

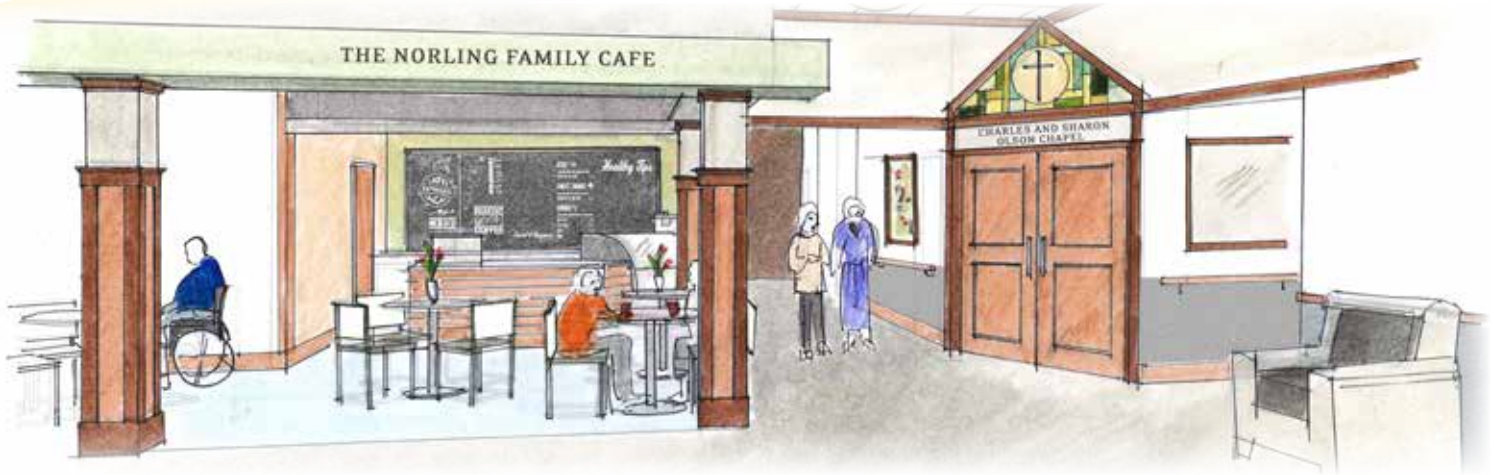
# Community Connect

# Bethesda

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

Fall 2016

*Join Us! Community Open House Dates Inside*



## *Past and Present: Norling Family Continues Long Giving History with Bethesda*

**T**he Norling Family, local philanthropists with strong business and personal ties to the Kandiyohi County area, has had a long historical relationship with Bethesda over the past 50 years.



Ray and Harriet Norling

*"My father, Albin Norling, and his brother Fred, were big supporters of Bethesda as far back as 50 years ago," shared Rayburn Norling. "Both brothers also stayed at Bethesda Heritage Center between the early 1970s to the mid 1980s, and Carolyn Norling's mother, Dorothy Johnson, lived at Bethesda Pleasant View starting in the early 1970s."*

This relationship continues today through philanthropic support from the Norling Family toward Bethesda's Town Center project, which will include the new Norling Family Café. *"Throughout history, all of our family stays at Bethesda have been positive experiences,"* stated Palmer Norling. *"This made our family contribution to the capital campaign an easy decision, and our community will need more nursing and therapy facilities as the age expectancy continues to increase for our local population."*

The current generations of the Norling family include the Rayburn and Palmer branches of the family tree. Ray has three married children, 19 grandchildren and 50 great grandchildren. Palmer has three married children and 20 grandchildren.

*"We feel that we share the value of life from conception to natural death, and that Bethesda has always embraced the freedom to practice the Christian faith,"* commented Annette Beliveau, Ray's daughter. *"All reports from individuals in the community with experience at Bethesda have reflected the high level of quality care received in the facilities."*



Palmer and Dee Norling

Going beyond just the basic care needs for our seniors, The Norling Family Café will be one of the many new amenities available on the Bethesda campus once the Town Center is complete. It will be open to residents, tenants, clients, family members, staff and the general public to enjoy a healthy meal and camaraderie.

One goal with the addition of the café is to provide another destination for those who live on Bethesda's campus to visit. So often, when people move into a long-term care setting, they become disconnected from their community. Loneliness and isolation can become a major concern. The Norling Family Café will bring people from the outside community in and will provide destinations for visitors to stay longer - all for the well-being of our seniors.

Bethesda is privileged to have the Norling Family as strong supporters of the work taking place here and thanks them for their investment, which will help ensure a bright future and positively impact the seniors and families in our community.

## *A Message from Bethesda's President/CEO*



Dear Friends,

Without question, these past few months at Bethesda have been a busy time. We continue to move forward with uniting our care campuses together; taking major strides to position ourselves to do even more in the future for the seniors in our communities.

With the merger of Heritage Center and Pleasant View, Bethesda will be able to expand upon our programming to provide more activities that contribute to our senior's well-being. Community connections will maintain our senior's desire for active lifestyles and purposeful living. Bethesda's new campus, especially the upcoming Town Center and Chapel areas, will be the heart of our campus and will provide some of the space for this to happen.

As we pursue these plans for the future, Bethesda will continue its commitment to senior care and furthering the health of our communities. As I reflect on these accomplishments and look forward with tremendous anticipation to the rest of 2016, I want to share that it is an honor to serve this organization, with staff and board members that continually go above and beyond.

I invite you to learn about our new building names and open house dates in this issue of the Community Connect. We hope to see you soon!

Sincerely,

Michelle Haefner, President/CEO



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## Announcing Bethesda Grand: Senior Living Community and Bethesda Club Suites: Transitional Therapy and Wellness

Bethesda has a rich history of serving the community of Willmar and surrounding area and was founded in 1897 as an orphanage. The children were soon joined by older citizens at what was called the “country home.” By 1939, Bethesda began serving exclusively elderly persons, and in 1953, Bethesda Heritage Center opened its doors in the city of Willmar. The “country home” was closed in 1979 when the Pleasant View campus was constructed.

Much has changed since our modest beginnings, but the tradition of caring has not. Our legacy is very much alive; our vision for the future is built upon it. We are excited to embark on the next step in this journey as our Heritage Center and Pleasant View campuses become one.

Bethesda is proud to announce that the name for our new long-term care building, uniting Heritage Center and Pleasant View, will be **Bethesda Grand: Senior Living Community**.

*“Not only will our new campus be Grand in magnitude and sheer size, but the word Grand also represents the next stage in life for those we serve; whether a Grandmother or an honorary Great-Grandfather, it is a special time in life and we want to honor that.”* stated Ashley Bormann, Administrator.

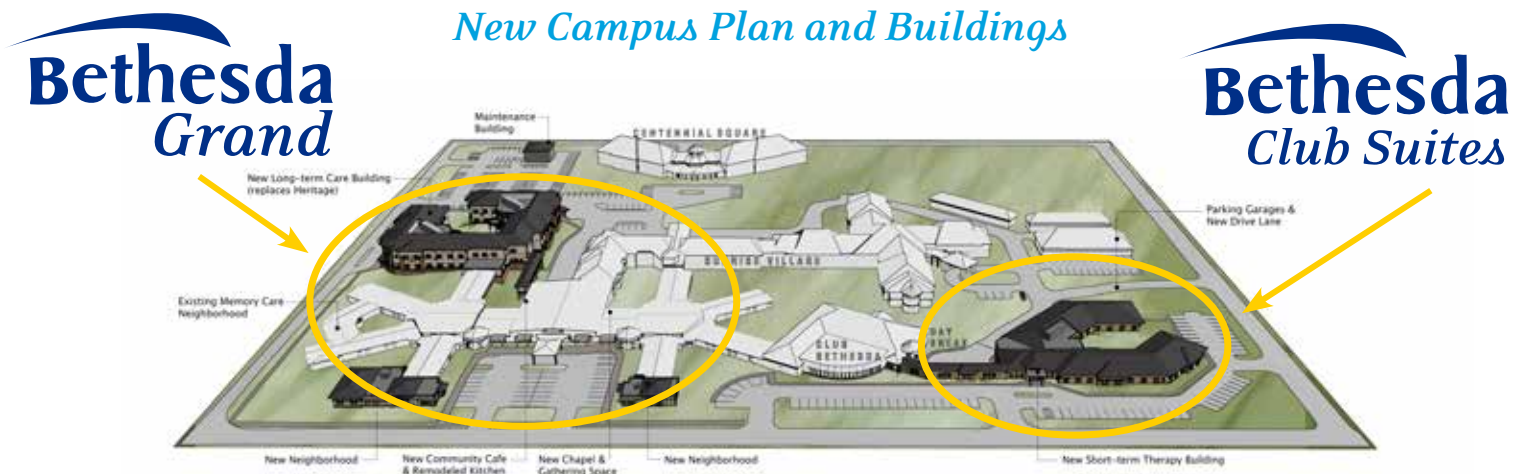
*“Once combined, we will have 380 people living on one campus and will continue serving an additional 320 people on a daily basis through our community based services.”*

Bethesda is also excited to announce that our new short-stay therapy building will be called **Bethesda Club Suites: Transitional Therapy and Wellness**.

*“Bethesda has always been proud to offer a full continuum of senior health care for the Willmar community,”* stated Michelle Haefner, President/CEO. *“Club Bethesda, our wellness center for those 50 years of age and older, and our current outpatient therapy services will be attached to the new Club Suites: Transitional Therapy and Wellness building. It is our hope that people who have a short-term therapy stay at the Club Suites will get well, go home and then stay well by having the option to transition to outpatient therapy or by joining Club Bethesda to continue improving on their health.”*

Bethesda’s full continuum of senior care services include skilled nursing care, short-stay therapy centers, home health care, outpatient therapy, independent and assisted living, adult day services and a wellness center for those 50+. To learn more, visit [www.bethesdawillmar.org](http://www.bethesdawillmar.org) or contact Ashley Bormann, Bethesda Administrator at 320-214-5662 or [ashleyb@bethesdawillmar.com](mailto:ashleyb@bethesdawillmar.com).

### New Campus Plan and Buildings



## Join us for a Community Celebration Open House!



FRIDAY, SEPTEMBER 9<sup>TH</sup>

12:00 P.M. - 6:00 P.M.

BETHESDA *Club Suites* ENTRANCE  
901 WILLMAR AVENUE S.E., WILLMAR

**Bethesda**  
*Club Suites*

Transitional Therapy and Wellness

**Bethesda**  
*Grand*

Senior Living Community

*Open house questions? Contact the Bethesda Foundation office at 320-214-5600*

### *Memorial or Honor Gifts: Bethesda Chapel and Town Center Funds*

**D**onations large and small have allowed Bethesda to enhance the lives of our seniors. 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's Chapel or Town Center Funds, you will be helping to make these new spaces a reality for those we serve. Please make your donation online today at [www.bethesdawillmar.org](http://www.bethesdawillmar.org) or fill out the information below and mail to: Bethesda Foundation | 901 Willmar Avenue SE | Willmar, MN 56201. Thank you for your generous support!

**I would like to make a gift to the Bethesda Foundation in the amount of \$ \_\_\_\_\_**

My gift is in: ☐ Memory of ☐ or ☐ Honor of: \_\_\_\_\_

I would like my gift directed to the: ☐ Chapel Fund ☐ O Town Center Fund ☐ O Other: \_\_\_\_\_

**PAYMENT INFORMATION:** ☐ Enclosed check payable to Bethesda Foundation

☐ Please charge my: ☐ Visa ☐ O MasterCard ☐ O Discover

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature (as it appears on card): \_\_\_\_\_

☐ Auto pay by credit card: I authorize the Bethesda Foundation to charge \$ \_\_\_\_\_ to my credit card each month using the provided information and signature above.

*O I would like my gift to remain anonymous*





## Recognizing Major Donors through Naming Opportunities

investing  IN A HEALTHY FUTURE  
THE CAMPAIGN FOR BETHESDA

**B**ethesda would like to thank the following families and organizations who have made major contributions with naming opportunities to the “Investing in a Healthy Future” campaign to help make the new Town Center and Chapel areas a reality.

Each of us at Bethesda truly appreciate your generosity and support of those we serve. Thank you for helping to provide our seniors with an area that will offer them opportunities for social interaction and activities that contribute to their well being!

**Chapel:** Charles and Sharon Olson

**Community Cafe:** The Norling Family Foundation

**Walking Trail/Pathway:** The Bill Linder Family

**Welcome Center:** The Marvin and Luella Behm Family

**Memorial Tree:** James and Edna Langmo - In Memory of Jean C. Langmo and William J. Metzen

**Bistro Station:** The Willmar Area Community Foundation

To learn more about Naming Opportunities, contact the Bethesda Foundation at 320-214-5600.

## Club Bethesda Partners with Ridgewater Nursing Students

**C**lub Bethesda partnered with Ridgewater College Nursing Students to host a Wellness Workshop at Club Bethesda this last spring. Students

taught a variety of exercise classes to individuals attending this free event, including Balance Basics, Safe Stretching, Tai Chi, Chair Yoga and Meditation.

The Nursing Students also offered free blood pressure, glucose and hemoglobin testing for all attendees. The event was a great success and will hopefully take place again next spring. As shared by Melissa Wentzel, Club Bethesda Director, *“The Nursing Students did a wonderful job hosting the Wellness Workshop. It was a good learning experience for them, and our Club Bethesda members had a great time. The doors to the fitness studio couldn’t even be closed because it was so full!”*



## Bethesda Offers Free Support Groups for Community

**S**ome individuals find support groups helpful. They allow people to share their experiences and exchange information.

Support groups also encourage caregivers to care for themselves and help remind you that it is not selfish for caregivers to attend to their own needs. Bethesda’s free support groups are run by professionals and are designed to help individuals deal with different caregiving situations.



### Alzheimer’s Support Group:

Bethesda’s Alzheimer’s Support Group is for all family and friends of those experiencing difficulties with Alzheimer’s and memory loss to share and discuss topics of interest. It is held the first Thursday of each month at 3:30 p.m. in the large conference room on the Bethesda Grand Campus. For more information, please contact Kelly Chester, Director of Social Services at [kchester@bethesdawillmar.com](mailto:kchester@bethesdawillmar.com) or 320-214-5612.

*“The members of our support group are caring, sympathetic and good listeners. The group creates a positive feeling that you are not alone as you start this difficult journey with your loved one.”*

- Mary Ellen, Alzheimer’s Family Member

### Caregiver’s Support Group

Bethesda’s Caregiver’s Support Group is for all caregivers seeking information and wanting to share in both the joys and sorrows related to the caregiving experience. It is held the third Thursday of each month at 2:00pm in the large conference room on the Bethesda Grand Campus. For more information, please contact Bunne Frost-Johnston at 320-220-2512.

### Parkinson’s Support Group

Bethesda’s Parkinson’s Support Group is for all individuals experiencing difficulties with Parkinson’s disease and their family members or special friends looking for support and the opportunity to share on topics of interest. It is held the second Wednesday of each month at 10:00am in the Bethesda Grand in-service room. For more information, please contact Becki Kallevig or Kris Johnson at 320-214-5643 or [beckik@bethesdawillmar.com](mailto:beckik@bethesdawillmar.com) or [krisj@bethesdawillmar.com](mailto:krisj@bethesdawillmar.com).

Bethesda’s Support Groups are held at 901 Willmar Avenue SE in Willmar, MN.

## The Importance of Volunteers at Bethesda

The problems of the world sometimes seem gigantic. Unfortunately, they often are, and you might even feel like there's no point trying to do anything. How can one person really make a dent in everything that needs to be done out there?

Think about standing in a completely dark room with no lamps or light switches. You light a candle, and suddenly there's a little light, and the darkness doesn't seem quite as bad. Then, slowly, people join you, until there are a hundred people with a hundred candles. Now the room is bright and the darkness is gone!

*Every single person is important, and every person can make a difference in the lives of others*

Volunteering is like this. One single person, like one candle, can make a difference. If a whole bunch of "singles" gather together to work on the same problem, they can make it better. Every person is important, and every person can make a difference. Just like you!



Bethesda is blessed to have a committed group of volunteers that help provide a high quality of life for those we serve on a daily basis. Whether they are greeting visitors at the front entrance, reading to a resident whose vision no longer

allows them to read to themselves or sharing their musical talents, each person who volunteers their time and talent here at Bethesda is truly appreciated - and needed!



Cindy Wilkens, Adult Day Director awards Doug Thoen with the 2016 Bethesda Volunteer of the Year Award

Bethesda held a Volunteer Appreciation Open House this past April to honor each of our wonderful volunteers. Doug Thoen received the 2016 Bethesda Volunteer of the Year Award for his many years of dedicated service at our Day Break Program.

**Bethesda would like to say thank you to each of you who have shared your time and talents to bring joy to others this past year.**

If you are interested in volunteering at Bethesda on a regular basis, or are available for just an hour or two, there are many opportunities for you to become involved with our residents, tenants, clients and visitors. Please contact Kris Wilner, Activity Director/Volunteer Coordinator at 320-214-5620 or [kris.w@bethesdawillmar.com](mailto:kris.w@bethesdawillmar.com) to learn more about volunteering.

## Nancy Geiger Named District Volunteer of the Year

Nancy Geiger, a volunteer at Bethesda, was recently honored by LeadingAge Minnesota with the District E Volunteer of the Year Award. The District Volunteer of the Year Award honors individuals whose commitment and dedication enhance quality of life for seniors and their communities. Nancy was one of seven volunteers selected for the regional award.



Michelle Haefner, CEO, Nancy Geiger, Volunteer of the Year Award Recipient, Angie Gerhardson, Sunrise Village Housing Coordinator

Ms. Geiger has been volunteering at Bethesda Sunrise Village for more than 20 years. *"Tenants at Sunrise Village Assisted Living look forward to seeing Nancy every month. She does an excellent job of fulfilling our tenants spiritually with the bible study she shares,"* stated Angie Gerhardson, Sunrise Village Housing Coordinator.

Ms. Geiger received the award at the LeadingAge Minnesota Institute. She accepted her award during a coffee reception held at Bethesda Sunrise Village with her family and Sunrise tenants in attendance.

**About LeadingAge Minnesota:** LeadingAge is driven to transform and enhance the experience of aging. Together with more than 50,000 caregivers, their members provide quality, compassionate care to 63,000 older adults every day in all the places they call home including independent senior housing, assisted living communities, in-home care and skilled nursing facilities.

## *Bethesda's Park View Village Tenants Honored with "A Labor of Love" Memory Garden and Pergola*



Tenants at Bethesda's Park View Village Assisted Living Senior Apartments, located in Olivia, MN, were honored last Fall with the completion of the "Labor of Love" Memory Garden and Pergola, made possible by a group of generous donors from the Olivia area. A dedication ceremony with apple pie and coffee was held with approximately 30 people in attendance.



Park View Village tenants will be able to enjoy the new sitting area that allows for the breeze and sunlight to shine though on the upcoming summer days. **Thank you to all the generous donors who made this beautiful project possible!**

For more information on senior assisted living services provided at Park View Village, contact Nancy Standfuss, Housing Manager at 320-523-1743 or [parkviewvillage@live.com](mailto:parkviewvillage@live.com).

# Bethesda

## *Join Team Bethesda and Friends at the Willmar Area 2016 Walk to End Alzheimer's*

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death.



**Team Bethesda and Friends is excited to participate in the 2016 Walk to End Alzheimer's and invites you to join our team:**

**When:** Saturday, October 1, 2016

**Time:** 9:00 am - Check-in and Registration

10:00 am - Opening Ceremony

10:30 am - Walk

*Route Length: 3 miles*

**Location:** Robbins Island Park  
North Highway 71  
Willmar, MN 56201

For more information on joining or donating to Team Bethesda and Friends, contact Melissa Wentzel, Club Bethesda Director at [melissaw@bethesdawillmar.com](mailto:melissaw@bethesdawillmar.com) or 320-214-5622.

Bethesda 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 the Bethesda Grand Campus. For more information, contact Kelly Chester, Director of Social Services at 320-214-5612 or [kchester@bethesdawillmar.com](mailto:kchester@bethesdawillmar.com).







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Willmar, MN 56201

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## *Bethesda's Mission:*

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

## *Change of Address?*

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



## *Contact us:*

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

 facebook.com/bethesdawillmar

 linkedin.com/company/bethesda-willmar

## *Bethesda Board of Directors*

Carla Lagerstedt, Chair  
Richard Larson, Vice Chair  
Carole Vennerstrom, Secretary  
Marlin Henjum, Treasurer  
\*\* Dena Eichelberger  
Pastor Mary Hovland

\*\* Welcome New Board Members

Larry Knutson  
\*\* Nancy Olson  
Chuck Ott  
Ray Poage  
Steve Renquist  
Nathan Streed

## *Member Churches*

Bethel Lutheran-Willmar  
Calvary Lutheran-Willmar  
First Presbyterian-Willmar  
Redeemer Lutheran-Willmar  
United Methodist-Willmar  
Vinje Lutheran-Willmar  
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

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