



Building Tomorrow:  
revealing our  
construction plans



Meet Arch & Margie:  
LifeChoices® at  
Bethany members



Bethany Life

# Newsletter

## From the President & CEO

It is my privilege to formally announce the launch of the Building Tomorrow initiative. After almost a year of study, deliberation and design work, the initiative to rebuild a significant portion of Bethany Manor has been approved by the Bethany Life Governance Board of Directors. Through their leadership, our viability and competitiveness will be assured. Our quality of service will continue to establish new benchmarks for all.

This decision was made knowing that the oldest part of our building, the “67 addition,” was aging and needed significant renovations; unfortunately the structure cannot be brought up to today’s building codes. Demolition and rebuilding is the only real option in making tomorrow a reality.

The design of the new structure calls for a new approach to resident centered care, best known as the “household” model of

service. This model is personal, private, and home-like. It is a social model with opportunities for living within a family-like environment and not an institution.

The Building Tomorrow initiative is a \$16.5 million dollar investment, which includes 33,500 square feet of new construction and renovation of 23,500 existing square feet. It includes 20 private rooms designated for an extended care household, and an 18 bed rehabilitation and wellness center. The new construction will bring a library, community room, bistro, spa/salon, and wonderful outside spaces. The Building Tomorrow initiative also includes partial renovations to the units within the rest of the facility in bringing a “household” model to all of our residents. Projected completion date of the full project is April 2016. The transformation at 212 Lafayette will be the pride of our community.

The Building Tomorrow initiative is about ensuring that older adults and their families enjoy all that home offers: directing their own lives, experiencing daily pleasures and continuing to live with meaning and purpose. It’s about economic security for our employees and their families. It’s about our community and our values.

I ask you to please join us as we move forward into tomorrow.

Gratefully yours,

*Betsy Warburton*

Betsy Warburton, President and CEO



### 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 Chaplain Sandy

### Words of Encouragement

“Now faith is being *sure*  
of what we hope for  
and *certain* of what  
we do not see.”

Revelation 21:1



For God's children, the thought of tomorrow fills our hearts with hope. We live in the confidence that tomorrow will be so much better than today. There will be a time when all limitations and sin of this world will be removed.

There will be a day when there will be no more tears or crying or pain, for as it says in Revelation 21:4, the old

order of things will pass away and God will dwell with His people. What a great day that will be!

What a day it will be  
when we see Him  
*face to face* and  
are embraced by His  
*nail-scarred hands.*

We look forward to a tomorrow when there will be a great family reunion. We will be united with all those we have loved.

Tomorrow there will be no more good-byes and no separation.

We live with the promise that tomorrow we will be with the God we have loved and served. What a day it will be when we see Him face to face and are embraced by His nail-scarred hands.

Our future is infinitely greater than our past. Our tomorrows are overflowing with incredible promises. Jesus Christ makes our futures amazing.

Although we dwell in a land of good-byes we look forward to a heaven of hellos and a glorious homecoming. Until then we live with hearts filled with the promises of tomorrow.

In His Service,

*Chaplain Sandy*

Chaplain Sandy Anenson



# Building Tomorrow Concepts



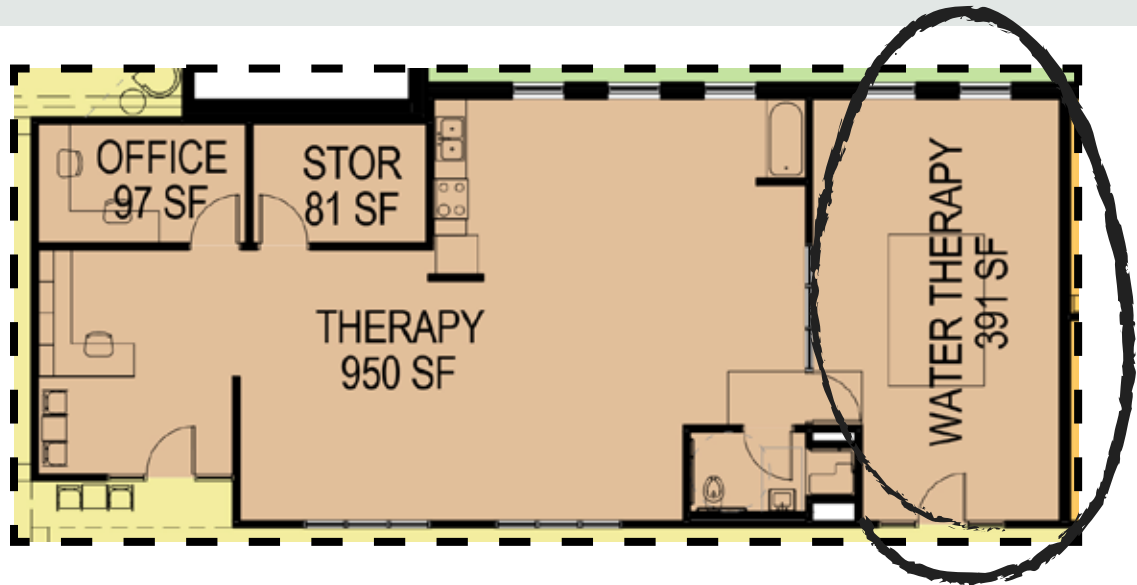
Transitional Care Wing

Main Street and Bistro



# Building Tomorrow

## Transitional Care Unit



★ All PRIVATE rooms  
with private bath

Water therapy—

- Natural bouyancy
- Reduced gravitational pull
- Reduced joint pain





# Transitional Care Q&A

From Kari Matheason, Vice President of Clinical Services and Outcomes



**Q Why are we doing what we're doing in building the new Transitional Care Unit?**

**A** Transitional Care or Skilled Care has traditionally been a hospital or institution based care model. What we are finding in our work through transitioning to households in other areas of our organization is that while Transitional Care clientele is a very different clientele that want to get well and go home, the feeling of home while at Bethany Life helps aid in the healing process. Creating a new building that offers private dining spaces and small spaces to converse with family provides a less institutional and more home-like environment to heal. We're trying to mimic a typical home in the Transitional Care setting so those we serve have more confidence when returning home.

**Q What aspects are different than what is already offered by other organizations?**

**A** While the positive clinical outcomes are critical, we also need it to feel like home. Our staff is very highly technically trained - we have Registered Nurses on staff 24/7 trained in IV care, wound care, complex care after heart attack or stroke, tracheostomies, and more. But we have seen in organizations throughout the country that creating a home-like environment makes patients better prepared to return home after therapy, and no one else has that around here.

**Q How will this positively impact our organization, our community, and the older adults we serve?**

**A** Equally as important as the positive clinical outcomes is patient experience. While we have put all of our focus toward providing excellent medical care and excellent medical outcomes, we also want the patient experience to be excellent.

**Q Why is Transitional Care in general an important piece of our service to older adults?**

**A** Transitional Care is so important for our community - we want to help older adults thrive wherever they call home. It helps those we serve to get to their highest level of functioning after illness, injury, or surgery. We want to be there to help them get well and go home.

*The feeling of home while at Bethany Life helps aid in the healing process.*

## First Floor Plans

The floor plan shows a large central area with several rooms. A large black arrow points from the top left towards the bottom right. The rooms and their areas are:

- OX: 40 SF
- M: 40 SF
- NURSE: 78 SF
- EQ: 75 SF
- O: 68 SF
- SPA: 75 SF



New Spa and Salon - Also open to the public. Will offer massage, nail care, hair care, and more.

New Multi-purpose room  
a GREAT space for concerts,  
gatherings, and whatever else  
needs a large space!

Library next to  
the chapel will  
provide a quiet  
place to relax  
and read

Outdoor seating so all  
can enjoy the beautiful  
four seasons of Iowa.





# LifeChoices® at Bethany

## From the Director

LifeChoices® at Bethany was a vision for a new way of supporting people in their homes as they aged; with the focus being on wellness, independence and asset protection. It is now a reality with several LifeChoices® at Bethany members and many more excited prospects. Our members have chosen our program for a variety of reasons, but they all have expressed the “peace of mind” they have discovered in knowing that their future aging services are secured. Their planning is complete.

We are proud to have created this first in Iowa initiative of a Continuing Care at Home (CCAH) membership program. This membership, with its entry fee and monthly dues, provides members a comprehensive service agreement contract that protects the member from the high costs of nursing home care and just as importantly gives the member the resources to stay healthy and active at home for as long as possible.

We know people who have planned well. We know people who have not planned, and we know the ramifications of procrastination. It can be devastating. We also know that LifeChoices® at Bethany is not for everyone and that more solutions are needed. Yet, we have heard very clearly that our program is a welcome choice for those who do not want to move to congregate living; that home is where people want to age.



LifeChoices® at Bethany is a significant investment. Each person needs to determine how the cost/benefit of a Continuing Care at Home program impacts them personally. Everyone is different. It's a financial and emotional decision that we can help you make. If LifeChoices® at

Bethany is not a good fit for you... we will tell you. For many, it's going to be life changer.

We invite you to one of our many educational seminars. You can find upcoming presentations on our website at [www.bethanylife.org](http://www.bethanylife.org). If you prefer, we will be happy to meet with you personally. You can be assured that you will be provided with good, accurate information with no feelings of obligation or pressure. We encourage you to

**LifeChoices®**  
at Bethany

involve your family, a trusted friend, your financial planner or your lawyer in the process. As a team, a good decision can be made. Give us a call.

Feel free to call me directly at 515-509-3299. Stay well!

*Larry Elphic*

Larry Elphic, Executive Director  
[larry@bethanylife.org](mailto:larry@bethanylife.org)

## Chef Chris's Pumpkin Chocolate Chip Cookies



Makes 26 cookies

### Ingredients:

1 cup whole wheat flour	2/3 cup room temperature butter
1 cup all-purpose flour	1 cup tightly packed brown sugar
3/4 teaspoon baking soda	1 cup unsalted canned pumpkin
1/2 teaspoon baking powder	2 large eggs at room temperature
1/2 teaspoon kosher salt	1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon	2/3 cup miniature dark chocolate chips
1/4 teaspoon ground nutmeg	

1. Preheat the oven to 375 degrees F. Line baking sheets with parchment paper or lightly spray with cooking spray. Combine the whole wheat flour, all-purpose flour, baking soda, baking powder, salt, cinnamon, and nutmeg into a bowl. Whisk to mix the ingredients together and set aside.
2. In a stand mixer fitted with the paddle attachment, cream together the butter and brown sugar on medium speed for 3 minutes or until very light and smooth. Scrape down the bowl once to blend evenly. You may also mix the butter and brown sugar together by hand until it is very light and smooth.
3. On medium speed, or by hand, add the pumpkin, eggs, and vanilla extract and blend until well-combined (the mixture may appear curdled or broken, but this is okay), about 3 minutes. Scrape the bowl down once or twice to blend evenly.
4. On low speed, add the dry ingredients until just blended, about 2 minutes. Add the chocolate chips and continue to mix until they are evenly distributed in the batter, about 30 seconds.
5. Use 2 serving spoons to drop batter into mounds (about 2 tablespoons each), 2 inches apart onto the prepared baking sheets. Cookies will spread when they bake.



# Member Spotlight

## Meet Arch & Margie

LifeChoices® at Bethany Members



Arch and Margie Oldehoeft have lived in and served the Ames community for 43 years. Arch spent his time as a professor at Iowa State, teaching computer science for 29 years. Margie served as the Director of Volunteer Services at Mary Greeley Medical Center.

In his free time, Arch enjoys talking with friends on Facebook, while Margie spends her time volunteering in art and literacy, and working on her genealogy. Together, they enjoy traveling, visiting family, reading and playing bridge.

When asked why they joined LifeChoices® at Bethany, Arch states, “We did not have any long term care insurance, and we had thought about that throughout the years; then we learned about LifeChoices® at Bethany and there were a number of attractive features. First, staying at home as long as possible is a big deal. Second, if and when the time comes to go to a different kind of care,

there is comfort in knowing that we will be taken care of. The third important part is that when and if that time comes, there is protection against the financial holdings we have.”

Margie adds, “We’re excited about it and think it’s the right fit for us.”

*“... staying at home as long as possible is a big deal.”*

“We’re planning for this new stage in our lives” states Margie. “My mother lived at Bethany Manor for seven years. We wanted to be prepared. We looked at this program and decided that if either of us were in the nursing home for two years, it would pay for the initial fee and part of the monthly fees.”

“Bethany Life has a great reputation in the community and chaplaincy services are a wonderful bonus. That’s important to me,” adds Margie.

Arch and Margie have a lot to look forward to in the years to come. They have two children, Gretchen and Kimberly. Gretchen is married to husband Steve and together they have four children, Isabel, Elias, Ezra, and Sylvia. Kimberly is engaged to fiancé Jeff. They enjoy time spent with extended family and are looking forward to their daughter Kimberly’s marriage.

Today, they are in the process of building a new home in Ames and look forward to spending their retirement years in it.

# Building Tomorrow Campaign

For almost 100 years Bethany Life has kept its promise of upholding our guiding principle which comes from Psalm 71:9. "Do not cast me off in the time of old age; forsake me not when my strength is spent." It is with this promise that we now, in our 100th year, take Bethany Manor on a journey that will assure our ministry will be sustainable for many tomorrows to come.

The plans for our new facilities bring an outstanding new physical dimension to Bethany Manor, yet also bring a new way to provide for those in need. For our friends who are in need of long term care, the design allows for a true sense of living within a household, much like home. A home that is welcoming and private. A promise of tomorrow filled with dignity and honor.

The new facility will bring state of the art services in responding to the growing need for rehabilitative care. Building a strong tomorrow for those

who are sick or injured and who will return home with wellness.

We are given the opportunity to express God's gift of grace. The Building Tomorrow Campaign is about bricks and mortar, but more so it's about how we in central Iowa demonstrate our compassion and love for the elderly.

Bethany Life needs your support today. The Building Tomorrow Campaign is an investment in the future of not only our organization, but in our entire community. We have been blessed for almost 100 years in the support we have received from the community. We are in this together and we are grateful.

The Bethany Life Foundation's goal is to raise a minimum of \$500,000 through the Building Tomorrow Campaign. We currently have approximately \$220,000 committed to the campaign. With your support we can reach our goal in 2014.

\$500,000

\$220,000

100 years of service. 1000's of individuals and families served.

Bethany Life owns a legacy of caring that is immeasurable.

We share this legacy with you through our Building Tomorrow Campaign.

Please join our journey of *Building Tomorrow!*

## Building Tomorrow Campaign *Gift Giving Opportunities*

Humanitarian	\$5000+	20 Needed
Benefactor	\$2500 to \$4999	30 Needed
Leadership	\$1000 to \$2499	40 Needed
Stewardship	\$500 to \$999	50 Needed
Friend of Bethany	\$100 to \$499	200 Needed
Supporter	Less than \$100	1000 Needed

There are several honorarium opportunities.

To give a gift, please contact:  
Larry Elphic  
515-509-3299  
[larry@bethanylife.org](mailto:larry@bethanylife.org)

# Our 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, Gilbert  
 St. Paul's Lutheran, Jewell  
 St. Paul Lutheran, Williams  
 St. Petri Lutheran, Story City  
 Stavanger Free Lutheran, Garden City  
 Trinity Lutheran, Ellsworth  
 Zion Lutheran, Radcliffe

## Building Tomorrow: Memory Care Neighborhoods

Smaller more homelike living spaces  
 offer a comfortable place to eat  
 or converse for those who live here  
 and their family and friends.



Food Prep and Serving Kitchen in  
each neighborhood offers a more  
 homelike feel to each living space.

Expanded Garden allows those  
 who live and work here to  
 enjoy nature's beauty.



**Bethany Manor**  
212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325  
Fax: 515.733.5293  
E-mail: office@bethanylife.org

**Cedar Place**  
812 Cedar Street  
Story City, Iowa 50248  
515.733.2904  
Fax: 515.733.6111

**Timberland Village**  
725 Timberland Drive  
Story City, Iowa 50248  
515.733.6500  
Fax: 515.733.9376

**Bethany Life Foundation**  
212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325  
Fax: 515.733.5293  
Website: www.bethanylife.org

**Affordables Thrift Store**  
630 Pennsylvania Avenue  
Story City, Iowa 50248  
515.733.5304

If you do not want to receive future fundraising requests supporting Bethany Life you may call 515-733-3040 and request to be removed from our Foundation's mailing list. Thank you.

## NOTES OF THANKS from our guests

*Thank you for the wonderful care I received while I was recovering from knee surgery. Everyone helped make my stay comfortable and met all my needs (including the Mrs. Dash on the dinner table). I don't know what I would have done without friends like you. I continue to feel better each day.*

*Sincerely,  
Nancy Holcomb*

*To the Staff of the Skilled Care Unit,  
Thank you for your wonderful care and concern over the last 2 months. You were a tremendous help to us. Best wishes to all of you.*

*Donna Murken  
Linda Murken*

Staff did a wonderful job with my father-in-law from nurses to CNA's to PT's. They were very courteous and showed patience that I have not seen for quite some time in this type of facility. This facility is one of the cleanest facilities I've been in.

-Alan Clore

Bethany Life



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