicone scrapers – \$7.98 for set of 4
- Marble rolling pin – \$19.95
- Magic Bullets – \$31.90 (need 3)

Maintenance / Operations

- Resident room renovation – \$5,000 ea.
- Upright vacuum cleaner with tools – \$224.54 ea. (need 2)
- Used skid steer with bucket & forks

Donor and/or memorial recognition will be placed on an item when possible. Contact Pete Flaming for more details –620-367-2291 or pflaming@bethesdahome.org

**We make a living by what we Get.
We make a life and
leave a legacy by what we Give!**



Life Enrichment Director Report

After age fifty, everyone has some difficulty with memory and can experience memory lapses. However, some people experience more significant memory problems that can interfere with their normal life activities. Dementia is expected to triple over the next thirty years, so it's only logical that we in Life Enrichment at Bethesda are doing what we can to stimulate cognitive functioning with our residents.

We offer a varied and stimulating schedule of activities and experiences with the hope that there will be something that will engage most everyone. Some examples of activities geared specifically to strengthen memory are the following:

Body and Mind – led by volunteer Donna Becker, this is offered twice monthly. Donna provides a variety of experiences involving both memory and cognitive engagement, as well as some activities that require the body and mind to work together. She usually offers some sort of snack as added incentive!

Match-Up – this is a game of Concentration or the Memory game where you match alike pictures under the numbers. This is done on a large board, allowing those with visual impairments to be able to play, as well. It's offered once a week.

Memory Activity – offered twice monthly, these activities range from recalling details about a story just read, finding “What’s Missing” from a group of items, and doing a spelling bee.

Trivia – we offer trivia in a variety of formats. At times, we have an evening Bible Trivia, during holidays we often play a trivia game centered on holiday facts, and on Fridays we usually alternate between doing a trivia game and doing a big crossword puzzle, where we have to figure out the clues.

Reminisce – a story from days-gone-by is usually read, with a discussion following allowing residents to share their memories from their lives. This is an activity that encourages residents’ long-term memories, which many can still recall.

These activities are enjoyed by residents and staff alike, as we can all use a little extra boost when it comes to cognitive stimulation and memory enhancement!



Donna Becker leads a Body and Mind group activity.



A memory Match-Up game.



Creme Brulee Latte

Peach Cobbler Latte

Caramel Apple Blender

Salted Caramel Pumpkin Latte

Cinnamon Roll Latte

The Fall Holiday Latte

Cinnamon Dolce Latte

Try them all at the



Monday thru Friday 7 a.m. to 4 p.m.
Saturday 9-11 a.m



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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!

30th Annual Pillars Banquet

Those attending this year's Pillars Banquet were blessed and challenged by Earnest Alexander. A comment shared by a participant, "The program was exceptional!!!! A great singing voice and inspiring message in words," was echoed by several. Sixteen area businesses supported the event enabling all contributions from the 53 households to go toward our Resident Life Enrichment project generating a total of over \$23,800.

Corporate sponsors included: Abrahams Engine Service; Assurance Partners, LLC; Citizens State Bank; Creative Wood; Everence; Excel Industries; Funk Electric; Fuqua Constriction, Inc.; Goering Hardware; Hillsboro Hometown Pharmacy; Jost Funeral Home; Keith's Foods; Living Rooms by Gayle; Miller-Ott Funeral Home; Voth Construction; and West Branch Excavating.

Also honored at the banquet were 31 members of the 2017 Bethesda Mission Advocates – donors who contributed \$1,000 or more during the year – generating a total of \$219,377.27. We are grateful for each of these donors, and we encourage more to include Bethesda Home in their estate planning and IRA Minimum Required Distribution gifts:

Alexanderwohl Mennonite Church, two Anonymous individuals; Harlan & Grace Bartel, Arlin & Maretta Buller, Calvin & Pauline Buller, Marcia D'Arcy, Dillions Stores Community Rewards, Estate gifts (2 individuals), Pete & Marilyn Flaming,

Thelma Goerzen, Goessel Community Foundation, Goessel Mennonite Church, Keith's Foods, Newton Et Cetera Shop Inc. grant, Kermit & Sandra Nikkel, Dennis & Jan Schmidt, Douglin Schmidt, D. John Schroeder, Elaine Schroeder, Norman & Leona Schroeder, Tabor Mennonite Church, Todd & Mary Ulsaker, Dora Unruh, Norman & Sheryl Veldhoff, Tim & Jolyn Voth, Robert & Rozanna Wedel, West Branch Excavating, LLC, ElRoy & Loretta Wiens, LeRoy & Marcella Woelk.

Become a member of the 2018 Bethesda Mission advocates by donating a total of \$1,000 or more this year. Mission Advocates provide the backbone of financial support to sustain Bethesda's ministry of exemplary care of the elderly that call Bethesda their home community.



Earnest Alexander provided the night's entertainment with singing and an inspirational message.