

Community Connect

Bethesda

A new place to call home. Senior care you can trust.

Fall 2015

The Town Center: How Philanthropy Makes an Impact on Amenities

Key to Bethesda's vision for the future is a new kind of senior care community that encourages active and healthy lifestyles; a community offering both a full continuum of care and the amenities our seniors deserve.

Our campus redevelopment project will make this vision a reality. Consisting of three key components, the new campus will be an asset our community is proud of; a new long-term care building, a new short-stay therapy center and connecting it all together, the heart of our new campus and the heart of Bethesda, will be the new Town Center.

investing **IN A** HEALTHY FUTURE

THE CAMPAIGN FOR BETHESDA

THE IMPORTANCE OF PHILANTHROPY: MAKING THE TOWN CENTER A REALITY

The total estimated cost for this project is \$21 million, of which \$18 million has been secured through a USDA loan that can only be applied to the cost of the new long-term and short-term care buildings. Bethesda's Board of Directors has approved the \$3 million *Investing in a Healthy Future Capital Campaign* to fund the new Town Center.

When completed, through the generous support of the giving community, this campus will be a major step toward Bethesda's goal of creating a new kind of senior care community - all on one campus!

The success of the *Investing in a Healthy Future Campaign* will allow the Town Center to become a reality and be completed as envisioned. It will mean programs central to Bethesda's mission, such as spiritual care and wellness, continue into the future.

NAME THE TOWN CENTER

Bethesda is offering a limited number of naming opportunities. To learn more about how your gift can receive prominent recognition while naming the Town Center, contact the Bethesda Foundation at 320-214-5600.

THE TOWN CENTER: A HUB FOR BETHESDA'S FOCUSED LIFESTYLE PROGRAMS

The Town Center will be a focal point of our focused lifestyle programs; a holistic approach to active community living that focuses on five dimensions of wellness including intellectual, social, physical, emotional and spiritual.



THE TOWN CENTER VISION:

- The Charles and Sharon Olson Chapel
- Pastoral Care Office
- The Norling Family Cafe
- Bistro
- General Store
- Salon
- Meditation Room
- Activity/Game Areas
- Guest Lounge
- Library/Computer Area
- Private Party Room
- Community/Hobby Areas
- Free Wi-Fi Services

*"Here may you live life at its best and
may you find comfort and rest."*

- Anonymous

FOR CAMPAIGN INFORMATION:

Bethesda Foundation | 901 Willmar Avenue SE | Willmar, MN 56201

Phone: 320-214-5600 | www.bethesdawillmar.org

A Message from Bethesda's President/CEO



Dear Friends,

The people of Willmar and the surrounding communities have forged an enduring, powerful relationship with Bethesda - it's the story of a steadfast mission, mutual commitment and triumph over many obstacles.

Bethesda's roots in the Willmar community are deep. We've been a part of this community for many years and, with your help, are preparing for the next 50 years.

We have anticipated and engaged with the challenges and emerging needs of our senior population. We have looked at how we can reinvent ourselves to better serve while continuing to be leaders and innovators in senior healthcare.

We believe those we serve are looking for a high level of service and comforts similar to what they find in their own homes; conveniences that each of us want and deserve. This means a pleasing, vibrant environment and amenities like church services, wireless internet access, fitness, culinary experiences, convenient transportation and recreational choices.

Bethesda has led the way with the first specialized Wellness Center, Club Bethesda, specifically for those 50 years and older in Willmar. We are now serving more than 800 members and growing.

We led the way with our short-stay therapy services and then integrated the program with our wellness center, adult day services and home health care program; all with goal to help our clients return home and remain active in the community for as long as possible.

Bethesda continues to innovate with our current construction project. We are committed to staying at the cutting edge - for you, for your loved ones, for every person in the community.

Key to our vision for the future is a new kind of senior care community that encourages active lifestyles. Bethesda's new Town Center will be the hub of activity that gives our residents, family members and guests access to the services and programs they want and deserve.

I encourage you to read on to learn about some of the people who are involved in the vital programs at Bethesda and to understand the impact the new Town Center, neighborhoods and short-stay therapy center will have on our community, along with the importance of the \$3 million "Investing in a Healthy Future" campaign.

Sincerely,

Michelle Haefner, President/CEO



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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. Make a donation online today at www.bethesdawillmar.org.

The Town Center Continued...

FOCUSED LIFESTYLE PROGRAMMING

The new Town Center will be easily accessible from all areas of campus, including the Club Bethesda wellness center, the short-stay therapy center, the outdoor gardens, the Bill Linder Walking Trail and the long-term care buildings.

While at the Town Center, residents and visitors will enjoy various focused lifestyle programming options.

THE SOCIAL DIMENSION OF WELLNESS

Encourages positive interactions with others to increase one's impact on their community with programs that strengthen one's social network and support system such as:

- Theatre Outings
- Board/Card Games
- Scrapbooking
- Movie Matinees
- Fishing Outings
- Pet Therapy

THE PHYSICAL DIMENSION OF WELLNESS

Encourages regular physical activity to maintain a healthy body and to improve mood and self-esteem with programs such as:

- Balance/Strength Class
- Fitness Walking
- Weight Resistance Training
- Aquatic Therapy
- Chair Aerobics
- Dancing

THE SPIRITUAL/EMOTIONAL DIMENSION OF WELLNESS

Spiritual care has always been a deeply rooted part of life at Bethesda. The spiritual/emotional dimension encourages individuals to seek meaning and purpose for the depth of life with programs such as:

- Bible Study
- Church Services
- Inspirational Readings
- Religious Studies
- Favorite Prayer Recitals
- Meditative Techniques
- Communion
- Parish Nurse Project

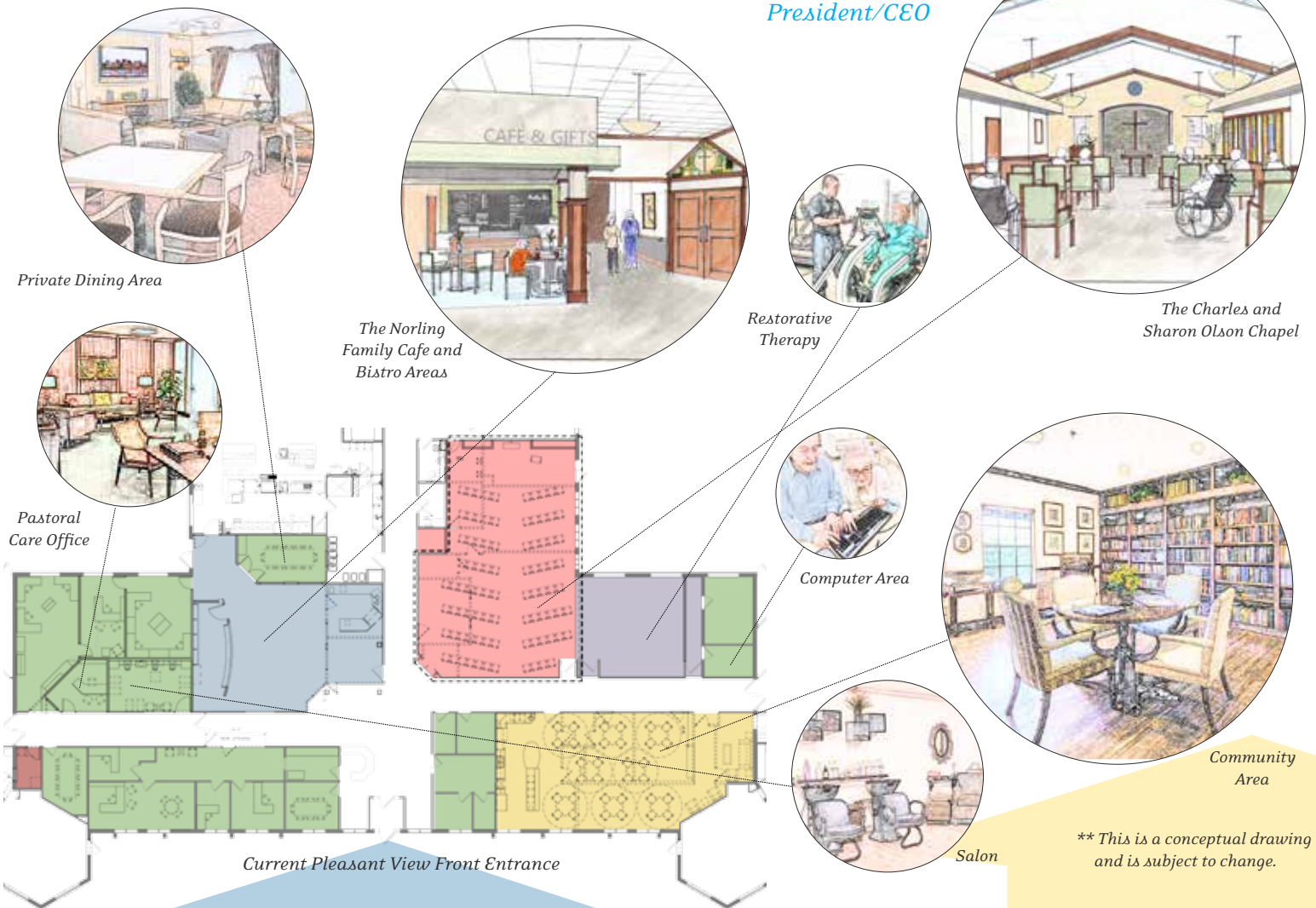
THE INTELLECTUAL DIMENSION OF WELLNESS

Encourages creative and stimulating mental activities with programs designed to promote a healthier lifestyle such as:

- Photography
- Bird Watching
- Art Classes
- Book Clubs
- Intro to Computers
- Local History Classes
- Creative Writing
- Using an IPAD

"Our vision is to invite residents into our senior living community, not just to live with us, but also, to thrive with us."

- Michelle Haefner, President/CEO



**** This is a conceptual drawing and is subject to change.**

Linder Family Honors the Memory of their Father with the “Bill Linder Walking Trail”



“Our family’s care at Bethesda has spanned generations. Not everyone is as fortunate to find a place like our father did for the last ten years of his life. Being able to stay close to home and close to the amenities he enjoyed was important to him.” shared Steve Linder, Bethesda family member and owner of Lakeland Broadcasting.

The Linder family, including Steve and Nancy Linder, Gary and Nancy Alsaker, Dave and Laurie Linder, and Paul and Linda Linder, have chosen to honor the memory of their father, Harris “Bill” Linder, by naming the walking trail the “Bill Linder Walking Trail.” Health and wellness were important to Bill, who would walk from his Sunrise Village apartment, and later from his room at Bethesda Pleasant View, over to Club Bethesda each day for his daily workout.

Our family’s care at Bethesda has spanned generations. Not everyone is as fortunate to find a place like our father did. Being able to stay close to home was important to him.

Linder continued, *“My family has seen Bethesda evolve over the years and understands what an important community asset it is. We are proud to support the campaign because of the wonderful services provided to our family and would encourage your consideration in joining us. My father’s last years spent at Bethesda were a joyful time for him and provided us with a lot of fond memories.”*

To learn more about other naming opportunities available through the “Investing in a Healthy Future” campaign and how you can honor a family member or friend, please visit www.bethesdawillmar.org or contact the Foundation Office at 320-214-5600 or stefanier@bethesdawillmar.com.

Club Bethesda, Day Break Adult Day Services and Bethesda at Home Celebrate Five Years in the Wellness Center Building

For the past five years, a large group of seniors in the Willmar area have built a community within our community. From early in the morning to late in the evening, people are choosing to make time to live a healthier lifestyle, and Bethesda’s Wellness Center is playing a big part in that choice.

Thanks to the strategic planning of Bethesda’s Board and the philanthropy of our community, it was five years ago on November 8th that the Wellness Center opened its doors. The Wellness Center houses Club Bethesda, Day Break Adult Day Services, Therapy Services and the Bethesda at Home office. In celebration of half a decade of healthy living for seniors in Willmar, Club Bethesda hosted an open house on Monday, November 9th with refreshments and tours.

“When Bethesda’s Board of Directors was in the planning phase of the Wellness Center, we were expecting to have 150 people join Club Bethesda,” said Carole Vennerstrom, Bethesda Board Member. *“Imagine how surprised we were when the Club’s membership exceeded 800 members!”*

“Club Bethesda is a wonderful place for seniors to come to keep fit and healthy in a comfortable environment with exercise equipment and fitness classes geared specifically toward those 50 years and older. Our Biostep machines offer a no-impact workout, making them a great option for seniors or those who may be recovering from an injury,” shared Melissa Wentzel, Wellness Center Director.

Wentzel continued, *“Club Bethesda also has a warm water therapy pool that is utilized not only by therapy patients, but also for water aerobics and aqua cycling classes.”* Club Bethesda is proud to be one of two facilities in the state that offers these aqua cycling classes.



Throughout its existence, the Bethesda Wellness Center staff have been committed to keeping seniors fit and offering services to help them stay in their own homes for as long as possible. *“Our Day Break program provides a unique daily alternative for individuals who require extra support to remain in the community and provides needed respite for caregivers,”* stated Cindy Wilkens, Adult Day Services Director. Caregivers know that their loved ones are well taken care of while they receive a needed break from caregiving.

Whether seniors are utilizing the Club, adult day services, therapy services or receiving home health care, they are all a part of the Bethesda Wellness Center; a community within our community of Willmar. Bethesda thanks each and every one of you for the support these past five years.

For more information, contact Melissa Wentzel at 320-214-5622 or melissaw@bethesdawillmar.com. Or, stop by the center at 901 Willmar Ave SE, St. 2. Tours of the facility are available anytime. Wentzel and other staff members are happy to acquaint guests with the facility. *“Feel free to walk in and look around,”* she said. *“It doesn’t cost anything for a tour.”*



Leave a Legacy at Bethesda



A legacy gift ensures that Bethesda remains a vital community asset for future generations in our community. Planned giving is the process of carefully selecting the best methods and assets for making a gift such as cash, stocks, bonds, real estate, trusts and bequests for meeting your long term financial and philanthropic goals. Such gifts provide an opportunity to support those served by the Bethesda Foundation while benefiting you and your family. How can you help to ensure Bethesda's future?

Consider including Bethesda in your Will:

A bequest in your will or a living trust can be an effective way of making a gift to the Bethesda Foundation while reducing the taxable portion of your estate. Whatever your goals or financial situation, planned giving offers a number of options from which to choose.

Sample bequest language for a will or revocable trust:

"I give [the sum, percentage or description of property] to the Bethesda Foundation, Willmar, Minnesota, to be used [for the benefit of an organization or program] or [according to my written instructions on file with the Foundation].

As you consider your options, remember that everything you own may be subject to federal estate tax. Charitable deductions allow you to deduct every dollar you give to charity through an outright bequest. Also, property placed in a charitable trust generally will not be subject to federal estate tax when the donor dies. If you have included a bequest for the Bethesda Foundation in your estate plan, please contact us at 320-214-5600 to let us know. We would like to thank you and recognize you for your gift. To learn more about planned giving, visit www.bethesdawillmar.org.

An Update on Tax Free Charitable Donations from an IRA

In past years, the IRA Charitable Rollover has been a popular way for donors to make charitable gifts. It allowed individuals age 70 ½ or older to transfer up to \$100,000 per year directly from their IRA accounts to qualified charities without incurring federal income tax on the withdrawal. The direct transfers to charity also satisfied the person's required minimum distribution.

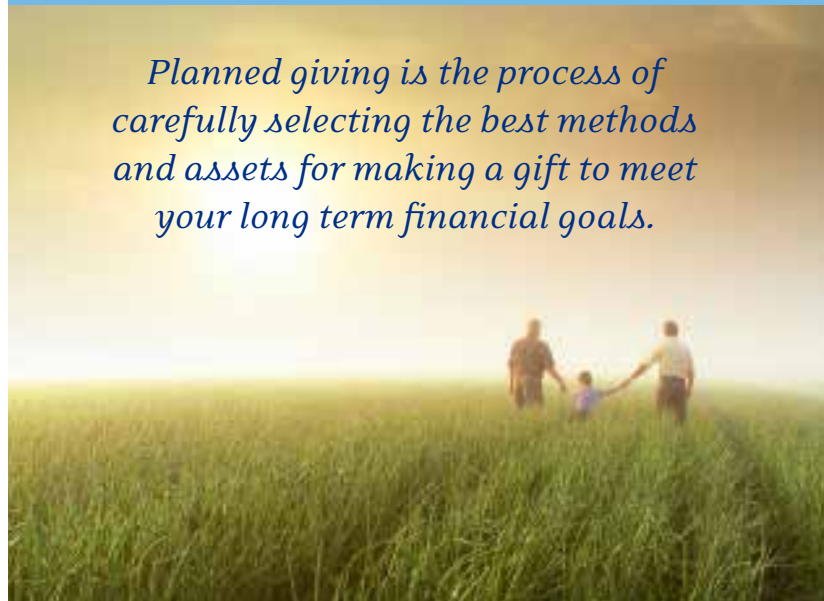
The IRA Charitable Rollover opportunity expired on December 31, 2014, but legislation has been introduced to Congress to extend the rollover option for 2015 and beyond.

You can still make charitable gifts from your IRA in 2015 before any extension of the law has occurred. It may be possible to avoid incurring tax on transfers made directly from your IRA to charity if the law passes and is made retroactive. In the past, legislation extending the rollover applied retroactively, as long as the individual complied with certain requirements.

If legislation does not pass or does not apply retroactively, your 2015 IRA distribution would be subject to income tax. However, you would be able to take a charitable deduction for the amount transferred to charity, subject to the applicable limits on charitable deductions.

Because of the uncertainty regarding both the content and the timing of the proposed legislation, Bethesda's Foundation encourages donors who are interested in making a 2015 IRA Charitable Rollover to discuss the options with their tax advisors. For information on how to make a gift from your IRA to the Bethesda Foundation, please contact our office at 320-214-5600 or stefanier@bethesdawillmar.com.

Planned giving is the process of carefully selecting the best methods and assets for making a gift to meet your long term financial goals.



Alzheimer's Warning Signs: A Checklist of Common Symptoms

Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning; problems severe enough to have an impact on an individual's work, social activities and family life.

The Alzheimer's Association has developed a checklist of common symptoms to help you recognize the difference between normal age-related memory changes and possible warning signs of Alzheimer's disease.

There's no clear-cut line between normal changes and warning signs. It's always a good idea to check with a doctor if a person's level of function seems to be changing. The Alzheimer's Association believes that it is critical for people diagnosed with dementia and their families to receive information, care and support as early as possible.

EARLY WARNING SIGNS

1) Memory Loss

Forgetting new information is one of the most common early signs of dementia. General memory loss and forgetting important events and asking for the same information over and over are also common symptoms of early stage Alzheimer's disease. *What's typical? Forgetting names or appointments occasionally and remembering them later.*

2) Difficulty Performing Familiar Tasks

People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. *What's typical? Occasionally forgetting why you came into a room or what you planned to say.*

3) New Problems with Writing or Speaking

People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." *What's typical? Sometimes having trouble finding the right word.*

4) Confusion with Time and Place

People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home. *What's typical? Forgetting the day of the week or where you were going.*

5) Poor or Decreased Judgment

Those with Alzheimer's may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. *What's typical? Making a questionable or debatable decision from time to time.*

6) Problems with Abstract Thinking

Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. *What's typical? Finding it challenging to balance a checkbook.*

7) Misplacing Things and Losing the Ability to Retrace Steps

A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl. *What's typical? Misplacing keys or a wallet, but being able to retrace steps to find it later.*



8) Changes in Mood or Behavior

Someone with Alzheimer's disease may show rapid mood swings - from calm to tears to anger and aggression - for no apparent reason. They may become extremely confused, anxious, suspicious or dependent on a family member. *What's typical? Occasionally feeling sad or moody.*

9) Trouble Understanding Visual Images and Spatial Relationships

For some people, a change in visual processing may be a sign of early Alzheimer's disease. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving. *What's typical? Vision changes related to cataracts.*

10) Withdrawing from Social Activities

A person with early stage Alzheimer's disease may avoid being social because of the changes they've experienced. They may remove themselves from sports, social events and hobbies. They may become passive, sitting in front of the TV for hours, sleeping more than usual or not want to perform daily living activities. *What's typical? Sometimes feeling weary of work or social obligations.*

If you are worried that you or a loved one may be experiencing signs of Alzheimer's disease, Bethesda encourages you to contact your primary care provider with your concerns. Bethesda offers a secure memory care unit that is designed to meet the needs of persons with memory impairments, such as Alzheimer's disease and other forms of dementia. We strive to enhance the physical, spiritual and intellectual life of our residents while giving their families support and peace of mind.

Bethesda also provides a free support group for individuals and families dealing with Alzheimer's or memory loss. It is held on the first Thursday of each month at 3:30 p.m. in the large conference room on Bethesda's Pleasant View Campus. **For more information, contact Kelly Chester, Director of Social Services at kchester@bethesdawillmar.com or 320-214-5612.**

Source: Alzheimer's Association - www.alz.org

Bethesda

Member Churches: A Congregational Partnership

Bethesda is a non-profit, social ministry organization that was started, and is still governed, by a group of 25 local churches. Each of our member church congregations have signed a Covenant with Bethesda to form a “Congregational Partnership” that affirms our mutual understanding and commitment to provide for the needs of older adults through mission and ministry.

This mutually beneficial relationship provides a wealth of opportunities for both Bethesda and our church congregations through a collaborative partnership. This affiliation is dependent upon mutual accountability and support. Bethesda is blessed by our congregation’s contributions of residents, staff, volunteers and member donations.

“Bethesda’s partnership with our member churches is very valuable. The collaborative process brings together different people and organizations and makes it possible to accomplish much more while caring for our seniors than we could alone.” shared Michelle Haefner, Bethesda’s President/CEO.

What can you and your church do to value and support the seniors served at Bethesda?

- *Become involved in Bethesda’s ministry by being an informed leader of Bethesda*
- *Create awareness with other church members of the “Congregational Partnership”*
- *Volunteer to serve the seniors in our community through spiritual and moral support*
- *Support seniors served through the Bethesda Foundation*
- *Host a yearly Bethesda Sunday at your church*
- *Serve Bethesda through governing board membership*
- *Participate in church partnership projects, services and educational classes for seniors*

Current denominations represented in our member churches include Lutheran, Catholic, Methodist, Episcopalian and Presbyterian. If your church is interested in learning more about Bethesda’s Congregational Partnerships, please contact Michelle, President/CEO at 320-214-5602 or michelleh@bethesdawillmar.com.

A Message from Bethesda’s Board Chair



What a spectacular Fall it has been here at Bethesda! With the end of the year quickly approaching, we have much for which to be grateful. In August, we celebrated the raising of the steel for our new long-term care building with a hard hat luncheon and community open house. September has brought the construction progress on both the long-term and short-stay therapy buildings closer to the enclosure phase.

In October, the two smaller buildings on Willmar Avenue, which will provide new resident rooms and kitchen/dining/living areas, have been constructed and enclosed. Work will continue over the winter and is on schedule to be completed in May of 2016. This will bring our Willmar senior care community together onto one campus for the first time.

This redevelopment project has required leadership, foresight, careful planning and philanthropy. On behalf of the Bethesda Board, I’d like to extend our thanks and gratitude to each of you who has contributed to the “Investing in a Healthy Future” campaign to help make the Town Center a reality for the residents who reside at Bethesda.

I’d also like to ask those of you who have not yet contributed, to please consider a donation to the “Investing in a Healthy Future” campaign for the Town Center. Philanthropy is the difference between Bethesda being a good care center or a great care center.

Only through our community coming together with philanthropic support, will our residents be able to benefit from a chapel, café, gift shop and all other sorts of amenities I know we all believe they deserve.

We are all part of an amazing history of caring for Bethesda. Each of us has had a special role in getting this center to the point it’s at today, and we are still “Investing in a Healthy Future.” Thank you for your support.

With Gratitude,

Carla Lagerstedt

Carla Lagerstedt, Board Chair

Bethesda's Mission:

*To create quality health,
housing and home-based
choices for older adults.*

Bethesda Board of Directors

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Richard Larson, Vice Chair
Karol Markfelder, Secretary
Marlin Henjum, Treasurer
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Member Churches

Bethel Lutheran-Willmar
Calvary Lutheran-Willmar
First Presbyterian-Willmar
Redeemer Lutheran-Willmar
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St. Mary's Catholic-Willmar
Eagle Lake Lutheran-Willmar
St. Luke's Episcopalian-Willmar
United Lutheran-Lake Lillian
Ebenezer Lutheran-Kandiyohi
Tripolis Lutheran-Kandiyohi
St. Patrick's Catholic-Kandiyohi
St. John's Lutheran-Raymond

Peace Lutheran-New London
First Lutheran of Norway Lake-New
London
East Norway Lake Lutheran-New
London
Faith Lutheran-Spicer
Kerkhoven Lutheran-Kerkhoven
Hope Lutheran-Sunburg
Monson Lake Lutheran-Sunburg
West Lake Lutheran-Sunburg
Mamreland Lutheran-Pennock
St. John's Lutheran-Pennock
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?

Call or email Stefanie:
320-214-5600
or stefanier@bethesdawillmar.com



Contact us:

Phone: 320-214-5643
Email: info@bethesdawillmar.com
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