



THE BETHESDA LETTER

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



Kelli Kidd feels that Bethesda's warm and loving family atmosphere makes it the perfect place for her.

Director of Nursing: Kelli Kidd

Bethesda is excited to introduce Kelli Kidd as our new Director of Nursing. Kelli has her RN degree from Hutchinson Community College. The Director of Nursing (DON) oversees the nursing department and as a result has the responsibility of maintaining Bethesda's compliance to the many state and federal nursing regulations. Other responsibilities include monitoring that all resident needs are met, implementing person centered care approaches, supervising approximately 45 staff members, and developing, updating and maintaining policies and procedures that govern the day-to-day functions of the nursing department.

Kelli has been in nursing for over 20 years; most of her career has been spent in the long term care setting. She was a C.N.A. for 5 years, was a Home Health Aide, a CMA for 5 years. Kelli went to school to get her Licensed Practical Nurse license, and then a few years later went on to get her Registered Nurse degree. The 6 years prior to working at Bethesda Kelli was in the role of Director of Nursing. Kelli

brings to Bethesda a sense of compassion and calmness. Working her way from C.N.A to Registered Nurse, along with working alongside many great colleagues over the years, has given Kelli many tools to be successful in her role as DON.

The sense of belonging and the family atmosphere at Bethesda have been a great joy for Kelli already. "When you walk in the door, you are greeted by warm, loving staff and residents. I chose to work at Bethesda because I want to be part of a Christian non-profit community and ministry." Before coming to Bethesda Kelli was working for a for-profit long term care corporation. After being there for a short time she knew that it was not the environment or change she was after. "When I got a call from Eric asking if I would be interested in meeting to talk about the Director of Nursing position at Bethesda, it was confirmation that I was not in the right place." God knew exactly where He wanted Kelli to be, and that is Bethesda Home.

Kelli grew up on a farm east of Durham, Kan. She has many fond memories of

What's Inside?

- Satisfied Mind
- Music & Memory
- Pete's Opportunity for Philanthropy
- Bethesda's 28th Annual Pillars Banquet
- And more!

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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

"Kelli Kidd" continued on pg.3

Satisfied Mind



Recently I stumbled across a song called "Satisfied Mind." The song was written by Joe "Red" Hayes and Jack Rhodes. Hayes tells about the time that his father-in-law asked who he thought the richest man in the world was, and he mentioned some names. His father-in-law responded with, "You are wrong. It is the man with a satisfied mind." The song has

been covered by a variety of well-known artists. Porter Wagner was the first artist to perform the song in the 50's.

The words to the chorus are: Money won't buy back your youth when you are old, or a friend when you're lonely, or a love that's grown cold. The wealthiest person is a pauper at times, when compared to the man with a satisfied mind.

The song certainly makes one think about priorities, people and contentedness. Bethesda Home has been around for 117 years. That is a pretty long tenure. Of course that has not come without many ups and downs, but I think the mission that has guided Bethesda society members from the beginning would be the principles that make for a satisfied mind: Care for those in need. Do the best you can. Remain positive and grateful amidst trial. Help when asked.

In our ever changing health care world it is easy to think about what others are doing, shifts in care models, the most lucrative decision etc. During this holiday season as you become inundated with "things," my wish for you is that not only will you have time to celebrate Christ's birth with friends and family, but that you will also have the gift of a satisfied mind.

Bethesda is grateful to each of you who are reading this newsletter. You have touched Bethesda in some way, large or small and we are thankful. May your holiday season be filled with much joy and many blessings.

Eric Schrag, CEO

Bethesda's 28th Annual Pillars Banquet

On Sunday, November 6 the Bethesda Board of Trustees hosted the 28th annual Pillars Banquet dinner. The Pillars Banquet continues to be Bethesda's largest fund raiser of the year. The event proves a good time to gather together as board, staff and constituents to celebrate and support Bethesda and the residents who make Bethesda their home.

This year the banquet was held at the Crosswind Conference Center in Hesston, Kan. The menu for the catered meal included: Tossed Salad, Smoked Brisket, Smoked Pork Chops with Stuffing, Gourmet Potatoes, Peas and Carrots, Wheat Bread and Apple Pie Dessert. Entertainment was provided by the McPherson Community Brass Choir under the direction of Jerry Toews.



McPherson Community Brass Choir under the direction of Jerry Toews.

Proceeds from this year's Pillars Banquet went toward the Resident Benevolent Fund which helps to offset the Medicaid reimbursement shortfall. We are extremely grateful for the many Pillars of Bethesda past and present, those in attendance and those unable to attend – you continue to provide much support to Bethesda and we remain thankful and blessed.



Great food, fellowship and music by the McPherson Community Brass Choir made for another great Pillars Banquet. Thanks to all who attended!

We are also very appreciative of our corporate sponsors of the event who also provide services to Bethesda throughout the year. Abrahams Engine Service, Alliance Monitoring Technologies, Baker Bros. Printing, Citizens State Bank, Everence, Excel Industries, Funk Electric, Goering Hardware, Keith Schrag Insurance, Miller-Ott Funeral Home, Penner Patient Care, Voth Construction and West Branch Excavating.

"Kelli Kidd" continued from page 1

feeding cattle and driving farm equipment, even before she had her driver's license. Kelli and her husband Robert have been married for 4 years. They have 2 wonderful children: Gracie -12 and Sheperd -10. The kids attend Canton-Galva school. Robert is the General Manager for Touchpoint Food Services and is employed at ViaChristi in Manhattan, Kan. They are members of New Hope Church in McPherson and live a half mile east of Elyria.

Kelli enjoys watching her kids participate in sports throughout the year. As a family they enjoy feeding and

watching birds. The kids like to look up what types of birds they see and read about them. They like doing a variety of things around the yard and spend a lot of time in the fall getting ready for their big Christmas light display. They also attract deer with the fruit and acorn trees on their property. Recently they have been feeding the deer apple flavored corn and woke up to 9 deer in their backyard.

If you are in the Goessel area be sure to stop in to meet and welcome Kelli into the Bethesda family.

MUSIC & MEMORY

MUSIC & MEMORY is a non-profit organization that brings personalized music into the lives of the elderly through digital music technology, vastly improving quality of life. The Music and Memory Program creates and provides personalized playlists using iPods and related digital audio systems that enable those struggling with Alzheimer's, dementia, behaviors and other cognitive and physical challenges to reconnect with the world through music-triggered memories. Music is in the long-term memory and is very active in the brains of those with dementia and cognitive challenges.

In March of 2016 Bethesda Home applied for, and received a grant from the State of Kansas Ombudsman office to participate in the Music and Memory Program. Through the grant, Bethesda received seven iPod Shuffle music players, headphones and iTunes gift cards to purchase music for residents. The Kansas State Ombudsman office, along with the Music and Memory program aim to decrease the behaviors of residents who have a diagnosis of dementia, decrease the amount and severity of chronic pain that resident's experience and lower and treat symptoms of depression.

The long term goal is that Bethesda will have individual iPod Shuffle players for all residents. Each player will

have music specific to the resident and their interests. Music preference is gathered from residents when possible, family members, or resident music collections. Currently we have types of music for our residents on the program that range from Heavy Metal to Classical as each person has unique musical tastes.

As supporters of Bethesda Home you can help make this goal a reality. Currently we have 17 residents who have iPod Shuffles loaded with the music that fits their personality and preferences. The hope is to obtain funding to purchase iPod music players for all of our residents. Gifts for this project can include financial donations for equipment purchase, or CD's for Bethesda to have (we have to have possession of the music we use so we cannot copy CD's and give them back – we have to own the CD).

If you would like to support this project with a financial donation or music, please send your gift to, or be in contact with Pete Flaming at Bethesda Home. Thank you so much for the big and small ways that you enhance the work of Bethesda, and the lives of our residents.

In Memory
Since July, 2016

Edna Enz	9/10/16
Waunita Decker	9/24/16
Dora Schmidt	10/29/16

Our Residents Enjoy Life!

You enable it to happen



Goessel High School art students, in Kacie Magee's class, visited residents and created a piece of art based on the visit. Plans are being made to do it again in January.



Residents enjoy baking zwieback for the MCC Sale.



Enjoying the Botanical Gardens.



Bucket list fulfilled with fish on the line.

Join us as a first time donor or a repeat donor to help residents at Bethesda live fulfilled lives (spiritually, emotionally and socially) in a safe/caring environment. Our residents are so grateful for your support! Check out our Christmas wish list for some great ways to support Bethesda!

"I'm glad I'm here. I love it! I enjoy the outings, activities, etc." – Otto Guhr

"The activities are always good."
– Marlene Quinn

What does Bethesda mean to you? Have you had a loved one that has been or is being cared for at Bethesda? Your support keeps our ministry strong. It fulfills resident bucket lists, provides hope and opportunities to live their lives to the fullest. Thanks to Gayle Voth, Activities Director and her staff of Bonnie Ratzlaff, Gail Gruber, Rosie Reimer and Mary Rauh plus numerous other Bethesda employees and volunteers for providing these opportunities to our residents.



Games with Jr. Volunteers are always fun!

"I'm so grateful for ALL that Bethesda offers." – Evie Schmidt



A trip to the State Fair is a highlight.



Preparing fresh corn on the cob.

FOLLOW US ON FACEBOOK FOR MANY MORE PICTURES.

<https://www.facebook.com/bethesdahomeKS/>

From an out-of-state sister of a resident –

"I would like to thank you and your staff for the quality of care given to my very special sister. I live out of state and come to visit often. My heart is always warmed as I walk into the home and inhale the clean scent that lingers along the halls. The warm aroma of cooking is always inviting and the food – always good. I'm impressed with the quality and excellent variety of programs offered to the residents. These are not only fun for my sister, but also gives her something to look forward to."



Residents enjoying painting Easter Eggs.

Tax-Free Gift Option for Those 70^{1/2} and Older

Remember – December 2015 the IRA charitable gift option was made permanent. Persons 70^{1/2} or older can make a donation of up to \$100,000 to Bethesda (and other possible charities) to avoid the disbursements being recorded as taxable income on your federal tax return. Check your own state tax code to see if it is also treated as non-taxable income. Act

now if you have not already taken your disbursement. Simply contact your IRA account manager and have them direct your disbursement to Bethesda Home. If you have already received your disbursement you can still contribute to Bethesda and claim a charitable deduction, if you itemize. Contact your tax accountant for more details.

Activities Director Report

Christmas at Bethesda means traditions, such as Christmas trees, a gift exchange, neighborhood parties, decorations, Christmas music, hearing the Christmas story and good baked treats. In addition, the Activities Department is trying something new. We will offer two bus trips—one for in-house residents and one for duplex residents—to McPherson to ride their trolley. The trolley, operated by the McPherson

Convention and Visitors Bureau, will take 22 passengers (per tour) for a neighborhood lights tour, complete with Christmas music, throughout the city of McPherson. Many people consider looking at Christmas lights part of their Christmas tradition, so this will provide a fun way to enjoy the sights. We'll see---this may become part of the tradition at Bethesda, as well!

Resident Care / Facility Gift Ideas

If your family would like to give a Christmas gift to a local charity instead of the standard "gift exchange," we invite you to consider Bethesda Home.

We offer you the opportunity to direct your contribution toward a specific cause. Please consider the following and note it in the memo of your check.

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)
- Towel warmers - \$380 ea. (need 3)
- Oxygen concentrators - \$480 ea (need 3)
- Ear pulse oximeter - \$180 ea. (need 4)
- Bedside tray tables - \$85 ea. (need 8)
- Blood pressure cuffs - \$40 ea. (need 4)
- Laptop computers for nurse charting - \$600 ea. (need 4)



Maintenance / Operations

- Resident room renovation - \$5,000 ea.
- Digital camera - \$130
- Stihl chain saw – 16" or 18" - \$325
- Window cleaning unit - \$300
- Commercial laundry dryer - \$5,000
- 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!**





THE BETHESDA

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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

Pete's Opportunity for Philanthropy



Keith's Foods in Goessel, Kansas contributes to Bethesda when you buy groceries with gift cards. "I would rather give 4% to Bethesda than to the credit card companies. I end up paying credit card companies \$600/mo. in credit card fees. I would much rather give that to support the ministry at Bethesda,"

It is also time for the annual renewal for Dillons, Bakers and Gerbes shoppers to re-enroll in the program on January 1, 2017, or ASAP thereafter, for purchases to be credited to Bethesda Home and for Dillons to contribute to the Bethesda Benevolent Care Fund. As of midnight 12/31/16 everyone currently enrolled will be deleted. DO NOT re-enroll before January 1. You will need to log on to dillons.com/communityrewards and sign in with your user name and password that you created for this account and enter 10035 (or select Bethesda Home) as your organization of choice to receive the Dillons donation. If you have not already

said Keith Banman. Keith's Foods \$50 gift cards can be purchased via cash or check at the store, Crossroads Credit Union, Citizens State Bank and Bethesda Home.

Christmas Bonus: During the month of December Keith will give you a \$5 gift card free of charge with the purchase of a \$50 Bethesda gift card.

enrolled in this program, log on to the same Dillons web site and "Create an account," then follow the steps. Please contact either Pete Flaming or Terri Walker if

you need assistance in re-enrolling or creating an account for this easy way for Bethesda to receive contributions from Dillons at no cost to you – but by just swiping your "Plus Shoppers Card."

If you live in NE or MO and have either a Bakers or Gerbes store site, log on to their respective Community Rewards Program. 91 participants have generated \$3,369 of contributions from Kroger to Bethesda thus far in 2016. The more that participate, the more Bethesda receives.

