

## *Excuse Our Dust...*

## *Beautiful Spaces, Built for You: Building Project Update*

*Our residents don't live where we work.*

*We work where our residents live.*

**W**ith this mantra in mind, lived out by our staff every day, our quest to provide the finest home we possibly can for our residents is never-ending. While visiting Bethesda in recent months, you've undoubtedly noticed our extensive construction project that's underway.

So why all the changes? Administrator Ashley Bormann explains, *"Staying current with the changing needs and standards of care our community, residents and family members deserve is something that is constantly on Bethesda's agenda."* In other words, we want to make Bethesda even more special for you.

Phase I of our renovation is focused on the following elements and scheduled to be complete Summer 2016:

- The large long-term care building will house four neighborhoods of approximately 20 residents each. Each neighborhood will have its own kitchen, dining and living spaces and all newly constructed resident rooms will have private bathrooms and showers.
- The two smaller buildings on Willmar Avenue will implement the neighborhood model into the existing Pleasant View campus, with new kitchen/living/dining spaces in both and six new resident rooms off A Hall.
- The short-stay therapy center will offer 36-beds for those needing rehabilitation before returning home.

The highlights of Phase II, referred to as the Town Center, would include internal renovations of the current Pleasant View large dining room, activity room/chapel, beauty shop and restorative therapy areas. This new area will offer a holistic approach to active senior living.



*New Short-Stay Therapy Center: View from Club Bethesda*

As stated by Michelle Haefner, President/CEO, *"Our vision is to invite residents into our senior living community, not just to live with us, but also, to thrive with us."*

**The Town Center - the heart of Bethesda's new campus - is completely dependent on the outcome of the \$3 million "Investing in a Healthy Future" campaign. Philanthropic support toward the Town Center is a critical factor to this vision becoming a reality.**

The Town Center vision features the Charles and Sharon Olson Chapel, meditation room, pastoral care office, the Norling Family Café, a bistro station, salon, activity/game area, general store, guest lounge, library/computer area, private party room, community/hobby areas, the Bill Linder Walking Trail and so much more.

The following comments were shared by family members:

*"I'm excited for the Town Center to be completed! When I come to visit my mom, it will be so nice to take her out for a cup of coffee or visit over a sandwich at the new Cafe."*

*"Spiritual care is a very important aspect of my mom's life. Bethesda's new Chapel will provide a space for her to continue to attend service without having to leave campus."*

*"My dad isn't as mobile as he used to be, so having these amenities available right here at Bethesda will be a day brightener not only for him, but also for us as visitors."*

These updates will add an extra level of comfort, choice and convenience for Bethesda residents and families. We hope you'll stop in soon to see and experience all the great changes we're making! Keep an eye out for upcoming open house tour dates, which will be listed on Bethesda's website calendar once scheduled.

**Town Center Questions?** Contact Stefanie, Bethesda Foundation at 320-214-5600.



*View of new building on Willmar Avenue*

## *A Message from the President/CEO*



Dear Friends,

**W**e are grateful for the mild winter, which has helped our construction project move along efficiently and stay on track for an early summer completion date.

Our Bethesda campus has certainly changed in appearance since last spring. The four new buildings are taking shape and giving a fresh new look to our campus. With 88,000 square feet of new construction between four building sites, there is something happening on all sides of our property.

A building project of this magnitude doesn't happen without great teamwork. We have excellent teams at Bethesda; a visionary board of directors, an exceptional campaign cabinet, diligent contractors and construction crews, devout member churches, wonderful residents and families, and the compassionate Bethesda staff. All have taken part and all have made a difference.

It is a pleasure to work with such exceptional teams and exceptional people. Together, we will provide the best possible experience for our residents/tenants and ensure a great future for our community.

We look forward to summer when our Heritage Center family joins the new campus and our short-term care building is open to serve the community. Our continuum of care campus transformation will allow us to better serve our community and ensure that all seniors have a place to call home and receive the services they need.

Sincerely,

A handwritten signature in cursive script that reads "Michelle Haefner".

Michelle Haefner,  
Bethesda President/CEO

## *Neighborhood Highlights*

**C**hristmas parties, sweetheart dinners, quilting groups, pet visits and everything inbetween! Our residents have a lot of fun laughing and enjoying each other's company while enjoying life at Bethesda:



Want to see more resident activities? Visit our Facebook page at [facebook.com/bethesdawillmar](https://www.facebook.com/bethesdawillmar)

## *Bethesda Wish List Items*

**B**ethesda has a list of items that would benefit our residents and community in some way. If you are able to contribute any items on our wish list, we would truly appreciate it. Your generosity makes a difference!

- Large Print Books
- iPads and iPods (Activity/Music Programming)
- New Art Supplies (Paint Brushes, Canvas, Painting Paper, Wooden Crafts, Scrapbooking Paper, etc.)
- Two CD Players
- CD's (Country, Gospel, Light Rock)
- Movies on DVD
- Puzzles (Large Piece/Under 300 Pieces)
- Nail Polish (New/Variety of Colors)
- Cash Donations

Please contact Stefanie Ryan, Bethesda Foundation, if you are interested in donating any items at 320-214-5600 or [stefanier@bethesdawillmar.com](mailto:stefanier@bethesdawillmar.com).



## Avoid the Winter Workout Rut

It can be tough in the winter to get the recommended 150 minutes of physical activity per week. The shortage of daylight, the cold weather and strong urge to stay in your nice warm bed can all work against you as you try to stay focused on your workouts. Here are five tips to help avoid that winter workout rut.

### 1. Take Up A Winter Sport

The winter is a great time to try something new! Take up a sport like; cross country skiing, ice skating, snowshoeing, or just bundling up and walking outside. The fresh air will be invigorating and provide a great change of pace.

### 2. Get a Workout Buddy

Having a friend to exercise with is one of the best ways to increase accountability. You are less likely to skip out of a workout when you know someone is at the gym waiting for you. Pick a workout buddy who will motivate, support and push you to reach your fitness goals.

### 3. Overhaul Your Diet

It's easy to eat right during the summer months with an abundance of fresh produce available, but as winter rolls around, those juicy fruits are just a memory. That doesn't mean, however, that you should drop your healthy eating habits with the dropping temperatures. Instead load up on frozen fruits and vegetables. Try some new recipes to mix things up a bit and keep those taste buds guessing!



### 4. Stay Hydrated

Most people give little thought to staying hydrated when it's cold, but staying hydrated is important all year long. One rule of thumb is to aim to drink half of your body weight in fluid ounces - that means a 140 pound person should aim to drink 70 ounces of water per day.

### 5. Go to the Gym Straight from Work

If you pack your gym bag the night before your workout, you're putting yourself in the right mindset. Then, when you head straight to the gym after work you have no time to sit down and contemplate skipping.

Club Bethesda is designed to meet the needs of adults 50+. In addition to serving Bethesda's residents, tenants and clients, Club Bethesda is available to members of the greater Willmar community. If you would like to learn more about the services offered at Club Bethesda, please contact Melissa Wentzel, Club Bethesda Director at 320-214-5627 or [melissaw@bethesdawillmar.com](mailto:melissaw@bethesdawillmar.com).

## Dr. James Tiede Retires as Medical Director for Bethesda After 14 Years of Service



After serving as Bethesda's Medical Director for the past 14 years, Dr. James Tiede officially retired from his position as of February.

*Heritage Center on May 1, 2002 and more recently, for Bethesda at Home. I have appreciated getting to know your residents and helping in quality care meetings. You have many fine staff who are knowledgeable, hard-working, caring and compassionate in your organization. It has been a pleasure for me to work with you."*

The pleasure has been ours Dr. Tiede. Thank you for your commitment to Bethesda and those we serve. Congratulations on a job well done and a retirement well deserved. We wish you nothing but the best in the future.

As shared by Dr. Tiede in his retirement letter, "I started as Medical Director of Bethesda Pleasant View and

## Visiting Loved Ones at Bethesda

For a majority of residents who reside at Bethesda, the most important aspect of their lives are family relationships. When residents are alert and oriented, they are able to share their thoughts and feelings with both family members and staff about the importance of their family, their memories and how they impact their lives.

For those residents that have difficulty or are unable to share verbally about their relationships with their family members, it's important to remember that family members still have a great impact on their lives.

Most family members continue to visit their loved ones throughout their stay at Bethesda. However, visiting can be a challenging and emotional experience for many reasons, especially as the comfort of reciprocal communication can be limited. It is these times when family members may begin to visit less frequently.

But for the resident, anytime a family member can visit - no matter how often or how long - has an impact. Visits provide a connection for the resident, even if they are unable to express it, and provide opportunities for the family member to stay connected to Bethesda staff.

### Here are some ideas when visiting:

1) Talk in a quiet place and share news about family, friends, neighbors and current events.



- 2) Try to be at eye level and speak slowly and clearly.
- 3) Encourage reminiscing. Bring photos or objects to share. Stimulate conversation about past achievements.
- 4) Validate any feelings of distress or concern and share them with the nursing staff or social worker.
- 5) Avoid using visits to give advice or argue with your loved one.
- 6) Sometimes the best visit is being together and just holding hands, providing the power touch.
- 7) Play your loved one's favorite music or movie.
- 8) Get to know other residents, staff and families to make your visits more pleasurable.

We hope to see you soon, here at Bethesda, during a family visit with your loved one!

## Music and Memory for Alzheimer's and Dementia Residents

Music has a powerful effect on people. Most of us can probably remember a time when a song hit us on a deep emotional level, whether it made us feel serene, blissful or sad. Whatever the emotions associated with it, one song can bring them back in force, along with the memories surrounding it.

It is this power of music that is now being used to help older patients with Alzheimer's and dementia. Studies are showing, more and more, that music can help seniors with memory loss begin to recall old memories that were previously locked away.

**Music and the Brain:** When your brain forms a memory, it does so by wiring it into neural pathways. The strength of a memory depends on how many pathways are formed, which ultimately depends on how much of your brain it involves. Emotions of all kinds have a strong impact on the brain, so memories that are profoundly emotional will tend to last much longer.

Since music often triggers emotions, it will tend to help certain memories



remain longer than others. Also, music itself is stored in the mind in such a way that it lasts much longer than memories of events. When you hear a song, your brain can recall a memory associated with it, even if that memory hasn't been recalled in a long time. This is central to the purpose of music and memory.

**Improving Memory, Improving Life:** Many individuals who have dementia may seem unreachable or unresponsive. However, studies have shown if you give them a song to listen to, especially one they are familiar with, they immediately wake up. This is what music and memory is all about.

*Continued on Page 5...*

## Music and Memory Continued...



Bethesda has begun to implement music and memory through the use of iPods, purchased through funds from the Bethesda Foundation, on our Memory Care Unit. Bethesda staff will work on creating personalized playlists for residents in their care.

These playlists will be saved to an iPod and be available for use by the resident. He or she can then listen to their songs through headphones.

Studies at senior care facilities have shown an increase in overall quality of life, including:

- Improved social interaction
- Higher morale among both residents and staff
- Reduced agitation
- Reduced reliance on antipsychotic medication

To learn more about music and memory, please contact Kelly Chester, Director of Social Services at 320-214-5612 or [kchester@bethesdawillmar.com](mailto:kchester@bethesdawillmar.com).

If you would like to support this initiative through the purchase and donation of iPods for our residents or through a cash donation directed to this purpose, please contact Stefanie with the Bethesda Foundation at 320-214-5600 or [stefanier@bethesdawillmar.com](mailto:stefanier@bethesdawillmar.com).

*There is Always  
Something Happening  
at Bethesda:*

See all the fun resident activities taking place at Heritage Center and Pleasant View on the monthly event calendars!

- 1) Visit [www.bethesdawillmar.org](http://www.bethesdawillmar.org)
- 2) Hover over Senior Living Options
- 3) Hover over Skilled Nursing Care
- 4) Click on Heritage Center or Pleasant View to view each buildings' Activity Calendars

## Bethesda Welcomes New Facility Director

Please join Bethesda in welcoming the newest director to our team. Ross Brandt will be our new Facility Director and will be overseeing the Maintenance, Housekeeping and Laundry Departments at Bethesda.



Ross grew up in Raymond and graduated from MACCRAY schools. After high school, he attended Ridgewater College and was enrolled in the carpentry program. Before coming to Bethesda, Ross worked for Maple Street Construction for four years and was most recently employed at Golden Living Center in Wayzata and Excelsior.

Ross and his wife, Kayla, have two daughters: Rylynn (3½) and Piper (one month). They currently reside in Clara City and are looking to buy a home soon. Outside of work, Ross enjoys spending time with his family, sports, hunting, fishing and other outdoor activities.

Ross brings a wealth of knowledge to Bethesda, and we are excited to have him as part of our team. Please welcome Ross if you see him while visiting!

## Memorial Gifts: In Lieu of Flowers...

Donations large and small have allowed Bethesda to enhance the lives of our residents, tenants, clients, families, friends and neighbors. *A gift made in a loved one's name is always a meaningful way to mark a special occasion or to remember or honor a beloved family member, respected friend or colleague.* When you make a Memorial or Honor Gift to the Bethesda Foundation, we will send your honoree or their family a card acknowledging your generosity. **Donate online today at [www.bethesdawillmar.org](http://www.bethesdawillmar.org).**



Your Trusted Neighbor



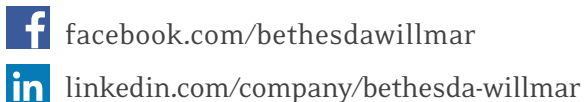
901 SE Willmar Avenue  
Willmar, MN 56201

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Jana Anderson.....320-214-5665
- Director of Nursing, Pleasant View:  
Crystal Moran.....320-214-5609
- Social Services: Kelly Chester.....320-214-5612
- Chaplain: Pastor Theresa Kraft.....320-214-5671
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Kris Wilner.....320-214-5620
- Facilities: Ross Brandt.....320-214-5618
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Sheila Stredde.....320-214-5664
- Dietary, Heritage Center  
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### *Contact us:*

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- Svea Lutheran-Svea

*Bethesda is an independent 501(c)(3) non-profit organization. (Tax Exempt ID #41-0693843). Contributions are tax-deductible to the extent allowed by law.*

*Change of Address?* Contact Stefanie: 320-214-5600 or [stefanier@bethesdawillmar.com](mailto:stefanier@bethesdawillmar.com)