

### 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.



From the Foundation:  
Sampson Court named for  
Olive Sampson



Chef Chris Recipe:  
Hawaiian-Style  
Fresh Salmon



Bethany Life

# Newsletter

## LifeChoices® at Bethany

Bethany Life is conducting an ongoing series of educational seminars designed to help older adults and their families learn about LifeChoices® at Bethany and how this new concept in aging services can meet the populations' diverse needs. For more information about LifeChoices® at Bethany or to schedule a private consultation contact **Larry Elphic** at **515-509-3299**.



## LifeChoices® at Bethany Has Officially Launched

Whether you're planning for your own future, or for the future of a friend or loved one, the launch of LifeChoices® at Bethany sets a new standard for aging services.

### Imagine the Future:

Imagine peace of mind knowing that future aging services have been secured.

Imagine knowing what these services will cost up front, with no future surprises.

Imagine having an advocate 24 hours per day, 7 days per week, 365 days per year supporting and promoting overall wellness.

Imagine having a team of professionals who encourage independence through preventative support.

Imagine having an organization that can quickly provide member benefits without bureaucratic red tape.

Imagine ultimately protecting assets from costly nursing home care by having the tools to successfully stay home. Imagine.

LifeChoices® at Bethany has created a whole new way of looking at aging services:

- #1 objective is for the older adult to live independently at home for life.
- A program that combines the traditional benefits of a retirement community with wellness initiatives for those who would rather stay in their homes as they age.
- Offers a comprehensive package of in home care services to address almost any need older adults may have as they age in their homes.
- Membership plan where members receive services as needed without a fee for service mentality.

The membership model of Life Choices® at Bethany offers a range of services including wellness and education, hospitality and environmental services, care and support services at home, assisted living, and if needed, nursing home care.

LifeChoices® at Bethany is a new choice...a new solution. You will have questions. We have the answers. Give us a call and see what it's all about.

*Tina Larson*

*"I am so grateful that Bethany Life gives me the opportunity to continue my education."*

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Bethany Life

Helping older adults thrive





### *From the President & CEO*

We are excited to announce the launch of LifeChoices® at Bethany. LifeChoices® at Bethany is the result of a visioning process that has been in the making for over a year. We have taken from what our market studies have described as the wants and needs of our customers and have melded them with what we believe to be the needs of our society in assuring that seniors have affordable choices and high quality aging services.

LifeChoices® at Bethany is in response to those people who want to remain in their home as they age and to have the peace of mind in knowing what the cost of these services will be up front. We have been told very clearly that wellness, independence, asset protection, and the opportunity to live at home is paramount on the

minds of the senior population. We have also recognized that the choices to get this done have been limited. LifeChoices® at Bethany is the solution.

LifeChoices® at Bethany is the first initiative in Iowa for a CCAH (continuing care at home) model of service provision and financing. It is only the tenth such initiative in the country. We are proud to bring LifeChoices® at Bethany to central Iowa. It is truly a sentinel moment for Bethany Life and for you.

I want to thank our Board of Directors and our Leadership Team in their support and work in making LifeChoices® at Bethany a reality. It's very exciting to bring a new beginning in aging services to central Iowa.

Dear Friends,

As God's people we are privileged to live life with an eternal perspective. The future is bright and the best is yet to come. The promises of our faith fill our hearts with hope as we look forward to eternal life.

Earth is stunningly beautiful and there is immense joy to be found in our lives. God has made everything beautiful in its time. The fragile petal of a flower, the green curve of a pear, the cool glide of silk on silk, the playful music of a birdsong and the love that is shared with family and friends, indeed it is all beautiful. Earth is to be treasured as we see the fingerprints of God all around us. But there is more, more than life on this earth, more than we could ever dream or imagine. And that of course is eternal life with our Lord and Savior, Jesus Christ.

In our heavenly home everything that has been lost will be restored. All the broken and scattered parts of ourselves will be returned. Heaven is where our inescapable sense of loss and incompleteness is overcome. Heaven is the one thing large enough to answer our deepest longings and console our deepest grief. Those truths and promises reframe our lives as we journey in faith. By faith we live with an eternal perspective, longing for things to be complete and whole. By faith we know that the challenges and sadness of this world will be lost in the presence of our God. We know that this troubled world is not our final home.

As the hymn says, "Until then, my heart will go on singing. Until then with joy I'll carry on. Until the day, my eyes behold the city. Until the day God calls me home."

Looking forward, we turn our eyes to God, knowing that the best is yet to come.

In His hope,  
Chaplain Sandy Anenson

*<sup>9</sup>No eye has seen, no ear has heard, no mind has conceived what things God has prepared for those who love Him.*

*I Corinthians 2:9*

### *Get Well, Go Home*

Did you know that Bethany Life offers Transitional Care?

Our goal is to bridge the gap between hospital and home for those recovering from surgery, illness, or injury. During a short stay in one of our private rooms, we provide individualized care so you can get well and go home. Call 515-509-6269 for more information.





## Spotlight on Staff



Carmen (second from left) pictured with panel members from across the country.

### Carmen Goebel

Carmen Goebel, a Registered Nurse at Bethany Life, was approved by the Iowa Board of Nursing and selected by NCSBN to participate on the NCLEX® item development panel of subject matter experts that was held in Chicago, IL.

NCSBN, headquartered in Chicago, is responsible for developing and administering the NCLEX- RN® and NCLEX-PN® licensing exams.

Goebel was one of six nurses from across the nation to be selected for this assignment. She was nominated on the basis of clinical specialty and nursing expertise.

All nurses in the United States and its four U.S. territories must take the NCLEX®. The licensing exam identifies those candidates who demonstrate minimal competence to practice nursing at the entry level. Passing the NCLEX® exam is one of the requirements necessary for attaining a nursing license.

Carmen Goebel has served at Bethany Life in Story City since 2008. After earning her Bachelors of Science in Nursing at the University of Iowa, her 20-year nursing career has included the areas of Transplant, Trauma, Pediatrics, Surgery, Compliance and Geriatrics. Goebel currently works on the Transitional Care unit at Bethany Manor helping older adults get well and go home.

There are so many great people that help make up the **Bethany Life** Community, we love our residents and enjoy serving them the *best* way we can!

### Tina Larson

A wound care specialist has a job that requires not only technical skill, but patience, understanding, kindheartedness, and a willingness to learn new things. Wound care specialists make a difference in their patients' lives by doing their best to minimize the potentially severe consequences of a wound. Bethany Life is proud to have a wound care specialist on staff that embodies all of these traits, Tina Larson RN, WCC.

Tina is a Clinical Nurse Manager with a Wound Care Certification. She specializes in wound care, nursing education, and nursing orientation. Tina became a nurse in 2005 and began working at Bethany Manor.

In 2009, she was promoted to Clinical Nurse Manager. During this time, she began monitoring wounds. "I found I can make a positive impact on patients' quality of life and the subject of wound care is very interesting to me," says Tina.

Tina received her Wound Care Certification through the Wound Care Education Institute. As a Certified Wound Practitioner, it is Tina's

responsibility to make treatment recommendations, monitor all complex wounds for healing, provide staff education, and to organize prevalence and incidence studies. Tina says, "I am so grateful that Bethany Life gives me the opportunities to continue my education and expand my knowledge in regards to wound care through specialized conferences and helping me receive my Wound Care Certification."

A wound care specialist takes satisfaction in seeing their patients' wounds heal. It takes a special person to work in wound care and enjoy their job while they do it. Bethany Life appreciates members of their team, like Tina,

who are sincere and passionate about their job. Tina says, "I enjoy my job because I get to work with the patients and the rest of the healthcare team while watching the healing process and learning new things every day. The thing I love the most about my job is making a difference in people's lives and helping them through difficult situations."

## From the Foundation



Olive Sampson of Story City has a huge heart, loves Bethany Life and is a planner. In 2004, Olive, with the encouragement and blessing of her family, entered into a Life Estate Agreement with Bethany Life. Olive's intent was to donate her home to support the mission of Bethany Life when she no longer needed the home.

Olive, a life-long resident of Story County, has had a very close relationship with Bethany Life for many years. Her husband, AJ, was a resident at Bethany Manor and she spent many days at his side until he passed away in 2006. She has always been grateful for the care he received. Olive has been a committed volunteer and has enjoyed quilting, helping with bazaars and bake sales, and was one of the first volunteers as the Foundation's Affordables store opened in 2006.

In 2012, Olive decided it was time to

leave her home and move to Cedar Place. Olive has many friends throughout Story City, including many of the residents at Cedar Place. Her new apartment was fully renovated and she often says, "I love it!" Olive's home was sold and the life estate net proceeds were gifted to Bethany Life. Her family is so proud of her for fulfilling her life estate agreement and making this gift a possibility. Olive made it very clear when she said that it was her way of saying thanks for the care we gave to AJ, her husband of 65 years. We are honored.

The designation of Olive's gift was important for her: that her gift was used to support one of the dementia wings. The timing could not be better in that our "East Wing" within Bethany Manor is in need of significant upgrades and new furniture. Olive was thrilled with the opportunity to help in this very special way. She believes AJ would have certainly approved. The improvements are expected to cost approximately \$50,000. Olive's very generous gift will meet this need! Thank you Olive for this amazing gift! You and your family are an example for our entire community. The East Wing has been renamed to Sampson Court in honor of this remarkable friendship.

## 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

*If you are interested in learning how you can provide a legacy gift through a Life Estate Agreement please contact Larry Elphic at 515-509-3299. It can be gift of a lifetime.*

The Bethany Life Foundation is deeply appreciative of the contributions that were received in 2012 in support of Bethany Life's mission. We thank our member churches, the business community, our Board members and staff, and the many individuals who gave throughout the year in making Bethany Life a better place for our seniors and elders. We are very grateful to our many volunteers who raise funds at our Affordables store and through their crafts and bake sales. We are a blessed community that cares for those in need.

Our donors were there to support the renovation of our newest secure dementia wing, Julia's Place. They were there in providing the necessary funds to keep our Chaplaincy program strong and to invest in the future of the Chaplaincy program through our Walking Together in Faith Chaplaincy Endowment Fund. Donors stepped up in providing gifts to our staff and residents at Christmas and providing scholarships to those pursuing nursing degrees. Through their generosity a new bus is on order and will be received in April 2013. Garden areas were improved, new dietary and nursing equipment were able to be purchased. From donations of \$1 to \$120,000...in 2012 we honored our mothers and fathers in many special ways. Thank you and God bless all of you.

# The following are donors who provided gifts of \$100 or more in 2012.

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Ann Thompson Bergen Lutheran Church Bethany Life Volunteers Darlene Patterson	David & Camille Kundert Dorothy Christy Elizabeth Danielson Enoch Hall Estate	Gilbert Lutheran Church Glen Eglund Howard & Barb Larson James & Leslie Utter	Jim & Amy Twetten Larry & Kathaleen Elphic LeRoy & Catherine DeJong	Peggy Riggs Pr. Stephen & Ch. Sandra Anenson Randy & Mary Navratil Roger & Lois Oakland	Roy & Patricia Hougen Scott & Vicki Saienga Susan Ernest Vicki Hetland
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# Volunteers make our community a better place



Bethany Life is appreciative of all the volunteers that come weekly, monthly, or just for special occasions. Volunteering time or talent is something that anyone at any age can do.

Every Monday and Tuesday at Bethany Life, women in the volunteer auxiliary volunteer their talent. On Monday afternoons, volunteers come make Tea-Towels that are on display in the front case in the lobby of Bethany Manor. People can call Bethany Manor and request certain patterns and these volunteers will make personalized Tea-Towels upon request. On Tuesdays, volunteers come make quilts that are also on display in the lobby of Bethany



Manor. Together these volunteers are able to raise hundreds of dollars for Bethany Life every year, just by doing something they enjoy.

In the spring, volunteers offer their time by volunteering to help out at the numerous events that Bethany Life has going on. Some of these events include: Brunch, Bake Sales, and Ice Cream and Pie Socials. Volunteers are always welcomed during these events. In the fall, there is a Fall Bazaar that volunteers are welcome to help out with as well.

Volunteering comes in all shapes and forms. You can volunteer your talent and make crafts of any sort that can be put on display and sold or make a pie or pastry for the bake sale. Volunteer for a single event, ongoing events, or volunteer for just a few hours of good conversation.



## Fresh Salmon topped with Hawaiian-Style Sweet-and-Sour Roasted Pineapple and Bell Peppers

### Ingredients:

1-1/2 cups coarse fresh bread crumbs or store-bought bread crumbs	1 Tbs. toasted sesame oil
2 Tbs. unsalted butter, melted	1 Tbs. vegetable oil
Kosher salt	1 Tbs. dark or light brown sugar
3 cups cubed fresh pineapple	1 Tbs. sweetened coconut flakes, optional
1 medium red bell pepper, cubed (1 1/2 cups)	1 Tbs. lime juice
1 medium red onion, cut into thin wedges (1 1/2 cups)	6 (4 oz.) portions of salmon grilled or pan seared
	3 cups rice

### Directions:

Preheat oven to 400°F. Arrange pineapple cubes, red bell pepper cubes, and red onion wedges on ungreased rimmed baking sheet. Drizzle with toasted sesame oil and vegetable oil, sprinkle with brown sugar, and season with salt and pepper, if desired. Toss to coat.

Roast pineapple mixture on center oven rack 30 minutes, or until lightly browned, turning once. Remove from oven and sprinkle with sweetened coconut flakes, if using, then drizzle with lime juice. Remove to serving bowl and toss well to combine. Serve hot or at room temperature.

Serve Salmon atop a bed of Rice and top the salmon with the pineapple mixture.

### Serving Information:

Serves 6	Serving size: 1-cup	Calories: 108
Protein: <1g	Fat: 5g	Carbs: 17g



For further information about how you can volunteer email [office@bethanylife.org](mailto:office@bethanylife.org) or contact Cindy Kirk at 515.733.4325.





# Resident Spotlight

Margaret Larson is one of the many wonderful residents that Bethany Manor has had the privilege to serve. Margaret is proud to say that she is as old as Bethany Manor, born April 15, 1914. "I remember when the building was called the Old People's Home." She smiles just thinking about it. Margaret is a Story City native. She is not only an Iowan but she also feels

close to her Norwegian roots. Her parents were from Norway and Norwegian was the first

language Margaret learned. Born in Stanhope, Iowa, Margaret moved to Story City when she was four years old with her parents and siblings. Margaret is the youngest of twelve children, nine sisters and three brothers. She has fond memories of her family life growing up. Margaret says "I always had a good time with my siblings. But we knew that work had to be done. Mama would always say, 'Things are much less to do when you do them right.' We always made sure to do our chores and then we could do whatever we wanted." Margaret still lives by these rules, keeping her room neat and tidy and making up her bed when she feels up to it.

***"The people here (Bethany Life) listen to you, they respect your needs, and when we ask for things they get them for you," - Margaret Larson***

Margaret has had an eventful life. She and her husband were part owners of a motel that still stands in Story City to this day. They also were owners of a funeral home and for a little while Margaret and her sister operated a dress shop. Margaret enjoyed each and every one of the businesses that she owned. She loved meeting new people and continues to be friends with many folks from her earlier days.

Margaret has two daughters who live in Colorado. Margaret's third daughter passed away when she was only thirteen months old. "She was special. She did not look like anyone else, but she had problems with her blood and sometimes that's just the ways those things go," she

says. Margaret's daughters both have children of their own and Margaret loves when her daughters and grandchildren come into town.

She says, "We own an apartment above the bank in town. So when they come they bring their air mattresses and we all stay there. We stay up, eat, and play cards. I always have so much fun."

At ninety-eight, Margaret does not have any one secret to staying healthy. Her mother lived to seventy-eight and her father lived to ninety. She says that her family was always healthy. There were no serious illnesses in her family. The real key to her health may be her happiness. Though her husband passed away in December of 1989, she has still been able to find joy through her family.

Margaret has been at Bethany Manor for several years and is enjoying her life. "The people here listen to you, they respect your needs, and when we ask for things they get them for you," she says. She takes pleasure in the many activities that Bethany Manor has to offer throughout the week and likes the fact that you have the option to attend. Her favorite activity is Bible Study with Chaplain Sandy. Margaret tells the story of Chaplain Sandy as an old friend of hers. "I met Sandy when she first came to town. She came in the church with her son in her arms and he was crying. I said, 'What is wrong with him?' and she told me that he wanted to keep his hat on in the church. I told her 'Let him keep it, it's his blanket.' And we have been friends ever since." Chaplain Sandy, along with other people who work at Bethany Life, has helped make Margaret's life comforting and pleasant. "I love Bethany Life and I enjoy seeing the change and growth of the facility." We love Margaret and wish her many more years of joy and happiness through her life journey.



**Bethany Manor**  
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Story City, Iowa 50248  
515.733.4325  
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E-mail: office@bethanylife.org

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

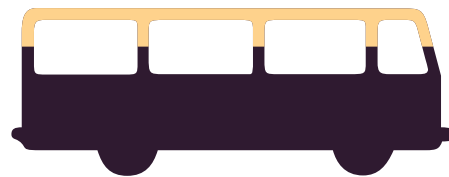
**Timberland Village**  
725 Timberland Drive  
Story City, Iowa 50248  
515.733.6500  
Fax: 515.733.9376

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

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

**The Bethany Life Foundation is committed to raising \$70,000 to purchase a new wheelchair accessible, 16 passenger bus.**

Getting out and about town is a real joy for all our residents and tenants. We've almost reached our goal! We still need \$10,000 to make this dream a reality. Make a donation by contacting Lynne Melssen at the Bethany Life Foundation:  
733-3040 • lynne@bethanylife.org

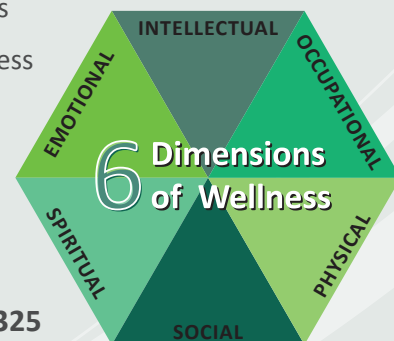


**Did you know that Bethany Life now offers wellness classes for the community?**

As a part of our ministry, we are now offering wellness education classes to the community. Classes are taught by experts in their respective field. Do you have an organization, group, or club that may benefit from a wellness class? We'd be happy to come! Classes are offered free of charge. Listed opposite are the courses available.

- Living Wills and Financial Planning
- Fall Prevention In and Outside of the Home

- Winter Safety for Seniors
- How to Talk to your Physician
- Staying Healthy - Diet and Exercise Tips and Tricks
- Cooking Healthy - Cooking Classes taught by Chef Chris
- Handling Stress



**To sign up call us at 515-733-4325**



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