



Bethany Life

# Newsletter

## Our Mission

Bethany Life's mission is to help elders thrive in their life journey, living in a Christian environment of hope and compassion.

## Our Vision

Bethany Life will become a regionally recognized resource for comprehensive and innovative aging services.

## Our Values

Benevolence,  
Stewardship, Personal  
Growth, Innovation,  
Teamwork, &  
Relationships.



Bethany Life

Helping older adults thrive

## From the President

As we move into 2018, I want to thank all of you for your tremendous contributions in 2017. Your support helps on many different levels here at Bethany Life. As a donor you know that we have several funds available and they are all worthy of your support.

We know that we need to earn that support as well, so I wanted to expand on several facts about Bethany Life that you may already know:

We have been a faith-based, non-profit organization for over 100 years and our commitment to remain as such is unwavering. Because of this commitment, we are the only facility in the Story City and Ames area that embraces the need to care for those who need financial assistance along with others who can pay fully for their care. We often receive calls from other facilities about folks who have run out of money and then need to move because the facility they are in does not accept Medicaid. We don't do that and we have never asked anyone to leave because they have run out of funds.

We are the only facility in the area who employs a full-time chaplain. We celebrate our faith here and minister to all who are in need, irrespective of their faith tradition. This is the cornerstone of who we are and again we remain unwavering in this.

We are very pleased that Bethany Life provides meaningful employment to a great number of the residents of Story City and the surrounding area. In this way we are able to give back to the community as our employees have returned millions of dollars through their purchase of goods and services over the years.

As a non-profit, we do not

pay property taxes on any of our continuum except for our twin homes and maintenance garage. We are grateful for this, primarily because property tax expenses would have to be passed on to our residents and tenants, as they are in any business, making it more expensive to live here. This would in effect tax only those who pay privately, as their rates are the only rates we can adjust. The combination of our mission and tax-free status permits us to give back to our communities through food, services and use of space. The value of these contributions amounted to \$966,208.57 in 2016.

Finally, I speak not only for Bethany Life but for all who are providing services to our elderly population when I say that our field is becoming ever more strained financially due to many forces in play. Public funding for reimbursement for our services continues to decline, regulations and their unavoidable costs continue to increase, and a very tight labor market increases the cost of recruiting and staffing. Any way that we can support those who choose this field is vitally important moving forward. They have a special heart for those we serve and choose to go where most won't.

In closing, I again offer my heartfelt thanks to all who support us in so many ways and I ask for your continued support in 2018. Your participation in our mission is vital to the care of our elders.

Gratefully,

*Betsy Warburton*

Betsy Warburton, President and CEO



Winter 2018

# From Chaplain Sandy

Dear Friends,

*“My cup runneth over.”* – Psalm 23:5b

Our God is a gracious God, who is generous and blesses us abundantly. The songwriter says it so aptly, count your blessings, name them one by one. If we take the time to do that, we will find that our cups overflow.

Author and teacher, Gerhard Frost wrote:

Lord forgive me	Have no choice
For drinking out of	Since you’ve made
My saucer today.	My cup overflow.
You see, I really	

Our cups overflow because we are so blessed by our heavenly Father. None of us deserve God’s goodness – but it is freely given to us in His Son. Our lives are saturated in His love. His grace is the basis of our blessed lives. We are highly favored and deeply loved by our Creator and Savior.

Are you drinking from your saucer? It’s ok, because you are so, so blessed.

In His Peace,

*Chaplain Sandy*  
Chaplain Sandy Anenson



## Member Churches

Ascension Lutheran, Ames  
Bergen Lutheran, Roland  
Bethany Lutheran, Kelley  
Bethany Lutheran, McCallsburg  
Bethel Lutheran, Story City  
Bethesda Lutheran, Ames

Bethesda Lutheran, Jewell  
Capitol Hill Lutheran, Des Moines  
Elim Lutheran, Randall  
Fjeldberg Lutheran, Huxley  
Gilbert Lutheran, Gilbert  
Grace United Methodist, Story City  
Immanuel Lutheran, Story City

Our Savior’s Lutheran, Radcliffe  
Our Savior’s Lutheran, Stanhope  
Palestine Lutheran, Huxley  
Salem Lutheran, Radcliffe  
Salem Lutheran, Roland  
St. Andrew’s Lutheran, Ames  
St. Cecilia Catholic, Ames

St. Peter & Paul Catholic Church, Gilbert  
St. Paul’s Lutheran, Jewell  
St. Paul Lutheran, Williams  
St. Petri Lutheran, Story City  
Trinity Lutheran, Ellsworth  
Zion Lutheran, Radcliffe

# palm sundays

## BRUNCH

MARCH 25<sup>TH</sup>

STORY CITY COMMUNITY CENTER

10:00AM - 2:00PM

FREE WILL OFFERING

Bethany Life Foundation

Brunch by Chef Chris Hansen





# Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

## 1. AVOID CLOSE CONTACT.

*Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.*

## 2. STAY HOME WHEN YOU ARE SICK.

*If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.*

## 3. COVER YOUR MOUTH AND NOSE.

*Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.*

## 4. CLEAN YOUR HANDS.

*Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.*

## 5. AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.

*Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.*

## 6. PRACTICE OTHER GOOD HEALTH HABITS.

*Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.*

*Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)*



# LifeBridge

## TRANSITIONAL CARE

*A Service of Bethany Life*



### Capabilities

- IV Antibiotics (any frequency)
- Wound Vac & Care
- Tracheostomy Management
- Enteral/Parenteral Feeding Therapy
- Physical, Occupational, and Speech Therapies
- Post-Surgical Care
- Bariatric Care
- Insulin Pumps/Diabetes Management
- AND MUCH MORE...

### In-Network Insurance

- Medicaid & Medicaid Advantage, including:
  - Amerigroup
  - UnitedHealthcare
- Medicare & Medicare Advantage, including:
  - Coventry
  - Humana
  - UnitedHealthcare
  - Blue Cross/Blue Shield
  - AARP
  - AETNA

*\*we are happy to call and work toward approval if we are not in-network*

### What makes us different:

- On-site full-time McFarland Clinic ARNP
- Full-time Social Worker/Discharge Planner
- Secured Memory Care CCDI Skilled Available
- Therapy Pool
- Transportation Provided
- Full-time Chaplain
- Observation/Respite Stays

**24/7 Admissions Line: 515-509-6269**



*For Medicare replacement plans, a three night inpatient stay may not be required. Ask your doctor to learn more.*

*\*There is a 30 day window after returning home from the hospital in which you may be able to receive Medicare Part A Skilled benefits. Ask your doctor to learn more.*

# LifeChoices<sup>®</sup> at Bethany

Life Care at Home

“ Peace of Mind.  
Knowing you don't  
have to worry about  
the future. Whatever  
happens, we're  
covered.”

- **Bob & Maripat Higgins**, Roland



LifeChoices at Bethany is an innovative approach to planning for future aging services. It is an opportunity for healthy and independent individuals and couples who are committed to staying in their home to invest in their wellness and to protect themselves from the high cost of long term care. We are very proud to offer this new membership opportunity to the Story County community.

For More Information, call Austin Mortvedt at 515-290-6756.



Bethany Life Wellness Coordinators, Kylla and Paige, are excited to offer the Stepping On workshop. The workshop is designed for people who have fallen, people who fear falling and to help prevent future falls. The workshop is held for two hours, once a week, for seven weeks, with a 90 day follow up class.

The program was developed by Dr. Lindy Clemson of Sydney, Australia. It was brought to the United States by Dr. Jane Mahoney, Executive Director of the Wisconsin Institute for Healthy Aging, with funding from the Centers for Disease Control and other partners. The research has found that people who complete the workshop have a 31% reduced rate of falls.

Stepping On will help participants identify why they fall and different ways to prevent falls, including strength and balance exercises, home safety check suggestions, and a medication review. Participants will view a display of fall prevention products and hear from several guest experts on fall related topics. The goal for Stepping On participants is to achieve better strength and balance, and to experience a feeling of confidence and independence as a result of performing various exercises and sharing personal falls experiences as a group.

*Life Choices Advocates Photographed Above.  
Kylla Olsen (Left) and Paige Halsted (Right)*

# From The Foundation

## I AM BENEVOLENT

*Never look down on somebody unless you're helping them up.*

The Households of Bethany served 149 people in 2017 that were unable to pay for the full cost of their healthcare. 149 people who have worked all their lives. 149 people who paid their taxes and gave to charity. 149 people who raised their kids with a sense of pride and a central Iowa work ethic. These elderly people are now at the mercy of our nation's struggle in determining who gets what as our safety nets become tattered. Yet, there are those of us who understand the need for benevolence and have found in our hearts a way to help today. Our 2017 Bethany Life donors have done so. They know that we do not look down at the poor. We receive and hold them in our open arms with respect and dignity. Our donors stood up and offered a hand to Bethany Life's mission, as we give it all every day, to make the lives of those we serve one with hope and without fear.

Thank you and God bless all of you.

### Humanitarian \$5000+

BLC Chapel  
BLF AFFORDABLES  
Alan & Karen Hermanson  
Delores Larson  
Elizabeth Maland Estate  
Claudia Pauk  
Poet Grain  
Corwin & Kay Stephan  
Tom & Stevie Walsh

### Benefactor \$2500-\$4999

Nora L Barnes, estate  
Bethany Life Volunteers  
Gary & Judy Hested Family Foundation  
David & Camille Kundert  
Sharron Martin  
Northeastern Iowa Synod-ECLA  
Robert C. Hermanson Trust  
Story Construction Company  
Harris "Pete" Twedt, Jr.  
Jay & Betsy Warburton

### Leadership \$1000-\$2499

Pr. Stephen & Ch. Sandra Anenson  
APC Company Inc.  
Bergen Lutheran Church-WELCA  
Bergen Lutheran Church  
Gary Carpenter  
Elim Lutheran Church  
Larry & Kathaleen Elphic  
Haila Architecture Structure Planning  
Janet & Gary Handeland  
Peter & Janet Hermanson  
Robert & Maripat Higgins  
Allen & Wanda Holm  
Roy & Patricia Hougen  
Immanuel Lutheran Church  
Douglas & Mary Mechaelsen  
Oakland Corporation  
Dave & Kathy Quam  
William & Susan Sandve  
Greg & Patricia Sindt  
Ann Thompson  
Trinity Lutheran Church

### Stewardship \$500-\$999

American Packaging Flexo Division

MB Enterprises of Ames  
Gary & Dee Anderson  
Anonymous  
Exchange State Bank  
Reliance State Bank  
Bethany Lutheran Church, Kelley  
Bethesda Lutheran Church, Ames  
Absolute Concrete  
Country Landscapes  
William Craig, III  
Fjeldberg Lutheran Church  
Gilbert Lutheran Church  
Janice Halverson  
Health Care Services Group, Inc  
Michael & Kimberly Hermanson  
Stephen & Becky Hermanson  
Pr. Glenn & Mary Kappelmann  
Aaron & Kathy Keller  
Robert & Karen Klopping  
Drew Larson  
Pastor David Nerdig  
Phyllis Oakland  
PDG Printing  
Ryun, Givens & Co., P.L.C.  
Scott & Vicki Saienga  
Martin Health Services  
Lillian Tegels  
Jerry & Barbara Twedt  
Paul & Sharon Twedt  
Loren & Solvay Twedt  
Mark & Julie Ullestad

### Friend of Bethany \$100-\$499

ACT Insurance Agency  
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Alice & Lyle Jack  
American Business Phones  
Laurine Anderson  
Rick Arnold  
Mabel Auld  
Badgerland Financial  
Dr. Louis & Pat Banitt  
Bethel Lutheran Church  
Bethesda Lutheran Church, Jewell  
Bethlehem Lutheran Church  
Boeke Funeral Homes Inc.  
Fred & Dianne Borgen  
BOS Outdoor Solutions

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Brekken, Wynia & Hyland, PC  
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Brown Winick Attorneys at Law  
Fred & Barbara Brown  
Jean Burchland  
H. Joann Carpenter  
Central States Roofing Co  
Choice Medical  
Kenwood & Teresa Christian  
Compass Business Solutions/Record  
Printing Co.  
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Orville Davis  
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Van Wall Equipment  
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GNB Bank  
Great Lakes Management Co.  
Great Western Bank  
Jennifer Groat  
Guys with Grills BBQ & Catering  
Hall Backhoe & Trenching  
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Neva Henderson  
Rosemary Hennessy  
Janice Hetland  
Burnell Hill  
Judith Hodges  
Bob & Karen Huebner  
Pr. Tom & Sandy Hunt  
Mary (Molly) Hunter

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Ralph & Nadine Huss  
Indoshell Precision Technologies, LLC  
Infinite Home Creations  
Innovative Lighting  
GLT Investments  
Sherrie Irwin  
Beth Isvik  
It's Never 2 Late  
Leanna Jacobson  
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Nancy Jewell  
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Story Chapter, Thrivent Financial for  
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Suzanne K. Nelson  
Norsemen Realty  
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Peter Orazem  
Curtiss Ostrem  
Our Savior's Lutheran Church

Outsiders Pub  
Palestine Lutheran Church  
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Jerome Peltier  
Peterson's Paint & Floors, Inc.  
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Gregory J & Caroline Phillips  
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John & Patty Rathmacher  
Reece Funeral Home  
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Harold & Julia Ridpath  
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Gerald & Gladys Risdal  
Motor Roost  
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Sandy Searl  
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Soderstrum Funeral Homes  
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Blackhawk Automatic Sprinklers Inc.  
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Martha Stebelton  
Gail Steffen  
W. Robert Stephenson  
Stevens Memorial Chapel  
Story City Building Products, Co.  
Story City Dental  
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Marie Stupp  
Connie & Tom Sweeney  
Tammy Thompson  
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Mike Wahlin  
Christina Walsh  
Paulette Wathen  
Amy Wetlaufer  
Ronald & Linda Ann Wheeler  
Wilson Auto Group

### Supporter \$1-\$99

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Lyle Anderson  
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Jolene Baker  
Dawn Baldwin  
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Mary Ann Beck  
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Mary Lou Berhow  
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Douglas & Sandra Smith  
Mary Drake  
Cheryl Eddy  
Robert & Portia Eischen  
Phillip & Carolyn Ellingson  
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Kay Mortvedt  
Walter D. Mortvedt  
Wendell & Marilyn Mortvedt  
Beverly Norager  
Tim & Gail Nordholm  
James & Frankee Oleson  
Dean & Cindy Olinger  
Ruby Olson  
Operative Lodge #308 A.F. & A.M.  
Patrick & Susan Lawler  
Donald & Janet Payer  
Kris Perkins  
Betty J. Peters  
Buckley & Marilyn Peterson  
Peterson Funeral Service  
Joan Peterson  
Rick & Diane Pfadenhauer  
Sheryl Phipps  
Rod & Ingrid Place

Birdelle Post  
Paul Quam  
Ron & Glenda Rahfeldt  
Randall & Cynthia Lorimor  
James & Barbara Rasmusson  
Terry & Jerilyn Rasmusson  
RC Homes & Remodeling  
Ken & Anne Recker  
Cleone Reisetter  
Joyce Rice  
Russell & Idella Richardson  
Cyndi Ringgenberg  
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Robert & Donna Murphy  
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Pr. Conrad & Mary Rolland  
Ronald & Darla Cory  
Ronald & Judith Darnell  
John "Slim" Roney  
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Harold & Janice Thompson  
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Diane Thoreson  
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Eloise Thorson  
Thrivent Financial for Lutherans  
Tom and Tara Owen  
Marilyn Hanson & Ted Tostlebe  
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Marilyn Whipple  
Scott & Pamela White  
Sterling Wicks  
Sue Wiedmann  
Tom & Kim Wierson  
Wallace Wierson  
Marlene Wiese  
Beverly Wildman  
William & Cynthia Carlson  
Cynthia Williamson  
Michael & Carol Wilson  
Zion Lutheran

# Our Funds

The **Employee Appreciation Fund** receives gifts primarily from grateful family members who recognize the commitment and care provided for their loved ones. This Fund pays for many of the special events Bethany Life provides throughout the year to celebrate our staff and their love for the older adults in their care.

The **Life Enrichment Fund** receives gifts that directly impact the lives we serve by engaging our residents and tenants in the fine arts, such as music and painting. Residents will be able to enjoy in-house classes and seminars, art exhibits and other cultural experiences. These activities will support life long learning, creativity and stimulation.

The **Good Samaritan Fund** gives Bethany Life the capacity to serve individuals who are unable to fully pay for their health care. This unrestricted fund is the heart of the Bethany Life mission.

The **Capital Needs Fund** receives gifts that have been restricted to a specific capital need. In the past this has included the renovation of living areas, the purchase of quality assurance technology hardware, and the purchase of vans.

The **Chaplaincy for Today Fund** receives restricted gifts which support the ongoing costs of the Bethany Life Chaplaincy program. The spiritual care that our residents, tenants, their families, and our staff receive is a cornerstone of all we do at Bethany Life.

The **Chaplaincy Endowment Fund** is a permanently restricted fund which gives individuals and families an opportunity to build a legacy of Christian care. Gifts can be given through planned and estate gifts, although all gifts are much appreciated and needed. This fund is critically important in assuring that Bethany Life will always have the financial capacity to bring spiritual care to those in their greatest time of need.

The **Excellence in Nursing Fund** receives gifts that are restricted to supporting the nursing department in providing the highest quality of care possible. These funds will support continual education and training for our nursing staff as well as purchasing needed medical equipment.



*I Am Benevolent*



**GIFTS CAME FROM INDIVIDUALS, BUSINESSES, CHURCHES, ESTATES, AND MEMORIAL GIFTS. DONORS FROM THROUGHOUT THE UNITED STATES CAME TOGETHER IN SUPPORTING OUR MINISTRY. WE ARE SO GRATEFUL THAT ALL OF YOU HAVE INCLUDED BETHANY LIFE IN YOUR LIFE. THANK YOU AND GOD BLESS YOU!**



## Upcoming Events and Education

March 15th, 2018	2:00 pm	<b>The Basics: Memory Loss, Alzheimer's and Dementia</b> <i>The Warburton Family Room at The Households of Bethany</i>
March 25th, 2018	10:00 am – 2:00 pm	<b>Palm Sunday Brunch catered by Chef Chris Hansen</b> <i>Story City Community Center</i>
April 10th, 2018	8:00 am – 4:00 pm	<b>2018 Brain Works Conference – Help Me Help Myself</b> <i>Prairie Meadows Events &amp; Conference Center - Altoona</i> <i>Register with Alzheimer's Association @ 1-800-272-3900</i>
April 19th, 2018	2:30 pm & 5:00 pm	<b>Frontotemporal Lobe Degeneration (FTD) Dementia:</b> <i>The Basics and Caregiving Tips</i> <i>The Warburton Family Room at The Households of Bethany</i>
May 8th, 2018	9:00 am - 2:00 pm	<b>Senior Expo 2018</b> <i>Quality Inn - Ames</i>
May 8th, 2018	5:00 pm	<b>Memory Care Senior Prom "Spring Is In The Air"</b> <i>The Warburton Family Room at The Households of Bethany</i>
May 10th, 2018	5:00 pm	<b>Senior Prom "Spring Is In The Air"</b> <i>The Warburton Family Room at The Households of Bethany</i>
May 17th, 2018	3:00 pm	<b>Get Your Healthcare Paperwork Ducks in a Row</b> <i>The Warburton Family Room at The Household of Bethany</i>
June 21st, 2018	10:00 am	<b>The Longest Day: Virtual Dementia Training Tours</b> <i>The Warburton Family Room at The Households of Bethany</i>
June 22nd, 2018	12:00 pm	<b>Bethany Life Charity Golf Classic</b> <i>Ames Golf &amp; Country Club</i>

## Timberland Village Apartments Available NOW!

*1 Bedroom & 2 Bedroom Independent Living Apartments*

SCHEDULE YOUR PRIVATE TOUR, INCLUDING A FREE LUNCH WITH  
CINDI MARTIN, SENIOR HOUSING MANAGER.

Call Cindi today at 515-733-6500

# Irish Soda Bread

Makes 1 loaf

## INGREDIENTS:

Nonstick vegetable spray  
2 Cups all purpose flour  
5 Tablespoons sugar, divided  
1 ½ teaspoons baking powder  
1 teaspoon salt  
¾ teaspoon baking soda  
3 Tablespoons butter, chilled, cut into cubes  
1 cup buttermilk  
2/3 cup raisins

## DIRECTIONS:

Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 Tablespoons sugar, baking powder, salt, and baking soda in large bowl

to blend. Add butter. Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins.

Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 Tablespoon sugar.

Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature.

Recipe provided  
by Chef Chris  
Hansen



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