

A Lifetime at Bethesda A few minutes with Helen Schmidt



To say that Helen Schmidt has been involved with Bethesda Home for most of her life would be an understatement. She began as a volunteer in high school helping in the laundry and later became an employee. She and her late husband, Ray, have been donors to Bethesda for as long as she can remember. She moved into a new Independent Living unit in 2000, has lived in Assisted Living and now enjoys life to the fullest in Skilled Care. She has done it all.

By doing it all, she has truly understood the mission and vision of the caring community Bethesda Home is. When asked about what drew her to become so involved with Bethesda, Schmidt had a very matter-of-fact answer:

“Bethesda’s always been the place to go.”

For Schmidt, it was always about finding out where and how she could help. Getting to visit with friends and neighbors was just another perk of coming to volunteer at Bethesda.

“I’m a people person and it has always been interesting to meet the people here. The people are what make Bethesda great.”

Schmidt was proud to show off her pins celebrating 25, 30 and 35 years as a CNA at Bethesda.

“After working in the laundry area, I worked in the kitchen when they needed extra help. Eventually I began working as a CNA. That began a long tenure of employment that lasted 35 years.”

Schmidt lived on a farm east of Tabor Mennonite Church and sometimes it was hard to make it into work, especially when it snowed too much.

“One time I drove a tractor to get to work, because how else was I going to get here?”

Having experienced almost all facets of living at Bethesda, Schmidt reflected on the best part of it.

“You always have friends here and you can always meet new people and make new friends. It is such a friendly place to live,” she said.

One of the ways that Schmidt reaches out and helps others is by sewing pot holders. She is not content to just sit around and twiddle her thumbs.

“I’m not going to sit around all day and do nothing! My daughter keeps me

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We welcome your comments.

 Find us on Facebook

supplied with material and I am free to sew on my sewing machine in the neighborhood commons area. It is really something I enjoy.”

Schmidt encouraged anyone who might be considering the transition to Bethesda to take that step.

“If you are having trouble living alone, why struggle? You get great care here and they take care of the things that get difficult as you get older,” she said.

“I can still sew and do the things I love to do. I love my room and the community here is wonderful.”

Schmidt was quick to mention that her neighbors were the best part of living in her duplex, where she lived for 14 years.

“My next door neighbor and I helped each other out. I would bake zwiebach for her, and she really enjoyed that,” said Schmidt.

“I love baking zwiebach. I have done that my whole life. One time, I baked 24 dozen for Bethel College when they needed so many for Fall Fest.”

Schmidt has family nearby. Her daughter, Pauline and Calvin Buller live in Hutchinson, KS and son, Dwight and Susie live in Newton. She enjoys seeing her great grandchildren when she can, and writing letters to family.

“Back on the farm, my husband used to tell me that they wouldn’t have a Rural Route 2 mail route if it weren’t for my letters,” said Schmidt.

After experiencing so many things and making so many friends at Bethesda, Schmidt says there isn’t anything she would change.

“Bethesda is a great place to live and it is the only place I would want to be.”

New Faces in our Places

Bethesda is the beneficiary of three new talented ladies

For Lynette Sovde, Marci Heidebrecht and Ann Hett, Bethesda is a new home and provides a new set of opportunities to serve in their fields of expertise. Expertise is not something these three are short on.

Lynette Sovde is the Minimum Data Set (MDS) Coordinator and she has been handling this type of work for many years. Starting at Bethesda on October 2, 2017, she is just getting to know her surroundings, but says the data is always pretty much the same.

The MDS Coordinator’s role is to make sure the resident assessments are completed by the deadlines and sent to the Federal Government. This ensures that the proper Federal funding for Bethesda is received to assist in the care of the residents. MDS is also the first piece of the process in obtaining important information for developing the best individualized plan of care for the residents.

Sovde has been married to her husband, Troy, for 23 years. They have two boys, Cole, 21 and Caleb, 19. Residing in Galva, KS, the commute to work is a short one and she enjoys the Goessel and Bethesda community.

“We are a tight-knit family and enjoy being outdoors doing activities such as hunting, camping and fishing,” said Sovde.

Sovde started her career in nursing at another long term care facility at the age of 17. She worked her way up from a Care Assistant and then went on to a CNA, CMA and then LPN. For the last 10 years Sovde has worked as an MDS Coordinator.

Some of the most challenging things about her career are the fluid government rules and changes that need to be implemented.

“You have to stay current with the ever changing MDS process,” she said.

Marci Heidebrecht is also no stranger to the nursing and continuing care community. Heidebrecht has worked as Human Resources Director for nine years prior to coming to Bethesda. She finds great satisfaction in this field.

“I absolutely love making a positive impact on the lives of our team members and residents,” she said.

Sometimes caring for the employees can have its share of challenges.

“When someone is hurting, I hurt with them. It’s just who I am. I might not have all of the answers, but I am a good listener and want to have a positive impact on those I work with.”

One of the other things that Heidebrecht finds very appealing about Bethesda is the faith based model.

“I love that Bethesda implements aspects of the faith based model in how business is conducted. We’ll pray before and during meetings. It’s just a great place to work,” she said.

Heidebrecht started on September 11, 2017, and finds that, even though she hasn’t been at Bethesda long, it already feels like home.

Heidebrecht resides in Hillsboro and enjoys spending time with her husband, Ron. She has two children, Derek and Maci, and two step children, Bret and Kaci. She also has a tiny toy poodle named Mia and a grand dog named Zoey. Heidebrecht also enjoys spending time outdoors, socializing with family and friends and helping others in whatever way she can. The Heidebrechts are members of



Marci Heidebrect

Lynette Sovde

Ann Hett

First Mennonite Church in Hillsboro, where Marci serves on the technology committee.

Ann Hett completes the trio of new smiles at Bethesda Home.

Hett is the new dietitian and takes her role very seriously. So seriously that she sets nutrition and weight goals for each resident to improve on over time.

“Ensuring that each resident receives a quality dining experience and that their nutritional quality of life is being met are the most important things to me,” she said.

Hett started at Bethesda on August 14, 2017 and has hit the ground running from the start.

“I love the staff and the residents and the relationships I am building with each and every one of them.”

Born and raised in Denver, Co., Hett eventually moved to Kansas City, Manhattan, Wichita and now resides in Marion with her husband, Nickolas and their nine month old daughter, Ava Delane. They also have a puppy named Benny.

Hett has worked in geriatrics for five years and began her career in 2012. When asked what she likes most about Bethesda, it came down to the welcoming family atmosphere and the faith based background. Hett also mentioned that the dining facilities are second to none.

“The kitchens in the neighborhoods are fantastic and our dining areas are top notch,” said Hett.

“I’ve worked in a number of facilities as a contract dietitian, but it’s never been as good as it is at Bethesda.”

Check Out What’s New at Bethesda!



Is it a mailbox? **NO!** Is it a large birdhouse? **NO!** Is it a Little Free Library? **YES!**

The Little Free Library, located in front of the southwest corner of Bethesda, is a gift from the Sunflower Reading Council to the Goessel community. The Sunflower Reading Council was a group of teachers from the surrounding towns that met together about four times a year to promote “a love of reading” in their schools and communities. Every year the council would do a service project involving books for the communities the members lived in. The council had to disband because of declining membership but the last few remaining members wanted to do one last project which turned out to be purchasing two Little Free Libraries.

The library belongs to everyone! Anyone may use it - neighbors, friends, and passersby. If you see something you’d like to read, take it! When you’re finished with a book, you may pass it along to a friend or return it to any Little Free Library.

You are also welcome to donate books. There will be a tub inside the door at the southwest corner of Bethesda marked for this purpose. The door will be open during business hours. Especially desired are books you recommend to friends, your childhood favorites, and books that teach and spark conversation.

Take a moment and stop by Bethesda and check out the new Little Free Library!

Alexanderwohl Lends Helping Hands

On September 24 members of the Alexanderwohl Mennonite Church did a variety of service projects as a ministry to the community instead of a Sunday morning worship service. Bethesda was blessed to be a recipient of two of those projects. Eleven people worked in the Butterfly Garden, painting, dead heading, weeding, moving of some plants and preparing it for some renovation of the 20+ year old irrigation system this fall. Volunteers included: Ben & Tina Schrag, Garrett & Brittany Hiebert, Sandy Banman, Sheri Wiens, Amy Sterk, Julie Sterk, Tammy Flaming and Brian & Nancy Stucky. Seven individuals provided a Sunday morning worship service for the residents coordinated by Marcia Brubaker. Bea & Eddie Gaeddert provided special music. Other participants included DJ Freeman, Gayle Voth, Dave Esau and Pete Flaming. Several residents expressed appreciation for having a Sunday morning worship service. From the staff and residents – A big THANK YOU to all for sharing your gifts of labor and talents.



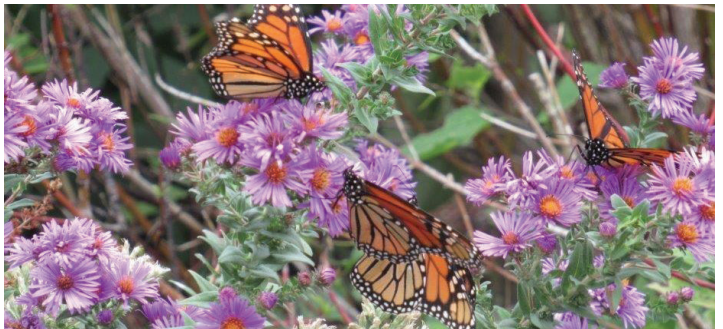
The Butterfly Garden gets a face-lift

Activities Report

The Activities Department at Bethesda strives to keep residents busy but not overwhelmed. We have five individuals who work in activities, with hours arranged so that residents receive a healthy roster of activity options. A few years ago, evening and weekend hours were added. Rosi Reimer and Mary Rauh work evenings and Saturdays but rarely at the same time. In addition to helping serve supper, they provide activities in the late afternoon /early evening. We had a request from the residents for more bingo, so we added a Bingo Night on Fridays. When we had a resident request for more weekend activities, we added a Sunday School class, taught by a volunteer, to the existing Sunday activities of the chapel service in the afternoon and the showing of a church worship service on DVD in the morning. During the regular weekday hours, Bonnie Ratzlaff works part-time, Gail Graber, our chaplain, also helps with activities, and Gayle Voth is director of activities. Beside the group activities, we strive to provide residents with any individual requests they may have for their personal hobbies and pastimes. Our activities calendar can be found online on the Bethesda website at www.bethesdahome.org.



Residents enjoy a Halloween ventriloquist show with elementary students.



Some residents also took a day trip to the Dyck Arboretum to view the beautiful flowers.

Food for Thought

The nicest place to be is in someone's thoughts,
the safest place to be is in someone's prayers,
and the very best place to be is in the hands of God.

**Those 70½ or older - we invite you to
direct your MRD to Bethesda Home.**

In Memory

Since July, 2017

Irvan "Pete" Buller – 8/2/17

At the HEART of the Matter

Bethesda's financial supporters are at the HEART of Bethesda's survival in providing a high standard of care to our residents in a safe environment.

Many have contributed generously for specific equipment/projects, for which we are very grateful. The real HEART of Bethesda's ministry is caring for all residents regardless of their pay source – private pay, LTC Insurance, or Medicaid.

A statement made on a Medicaid planning website – “Medicaid will pay the entire cost of a long term stay in a nursing home – if you know how to qualify!” FALSE!!! Medicaid does NOT pay for the entire cost. Furthermore, Medicaid was designed to assist low-income families in providing healthcare for themselves and their children. An alternative to protecting assets is purchasing Long Term Care Insurance – a win-win for both the family and the nursing home.

Here are the facts. Currently about 60% of Bethesda residents are on Medicaid which does NOT pay for their total cost of care – leaving Bethesda with an annual deficit of approximately \$350,000 that needs to be covered with either contributions or by not fully funding depreciation. Last fiscal year we were only able to cover about 50% of depreciation with the other 50% going toward the Medicaid shortfall. This is not healthy fiscal management. Your donations are needed.

To help us with the HEART of the Matter, I strongly encourage you to support Bethesda on a monthly basis via an EFT from your checking or savings account. I can provide you with the forms needed – pflaming@bethesdahome.org or 620-367-2291. Your occasional and/or major year-end gifts are certainly a blessing to often meet specific needs, but the day-to-day costs go year around.



Pete Flaming

Another Heart of the Matter is to express my personal deep appreciation for the staff and constituents who faithfully supported me with prayers during my heart transplant that was performed on 5/3/16. God has been VERY GOOD throughout this journey that still provides an occasional roller coaster ride of challenges to overcome. But I know that God has a purpose for each ride and it is not up to me to try to figure out the details or a reason.

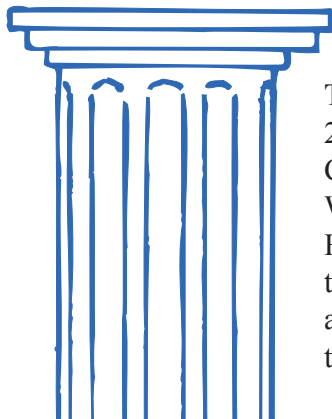
At my very first annual meeting in March of 2007 I said, “With God's help and your support we will make Bethesda a better place to call home and enjoy it.” That is still my commitment, and my purpose for my newly extended life. The theme for our 100th Anniversary in 1999 was Jeremiah 29:11 “For I know the plans I have for you,” declares the

LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Let it be so. I personally believe that, and want to thank those who generously support our ministry and invite more of you to do so. Your financial support, prayers and volunteerism are at the HEART of Bethesda's hope for the future.

The Board and Administration are looking at ways to be more efficient with the funds that you contribute. We have recently encouraged you to send your email to receive this newsletter and other communications electronically which will help us save.

Either send an email with your address to Pete Flaming - pflaming@bethesdahome.org or call Pete or Shari Wiens - 620-367-2291.

The current and past newsletters can also be viewed on our web site www.bethesdahome.org under the “About” heading.



Another Successful Pillar's Banquet

THANKS to the many donors and the following corporate sponsors for contributing to our 29th Annual Pillars Banquet on November the 5th generating over \$20,000 for our Benevolent Care Fund: Abrahams Engine Service, Baker Bros Printing, Citizens State Bank, Creative Wood, Everence, Excel Industries, Funk Electric, Goering Hardware, Miller-Ott Funeral Home, Penner Patient Care, Voth Construction and West Branch Excavating. You all provide the stability and sustaining support for our ministry of caring for the frail and elderly, and we are deeply grateful. The entertainment of “Sadie and the Larks” from Hesston College and the meal and fellowship around the tables were enjoyed by all.



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Resident Care / Facility Gift Ideas

If your family would like to give a Christmas gift to a local charity instead of the standard “gift exchange,” we invite you to consider Bethesda Home in meeting needs to continue providing quality care to our residents. Please consider the following specific gifts and note it in the memo of your check.

General Nursing / Resident Care needs

- Benevolent Care Fund (toward offsetting approx. \$750+ / mo. / resident on Medicaid)
- Endowment Fund (quarterly earnings go toward the Benevolent Care Fund)
- Stimulation games for Speech Therapy – \$80 for all 4 (Connect Four, Pixy Cubes, Nonsense, Concentration)
- Shoe horns 24” pack of 6 – a \$39.99
- Bedside tray tables - \$85 ea. (need 8)
- Pagers for nurses – \$180 ea (need 4)
- Bean Bag Toss with Carry Bag – \$30
- Reacher 26” standard – \$10.39 ea. (need 6)
- Gel Cushions – \$150 ea. (need 8)
- Cart Covers – \$32 for 2
- Sock aids (2 handled) – \$15.99 ea. (need 3)

Dietary

- Drinking glasses – \$65 for 72
- 9” & 6¼” plates – \$165 total
- Soft diet bowls – \$85 for 36
- Salad & cereal bowls – \$190 for 36
- Coffee mugs – \$50 for 36

Maintenance / Operations

- Resident room renovation – \$5,000 ea.
- Used skid steer with bucket & forks
- Various computer equipment ranging from \$300 to \$750



For a complete, detailed listing of needs visit our web page www.bethesdahome.org.
Contact Pete Flaming for more details –620-367-2291 or pflaming@bethesdahome.org