

More than a place to live...it's a place to thrive!

Bethany Life's SOUP: Hearty & Soulful



As the fall air becomes crisp we begin to think of those comforting items that will bring warmth to ourselves, our family and friends. One of the most traditional and enjoyable delights is the smell and taste of your favorite pot of soup, made from scratch. The smooth consistency of the stock that has been simmering for hours. The aroma of the meat as it merges with the spices. The fresh flavor of the vegetables that came straight from the garden. The anticipation of dipping your homemade bread into that bowl of steaming delight.

SOUP. Bethany Life is a lot like soup. The stock is our heritage and values. The freshest ingredients, our leadership and employees. A nice balance of spices is the services and programs within our continuum of care. Our strategic plan is the recipe we use to instruct our work. The plating and presentation is our facilities and customer service. The pot that holds us together is God's presence and overflowing grace. When the soup is prepared, plated and served, our customers expect the best value possible.

Our many services are offered to comfort, nurture, heal and uplift the people we serve. We aim to delight! By God's grace and with your support, we will continue to bring God's blessings to every person we are privileged to care for.

This edition of Bethany Life takes a closer look at the "hearty, soulful" services that Bethany Life provides for our community. We invite you to grab a bowl and dig in.

What's New in the Bethany Life Kitchen:

What's Cooking...
and Who's Doing It?

(More on Page 6)



BETHANY MANOR
CEDAR PLACE
TIMBERLAND VILLAGE

BETHANY LIFE FOUNDATION
212 Lafayette Avenue
Story City, Iowa 50248

Admissions Coordinator
515.733.4325 | 515.450.6194
Admissions@bethanylife.org
www.bethanylife.org

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Betsy Warburton
President/CEO

From the President & CEO

A Recipe for Success

A recipe lists ingredients needed and the process for combining them to achieve a satisfying result. Having a good recipe is similar to having a good plan to help us do the best we can in all areas of our lives. At the heart of our plan at Bethany Life, our faith-based values guide all of the decisions we make. Each year we spend significant time re-evaluating our plan — what is going well and what we can improve upon. We think about the best ways to serve our residents now and in the future. We think about how we can reach out and serve our community. We think about our mission of helping elders thrive.

Recently our governance board and executive team met to finalize our plans for 2011. The following are highlights:

- *Continue renovations of our physical plant at Bethany Manor
- *Conduct a community needs assessment to identify service gaps for seniors
- *Create a future facilities plan
- *Expand home health care services
- *Continue to focus on excellence in care and services

We know that we cannot achieve all that we want for those we serve without God’s blessings and your help. We ask that you share your time, treasure, and talents to help us achieve our goals. We ask for and need your prayers. We urge you to lift us up to others. We invite you to share the good news about what is happening at Bethany Life. Please accept our heartfelt thanks to you for all that you do. God bless you!

Gratefully,

Betsy

President and CEO

BETHANY LIFE VALUES

Benevolence

Stewardship

Teamwork

Personal Growth

Innovation

Relationships

The Bethany Life Foundation kicks off the 2011 *Thriving at Bethany Project!*

Please join our Foundation as we continuously strive to meet our mission *to help elders thrive in their life journey, living in a Christian environment of hope and compassion.*

See full story on page 5.

From the Chaplain

Dear Friends,

**The Lord is close to the broken hearted
and saves those who are crushed in spirit.**

- Psalm 34:18

There is something so very comforting about soup simmering on the stove. The aroma itself is inviting. Soup certainly provides nutrition, but it also speaks to us about home and comfort.

My dad really likes potato soup. It is something that he asks for often. The last couple of months have found him recovering from a fractured hip. When I go to Minnesota to visit him, I bring potato soup. It is something so simple, but it brings him such joy and provides us a time of fellowship as we share a bowl of potato soup together.

There is nothing like a bowl of soup to warm and heal our broken bodies. What soup can do for our tired and sick bodies, God does for our spirits. Through the gift of the Holy Spirit, God enfolds us in His love and ministers His peace to our weary souls. When our hearts have been broken by sin, we long for the comfort of God's forgiveness. We trust that our loving Lord will comfort and strengthen us in our faith journey with His gift of grace.

Just as soup simmers on the stove, adding aroma and warmth to our homes, may God continue to enfold you in the comfort and warmth of His love.

Enjoy some soup with someone you love and bring God's comfort to their hearts.

Peace,

Chaplain Sandy

Chaplain Sandy Anenson



Chaplain Sandra Anenson

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*The Bethany Life Chaplaincy Endowment
Fund has received approximately \$480,000 in
gifts and pledges since it was created in 2006.
Please consider a bequest in your estate plans
in supporting this essential ministry.*

From the Foundation

Working Together...a Greater Good is Achieved



Larry Elphic
Foundation Director

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Many people know at least one version of the tale "Stone Soup". It was a tale that was even told to children many years ago on the Captain Kangaroo show. One version goes like this:

Once upon a time, somewhere in post-war Eastern Europe, there was a great famine in which people jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a wandering soldier came into a village and began asking questions as if he planned to stay for the night.

"There's not a bite to eat in the whole province," he was told. "Better keep moving on."

"Oh, I have everything I need," he said. "In fact, I was thinking of making some stone soup to share with all of you." He pulled an iron cauldron from his wagon, filled it with water, and built a fire under it. Then, with great ceremony, he drew an ordinary-looking stone from a velvet bag and dropped it into the water.

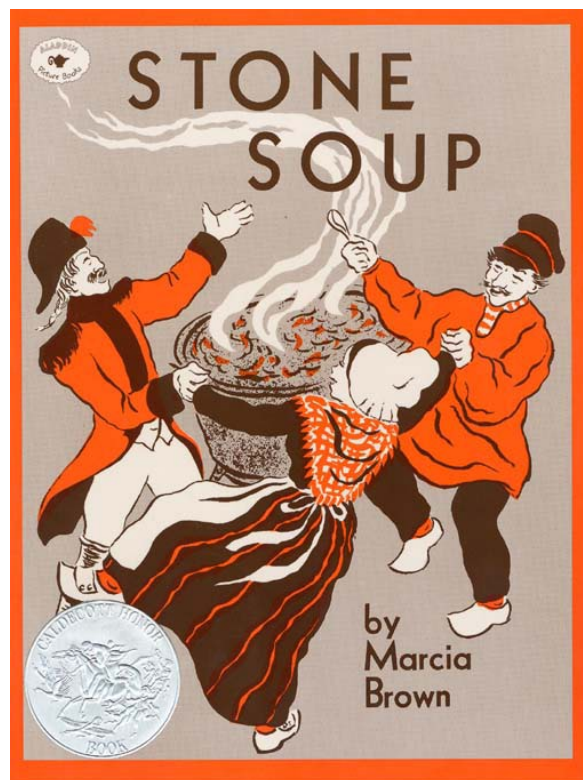
By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the soldier sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their skepticism.

"Ahh," the soldier said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with cabbage -- that's hard to beat."

Soon a villager approached hesitantly, holding a cabbage he'd retrieved from its hiding place, and added it to the pot. "Capital!" cried the soldier. "You know, I once had stone soup with *cabbage* and a bit of salt beef as well, and it was fit for a king."

The village butcher managed to find some salt beef . . . and so it went, through potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for all. The villagers offered the soldier a great deal of money for the magic stone, but he refused to sell and traveled on the next day.

The moral is that by working together, with everyone contributing what they can, a greater good is achieved. We serve up plenty of "Stone Soup" at Bethany Life. Our friends have certainly contributed to the greater good of *helping elders thrive in their life journey, living in a Christian environment of hope and compassion.* Our Foundation staff and Board of Directors thank you for your loyal support.



The 2011 Thriving at Bethany Project

The friends and supporters of Bethany Life know that our mission cannot be sustained or advanced without their generous support. They expect us to be good stewards of their gifts.

With this understanding, the Bethany Life Foundation presents to our loyal friends the opportunity to involve their love for philanthropy in supporting the **2011 Thriving at Bethany Project**.

Those who support our Foundation believe in the standards we strive for in our mission *to help elders thrive in their life journey, living in a Christian environment of hope and compassion*. As the story of the **Stone Soup** illustrates, by working together we will flourish and our elders will continue to experience dignity, respect, and compassion. Our elders gave us life. They deserve the best we can give them in return.

Since 2006, Bethany Life Communities has invested almost \$1,300,000 in capital projects in securing the future of Bethany Manor. This has included such things as an air handler system, window replacements, tuck pointing, roof repairs, fire alarm control panels, sprinkler system, renovations of three living areas within Bethany Manor, exterior doors and frames, and more.

Almost \$500,000 of the renovations has been paid through the generosity of our donors. Previous renovation campaigns included:

Breaking Bread Together Campaign---Success!

Renovating Lives Campaign---Success!

Cherishing Memories Campaign---Success!

Bethany Life's strategic plan calls for the renovation of the three remaining living areas in the 1977 addition of Bethany Manor. The full cost of this effort is approximately \$570,000. The Foundation is committed to raising the necessary funds in 2011 for the renovation of one of these units on the first floor of Bethany Manor.

The Bethany Life Foundation will formally kick off the **Thriving at Bethany Project** in December, 2010. This \$200,000 project will take us one step closer to fully updating Bethany Manor and in standing up for what we believe and what our community expects. We pray that you will join us in meeting the goals of the **Thriving at Bethany Project**.

For information regarding honorarium opportunities and/or pledging a gift in 2011 to the **Thriving at Bethany Project** please contact Larry Elphic, VP of Resource Development or Betsy Warburton, President & CEO of Bethany Life Communities.



Bethany Manor, 2nd floor staff says thanks to all Cherishing Memories donors in support of their work!

Chef Chris Hansen

Joins Bethany Life Communities

Bethany Life has a reputation for serving good food which is about to get better.

In keeping with Bethany Life's striving to provide excellence coupled with good stewardship, award winning Chef Chris Hansen will be joining the Bethany Life team in November, 2010. You knew and loved him as Chef at The Cottage on Broad in Story City where for 10 years he amazed and delighted his guests with the scope and quality of his food. We look forward to his exemplary influence on our culinary offerings as Chris focuses his talents on tantalizing menu selections, food quality and presentation. Bethany Life administrators have confidence that Chef Chris' record of dietary operational efficiency will reduce costs and achieve stewardship goals.



Chef Chris

Chef Chris will bring his own flavor expressions to create soups and salads, sandwiches and pastas and exciting new dishes. We also look forward to enjoying his culinary gifts when added to the traditional Midwest home cooking favorites such as "meat and potatoes". Special events at Bethany Life will have a great Chef

to ensure that the food is outstanding and sure to please.

Chris Hansen was raised in Roland and graduated from Roland Story High School. He then attended culinary school at Des Moines Area Community College and went on to graduate from the Culinary Institute of America. We are very pleased to welcome Chef Chris, his wife, Ali, son Aiden and daughter, Cydney, to our Bethany Life "family".

What special events may be coming your way with Chef Chris at the helm? Look for: Omelet Breakfasts, Specialty Dinners, a Holiday Bake Off, cooking classes, plus much more! It should be a lot of fun IN GREAT TASTE!

Roasted Corn Chowder (Yields 1 gallon)

2# roasted corn
8 oz. diced carrots
8 oz. diced onion
8 oz. diced celery
3tsp chopped garlic
5 oz butter
5 oz. flour
2qts. Chicken stock
1 # peeled and diced russet potatoes
1.5 qt. half and half
1tsp cayenne
Salt and pepper to taste
1# crab meat (optional)

Lay frozen corn on a sheet pan and toss with olive oil. Roast at 350 degrees for 20 minutes. While corn is roasting, sweat carrots, onions and celery in butter for 6 minutes or until onions are translucent. Add garlic and sweat for 2 minutes. Stir in flour and let cook for additional 2 minutes. Stir constantly while heat is on low. Add chicken stock and potatoes and bring back to a boil. Once the soup reaches a boil, turn down heat to a simmer and add half and half and roasted corn. Cook until potatoes are tender and soup has thickened. Season with salt, pepper, and cayenne. If you choose to add crab meat do so just before serving.

-Chef Chris Hansen

Bethany Life Volunteers

Measure Up to Scale!

In mid-September, amid a cheering group of volunteers and staff, Bethany Life Volunteers presented Bethany Life Foundation with a \$3,000 check for the purchase of a new wheel-chair accessible scale for use in the north end of Bethany Manor. Brandi Gerjets, Certified Nursing Assistant, accepted the check on behalf of the Foundation and spoke about how the new scale will change lives at Bethany Manor. “Residents will no longer have to transfer from their wheel chairs to be weighed. For some that is a difficult and time-consuming process. Some residents have a fear of falling. Being able to remain in their wheelchair makes them more comfortable and reduces their stress. It also is easier for staff to take weights this way, so the residents and staff thank you so much for this great gift!” said Brandi.

Brandi has worked at Bethany Life for six years. She grew up in Gilbert and now lives in Story City with husband Garry and their one year old daughter, Aurora.

The Bethany Life Volunteers have fundraising activities throughout the year to be able to donate in support of the residents at Bethany Manor. They also raise money through the sale of tea towels, doll clothes and crafts on display off the Bethany Manor Lobby.

Interested in Volunteering?

For more information about volunteering at Bethany Life Communities please contact Sue Ernest at 515-733-4325. For information about volunteering at Affordables Thrift Store in Story City, please contact Denice Reisetter at 515-733-3011.



St. Cecilia Reaches Out to Bethany Life

Bethany Life Communities has been blessed to have had 25 member churches that actively support our ministry in so many ways. We now have 26! We welcome St. Cecilia Catholic Church of Ames to our membership of associated churches.

Bethany Life Communities is dependent on the faith community to partner in our ministry of *helping elders thrive in their life journey, living in a Christian environment of hope and compassion.* We thank St. Cecilia and Father James Secora for their commitment of support.

Bethany Life's Hospital Visitation Program: Great Services plus Great Presentation



*Kari Matheason,
VP of Clinical &
Administrative Services
& resident, Joel*

A perfect, simmering soup may have the right ingredients and preparation but fail to please if the presentation falls short. That's why Bethany Life focuses on both quality services and presentation to exceed customer expectations.

Bethany Life strives to present quality services in an attractive home-like setting for all our residents and tenants during their stay. Service presentation is essential to achieving overall satisfaction. Cares presented in a pleasing manner, sometimes with humor, preserve respect and dignity.

Through our new **Hospital Visitation Program**, Bethany Life is reaching out with a **friendly presence** to represent our services, so more people will know we are here to help when they need us. This program provides a cheery smile and comforting words to those from our community who are in the hospital.

Whether the patient is two or 99 years old, a Bethany Life representative can stop by with a balloon and uplifting conversation. A Bethany Life nurse also is available and visits Mary Greeley Medical Center in Ames every weekday (including hospitals in surrounding towns as needed). This visitation is an expression of caring for people

regardless of age or circumstances.

If you know of someone in the hospital who would like to have a friendly visit from a representative of Bethany Life, please call us at 515-450-6194. We would love to follow up!

You might say that Bethany Life's **Hospital Visitation Program** is about extending our customer service. It involves outreach, going where the people are, making connections, and offering reassurance and information when needed.

We continue to define, offer and extend our services to meet needs and benefit our community. We welcome all people to take a look at "what's simmering" at Bethany Life! We're here to serve, comfort and satisfy. We aim to bring delight with our great services and presentation!

Kari Matheason

Bethany Life Receives \$70,000 Grant

Bethany Life Communities is proud to learn of a \$70,000 grant to be received over a three year period from the Lutheran Services for the Elderly Endowment Fund at the ELCA Foundation. The grant supports Bethany Life's *Home for Life Solutions* Program and arrived with this message from Cynthia Halverson, Executive Director of the ELCA Foundation; "*We rejoice and give thanks for the privilege it is for us to partner with you in this ministry!*" We are very thankful to the ELCA in recognizing Bethany Life Communities as a leader in elderly services in central Iowa and in providing these much needed funds.

This grant will be utilized as seed money to build upon the innovative use of technology in helping seniors stay safe in their homes and to avoid hospitalizations and other costly services.

To learn more about Bethany Life's *Home for Life Solutions*, please contact Kari Matheason, VP of Clinical and Administrative Services at 515-733-4325.

Bethany Life People
Makes the *SOUP*
Delightful!



A Twin Home Haven for Lorna

By Janet Dunn

Lorna Hoversten's personal experience dealing with an elderly relative's care this summer taught her the importance of being part of a continuum of care, like Bethany Life Communities provides. She decided to sell her house in Story City and buy a Timberland Village Twin Home. Her house sold and she is thrilled to be moving in!

"My elderly aunt was doing fine for years in a lovely independent living facility in Canada. But when her health began failing, they told her she would have to move. It's been about four months now and her move is still not resolved. The family is scrambling to meet her needs by paying for in-home assistance and taking shifts. I visited a couple times to help out and have seen the effect it has had on the whole family—kids, grandkids and even great grandkids. I knew by becoming a tenant at Bethany Life I will be assured of having all the care I need when and if my health situation changes. I'm thrilled with my new Twin Home," said Lorna.

"It is absolutely lovely, modern and I am amazed at the spaciousness and available storage. I toured with my family and they were equally impressed. My new neighbors are so welcoming. They invited me to a party before I even moved in!" said Lorna.

Lorna grew up in the area and has lived in Story City for 38 years. All her life, since she was a little girl, she has been visiting relatives and friends at Bethany Manor. The list includes her mother, and her step-father with his three siblings, who all lived at Bethany Manor at the same time!

Lorna volunteers weekly at Affordables—Bethany Life's thrift store, and has since it first opened in 2004. She is a weekly reader at Timberland Village and has provided volunteer transportation for tenants. Bethany Life is thrilled to welcome Lorna Hoversten to her new Twin Home! We thank her for her dedicated volunteer service.



Lorna signing Twin Home agreement with Larry Elphic. Welcome!



Bethany Life has one Twin Home available on the Timberland Village Campus. This beautiful 1600 square foot home has two bedrooms, two baths and amenities galore. Call Larry Elphic or Betsy Warburton to learn how you can join a community of friendly neighbors with the support you want and need. Visit our website at www.bethanylife.org to get the full story on this great home!

The Bethany Life Communities' Continuum of Care... ...the *spice* of life!

The right balance of services gives Bethany Life residents, tenants and clients the perfect *spice of life*. Serving people what they want — where they choose to be — at a great value — gives the BLC *Soup* its appeal.



Home Health Care
Staying healthy at home!



Home for Life Solutions Technology
Staying safe at home!



Timberland Village



Cedar Place



Twin Homes

Independent & Assisted Living



Bethany Manor skilled nursing facility specializing in Transitional (skilled) and Memory Care Services

Get the full story at www.bethanylife.org...where people thrive!

BETHANY MANOR

212 Lafayette Avenue
Story City, Iowa 50248
515-733-4325
515-733-5293 Fax
E-mail: office@bethanylife.org



CEDAR PLACE

812 Cedar Street
Story City, Iowa 50248
515-733-2904
515-733-6111 Fax

TIMBERLAND VILLAGE

725 Timberland Drive
Story City, Iowa 50248
515-733-6500
515-733-9376 Fax

BETHANY LIFE FOUNDATION

212 Lafayette Avenue
Story City, Iowa 50248
515-733-4325
515-733-5293 Fax
Web site: www.bethanylife.org

AFFORDABLES THRIFT STORE

630 Pennsylvania Avenue
Story City, IA 50248
(515) 733-5304



Find us on Facebook!

Affordables has a Facebook page! Become a "friend", "like" us.

Join the mission!

Search: Affordables by Bethany Life Foundation

The Bethany Life Affordables Variety Store is located at 630 Pennsylvania Avenue in beautiful Story City, IA. Our selection of donated and new merchandise changes daily. Check out our FACEBOOK page to view new items as they are put out on our showroom floor.



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