

HERITAGE of Care

THE BETHESDA LETTER

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



Barbara Vogts found a group of friends for life at Bethesda Home. Charlotte and husband, Gareth Schmidt also have the highest praise for the care Bethesda provides.

Continuing Care at Bethesda

At Bethesda Home, the care continues even after a loved one has passed away.

Charlotte Schmidt's sister, Marlene Quinn, moved to Bethesda in July, 2000. She had been a nurse's assistant in Oklahoma City and had been living with her mother. She had some learning challenges due to a complications at birth, but never let that get in the way of living her life to the fullest. After her mother died she was in need of a place to stay where she could receive the care that she needed. Having Parkinson's Disease, it was becoming more and more challenging for Marlene to take care of herself.

"It was just a God thing that we were able to get her into Bethesda," said Schmidt. "We had her move in with us here just outside of Goessel, but she needed more care than we could provide."

Living in the Goessel community, Schmidt knew about Bethesda and the good reputation that it has as a place that is always clean, is a great facility and provides excellent care and amenities.

"We were able to get her into Bethesda and we were all so relieved," Schmidt remarked.

"I have six siblings and we all saw this as an answer to prayer. The building is impeccable. It is so beautiful. It was always a place that everyone was excited to go. It's not like going to a nursing home, it's like coming home," she said.

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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.



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Facebook

Marlene's health had been in decline and eventually she was in need of a procedure that involved electronic shock to stimulate the brain and help her to regain more control of her body. The only place that we could get into was in Tulsa, Oklahoma so Marlene was moved back and forth in a medical transport van.

"When the medical transport driver and his crew arrived at Bethesda to pick up Marlene, they were blown away by the Bethesda campus. They said that it was a gem of a facility and that they went to nursing homes and different facilities all over the United States," said Schmidt.

One of the things that had a positive impact on the whole family was the level of preparation and care for Marlene's trips.

"The staff here helped us tremendously with getting Marlene ready to leave and then they knew exactly when we would be returning. They had everything ready and were waiting for us to arrive so that they could help get Marlene moved back into her room as quickly and easily as possible. It was just amazing how much they prepared and how ready they were to take care of all of us in that situation," said Schmidt.

Marlene participated in almost all of the Life Enrichment activities and was especially known for her skill at the match up game. Ruth Ann Huxman was on her hall and she moved in after Marlene did. Marlene invited Ruth Ann to sit at her table for dinner and they became very dear friends. Even as the Parkinson's Disease progressed, she still cared greatly for others and was quick to include anyone she could into the group.

"We are so glad that we had Bethesda Home as a place that Marlene could live in community with others," Schmidt said.

Marlene passed away on December 21, 2018.

"Our relationship with Bethesda has not ended with Marlene's death. Even as we closed out Marlene's paperwork and got everything wrapped up, the level of care from Sara Hiebert, C.E.O. and the administration was just amazing. The people who work here really care about us and want the best for everyone involved," said Schmidt.

Barbara Vogts of Canton, Kan., was also able to give testimony to the care that Bethesda gives. Her husband, Robert moved into Bethesda Home in December of 2015.

"In 2008, if you looked at Robert, you would have never guessed that within seven years, he would be in full care," said Vogts. Robert had worked at the Canton Coop and then at Galva Grain until retirement. He was very active in the community and loved to be around people. Then he got cancer and, after that, a stroke set him back even more. If that weren't enough, he began to have some heart issues with A-fib. Vogts' daughter, who lives in Colorado, was

also diagnosed with cancer and it was then that Barbara knew she couldn't do it all on her own anymore. When making the trip to visit her daughter in Colorado, Vogts had to be sure that Robert would be cared for and safe.

"I couldn't leave him home alone, so I began to look at facilities in many communities that would be within driving distance," said Vogts.

Having looked at almost every facility in the area, Bethesda was the clear winner for Vogts.

"I looked at the State of Kansas survey for Bethesda and it was very impressive. Walking into Bethesda, you can feel the compassion and kindness here. I didn't see a lot of people in wheel chairs sitting in a room neglected. Instead what I saw was a community of people who were being cared for. There was not one time that I would pass a staff member in the hallway who wouldn't greet me. It is that way with every resident too. They always take time to make sure that they are paying attention to the residents and meeting their needs," said Vogts.

Vogts has a very supportive family with a brother living in the Goessel area and two more brothers in Hutchinson, Kansas.

"We were all able to stop in and see Robert at any time. The boys were here to be with him when I went to Colorado and everyone made many friends with other residents and staff here. The people are so great. I have gotten to know so many people who have helped me when Bob was not able to communicate. I could walk in his room and know that he was well cared for just by looking at him. He would be clean, shaved with his hair combed and the room would be neat and organized," said Vogts.

Even though Robert didn't get too excited about being around big groups of people, the staff was still able to get him to participate in many Life Enrichment activities.

Robert Vogts passed away on January 7, 2019 with his family by his side.

"While the sequence of events that led up to Robert's need for full care were unfortunate, the facilities, care and staff at Bethesda were just what we needed as a family," said Vogts.

"We had a great 60 years of marriage and I am so glad I got to spend it with him," said Vogts. When asked what she might say to someone considering Bethesda Home as a choice for their loved one, Vogts said not to hesitate.

"They won't be sorry they chose Bethesda. It is a wonderful place with wonderful people."

Community Friendship Meal Program

Bethesda Home continues to partner with the Goessel Ministerial Alliance (Alexanderwohl, Goessel and Tabor Mennonite Churches) in preparing and delivering meals to the frail and elderly households in the Goessel community. Ruth Goertzen coordinates the scheduling of approximately 17-20 volunteers to deliver the meals. If you would be willing to deliver meals, contact Ruth at the Alexanderwohl Mennonite Church 620-367-8192 or email alexmeno@mtelco.net.

Applications for the Friendship Meals can be picked up at the Bethesda Home. Recipients should be age 65 or older or disabled, unable to prepare nutritious meals for him or herself, and lack an informal support system such as family, friends or neighbors, or others who are willing and able to perform the services needed.

Meals are delivered Monday through Friday, but not on six major holidays (New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving Day and Christmas Day).

The cost of the meal is \$5.00. Recipients receive a statement at the beginning of the month for all meals received the previous month. Checks are to be made payable to Bethesda Home and paid by the 10th of the month.

2018 Statistical data

- 2,912 meals were prepared and delivered to the frail and elderly households in the community (avg. of 243 meals/mo. with a high of 302 in one month).
- \$20,133 – total cost of supplies and food preparation (\$6.91/meal).
- \$14,560 received from each recipient paying \$5 for the well-balanced meal.
- \$1,000 received from Goessel Community Foundation
- \$1,000 received from WalMart Foundation
- \$2,000 received from Kroger Foundation

\$1,573 total subsidized by Bethesda Home operating expenses. Bethesda does NOT receive any State or Federal financial support for this program. Your contributions are greatly appreciated to meet the needs of our community.



Pictured are balanced meals of baked chicken, potato salad, Scandinavian vegetables, fresh fruit (grapes), and strawberry shortcake; and the left baked fish, beer batter side winders, baked beans, Greek vegetable salad, lemon bars.



Arle & Kaye Schroeder prepare to deliver the meals.

The Goessel Ministerial Alliance feels that there is clearly a need for home delivered meals at an affordable cost. Our volunteers have found that for some this is the only well-balanced meal that they receive for that day.

The continued need for this program is affirmed by testimonials from recipients of how it meets their needs. "The food tastes very good, the variety is great, and they are always on time." "These meals provide me with one great balanced meal each day." "Please keep these meals coming." "This is my principle meal for the day. I look forward to it."

Thanks so much for partnering with us in this ministry.

In Memory

Since November, 2018

David Warkentine, 11/26/18
 Marlene Quinn, 12/21/18
 Robert Vogts, 1/7/19
 Ruth Ann Huxman, 2/5/19

Tina Unruh, 2/10/19
 Otto Guhr, 2/21/19
 Jim Anderson, 3/1/19
 Genny Abrahams, 3/7/19

CEO Corner



Sara Hiebert, CEO

It's hard to believe we are already three months into 2019. Where does time go? These last months have moved amazingly quick. It feels like we were just getting ready for Santa to visit and now we are waiting for the flowers to start revealing their green shoots.

January was a good and busy month. Much to our surprise, our State Surveyors arrived before their year anniversary, leaving us all in shock that they were in our building. If any of you have ever been through a survey, you know that it is a stressful time. They quiz you, they interrogate the residents, they watch every

movement you make and they scour your documentation for the past year. They are rarely complimentary, leaving you feeling like you have committed a horrendous crime. But in the end, you hope what they see is that our residents are well taken care of and everyone is happy. And that was the outcome this year as well. Bethesda Home was blessed with a very positive survey – only receiving four minor deficiencies! This is beyond excellent and I am so proud of all the staff at Bethesda and the residents that call Bethesda their home. The surveyors commented how Bethesda has a family feel and the residents are very well cared for and all enjoy living here. They were beyond pleased with how caring our staff is, even during difficult situations.

Bethesda would not be what it is without our staff who lovingly cares for everyone that enters Bethesda's doors and I am grateful to be a member of this team. Great job team!!!

Spirituality of Fundraising

Fundraising is, first and foremost, a form of ministry. It is a way of announcing our vision and inviting other people into our mission. Vision and mission are so central to the life of God's people that without vision we perish and without mission we lose our way (Prov. 29:18 – "When people can't see what God is doing, they stumble all over themselves; but when they attend to what He reveals, they are most blessed." - MSG). Vision brings together needs and resources to meet those needs (Acts 9:1-19). Vision gives us courage to speak when we might want to remain silent (Acts 18:9).

Fundraising is proclaiming what we believe in such a way that we offer other people an opportunity to participate with us in our vision and mission. Fundraising is precisely the opposite of begging. When we seek to raise funds we are not saying, "Please, could you help us out because lately it's been hard." Rather, we are declaring, "We have a vision that is amazing and exciting. We are inviting you to invest yourself through the resources that God has given you — your energy, your prayers, and your money—in this work to which God has called us."

- excerpt from an article by Henri Nouwen

Summary of 2018 Financial Partnership

Thanks to all of you for your commitment in 2018, for participating with us in our vision and mission and for investing yourself through the resources that God has given you - your energy, your prayers, and your money - in this work to which God has called us. We have been blessed by your generosity. Your contributions impact the lives of many.

- 307 total donor units (individuals and organizations) contributed \$271,422 of cash and in-kind gifts ranging from \$2.76 to \$129,838 for an average gift of \$881.24.
- 36 donor units contributed \$1,000 or more for a total of \$224,571 or an average gift of \$6,238. These are our newest members of our "Pillars of Care Guild", formerly "Bethesda Mission Advocates" that will be honored at our 2019 Pillars Banquet.
- Major gifts came from estate gifts, and IRA Required Minimum Distributions for those over 70½. For RMD gifts just let your agent know to make the check payable to Bethesda Home instead of to you to avoid paying taxes on the distribution.

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

- Resident Life Enrichment campaign - \$191,467
- Benevolent Care Fund - \$39,361 toward offsetting our \$300,000 annual Medicaid shortfall
- Nursing Care Equipment - \$9,100
- Maintenance Equipment - \$6,965
- Room renovation - \$5,010
- Friendship Meals - \$4,000
- Bethesda Endowment Fund - \$3,870

The challenge given in 2015 was to have a total of 100 donors contributing \$1,000 or more. Each year we have been gaining 2 per year, which is good. We would like to gain 10 or more in 2019. That can be a one-time gift or a monthly contribution of \$84/mo. (\$2.80/day). If interested in setting up a monthly automatic bank withdrawal go the www.bethesdahome.org and click on the "Ways to give \$ and time" hot button and download the form to complete.

Life Enrichment Director Report

Our busy December has passed, January was gone in a flash and by the time you read this, we'll be looking toward spring, with our annual Easter egg hunt for employees' children and grandchildren, our annual spring banquet for residents and hopefully much more time spent outside in our butterfly garden in the warm sunshine!

As I write this, we are preparing for Valentine's Day, but by the time that you read this the day will be a memory for 2019. We had a Valentine tree set up, where staff and residents could write the name of people they love on a paper heart and hang it on the tree. It was fun to see the LOVE-li-ness grow! About twice a month we receive a visit from a group of three year-olds from The Kinder Haus preschool. This time, we made valentine bird feeders for our bird friends. We also enjoyed the performance by

Elbiata on Valentine's Day, as we were one of their stops on their singing valentine tour. At our party we also sang old love songs, some of which were accompanied by resident Elsie Unruh. Of course, what is Valentine's Day without some sweet treats? We made sure to include some of those, as well.

Valentine's Day is a reminder to show our love to those around us every day. For us at Bethesda, we try to show our love each day to our residents. Guests who walk into our Home often comment that they can feel something different here. We like to think it's the love they feel.

The Valentine Tree was decorated with the names of resident's and staff's loved ones.



Preschoolers from Kinder Haus make Valentine bird feeders.



Elbiata performed for residents on their singing Valentine tour.



Elsie Unruh plays piano for the Valentine's Day concert.

Bethesda received State PEAK Award for 2017-18

On November 29, 2018 Bethesda was one of 12 of over 350 adult care homes in Kansas to receive a PEAK award by the State of Kansas. Bethesda's particular award was for the Sustained Person-Centered Care Award. Bethesda has received several PEAK awards, the last was in 2016.

The Kansas Department of Aging and Disability Services (KDADS) recognizes nursing homes for successfully implementing positive culture change through the Promoting Excellent Alternatives in Kansas Nursing Homes (PEAK) program. As a result, accommodating

the personal preferences of nursing facility residents has become as important as providing the vital services and supports their residents need.

KDADS contracts with the Kansas State University's Center on Aging to develop training materials, to provide assistance to nursing home providers transitioning to person-centered care, and continues to develop PEAK training and educational opportunities for nursing facility management and staff.



THE BETHESDA LETTER

is published by

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Nonprofit Organization
U.S. Postage
PAID
Hillsboro, KS
Permit No. 57

www.bethesdahome.org

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!

P.O.P Quiz

(Pete's Opportunities for Philanthropy)

How many ways are there to give to Bethesda?

There are over 15 ways to invest in the Bethesda vision and mission - Cash/check donations, Automatic Bank Withdrawals, PayPal on-line giving, Keith's Food gift cards, and Dillons/Kroger/Bakers/Gerbes Rewards Program (over \$84,000 generated over the years by your purchases), AmazonSmile shoppers, Commodity gifts, Gift Annuities, Gift of Stocks, Gifts of Real Estate, Gifts of Personal Property, Charitable Gift Funds, IRA RMD distributions to Bethesda, Estate Gifts, Volunteering ... and more. Visit our website www.bethesdahome.org and "Ways to give \$ & Time" tab for all details or contact Pete at 620-367-2291.

In case YOU were wondering...

Over half of the residents and employees at Bethesda are NOT from the Goessel community. As of 12/31/18, 63% of nursing care residents moved to Bethesda from other communities, and some from out of state. Only 37% are from the Goessel community. 66.7% of Bethesda employees are from outside the Goessel community. 33.3% have lived in the Goessel community for 5 or more years.

Save the Dates!

Bethesda Annual Meeting

May 29, 2019, 7 PM

Bethesda Chapel

Pie social to follow

2019 Pillars Banquet

November 3, 2019

Tabor Mennonite Church Fellowship Hall

More details to follow.