



# Bethany Life

Helping older adults thrive  
wherever they call home

## *The Future of Aging Services*

It's no secret: Health care costs are rising dramatically. The annual pricetag on nursing home care, as projected by Genworth Financial, is expected to nearly double to \$142,000 in the next 15 years.

Demand is on the rise, too. The Praxis Strategy Group Analysis of the U.S. Census has projected that by 2030, there will be more than 70 million people in the United States over 65 years of age. Of those, the AARP reports that 90% say that they want to age in their own home. The math is easy; there will potentially be 63 million seniors who will prefer to receive aging services in their home. That is a 62% increase from today's numbers!

These are stunning statistics, but let's understand who these new seniors are. They are Baby Boomers who have high expectations. They want wellness opportunities. They want to preserve their independence. They are rightly concerned about their financial health. Americans have been crippled financially by the Great Recession and the decline in home values. IRAs have been hit hard. Primary investment tools (money markets and CDs) have returns that cannot even match the current low inflation rates. Planning for the cost of future services is very difficult and choices are limited.

That's why Bethany Life is working hard to develop new and innovative service delivery systems. We believe that there are better ways to invest in wellness and to protect yourself from the high cost of care. We will dramatically grow in our support to help those who wish to remain in their home. Bethany Life will soon be launching a "first in Iowa" initiative that directly confronts these issues.

Bethany Life's innovation sets us apart. This newsletter is dedicated to the future of aging and Bethany Life's commitment in finding solutions to the issues that we all face together. Stay well. We will be there for you.

## *Wellness Classes Now at Bethany Life*

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

## **Bethany Life**

212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325  
[www.bethanylife.org](http://www.bethanylife.org)

## **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, Ames  
St. Peter & Paul, Gilbert  
St. Paul's Lutheran, Jewell  
St. Paul Lutheran, Williams  
St. Petri Lutheran, Story City  
Stavanger Lutheran, Garden City  
Trinity Lutheran, Ellsworth  
Zion Lutheran, Radcliffe



## FROM THE PRESIDENT & CEO

### *Building a Culture of Wellness*

At Bethany Life, we're always looking for ways to live out our mission, vision and values. With these as a foundation, our team strives to proactively improve the quality of aging services. We are excited about several recent initiatives that demonstrate that commitment.

Bethany Life recently introduced the concept of "Neighborhoods," allowing us to move away from the institutional model toward a home-like environment. Each neighborhood will have its own name, culture, mayor and staff that function like a community. This model brings consistent staffing patterns, familiarity, and a focus on relationships, empowerment and teamwork.

Our most recent renovation and newest neighborhood, Julia's Place, provides a comfortable environment for those suffering from dementia. This is our first neighborhood to physically resemble a home, complete with a front porch and a doorbell. We are thankful for our friends and donors for supporting this new neighborhood.

This winter, Bethany Life will be introducing an exciting new model of home and community based services. Research continues to show the changing demands of the aging population: people want to stay in their homes. Bethany

Life is responding to those demands by creating new and innovative ways to provide opportunities for wellness at home. These new initiatives will be launching in the upcoming months.

As we look forward to our centennial in 2014, our focus is set on maintaining our reputation of innovation. We are currently developing a Facilities Master Plan that will, when fully implemented, bring state-of-the-art structures that will be unrivaled in central Iowa. Our environment will go from great to outstanding. We are proud of the renovations we have completed throughout Bethany Life, but there's plenty more to come. Bethany Life will look significantly different as we move towards our second century of providing aging services.

We are continually thankful to our friends, supporters, and community members who make it all possible. We look forward to serving you in new and exciting ways in the months and years to come!

*Betsy Warburton*

Betsy Warburton

*“We are continually thankful to our friends, supporters, and community members who make it all possible.”*

## FROM THE CHAPLAIN

Dear Friends,

The words of a hymn echo in my heart as I reflect on spiritual wellness. The chorus of the hymn speaks to our hearts, "It is well, it is well with my soul." These incredible words were written by a Chicago lawyer, Horatio G. Spafford. You might think that to write those words he would have to be rich and successful. But the words, "When sorrows like sea billows roll ... It is well with my soul," were not written during the happiest period of Spafford's life. On the contrary, they came from a man who had suffered unimaginable personal tragedy. In a short time he suffered a financial crisis and his five children died either by disease or by disaster at sea.

As Horatio set sail to be with his wife in the midst of their tragedy, his ship passed the fateful place in the ocean where his daughters had drowned. He went to his cabin and penned the words to this hymn which has spoken to many, many people. They are a very powerful reminder that God will not fail us.

It is well with my soul, means that we have discovered in Jesus Christ the peace that passes all understanding. It means that we can live knowing that our sins are forgiven. It means knowing that God is present in all of the circumstances of our lives. It means that our hearts are held in God's loving hands.

Our heart grows in wellness as we spend time in God's presence, ministered to by His Holy Spirit, and encouraged by others on the journey of faith.

At Bethany Life we care for the whole person. It is my privilege to share the truth and wonder of God's Word with residents, tenants, and families. The power of God's Word and our trust in His promises brings the assurance of His love and care so that we can say it is well, it is well with my soul.

*Chaplain Sandy Anenson*

Chaplain Sandy Anenson



### *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.

*“When sorrows like sea billows roll  
... It is well with my soul”*



“Food is your body’s fuel. Without fuel, your body wants to shut down.”  
Ken Hill

## FROM CHEF CHRIS HANSON

### *Butternut Squash, Apple, Leek and Potato Au Gratin with Cheddar Crust*

#### INGREDIENTS FOR THE TOPPING:

- 1-1/2 cups coarse fresh bread crumbs or store-bought bread crumbs.
- 2 Tbs. unsalted butter, melted
- Kosher salt
- 3 oz. (3/4 cup) grated sharp Cheddar
- 1 tsp. fresh thyme leaves

#### INGREDIENTS FOR THE AU GRATIN:

- 1/4 cup unsalted butter, plus 1 Tbs. for the dish
- 2 cups sliced leeks (white and light green parts of 3 medium leeks), thoroughly washed
- Kosher salt
- 2/3 cup plus 3 Tbs. apple cider
- 1/2 cup plus 3 Tbs. heavy cream
- 2 tsp. chopped fresh thyme leaves
- Freshly ground black pepper
- 2 crisp, firm apples (such as Golden Delicious or Braeburn) peeled, cored, and thinly sliced
- 12 oz. butternut squash
- 2 medium Yukon Gold potatoes

#### MAKE THE TOPPING:

Combine the crumbs, melted butter, and a pinch of salt in a bowl. Mix in the Cheddar and thyme.

#### PREPARE THE AU GRATIN:

Heat the oven to 350°F. Rub a shallow 2-quart gratin dish with 1 Tbs. of the butter.

Melt 2 Tbs. butter in a small saucepan over medium heat. Add the leeks and a big pinch of salt. Cook, stirring frequently, until well softened and lightly browned (the pan will be dry), 10 to 15 minutes. Add 2/3 cup of the cider and simmer for 2 minutes to reduce it slightly. Add 1/2 cup of the cream, the chopped thyme, a pinch of salt, a few grinds of pepper, and stir well; set aside.

Cook the apples: In a large nonstick skillet, melt the remaining 2 Tbs. butter over medium heat. Turn the heat to medium high, add the apple slices, and cook, gently flipping and stirring, until most of the slices are browned and limp but not falling apart, about 10 minutes. Add the remaining 3 Tbs.

cream and 3 Tbs. cider. Stir and let the liquids reduce slightly for a few seconds; remove from the heat.

#### ASSEMBLE AND BAKE THE AU GRATIN:

Peel the squash, cut it into quarters lengthwise, and cut them across into thin slices. Peel the potatoes, cut them in half, and cut them across into thin slices. In a large bowl, combine the squash slices, the potato slices, the leek mixture, the apple mixture (scrape the pans well), and a scant 2 tsp. salt. Using a rubber spatula, mix gently but thoroughly. Scrape the mixture into the prepared gratin dish, smoothing and pressing until evenly distributed. Cover with the bread crumb topping.

Bake until the crust is deep golden brown, the juices around the edges have subsided, and the crust is dark brown around the edges, about 1 hour. Let rest for 15 to 20 minutes before serving.



Thank you  
Thank you  
Thank you

## THE LATEST NEWS FROM BETHANY LIFE

### *Julia's Place*

Julia's Place, Bethany Life's third memory care neighborhood, is officially open. Thank you to all who helped make this happen. For more information about Julia's Place, please call us at 515-733-4325.



### *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*.



### *From the Foundation*

If you are looking to increase your cash flow, seeking the security of guaranteed payments for life, and considering a deferred gift to Bethany Life, a gift annuity may be an option for you. For a personal consultation, contact Larry at 515-509-3299.

# Choices and the Six Dimensions of Wellness

Our God-given human experience is often beyond our ability to comprehend. Sometimes it's really best to keep it simple. Every one of us has something in common: the opportunity to make choices. Every moment of every day we make choices—some good, some not so good. No matter what, we are all personally responsible for the choices we make. Placing blame will not change the impact of the choices

we make. Sometimes we have to say “I’m sorry” to others and to ourselves. We have the gift to forgive and the ability to learn and to plan. We are an amazing species.

We are on a journey. Our life choices will be rewarding if we take the time to plan.

Planning our day is often difficult, with unexpected distractions and even a crisis to face on occasion. Yet, if we are able to prioritize our actions around the concept of wellness we will be successful in meeting the demands of the day and in effectively planning for tomorrow.

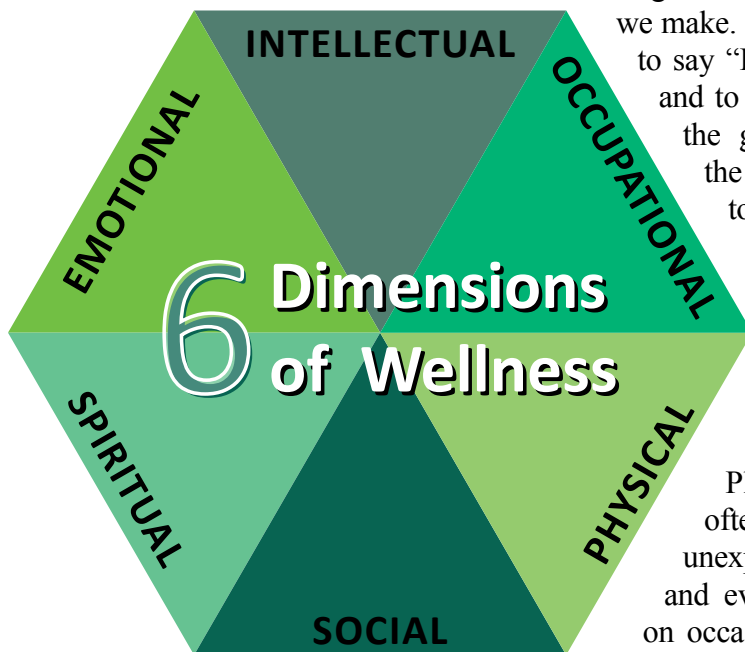
Wellness is defined within six dimensions. They are categorized as physical, emotional, social,

occupational, spiritual and intellectual. Together these dimensions encompass and hold the connections between mind, body and spirit.

The connection between body, mind, and spirit is becoming more recognized by doctors and other health professionals. Each aspect has a significant effect on the other and your life in whole. If one area is underdeveloped it will affect another and impair the person's overall well-being. As we age, the focus we give to individual dimensions shifts. Yet, research has shown that participating in each dimension brings the greatest overall life satisfaction.

Plan your day—your life—around wellness. It's easy. Walk to the library. Grill salmon and have a salad. Volunteer. Visit your neighbors. Pray. Mentor a youth. Go swimming. Join a club. Go dancing. Watch a documentary. Take a class. Do financial planning. Do a favor. Read a book on the beach. Yoga. Meditate. Enjoy frozen yogurt with a child. It's endless.

We have become sedentary, which leads to obesity, which leads to chronic disease, which leads to financial stress, which leads to depression, which encourages our sedentary lifestyle. It's a vicious cycle. Get up and get well. Make a wellness plan and have some fun! It's your life. It's your choice. It's never too late.



## Mental Fitness

When most people think of fitness, they think of strength and endurance. Another very important aspect of fitness is emotional well-being. Having a good attitude and being optimistic sets the course for happiness and gives you strong resilience when things don't go as you like.

The mind-body connection is strong. Research has shown that a positive emotional outlook can strengthen your immune system helping you fight disease. Your emotions can help you mend, sometimes as much as medicine can. Those who have a positive view on life are more likely to follow proper nutrition, pursue exercise and build solid self-esteem.

At any age, the strength of your relationships is often based on your personal mental fitness. No one wants to be with a negative person who complains and is angry or depressed. Again, research has shown that those who have healthy relationships simply live longer. If you struggle with optimism there are things you can do.

- Just smile. Your expression will naturally lead you to the related feeling. Research has shown that your emotions follow your expression and not vice versa.
- Resist negative thoughts. If you see yourself as a success, failure will become the exception.

- Keep things in perspective. Ask yourself if the issue bothering you will be important five years from now.
- If you make a mistake, learn from it. Ask for forgiveness and move on.
- Let go of anger and resentment. Neither has ever done anyone any good.
- Laugh. The average child laughs about 300 times per day. The average adult laughs 17 times. Go find your inner child.
- Become more active—ask a friend to help.

## Imitating Christ's Humility

<sup>1</sup>If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, <sup>2</sup>then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. <sup>3</sup>Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. <sup>4</sup>Each of you should look not only to your own interests, but also to the interests of others. <sup>5</sup>Your attitude should be the same as that of Christ Jesus: <sup>6</sup>Who,

being in very nature God, did not consider equality with God something to be grasped, <sup>7</sup>but made himself nothing, taking the very nature of a servant, being made in human likeness. <sup>8</sup>And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross! <sup>9</sup>Therefore God exalted him to the highest place and gave him the name that is above every name, <sup>10</sup>that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup>and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

<sup>12</sup>Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, <sup>13</sup>for it is God who works in you to will and to act according to his good purpose. <sup>14</sup>Do everything without complaining or arguing, <sup>15</sup>so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.

*Philippians 2: 1-15*  
*New International Version*



**Bethany Manor**

212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325

Fax: 515.733.5293

E-mail: [office@bethanylife.org](mailto: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](http://www.bethanylife.org)

**Affordables Thrift Store**

630 Pennsylvania Avenue  
Story City, Iowa 50248  
515.733.5304



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