

Celebrating Residents, Staff and Volunteers During Bethesda Week

Imagine a week that brings the long-term care community of residents, clients, patients, families and care center staff together for a celebration of life. This is precisely why the American Health Care Association designates a week each year as National Nursing Home Week. This year's celebration took place the week of May 10th to 16th, 2015.

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Bethesda celebrates this week each year as "Bethesda Week" by hosting special events and activities to honor our residents, volunteers and staff. Along with bingo, cupcakes, ice cream treats, candy, tacos in a bag, baseball ticket drawings and recognition luncheons, this year's celebratory activity theme's included Honoring All Mothers Day, Cowboy/Western Day, Wedding Attire Day, Pajama Day and Favorite Sports Team Day.

Cowboy/Western Day

YEE HAW!

Staff and residents wore their favorite Western apparel.



Wedding Day

Our love is forever. Reminiscing wedding day celebrations with wedding attire and pictures.



Pajama Day

Even our four legged visitors got into the spirit of pajama day!



Thank you to each and every one of you who participated in this year's "Bethesda's Week." It was a wonderful time of celebrating friends, life and comradery here at Bethesda.

A Volunteer Appreciation Luncheon



Bethesda hosted a luncheon honoring our wonderful volunteers this past May, with nearly 40

people in attendance. This year's theme was "Thanks for bee-ing a wonderful volunteer." Attendees enjoyed honey ham sandwiches, honey dill coleslaw, caramel cheesecake shooters and other bee themed treats! Each

volunteer also received a jar of honey with a card listing the five health benefits in appreciation of all they do.

Thank you to all of you who so generously give your time, warmth, humor and caring. A special thanks to Ruby Naber, who has volunteered at Bethesda for the past 43 years! Ruby received the longest volunteer award at this year's luncheon.

If you are interested in volunteering at Bethesda, contact Kris Wilner, Director of Recreation/Volunteer Coordinator at 320-214-5620 or fill out our online volunteer form at www.bethesdawillmar.org. We look forward to hearing from you!

A Message from the President/CEO



Dear Friends,

As a Christian-based, non-profit organization, Bethesda upholds a high standard mission. One of the ways in which Bethesda does this is through governance. Our governing board is comprised of 12 members, each representing one of our 25 area member churches.

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.

At the Bethesda Annual Meeting in June, we thanked three outgoing board members, each completing two full terms of service on the Bethesda Board - Ted Olson, Vinje Lutheran; Karen Schueler, Svea Lutheran; and Mona Doering, Kerkhoven Lutheran. We also welcomed three new board members - Nathan Streed, St. Mary's Catholic; Chuck Ott, Eagle Lake Lutheran; and Pastor Mary Hovland, Vinje Lutheran.

Over the years we have been blessed to have a wonderful group of board members, each having unique talents, experiences, and perspectives. Each member holds one common trait; the desire to serve in Bethesda's Christian ministry with compassion and stewardship. The Bethesda Board leads this organization with integrity while keeping the mission at the forefront of discussions and decisions.

It is because of the board's unwavering commitment to seniors in our community that Bethesda is currently investing \$21 million into transforming senior care services and enhancing the aging experience in our region.

Thank you to each and every one of you for choosing Bethesda and for giving us the opportunity to care for you and your family.

Sincerely,

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

Michelle Haefner,
Bethesda President/CEO

Neighborhood Highlights

Quilt of Valor Presentation



World War II combat medic Glenn Stranberg, 97, of Atwater, was presented with a Quilt of Valor this past May at Bethesda Pleasant View, where he is a resident. Stranberg served in both the Pacific and European Theaters from 1943 to 1945. Don Peterson of the Atwater American Legion and Gayle Liebe of Country Quilters are holding the quilt. The mission of the Quilt of Valor is to cover service members and veterans touched by war with a comforting and healing quilt.

A Food Tasting Show



Residents of Heritage Center and Pleasant View gathered the last week in June for a special food tasting show that included items such as boneless short ribs, Greek yogurt cream cheese, garlic and herb tilapia and Bavarian pretzel sticks. Each resident received a ballot to vote on their favorite dishes. The dishes with the most votes will be added to the new summer food menus. The Willmar Fest Queen Candidates came in to help serve the residents during the show!

A Community within the Community

investing IN A HEALTHY FUTURE
THE CAMPAIGN FOR BETHESDA

When a loved one moves into an assisted living facility or long-term skilled nursing care or requires home health care, it impacts the entire family. At Bethesda, we understand that transitions can be hard, which is why we strive to make the transition from a previous living environment to life at Bethesda as easy and enjoyable as possible.



Bethesda is a community within the community of Willmar and is a great place to call home. The family members of those who reside here also become a part of our community. They get to know the friends their loved ones make. They get to have the opportunity of learning from the wealth of knowledge and life experiences that live in these buildings.

Bethesda is a community within the community of Willmar and is a great place to call home.

Jon Saunders, Chair of the Bethesda Family Capital Campaign Division shares, *“My mom lived in the Sunrise Village independent living apartments on campus. She wasn’t sure she wanted to leave her home before moving in, but once she was here and made friends, all she kept telling me was that she wished she had moved here five years earlier!”* Saunders is a Partner at Anderson, Larson,

Saunders & Klaassen, a multidiscipline law firm in Willmar. Jon and his wife, Linda, have three children.

The Bethesda Family Division is hard at work raising funds for the campus renovation. Each committee member working in the Family Division currently has or have had family members who lived at Bethesda.

“I am helping raise funds for the campaign as I’m familiar with the difficulty some seniors experience in transitioning from the independence of their own home to the care needed in a long-term care facility.” shared committee member Sherri Pool. She continued, *“I want to help build on the rich history of Bethesda while making improvements that can help make the transition easier. Providing quality, affordable care is a vision I’m happy to be involved with.”* Sherri is a retired teacher who spent her career teaching at Central Minnesota Christian School in Prinsburg. She and her husband Ron have two children and six grandchildren. Sherri’s mom is a current resident at Bethesda.

It takes a community coming together to provide the wide ranges of services and amenities available to those who reside in the area. Bethesda is happy to be a part of this community and is thankful to the Family Division for sharing their time and talents to help raise funds for those served by Bethesda.

If you are interested in supporting our residents through the Investing in a Healthy Future Campaign, please contact Stefanie Ryan, Bethesda Foundation at 320-214-5600 or stefanier@bethesdawillmar.com or return the enclosed donation envelope. Unless requested otherwise, donations will contribute to the renovation of the new town center including the chapel, cafe and gift shop areas.

Construction Moves Forward



Bethesda’s redevelopment project is in full swing, with footings poured and block work beginning on the new long-term nursing care building. Soil and utility work is taking place for the new short-term therapy center. The completion date is on track for May of 2016. **A construction web camera is now live on our website at www.bethesdawillmar.org.**

We invite you to stay up-to-date on the building project with views from this construction camera and interactive archive calendar.

This camera will be filming the progress of Bethesda’s new long-term care building being constructed on 9th Street.

You can select any date and time to see what happened on the construction site that day. Images are updated every 30 minutes to provide a fresh look at the job site.

You can also watch a time-lapse movie to see project progress to date. We hope you enjoy watching the construction of the new building!



Bethesda at Home: What is Home Health Care?



There's no place like home. That's why most people want to stay there. But as we age, staying at home can be a daunting challenge.

Families often need to hire others to help a loved one remain comfortable and independent for as long as possible.

What is home health care? Home health care helps seniors live independently for as long as possible, given the limits of their medical condition. It covers a wide range of services and can often delay the need for long-term nursing home care.

If you or a loved one are to the point where extra care may be required, the first step is to figure out exactly what kind of help you need. Bethesda offers home health care services to residents of the Kandiyohi and Renville County areas and would be happy to talk to you about your situation.

Bethesda at Home is committed to providing customized, quality medical and personal home health care services in the comfort of your home. Our dedicated and skilled staff work with you to come up with a plan of care that fits your needs and provide assistance to stay safely at home.

Bethesda at Home services available include:

Skilled Nursing: Provides assessment, monitoring, health education and reassuring support after a recent hospitalization or nursing home stay or to maintain current health. Services include but are not limited to medication set up, wound care, IV therapy, catheter or colostomy care, diabetic supervision or monitoring vital signs.

Physical Therapy: Provides restorative therapy after surgery, stroke or illness.

Occupational Therapy: Provides instruction in performing personal cares independently or with an assistive device.

Speech Therapy: Provides treatment and instruction for speech and swallowing problems.

Medication Reminders/Monitoring: With the Honeywell HomMed MedPartner, our clients are reminded, with voice commands and light cues, when it is time to take their medication, the number of pills and the appropriate bottle. A daily record is sent to Bethesda at Home for clinical review.

Home Health Aide: Assists with personal cares including bathing, dressing or an exercise programming.

Homemaker Services: Provides light housekeeping, laundry, shopping, meal preparation and companionship.

To learn more about Bethesda at Home, contact Shannon Lanzrath, Home Health Director at 320-214-5640 or at shannon.lanzrath@bethesdawillmar.com.

Bethesda Staff Recognized for Milestone Anniversaries

Congratulations to Bethesda staff who celebrated a total of 405 years of service at the Milestone Anniversary Luncheon this past May. We truly appreciate all that you do for those we serve. Thank you! Honored guest included the following:

FIVE YEARS OF SERVICE: Paul Abbott, Kali Ahlquist, Marta Albano, Melissa Baker, Susan Christensen, Martha Flores, Rheanna Iverson, Karen Knapp, Sharon Melin, Irma Yolanda Valladares

TEN YEARS OF SERVICE: Rachel Curtiss, Nancy Jackson, Caryn Jandl, Barb Lingl, Crystal Moran, Miranda Norberg, Ann Swanson, Susan Sweno, Irene Wallin, Kristi Wilner, Cheri Wollschlager

FIFTEEN YEARS OF SERVICE: Cornella Blokzyl, Tierney Eisenbacher, Richard Warburton, Kwok Yuen

TWENTY YEARS OF SERVICE: Vera Ehrenberg, Melissa Fink, Becki Kallevig

TWENTY-FIVE YEARS OF SERVICE: Kelly Chester, Doreen Porter

THIRTY-FIVE YEARS OF SERVICE: Joann Woltjer

FORTY YEARS OF SERVICE: Pamela Teichert



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.

BethesdaWish List Items

Bethesda has a list of items, ranging in price, 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 can and does make a difference every day!

- Large Print Books
- Ten iPads (Activities and DayBreak Programs)
- 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)
- Bread Machine
- 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.

Bethesda

Bethesda Launches New and Improved Website

Bethesda is pleased to announce the launch of our new and improved website! The new design features a fresh look and improved navigation system, along with expanded information on our programs and services offered.

“Our goal with this new site is to provide our visitors with a user-friendly way to learn about what Bethesda offers, why we do what we do and how they can get involved.” shared Brandon Pietsch, Bethesda Campus Administrator. *“In addition, we have added a blog to provide readers with helpful information on caregiving, aging, healthcare topics for seniors and to keep families informed about what is taking place at Bethesda on a regular basis.”*

Bethesda's social media sites, including Facebook and LinkedIn, have also been incorporated into the new website. Remember to “like” us on Facebook and “follow” us on LinkedIn to keep up-to-date with Bethesda happenings and activities.

We invite you to take a look around by visiting the new site at www.bethesdawillmar.org. We hope you find the new website has a fresh look, is easy to use and is informative. Please send your feedback and/or comments to Stefanie Ryan by emailing stefanier@bethesdawillmar.com.



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Please Join Us For An Open House Community Ice Cream Social and Bake Sale



WHEN: Thursday, August 13th from 1:30-3:30pm.
WHERE: Outside between Bethesda's Sunrise Village Assisted Living and Centennial Square buildings.

WHO: Community members, residents, tenants, clients and family members *(Ice cream will be available on at Pleasant View and Heritage Center for residents who are unable to attend the social outside.)*

Information on the new building project and campaign will also be available.

100% of funds raised will be directed toward Investing in a Healthy Future to benefit our residents, tenants and clients.

Questions? Stefanie Ryan: 320-214-5600

Contact us:

Phone: 320-214-5643

Email: info@bethesdawillmar.com

Web: www.bethesdawillmar.org

facebook.com/bethesdawillmar

linkedin.com/company/bethesda-willmar

Change of Address? Contact Stefanie: 320-214-5600 or stefanier@bethesdawillmar.com

Bethesda Board of Directors

**Welcome to our new board members*

Carla Lagerstedt, Chair
Richard Larson, Vice Chair
Karol Markfelder, Secretary
Marlin Henjum, Treasurer
***Pastor Mary Hovland**
Larry Knutson

Vivian Olsen
***Chuck Ott**
Ray Poage
Steve Renquist
***Nathan Streed**
Carole Vennerstrom

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

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.