



Bethany Life

# Newsletter

SUMMER/FALL 2017

## “I Am Bethany...”

### **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 provides  
the most all-inclusive  
aging services continuum  
in central Iowa...  
LifeChoices® at Bethany  
to end of life care.

## *I Am Grateful*

Bethany Life is so much for so many people. We have evolved and changed over 103 years...serving and employing multiple generations of people. Thousands of people have been touched by our mission and many thousand more will be touched. We are always working hard and very busy in our day to day activities, yet it is important to take the time to put our values on display and to remind all of us who we truly are.  
*I Am Bethany* is a showcase of just that.

I am grateful to have had the opportunity to share in so many lives at Bethany Life over the years. I am grateful for our staff for their commitment to our mission. I value their daily contributions in supporting those we serve. Our staff are truly amazing people. I am grateful to the community which supports us and the faith they have in our work. I can't say "thank you" enough. Thank you!

Enjoy the summer/fall edition of our Bethany Life newsletter. Get to know Bethany Life all over again!

**Betsy Warburton, CEO, Bethany Life**



### *I Am Appreciative*

When I first visited my grandma Betty Hanson in Bethany Life's newly renovated facilities, The Households of Bethany, I couldn't have been more impressed by the improvements. It feels modern and comfortable from the moment you walk in. Plus, the staff is just as welcoming and helpful as when my great grandma lived there. I'm very appreciative of the love and care that my family members received over the years and want to share my thanks with all of you.

Eric Hanson, KCCI-TV8 News Anchor & Reporter

---



### *I Am Devoted*

Having worked at Bethany Life for the last 20 years, I have seen the difference having a full-time Chaplain on staff makes for our residents. They can take part in weekly Bible Studies and Worship Services, allowing them to worship, study and spend time with friends and neighbors which allows them to continue being a part of the same activities they enjoyed before coming to live at Bethany. Secondly the one on one support our Chaplain gives is so important. Especially during end-of-life situations and at a monthly grief support group for whoever needs it. And thirdly, there is support available for the staff who are devoted to carrying out the mission and ministry of Bethany in our everyday work.

Cindi Martin, Senior Housing Manager, Timberland Village



### *I Am Creative*

I remind myself every day to stay creative. It has become part of my normal working day. Figuring out how to use seasonal produce, fresh and healthy ingredients and pleasing more than 200 people on an average day is one of the challenges that make my job exciting. Food is so much more than just nourishment – it signifies family, friends, and home. It triggers favorite memories. Seeing our residents, family members, staff and visitors enjoying what I've cooked is, for me, what it's all about.

Chris Hansen, Executive Chef & Director of Dining Services

Bethany Life dietary  
staff serves 16,325  
meals every month!



### *I Am Supportive*

Bethany Life has been in Story City for longer than I can remember. As a matter of fact, I grew up across the street from the original Bethany Manor, but it was called the Old People's Home then. When you grow up in a community, you become a part of it, and it becomes a part of you. You grow up watching your family, friends and neighbors lending a helping hand in lots of ways. Before you know it, you are doing the same thing. Lending a helping hand. It becomes a part of who you are. There are so many ways to help out! I haven't been able to settle on just one thing. It's important to know that a person can make a difference.

Claudia Pauk, Donor, Volunteer & Foundation Board President





### *I Am Inspired*

I have always been drawn to people, animals, and nature. I realized early on how much I enjoyed sketching, painting, sculpture, gardening and cooking; things that allow me to use my imagination in a variety of ways. Working at The Households of Bethany, I've learned how easy it is to make a difference. A special piece of artwork can make a new resident feel more at home. Researching garden beds that can be reached from wheelchair height to allow residents to resume planting and harvesting like they used to do at their homes. Brainstorming activities that engage the people who live and work here. It all inspires me to do my best every day.

Molly Nagel, Life Enrichment Coordinator & owner of Upper Story Studio

---



### *I Am Faithful*

Faith is something that is very important to many at Bethany Life. Fortunately, many are able to grow in their life of faith through some of the opportunities that are provided at Bethany Life, whether at the Sunday morning Chapel Services or weekly Bible study or through the Christian music. So I am thankful that Bethany Life provides these opportunities for their residents, tenants, staff and volunteers to stay strong in their faith.

Jim Norem, Pastor of Elim Lutheran Church, Bethany Life Foundation Board member

---



### *I Am Vigilant*

As Advocates for our LifeChoices® at Bethany members, we are not only vigilant in responding to our members needs, but it is our mission to support our members in staying well. We all desire to stay independent in our homes and our members know we will work very hard to give them the resources to sustain this lifestyle. We love this wonderful opportunity to serve.

Stephanie Spotts & Kylla Olsen, Advocates, LifeChoices® at Bethany



### *I Am Welcoming*

I have one of the best jobs ever. I have the honor to be one of the first people that prospective residents and their families meet at Bethany Life to discuss moving to The Households of Bethany. I fully understand the many feelings that people experience during these often difficult transitions in life. I listen and assure people that The Households of Bethany is truly committed to compassionate care. I love what I do and am blessed to be a part of Bethany Life's mission and to support those who are in need. Thank you for the trust you give Bethany Life!

Angela Rahfeldt, Director of Sales & Admissions

---



### *I Am An Advocate*

For 28 years, I've been a general practitioner with an interest in women's health and geriatrics and have been an advocate for my patients. For more than ten years I've partnered with the Bethany Life staff in supporting high quality health care for every resident at The Households of Bethany. As a physician at McFarland Clinic in Story City, I feel that people are truly fortunate to have this organization in our community, serving the aging population of central Iowa.

Dr. Nancy Carlson, Medical Director for The Households of Bethany

100% of our 2017 LifeBridge Transitional Care discharges would recommend us to family or friends!



### *I Am Hopeful*

It's special for me to be able to make a difference in someone else's life. When my residents are feeling lonely, I like to give them a word of hope because I know God is good and He gives me the words to cheer them up. I love them. They are special people.

Guadalupe Dalbey, CNA and Bethany Life employee of 27 years

---



### *I Am Rewarded*

I love working with the residents & staff. I love getting to know the residents and their families and hearing stories about how they grew up and how things have changed. I love the bond I have with my residents. It makes my job so rewarding.

Brandi Gerjets, CNA and Bethany Life employee of 13 years

---



### *I Am Helpful*

Bethany Life is special in that we can take care of seniors in all stages of aging. At Timberland Village & Cedar Place, we have residents living independently and in assisted living. At The Households of Bethany we have LifeBridge, our transitional care center and households focused on long term care and memory care. We have helpful and knowledgeable staff who truly show concern and give assistance to our residents. I like seeing people thrive in their home environment at Bethany and being able to provide services to keep them as active as possible. Our tenants feel like family to our staff.

Kristi Eley, Nurse Manager at Cedar Place

112 individuals who were unable to fully pay for their care were served in 2016 at The Households of Bethany...providing 25,310 charity care days!



### *I Am Understanding*

For over two decades I have been very fortunate to work for Bethany Life as a social worker. As a resident of Story City, I have known many of our residents and their families for years, before they became a part of our Bethany Life family. Moving to a nursing home is not easy, and I find significant reward in being with a team of people who fully understand this. The physicians, nurses, aids, dietary staff, environmental staff, managers, and administrators work diligently to help people recover and bring peace of mind to their families as the person transitions home.

Mary Wynia, Social Worker

## **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 and innovative organization.





The LifeBridge Transitional Care Center has served over 400 people since 2014.... more than any other nursing home rehabilitation center in Story County!

### *I Am An Innovator*

As Bethany Life's Chief Operating Officer, I understand that quality patient care depends on an organization willing to continuously improve its practices, being innovative in our approach to care services and employee education. Over the last few years our innovative thinking has made a real difference. From our transition to a Household Model, to having an artist on staff, high tech activity opportunities through It's Never 2 Late programming, having wellness professionals participating in the restorative services, and having highly trained chefs on staff is only the beginning.

In our LifeBridge Transitional Care Center, we strive to find new and better ways to help our patients get well and go home. Offering such services as our state-of-the-art therapy pool, contracts with McFarland Clinic to have a dedicated full-time nurse practitioner onsite, and our post-discharge home visits truly set us apart from everyone else. LifeBridge is the number one provider of transitional care services in Story County. Innovation makes all the difference.

Kari Matheason, Chief Operating Officer, Bethany Life

## Vision

Recognized resource for comprehensive and aging services.

## Our Values

Benevolence, Stewardship, Personal Growth, Innovation, Teamwork, & Relationships.



### *I Am Comfortable*

A while ago I had a stroke and was lucky enough to get into The Households of Bethany where I am now a resident. One of the most striking elements of The Households of Bethany is the nursing staff. I've never been in a medical setting of any kind that had a nursing staff equal to Bethany. It is hard to believe that one medical facility could put together a nursing staff as good as the staff at Bethany. All of the nurses are competent, kind and very helpful. I am totally comfortable with my choice of The Households of Bethany. I cannot imagine a nursing staff that would be more professional and caring as the staff at Bethany Life.

Clark Borland, resident at The Households of Bethany

---



### *I Am Blessed*

It has been my privilege to serve the residents and tenants of Bethany Life. I have been blessed by their lives and encouraged by their testimonies of faith. I have been blessed by their courage as they face life's challenges. I have been blessed by their faithfulness as they continue to walk with the Lord. I have been blessed by their grace as they welcome and embrace life and its opportunities. I have been blessed by the stories of their lives and the witness of their faith. The residents and tenants are and have been a blessing, and I appreciate their gifts and testimonies of their lives.

Sandy Anenson, Bethany Life Chaplain

Twenty-six area churches directly support the mission of Bethany Life!



### *I Am Full of Life*

At 97, I am still full of life. I'm a newbie at The Households of Bethany and love the fun I can have with my new friends and the wonderful staff. I get in the therapy pool and on the Nu Step bicycle regularly. We play cards or dominoes almost every evening. I also love to play bridge and currently play with three different groups. Bethany is a great place...I know a little about nursing homes, getting my CNA at the age of 60! Also, I volunteered for Bethany Life for many years and it was great fun.

Recently, my granddaughters planned a hot air balloon ride for me for my 97th birthday and I'm parasailing when I turn 100! Life is about having something to look forward to and I certainly do! I'm proud to say I live at Bethany Life and I want to say thanks to all the staff that care so much for me. Lastly, I want to say to Chaplain Sandy how much I appreciate the meaningful chapel services she gives to all of us. Thanks and let's have some fun!

**Dorothy Appelgate, Resident at The Households of Bethany**



Bethany Life employs over 300 individuals providing the area with a stable economic impact!

### *I Am Thankful*

Every day in our positions within the Bethany Life Foundation, we endeavor to support the residents, tenants, staff members and volunteers who make up our organization. We see selfless people giving of themselves every day. Some gifts are large and some are small; some are gifts of time and talent and others are financial help. ALL gifts are important to us. These gifts are important, because they tell us that Bethany Life is on the right track, doing good work, caring for those who can no longer care for themselves. Not every community is as giving as ours. It makes us feel humble. Thank you for your gifts, thank you for your time, thank you for your prayers. Thank you!

Larry Elphic, Chief Development Officer, Bethany Life Foundation

Lynne Melssen, Donor Relations Coordinator, Bethany Life Foundation

Denice Reisetter, Manager, Affordables by Bethany Life

Affordables celebrated their \$1,000,000 milestone in sales in early 2017!



## *I Am Making A Difference*

The Bethany Life Foundation's thrift store, Affordables, not only brings much needed resources to Bethany Life, but is also an example of the generosity and heart that makes central Iowa such an amazing place to live. The Affordables volunteers care. They care about the community. They care about Bethany Life. They care about one another. They know the importance of benevolence and good will. They work hard for a reason. They are involved and we love them for it.



We encourage you to get involved anyway you can wherever you are. It can change your life.

The Volunteers of Bethany Life

---



## *I Am An Educator*

As Bethany Life's Chief Marketing Officer, I am very pleased to have the opportunity to educate individuals and families about the services we offer in a truly unique continuum of care; from in-home preventative and wellness services to rehabilitation care to hospice care. I take the time to fully understand people's concerns and love to answer their questions. I'm proud to represent Bethany Life's mission and look forward to meeting you no matter where you are in life's journey.

Holly Merk, Chief Marketing Officer



### *I Am Caring*

Transitional Care patients need a lot of attention, so it's important to me to be available and on call. It keeps our patients safe and decreases the chances of them returning to the hospital. My ability to interact with their primary care providers ensures they get the highest level of care. I love watching LifeBridge patients get well and go home. Watching therapy, wellness, and nursing care work together to get patients well is very rewarding.

Amy Terhaar, ARNP is a McFarland Clinic employee and is on site full time at Bethany Life.

Bethany Life's nursing home, The Households of Bethany, is the only facility in Story County with a full time Nurse Practitioner.



### *I Am Motivated*

For more than six years, I have been working at Bethany Life as a CMA and CNA and I am currently studying for my nursing degree at Iowa State University. I received an Excellence in Nursing scholarship from the Bethany Life Foundation last year. The money I received helped pay for my tuition at ISU. I really like what I do at Bethany Life and like the residents that I meet. I enjoy hearing their stories and learning about their lives. I am motivated to keep learning and doing good work in order to serve the people who need me.

Paul Mwaniki, Certified Nursing Assistant, Bethany Life



# Bethany Life

## **LifeChoices® at Bethany**

212 Lafayette Avenue  
Story City, Iowa 50247  
515.209.6756

## **Cedar Place**

812 Cedar Street  
Story City, Iowa 50248  
515.733.2904

## **Bethany Life Foundation**

212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325

## **The Households of Bethany**

212 Lafayette Avenue  
Story City, Iowa 50248  
515.733.4325

## **Timberland Village**

725 Timberland Drive  
Story City, Iowa 50248  
515.733.6500

## **Affordables Thrift Store**

630 Pennsylvania Avenue  
Story City, Iowa 50248  
515.733.5304

***[www.bethanylife.org](http://www.bethanylife.org)***

If you do not want to receive future publications or fundraising requests supporting Bethany Life, you may call 515.733.3040 and request to be removed from our mailing list. Thank you.



Bethany Life complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Bethany Life does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. Bethany Life provides free aids and services to people with disabilities to communicate effectively with us, such as: Qualified sign language interpreters; Written information in other formats (large print, audio, accessible electronic formats, other formats); Provides free language services to people whose primary language is not English, such as: Qualified interpreters; Information written in other languages. If you need these services, contact Betsy Warburton. If you believe that Bethany Life has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Betsy Warburton, President and CEO, 212 Lafayette Ave, Story City, IA 5024; 515-733-4325. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Betsy Warburton is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-868-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.



# Bethany Life

212 Lafayette Avenue  
Story City, Iowa 50248

NONPROFIT ORG  
U.S. POSTAGE PAID  
STORY CITY IA  
PERMIT NO. 84

Return Service Requested

*I Am Bethany...*