

COVID-19 UPDATE

Working to protect residents, tenants, clients and staff

Bethesda takes novel coronavirus (COVID-19) seriously and continues to establish efforts to help reduce exposure to the virus, prevent the spread of the virus, and prepare for possible cases of the virus.

“The population Bethesda serves — older adults and those with underlying medical conditions — seem to be at greater risk for developing more serious complications from COVID-19, according to the Centers for Disease Control and Prevention,” said Michelle Haefner, president and chief executive officer at Bethesda.

As a result, on March 11, Bethesda began restricting visitors at all of its facilities in Willmar and Olivia, following recommendations from the MDH and CDC. Emergency situations/visits are being considered on an individual basis.

“Bethesda wants to help prevent the exposure to and spread of this virus, and to reduce the risk to our residents, tenants and clients, as well as the caregiving teams who support them,” Haefner said.

Bethesda has infection prevention and control policies and procedures in place, which are key to helping prevent the spread of COVID-19 and other common viruses, she added.

“We are staying abreast of the latest information from the Minnesota Department of Health and the Centers for Disease Control and Prevention. And, we are working with state and local public health officials and emergency preparedness officials to strengthen our preparation for a possible local outbreak of COVID-19,” she said.

Bethesda instituted additional changes and closings, as well:

- Team members are screened at one location on campus prior to beginning their shift. Bethesda has clear protocols for staff to stay home and not come to work if they are ill, symptomatic, or have been in contact with anyone who is being screened for COVID-19, and to contact Human Resources if they have recently traveled.
- Bethesda temporarily closed Club Bethesda, Brothers Café + Bistro, and DayBreak, and outpatient therapy, and postponed its support groups to follow social distancing recommendations.

During this unprecedented time, “the residents are pretty much spending their time just as they had before, just in a new way,” said Tiffany Picard, recreation director at Bethesda. “They continue to participate in physical activities, do crafts and trivia, and enjoy devotions, music, and sing-alongs, but it’s set up differently than in the past. Often, they are at the doorway of their room and enjoy these activities with others along the hallway.

“We’re still spreading smiles, but it’s from afar,” Picard said.

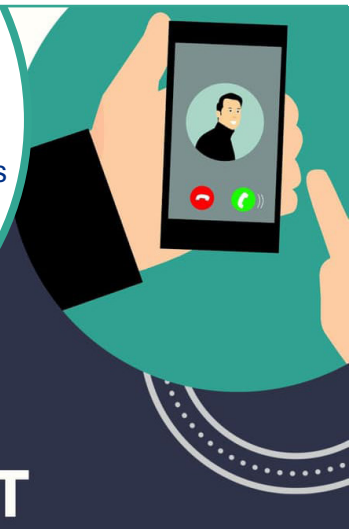
BETHESDA E-CONNECT
uses iPads to connect residents & tenants with loved ones for family updates and even celebrations. Help us purchase more iPads, by making a donation today!

**BETHESDA
E-CONNECT**

Make a secure donation online:

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OR mail your donation to: Bethesda Foundation,
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“They’re still engaging in cognitive and life-enhancement activities. We want to encourage them to socialize, be active and enjoy life, so they don’t feel isolated, while at the same time, following the experts’ guidelines to keep our distance.”

During this time of temporary visitor restrictions, Bethesda is using iPads for its new E-Connect program, in which family and friends are able to connect with their loved one at Bethesda. To sign-up for an E-Connect call via Skype or FaceTime, contact Tiffany Picard at 320-214-5638 or email her at tiffany.picard@bethesdawillmar.com.

Bethesda is using technology to stay connected in other ways, as well, by recording and streaming live on its Facebook page the staff chaplains’ worship services and their uplifting messages. In addition, Club Bethesda team members are posting on the Club’s Facebook page, short videos of workouts that can be done at home.

“We value the importance of relationships and remaining connected with loved ones, and we have greatly appreciated the public’s support during this time,” Haefner said.

A message from Bethesda's CEO

Dear Friends,

As we continue to learn more about novel coronavirus (COVID-19) and adjust our day-to-day operations, please be assured that we take this virus and its impact seriously.

Our team members are working diligently to be proactive and prepared. They are working around the clock to protect our residents and tenants, by taking steps to prevent exposure to and reduce the spread of this virus. We have a wonderful team who truly care about the people we serve.

I want to express my gratitude to Bethesda's residents and tenants, their families and loved ones, as well as everyone involved with Bethesda for understanding, cooperating and supporting us as we navigate this unprecedented situation.

We have implemented changes out of caution and concern. We did not enter into these decisions lightly but with the hope that by being proactive, we would not look back and wish we had acted sooner.

Grateful for past successes

The completion of our successful "Investing in a Healthy Future" campaign ensured our chapel and Town Center visions became vibrant community spaces.

We are thankful for the many gifts people share with us throughout the year. Gifts of time, talent and treasure make Bethesda a more caring place for our residents, their families and our community.

Planning for the future

How we serve our aging community continues to evolve, and the area we serve continues to grow. We have expanded our services south of Willmar in Olivia, Minnesota, where we now have independent- and assisted-living facilities under our care.

Our next step leads us north, where we have broken ground on North Pointe, a comprehensive-care, senior lifestyle campus in New London, Minnesota. We have since launched our new capital campaign, Living Well, focused on building a wellness center on the North Pointe campus.

These efforts allow us to use our mission to help address a growing demand for senior housing and health care needs.

Our service to the community is made stronger through generous donors. Your support continues to ensure Bethesda is a better place to call home for our seniors.

With gratitude,



Michelle Haefner, CEO



Community CONNECT

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New members join Board of Directors

Dr. Joan Blonigan Christianson *Vinje Lutheran Church*

Dr. Joan Blonigan Christianson and her husband, Grant, live in Willmar and have three adult children. She and Grant have been members at Vinje Lutheran Church for more than 30 years. She was a local chiropractor and health coach for several years. Following retirement she started a new venture in regenerative medicine in fall of 2018. Her initial connection with Bethesda dates back more than three decades as a volunteer, playing the card game Whist with Bethesda residents 33 years ago.



Roger Ahrenholz *Member-at-large*

Roger Ahrenholz has been a long-standing member of the Prinsburg community where he and his wife, Mary, are members at Unity Christian Reformed Church. He and Mary have two children. He is vice president of PrinsBank in Prinsburg, Minn. His role on Bethesda's board will be to serve as an at-large member. His commitment to join the Board of Directors has been influenced by the positive experience he had while a family member was receiving care at Bethesda.



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Brothers Café + Bistro boosts campus energy

Whether it's a spirited game of cribbage among retirees at a table inside Brothers Café + Bistro, or a group of Bethesda residents gathered around tables shucking corn in a lively relay race, or Alzheimer's support group members quietly sharing concerns in the enrichment center, Bethesda's Town Center is succeeding in its vision by fostering spaces that bring community together.

The Town Center draws people in with its bright, open, inviting setting. Located just inside the main doors of Bethesda Grand, the Town Center is a hub of activity and allows Bethesda to continue to enrich all aspects of life of those we care for, including body, mind and spirit.

Here, people from all aspects of our community come to visit, eat, shop, play games, socialize and relax.

Brothers Café + Bistro serves a variety of food and beverages for breakfast, lunch, supper, and a snack in between to all who stop by, whether it's the public, staff, or residents and their friends and family.

Beyond the cafe, the Town Center features a gift shop that sells handmade cards and small gift items, an interactive children's play area that keeps young visitors entertained while adults visit, an Enrichment Center for family celebrations, community meetings, educational events or support group meetings, and a cozy fireside lounge where residents can gather with loved ones and visit or find a place of respite at all hours.

"It is so great to look around the Town Center and see a resident ordering a meal, getting a coffee, or taking a stroll through the gift shop," said Tiffany Picard, recre-

Norling brothers legacy

Fred and Albin Norling, the sons of Swedish immigrants, were local businessmen who were dedicated to building relationships and embracing their Christian faith. Their tenacity for a strong day of work never overshadowed the moment to share in a cup of coffee with a friend, neighbor or stranger. They knew that the opportunity to share in a cup of coffee with someone built bridges and fostered a brighter community where their love for Christ could shine.

Brothers Café + Bistro is made possible through the generosity of the Norling Brothers Foundation. The brothers' love for community and Christ was an integral foundation to their lives and business. It is their families' hope that this new community space will ignite similar passions for years to come.

ation director and volunteer coordinator. "But what brings me the most joy, is when I see them sitting around with their family and watching their great-grandkids playing in the children's area. With this Town Center, we have been able to offer a destination that they may have previously felt wasn't possible. This Town Center helps give back some of their independence."

Also part of the Town Center is Carrie's Chapel. It is used both as a sacred worship

space, as well as a recreational space for residents when they gather for their many large group activities.

"The chapel has been such a blessing. It has been beautiful seeing this facility worship as a group in a chapel, which is absolutely stunning," Picard added.

Moreover, she said, "It has been so fun hosting large facility parties in the chapel and hearing someone say, 'Oh I didn't know he/she lives here. Hey, sit by me!' Seeing all the neighborhoods together brings such smiles to all around."

Each of these sites are within steps of each other, and residents and the public put the space to good use.

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

The various activities, programs and amenities encourage positive interactions with others, as well as strengthen residents' social network and support system. Bringing people together is key to Bethesda's vision for a new kind of senior care community that encourages active and healthy lifestyles, provides a full continuum of care and the amenities seniors deserve.

The success of the Investing in a Healthy Future Campaign allowed the Town Center to become a reality.

Local philanthropy is a vital component of the success of this project and others, and philanthropic gifts ensure that programs central to Bethesda's mission, such as spiritual care and wellness, continue into the future.



Carrie's CHAPEL

Chapel serves Bethesda's spiritual needs

The doors that open to Carrie's Chapel reveal a sacred, serene setting where faith and family blend with hope and healing.

Carrie's Chapel, which incorporated the second part of a three-phase construction project at Bethesda Grand, is filling a deep-seated yearning among residents for a dedicated space to grow closer to God.

"This was very needed. It's a delight to have," said Pastor Mary Hovland, one of Bethesda's chaplains who provides spiritual care to residents. "It's so important in residents' lives. Not only that they can worship here, I see this as a place where they can come and sit and have some devotional time. Not every [senior living] place has this."

Carrie's Chapel draws in residents, family members and visitors who come for worship, reflection, prayer and quiet time. Here, they find a holy place, where original paintings and custom-made, floor-to-ceiling stained-glass windows tell stories of Jesus' life, death and resurrection, as well as reflect the love God has for all. "Every time, whether you look at the paintings or the windows or read scripture, you see or hear something different, and it strikes you, depending on where you're at," Hovland said.

Construction on the chapel began in July 2018, and was completed in January 2019. The chapel was dedicated in February 2019 with interactive worship services featuring live worship paintings performed by artist and Pastor Paul Oman of Drawn to the Word.

The space was enhanced in May 2019, with the installation of the stained-glass windows, a commissioned piece of artwork designed to speak directly to those who frequent the chapel for regular worship experiences.

Carrie's Chapel allows for an average of 100 people to worship together at each Sunday service, contributing to the spiritual care of those Bethesda serves.

"Now we have a dedicated place for worship and for Bible stud-

ies," said Pastor Bill Miller, also a chaplain on staff at Bethesda. "Quite a few residents are very spiritual. They need this, they wanted this."

Carrie's Chapel enables Pastor Hovland and Pastor Miller to offer services twice on Sunday, which are both well-attended by Bethesda residents, tenants and local community or family members. They also offer services on feast days, such as Easter and Christmas, when the chapel is at capacity with residents and family members.

Providing Sunday services on-site for residents makes it easier for those who are unable to, or choose not to, leave the comforts of Bethesda to attend church off-site. "I am so grateful for the people who come and worship," Miller said. "I love bringing the gospel alive within our own setting."

Carrie's Chapel enhances the spiritual care the chaplains provide by dedicating a space for chaplaincy visits, Bible studies, life celebrations and bereavement support.

When not used as a place of worship, Bethesda staff can rearrange the space for other purposes, including meetings, social and recreational events, and musical entertainment. Bethesda has a strong relationship with its 24 member churches representing various faiths and denominations in Willmar and surrounding communities.

In addition to the Sunday services Bethesda chaplains provide, one of Bethesda's member churches St. Mary's Catholic Church celebrates Mass on most Thursdays in the chapel.

"I have been looking forward to the chapel at Bethesda for many years," said Fr. Steve Verhelst, priest at St. Mary's, who celebrates Mass at Bethesda, as well. "Prior to having this new chapel, I was having Mass in lounges, shared community rooms, etc. While that certainly worked, it lacked the privacy and space for the people to pray without distractions. So, I really enjoy the designated space for people to come and worship and pray. The simplicity and beau-

ty of the space and that it respects the many different denominations that use the space for prayer also greatly speaks to me.”

The chapel, artwork and stained-glass windows can be summed up in one word: “sacred,” he said. “Everything in the chapel speaks of the ‘holy,’ the presence of God that is discovered in art, stained glass, sung prayer (hymnals and piano) and the lighting,” Fr. Verhelst said. “The Bible verse that came to my mind when entering the chapel, and given the residents who benefit from it, is Matthew 11: 28-30: ‘Come to Me all you who are weary and find life burdensome, and I will give you rest.’”

Having a spiritual space for the residents tells everyone who lives at and visits Bethesda that, to care for the whole person, “we need to provide opportunities and spaces for the residents to grow in their intellectual, physical and spiritual well-being,” Fr. Verhelst said.

Pastor Hovland and Pastor Miller agreed, as they see residents delving deeper into their faith and growing closer to God within the walls of Carrie’s Chapel.

“When they are able to get their spiritual lives connected in a deeper way to God, it is really important,” Hovland said. “It’s more than just it’s nice to have a chapel, it’s part of their own faith development, of their mature faith.”

The residents and tenants now have a place for worship that is theirs, Fr. Verhelst said. “The chapel has been designed for their needs, both physical and spiritual. The sound system is so important for those with hearing impairments, and the flexibility of the space allows for wheelchairs, as well as place for fellowship after the service.”

The completion of Carrie’s Chapel wrapped up a successful \$3.3 million “Investing in a Healthy Future” capital campaign, which also included the Town Center and Brothers Café + Bistro. These are among the many philanthropically supported additions to Bethesda’s campus.

“Bethesda had a vision, and from that, this has flowed beautifully,” Pastor Miller said. “The project fulfills the physical food and the spiritual food that people need.”

Carrie’s legacy story

Carrie Ann (Olson) Baalson, the daughter of Charles and Sharon Olson, grew up in Willmar. She was baptized and confirmed at Vinje Lutheran Church and a 1980 graduate of Willmar High School. She and her husband, Peter Baalson, lived in Brooten, Minnesota, where she was an active member of Big Grove Lutheran Church; taking part in church circle, church choir and a Sunday school teacher. Following a battle with cancer, Carrie passed away and returned to her heavenly home in July of 1995.

Carrie’s Chapel is made possible through the generosity of her parents Charles and Sharon Olson. Carrie’s love was her church and it is their hope that this chapel will continue to ignite a passion for Christ for years to come.

The story behind the glass

The stirring images and vibrant colors are among the many reasons people are drawn into Carrie’s Chapel, to gain a better view of the custom-designed, stained-glass windows.

Stacey Asp of Harwood, North Dakota, specializes in liturgical art and stained-glass design, and worked with Bethesda to design the windows. She describes the stained-glass windows as follows:



GOOD SHEPHERD: Stands just beyond the church staying close to His sheep, a reminder that as members of His church, we are called by name.

FLAMES AND DOVE: Represents the Holy Spirit.

ANGEL: Represents God’s kingdom.

LORD’S SUPPER/EUCHARIST:

The Host and Cup, along with grain and grapes, are symbols of the bread and wine of Communion.



SUNRISE AND BUTTERFLY:

Signs of hope and comfort and symbols of the resurrection.



SHELL WITH WATER DROPLETS: representing Baptism. The water droplets of Holy Baptism flow down into the pools of Bethesda.

HAND OF GOD: Faithfulness.

SUNFLOWERS: Represent hope and upward growth.

OLIVE OIL: Commonly used for the rites of healing the sick and of consecrating the faithful to God.

WATER LILIES: Represent purity, hope and healing.



Stained-glass windows are made possible through philanthropic gifts. Many donors have paid for a pane of glass. A few panes remain available for “purchase.” For information about how to support Bethesda’s efforts, call 320-214-5600 or email carolinec@bethesdawillmar.com.



The new campus will enable Bethesda to continue providing quality programs and services to older adults in New London, Spicer and surrounding area

Bethesda breaks ground on North Pointe

Bethesda embarked on a new venture, as construction begins on a senior lifestyle development along Peterson Parkway in New London, Minnesota.

Bethesda broke ground Oct. 9 on Bethesda North Pointe, a senior lifestyle development that will total \$20 million once the vision is completed.

The campus will be designed to serve the needs of the area's aging community through individualized living options, health and wellness services, and modern amenities.

"We are eager to begin construction on a comprehensive-care campus that will provide a fully family centered environment, where families can embrace new life journeys together while remaining connected to the community, lifestyles and foundations they've built together over a lifetime," said Michelle Haefner, CEO at Bethesda.

Bethesda's Board of Directors initiated the development of a senior-lifestyle campus in response to the shifting demographic of the Kandiyohi County and surrounding areas.

The new campus will enable Bethesda to continue providing its quality programs and services to West Central Minnesota seniors within their home communities. Bethesda North Pointe will include 73, thoughtfully designed, apartments that will feature

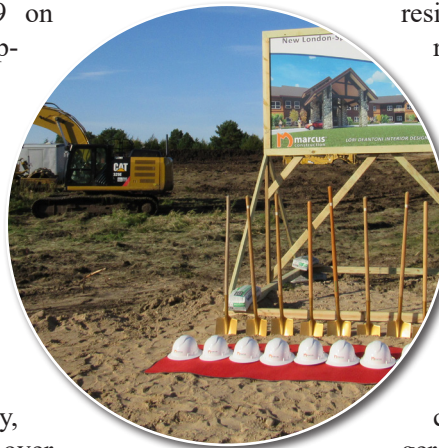
independent living and assisted living housing, as well as advanced-care assisted living and memory-care assisted living units.

This comprehensive housing model ensures that as resident health needs change, they will be able to remain in their apartment households and receive increased health services and a greater level of nursing care.

"This aging-as-desired housing model is planned to uniquely empower residents to embrace their personal lifestyle choices, while providing access to tailored health-related services within the campus continuum," said Caroline Chan, Bethesda's chief development officer. "Bethesda strives to keep residents within their local communities and couples living together longer."

Drawing on the vibrant energy of Bethesda's Willmar campus, Bethesda North Pointe will be designed to include a town center concept, featuring a chapel, café, activities area, intergenerational play spaces, library, creative arts workshops, salon, and a work activity center.

Future development plans include an extension of our Club Bethesda wellness center, with a warm-water therapy pool and indoor court/pickleball court for campus and community use.



Bethesda

North Pointe



“As the needs of seniors have changed, Bethesda has responded with new services and facilities. Bethesda North Pointe will ensure seniors have the care, programs and services they need in the location that is best for them,” Haefner said.

Building on 11 scenic acres, Bethesda North Pointe will be an extension of the Bethesda family, which in addition to the Willmar campus, also includes two senior-living residences in Olivia, Minnesota.

Bethesda has a long history of serving the Willmar community and surrounding area. For more than 100 years, Bethesda has set new standards in quality of care for seniors and their families.

“It is a remarkable time in the history of Bethesda. We have experienced tremendous growth and development within our skilled nursing facilities over the past five years. We are eager to further Bethesda’s mission by serving the growing need for senior-living options in West Central Minnesota,” Haefner said. “Our goal at each of our communities is to enrich the lives of seniors with attention to care, comfort, safety and wellness.”

Marcus Construction of Willmar is the construction management contractor for the roughly 100,000 square-foot project. Marcus Construction is collaborating with Pope Architects of St. Paul and Lori DeAntoni Interior Designs of Annandale. Construction of the Bethesda North Pointe campus is scheduled to be completed by summer 2021.

People who are interested in floor plans, reservations or leasing are encouraged to contact Bethesda’s Welcome Center at (320) 214-5643 or email to info@bethesdawillmar.com.



Above: Bethesda Board of Directors broke ground on Bethesda North Pointe development.



At left: New London and Spicer American Legions presented colors to commence ceremony.

Capital campaign highlights need for a wellness center at Bethesda North Pointe

A warm-water pool, fitness equipment and sports court would address recreational needs for older adults in the New London-Spicer area

As Bethesda takes the lead with North Pointe in transforming the way long-term care and senior services are delivered to the New London-Spicer area, the Bethesda Foundation is working to enhance these efforts.

In conjunction with the North Pointe project, Bethesda's Board of Directors and Foundation Board of Directors approved raising \$2.5 million through a Living Well Capital Campaign. The goal is to build a wellness center on the North Pointe campus.

As an extension of Club Bethesda in Willmar, this new wellness center will include a sports court, fitness equipment designed for older adults, and a warm-water fitness/therapy pool. The wellness center will be open to North Pointe residents, as well to adults 50 and older who live in the area.

"By building North Pointe, Bethesda will be able to address a growing demand for housing and health services to best care for our aging population," said Michelle Haefner, CEO at Bethesda. "The wellness center demonstrates our commitment to go beyond the traditional senior housing model and embrace our role of supporting and improving the lives of older adults living in the greater community."

The wellness center is a key component of North Pointe and will address recreational and fitness needs in the area.

"The wellness center will provide a healthy environment that encourages active lifestyles, and assists with healing and recovery," said Caroline Chan, chief development officer at Bethesda. "By offering a wellness center, Bethesda North Pointe will be able to help its residents and seniors in the community improve their quality of life and healthcare outcomes."

One of the "current and emerging issues" that the city of New



Learn more about the Living Well Capital Campaign and how you can get involved by calling (320) 214-5600 or email carolinec@bethesdawillmar.com

London identified in its Comprehensive Plan is how the aging population will require, "additional services to be provided that meet the needs of seniors," as well as adequate recreational opportunities, "that meet the needs of people of all ages, incomes and abilities in order to maximize the recreational opportunities enjoyed by area residents."

Chronic diseases such as diabetes, arthritis, hypertension and lung disease can force seniors to give up their independence too soon, according to the National Council on Aging. To address these concerns, Bethesda is focused on offering programs that empower individuals to manage their care and improve their quality of life.

"It is all about living well and staying well. For those who are 50 and older, the wellness center at North Pointe will increase access to specialized fitness equipment, specialty wellness classes, and a warm-water pool," Chan said. "The indoor sport court will be ideal for activities such as pickleball or larger studio classes."

The success of Bethesda North Pointe will depend on the Bethesda Foundation raising \$2.5 million for the wellness center.

"Philanthropy will provide the needed resources to complete the wellness center," Chan said. "We invite and encourage people to join us by generously supporting our Living Well Capital Campaign for Bethesda North Pointe. In doing so, together, we will provide an enriched quality of life for those we serve."

Bethesda Foundation welcomes 'new' leadership

Bethesda recently promoted Caroline Chan to the role of chief development officer.

In her new role, Chan is responsible for the strategic growth and development of the Bethesda Foundation and overall Bethesda organization. Her role will continue to oversee the communications and marketing department. Chan will continue foster strategic community development and relationship building to advance Bethesda's mission and service opportunities throughout the local region.

Chan has been with Bethesda since 2016, starting as community director. In 2017, she was promoted to director of senior housing

and community development. In June, she began her role as chief development officer. She is a graduate of Winona State University with a bachelor's in mass communication/public relations and marketing. In early 2019, she earned her master's in health and human administration, as well as completed her nursing home administrator's license through Saint Mary's University of Minnesota.

To discuss opportunities for your personal or business gifts, contact Caroline at (320) 214-5600 or email her at carolinec@bethesdawillmar.com.



Philanthropy increases access to active aging

New medical van, Bill Linder Walking Path, and Cycling Without Age program improve ability for older adults to venture outdoors safely

Everyday life at Bethesda has been lifted through the deliberate impact of philanthropy. Generous gifts given by individual families, team members and community supporters have enabled the growth and development of new campus enhancements dedicated towards the increased access to active aging opportunities.

Medical van

In early-October, the Bethesda Foundation Board agreed to use a portion of unrestricted donor funds to join the staff-supported Senior Transportation Program appeal, set in motion in 2017, for the purchase of a medical transportation van.

“The medical transportation van is an integral piece that enables the residents at Bethesda to remain connected to the high-quality health care options within our community,” said Ashley Bormann, administrator at Bethesda.

This service offsets the responsibilities placed on families for medical transportation, as well as allows a continued sense of independence for Bethesda residents.

Currently, Bethesda offers approximately 60 rides per week for care center residents. By providing this service within the organization, Bethesda can ensure limited wait times, smoother transfers, consistent relationships with the transportation staff—which instills a sense of safety for riders—and more timely access to care. Without the medical transportation van, Bethesda residents would be left with the option of accessing an already strained medical transportation network or potentially place a strain on family support systems to access medical appointments.

Staff at Bethesda and the Bethesda Foundation saw the option of a new van, which replaces an outdated and soon-to-expire existing van, as a true use of grassroots philanthropy, dedicated to amplifying the ministry of Bethesda and quality of life of residents.

Bill Linder Walking Path

In summer 2019 Bethesda welcomed the addition of a campus enhancement known as the Bill Linder Walking Path. This graceful, paver path meanders behind Sunrise Village Independent Living and bridges once separated outdoor spaces and programs into a fluid design that embraces safer outdoor walking.

“Walking outdoors for many tenants is a favorite pastime but

with limited continuation of sidewalks they would often be left to using the parking lots or streets to get a decent walk in,” said Caroline Chan, chief development officer at Bethesda. “Through the thoughtful planning and support of the Linder family, we were able to install a beautiful path for housing tenants, DayBreak clients and

club members to easily reach a quarter-mile walk without leaving the safety of the grounds. It's been a joy watching the daily walks and basks in the sun over the summer. This transformation of once unusable space is a true testament to the impact philanthropy can have on daily life for those on the Bethesda campus.”



Cycling Without Age

In May 2019, Bethesda launched a partnership with the city of Willmar focused on bringing an internationally recognized recreation program to Greater Minnesota to benefit the health and wellness of the community, build relationships, reduce isolation and break down the stigma associated with aging. This partnership was made possible through the generous support of grants and community donors who enabled the purchase of the first trishaw for the program.

“Many of us take for granted the simple act of being able to go on a bike ride. Cycling Without Age allows our seniors to remain an active and engaged part of our community while providing them the opportunity to go on a bike ride,” Bormann said.

The bikes used in the Cycling Without Age program are a trishaw, which allows one person to pedal or “pilot” the bike, while one to two other people ride in the front seat of the bike. Bethesda became interested in the program as an activity for residents but recognized the greater value it could bring to the Willmar community. With the help of the city of Willmar and mayor, Bethesda assembled a team of community partners to establish the program, build awareness and excitement in the community, secure funding and recruit volunteers for the program.

Since its launch, Cycling Without Age Willmar has provided 148 rides to residents, tenants and community members and plans to develop the program by introducing a second bike this year.

Contact Bethesda Foundation to learn about making a tax-deductible gift (320) 214-5600.

Bethesda offers care, support for people with Parkinson's

Bethesda will team up with the Willmar Stingers for Strike Out Parkinson's game

Bethesda works every day to take a swing at Parkinson's disease by providing specific fitness exercises and therapy for people living with the disease, while also extending support to their loved ones through group discussion and our adult-day program.

Parkinson's disease is a progressive nervous system disorder that affects a person's movement and other aspects of daily life.

Bethesda is teaming up with the Willmar Stingers for a Strike Out Parkinson's Disease Night during their game at 5:05 p.m. Aug. 2 at Bill Taunton Stadium in Willmar. Join us for a fun night of baseball and support efforts to strike out Parkinson's.

Bethesda offers support in other ways, too:

- **Club Bethesda** – Features exercise equipment and a Parkinson's Boxing class at 9 a.m. every Monday.
- **Outpatient therapy** – Physical, speech and occupational therapy is available.
- **Bethesda At Home** – Home-health services in the comfort of your own home.
- **DayBreak** – Adult day-service that cares for people with PD and gives their caregivers a respite.
- **Parkinson's Support Group** – Meets at 10 a.m. on the second Wednesday of the month in our Enrichment Room.

Join us Aug. 2!

The Willmar Stingers' Aug. 2 game will be Bethesda's Strike Out Parkinson's Disease Night. To buy a special T-shirt and tickets to the game, contact Bethesda (320) 214-5643.



Bethesda will again participate in the Walk to End Alzheimer's at 9 a.m. Sept. 26, 2020, at Willmar Civic Center, 2707 Arena Drive.

Taking steps to end Alzheimer's

As people age, memory loss can happen. However, there is a difference between typical, age-related memory changes and dementia.

Alzheimer's disease is the most common cause of dementia, accounting for 60 to 80 percent of all dementia cases, according to the Alzheimer's Association. Alzheimer's leads to problems with memory, thinking and behavior.

More than 97,000 people are living with Alzheimer's in Minnesota, according to the Alzheimer's Association. By 2025, it is estimated that number will be surpass 120,000 people.



Alzheimer's can be relentless, but so is Bethesda. By coming together, we can be a force for change. Dozens of Bethesda team members and their families laced up their walking shoes in September 2019 and participated in the Alzheimer's Association Walk to End Alzheimer's.

This year's local Walk to End Alzheimer's will take place at 9 a.m. Sept. 26 at Willmar Civic Center.

Bethesda also works with organizations such as the Willmar Stingers, West Central Dementia Awareness Network. Bethesda teamed up with the Willmar Stingers baseball team in August 2019 for a Memories Matter Night. At the game, Bethesda staff made their pitch to game-goers about Bethesda's services and other community resources that are available.

Bethesda programs & services

- **Alzheimer's Support Group** – meets at 3:30 p.m. the first Thursday of each month in Bethesda's Enrichment Room. For information, call 320-214-5643.
- **DayBreak** – Bethesda's DayBreak program is an adult day-services and wellness program. To learn about a complimentary day or to register for the program, call 320-235-4891.
- **Memory Care** – Bethesda's Memory Care neighborhood is designed to meet the needs of people with memory impairments such as Alzheimer's disease and other forms of dementia. For information, call 320-214-5643.

Community programs & services

- **West Central Dementia Awareness Network** – Works to develop communities that are welcoming toward people living with dementia. For information, visit www.wcdan.com.
- **Forget-Me-Knot Memory Café** – People with memory loss and their companions are invited to attend at 2 p.m. on the second and fourth Thursdays of the month at the Willmar Public Library, 410 Fifth St. SW. For more information, visit www.wcdan.com/index.php/memory-cafe.

Bethesda partners with Olivia EDA on Fairview Place

Bethesda continues to fulfill its mission of serving others through the broadening of senior living options in Olivia, Minnesota.

Bethesda, which opened Park View Village in 2002 in Olivia, established a larger presence in the city through a partnership established in July 2019 with Olivia Economic Development Authority. The partnership involves Fairview Place, an independent-living facility for seniors.

Under the agreement, the Olivia EDA owns Fairview Place, and Bethesda manages the facility. This allows the EDA to meet the housing needs of the city's aging community using Bethesda's health care services within Renville County.

"This partnership ... aligns us with one of the region's largest senior care providers that knows the needs of our community as well as we do," said Susie Lothert, EDA director.

It was a natural fit for Bethesda, which has been part of the Olivia community since it opened Park View Village, which offers assisted living.

Bethesda's partnership with the Olivia EDA was the result of an initiative that began in 2018, when the EDA established a committee focused on developing a strategic plan for Fairview Place. "The committee was and is passionate about designing a program that enabled our current tenants to age well at home in Fairview Place and grow its marketability for prospective tenants," Lothert said.

Bethesda has enhanced Fairview Place's independent-living model to a service-enriched model that includes the addition of



Olivia Economic Development Authority owns Fairview Place and Bethesda manages the facility.

on-site care staff, assistance with medications and daily living, enhanced recreational experiences, and a dining program.

"Bethesda is excited to come alongside Fairview Place to expand care and services to meet their strategic goals and serve more families. This is a great opportunity for both agencies and for the region," said Caroline Chan, chief development officer at Bethesda.

Fairview Place
603 Fairview Ave. E.,
Olivia



A 30-unit, independent-living facility. It offers one-bedroom and two-bedroom, market-rate apartments, as well as on-site care staff, assistance with medications and daily living, enhanced recreational experiences, and three meals daily. For information, call (320) 523-1836.

Park View Village
1204 Park Ave. W.,
Olivia



A 20-unit assisted-living facility. Amenities include private one-bedroom apartments, private bathrooms, kitchenettes, beauty/barber shop, 24-hour onsite staff, three meals daily, personal assistance, medication monitoring, meals, and other services. For information, call (320) 523-1743.

Bethesda welcomes new regional director of housing

Carli Stensrud began as Bethesda's regional director of housing in September. In her position, oversees and supports Bethesda's housing division leadership, which includes housing managers at Sunrise Village Assisted Living and Independent Living in Willmar, Centennial Square in Willmar, Park View Village in Olivia, and Fairview Place in Olivia. She also will oversee North Pointe in New London when it is completed.

Carli brings 23 years of nonprofit, healthcare leadership experience to Bethesda. She has worked in human resources, as a care center administrator, a housing manager and vice president of housing. Her experience includes opening a lifestyle community with a town center, pool, chapel and bistro. She also has experience in consulting and assisting organizations with staffing plans,

housing development and grant writing. In addition, she helped the Franciscan Sisters of Little Falls become licensed as a housing-with-services and comprehensive homecare provider.

Carli serves on the youth board for Glenwood Lutheran Church and as treasurer of the Minnewaska Volleyball Booster Club. She is a past board member of Leading Age Minnesota, a trade association that supports providers of senior care, and she continues to be active in the association.

Carli lives in Glenwood with her husband, Kirk. Her family includes her three children, Sierra, Jace and Mya, and two step-children, Ellen and Esten.



BETHESDA COMING EVENTS

April

- **Order Bethesda Strike Out Parkinson's T-shirts & Willmar Stingers tickets** for Aug. 2 baseball game.

June

- **Order purple Bethesda T-shirts** and register for Walk to End Alzheimer's (in September in Willmar).

August

- **Aug. 2** - Willmar Stingers and Bethesda's Strike Out Parkinson's game at 5 p.m. at Bill Taunton Stadium.

September

- **Sept. 26** - Join the Bethesda team in the Walk to End Alzheimer's at Willmar Civic Center.

Bethesda renews commitment to safety, respect of others

Bethesda recently launched Safe Care for Seniors, a safety and quality improvement program that is designed to prevent harm in the course of caregiving and provide trusted services and support.

"We are renewing our commitment to keep those we serve safe from harm and to provide care and services with respect and dignity," said Michelle Haefner, chief executive officer at Bethesda. "With the dedication of our skilled, compassionate caregiving staff, we will partner with our residents and families to ensure safe, trusted and inclusive environments that our residents are proud to call home."

Safe Care for Seniors is a statewide initiative through LeadingAge Minnesota that is designed to prevent the risk of harm before it occurs and uncover new opportunities for learning and improvement when something unexpected does happen. The process began in February with Bethesda team members taking a pledge to work together to help create a safe, trusted and inclusive environment.

"The pledge represents our commitment to a bigger plan that will strengthen a culture of safety and enhance communication and engagement among everyone who works and lives at Bethesda," said Ashley Bormann, administrator at Bethesda.

The program encourages and empowers staff, residents and families to speak up if they see some-

thing unsafe or makes them uncomfortable, and ensures the systems and support are in place to appropriately respond to those concerns, Bormann said.

Clinical Quality Coordinator Rebecca Hughes, RN, who is Bethesda's lead safety champion, said the Safe Care for Seniors program engages residents and families in the program because they are essential to creating an environment that will help all who live at Bethesda experience quality of life, meaningful connections, and a life well-lived as they age.

Safe Care for Seniors is a new way of thinking and working to prevent harm in the course of caregiving, Haefner added. "I am filled with gratitude each day for the work that volunteers and staff do to treat our residents and families with respect and dignity, to provide safe, quality care, and to work as a team to help us live our mission of: Serving others together in faith, community and life."

