

Bethel Beacon



Winter 2023

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Snowy Greetings!

With the return of winter weather, thoughts naturally turn to the holidays. People start reflecting on the year past and looking forward to new things to come in January.

Purposeful steps continue in our journey as we look forward to a new Bethel! Meetings continue with EAPC and FCI, along with a team of invested individuals from our staff, people from both The Foundation and Bethel Boards as well as a few community members. While everyone is interested and invested, none more so than our current staff! It is no secret that this building of ours is old. Just as our bodies start showing their age — joints that hurt with the cold, backs and legs that start creaking upon use, hips and knees that need to be replaced — so too has our building been ‘creaking’ more and more in the last few years.

Our Environmental Services staff does an incredible job of holding us together and ensuring the residents’ home is kept in the best condition possible. But with aging walls, old pipes and natural wear-and-tear, everyone can see that something must be done.

It may seem that the process toward the new building has been slow — believe me, we feel that way too! But with state and federal regulations for Long Term Care, new technologies to research and long-term planning to consider, our Building Committee is dedicated to doing things “right” not quick. While we excitedly await the day when we can invite you to our ribbon cutting at the new facility, we continue to work on improvements to our current main facility. In recent months we have added fresh paint, had the carpets professionally cleaned and upgraded systems to help us continue to provide the best care possible.

We also were blessed to add two new vehicles to our fleets this fall! Arbor House had a gracious donor who provided funds for a new Toyota Minivan. And Bethel was able to purchase a new Chrysler Minivan for resident trips to medical appointments out of town. Both minivans are replacements for old vehicles that have served us well but needed to be retired.

Speaking of retiring, we said “farewell, good luck and thank you so much” to two long time employees this year. Linda Panasuk had been with Bethel for over 50 years! Linda had many roles over her career with Bethel but retired from her most recent role as Staff Scheduler in June. Our Admissions Coordinator, Char Borud followed her lead in September, as she stepped away after 16 years with Bethel. While we miss seeing these two ladies around our halls, we are so happy they were able to retire after so many years of dedicated service.

Just as staff retires, we also have staff who join our team! We hope if you visit us, you will be able to see and feel the value these new team members are adding daily. More activities happening, more hands to assist residents, and more maintenance staff caring for the building and grounds — each and every person employed by Bethel makes a difference in the lives of our residents.

More information can always be found on Facebook (BethelLutheranWilliston) or on our website www.blnc.com. My door is always open, so please reach out with any questions or concerns.

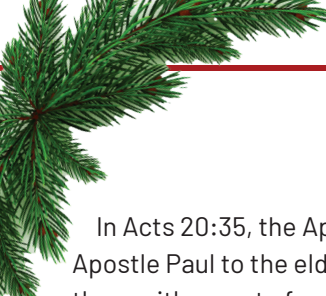
I wish everyone a joyous holiday season. Thank you for your prayers, donations, emails and letters. I am continually blown away by the commitment and support shown by our staff, families and community. God Bless.



Belinda Moen
RN Administrator

“Oh give thanks to the LORD, for He is good,
for His steadfast love endures forever!”

Psalm 107:1



Foundation Corner



Keefe Lovgren
Director

In Acts 20:35, the Apostle Luke records the final words of the Apostle Paul to the elders of the church in Ephesus. He leaves them with a quote from Jesus Christ:

'It is more blessed to give than to receive.'

While this phrase is often heard and repeated, it is sometimes forgotten that it was spoken by Jesus Christ, the ultimate giver. As the calendar transitions to the last quarter of the year, there tends to be an increased focus on thankfulness and giving. This is, of course, due to the two major holidays, Thanksgiving and Christmas, which celebrate these essential activities.

In my role as the Director of the Bethel Lutheran Foundation, I have a unique perspective that not many people get to experience. We receive, and we give. The Bethel Lutheran Foundation is entrusted with financial gifts from our generous supporters. These supporters trust us to steward their gifts according to their designated purposes or in areas where we identify a need. Consequently, we have the privilege of both receiving and giving these gifts to enrich the lives of the people we serve in our community.

We are profoundly grateful for the responsibility of prudently stewarding our supporters' gifts. Furthermore, we are immensely thankful for our supporters who embrace the

words of Jesus Christ, 'It is more blessed to give than to receive.' They understand that their gifts are making a difference in the lives of those whom the Bethel Lutheran Foundation supports. Their gifts are also given in response to the love they have received from Christ Jesus, and in that response, they are modeling the servant nature of Jesus Christ, the ultimate giver.

In 2023 alone, the Bethel Lutheran Foundation has generously donated over \$2.2 million to the Bethel Lutheran Nursing and Rehabilitation Center. This remarkable contribution is a testament to the steadfast support of our donors, who understand that their generous gifts are having a profound and lasting impact on the lives of Bethel residents each day. These donations not only enhance the daily lives of our residents but also play a pivotal role in the ongoing preparations for a future home that will benefit many more residents in the years to come.

So, I give thanks. I am thankful for your willingness to give so freely, knowing that you are impacting the lives of those around you. I am thankful for your trust and support of our mission. I am thankful for Christ Jesus, who gave up the riches of Heaven in order that we may receive a part of His inheritance.



- Darlene Benth at Golden Estates



Contributions

September 2023-November 2023

ANNUAL FUND

Our Redeemers Lutheran Church
Gloria Dei Lutheran Church
First Lutheran Church
St Olaf Church
Warren & Peggy Sundet
Janet Fruchtl
Lee Skavanger

CHAPEL

Bethel Residents

IN MEMORY OF

Arline Larson

Kathy Harger

Dorothy Peterson

Robyn & Kirk Soiseth
Rickie & Sharon Sorenson
Gregory Peterson
Greta Lehnerz
Ronda Peterson
Lisa Urbatsch

Jeraldine Thompson

Karen Jorgenson
Nancy Dyk
Maxine Renner

Elaine Halvorson

Rickie & Sharon Sorenson

Fay (Lufkin) & Oscar Halvorson

Phyllis Lufkin

Dan Baker

James & Sharon Moline

Don Nehring

James & Sharon Moline
Stan & Amy Reep

Leora Sukut

James & Sharon Moline

Jerome Bakke

Marilyn Bakke

Darlene Langseth

Marilyn Bakke

Eugene Emery

James & Sharon Moline
David & Vienna Selid
Roger or Pamela Gunlikson

Sylvia Simle

Pauline Everson

Sharon Ennis

Madonna Ennis

Myra Aafedt Ahrens

Kari M Lee

Dick Jensen

Carol Jensen

Keith Grodt

Alvina Skogen

Joe & Dorothy Senger

Marian Dunn

Lloyd Dahl

Gail Dahl

Gordon Hagge

Dale Livdahl
Frank & Barbara Underhill

Loretta Engebretson

Edwin Engebretson

Myrtle Tetrault

Robert & Linda Tetrault

IN HONOR OF

Char Borud

Thomas & Denise Weyrauch

Walt & Lucille Trieder

Mylo & Kay Sather

Pastor Sheldon Sorenson

Ardean Aafedt



October 2023 Employee of the Month

Mariah was raised out at Blacktail. She is finishing up her Bachelors in Social Work, is married and has one daughter. Her family includes her mom and three brothers. Mariah likes basketball, running, painting, scrapbooking, and spending time with her daughter. She also loves buying gifts for others. She worked at Bethel as a CNA for 5 years and returned in 2022 in our Social Services department. Her favorite part of her job is getting to know the residents and their families and hearing about their past – they have become like family to her. "Bethel is truly one of the best places to work for."

Nomination Comments:

Mariah is personable, friendly, has a great attitude and is always so willing to help – going above and beyond! She has so much love for the residents and advocates for their rights on the state and federal level. Both staff and families have commented on how nice and helpful she is. She is a blessing to the Bethel Team!

Happy
Birthday

Bethel

Joyce Frank – November 2nd
Maxine Hayward – December 9th
Orvin Finnesgard – December 16th
Katherine Bertelsen – January 5th
Dale Christensen – January 17th
Margaret Bottke – January 18th
Janell Mckechnie – January 27th

Arbor House

Joann Emery – November 5th
John Wahlstrom – November 15th
Wanda Wehrman – November 20th
Gerald Peterson – November 29th
Phyllis Lufkin – December 13th
Ardean Aafedt – December 15th
Elizabeth Anderson – January 16th
Nina Heen – January 29th (she will be 102)
Delores Hagge – January 29th

A Heart Warming Story

FLICKR COMMONS

The Postman Lifted Us from Depression

My parents, at the height of the Depression, were forced to go on home relief, which is known as welfare today. It was 1935, when I was 10 years old, and we lived on the first floor of a walk-up apartment on 43rd Street, in Brooklyn, New York.

A few days before Christmas, I looked out a kitchen window to see my father sitting on the stoop, dejected and depressed, with tears in his eyes. The mailman was approaching our building and asked my father what was wrong.

I heard my father say that he had used up his food vouchers and that the rent was past due. He had tried to work as a laborer through the Works Progress Administration, but he wasn't a very strong man, and the work had been too hard for him. I was scared, having seen newspaper pictures of people being put out on the street with all their belongings.

"Ike, how much do you need?" the mailman asked. My dad said he needed \$33 for the rent, and without hesitation, the mailman took \$50 from his wallet and handed it to my father.

My dad said, "I don't know when I'll be able to pay you back." The mailman put an arm around my father and said it would be okay if he paid him back or he didn't pay him back.

The mailman noticed me looking through the window and said, "Isaac, things will not be this way forever. If you or your son will remember this day, there will be times in the future when someone needs your help. Help them within your means and tell them what happened that day. This will be my payoff. Merry Christmas and Happy Chanukah."

As long as he lived, my father helped others when he could, and I've done my best to do my part in paying his generosity back.

—Martin Klapper, Longmont, Colorado

“**Share with the Lord's people who are in need. Practice hospitality.**”
ROMANS 12:13



Whipped Sweet Potatoes with Pecan Crumble Topping

by Kashia Ellis, RDN, LD

Whipped Sweet Potatoes

4 sweet potatoes (about 8 to 9 oz each)
1 1/2 cups plain yogurt, fat-free, Greek-style
1/2 tsp vanilla
1 tsp Kosher salt
Cooking spray (butter flavor)

Pecan Crumble Topping

1/2 cup oats, whole
1/4 cup pecans, toasted,
chopped
2 T butter, chilled, chopped
2 T dark-brown sugar
1/2 tsp cinnamon, ground
1/8 tsp nutmeg, ground



Directions

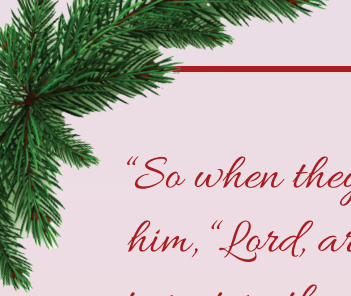
1. Preheat oven to 350°F.
2. Wash sweet potatoes, pat dry, and place in oven on bottom rack.
3. Prepare crumble topping by placing all ingredients in a bowl. Using a fork or the back of a spoon, mash ingredients together until all are well incorporated and hold together in small clusters. Reserve.
4. Bake potatoes for approximately 40 to 60 minutes until soft to the touch when pinched. Roasting will allow the sugar in the potato to caramelize naturally. Remove potatoes from oven and allow to cool before removing skins.
5. Place warm sweet potato flesh in a mixing bowl. Add yogurt, vanilla, and salt.
6. Whip using wire whip attachment on medium speed for about 1 minute. Scrape sides down and turn to high and whip for about 30 seconds until all of the yogurt is incorporated in potatoes.
7. Prepare glass or ceramic baking dish (1 1/2 to 2 qt) by covering surface with cooking spray. Scoop potato mixture into prepared baking dish. Sprinkle crumble evenly across top of potatoes. Lightly spray with cooking spray. Place in hot oven at 350°F for about 40 to 50 minutes to heat potatoes. The topping should be lightly browned. Remove pan from oven and serve.

Nutrient Analysis: Calories: 200; Total fat: 6 g; Sat fat: 2 g; Trans fat: 0; Cholesterol: 10 mg;
Sodium: 290 mg; Carbohydrate: 30 g; Fiber: 4 g; Sugar: 10; Protein: 8 g

— Recipe courtesy of Mary Kimbrough, RD, LD

Halloween Party





"So when they met together, they asked him, "Lord, are you at this time going to restore the kingdom to Israel?" He said to them: "It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1: 6-8 (NIV)

Is it white right outside your window? Every year about this time the leaves on the trees turn crimson and gold. They lose their hold on the branches and flutter down to the ground. Many of us enjoy the fall colors — anything but WHITE. We know that winter is coming, we just don't know when it will begin. Every year some of us are unprepared for the first snowfall. We haven't put away the hoses and sprinklers. Our patio furniture may be out on the patio. We were going to do some painting just as soon as we could find our brushes.

The disciples knew Jesus was coming back, but they didn't know when. They tried to get Jesus to give them a specific time. Jesus promised them He would return, but they had to learn to wait God's perfect time. He told them to keep busy doing what He had commanded them to do. They were called to share the good news of His resurrection. They were called to care for those around them in Jesus' name. They were called to be in prayer for His return. This is our calling also. Many people try to figure out exactly when Jesus will return. Instead, let us live for Jesus each and very day. Whenever He appears, we will then be ready.

Pastor Sheldon Sorenson



Upcoming Events

Bethel Lutheran Nursing & Rehabilitation Center

November

9th - Making Vanilla Cupcakes - 10:30am
10th - Thanking Our Veterans - 2 pm
15th - Making Sock Puppets - 10:30 am
16th - Making Button Turkeys with Daycare - 10:30 am
17th - Making Homemade Bread - 10:30 am
21st - Making Lefse - 9am-3pm
23rd - Thanksgiving Meal - 11:30 am
30th - Birthday Party of the Month - 2 pm

December

5th - Making Cookies - 10:30 am
Cookie Exchange - 2 pm
9th - Writing and Sending Christmas Cards - 9 am
12th - Making Gingerbread Houses - 1 pm
16th - Family Christmas Party - 1 pm
17th - Luminary Christmas - 4-6pm
18th - Baking Christmas Cookies - 10 am
21st - Lion Bingo - 7 pm
25th - Christmas Meal - 11:30 am
28th - Birthday Party of the Month - 2 pm
31st - New Years Eve Celebration - 7 pm

Admits

None

Discharged

Priscilla Cherwerda

Deceased

Eugene Emery - September 11, 2023
Darlene Hval - October 15th, 2023
Gordon Hagge - October 24th, 2023

Arbor House

New Tenants

Gerald Peterson
Mary Herber

November

10th - Veteran's Day Program
22nd - Thanksgiving Party

December

12th - Family Christmas Party
29th - Resident Christmas Party
29th - New Year's Party

The Importance of Keeping Seniors Engaged and Active during the Holiday Season

The holiday season is a great time for loved ones to gather around the tree and by spending time enjoying the Christmas spirit of peace, love, and joy. However, the season can be stressful for some seniors who live alone or not have family nearby to have fun during this joyous time. Seniors may feel left out, sad, or may even get bored if they are just sitting around and not actively enjoying in the holiday activities. Keeping seniors engaged in the season is important, and here are some reasons.



Christmas is for everyone to enjoy, including seniors! Yet many seniors tend to fall sick or find it hard to stay healthy and active, since most don't leave their home during the winter months. To keep the elderly from getting bored and their minds active, there are some fun and exciting activities for them to participate in with family and friends. Many games and activities can help keep your mind sharp and avoid memory declines, which is common in the elderly. Choosing activities that are fun to do, but not hard to achieve for yourself or an elderly parent. Physical activity is a good idea, as long as they are still physically able to play the game or activity. For instance, running or playing sports are good for only those still very active. Know your elderly parents' physical limitations before getting started on any Christmas activity. Activities can be simple, like decorating stockings. Or you can build a Gingerbread house with the grandkids, which may be more complex, but not impossible.

Festive Activities for Seniors to do

In the beginning of the month...

Sending Greeting Cards: A great way to stay connected to others is by sending holiday greeting cards. Seniors can keep a little notebook of all their family and close friends' addresses so they can make sure everything goes well.

Make a Gingerbread House: Getting together with the family to make a gingerbread house is fun and a great way to get into the holiday season. Plus, you can always eat some of the yummy leftovers, or add them to the tree.

Create Hand-made Ornaments: Seniors can find numerous types of DIY ornament kits to do with family and friends. Choose one that fits your style and get the whole family together for a fun-filled activity for the holidays.

Donate a Shoebox Gift: For seniors that want to give back to the community where they live, setting up a shoebox event can be a fun activity to do this. Helping children in need would love receiving this gift full of love and goodies. It is also a great way for seniors to "pay it forward". Organizations like Samaritan's purse is known to help in this.

Decorate a Wreath: This activity is a fun and easy for seniors. Let seniors get in the spirit by having them pick out several wreath ornaments, ribbon, or even bows to add to the wreath for a perfect design. Then hang it over your front door for a perfect display to get into the holiday spirit.

Go Christmas Shopping: Another fun activity for seniors is shopping! This is a great way to keep your elderly parent still active and healthy during the season. Help seniors create a wish list, then take them to the mall and help them pick out special gifts for the grandkids, or for themselves!

Tour a neighborhood Holiday Light show: There are many communities that create light displays for the holiday season. Some displays you can either do through foot or car. Some are even synced to holiday music. Most start right after Thanksgiving and run till the end of the year.

Help seniors set up a Christmas Tree: This activity is fun for the whole family. If you are like most people, the Christmas tree ornaments are either stored in the attic or basement during the rest of the year. So, get out the boxes and start decorating the tree with tinsel, garland, ornaments, and of course lights. Decorating the tree is not only fun to do, but it can also bring together the family for an exciting time.

During the Christmas week...

Catch a Holiday Concert or Play: Although some plays can be in the beginning of the holiday season, many are put on during the last few days before Christmas. Invite your senior parent to attend the grandkids' Christmas play or concert. They can enjoy themselves with good music and funny performances from the kids. They will not only enjoy it, but it can be a night they will never forget.

Go Christmas Caroling: Almost everyone enjoys Christmas caroling around the neighborhood. It makes the season feel so much brighter and more exciting, especially for those who can't get out of the house.

Have a Cookie-Decorating Competition: Get all the icing, sprinkles, and edible goodies you can buy and make this a night you won't forget! Bring the family all together for a fun and friendly competition. You can even get the Grandparents to judge! Or have them partner up with one of the kids to make it even more fun.

Share Traditions from the past: Many seniors love to share about past holiday traditions. They love to reminisce about some good times they experienced and share it with the younger ones. Sharing memories also helps keep them alive and remember what is important to them, especially during Christmas.

Other Fun Holiday Activities for Seniors to Enjoy

Have A Holiday Photo taken with family: Taking photos with your elderly parent can help make them feel part of the family during the holiday season. It is also a great opportunity to remember the reason for the season, while capturing some fun moments for all to remember as the years go on. Adult children taking care of their elderly parents can also put together the pictures as a fun activity, like a family scrapbook. Seniors can then enjoy reminiscing about the happy times and remember them later.

Organize A Secret Santa Gift Exchange:

This is a great way to have seniors get more involved in preparations for the holiday and to find a special gift for either their adult child or grandchildren. Secret Santa gift exchanges also helps senior bond with family members they may have not seen in a while.

Organize a craft event with family:

Another great way for seniors to come together and enjoy the holiday season is by making crafts. Many seniors are sometimes alone during Christmas, which can make it a sad time of the year. However, if you bring seniors together for some arts and crafts, it could help keep them occupied and avoid feeling alone. Choose a craft activity that they enjoy and show interest in doing. Examples of some craft ideas are pine cone Christmas tree making, Christmas Tree Twig Ornament Craft, and Christmas Tree Button Crafts. All of these are great to do with the whole family.

Have a gift wrapping party:

Not everyone is good at gift wrapping, but it could still be a fun and festive activity for seniors to do during the holidays.

Playing games with the family:

Another great christmas pastime is getting the family together to play a board game or cards. Playing cards is common activity for the elderly, not just during the holidays. They love play cards with close family and friends, and the fun can last for hours.

Consider the Energy level of the Senior: Although is is good and fun to encourage seniors to get involved with the holiday events, you should always make sure they are up for all the excitement. Encourage them to be apart of the family gathering activities, but make sure you don't overwhelm the senior. Keeping the activities low-key and easy to modify for the elderly is highly recommended. If you are an adult child with an elderly parent, always look for signs of fatigue or tiredness. Sometimes taking short breaks in between activities can also help with all the excitement. If you have an elderly parent with dementia or Alzhiemers, they can become confused or tired easily with everything going on. Have seniors take a nap if they feel overstimulated.



Fun Activities for Seniors when Going Out on the Town

- Get together with family and close friends and walk around the neighborhood to admire the Christmas-lighted houses along the way, including all the lawn decorations.
- Take a ride through a local city park to see the Holiday cheer that is displayed around the park.
- Go to your favorite restaurant for a delicious meal with close friends and family.
- Walk through the mall or popular shopping center to see the holiday decorations that are on display.
- Enjoy yourself by going to watch a feel-good holiday movie with family at the theater.



GIVING HEARTS DAY

Bethel Events



Holiday Movies

All Older Adults Remember

We are in the season of joy, giving...and classic movies! From "White Christmas" to "It's a Wonderful Life", there's no shortage of wonderful films to enjoy every holiday season. Here are the top holiday movies all older adults remember.

1. Meet Me in St Louis(1942)
2. The Bells of St Mary's (1945)
3. It's a Wonderful Life (1946)
4. Miracle on 34th Street (1947)
5. The Bishop's Wife (1947)
6. A Christmas Carol (1951)
7. White Christmas (1954)
8. A Charlie Brown Christmas (1965)
9. A Christmas Story (1983)



1515 2ND AVE W
WILLISTON, ND



BETHEL'S CHRISTMAS LUMINARY EVENT

FOOD, FELLOWSHIP, & ENTERTAINMENT
LUMINARIES WILL BE DISPLAYED AT 5 PM

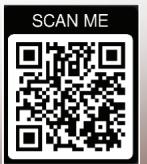
SUNDAY
DECEMBER 17
4-6PM

Luminaries will once again light up Bethel this holiday season. Bethel Lutheran Foundation will light a luminary candle and dedicate it for each gift of \$5.00. In addition, a paper candle will be displayed in the front lobby entrance to Bethel. Luminaries will be lit at 5 p.m. that evening.

You may designate a luminary in honor of or in memory of a friend or loved one. It is also a nice way to acknowledge the work of the dedicated staff at Bethel or a current or past resident. Luminary requests may be purchased by dropping a check off at the reception desk at Bethel, or mailing it to: Bethel Lutheran Foundation, PO Box 1152, Williston, ND 58802-1152. Please complete and include the form below with requests.

Luminary Purchase

Scan QR Code
Choose Luminary (\$5)
Note In Memory or In Honor



Please circle to indicate if in honor of or in memory of

In honor or memory of: _____

In honor or memory of: _____

In honor or memory of: _____

Given by: _____

Mail to: Bethel Lutheran Foundation, PO Box 1152, Williston, ND
58802-1152





Bethel Lutheran Foundation

56 22nd Street West, #3
Williston, ND 58801

www.blncr.com

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Bismarck, ND
Permit # 433

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**.