



# Bethany Life

Caring for others with a Christian focus  
of hope, wellness, and compassion

Bethany Life  
212 Lafayette Avenue  
Story City, IA 50248  
www.bethanylife.org  
515-733-4325



## CEO, Kim Schilling First Year in Review



Kim Schilling, CEO at  
LeadingAge Conference in  
Washington, D.C.

For the past 22 years, Kim Schilling has devoted herself to roles that have equipped her for the tremendous responsibility of being the CEO of Bethany Life. Now, over a year into her tenure, she reflects on the decision to join Bethany Life with overwhelming gratitude and joy. The resounding positivity surrounding this organization is what drew her in, and she knew deep down in her heart that this was the perfect

place for her to work and make a difference. Her happiness radiates, illuminating every aspect of her work.

Being a CEO carries its fair share of pressure, but amidst the daily demands, Kim consciously directs her focus towards the true essence of her role: the residents and the staff. Each day, she arrives at work with an open heart, eager to forge personal connections with every resident and staff member. She walks the halls, greeting individuals with warmth and compassion. Her office door is usually left ajar, a symbolic invitation for anyone to stop by and share a greeting or heartfelt conversation. “Getting to know the staff, residents, and their families is an incredible perk of this job. We form friendships here that become family,” Kim shares, her voice brimming with emotion. Within the walls of Bethany Life, they are more than colleagues- they are a united family.

The energy exuded by the employees at Bethany Life is unparalleled. Kim is in awe of their unwavering dedication and their willingness to go above and beyond in propelling Bethany Life to new heights. Each team member possesses a genuine desire to be a part of this community,

### Inside this issue

Households of  
Bethany Journey



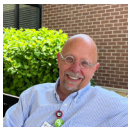
Employee Retention  
and Growth



Foundation Update



Mental Health Support &  
Memory Care Expansion



Youth in Healthcare



LifeChoices® 10 Year  
Anniversary







Kim manning the dunk tank at the Bethany Life Employee Appreciation Party.

to continuously improve, and to enrich the lives of the residents and fellow workers. When HR looked at our employees, they recognized the significance of reducing turnover, which made Bethany Life embrace the practice of job shadowing. Leaders are given the opportunity to spend an hour following another staff member, immersing themselves in the reality of their work and gaining a deeper understanding of the role. Each leader is required to job-shadow at least 3 colleagues from different departments, fostering cross-functional understanding and a shared commitment to excellence. The remarkable direction in which the staff is heading is a testament to their collective spirit. Bethany is committed to staff development, ensuring access to essential training and education, has become a driving force for growth. “We are all growing and improving every day, and that is a beautiful thing,” Kim affirms. Anchored by their mission, vision, and values, new goals have been set, ensuring that every team member at Bethany Life is set up for immediate and sustained success throughout their entire journey within the organization. This has even brought us into a 5 star staff employment rating!

to continuously improve, and to enrich the lives of the residents and fellow workers. When HR looked at our employees, they recognized the significance of reducing turnover, which made Bethany Life embrace the practice of job shadowing. Leaders are given the opportunity to spend an hour following

Under Kim’s leadership, an innovative orientation program has been implemented, culminating in surveys aimed at continuously improving future groups. Collaborating with leadership teams, Kim has fostered a culture of deepening skills and capabilities, nurturing the best possible leaders. Personality tests have been embraced, illuminating individuals’ unique strengths and providing valuable insights into how they can best collaborate with their peers. Regular surveys have been introduced for both staff and residents, fostering open communication channels and allowing their voices to be heard. Family meetings have been increased, providing residents with more opportunities for connection and support. The overarching goal is clear- to ensure the happiness and well-being of employees and residents alike, fostering an environment where they can thrive for years to come.



Kim recognizing Linda Ann Wheeler as a LeadingAge Award Nominee.



Kim recording a video for continuum education.

Since Kim assumed the role of CEO, Bethany Life has experienced an incredible surge of progress. Despite the inevitable obstacles and necessary changes, the dedicated teams have risen to the occasion, actively hiring new employees, and implementing transformative improvements in record time. Overwhelmed with gratitude, Kim takes a moment to express heartfelt appreciation to all employees who stood steadfast through the whirlwind of changes over the past year. Their unwavering dedication and hard work have contributed to making Bethany Life a great place to work and live.







# The Households of Bethany



Ellen Arkovich's journey with Bethany Life spans four meaningful months, but her connection with The Households of Bethany runs even deeper. In 2018, she made the decision to move her husband, Dave, to The Households of Bethany where he found solace until his passing. Later, Ellen herself found comfort within the walls of LifeBridge, recovering from a broken nose and neck. Through every stage of her life one thing remains a constant: a profound sense of positivity and gratitude. For Ellen, the friendly and welcoming nature of both the staff and fellow residents has been a source of immense joy. She cherishes the camaraderie that blossoms within the community and eagerly participates in the array of activities offered. From the lively melodies of The Piano Man, to the excitement of BINGO, Ellen finds herself fully immersed in the vibrant tapestry of shared experiences. The added bonus of massages that help her muscles is another delight, further enhancing her overall well-being.

Although Ellen may yearn for the familiar comforts of her previous home, she finds solace in the fact that The Households of Bethany has become a place where she feels at home. Unlike other independent and assisted living facilities that she has encountered before, Bethany has created an environment that fosters a sense of belonging and familiarity. Moreover,

the significance of holidays has not diminished for Ellen, thanks to the thoughtful accommodations provided by Bethany. The availability of multiple spaces for her children and grandchildren to gather, ensures that these special occasions can be celebrated together, creating cherished memories that will be treasured a lifetime. Ellen's heart brims with gratitude for these opportunities to share joyful moments with her loved ones. Embracing her faith is of utmost importance to Ellen, and living at Bethany Life enables her to engage in church activities with flexibility and ease. Even when attending in person becomes a challenge, she can still participate and connect through virtual platforms. This seamless integration of her spiritual life into her daily routine uplifts her spirit and deepens her sense of belonging.

As Ellen's daughter, who works in the nursing field, reflects on her mother's experience at Bethany, she wholeheartedly affirms the exceptional care provided. The staff's unwavering dedication and remarkable adaptability have made an indelible impression. Observing her mother's newfound vitality and the ability to partake in activities that were out of reach fills her with gratitude. Bethany has become a lifeline, a place where the residents' needs are met with compassion and where every day holds the potential for joy and fulfillment.

For Ellen and countless others, Bethany Life is a haven of care, a sanctuary of compassion, and a wellspring of gratitude. It has become a place that not only honors cherished memories, but also fosters new connections and enables residents to embrace a life of vitality and meaning as they age. Ellen's story is but one testament to the profound impact that Bethany has had on the lives of its residents, serving as a beacon of hope and gratitude for each new day.



Ellen receiving electrical stimulation therapy to improve muscle strength.

# Employee Retention & Growth

301

Employees

32

Employed  
over 10 years

19

Employed  
over 15 years

The spirit of joy and fulfillment permeates every aspect of Bethany Life and our continuum, and we couldn't be more elated with our current state and the trajectory we are headed towards. With a thriving workforce of 301 dedicated employees, we continue to grow month by month, forging ahead on our collective mission to make a difference in the lives of our residents. However, what truly fills our hearts with overwhelming gratitude is the enduring loyalty of our team. Over 32 employees have stood by our side for over a decade, while 19 individuals have remained with us for more than 15 years, embodying a deep love for their work and unwavering commitment to our community.

We understand that life isn't always a smooth journey, as personal and professional challenges can impact one's work, health, and overall well-being. That is why, at Bethany Life, we prioritize the welfare of our employees and their families. We believe in providing a strong support system, ensuring that there is always someone to turn to in times of need. Our commitment to comprehensive care extends beyond the workplace, as we offer basic Employee Assistance Program (EAP) services that encompass clinical support, counseling options, and accessible helplines. In addition, we provide legal services, life services, and a host of other resources designed to uplift and empower our employees through any situation they may face.

**"I love the residents! Everyone feels like family here and we always have a good time."  
- Shelby Burks 15 years**



As an employee of Bethany Life, a multitude of exceptional benefits await you. We recognize the importance of long-term financial security, offering retirement plans that pave the way for a sustainable future. Paid time off, holiday pay, and disability benefits ensure that our employees can strike a harmonious balance between work and personal life, promoting overall well-being. Our comprehensive insurance coverage, flexible spending accounts, and a holiday savings club, further demonstrate our unwavering commitment to the welfare of our employees and their families. At Bethany Life, we go above and beyond to ensure that these crucial aspects of life are never a reason for someone to leave or experience unhappiness.

For us, the essence of Bethany Life lies in the genuine care and support we extend to our employees. We strive to create an environment where they feel valued, empowered, and truly fulfilled. It is our collective purpose to remove any obstacles that stand in the way of their happiness and well-being, because we firmly believe that a content and supported workforce is the cornerstone of a thriving community. At Bethany Life, we are not just colleagues- we are a family, driven by a shared vision and unwavering dedication to making a positive impact on the lives of those we serve.

## Employee's Living Out Our Mission

Shelby Burks	15 years	Roxann Jackson	17 years	Katie Erickson	22 years
Jill Hancock	15 years	Anna Christensen	17 years	Amanda Gustin	23 years
Kristi Eley	16 Years	Brandi Howerton	18 years	Cindi Martin	25 years
Matt Hoskins	16 years	Sean McHugh	18 years	Linda Lankford	29 years
Marty Danielson	16 years	Jodie Rickerl	19 years	Kathy Irvin	33 years
Guadalupe Dalbey	16 years	Lori Crouse	21 years	Linda Ann Wheeler	38 years
Kent Nemece	17 years	Penny Rholl	21 years	Deborah Wiese	44 years



# Come, make your difference at Bethany Life

We are always looking for quality employees to join our amazing team! Currently we have **over 300 employees** working for The Households of Bethany, Timberland Village, Cedar Place, Bethany at Home, and LifeChoices® at Bethany. **We offer very competitive pay, full benefits for full-time employees, and flexible schedules.** We have opportunities if you are looking for a full-time career or an after school job. Contact us today to learn more or apply on our website at [bethanylife.org/careers](http://bethanylife.org/careers).



"I have worked at Bethany for many years because I love seeing our residents/tenants and their families, alongside others who have a passion to do the same!"

-Cindi Martin 25 years,  
Timberland Village



## Available Opportunities

- Personal Companion
- Certified Nursing Assistant
- Licensed Practicing Nurse
- Cook
- Home Health Aid
- Registered Nurse

[bethanylife.org/careers](http://bethanylife.org/careers)

## Three Generations at Bethany Life

Within the walls of Bethany Life, a remarkable bond has formed, transcending generations and uniting a family in a shared purpose. Jackie Anderson, her daughter Lisa Anderson, and granddaughter Hannah Brandt stand as a testament to the unbreakable ties that weave through our community. Through the trials and triumphs they have faced together, they have emerged as an unwavering force, embodying the very essence of love, dedication, and resilience.

This multigenerational family, nestled within the heart of our households, symbolizes the deep-rooted connections that flourish within our walls. Jackie, Lisa, and Hannah have each found their calling at Bethany Life, and their individual journeys have converged to form a harmonious symphony of care and compassion.

For Lisa, her path to Bethany Life



Lisa Anderson, Hannah Brandt,  
and Jackie Anderson.

began four years ago, seeking a change from her previous role in Fort Dodge. Word had reached her ears that, "Bethany Life was more than just a typical nursing home; it was a place where genuine care and kindness thrived." Intrigued by the prospect of being part of a community that values its staff as family, she took the leap and found her home within our organization.

Jackie's story intertwines with Hannah's aspirations and the desire to make a meaningful impact

during the challenging times of the pandemic. Encouraged by her granddaughter's words, Jackie embarked on this journey, seeking a full-time role that would align with the schedules of Lisa and Hannah. Their carpooling adventures became a testament to the unity that permeates their family bonds.

Hannah's journey, though marked by the hardships of her battle with cancer, embodies strength, determination, and an unwavering spirit. After overcoming the trials of chemotherapy, she found solace and purpose within the nursing field, guided by the encouragement of her mother. Bethany Life became the perfect haven, a place where her personal experiences resonated deeply with the residents she served.

As Lisa dedicates herself to her role as an RN on Christenes Place, and Hannah assumes the vital role of a CNA, their collective

passion radiates through their work. Their commitment to providing exceptional care to the residents they serve knows no bounds. Their dedication is fueled by a profound love for the individuals who have become an integral part of their lives.

Hannah's unique perspective, forged by her own hospital experiences, grants her a profound understanding of the residents' journey. Her empathetic nature and ability to connect on a deeper level have become a source of comfort and joy to those she cares for. In the hearts of Bernadine and Laretta, Hannah

has woven a tapestry of cherished memories, illuminating their lives with her presence and leaving an indelible mark of happiness.

Navigating the nursing field and working within a nursing home is no easy feat, but this family of resilient women has embraced the challenges with unwavering determination. Despite the hardships faced during Hannah's battle with cancer and the trials of chemotherapy, their commitment to their work has never wavered. Instead, they have emerged from adversity stronger and more resilient, channeling their own

experiences into making a profound difference in the lives of others. Within the tapestry of Bethany Life, the family serves as a shining example of the unwavering commitment and love that permeate every aspect of our community. Through their shared purpose, unyielding support, and tireless dedication, they have become the embodiment of our mission to provide care, compassion, and a sense of belonging to all who call Bethany Life home. Their journey is a testament to the transformative power of love, family, and a shared sense of purpose.



## LifeBridge Transitional Care

### Comfort Within Challenge

Our LifeChoices® member David recently experienced a challenging period in his life that led him to seek care at LifeBridge in Bethany Life. Throughout his extended stay, David encountered a plethora of emotions, but amidst it all, he discovered a sense of solace and contentment. Reflecting on his time at LifeBridge, he expressed sheer satisfaction and overwhelming gratitude for the exceptional care he received.

David emphasized that the level of attention and support he received during his stay was nothing short of remarkable. The nursing and support staff exhibited unwavering dedication, promptly attending to his needs while ensuring that he felt comfortable and accommodated within the constraints of time. Their compassionate and considerate demeanor left a lasting impression on David, as he found it impossible to single out individuals for praise amidst such an outstanding team at LifeBridge. "To single out individuals would be as difficult as splitting hairs."

What truly astounded David was the staff's unwavering commitment to meeting his every requirement, particularly in terms of occupational and physical therapy. The lengths to which they went to ensure his progress and well-being were beyond his expectations. With their expertise and unwavering support, David witnessed remarkable improvements in

his health and physical abilities, leaving him deeply touched and impressed by their dedication.

**The care was  
EXCELLENT!**  
David Edwards

As David reflected upon his time at LifeBridge, from the initial challenges he faced to the transformative care he received, the journey was fraught with ups and downs. However, the exceptional staff, along with the unwavering support from his advocate, helped him navigate with grace and resilience. David's heart overflowed with thankfulness for the care and compassion he encountered during his stay, leaving an indelible mark on his soul.





# Unexpected Community & Connection

Char's journey at The Households of Bethany in LifeBridge was not just a mere stay; it was a transformative experience filled with profound emotions. Initially, the beginning was marred by the hardships brought about by her injuries, leaving her immobilized and vulnerable. However, as her body slowly mended, a newfound sense of joy began to blossom within her.

With each passing day, Char discovered the vibrant activities and connections that awaited her at Bethany Life. Engaging in regular rounds of exhilarating BINGO sessions became a cherished highlight, infusing her days with excitement and camaraderie. The calendar was adorned with celebratory events, inviting her to revel in the joyous atmosphere that enveloped the community. It was during these moments that Char truly began to thrive, shedding the confines of her physical limitations and embracing the sheer pleasure of living fully.

But it wasn't just the games and parties that touched Char's heart; it was the genuine friendships she forged along the way. Amidst the shared experiences and laughter, she discovered kindred spirits who mirrored her journey of healing and growth. These connections extended beyond the walls of Bethany, as Char and her newfound companions vowed to keep their bonds

alive, nurturing their friendship long after their time in LifeBridge.

Above all, Char's appreciation extended to the remarkable staff who accompanied her every step of the way. Their unwavering care and compassion left an indelible mark on her heart, with Susan's presence standing out as a beacon of support during her moments of need. Their dedication and attentiveness served as a constant reminder that Char was not

alone on her path to recovery. And it wasn't just the caregivers who left an imprint; Pastor Dave's spiritual guidance became a source of solace and inspiration, drawing her closer to her faith and fostering a sense of belonging within the Bethany community.

Char's stay at The Households of Bethany transcended the mere provision of care; it became a haven where her spirit flourished and her heart found solace. Through the kindness of the staff, the joys of friendship, and the enrichment of spiritual nourishment, Char's experience became a testament to the transformative power of compassion and support. Her time at Bethany Life will forever remain etched in her memory as a chapter of healing, growth, and the unwavering presence of love.



Physical Therapy · Occupational Therapy · Speech Therapy

## GET WELL, GO HOME

LifeBridge Transitional Care helps to bridge the gap between a hospital stay and a return home after surgery, injury, or illness. At Bethany Life, this type of care is focused on individual goals — helping you achieve your highest level of independence.



# Foundation 2023 Update

*The smallest act of kindness is worth more than the grandest intention" - Oscar Wilde*



Lisa McIlrath, Executive Director of Marketing, presenting a scholarship to RSHS Senior Elleah Arthur

We have had a great start to our year with support from our local communities! Here are some of the highlights. March saw some new excitement in the Foundation as we rolled out our new scholarship program, which is open to staff, volunteers, and family members! We awarded \$10,000 in scholarships to 15 applicants who ranged from full-time employees to family members. It was also exciting to be able to present some of those awards in person to our high school seniors during their school's award nights. In addition, we were blessed with a gift of \$75,000 from Affordables to help us grow this fund and ensure we can continue to award scholarships annually.

In April we hosted our annual Palm Sunday Brunch in person for the first time in several years. We were overjoyed at the crowd we received while we served up fresh pancakes. It was nice to see so many people in the building for an event like that again. Around the same time our Easter Appeal went out and we were blessed, once again, by the response of generosity. The funds we receive for our Easter Appeal directly supports our Chaplaincy Endowment, which ensures the future of the Chaplaincy



Affordables donation of \$75,000

## Affordables **thrift store**



Things have been going well at Affordables and our donors have continued to bless us! We have not needed to purchase new items to re-sell as we continue to receive donations regularly from our local community members. We are so thankful for that as it helps us

raise more money to donate to Bethany Life to support the mission and various programs, like the Scholarship program. Affordables was able to donate \$75,000 to Bethany Life this spring, which helped establish an annual scholarship program for the Bethany Life employees, volunteers, and family members. What a blessing it is to be able to give back in such a meaningful and supportive way! We have had a few new volunteers join us recently, but we are always looking for more! If you saw any of our volunteer spotlight posts on our Facebook page, nearly all of the volunteers said their favorite part about volunteering at the







Bethany Life Volunteers  
Donation

program here at Bethany Life. Our Chaplain plays such an integral role to all of the residents, tenants, members, and clients in the Bethany Life continuum. We are so grateful for the support we receive for the endowment.

This May we received a few gifts from local groups to help us with our new memory care sensory rooms. These are relaxing rooms that are available in each of our three memory care households. As we have been getting these started, they have already shown to be helpful and enjoyed by the residents. We received a gift from the Story City Friends Endowment and also our Bethany Life Volunteers! We are so thankful that these groups saw the value in having these rooms for our residents and were able to help us make them possible.

We are looking ahead to our annual Golf Classic, which will be held on Friday, June 16 at River Bend Golf Course in Story City. We pray that we are blessed with weather as beautiful as it was last year for this tournament. It is such a fun way to engage with our friends and donors while providing a relaxing day away



Denise Carlson from Grace  
United Methodist Church

from the office! We will start at 10:00 am and will provide a light lunch on the go, as well as a hearty sit down dinner. We would love to have you joins us!



Tricia Sanderson & Reagen Schmitz  
planting flowers

As we emerge from the pandemic we are looking to revive our volunteer program. We have many different areas that we could use volunteers in, like visiting with residents, helping with the gardens, wheelchair pushing, helping at Affordables, and more. Please reach out to Laura Severson, Foundation Coordinator, if you are interested in helping out in some way.

[laura@bethanylife.org](mailto:laura@bethanylife.org), 515-733-3036

store was getting to know and spend time with the other volunteers and our wonderful customers. We like to have fun while we work. We are also proud to be able to provide quality items at affordable prices so we can help those in need. Nothing makes us happier than to be able to help someone find just what they need for their home or their family without breaking the bank. We also recommend you stop in the store often as our items change frequently and you never know what you might find there – there is truly something for everyone!



**Store Hours**

**Tues-Fri: 10a-5p**

**Sat: 9a-3p**

**Sun & Mon: Closed**

**515-733-5304**

**630 Pennsylvania | Story City | 50248**

# Memory Care Support Group Begins



At Bethany Life, we understand the overwhelming emotions and uncertainty that come with a loved one's dementia diagnosis. We often hear the heartfelt question from family members, "What do we do now?" It is in those moments of vulnerability that we want you to know you are not alone. We stand beside you, ready to provide guidance and support every step of the way.

Navigating the challenges of dementia can be daunting,

leaving you unsure of where to begin or what actions to take. But rest assured, we are here for you. We

recognize that you have been thrust into this new reality, and we want to assure you

that together, we can find the strength to face it. In those moments when our loved ones start to forget, we find solace in knowing that God never will. His unwavering presence remains a constant source of comfort and strength, even during the most difficult times.

In light of this understanding, Pastor David Burling is launching a regular memory care support group. This group aims to provide a safe space for individuals

and families to come together, share their experiences, and find solace in knowing that others are walking a similar path. We recognize that taking the step to join a support group may feel daunting and even scary, but we want to assure you that it is a commitment worth making—for yourself, for your well-being, and for your emotional needs. It is an opportunity to step away from the demands of daily life, to take a breath, and to find comfort in the presence of others who truly understand.

Joining the memory care support group is not just about seeking information or advice; it is about finding a community that empathizes, uplifts, and supports one another through this journey. It is about creating space for your own emotional healing and finding renewed strength in your connection with others and with God. We believe that by coming together, sharing stories, and supporting one another, we can find solace

and rediscover hope.

If you are interested in learning more

about the memory care support group and the meeting schedule, please reach out to us at [info@bethanylife.org](mailto:info@bethanylife.org). Remember, you are not alone on this journey. Together, we will navigate the challenges of dementia, find comfort in each other's presence, and discover the power of resilience and love.

*God is our refuge and strength, a very present help in trouble.*

Psalm 46:1

## *Strength:*

Leaning on others for support through these challenging times can bring you new sources of strength so that you can tackle the daily challenges that you might be facing as a caregiver and or spouse. Sharing your own issues and struggles in a non-judgmental, caring and supportive environment will bring renewed strength and resolve. You will be able to get your footing and take care of not only yourself, but also your loved one, in the best possible way.

## *Information:*

This is what you will need more than ever! Information is key to better understand the diseases that you are faced with. This group will help you gain more insights to what you can expect and provide you with solid resources to help you along your journey.

## *Connection:*

When you attend a support group you are instantly connected with other people who are in a similar situation as you are. This group gives you an instant outlet to share as much or as little as you would like in this supportive environment. You will not only be able to connect with others who are facing similar challenges, but you will also be able to connect with God and be led through his guidance as well.



# Continuum Fair Success

The Households of Bethany is a place that defies all expectations of a typical nursing home, and we seized the opportunity to showcase its true essence during the Continuum Fair that was held on Sunday, March 26th. Despite the challenging weather conditions, our spirits remained undeterred, and the turnout was nothing short of extraordinary. As employees and members of the community ventured into our event, they discovered the boundless possibilities of Bethany Life, fueled by passion and purpose.

The air buzzed with excitement as individuals meandered through the diverse array of booths, savoring delectable treats, and engaging in meaningful conversations. They had the chance to glean insights, pose questions, and embark on immersive tours of our cherished households, each with its own unique character and charm. The adventure extended beyond our walls, as attendees hopped on a bus and journeyed to Timberland Village, where they were captivated by the serenity of its surroundings and the exceptional living options it offers. Every facet of Bethany was thoughtfully presented, from Timberland Village and Cedar Place, to LifeChoices® and Bethany at Home, with a special emphasis on mental health- an integral part of our holistic approach.

The highlight of the event was an awe-inspiring presentation on Shaping the Future of Dementia Care. Passionate members of our remarkable staff illuminated the strides we have made in memory care and exemplified the transformative power of the Teepa strategies. Their words resonated deeply, echoing the profound impact we have witnessed since embracing

this innovative approach. We are charting a new course in dementia care, guided by advanced training, a steadfast commitment to mental health, and a relentless pursuit of excellence. With each passing day, we are not merely starting over; we are fortifying our foundations and preparing ourselves to meet the future demands of dementia care and mental health.

The resounding success of this event is a testament to the indomitable spirit of our staff. Their unwavering dedication and selflessness made the Continuum Fair an unforgettable experience.

The staff poured their hearts into every detail, ensuring that the day unfolded seamlessly and left an indelible mark on all who attended. "We extend our heartfelt gratitude to each and every staff member who contributed their time, energy, and expertise, for it is through their collective efforts that this extraordinary event became a reality," stated Kim Schilling, CEO.

Furthermore, we must acknowledge our exceptional staff at Timberland, who led the tours and showcased the beauty of the facility. Their presence served as a testament to the unity that permeates in Bethany Life, binding us together as a family dedicated to providing the utmost care and compassion. As we reflect on the tremendous success of the Continuum Fair, we are filled with immense gratitude. "We extend our deepest appreciation to all who attended, to our extraordinary staff, and to everyone who played a part in making this event an overwhelming triumph. Together, we are forging a future that shines with hope, compassion, and boundless possibilities," stated Lisa McIlrath, Executive Director of Marketing.



# Memory Care Expansion

Bethany Life is not just a healthcare facility; we are shaping the future of healthcare in Story County, and nowhere is this more evident than in our dedicated commitment to memory care. As an integral part of our strategic plan, we have identified memory care, palliative or hospice care, and home health care as the cornerstones of our vision for the future. With unwavering passion and determination, we have embarked on an ambitious expansion project that is transforming the lives of individuals and families affected by memory loss.

Within our Households, we have created a haven for those in need of specialized memory care. Our three distinct households, Walker Place, David's Place, and Julia's Place, offer a total of 49 beds, each catering to specific levels of memory loss. Walker Place provides a nurturing environment for individuals experiencing mild symptoms, while David's Place offers compassionate support for those with a moderate level of memory loss. In Julia's Place, we provide advanced dementia care, ensuring that each resident receives the personalized attention and care they deserve.

To enhance the therapeutic experience for our residents, we have incorporated a sensory room in Walker Place, with plans to introduce similar spaces in David's and Julia's Place. These calming and stimulating environments help create a sense of comfort and engagement, offering moments of respite and joy for individuals living with memory loss.

At Bethany Life, we recognize that delivering exceptional memory care requires a well-trained and compassionate staff. We are dedicated to equipping our caregivers with the knowledge and skills

necessary to provide the highest quality of care.

Through comprehensive education programs such as Mental Health First Aid, Person Centered Care, Positive Approach to Care, and AVADE, our staff receive specialized training tailored to the unique needs of individuals with dementia. We are proud to collaborate with renowned educator Teepa Snow and implement The Positive Approach to Care, ensuring that our caregivers are equipped with the most effective strategies and techniques.

Marie Mourlam, Assistant Director of Nursing, captures the essence of our mission as she expresses, "Bethany Life is growing in the right direction to get our community on a track to meet the future of healthcare and dementia care." With a steadfast focus on skill-building and awareness through our educational programs, we are forging a path toward excellence in care. Our commitment lies not only in providing exceptional healthcare but also in nurturing

meaningful relationships and empowering our most vulnerable residents to shine.

As we move forward, Bethany Life remains dedicated to fostering an environment that celebrates the strengths and individuality of each resident. We believe in emphasizing the positives, cultivating genuine connections, and ensuring that every person we serve experiences the highest quality of life and care. Together, we are shaping a brighter future for dementia care—one filled with compassion, dignity, and unwavering support.



"We have started training with skill building and awareness through our educational programs. We aim to focus on the positives, emphasize relationships, and allow our most vulnerable residents to shine." - Marie Mourlam, Assistant Director of Nursing



# Youth in Healthcare

Bethany Life has become a guiding light for the younger generation, igniting their passion and inspiring them to explore the vast possibilities within the healthcare industry. Through a series of educational tours, Bethany Life has opened its doors to eager students, nurturing their dreams and guiding them towards fulfilling careers.



HDFS Class from Iowa State University

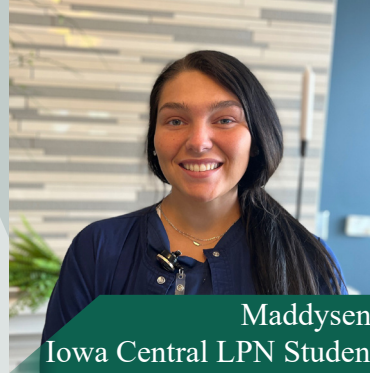
In a memorable visit in March, a group of ISU students from a Family Services and Health Care class embarked on a journey through The Households of

Bethany Life. As they interacted with different staff members and delved into the various facets of Bethany Life, their eyes were opened to a world beyond traditional nursing jobs. They were captivated by the opportunities available, realizing that Bethany Life transcends the boundaries of any single occupation. What resonated deeply within them was the realization that Bethany Life is not just a place of employment but a dynamic community that welcomes individuals from all walks of life, offering a diverse array of career paths to pursue.

In April, the halls of Bethany Life echoed with the energy of a hundred students from the Junior class at Roland-Story High School. As they embarked on their tour of The Households of Bethany, their eyes were opened to the multitude of departments and trade jobs that could lead them towards meaningful and fulfilling careers. Amidst their youthful uncertainty about their future paths, they found solace in the knowledge that Bethany Life provided them with viable options within their community. The visit instilled a sense of hope



Roland-Story HS Junior Class on the EDC Industry Tour.



Maddysen, Iowa Central LPN Student

**"The residents are all so different and they are always willing to share their stories."**

Maddysen is going to school at Iowa Central and is currently completing her LPN clinicals here at Bethany Life. When asked what she loves most about working here she said that it is a friendly and positive environment.

and confidence in their hearts, knowing that they had opportunities to grow and thrive beyond the confines of a traditional four-year degree.

The news of Bethany Life being awarded a grant from the State of Iowa for the Iowa Health Careers Registered Apprenticeship Program further electrified the atmosphere. The program's purposeful collaboration with Iowa Workforce Development, local high schools, and community colleges opened doors to a world of possibilities. It presented a golden opportunity to bridge the gap between education and employment, providing jobs while simultaneously funding healthcare education. This grant not only addressed the pressing issue of the nationwide nursing shortage but also offered the chance for individuals to embark on a career that aligns with their passion and purpose. The statistics from the University of Maryland-Baltimore and Encoura underscored the tremendous potential within the healthcare field, with a significant percentage of Gen Z expressing their intention to pursue healthcare careers. This program became a beacon of hope, showcasing the commitment of Bethany Life to empower its staff to pursue their dreams, make a meaningful impact, and continue their journey in the realm of healthcare.

Bethany Life's dedication to fostering the dreams of the younger generation is a testament to the organization's profound belief in the power of education, opportunity, and compassion. Bethany Life has become a catalyst for change, inspiring countless individuals to embrace their calling in the healthcare field. Through these tours and grant programs, Bethany Life has created a legacy of empowerment, ensuring that the next generation is equipped with the tools they need to thrive and make a difference in the lives of others. It is a testament to the boundless potential that lies within each individual, waiting to be ignited and transformed into a force for good.



# Timberland Village

Timberland Village is an integral part of Bethany Life's remarkable continuum of care. The enchantment of Timberland Village lies not only in its breathtaking surroundings but also in the vibrant tapestry of activities that await its residents. Todd, an extraordinary member of our staff, tirelessly ensures that every tenant has a wealth of engaging experiences to partake in. From lively happy hours that uplift spirits to invigorating sessions of sweating to the 60's, BINGO nights brimming with anticipation, cozy movie screenings



that transport you to another world, and countless other endeavors like shopping trips, there is never a dull moment at Timberland Village.



McKenna Mohr, Companion

For McKenna, "what sets Timberland Village apart, is the unique balance it strikes between independent living and the availability of support. The tenants are provided a nurturing environment that fosters a sense of autonomy, empowering them to live their lives to the fullest. And should they ever need assistance, the staff is always there, ready to lend a helping hand." McKenna is filled with gratitude that Timberland Village offers the tenants a place

where they can retain their independence while having access to the support they may require.

But it isn't just the tenants who make Timberland Village such a remarkable place for McKenna. It is the collective spirit of the staff that envelops the community, a spirit that is infused with kindness, empathy, and genuine care. The entire team at Timberland Village shares a common goal: to ensure that the tenants receive the utmost care and support. Every member of the staff goes above and beyond to make a difference in the lives of those they serve, embracing their roles as compassionate caregivers. In this environment of kindness and camaraderie, McKenna feels a deep sense of belonging and purpose.

For McKenna, Timberland Village isn't just a workplace; it is a haven of purpose, fulfillment, and heartfelt connections. It is a place where her own life

is enriched by the smiles, stories, and resilience of the tenants she serves. With unwavering dedication, she embraces each day as an opportunity to make a positive difference in their lives, cherishing the profound impact they have on her own journey. McKenna couldn't imagine a happier place to be, as Timberland Village has become a source of inspiration, fulfillment, and unwavering gratitude in her life.

Currently, our community thrives at an impressive 90% capacity- a testament to the allure and appeal that Timberland Village holds for discerning individuals seeking a fulfilling and enriching lifestyle. However, for those who may not yet have the opportunity to join us, we wholeheartedly maintain a waiting list.

The 24 assisted living apartments, 36 independent living apartments, and 12 duplexes within Twin Homes, cater to diverse needs and preferences, ensuring that every resident finds a place they can proudly call home.

We invite you to embark on a journey with us! Discover the beauty of Timberland Village, where the whispers of the wind carry the promise of a life well-lived.





# Cedar Place

Nestled within the heart of Story County, Cedar Place stands as a shining beacon of hope and comfort for those aged 62 and older. As one of the few HUD subsidized housing apartments in the area, it offers a lifeline of support and companionship to individuals seeking a place to call home. But Cedar Place is more than just a housing complex- with its numerous apartments, it's a sanctuary brimming with compassion and empathy. The dedicated staff members pour their hearts into ensuring the well-being of each resident. "One of the main reasons I enjoy working at Cedar Place is because of the great team we have to care for our tenants and provide the support services they need. I like the challenge to come up with strategies to keep people in their homes for as long as they are able. It's an amazing thing seeing our seniors thrive in their own environment," says Kristi Eley,

Director of Assisted Living.

When you step into Cedar Place, the immaculate facilities embrace you with open arms. The cleanliness and attention to detail serves as a testament to the staff's commitment to providing a safe and comfortable environment for all. For the past 17 years, Kent has been

a steadfast presence at Cedar Place, dedicating his unwavering commitment to the well-being of others. In the quiet hours of the night, when the world sleeps, Kent emerges as a guiding light at Cedar Place. His unwavering passion and tireless efforts have endeared him to all those fortunate enough to cross his path. Within the halls of Cedar Place, Kent's infectious spirit and genuine care radiate with every interaction.

His compassion knows no bounds as he listens intently to everything the residents have to say and offers a comforting presence in moments of vulnerability, and tends to their individual needs with unwavering

attentiveness. "Every tenant is more than just a name or face; they are cherished and deserving of our utmost care and respect," says Kent.

But Cedar Place offers more than just the steadfast staff and physical comforts. From engaging social events that create lasting friendships, to stimulating hobbies, and outings that invigorate the senses, there is always something to look forward to. Laughter fills the air during lively gatherings, shared meals become cherished moments of connection, and the joy of community resonates through every corner of Cedar Place.

One of the greatest treasures of Cedar Place lies in the affiliation with Bethany Life's continuum of care. This partnership ensures not only the highest quality of service but also the provision of affordable housing options. It's a rare combination- a place where compassion and affordability co-exist, enabling residents to thrive in an environment that respects their dignity and nurtures their well-being.



Courtney Nehas, Nurse Manager LPN & Lori Crouse, LPN/ Personal Companion



Kent Nemeck, Personal Companion/ Med Manager





# LifeChoices® at Bethany

Wellness • Independence • Asset Protection



The story of Marilyn and her late husband's journey with LifeChoices® is one that touches the depths of the heart. When they joined LifeChoices® in the fall of 2018, a profound sense of relief washed over their entire family. Finally they found solace in the knowledge that no matter what the future held, their parents would be protected, cared for, and their well-being prioritized. Such is the power and impact of LifeChoices® for its members.

For Marilyn, LifeChoices® became a lifeline, allowing her to remain in the comfort and familiarity of her own home for as long as possible. The program not only safeguarded her assets but also placed relentless focus on her overall wellness. However, as life unfolded, and Marilyn's health declined more rapidly than anticipated, her son, Mark, with the support of her advocate Paige, made the decision to move her into The Households of Bethany, where she has resided for the past two years.

The transition from home to a new environment can be daunting, but being a LifeChoices® member made Marilyn's move to Bethany a smooth and supportive process. Her advocate Paige stood by her and her family every step of the way, acting as a tireless champion for their needs and desires. From navigating paperwork to orchestrating the physical move itself, the advocate's unwavering support ensured that Marilyn's transition was as seamless as possible. Even to this day, her advocate remains a steadfast presence, offering guidance and assistance whenever needed.

While Marilyn's journey has been marked by challenges, especially in recent years with the presence of dementia and hospice care, her sons, Mark and Jon, speak of LifeChoices® and Bethany Life with nothing but profound

gratitude and admiration.

Bethany, with its specialized care for individuals with dementia, has proven to be an extraordinary step in Marilyn's journey. However, its impact extends far beyond her alone- it brings solace and support to the entire family. The staff at Bethany are not merely caregivers; they are kind souls, attentive and knowledgeable, who have become an integral part of their lives. The care and attention Marilyn receives fill their hearts with reassurance and joy, knowing that she is cherished and nurtured each day.

Both Mark and John attest to the exceptional qualities of the LifeChoices® Advocates and the staff at Bethany. These remarkable individuals possess a genuine willingness to listen, readily offering their expertise and compassion whenever questions and concerns arise. They anticipate needs before they even arise, proactively working to ensure the happiness and well-being of every individual under their care. Even during challenging times when Marilyn required hospice care, the Bethany staff worked tirelessly to improve her health, resulting in her being able to not only overcome hospice twice, but also witness improvements in weight, hydration, and cognitive abilities. The needs of Marilyn and the entire family are met with unwavering dedication each and every day.

Within the walls of Bethany, Marilyn now resides in a beautiful living space, that feels like home away from home. She enjoys regular visits from her loving sons, knowing that they are there to support and cherish her.

Marilyn's story serves as a testament to the immense power of compassion, advocacy, and dedicated support system. LifeChoices® at Bethany and Bethany Life have become beacons of light in her life, enriching her journey with love, dignity, and unwavering care.





# Ribbon Cutting at the Ames Office

On May 9th, a sense of excitement and anticipation hung in the air as LifeChoices® prepared to unveil its new chapter to the world. The community gathered, our cherished members joined, and the devoted staff of Bethany Life eagerly awaited the momentous Ribbon Cutting and Grill Out event. This occasion marked not just a milestone, but a testament to the remarkable growth and promising future that lay ahead for LifeChoices®.

As the doors of our new location, at 515 Grand Ave. Ames Iowa swung open, a wave of pride washed over all those present. Guests were welcomed with open arms and given the opportunity to tour the new office space, providing a glimpse into the heart and soul of LifeChoices®.

Kim's voice was full of emotion as she delivered a poignant speech that echoed through the hearts of everyone gathered. Each word carried the weight of gratitude and an unwavering commitment to the mission of LifeChoices®.

Underneath the clear blue sky, our vibrant communities came alive. Laughter mingled with the tantalizing aroma of burgers and hot dogs, filling the air with an infectious spirit of camaraderie. The conversations flowed freely, as memories were made at the new LifeChoices® building.

For those who couldn't witness this event in person, we captured the essence of that momentous day in a video. It encapsulated the joy, energy, and the unity that permeated the atmosphere, inviting everyone to share in this unforgettable occasion.

As LifeChoices® sets its sights on even greater horizons, we remain steadfast in our commitment to serving our members, the community, fostering genuine connections, and empowering individuals to embrace a life of purpose and fulfillment. Together, we embarked on a journey that promises boundless growth, unwavering support, and a profound sense of belonging. For more info on LifeChoices® visit our website at [lifechoicesatbethany.org](http://lifechoicesatbethany.org)

## LifeChoices® at Bethany Life Care at Home





# 10

LifeChoices®  
at Bethany  
Life Care at Home

## ANNIVERSARY

It's hard to believe, but LifeChoices® at Bethany has reached a momentous milestone- its 10th anniversary! Just pause for a moment and let that sink in. For a program that was the first of its kind in Iowa, the impact it has already made on the community is nothing short of extraordinary. The sheer joy and satisfaction we feel as we reflect on the progress we've achieved and the trajectory we're headed towards is indescribable.

Month after month, we witness a steady influx of new members joining our LifeChoices® family. We are known for being experts in developing such a special and unique program, designed for each individual member's needs and wants. Each individual who walks through our doors is greeted with open arms and a

genuine commitment to helping them thrive. It's a privilege to witness the transformative power of our program, as it not only has kept 160 members in the comfort of their own homes as they gracefully age, but also shields their hard earned assets from the overwhelming financial burden of long-term care.

What truly warms our hearts is seeing our members embrace the concept of the six dimensions of wellness with unwavering enthusiasm. While the hands of time continue to tick, our members refuse to let age define them. Instead, they immerse themselves in activities they love, be it tending to vibrant gardens, social gatherings, embarking on exhilarating travels, kayaking amidst nature's wonders, or even taking part in the thrilling adventures of riding in RAGBRAI. The passion and zest for life that radiates from our members is nothing short of awe-inspiring.

But LifeChoices® is about more than just providing a support system- it's about relieving families of the burdens that come with aging. We shoulder the weight of their worries, ensuring that their loved ones are not only well-cared for, but also experience an improved quality of life and a future filled with promise. The knowledge that we have made a tangible difference in the lives of our members and their families is a gift beyond measure.

As we celebrate a decade of LifeChoices® at Bethany, our hearts brim with gratitude. Gratitude for the trust our community has placed in us, gratitude for the opportunity to serve and uplift those who have walked alongside us along this incredible journey. Looking ahead, we are driven by an unwavering commitment to further enhance our program, expand our reach, and touch even more lives. With each passing day, LifeChoices® grows stronger, propelled by the boundless potential of compassion, care, and connection. Together, we can redefine aging and create a future where every individual can savor the true essence of life, regardless of age.

On Thursday, July 13th, from 4-7 pm, LifeChoices® will hold its 10-year anniversary celebration at Reiman Gardens in Ames. We are inviting our members and community to come and celebrate with us as we congratulate and thank everyone who has made this all possible.



LifeChoices® members on a trip to St. Louis









# Bethany Life

212 Lafayette Avenue  
Story City, Iowa 50248

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

\*\*\*\*\*ECRWSEDDM\*\*\*\*

Postal Customer



**10<sup>th</sup>**  
**LifeChoices<sup>®</sup>**  
**at Bethany**  
Life Care at Home

**ANNIVERSARY**

**LifeChoices Ten Year Celebration!**  
**Where: Reiman Gardens, Ames, IA**  
**When: July 13th 4-7pm**