

BETHEL BEACON

Bethel Lutheran Nursing & Rehabilitation Center
701-572-6766
activities@blnrc.com
Bethel Lutheran Foundation - 701-572-0223
foundation@blnrc.com
1515 2nd Avenue West • Williston, North Dakota 58801
Recognizing each individual as a child of God



www.blnrc.com Spring 2022



Belinda Moen, RN

Welcome to Our Interim Administrator BELINDA MOEN

I am honored to be a part of the Bethel Lutheran Nursing & Rehabilitation Center team. It is my pleasure to be here, and I am grateful

for the opportunity to work for such an amazing organization, team, and the wonderful residents that reside here. My name is Belinda Moen. I am a mother, grandmother, wife, sister, registered nurse, and proudly your Interim Administrator. I have been married to my high school sweetheart for 29 years. We have two amazing children, Austin & Paige, and have two beautiful grandbabies – soon to be three! I began my career in healthcare in 1998 as a registered nurse and have worked in a variety of settings including obstetrics, ICU, ER, and long-term care. Long-term care captured my heart and soul and I have never looked back. In July of 2000, I became a Licensed Nursing Home Administrator. I joined Bethel in September of 2021, and I am absolutely thrilled to be here.

The last two years for long-term care have been challenging but I am so incredibly excited for what the future holds. In the coming months, we have several exciting activities planned for families and residents. In April there will be a Friends & Family Easter Egg Hunt. May will bring Band Day. A summer craft sale is planned; where we will have available for purchase seedlings the residents have planted. We also have a brand new Facebook page that I invite each and every one of you to follow where we will be showcasing the happenings at Bethel for all to see and enjoy. Our webpage is currently undergoing a much-needed revamp, and I am excited to see the changes.

The beginning of March came in like a lion for the residents and staff on Pineview! We practice fire drills on a routine basis, hoping we never have to utilize the training and knowledge we gain – but our fear came true when a fire broke out on Pineview. A special thank you goes to our nurse Geri, who without his quick thinking, things could have been much worse. He reacted with speed, skill, and confidence and single handedly extinguished the fire. He worked tirelessly, along with several other staff, to

move the residents to safety and keep them calm. Thank you Geri, and all the other staff, for your quick response, willingness to come in and help after hours. And thank you to the residents and families for your understanding and cooperation, as well as the Williston PD and Fire Department for their quick response. Repairs were made in less than 24 hours and residents were moved back into their homes. It is absolutely amazing to see the staff come together during an emergency and work together to accomplish whatever needs to be done for our residents.

Thank you for trusting me in my new role and trusting your families and friends in the care of Bethel. We are blessed, and do not take the trust lightly that you instill in us daily. I welcome you to contact me at any time with any questions or concerns, or simply to introduce yourself. One of my favorite parts of this position is building a relationship with the families and residents, and I look forward to getting to know each and every one of you. *God Bless!*



A Fresh Look for Bethel!



It's "Spring Cleaning" time and we are sprucing things up around Bethel! One of the things getting a polish is our logo. The three crosses encompass our rich history and the gold circle keeps the look and feel of the old logo while bringing a new polished look for our future. We hope

you like it. Look for more new "polish" with our Facebook page and in the coming months with a revamped website!

<https://www.facebook.com/Bethel-Lutheran-Nursing-Rehabilitation-Center-111189818199845>



Kurt Stoner – Director

Foundation *Corner*

Our plans for a new Bethel continue. We are currently in conversation with city officials to secure land in the Williston Square Development. When Bethel was built in the early 1950s, it was constructed at the very north end of the city. The new location will locate Bethel to where it appears much of Williston's growth will occur and locate Bethel close to a future health care facility. We have been at our present location for over 70 years and our plans will allow us to better serve our community for future generations. An undertaking like this is a major investment to more efficiently provide quality compassionate care in a more homelike modern facility. The greater our investment into this project means the less we will have to borrow which will save on future interest payments on borrowed funds. This will keep our future rates lower. We ask for your playful consideration of how you might be able to assist Bethel in our ability to continue this important legacy.

We are once again planning for our College for Seniors to be held in Bethel's activity room. Our tentative dates are September 7, 8 and 9. If you have ideas for topics or speakers, please share them with the Foundation at 572-0223.

Bethel's Annual Meeting will also be held in our activity room. After two years of meeting remotely due to Covid concerns, we are excited to be able to gather for our meeting in person. The tentative date for this year's annual meeting is Wednesday, September 28, at 5:30 PM.

I want to extend a heartfelt thank you to Tami Peterson for her dedication to the residents at Bethel. Tami served as Bethel's Director of Nursing from May 2009 thru August 2015. She served as Bethel's Administrator from 2015 to January of 2022. She was Director of Nursing during Williston's oil boom which brought many challenges to all facilities located in Northwestern North Dakota. She also served as administrator during the Covid Pandemic which is still an ongoing concern to all nursing facilities caring for our county's aging population. On behalf of Bethel and Bethel Lutheran Foundation Board of Directors, we wish her well and good health as she continues her career in nursing.



We Want You to Join Our Family!

NOW HIRING

Full-time and Part-time Positions Available.

Stop by or visit our website for more information:

www.blncr.com

Staff and Board Members

Bethel Lutheran Nursing & Rehabilitation Center

1515 2nd Ave. West, Williston, ND 58508
701-572-6766

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Director of Nursing – Tanya Geise, RN

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Social Services Supervisor –

Sarah Tappenden

Laundry/Housekeeping Supervisor –

Joan Toftte

Clinical Dietician –

Laura Hall, RD, LD

Director of Food Services –

Valerie Barrett

Activities Supervisor – Salina Henke, ADC

Director of Maintenance – Lee Brenna

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Arbor House Assisted Living Center

1705 3rd Ave. West, Williston, ND 58801
701-572-2688

Nurse Co-managers –

Renee Bendixson, LPN

Faye Schmit, LPN

Bethel Lutheran Foundation

1705 3rd Ave. West, Suite 101
Williston, ND 58801, 701-572-0223

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Assistant Director – Kathy Harger

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Paula Jarland

Ken Kjos



Salina Henke

Activity Update

Activities here at Bethel Lutheran Nursing & Rehabilitation Center are in full swing, we have been able to gather in the activity room for coffee hours and bingos. We have just recently been able to get entertainment coming in and having groups come in also. We have been having First Lutheran coming in the 3rd Wednesday of each month for Communion; and St. Joseph's Catholic Church is coming in for Mass every other Thursday. With the weather warming up, the plans for events outside is under way – we are looking forward to getting families involved with events again!

Below are dates we are planning some things; these are all weather permitting.

Monthly EVENTS

APRIL

- 7th Lion's Bingo
- 9th Friends and Family Easter Egg Hunt – 2pm - 4pm

MAY

- 7th Band Day
- 9th– 13th National Nursing Home Week/Spirit Week
 - Monday:** Neon Day
 - Tuesday:** Miss-Match Day
 - Wednesday:** Bethel Shirt Day
 - Thursday:** Exercise Day
 - Friday:** Sports Day

- 14th Garden Arts Festival – 9am - 12pm
- 25th Prom (*This is for residents only - No families at this time*)
- 28th Grenora Choir
- 30th Susie Q's Ice Cream Truck

JUNE

- 13th Jer Bears Sno Cones

JULY

- 1st Bethel Lutheran Craft Sale

June-September - We will be doing Friends & Family BBQ's – 5:30pm - 7pm. The dates will be posted the beginning of each month. We are looking forward to getting to know the new families that have joined us, and getting back to some normalcy here at Bethel Lutheran Nursing & Rehabilitation Center.

BETHEL ACTIVITIES

Daily EVENTS

MONDAY

- Neighborhood Activities – 10:00am
- Coffee Hour – 2:00pm
- Bingo – 7:00pm

TUESDAY

- Neighborhood Activities – 10:00am
- Coffee Hour – 2:00pm
- Games – 7:00pm

WEDNESDAY

- Neighborhood Activities – 10:00am
- Coffee Hour – 2:00pm
- Bingo – 2:30pm
- Games – 7:00pm

THURSDAY

- Neighborhood Activities – 10:00am
- Coffee Hour – 2:00pm
- Games – 7:00pm

FRIDAY

- Neighborhood Activities – 10:00am
- Coffee Hour – 2:00pm
- Games – 7:00pm

SATURDAY

- Manicures – 10:00am
- Movie & Popcorn – 2:00pm
- Bingo – 7:00pm

SUNDAY

- Worship Service, Chapel – 9:30am
- Service Social – 10:30am

***Monthly and daily calendar events are subject to change. All activities are in the activity room unless stated otherwise.**

Welcome To Arbor House!

ZONA BJORNSON

Zona Zavalney Bjornson is a native to Williston. She is a graduate of Williston High School and the Institute of Hair Design. Graduating in 1982, Zona worked for nine years before starting her own salon, "The Broadway for Hair," where she served the community for 25 years. She's not a stranger to Bethel Foundation spending time with her Mom at Golden Estates for six years, filling in at the Arbor House and Bethel Home doing hair. She is now spending more time at Bethel with her father-in-law Richard Bjornson. Zona is proud to be married to her husband Rick of 38 years; they have one daughter Allison Bjornson, who is a teacher here in Williston. Zona is the beautician for the Arbor House. "I'm so blessed to have lived in this beautiful community with my mother, Julaine, my family and friends, my whole life."



Congratulations!

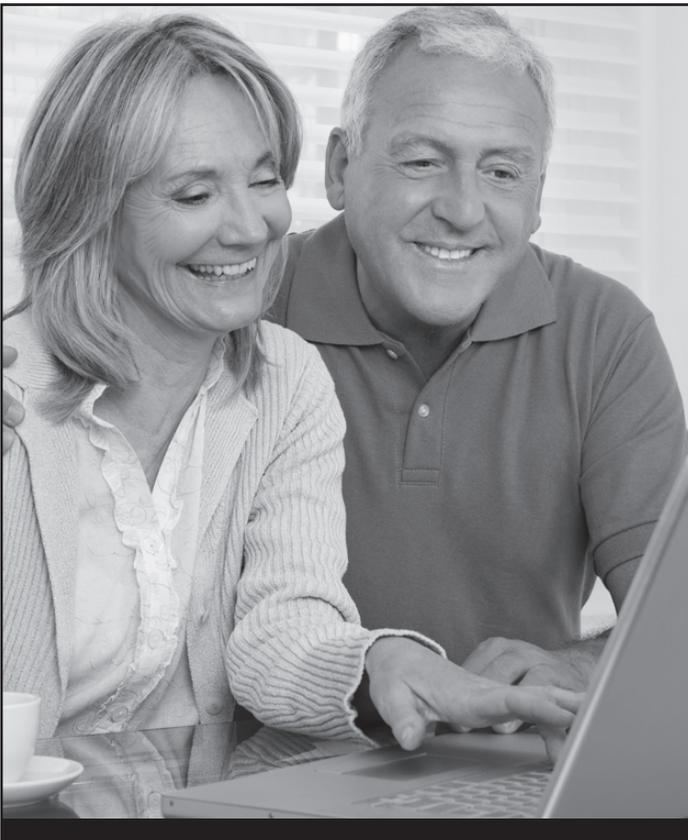
TO OUR LONG-TERM EMPLOYEES ON THEIR RETIREMENT



Cheryl Lingenfelter was employed in Bethel's activity department for 19 years, 1 month, 20 days. Cheryl began her employment at Bethel on 10/10/2002 and her last day was 11/31/2021. Thank you, Cheryl, for your many years of service in the activity department and also for your musical ministry you provided to our residents to ease their pain in time of need.



Leah Paulson has retired. She was the Director of Social Services and worked here for 28 years, 11 months, 14 days. 02/17/1993 - 01/31/2022. Thank you, Leah, for your many years of dedicated service and for your concern for all of our residents.



Did you know we offer electronic giving?

You can contribute anywhere, anytime right from your computer, smartphone or tablet. Give online by visiting our website at blnrc.com and clicking the "Give Online" tab in the lower left corner. Get started today!



Please consider supporting Bethel with a charitable gift today!

Visit blnrc.com to donate!

HAPPY BIRTHDAY To you!

Bethel Birthdays

APRIL

4th Hazel Johnson
12th Marilyn Ludlum

MAY

10th Gregoria Binfield
Evelyn Kukuk
12th Leonard Hustad
20th Melva Sogard

JUNE

3rd Lawrence Kohanes
24th Vivian Garvin

JULY

5th Gida Anderson
Janet Lancaster
6th Winifred Schiele
22nd Harvey Skaare
30th Lavina Haarstad

AUGUST

10th Mary Borrud
22nd Donald Amundson

ADMITS

Ruby Jacobson
Charlotte Toftø
Joyce Frank

GOD BLESS THE MEMORY OF OUR DECEASED FRIENDS

Donna Anfinson
Marian Rasmussen
Norma Austreim
Kezhi Wang
Verna Nelson
Lois Boeck
Marlene Skaare
Shirley Raivo
Lylas Bowman

Arbor House Birthdays

APRIL

4th Delores Nordhagen
11th Fred Martin
19th Thomas Hagen

MAY

9th Marilyn Immenshuh
16th Wesley Larson
20th Gordon Hagge

JUNE

6th Abner Tufto
7th Sharon Gosline
13th Dale J. Livdahl

ADMITS

Dolores Olson

JULY

19th Verdjie Emineth

AUGUST

1st Kay Bendixon
11th Audrey Olson
13th Eleanor Olson

Employees OF THE MONTH

DECEMBER 2021

Gracie Czarza



MORE ABOUT GRACIE:

Gracie was born and raised in Eagle Pass, TX. She received her LPN at Southwest Texas Junior College. She is married and has 4 kids, 4 step kids, 2 cats and 1 bird. She enjoys crafting and cooking. The thing she enjoys most about her job is when everyone works together as a team. When she needs help, she says there is always someone there to lend a hand or answer a question. She said, "My CNA's and floor managers are awesome!" Gracie has been in the Wheatland Neighborhood here at Bethel since 2021.

NOMINATION COMMENTS:

Gracie always goes above and beyond with residents. Communicates well with staff. I know everything is closely watched with her on shift.

FEBRUARY 2022

Loretta Treadway



MORE ABOUT LORETTA:

Loretta was born in Rupert, WV, and was raised in NC. She received her Medical Admin degree in 2002-03 and MSSM from 2009-14. She has 3 kids, 15 grandkids and 3 great-grandkids (one on the way). She enjoys camping, fishing, horseback riding and her grands/great-grandkids. The thing Loretta likes best about Bethel is all the people and coworkers. There are lots of new people to meet and her bosses "are awesome". Loretta has been with Bethel since September of 2013 as a CNA and is now in our Activities Dept.

NOMINATION COMMENTS:

Loretta is always positive, and is willing to do anything asked of her. You know when she is here — she goes above and beyond to do what is needed for the residents.

JANUARY 2022

Lily Short



MORE ABOUT LILY:

Lily was born in Butte, MT, and raised in Paradise Valley, MT. She has 5 brothers, 1 sister, and attended Lustre Christian High School and a year at WSC. Her interests include cooking, baking, volleyball, piano, snowboarding and dogs. She has been at Bethel for 8 months in Dietary. What she likes best about Bethel is the amazing stories and wisdom of the residents, and her amazing manager and coworkers. She loves being helpful and having a purpose.

NOMINATION COMMENTS:

Lily is a sweet, polite, hard-working employee. She loves interacting with residents, very good with coworkers, picks up shifts whenever she can. She is always smiling, welcoming new employees and residents in a very positive way. She is a good representative for Bethel.

MARCH 2022

Connie Egge



MORE ABOUT CONNIE:

Connie was born in Williston and raised in Alamo, ND. She graduated from Alamo and from UND-W. She has a twin sister, 6 brothers and 2 sisters. She has 2 sons, a cat and a dog, and a grand-cat and grand-dog, along with a special great nephew, Hunter. She enjoys cooking, baking, walking, fishing, remodeling, cleaning, canning and taking care of animals. She has been a CNA for almost 14 years and has been at Bethel since the 1990's. The best thing about Bethel is that, "We are a family."

NOMINATION COMMENTS:

Connie always gives tender, loving care — she shows patience and love to all her residents. She treats them like her own family.

Congrats! THANK YOU FOR ALL THAT YOU DO AT BETHEL.



NUTRITION TIP

by Laura Hall, RD, LD Clinical Dietitian

Chicken and Vegetable Kabobs



Warmer temperatures and sunshine are finally on the horizon! Along with this great change in weather also comes grilling season. One of my favorite things to make on the grill is kabobs; easy to prep ahead of time, they make great weeknight meals or an efficient meal for entertaining a crowd. Leftovers are also easily mixed with a bed of lettuce or brown rice to pack as a to-go lunch for work. Enjoy!

INGREDIENTS

- 1 pound boneless skinless chicken breasts, about 2 large breasts
- 3 TBSP extra-virgin olive oil
- 3 TBSP red wine vinegar
- 2 tsps honey
- 4 cloves garlic, *minced*
- 1 TBSP dried oregano
- 2 tsps dried thyme or dried rosemary
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 small red onion, *quartered into 1-inch pieces*
- 1 small zucchini, *ends trimmed and sliced into 1/2-inch coins*
- 1 small summer squash, *ends trimmed and sliced into 1/2-inch coins*
- 1 red bell pepper, *seeded and cut into 1-inch pieces*
- Canola oil for grilling
- 1 large lemon, *cut into wedges (optional, but way better if it's included)*

DIRECTIONS

Cut the chicken breasts into 1-inch pieces and place in a large zip top bag, shallow baking dish, or bowl.

In a separate bowl or liquid measuring cup, whisk together the olive oil, vinegar, honey, garlic, oregano, thyme, salt, and pepper.

Pour over the chicken and stir to coat (or seal the bag, removing as much air as possible, and “squish” to coat). Place in the refrigerator to marinate for 30 minutes or up to 3 hours (do not let the chicken sit for longer or the vinegar will cause it to break down). If using wooden skewers, place the skewers in water to soak for at least 20 minutes.

When ready to grill, preheat the grill to medium-high heat

(about 375 degrees F). Brush the grill grates with canola oil or coat with nonstick grill spray.

Thread the kabobs: Thread a piece of chicken onto the skewer (shake off the excess marinade when removing it from the bag.) Add alternating pieces of the red onion, zucchini, yellow squash, and red bell pepper until you've reached the end of the skewer, ending with chicken. Repeat with the remaining skewers, and then discard the excess chicken marinade.

Grill the chicken until fully cooked through and the juices run clear, about 10 to 15 minutes, turning the skewers every few minutes so that each side has grill marks. Transfer to a serving plate and squeeze the lemon over the top. Sprinkle with fresh herbs and feta. Serve warm.

Staying Safe EXERCISING OUTDOORS WITH OLDER ADULTS

Now that it is spring and we are finally seeing some nice temperatures, the urge is strong to get outdoors and get some fresh air! However, it is important to remember to be mindful and observant with venturing outdoors.



You've made a plan to be more active, and you're ready to go outside and get started. But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

THINK AHEAD ABOUT SAFETY.

- **Carry your ID** with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert.
- **Let others know where you're going** and when you plan to be back.
- **Stick to well-lit places** with other people around.
- **Be seen to be safe.** Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- **Wear sturdy, appropriate shoes** for your activity that give you proper footing.
- If possible, **walk during daylight hours.**
- **Choose routes that are well-used, well-lit, and safe.** Choose routes with places to sit in case you want to stop and rest.





Chaplain's *Corner*

- with Pastor Sheldon Sorenson

Do you have a favorite season? Some of us have been thinking "Spring" for a while now. Some are planning to plant their gardens. Farmers are anxious to begin their spring work. Children are looking forward to the end of school.

Some people find that "Summer" is their favorite time of year. People are riding motorcycles, some off to the golf course, and many are headed to camping at the lake. Yet, others are taking in the baseball season that has gotten in full swing.

Some people find "Fall" the best time of all. They look forward to the colors of fall, bird and other game-hunting, plus no mosquitos. Many are ready to watch football and others build bon fires.

Some people do enjoy the season of "Winter." This is mainly because we have so much of it in North Dakota. People look forward to ice fishing, skiing, snowmobiling and awaiting the arrival of Thanksgiving and Christmas.

There are seasons to life as well. Young people want to be older. Older people want to be younger. At least we as older people can act like we are younger.

Whatever season we are in, may we be pleasing to the Lord. May we rejoice in today. May God show us our way today. May we show others the way to Jesus today. While we are waiting for our "Favorite Season," let us not waste the season we are in today.

"This is the day which the Lord has made; let us rejoice and be glad in it."

Psalm 118:24

Bethel's Activities

ST. PATTY'S DAY & MARDI GRAS PARADE





Kids Visit the Arbor House



One Sunday afternoon the baby goats came to town and stopped at the Arbor House for a visit. The tenants were delighted. They touched, held and just talked to them, while others watched and smiled. Jane, one of our employees, raises goats along with other farm animals. She was so proud of these babies.

Your Support IS NEEDED

Bethel depends on our church sponsors and community. We are very appreciative of your financial gifts that improve the lives of the residents we serve. Resident rates are set/limited by North Dakota's rate equalization reimbursement system. North Dakota Medicaid and Medicare rates typically (hopefully) cover the cost of providing direct care to our residents. However our Foundation is looked upon to help support facility improvements and other quality of life services. Please consider one of the following ways you could make a positive difference in the quality of care Bethel provides.

GIFTS OF CASH: The easiest way to obtain a charitable deduction is to support Bethel through a cash gift. If you itemize, your gift may be fully deductible.

BEQUEST/WILL: Consider naming Bethel in your will for any fixed or proportionate share of your estate.

GIFTS OF APPRECIATED STOCKS/BONDS: Giving long-term appreciated stocks or bonds avoids capital gains tax and you will receive an immediate tax deduction based on the full fair market value on the date of the transfer.

GIFTS OF LIFE INSURANCE: Designating Bethel Lutheran Foundation as the owner and beneficiary of an existing or new insurance policy usually offers a tax advantage in the year the gift was made. If the policy is paid up, the charitable deduction will be the cash value at the time of the gift. If the policy is not paid up, you continue to pay annual premiums which will become tax deductible to you each year.

GIFTS OF REAL ESTATE: If you have owned rental property, farmland or other real estate for many years, a charitable gift of that property can be especially tax advantageous. If sold outright, the sale could result in capital gains on any appreciation, and ordinary income on any depreciation recaptured. A charitable gift to Bethel may avoid the tax consequence and realize a charitable deduction for the full market value of the real estate.

There are many ways to support the Mission of Bethel, please consult your tax advisor or call the Bethel Foundation office at 701.572.0223.

MARK YOUR CALENDARS

Bethel's 26th Annual College for Seniors
Tentative dates are September 7-9, 2022

Bethel's Annual Meeting
September 28, 2022

Did You Know?
**APRIL IS
OCCUPATIONAL THERAPY MONTH!**

Expressing *Our Gratitude*

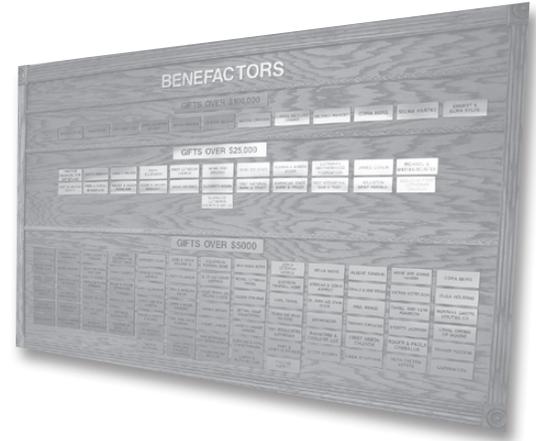
Bethel Lutheran Foundation is a non-profit organization, dependent on gifts and endowments from individuals, foundations and corporations. In addition to cash gifts, planned giving donations are made through gift annuities, charitable remainder trusts, insurance policies, stocks, real estate, and bequests from wills.

The Foundation is very grateful to all donors. Your contribution ensures that Bethel Home and its services continue to be the very best—now and in the future.

Contributions may be made payable to: Bethel Lutheran Foundation

Mailing address: 1705 3rd Ave. W. #101, Williston, North Dakota 58801

Contributions listed below were received between November 2021 – March 2022.



ANNUAL FUND

Anonymous
Lorilee Bott
Les & Marla Bean
Richard & Lorraine Bingeman
Catholic Daughters
of America
Crowley Fleck
Al & Deb Fedorenko
First Lutheran Church
Ora Fredericksen
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Linda Stordahl
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IN HONOR OF

Bethel's Staff and Residents (Past & Present)

Lorilee Bott
David Hanson
American State Bank & Trust
Lorraine Hillestad
Leanne Verner
Hugh Long
Fred & Coral Whisenand
Melva Sogard
Pat & Tammy Sogard

IN MEMORY OF

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Donna Anfinson
Family & Friends
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Levin & Ardis Bean
Katlyn Berry
Ron & Betty Jo Falcon
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Wes Black
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Lawrence Boe
Jeraldine Thompson
Lois Boeck
Rod & Becky Pippenger
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Lois Papineau
Mary Stewart
Jeraldine Thompson
Gloria Hansen
Lois Papineau
Lyjean Smith
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Luverne Hillestad
Leanne Verner
Margaret Vera Holm
Tim Evanson
Verna Iverson
Dorothy Bergem
Carns & Sons Pawn Shop
Peter & Kris Conlin
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Marvene Larvick
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Lowell & Carol Sandvik
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Lila Wold Shelbourne
Lovella Wold Richardson
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Dale Livdahl

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Pearl Mickelson

Leston & Carrie Johnson

Duane Moe

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