



Sonny & Cher
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Resident
spotlight
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Bethany Life Newsletter

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 President

In early 2014, the Bethany Life Board of Directors approved the rebuilding and rebranding of Bethany Manor. Almost three years later The Households of Bethany is complete! The *Building Tomorrow* initiative included the support of over 300 donors whom we thank so much! None of us could fully imagine the outcome, but today we work and live in a remarkable environment that brings immense joy and dignity to the people we serve. This new space has allowed our new "household culture" to blossom and to show its beauty. Our households are much more like home. Our main street with its bistro, library, spa, chapel, and family room is a fun place to visit friends and family. Our new rehabilitation center, LifeBridge, had received rave reviews from patients and their physicians.

Our mission began in 1914. Our world has changed and we have not only changed with it, but we have taken the lead in redefining aging services over the last 15 years. We have expanded our continuum outside of our walls and now completed our transformation within them. Although future generations will bring many changes, we have

laid the foundation now and in years to come for residents to thrive at The Households of Bethany.



There are so many people to thank that we are unable to do it here, but we do want to recognize our Governance and Foundation Boards of Directors for their leadership and support. We recognize what our residents, family members, and staff went through as we built around them. We recognize the many, many prayers and encouraging pats on the back we received over the past few years. They sustained us. Building Tomorrow was a labor of love that leaves a wonderful legacy for those to come.

Gratefully,

Betsy Warburton

Betsy Warburton, President and CEO



Bethany Life
Helping older adults thrive

Affordables

The Bethany Life Foundation's thrift store, Affordables, had a significant role in meeting the goals of the Foundation's *Building Tomorrow* Campaign. Affordables provided \$100,000 in support of the *Building Tomorrow* initiative. We want to thank all of the volunteers who have spent thousands of hours working at Affordables. Your contribution is very much appreciated. Thank you!

Volunteer at Affordables Retail Store
Call Denice at 515-733-5304



Meet Sonny and Cher

Sonny and Cher, resident pets at The Households of Bethany, offer companionship and a sense of home. Rescued from a mill by Iowa State, they were brought to Bethany as puppies. The dogs are very social and love being with and around the residents. "Residents - dementia residents in particular - don't always remember who I am, but they always remember the dogs" says Amy Terhaar, ARNP (McFarland Clinic Nurse Practitioner serving in-house at The Households of Bethany). "The residents tend to trust me more if I have one of the puppies with me."

**“They lighten the mood
wherever they go.”**

The dogs not only offer a sense of trust from a clinical perspective, but also have a way of bringing smiles to the faces of the people around them. "They lighten the mood wherever they go. Sometimes we just take dogs to a household and throw the ball around. The dogs really help if someone is not feeling well or just having a hard day. It's comforting for people who are away from home and away from the pets they have known for years" adds Amy. The dogs love elevators but don't know how to use stairs. Cher will dance for a treat. The sibling pups just turned six.



From Laurine Anderson

Living at Cedar Place has met all my needs and more. Participating in the many activities that are available has been a joy. The staff is so helpful. I enjoy attending Chapel and the other events at Bethany Life. Thank You, Cedar Place.

Sincerely,
Laurine Anderson



LifeChoices® at Bethany

Life Care at Home

From Kueier Chung, LifeChoices® at Bethany member *Our programs and services working together*

After my husband Bob studied healthcare facilities in and near Ames, we both joined LifeChoices® at Bethany in June 2015. The reason we chose LifeChoices® was simple—to stay in our own house as long as possible and to receive long-term care when needed without exhausting our life savings.

In fact, I had thought that I needn't worry about healthcare so much as I was always independent and active. However, my physical condition changed. I had a total hip replacement in February 2017. Three nights after the surgery, I was transferred to Bethany's transitional care (LifeBridge) and stayed there for a week. I received three nurse visits daily and 24-hour assistance whenever needed. I particularly appreciated the two daily 50-minute sessions of physical and occupational therapy.

A team of Bethany staff members took me home and inspected our place a day before I was released. They made sure our house was fall-resistant, showed me how to get in and out of the bathtub, etc. They installed toilet safety rails and a transfer shower bench. With the physical therapist Heather's step-by-step demonstration, my husband and I gained confidence in my post-surgery care at home.

Bob and I both are pleased with choosing Bethany for our aging services. Coincidentally, Bob got sick the night before my surgery and was put on antibiotics. We were glad we had made the arrangement through

LifeChoices® to stay at LifeBridge for assistance. In my days at Bethany, I was able to walk around, supervised by my physical therapist, and the last day by myself. I was very impressed with the upgraded facilities at Bethany.



Bethany Life Foundation 2016

Our Board of Directors, our staff, our residents and their families thank those of you who are listed for supporting our ministry in 2016. Your gifts lift up our spirits and give life to those we serve.

2016 MARKS MANY ACCOMPLISHMENTS FOR OUR FOUNDATION'S SUPPORTERS:

The ***Building Tomorrow Campaign*** reached its \$1,000,000 goal in only two years! The Households of Bethany construction is complete!

The ***Employee Appreciation Fund*** saw the highest annual gifts ever! Thanks to our staff for being the best anywhere!

The ***Chaplaincy Endowment Fund*** has reached 65% of its goal of \$1,200,000! Hallelujah!

The ***Chaplaincy for Today Fund*** paid for a full remodel of the chapel, including carpet and pews!

The ***Excellence in Nursing Fund*** provided four scholarships to Bethany Life employees.

The ***Capital Needs Fund*** purchased a new van to support our community based services!

The newly created ***Life Enrichment Fund*** allowed for many new and exciting opportunities for our residents to participate in the arts.

Our thrift store, ***Affordables***, saw over \$135,000 in sales in 2016! Our volunteers make it happen!

Gifts came from individuals, businesses, churches, estates, and memorial gifts. Donors from throughout the United States came together in supporting our ministry. We are so grateful that all of you have included Bethany Life in your life. Thank you and God bless you!

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Meet Chris and Bernie

Resident Spotlight

Chris, tell me about your mom.

One of the things I remember and love most about my mother is that she went back to work when I was in 8th grade in order to supplement our family income and put me through college. The whole time I was in college, she sent me her paycheck every two weeks. She is the reason I was able to have the career I had. She was a very organized and clean woman – dusted everything... and still went to work. Mom also loved to shop – we did a lot of shopping together. She loved to have beautiful clothes and jewelry. That was always important to her.

Chris, what made you consider Bethany Life for your mom?

I was familiar with Bethany Life, as my career had been at Martin Brothers and we had worked together professionally. She first needed Independent Living, so she moved out to Timberland Village. When she needed long-term care, we were so glad there was an opening on Christine's House at The Households of Bethany. The staff is so nice to her.

Bernie, how do you like to spend your time?

Mysteries – I like to read mysteries. They scare me sometimes. I also love to play cards – Bridge and Pinochle. I keep busy doing exercise and enjoy playing BINGO.

Chris, Tell me about you.

My husband and I love to travel and meet new people. We love Arizona. We are both retired now, so this year we went for five and a half weeks. We plan to go back again soon and plan to go for another five or six weeks. We're going to try Orange Beach. We're not beach people, but we are going to give the beach a try. We also want to see some national parks and make it up to Maine. Some people are bored in retirement – I'm not bored in retirement.



How do you see the Household Model at work every day?

The dining is great, it's more like a family table. Much less noise. No long hallways. It gives the chance for staff to become more intimately involved with residents. I don't see equipment in the hallways like I used to – this really is a home. When Mom goes to the Bistro or main street, she feels like she really is leaving the home and going out to do whatever it is she is going out to do. She always has her jewelry on and she never calls me saying she wants to go home.

Bernie, what's your favorite thing to eat at The Households of Bethany?

I like the scalloped potatoes and ham. And I love ice cream. I get a new flavor about every night.

Any last thoughts, Chris?

It never ceases to amaze me that everyone here knows her by name. We will be walking and people will stop and say, "Hey, Bernie!" It's so wonderful. Aging can be fun – at The Households of Bethany, there is every opportunity to have fun and enjoy life.

Any last thoughts, Bernie?

I thought I was going to be very unhappy here, but I'm really very happy. Everyone is so nice.

Learn more and give online at www.bethanylife.org

From Chaplain Sandy

Dear Friends,

When the bleakness of winter surrounds us, we long for spring. We look forward to the trees budding and flowers popping up through the barren earth. We wait, in anticipation for new life.

There are times our souls are weary and disillusioned; times that our hearts long for a breath of fresh air. The winters of our souls are times of barrenness and how we look forward to new life and new beginnings.

Lent is a season of reflection and renewal. We walk the Lenten journey, confident of Easter and new life. Aren't you glad that God breathes new life into our weary souls? He gives us new opportunities, fresh vision and hope for the days of our lives. Each day bursts with possibilities as the joy and goodness of the Lord overflow in our lives.

Let Jesus bring springtime to your heart. Let Him breathe new life into your weary soul. He wants you to live in His love, joy and hope.

In His Peace,

Chaplain Sandy
Chaplain Sandy Anenson



Chaplaincy Endowment Fund

The Chaplaincy Endowment Fund was created in 2006 by a group of faithful, local supporters who believed that it was of upmost importance that the Bethany Life Chaplaincy program be strong and viable. The goal of the Chaplaincy Endowment Fund was to have \$1.2 million put into savings and the earnings from these savings would be used to support the spiritual care of those served by Bethany Life. The \$1.2 million principle itself would never be spent. This Endowment is the cornerstone of our long term commitment to our Chaplaincy program.

Today, the Bethany Life Foundation has received and has promised gifts of approximately \$700,000. We need your help to reach our goal. The faith community of central Iowa is strong and understands that supporting our ministry does

make a real difference in those we serve. They are grateful. We are grateful.

Our Foundation staff would love the opportunity to talk to those of you who may be interested in planning a gift through your estate to the Chaplaincy Endowment Fund. We have created a great tool on our website for donors to find the best way to give a planned gift. We highly encourage you to visit our site at www.bethanylife.planmygift.org/. It can get you thinking about how to make a legacy gift that can live in perpetuity.

Contact Larry Elphic if you have questions regarding the Chaplaincy Endowment Fund and to learn more about how you can plan a gift.

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St. Peter & Paul Catholic Church, Gilbert
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LifeChoices® at Bethany
212 Lafayette Avenue
Story City, Iowa 50247
515.509.3299

The Households of Bethany
212 Lafayette Avenue
Story City, Iowa 50248
515.733.4325

Cedar Place
812 Cedar Street
Story City, Iowa 50248
515.733.2904



Timberland Village
725 Timberland Drive
Story City, Iowa 50248
515.733.6500

Bethany Life Foundation
212 Lafayette Avenue
Story City, Iowa 50248
515.733.4325

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

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.

SAVE THE DATE!

Bethany Life Golf Classic

June 23, 2017

Shotgun start at noon.

River Bend Golf Course Story City, Iowa

Support the *Be A Part of It* Campaign!

Contact Lynne Melssen at 515-733-3039 for sponsorship opportunities and event day details.



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Bethany Life



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