

# HERITAGE of Care

# THE BETHESDA LETTER

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



*Katrina Koehn is the new dietary manager at Bethesda and brings more than 15 years experience to her position.*

## A Legacy of Work and Service

Finding a career at Bethesda Home can sometimes feel more like finding a new home. That was the case for Katrina Koehn, who is the new dietary manager. She has only been a part of this team for a short time but has found a group of people who are caring, welcoming and compassionate.

“The staff interact with residents, care for their needs and the smiles from the residents reflect that they really appreciate the care that Bethesda provides,” said Koehn.

Commuting from McPherson, she finds that driving to and from work is actually a peaceful time at the beginning and end of each day.

Koehn lives with her husband and two children in McPherson, where she was born and raised. She brings a wealth of experience to this position. She has been in the dietary management field for more than 15 years.

For Koehn, resident satisfaction is the most enjoyable thing about working in this area.

“Food is a big thing for people and I really enjoy seeing them happy with the options we can provide. We want to provide choices for residents at mealtimes and to also provide a good time of fellowship. I feel that is important for residents,” said Koehn.

The role of a dietary manager includes making sure that Bethesda is compliant with all of the state regulations for food safety and sanitation, as well as ensuring

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### What's Inside?

- Bethesda celebrates 120 years of service
- Message from the CEO
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- Life Enrichment Report
- Bethesda Among Top Facilities in Kansas
- And more!



#### 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](mailto:pflaming@bethesdahome.org) or call 620-367-2291.

Current and past newsletters can be viewed on our website [www.bethesdahome.org](http://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.



resident satisfaction and nutritional compliance.

Koehn received her certification to become a dietary manager from the University of North Dakota.

Koehn oversees between 15 and 20 employees who work in the Dietary Department. Some of these are part time positions which even include some high school students.

“The staff and residents have been so helpful to me as I learn the processes and how things work here. I’m doing a lot of observing at first and then we’ll make changes as needed to help improve any situations we can,” said Koehn.

Koehn works together with Ann Hett, who is the Dietician. Katrina is on the front lines, while Ann takes care of the menus, quarterly assessments and most of the clinical work.

The clinical side, where Katrina meets face to face with residents, is what she enjoys the most. Meeting with each resident and setting up a meal plan for them based on what they like to eat is something that happens for each resident at Bethesda.

“We feel that this creates a satisfaction and personalized experience for each resident that really helps their quality of life,” said Koehn.

There are always challenges in any industry, but for Koehn, the challenges are seen as opportunities to become better and improve the Dietary Department at Bethesda.

“For me it is satisfying to come up with new plans and ideas to overcome the challenges that we face. Staffing can

be a challenge but also an opportunity to meet new people and mentor employees who are new to the industry,” said Koehn.

Koehn oversees meal preparation for the main dining area, the neighborhoods and the Friendship Meal Program.

“In the neighborhoods, we have homemakers in each one. Breakfast is made to order and residents can have french toast, pancakes or whatever they would like. Lunch and supper are prepared in the kitchen and then sent out to each neighborhood. There is always a menu available that residents can choose from as an alternative to what is served from the main kitchen for any meal,” said Koehn.

The main dining room is where assisted living or independent living residents, staff and even community members come to eat. It is also open to residents from other neighborhoods if they would like to eat there on occasion for a change of pace.

The Friendship Meal Program is prepared in Bethesda’s kitchen and then delivered out to the community by volunteers.

A career at Bethesda has always been more than just another job for the people who are employed here, but for Koehn especially, she feels like this is the place she is meant to be.

“Coming here has been a life changing thing for me. I feel very blessed and honored to be a part of this community,” she said.

## CEO Corner



Sara Hiebert, CEO

Fall is my favorite season! This time of the year reminds me of some of my favorite quotes that sum up what Autumn means. “Embrace the seasons and cycles of your life. There is magic in change” - Bronnie Ware. Just like the changing of the leaves, each one of us experiences transformation. Our lives are constantly changing and each change brings about delight in some form. The staff at Bethesda has the privilege of walking through seasons of life with our residents and experiencing the magic that unfolds. We get to be with many of them during their final season of life. We watch as their lives change just as the leaves change. Their bodies are no longer strong like a green leaf but now show brilliant colors from the

experiences of life. They slowly grow brittle and fall from the earth but that is not the end. We have the promise of new life through Jesus and once again we are alive with new bodies to live eternally in heaven. We are blessed to be there in this season and other seasons of our resident’s lives. Thank you for entrusting us to care for you and your loved ones throughout all the cycles and seasons of life. Because of you, we are able to see the magic that Autumn brings. “I’m so glad I live in a world where there are Octobers.”

- L. M. Montgomery, Anne of Green Gables

### In Memory – Since July 18, 2019

Louise Hiebert 10/5/19

Josephine Voth 10/20/19

## Chaplain's Chat



Gail Graber, Chaplain

One of the blessings of living in Kansas is enjoying the changing of the seasons. Sometimes we get all four seasons in one day! As Autumn unfolds some of the indicators are vividly colored leaves, bright orange pumpkins, breathtaking blue sky, along with pale brown corn stalks that once were deep green and flowers gone to seed. The changing

landscape reminds us that life is always changing. It was designed to do so by a marvelous Creator who places us to be in harmony with creation and live the changing seasons of our own lives. Each season offers beauty in its unique way.

Just as the trees need to shed the old leaves to make way for the new as part of living the seasons of its life, we too need all the seasons of our lives to live fully. We cannot live old without living young. Both are necessary for the whole. As we transition we are continually being transformed. Paul writes in 2 Corinthians, "So we do not lose heart. Even though our outer nature is wasting away,

our inner nature is being renewed day by day." In his poem "All Seasons" Mark Van Doren writes, "...all seasons

Beautify the world and bless  
The walkers on it."

There is a deep richness in this autumn season as seeds planted securely in the earth wait to burst forth with new life; trees stark and bare wait for new leaves – in another season. As the wisdom writer tells us, "For everything there is a season, and a time for every matter under heaven."

Bethesda is blessed with a rich history of many seasons and the folks who live here bring a wonderful and colorful diversity in the autumn-into-winter season of their lives. As they enter to make this their home, they adjust to the changing seasons of their own lives. They bless us with wisdom and stories and memories of lives lived fully. It is my desire that each person know the richness of his or her life as part of God's sacred story; that each knows they belong; that each is free to grow into this season of life and have hope for the future. Paul reminds us in Ephesians, "...according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth." May this season and all seasons be received as blessing.

### Family Testimonial of Nursing Care Staff

*"I know I've said this before a lot, but the staff at Bethesda is amazing. I no longer worry about him. His niece visited shortly after he got to Bethesda. She commented, 'there's not a thing I have a concern about.' It's a loving environment with freedom to make choices, humor, great coffee and pastries."*

## Bethesda Among Top 17 in Kansas

Bethesda's home-like atmosphere was recognized by the Kansas Department for Aging and Disability Services for providing excellent alternatives in caring for the elderly – one of 17 to be recognized of the 350+ care facilities in Kansas.

Bethesda partners with the community in many ways to help the 45 residents remain engaged with the world and community. "Our goal is to make this feel like a resident's home," said Sara Hiebert, CEO/Administrator.

A few of the community partnerships include: Ilona Abrahams and her fifth graders from the

Elementary school have participated with residents monthly during the school year in a program called "Generation Bridge" for many years, doing a variety of activities with residents. Preschoolers come monthly for intergenerational activities, and high school students work in various areas like dietary, housekeeping, Lincoln Perk coffee bar and shadowing facility staff in all departments.

Bethesda provides a home-like environment and a sense of meaningful life for the residents. "We try to incorporate whatever their routines were prior to them moving to Bethesda to keep their lives as

consistent as possible", said Hiebert.

A variety of foods that they like are offered, a variety of activities are offered during the day and evenings, and residents are allowed to bring their small pets with them as long as they are able to continue to care for them.

The Lincoln Perk coffee shop, located near the front entrance, is a feature enjoyed by residents and their families, and staff. The coffee shop is also open to the public Monday through Saturday offering coffee, non-coffee alternatives, fruit smoothies, pastries, etc.

## Pillars of Care Guild Members

In 2018 we had an increase of five members joining Bethesda's Pillars of Care Guild for a total of 36 donors who contributed \$1,000 or more during the year – generating a total of \$226,796. We are VERY grateful for each of these donors, and all donors who support our ministry. We encourage more individuals to include Bethesda Home in their estate planning and IRA Required Minimum Distributions. Thanks to the following: one anonymous estate gift, two anonymous donors, Alexanderwohl Mennonite Church, Harlan & Grace Bartel, Arlin & Maretta Buller, Calvin & Pauline Buller, Dillon Store Community Rewards, D. J. & Marilyn Flaming, Pete & Marilyn Flaming, Thelma Goerzen, Goessel Community Foundation, Goessel Mennonite Church, Jim & Karen Harder, Brad & Sara Hiebert, Keith's Foods (Keith & Barb

Banman), Kroger Company Foundation, Erle & Glenda Miller, Nick Miller, Mark & Colleen Olleman, Delbert & Janine Peters, 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 & Jolynn Voth, Walmart Foundation, Robert & Rozanna Wedel, West Branch Excavating (John & Elaine Unruh), ElRoy & Loretta Wiens, and LeRoy & Marcella Woelk.

Become a member of the 2019 Pillars of Care Guild by donating a total of \$1,000 or more this year. These gifts provide the backbone of financial support to sustain the ministry of exemplary care of the elderly that call Bethesda their home community.

## Pillars Banquet Corporate Sponsors

Those attending the 31st annual Pillars Banquet at the Tabor Mennonite Church enjoyed great food prepared by Elaine Unruh and family and friends, entertainment by the "Ring Theory" men's barbershop quartet, and recalling or learning about Bethesda's past 120 years of ministry to the frail and elderly. Seventeen area businesses supported the event enabling all of the contributions from participants to go toward our Resident Life Enrichment project generating a total of over \$28,000.

Corporate sponsors included: Abrahams Engine Service, Assurance Partners, LLC, Citizens State Bank,

Creative Wood, Everence, Excel Industries, Funk Electric, Fuqua Construction, Inc., Goering Hardware Co., Hillsboro Hometown Pharmacy, Jost Funeral Home, Keith's Foods, Living Rooms by Gayle, Moundridge Telephone Company, Sysco, Voth Construction, and West Branch Excavating.



## Resident Care / Facility Gift Ideas

If your family would like to give a Christmas gift, or just want to fund a special need, we invite you to consider one or more items below. Your gift decreases the strain on Bethesda's budget in caring for our residents.

### 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)

- Computers for staff – \$750 ea. (need 2) – total \$1,500
- Linens – \$1,000
- Clock radio – \$25 ea. (need 2) – total \$50
- CD players – \$50 ea. (need 2) – total \$100
- Vitals Machine on Wheels – 1 = \$2,200
- Pagers – 4 = \$720
- Gel Cushions – 5 = \$ 350
- Slings for Lifts – 3 = \$600
- Wheelchairs – 2 = \$ 500
- Otoscope – 1 = \$390

*continued on page 5*

# Life Enrichment Director Report



*Gayle Voth*

Being a resident of Bethesda doesn't mean you no longer will have ties to the community. In fact, we make a concerted effort to facilitate connections between our residents and the surrounding community.

We have wonderful volunteers who come in individually to visit residents; we have church

groups who come in to give programs or play games with the residents; our area ministers (Goessel community and beyond) come in and provide worship services on Sundays; the Goessel Elementary fifth graders come with their teacher, Ilona Abrahams, to partner with our residents for various activities twice a month (Generation Bridge); the Kinder Haus preschoolers come with their teachers, Bonnie Gaeddert and Kristina Conrady twice a month and interact with our residents. In addition, each fall we invite the community children to come enjoy a fall carnival here with us. In turn, the grade schoolers come and treat us to a Halloween parade and caroling at Christmas time.

In addition, we often invite others to come in and make presentations. We have had many musicians, speakers, historians, artists, crafts people, and dancers share their gifts and talents while interacting with our residents. Some of these guests come from our local community and others are from nearby towns. Without fail, they graciously stay and visit with our residents and many connections are made, both within the community

and in the outside community.

When the weather is nice, you can often see staff wheeling residents around outside. So many stories of how "Goessel used to be" are shared by residents as we walk the sidewalks of our town. Recently, as we walked past the old hospital, a resident reminisced about when he was 2 ½ years old and had surgery in the Bethesda Hospital. Another resident shared about her experience of living here in town with a family during the school week since her family couldn't get her to school from out in the country where they lived. These remembrances of life in the community help residents feel a sense of connection to the community in which we live.

Bethesda also utilizes our bus to take residents out into the community and nearby communities. We have gone to Bethel and Tabor Colleges; we have visited museums in Newton, Wichita, McPherson, and Abilene; we have enjoyed nature centers in Hesston, Hutchinson, and Wichita; we've traveled area country roads to visit residents' homesteads and watch the wheat harvest taking place. We have even taken residents out to one of our resident's farms to go fishing.

Our residents may not be as active in their community as they used to be, but preserving that connection remains as important as ever. Communities give us a sense of who we are and where we belong. Our Bethesda family is part of our larger community, and we will continue to look for ways to make connections happen-- within our building, within the Goessel community, and in the larger community!

- Pill Crusher Machine – 3 = \$300
- Mattresses for Beds – 5 = \$1,500
- Blood Pressure Cuffs – 6 = \$ 220
- Stethoscopes – 4 = \$130
- Therapy Misc. Items – \$300

## Community Service

- Friendship Meal Program – any amount toward our annual subsidy of over \$1,500 cost of meal preparation

## Dietary

- Various kitchen supplies – \$500
- Meat slicer – \$1,200

## Maintenance / Operations

- Resident room renovation – \$5,000 ea.
- Shed for resident tricycles and scooters - \$6,000
- Sidewalk repair - \$2,000
- Landscaping (for trees, shrubs, etc.) – any amount acceptable toward campus improvement

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](mailto:pflaming@bethesdahome.org)

# Bethesda Celebrates 120 Years of Care Giving for the Elderly!



1903 Hospital & Home, \$3,600



2008 remodel/expansion, \$2,552,780

## Test Your Knowledge of our 120 Years of Ministry to the Frail and Elderly

1. Who was the first Doctor at Bethesda Hospital?
2. Who was the first Bethesda Hospital/Home Administrator?
3. When was the first “Gnabendach” / Gift Day? The last?
4. How much money did the first Hospital cost?
5. When was the main 51 bed nursing care facility built and for what cost? How many semi private rooms were there?
6. When was the Assisted Living Unit built and for what cost?
7. When was the first duplex built? How many Independent Living units are on the Bethesda campus today?
8. Which were the first churches and Elders that encouraged support of the hospital?
9. Which churches currently provide offering support to the Bethesda ministry?
10. Name 5 Doctors who served at Bethesda Hospital/ Clinic
11. Name 5 Administrators/CEOs of Bethesda Home
12. When did the “new” Hospital close?
13. When was the Butterfly Garden built?
14. When was the Bethesda Endowment Foundation started? What is the current approximate balance?
15. What year was there a threat of Bethesda Home being purchased by an outside interest?
16. Is Bethesda currently debt free?

Answers on page 8



### THE BLUEBIRD BLENDER

A delicious blended frozen treat with white chocolate sauce and blue raspberry syrup

### CREME BRULEE LATTE

Caramel, white chocolate, vanilla

### PEACH COBBLER LATTE

Peach, cinnamon, brown sugar, vanilla

### SALTED CARAMEL PUMPKIN LATTE

Pumpkin spice, salted caramel, caramel drizzle

Try them all at the  
Monday thru Friday  
7 a.m. to 4 p.m.  
Saturday 9-11 a.m



### CINNAMON ROLL LATTE

Cinnamon, caramel, brown sugar

### THE FALL HOLIDAY LATTE

Cinnamon, pumpkin spice, toffee nut, spiced brown sugar

### CINNAMON DOLCE LATTE

Vanilla, cinnamon, brown sugar

### SPICED APPLE BLENDER

Spiced apple cider, caramel, cinnamon

Try any of these drinks iced or blended for a coffee free version.



1917 3 story addition, \$9,500



1928 Hospital, \$75,000



Gift Day, "Gnabendach"



1960 18 bed addition, \$59,000



1969 51 bed addition, \$511,013



1973 19 bed hospital, \$473,000



2014 Bethesda campus outlined



Butterfly Garden



Lincoln Perk Coffee Shop

To view the complete 120-year photo review that was shown at the Pillars Banquet go to [www.bethesdahome.org](http://www.bethesdahome.org)

Click on "About", then "History" then click on "120th Celebration Presentation"

**BETHESDA****H • O • M • E**

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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!**

## REMINDER

### Tax-Free Gift Option for those 70½ and older

Persons over 70½ may make a donation of up to \$100,000 to Bethesda from their IRA account to avoid the disbursement as taxable income. Contact your account manager and have them direct your Required Minimum Distribution to Bethesda Home. They can be set up to be distributed any time of the year. THANKS to those who have already done so.

## Amazon shoppers take note

Your purchases via AmazonSmile have generated revenue to Bethesda!! \$153.51 has been donated by Amazon to Bethesda since May, 2018. For details of how to use AmazonSmile go to our website, [Bethesdahome.org](http://Bethesdahome.org), and click on the "Ways to Give \$ and Time" tab, then "Make a donation" and scroll all the way down to "Amazon Shoppers...". Thanks for naming Bethesda Home as your charity of choice for donations.

## 120 Years of Ministry Trivia Answers

1. Dr. Peter Richert (1894-1903) 2. Rev. J.J. Voth (1948-51) 3. First - Fall, 1930; Last - Fall, 1984 (approx. 800 attended in 1933 from Russell, Wichita, Buhler, Marion, Inman, Canton, etc.) 4. \$1,600 + volunteer labor and donated supplies. 5. 1969 - \$511,013 - funded by contributions and loans from Farm Bureau and Midland National Bank, Newton, KS - 2 Semi private. 6. 1989 at cost of \$788,475 - \$750,000 Bond issue. 7. 1971 308/310 Main - 966 sq. ft. of living space (still occupied) 28. 8. Elder Peter Balzer from the Alexanderwohl Mennonite Church, Elder Cornelius Wedel of the Goessel Mennonite Brethren Church, and the Krimmer Mennonite Brethren Church. 9. Alexanderwohl Mennonite, Tabor Mennonite, Goessel Mennonite, and Trinity United Church of Christ, Newton, KS. 10. Doctors - Peter Richert, 1894-1903; Charles Kaiser, 1906-1921; J.H. Entz, 1916; Henry Richert, 1916-1920; W.F. Schroeder, 1922-1923; Arnold Isaac, 1927-32; J.B. Nanninga, 1933-1949; J.G. Jantz, 1939; A.K. Ratzlaff, 1940-1978; Eldon Rich, 1943-1952; Roland L. Krause, 1955-1967; James Canellos, 1970-1979; John Schmidt, 1976; James Wiederman, 1978-1979; Ruben Lopez, 1979-1980; Coloriano & Rebecca Tse, 1980-1981. Serving in the Bethesda Clinic in the 1980's and 90's included: Dr. John Schmidt; Cecelia Cannon, P.A.; Keith Clemmens, P.A.; Dr. Stephen Cranston; Dr. Ruth Sherman; Susan Krehbiel, A.R.N.P. 11. Home Administrators - Rev. J.J. Voth, 1948-1951; Peter Bartel, 1951-55; John F. Schmidt, 1955-56; Orville Stutzman, 1956-60; Ben Krahn, 1960-61; Orville Stutzman, 1961-64; Gus Unruh, 1964-66; John Reimer, 1965-66 (Business Manager); Donald Klassen, 1966-72; Peter Fleming, 1972-74; Dean Kroeker, 1974-77; Gloria Wondra, 1977-80; Rudy Schmidt, 1980-81 (Interim); Ralph Garrison. 1981-90; Glendene Flaming, 1990-2001; Linda Peters, 2001-12; Eric Schrag, 2012-17; Sara Hiebert, 2017 to present. 12. December, 1982 - officially April, 1983 13. 1998 - cost of \$15,600 plus over 1,100 volunteer hours from Goessel Garden Club members and others 14. 1988, Approximately \$1.6 million. 15. 1983 16. YES! Since 5/2011 - THANKS TO GENEROUS DONORS!

### Bethesda Board

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