

Community Connect

Bethesda

Offering a Full Continuum of
Senior Health Solutions Since 1897

Summer 2017



Help Us Make Yesterday's Dream Become Tomorrow's Promise

The Bethesda Foundation would like to thank each and every one of our generous donors for contributing to the dream of a Town Center in the heart of Bethesda's campus. Because of you, we are close to making this vision a reality.

With a campaign goal of \$3 million to fund this project through philanthropy, dollars raised to date total \$2.3 million. What a testimony to the generosity of our community! While this amount affords the opportunity to begin construction of the Town Center, an additional \$700,000 is required to complete the vision and original dream for these spaces.

In order to remain good stewards of what we have been given, the following envisioned goals are under consideration of being scaled back from the project unless the campaign goal is achieved.

Your Support Will Make These Dreams Come True:

- 1 Stained Glass in Chapel.....\$150,000
- 2 Gift Shop/General Store.....\$100,000
- 3 Chapel Skylight.....\$75,000
- 4 Main Lobby Fireplace.....\$75,000
- 5 Gathering/Enrichment Center.....\$75,000
- 6 Chapel Sound System.....\$50,000
- 7 Outdoor Chapel Patio.....\$50,000
- 8 Outdoor Family Patio.....\$50,000
- 9 Fireside Lounge Room.....\$50,000
- 10 Children's Play Area.....\$50,000

Today, we ask you to consider a financial contribution to these goals to make yesterday's dream become tomorrow's promise for the residents, tenants, clients and community members cared for at Bethesda.

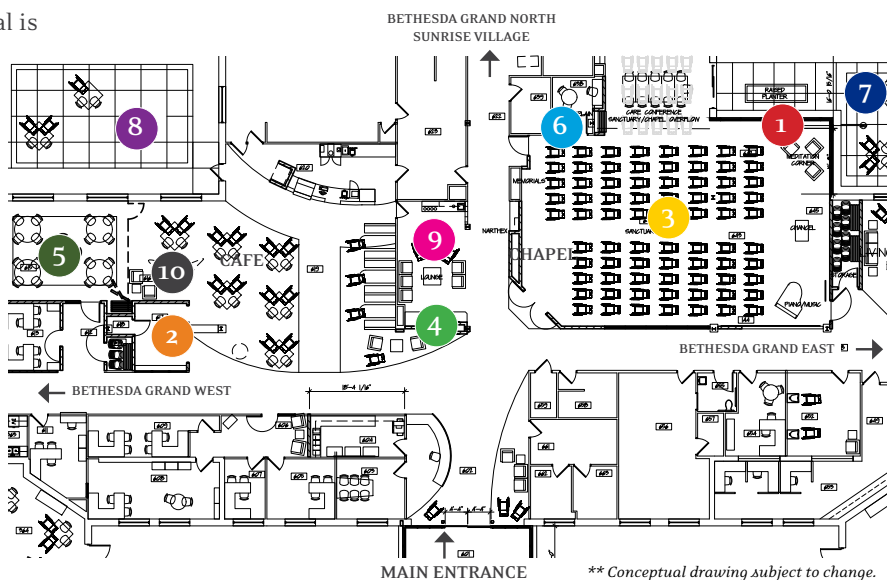
Please grant the opportunity for these spaces to be built; where the seniors who call Bethesda home will continue doing the things they enjoy with the people they love.

"As each has received a gift, use it to serve one another, as good stewards of God's varied grace." First Peter 4:10

Raised:
\$2.3M
(as of July 2017)

Campaign
Goal:
\$3M

Remaining:
\$700K



Donate online at www.BethesdaWillmar.org or by filling out the donation form on page 4 of this newsletter

A Message from Bethesda's President/CEO



Dear Friends,

As I reflect on this past year, I am amazed and proud of the accomplishments that have taken place at Bethesda. After many years of planning, our care campuses have officially united as one family. We are blessed and grateful to have had a successful move of our residents and team to the new spaces at Bethesda Grand and Bethesda Club Suites.

As Alexander Graham Bell said, *"When one door closes, another door opens."* As we close the door on Phase I of our building project, we are excited for the next door to open! Beginning this fall, renovations for Phase II will commence in the heart of the Bethesda campus. We are excited to provide new destinations in the "Town Center" for our residents to enjoy and our community to visit, including a chapel, a café, a children's play area, a gift shop and outdoor spaces.

These new areas will enrich the lives of our seniors by providing places to go and people to see. Our residents will continue living purposeful lives, even though their health needs have changed. Visitors can come more often and stay longer because they will have destinations, right here on the Bethesda campus, to enjoy with their loved ones. I encourage you to learn more about ways you can get involved to make these dreams become tomorrow's promise in this issue of the Community Connect.

Sincerely,

Michelle Haefner, President/CEO

Bethesda Honors Outgoing Board Members

Bethesda honored outgoing board members for their strong leadership and dedicated service to Bethesda at the Annual Meeting held in June.

"We are recognizing three amazing people who have made an immeasurable impact on Bethesda," shared Michelle Haefner, President/CEO. *"Their leadership and clear vision for Bethesda's future will leave a legacy for generations to come. Thank you for your service."*

Larry Knutson represented Calvary Lutheran Church, Ray Poage represented United Methodist Church and Carole Vennerstrom represented United Methodist Church.



Ray Poage



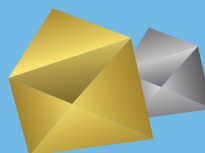
Carole Vennerstrom



Larry Knutson



Resident/Tenant Mail and Packages:



Receiving mail is a day brightener for those who call Bethesda home. If you have an item to mail to your loved one, the mailing address you use will depend on where they reside. Please see the listing below to find out which address you should use. If you have questions, please contact Bethesda's Welcome Center at 320-214-5643 for help.

* Bethesda Grand and Bethesda Club Suites

Bethesda
Resident Name, Resident Room Number
901 Willmar Avenue SE
Willmar, MN 56201

* Sunrise Village Senior Living

Sunrise Village Senior Living
Tenant Name, Tenant Apartment Number
1015 Willmar Avenue SE
Willmar, MN 56201

* Sunrise Village Assisted Living

Sunrise Village Assisted Living
Tenant Name, Tenant Apartment Number
1125 9th Street SE
Willmar, MN 56201

* Centennial Square Senior Living

Centennial Square
Tenant Name, Tenant Apartment Number
1109 9th St. SE
Willmar, MN 56201

* Park View Village Assisted Living

Park View Village Assisted Living
Tenant Name, Tenant Apartment Number
1204 West Park Avenue
Olivia, MN 56277

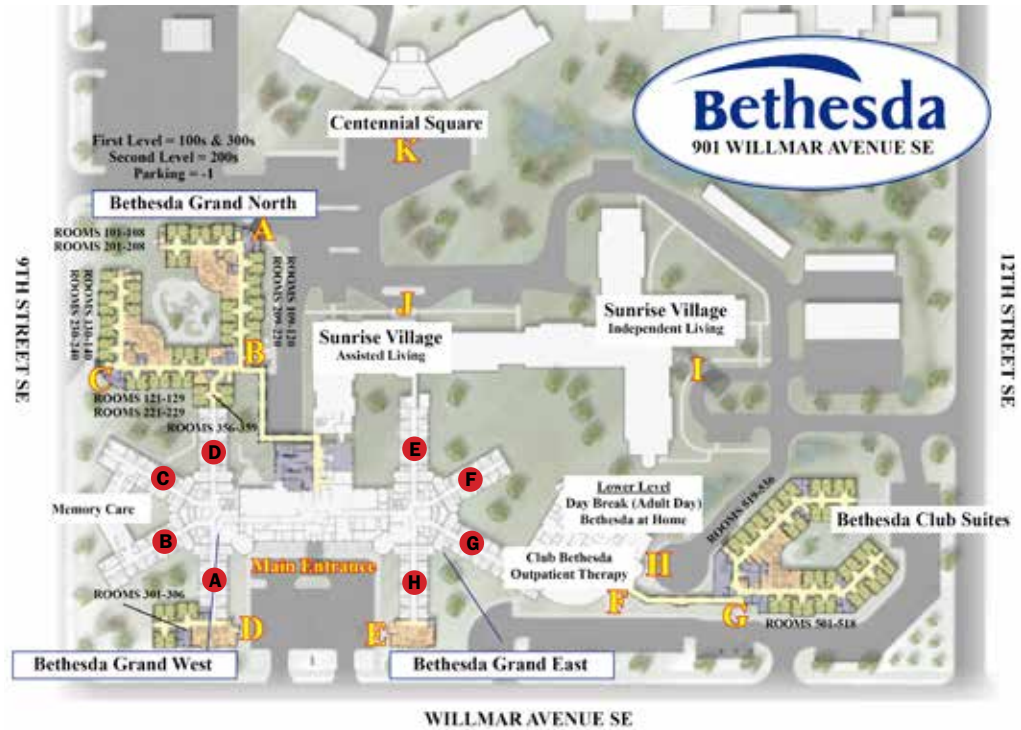
Navigating the New Bethesda Campus

Bethesda residents and team members have settled into their new home on the combined campus after a successful move from the Heritage Center building this past fall.

As you may have heard, the long-term care buildings once known as Bethesda Pleasant View and Bethesda Heritage Center are now one entity called Bethesda Grand. Bethesda Grand is divided into three areas: Bethesda Grand North (the new two-story building), Bethesda Grand West and Bethesda Grand East. The residents who reside at Bethesda Grand have made the campus their new permanent homes.

The other new space that opened up after the move is called Bethesda Club Suites. This building provides inpatient transitional care for those recovering from an injury or illness through physical, occupational and/or speech therapy. Individuals who come to Bethesda Club Suites have the goal of returning home once they have met their health goals.

As is common when new spaces open, it takes some time to learn how to navigate the new areas. Included above is a map of the new campus. Each door has been alphabetized with a bright yellow letter to make it easier to know which entrance will bring you closest to the space where your loved one is cared for.



For the safety of our residents, the side entrances will be locked after normal daytime hours. If you are visiting in the evening, please use the Main Entrance and press the intercom for a staff member to let you in. After business hours, the Resident Directory will be scrolling on the television located at the front desk of the Main Entrance.

If you have any questions about navigating the new campus, please contact our Welcome Center at 320-214-5643. They will be able to assist you or direct your call as needed.

Bethesda

Organization Corporate Name

Bethesda is the umbrella organization to all entities and services provided within our Bethesda community. Below, you will find a chart explaining each program and how to navigate the new campus to most easily find your loved one in the space they are cared for.

Bethesda Grand

Long-Term Senior Care/Memory Care

Direct Entrance: Main Entrance

Neighborhood Entrances:
Doors A, C, D, E

Bethesda Club Suites

Transitional Therapy and Wellness

Direct Entrance: Door G

Bethesda Sunrise Village

Senior and Assisted Living

Direct Entrance (Senior): Door I
Direct Entrance (Assisted): Door J

Bethesda DayBreak

Adult Day Services

Direct Entrance: Door H

Bethesda Outpatient Therapy

Physical, Occupational, Speech Therapy

Direct Entrance: Door F

Bethesda Centennial Square

Income Based Senior Living

Direct Entrance: Door K

Club Bethesda

Wellness Center (50 years+)

Direct Entrance: Door F

Bethesda at Home

Home Health Services

Direct Entrance: Door H

Bethesda Foundation

Direct Entrance: Door F

Bethesda Park View Village

24-Hour Assisted Living

Located in Olivia, MN

Celebrate Your Loved One with the Bethesda Foundation Wishes Program



“Celebrating Life’s Special Moments on Screen”

The Bethesda Foundation Wishes Program has been created to celebrate life’s special moments on screen while raising funds to enhance the quality of life for those we serve.

The Wishes Program will honor your loved one’s birthday, anniversary or other special celebration with an announcement on Bethesda’s outdoor electronic sign through a \$10.00 donation to the Bethesda Foundation.

Wishes requests can be made through the submission form on Bethesda’s website.

HOW TO MAKE A WISHES REQUEST:

- 1) Visit <http://bethesdawillmar.org/wishes-application/>
- 2) Fill out the Foundation Wishes Program Application
- 3) Wait for your personal email from the Bethesda Foundation confirming available space
- 4) After you receive confirmation, mail or deliver your \$10.00 donation to: Bethesda Foundation | 901 Willmar Avenue SE | Willmar, MN 56201
- 5) Checks can be made payable to “Bethesda Foundation” and your loved one’s name, celebration and date should be listed on the memo line. Memo Example: Lucille, Birthday, Oct 8th

Questions or comments should be referred to Stefanie Ryan, Bethesda Foundation at stefanier@bethesdawillmar.com or 320-214-5600.

Thank you for celebrating with us and supporting the seniors served by the Bethesda Foundation!



Yes! I would like to support Bethesda’s Chapel and Town Center Project

When you make a gift to the Bethesda Foundation’s Chapel and Town Center Funds, you will be helping to make yesterday’s dream become tomorrow’s promise for the residents, tenants, clients and community members cared for at Bethesda.

Please make your donation online today at 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 of our seniors!

devote yourself to your
COMMUNITY
AROUND YOU
and devote yourself to
CREATING SOMETHING
that gives you
PURPOSE AND MEANING
- Mitch Albom

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 ☐ Town Center Fund ☐ Other: _____

PAYMENT INFORMATION: ☐ Enclosed check payable to Bethesda Foundation

☐ Please charge my: ☐ Visa ☐ MasterCard ☐ 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.

☐ I would like my gift to remain anonymous



Coffee Club

Please join us for monthly Bethesda Coffee Clubs; casual social gatherings with coffee, community conversation and a sweet treat. Enjoy a fresh cup of coffee while you chat with friends and have a chance to meet others within our Bethesda community.

Coffee Clubs will take place the 4th Monday of each month at Club Bethesda from 9-10am and at Sunrise Village Independent Living from 3-4pm. All are welcome to attend!

2017 Dates:

July 24th
 August 28th
 September 25th
 October 23rd
 November 27th
 December 18th (3rd Monday)

Locations:

Club Bethesda
 Front Lobby
 9:00-10:00am

 Sunrise Village
 Independent Living
 3:00-4:00pm

Compliments of the

**Bethesda
 Foundation**

Mission Statement

The Bethesda Foundation strives to build community by encouraging generosity, promoting civic engagement and enhancing the quality of life for those we serve through philanthropy.

Enhancing the Lives of our Seniors through the Bethesda Foundation



Thanks to YOU, our wonderful donors, the Bethesda Foundation has been able to provide meaningful activities to enhance the lives of our seniors. Your generous gifts touch so many lives and bring smiles to our seniors as they continue living their lives with our Bethesda family. Thank you!

- * Residents of Bethesda Grand and tenants of Centennial Square recently enjoyed fun afternoons at “Sip and Paint” classes with local artist Michelle Ogdahl from The Paint Spot in New London. Attendees were able to explore their artistic abilities among friends through a guided painting class. When done, each resident/tenant was able to keep their masterpiece to beautify their rooms or give to a loved one!

- * Confirmation students from Calvary Lutheran Church, Bethel Lutheran Church and Vinje Lutheran Church ELCA joined us in completing a long awaited vision of the Bethesda Foundation and assembled our very own “Family Busy Bags”. These new fun-makers are located in each of our neighborhoods and include busy activities for all ages to enjoy together. Make a visit soon to see what’s inside! Thank you to our service minded youth!



- * Residents in Bethesda’s Memory Care unit now have access to a specialized therapeutic rocking chair. According to the American Journal of Alzheimer’s Disease, rocking chair therapy has a positive effect on the mental and physical well-being in people with dementia. It’s been shown to decrease pain, anxiety and depression and to increase balance.

- * Tenants at Bethesda Centennial Square now have a Nintendo Wii in their community room. The Wii not only provides a social activity for our tenants to enjoy together, it also provides health benefits such as increased cardiovascular health, weight loss, increased muscle strength and increased balance, allowing our tenants to age-in-place for as long as safely possible.



Understanding the Differences Between Occupational, Physical and Speech Therapy



Individuals who have suffered from an injury, accident or a chronic condition sometimes need assistance to recover and adapt to their new circumstances. Those who specialize in providing this transitional care are called therapists. These professionals can help guarantee the fastest possible recovery time, the lowest chance of additional complications and the highest quality of life possible. But what are the differences between the most common types of therapists?

Occupational Therapy

Anytime you're afflicted by an injury, disability, illness or another condition that may affect your ability to complete day-to-day activities, an occupational therapist can help you adapt to those circumstances to maintain your quality of life. This often involves redesigning tasks that may have become difficult, including homemaking skills, cooking, grooming, dressing and a variety of other common activities.

Occupational therapists can also provide therapy necessary to help alleviate the stress and emotional trauma of adjusting to these changes in lifestyle. Essentially, anytime someone can't do the things they want or need to do in life, an occupational therapist is there to help.

Physical Therapy

A physical therapist is principally concerned with treating the source of an injury, as opposed to managing the fallout resulting from that injury. They're specifically trained to evaluate and treat ailments affecting the muscular, skeletal and nervous system.

Therapists can help guarantee the fastest possible recovery time, the lowest chance of additional complications and the highest quality of life possible.

Using a variety of techniques, including ultrasound, electrical stimulation, and hands-on treatment, they work to help patients recover from their condition while simultaneously working to prevent re-injury during rehabilitation.

Physical therapy is used in a wide variety of settings. Those suffering from neurological conditions like Parkinson's may use physical therapy to help maintain their motor function. Physical therapists are often employed to help improve balance and prevent falls in the elderly populations.

Speech Therapy

Like the name suggests, a speech therapist provides support for a variety of speech and language issues. Natural aging can result in a variety of illnesses, neurological difficulties, and problems with the body's most basic processes, including swallowing. A speech therapist is trained to help individuals improve their ability to communicate and eat.

Because the ability to communicate with your loved ones and swallow food safely is essential to maintaining a high quality of life, speech therapists are among the most important specialists available to the elderly. They're often used following a stroke, infection, brain injury or similar condition.

Speech therapy is used by those who may have been afflicted by conditions like Alzheimer's, dementia, multiple sclerosis, Parkinson's, a brain injury, stroke and many others.

Therapy for Everyone

Speech and occupational therapy, or occupational and physical therapy, can be used in combination to provide the best possible care. Thankfully, with the right specialists on the job, you can treat nearly every aspect of an ailment, from the underlying physical cause to the difficulty of coping with changes in lifestyle.

If you, or a loved one, are in need of transitional therapy due to an injury or illness, Bethesda provides care designed to maximize your rehabilitation and return you to your home as quickly and safely as possible. Options include inpatient therapy at Bethesda Club Suites and outpatient therapy either at our Wellness Center or in the comfort of your own home. **Contact the Bethesda Welcome Center to learn more about your therapy care options today at 320-214-5643.**

Fit for Surgery

Aquatic Wellness Series

Optimize recovery after joint replacement surgery by joining **Club Bethesda's** exclusive "*Fit for Surgery*" comprehensive aquatic wellness program.

This 6-week class series is open to the community and offers a targeted sequence of instructor led aquatic wellness classes to prepare you for orthopedic surgical procedures through:

- Improving cardiovascular fitness
- Building muscle strength
- Increasing flexibility

Club Bethesda's warm water therapy pool offers participants the ideal setting for strengthening joint movement and getting *Fit for Surgery*.

Class sizes are limited. Call to register or for more information today.

Call: (320) 214-5627

Cost: FREE with doctor referral or Club Bethesda membership / \$35 open registration

For upcoming class schedules and dates visit www.BethesdaWillmar.org



Club Bethesda



The Bethesda "Grand" Parade: Remembering the Big Move to Our New Home at Bethesda

The Bethesda Grand Parade was the final send off to salute and honor the rich history of love, laughter and life that was a part of the Bethesda organization at Bethesda Heritage Center since 1953.

Heritage Center will be missed but the memories made will forever be engrained in the hearts of each of us as we continue our new journey as one family on the new Bethesda campus.

If you missed the Grand Parade this past Fall, a remembrance video is available for viewing on Bethesda's website.

- 1) Visit www.bethesdawillmar.org
- 2) Hover over "News"
- 3) Click on "Videos"





901 Willmar Avenue SE
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

Nathan Streed, Chair
Chuck Ott, Vice Chair
Marlin Henjum, Treasurer
Pastor Mary Hovland, Secretary
Myron Behm**
Dena Eichelberger

** Welcome New Board Members

Dorothy Freese**
Carla Lagerstedt
Nancy Olson
Sherri Pool**
Steve Renquist

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
United Lutheran-Lake Lillian
Ebenezer Lutheran-Kandiyohi
Tripolis Lutheran-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
Roseland Reformed - Roseland

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