



Bethany Life

Newsletter

SPRING/SUMMER 2021

We are *Resilient*

March 12th, 2020 was the day many things changed at Bethany Life. That afternoon we contacted families and told them visitations would now be limited, emergency meetings were being held in preparation for the unknown, and the fear was real. Exactly a year has passed and we are now able to open the doors to family members. It isn't exactly like it was a year ago, but will life be the same after 2020? What we do know is that the resilience of our residents, tenants, members and staff has been awe-inspiring. With the help from our Lord we have persevered, we have accepted the changes with grace and we continue to provide the best care knowing your loved ones are our first priority.



Resilient

Jesus told us that we would have difficult times but that He would be with us always. He also told us that we should look to Him always in good times and in bad ones. In doing so, we can be resilient Christians who look past our troubles and put our minds on Christ.

This past year has given us all many opportunities to practice resiliency. Our residents, our team members, our families and our many friends have experienced hardships and if I'm being honest, we have all had days when giving up seemed like the only thing to do. But we have been carried as well. We were given the strength we needed just when we needed it most. Our Lord has been faithful and we have been and are so blessed.

Although this past year was tough for us all it was good as well. We remembered our many blessings and we were reminded of how we take so many things for granted. We grew stronger and we learned how much we can do together in times of crisis. And most importantly we felt the presence of our Lord in such a profound way. He is always with us.

Praise be to God!!!

Betsy Warburton, CEO, Bethany Life

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” Romans 8:28

Cedar Place



Just north of Bethany Life is Cedar Place, our HUD subsidized facility that offers quality affordable housing. If you need independent or assisted living Cedar Place can meet your needs along with a sense of community. "Our tenants have been incredible during this time. We have a lot of fun, creating an environment of community and care for our tenants."



Jessica is pictured with a box of cupcakes donated by our Story City Thrivent Group. Jessica is a CNA at Timberland Village and has been a part of the Bethany Life family for 12 years! Thrivent provided 250 cupcakes for our employees at The Households of Bethany, Timberland Village and Cedar Place! Many companies have invested in our continuum of care in 2020. Thank you to our amazing community for the support!

Timberland Village



We are resilient at Timberland Village. During the pandemic we felt blessed to be surrounded by friends and staff. Many of us never felt alone. Todd, activities manager is great at creating and providing fun activities for all of us and Pastor Dave comes by to have worship and devotions. Our Timberland Village community will be celebrating 20 years next year!

If your loved one is wanting to move into a senior living community Timberland is the perfect place. Surrounded by the beauty of the outdoors and cared for by the loving staff. Timberland Village has independent and assisted living apartments available!



We are family

Steven and Emily Murphy both work for The Households of Bethany. They met here, started dating, married and now have a beautiful 15 month old daughter, Elliana. Steven has worked in the transportation department for four years. During the pandemic we challenged many of our non-clinical staff to enroll in the COVID-19 CNA program. This was to ensure we had staff in case of an emergency. Steven not only took on this challenge but he frequently signs up for the CNA shifts because he truly is a team member. We all know the pandemic has shown us many new heroes - he is one of the many that work for Bethany Life.

**When you
face difficult
times know
that challenges
are not sent to
destroy you.
They're sent
to promote,
increase and
strengthen you.**

Emily Murphy has a similar story. Emily was a homemaker for Bethany Life and also enrolled in the COVID-19 CNA program. She found a passion for this work and continued to study for her CNA certificate. In November of 2020 she became a full-time CNA at Bethany Life. Emily is also in the National Guard and has training one weekend a month in Iowa City. This young family is busy and we are grateful they use their passion and talents here at The Households of Bethany.

Bethany Life is proud of all of our employees. Many accepted the challenge to step up in their current roles to help out when times are hard. It isn't uncommon to see a CNA working as a homemaker or a housekeeper helping with laundry or activities helping with housekeeping. As we all know, this has been a time of change and our staff has been resilient from day one!

Vaccine



Pastor John Sheahan is a member of our Governance Board and the pastor at Bergen Lutheran Church in Roland. He shared a message with our staff encouraging them to take the vaccine to help protect our older population. His message of loving our God with your whole heart, soul and mind and love your neighbor as yourself was powerful and connected with many staff members. He said “please give high consideration to doing so (getting the vaccine), this will not only protect yourself but those you serve, you would be loving your neighbor.”



“This vaccine is hope! We are grateful for all the residents, tenants and staff members who received the vaccine and encourage others to do so when it is available.” - Rex Nelson, Director of Nursing



Jeanette Tjelmeland, a resident at The Households of Bethany was also an inspiration for our staff. You might have seen her video on Facebook in January. She shared her story of experiencing the polio pandemic and how happy they were to receive a vaccine. She stated “we should be thankful today that we can get this vaccine to help us.” The picture to the left is of Jeanette receiving her second shot.

250
Residents
and tenants
vaccinated

180 staff
members
vaccinated



Life Enrichment

God has gifted us with resilience; the ability to adapt to changes that come our way and to ultimately become stronger or better because of them. To say that the residents and the Life Enrichment team have been resilient in the last year is an understatement. Our journey through the pandemic continues and the activity program at The Households of Bethany looks worlds different than it did just a year ago.



Our newest addition as we adapt to the continued changes is our in-house TV channel. This has been such a blessing to be able to offer those who cannot leave their rooms the opportunity to participate in activities occurring outside of their household. This was particularly helpful during our most recent time of quarantine. Our team learned a whole new system and was able to stream live or recorded devotions, museum tours, BINGO, movies, worship services, exercise classes, book club, and more. A special thank you to Gary and Judy Hested for their generous donation to our in-house TV channel!



In all of these changes, the team has not hesitated to jump in with both feet to figure out how best to reach all of our residents. Our residents have embraced each addition and change with grace and thanks. Thank you for the support that we have received to be able to implement these different changes. I imagine when you hear from us again we will have adapted even more, but our Activity program for the residents will be, yet again, better because of it.

Laura Severson, Director of Life Enrichment



Life Bridge

Our LifeBridge Transitional Care household offers innovative rehabilitative services, designed by trained therapists, to get you back to your normal activities following a surgery, illness and / or hospitalization. We specialize in therapeutic exercises that focus on functional return to prior level of function, meeting each and every individual where they are at in their rehabilitation process. Our goals of physical, occupational and speech therapy are to assist our patients to reach their maximum potential so they can return to their leisure activities and prior functional mobility levels.

If you or someone you know has an upcoming hospitalization or surgery planned or is needing an extra layer of support before transitioning from the hospital to home, please consider coming to The Households of Bethany for a tour. Come meet our amazing and highly trained therapy team who will partner with you to meet your goals, and see our state of the art LifeBridge Transitional Care Household for your healthcare needs.

Dr. Erin Hoversten-Majewski PT/DPT, MHA, ATC/LAT
Director of Rehabilitative Services

“LifeBridge Transitional Care kick-started my recovery by two weeks versus doing care at home and outpatient. I know because I didn’t use LifeBridge when I had my other knee worked on and the recovery wasn’t as easy.” –Randy Allman



Affordables

Natalie Johnson is not new to Affordables as she has been a volunteer for the last six years. Her new role as Affordables Manager allows her to be creative and use her business expertise! Have you been in the store lately? If not, you should stop by and see all the new and donated items. Natalie and all the volunteers are busy stocking shelves, creating displays and sorting all donated items that come in.



Do you have donations, used furniture, clothes, household decorations or holiday decor you would like to donate? We would love to help you. Every item you donate is a tax deduction AND you are also giving back to the community. All proceeds help to support the mission of Bethany Life in helping older adults thrive wherever they call home. Check out our Facebook page for monthly specials!



Looking for a fun volunteer opportunity? Stop in or call us for more information. We are looking for volunteers of all ages! This is a great opportunity for high school kids participating in the Silver Cord program. We have boxes that need unpacking, help putting new furniture together and so much more!

Affordables | 630 Pennsylvania Avenue | Story City | 515-733-5304

Our Mission

Helping older adults thrive in a Christian environment of hope, wellness and compassion.

Our Vision

Transform the aging experience by providing care for older adults wherever they live.

My Story

Tara O'Connell started her healthcare career at Bethany Life 11 years ago as a CNA. In 2020, Tara became an RN and below she tells her story of this 11 year journey.

“By far my favorite aspect about Bethany Life are the residents. I think this is the perfect time for me to say thank you. I want to thank all of the families who have chosen Bethany Life to care for their loved ones. In choosing Bethany, you have [in a way] chosen me. Being able to care for your loved one has been an honor.

I knew from my first day as a CNA that I would grow close to the residents. What I didn't know was how close and how much love I would have for them. Taking care of your loved ones helped me grow as an individual. I learned how to be patient and more compassionate. They encouraged me to speak up by advocating for them and myself. I just wanted to say how honored, blessed and grateful I am for them. Thank you for choosing Bethany Life and letting me take care of your loved ones.” - Tara O'Connell



Vision

ing comprehensive and innovative services to
ever they call home.

Our Values

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

Bethany Life Foundation

Every day 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.

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Save the Date

Annual Foundation Golf
Classic will be June 18th at
River Bend Golf Course.

Contact Lisa to sign up for
this fun event!
515.733.3058



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Gifts for the Summerville Bus Campaign reached over
 \$196,000 in 2020!

Summerville Bus

We are thrilled to hit the road with the new Summerville Bus! The reality of this bus is because of the gifts we received from our generous donors. The Summerville Bus is going to change not only how The Households of Bethany residents enjoy outdoor activities but the bus is going to be shared with Cedar Place, Timberland Village and LifeChoices® members for outdoor fun.

Thank you for making this dream a reality and for giving “wheels” to meaningful activities. Corwin and Kay Stephan graciously gave to this project and named the bus after Kay’s father, Robert Summerville, who was a resident at Bethany Life.



Karen Berg
Karen Burk
Karen Combs
Karen Combs
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Easy. Affordable. Convenient. Safe

Now there's an even easier way to support the Bethany Life Foundation, residents and programs. With a monthly gift of \$5 or more you'll be part of our Compassionate GEMs. You'll receive updates on how your gifts are making a difference and you'll receive an overview of your gifts every January. Visit our website at **bethanylife.org/monthly** for more information or to set-up your monthly giving and become a member of our Compassionate Gems.

LifeChoices® at Bethany is a life care at home program. That means with the payment of an entry fee and monthly dues, membership guarantees care for life. We focus on being proactive about care for you and your home, to prevent the need for long-term care. If and when long-term care is needed, it is covered at 100% from day one. This program is for members 55+ in age.

LifeChoices® at Bethany provides you with an advocate and they are available to you 24/7/365 to help you with whatever you may need. This person has a relationship with you from day one of membership and will help you with whatever your unique needs may be.

TOP 5 REASONS TO JOIN

1. Stay in your own home as long as possible
2. Protect your assets from the devastating costs of long-term care
3. Have a real opportunity to focus on your wellness
4. Take the burden off your spouse and children to meet your future needs
5. Have peace of mind



Bill and Jan Andersen, Ames
LifeChoices® Members

LifeChoices®
at Bethany
Life Care at Home



Bethany Life

LifeChoices® at Bethany
205 S Walnut Avenue
Ames, Iowa 50010
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

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630 Pennsylvania Avenue
Story City, Iowa 50248
515.733.5304

www.bethanylife.org

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