



Winter, 2009
Volume 6, Issue 1

More than a place to live...it's a place to thrive!

“HOPE...more than just wishful thinking.”

By Larry Elphic

As young children we wish for many things. We learn to “make a wish” while throwing a penny in a fountain or blowing out birthday candles. As we grow older we learn to understand that wishful thinking is inadequate. As we mature we learn that having faith moves wishful thinking into the realm of hope. Hope is to expect with confidence and this allows us to move into our futures with the knowledge that we can achieve many things.

Bethany Life’s first steps toward hope took place in 1914. We will celebrate our 95th anniversary this year. Since 1914, Bethany Life Communities has been surrounded by those who have strong faith and have known that providing hope has given our organization the legacy which we hold so dear. Hope sees the invisible, feels the intangible and achieves the impossible. The word HOPE was placed in our mission statement purposefully. It is a cornerstone of all we do. Our supporters, our staff and all those we serve have and readily give hope to one another. Bethany Life is a blessing we all share.

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“It is a cornerstone of all we do.”

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BETHANY LIFE
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From the President



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“Hope is not a dream, but a way of making dreams become reality,” said Leon Joseph Suenens. What a great quote. When I first heard these words it certainly reminded me that the act of “hoping” for something is not enough. There has to be follow through. Leaders do not sit back and wait for something good to happen. Hope is a call to action.

I am blessed to be surrounded by many people of Bethany Life who are wonderful leaders. Leadership comes from all levels of the organization, with many of our best ideas coming from those who work directly with our residents. CNAs, nurses, dietary staff, housekeepers and activity staff hear from our residents and their families on a daily basis and we encourage all of our staff to bring “hope and compassion” to those we serve by sharing their ideas.

Our mission is also dependent on the support we receive from those who give of their time, talents and treasure. Because of the sacredness of our mission, our call to action is to present the needs of those we serve and share opportunities to meet those needs. Only with your involvement will we be successful as we strive toward excellence.

This year Bethany Life Communities is celebrating its 95th anniversary year of service to the elderly. We are very proud of our heritage. Our mission of *“helping elders thrive in their life journey, living in a Christian environment of HOPE and compassion”* has been our call to action from the beginning. It is my privilege to be a part of this organization and I thank the thousands of individuals who have nurtured our mission since 1914.

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Recently, at the celebration of the grand opening of our newly renovated skilled care area, we had the honor to name nearly 200 friends who supported the “Renovating Lives” campaign. Each donation was a precious gift and epitomized the symbol of hope. Two friends, in particular, were remembered for the hope they inspired by the gifts they named in their wills. Naomi Jans and Anna Overland will be remembered for their examples of charity and hope that will continue to be a blessing to those at Bethany Life for years to come. We hope that more of our friends will follow their example in leaving a planned gift to benefit the ongoing mission of “helping elders thrive in their life journey, living in a Christian environment of hope and compassion.”

From wishful thinking, to the acquisition of faith, to the sharing of hope, we at Bethany Life Communities share a wonderful journey with all of our supporters. We thank you for your “full of hope” caring for our elders. This is true hope... more than just wishful thinking.

Campaign Update



“Restoring Lives” Campaign a Resounding Success

On January 18, 2009, the Bethany Life Foundation was surrounded by friends, donors, board members, staff and residents as we celebrated the grand opening of a newly renovated wing on the first floor of Bethany Manor. This \$220,000 renovation has resulted in a wing which is designated in serving individuals who have been recently released from a hospital setting and are in need of skilled care services prior to returning home.

The outpouring of support for the project is greatly appreciated and the outcome is fabulous. Due to the renovation, Bethany Life has increased its skilled care census by almost 70%! We thank everyone who has donated and pledged funds to the effort. Your support has provided a warm, bright, beautiful environment for those who are hurting and for the staff who are caring for these individuals. With your support you are sending a wonderful message of hope to the seniors of our community. They know we are all here for them in their time of need.

Thank you and God bless all of you!

*Call Erin Gasaway
at 515-450-6194
to learn more about
skilled care at
Bethany Manor.*

From the Chaplain

Dear Friends,

**“Find rest, O my soul, in God alone; my hope comes from him.”
– PSALM 62:5**

As we have watched the snow piles get higher and higher, we somehow know that we can survive winter because we know that soon we will be not be walking on ice, but on green grass. We know that in a few months we will be breathing the aroma of spring flowers. We live with hope.

Hope is basic to life. You can take from us our wealth and we are hindered. Take our health and we are handicapped. We can have our purpose taken from us and we are slowed and temporarily confused. But take away our hope and we are plunged into deepest darkness.

The hope we have isn't dependent on us or our circumstances or anything we do, but on Christ and what he has already done for us. As Peter put it, it's imperishable, undefiled and unfading. No matter what happens in this life, we have that hope.

As God's people, we have the confidence that hope reframes every moment of our lives – because we live with the promise that nothing on this earth has the final say. God has the final word. He has given us a hope that can never be disappointed.

Yes, because of our hope in Christ, we live with the promise of spring and with the promise of heaven, a place where everything will be made new and our faith will be fulfilled.

In the winter times of life we live with hope, patiently waiting expectantly for the intangible to become reality.

Until the day all our hopes are fulfilled, may God fill our hearts with anticipation and expectation.

In the hope of Jesus Christ,
Chaplain Sandy Anenson



*Chaplain Sandra Anenson
with Orpha & Elsie*



CHAPLAINCY ENDOWMENT FUND

DONOR RECOGNITION TREE GIVING LEVELS

Gold Leaf: | \$2,500+

Silver Leaf: | \$1,000 to \$2,499

Bronze Leaf: | \$500-\$999

Estate Planning:

BRINGING HOPE TO YOUR FAMILY AND YOUR FAVORITE CHARITY

With the current recession, tax rates are bound to rise. That means appreciated stock or real estate you were depending on to sell for income may net you a lot less due to a potentially higher capital gains rate. You can give those assets away and make more money than selling it and getting the income from the principal with a **Charitable Remainder Trust (CRT)**. Here's how:

- 1) Give it away and reduce your estate tax. Donate all of your appreciated stock or real estate to a charity. This is an excellent way to reduce any estate tax you would pay. By giving a charity an appreciated asset in an irrevocable trust like a CRT, you will immediately reduce the value of your estate by the current fair market value of the asset and get a deduction for the transfer.

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From the Foundation

The Bethany Life Foundation is very pleased to recognize in this edition of Bethany Life our 2008 contributors of \$100+. The total resources brought to Bethany Life through the generosity of our friends totaled \$287,161. The following is the unaudited accounting as to which Foundation Fund the money was placed:

Good Samaritan Fund:	\$151,317
Chaplaincy for Today:	\$26,146
Chaplaincy Endowment Fund:	\$29,007
Capital Needs Fund:	\$73,698
Employee Appreciation Fund;	\$3,206
Eden Fund:	\$737
Campaign 2000:	\$1,951
Miscellaneous Fund:	\$1,099

Our work is not done in the Foundation. We hope that the individuals, families and businesses who have befriended our mission will continue to be there for our elders. Our Foundation will strive to be innovative in our fundraising efforts with new initiatives being unveiled in 2009. If you ever have questions regarding our Funds or may have an interest in serving on our volunteer Board of Directors, please give us a call.

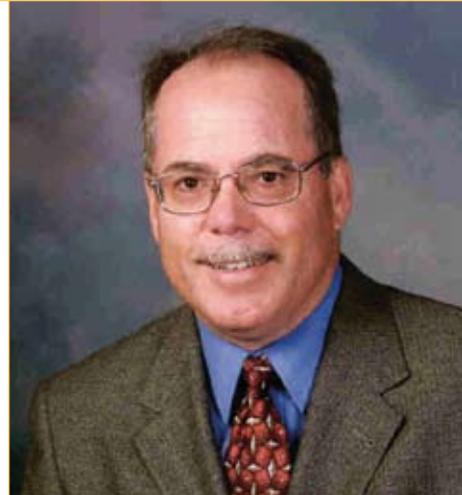
We also want to thank the hundreds of people who have volunteered their service to our organization. Your energy, your advice and your commitment gives us hope and inspires us. Thank you!

CONTINUED FROM PAGE 4

- 2) You get income for life. The charity sells the asset and because it is a non-profit, they pay no tax. The principal stays in the trust and is managed professionally. You get the income from the trust as long as you live and/or as long as you and your spouse live. The income is much larger than you would have gotten net of any capital gains tax.
- 3) The kids get cash and no messy management headaches. You can get life insurance for the amount you transfer to the trust. With the higher income you will be able to afford the premiums. The kids will get cash from the life insurance trust probate and income tax free. They also won't inherit any management headaches.

Charitable Remainder Trusts are great vehicles for people to turn appreciated assets into big cash flow. It's a win-win strategy for families who want income, and the charities appreciate the gift, too. A lot of non-profits like churches or universities will offer legal counsel to help you set up these trusts at a discount or at no cost.

Don't lose money on appreciated assets to taxes. Keep the money for you and your family by seeing an estate planning attorney about using Charitable Remainder Trusts. Contact the Bethany Life Foundation if you have questions.



Larry Elphic

Foundation Director

MARK YOUR CALENDAR

SUMMER EVENTS

*95th Anniversary
Celebration*

June 7, 2009

*Bethany Life
Benefit Golf Classic*

June 26, 2009

*Skunk River
Music Festival*

August 1, 2009

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Employee Spotlight

Hope Thrives at Bethany Life

A LOVING FAITH COMMUNITY OF FAMILY AND FRIENDS

By Janet Dunn

Jean Engelson has been a nurse at Bethany Manor for the last 24 years including the five year span when her parents were residents from 2002-7. Both memory care units were opened with Jean's leadership where she continues to work three days a week.

Jean and her family have experienced how faith can sustain them. Jean was the last of six children and the only girl born to Arnold and Helen Skartvedt on a farm in Garden City. Her brothers, David, Glenn, Wendell, Ivan and Lyle, gladly accepted a girl into the fold when their mother told them that she would be drying dishes when she got older. By the time Jean was three, she had earned the titles of "pest" and "brat" by following them all around. Her mother told her she was "worse than all her brothers put together." No surprise then that this girl, from age seven, was riding horseback alone to the farthest pasture at 5am and again at 5pm to bring the cows in to be milked.

Brother Glenn died in a traffic accident at age 24, leaving behind his four children ages 5 and under. During that time of loss it was their hope in the promises of God that sustained them. Parents Arnold and Helen Skartvedt became residents of Bethany Manor when they were no longer able to stay at home. Helen came after surgery in 2002 at age 86. Arnold joined her in December 2002 when Helen insisted, and they shared a double room until Helen died in 2006. Arnold died in 2007. During that time of transition, change and loss, it was once again their hope and confidence in God's promises that gave them comfort and assurance.

How did Jean's parents experience hope at Bethany Manor? "They enjoyed going to Chapel and their ultimate hope was in Christ. But the positive caring of the staff and the way the residents care for each other was always such an important source of hope for them. Bethany Life Communities does a good job in helping residents maintain their optimum lifestyle as their abilities change in what they can do. This gives them hope. For Mom, the social life here gave her such hope, with the opportunity to listen and share with residents and staff. She had the ability to be content where she was placed. Dad was always a quiet man. His faith was very important to him and a source of his strength. Mom said they didn't talk much but they held hands and watched TV together, and that was enough," said Jean.

How did Jean experience hope, as a family member, at Bethany Life? "The sense of community and kindness, the compassionate caring of the staff gives families that inner calmness and contentment, and ability to cope. Hope is the belief that things will get better and be taken care of. You can still have hope when life isn't what you want it to be, but it's the best it can be at this moment." said Jean.

In tribute to the Skartvedts, Chaplain Sandy Anenson said, "It was a quiet, trusting faith that defined their living, gave them contentment and filled their hearts with anticipation of heaven. We don't always hope for a cure, but our faith gives us the promise of healing. We find complete healing in heaven where everything will be made new. At home in heaven we will have "really good days."

There is hope for every day and the ultimate hope in Christ that defines our Bethany Life Community of faith, helping us thrive in our life journey, together.



Jean Engelson

SUPPORT THE BLC EMPLOYEE APPRECIATION FUND

- *Holiday parties*
- *Recognition*
- *Staff's children's school supplies*
- *Special staff needs*

USE THE GIFT CARD
ON PAGE 10 TO
DESIGNATE YOUR GIFT.

Special Offer



TIMBERLAND VILLAGE INDEPENDENT & ASSISTED LIVING APARTMENTS

Timberland Village in Story City offers a continuum of senior living facilities within a wood-side setting. The Village gives you the privacy of your own home or apartment and the opportunity to go about your daily routines in life with the support services you desire.

Timberland Village accommodations are beautiful and plentiful. Restaurant-style dining; beauty salon; exercise room; a lovely community room for parties, chapel services and fellowship; library with internet access, underground parking, transportation services, plus much more.

Timberland Village residents enjoy numerous activities including outings to favorite restaurants, shopping, chapel services and more. Our residents have found new friends and new ways to enjoy being an active and important part of a senior community that truly cares for their needs.

Timberland Village offers studio, one and two bedroom apartments in both independent and assisted living formats. Our assisted living services include four levels of care that allow you to choose the amount of care that meets your needs. Safety and security is a priority at Timberland Village with experienced staff available 24 hours a day, seven days a week.

If you or a loved one is considering a new lifestyle that provides comfort, security, convenience and the support that is needed, take the time to visit Timberland Village and explore how wonderful retirement life can be!

For more information, please call Cindi Martin at 515-733-6500. You will be impressed by Cindi and her staff's commitment to outstanding care and service. Give Cindi a call and take a tour of Timberland Village...you will be glad you did.



Miriam, Cindi and Beryle



Cindi Martin, *Timberland Village Housing Manager* and Pat Seitsinger, RN, *Assisted Living Nurse*

Ask Cindi about the winter move-in special!

Brain Attack

RISK FACTORS FOR A STROKE

In the United States, stroke is the third largest cause of death (behind heart disease and all forms of cancer). The cost of strokes is not just measured in the billions of dollars lost in work, hospitalization and the care of survivors in nursing homes. The major cost or impact of a stroke is the loss of independence that occurs in 30% of the survivors. What was a self-sustaining and enjoyable lifestyle may lose most of its quality after a stroke and other family members can find themselves in a new role as caregivers.

There is hope. Stroke prevention is still the best medicine. The most important treatable conditions linked to stroke are:

- **HIGH BLOOD PRESSURE.** Treat it. Eat a balanced diet, maintain a healthy weight and exercise to reduce blood pressure. Medication is also available.
- **CIGARETTE SMOKING.** Quit. Medical help is available to help you quit.
- **HEART DISEASE.** Manage it. Your doctor can treat your heart disease and may prescribe medication to help prevent the formation of clots. If you are over 50, National Institute of Neurological Disorders and Stroke (NINDS) scientists believe you and your doctor should make a decision about aspirin therapy.
- **DIABETES.** Control it. Treatment can delay complications that increase the risk of stroke.
- **TRANSIENT ISCHEMIC ATTACKS (TIAs).** Seek help. TIAs are small strokes that last for only a few minutes or hours. They should never be ignored and can be treated with medication or surgery.

SYMPTOMS OF A STROKE

IF YOU SEE OR HAVE ONE OR MORE OF THESE SYMPTOMS, DON'T WAIT, CALL 911 RIGHT AWAY!

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body.
- Sudden confusion or trouble speaking or understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

If you have any concerns...don't rely on wishful thinking...act!
Treatment can be more effective if given quickly. Every minute counts!

"Stroke Risk Factors and Symptoms", NINDS. June 2008.

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Questions or comments about the newsletter or the information contained within can be addressed to the Bethany Life Foundation Board/Communications Committee. Editing: Larry Elphic, Janet Dunn.



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(Please make checks payable to: Bethany Life Foundation)

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Address _____

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Please make my gift in honor/memory of: _____

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