

Spring 2024

BETHEL Beacon

Spring
Activities For Seniors

Page 8

Bethel Lutheran Foundation

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

www.blnc.com



Happy Spring!



Belinda Moen
RN Administrator

While the weather may not be able to make up its mind whether it is time for spring, we are ready for all that Spring brings with it – warmer weather, green grass, and beautiful flowers! We can't wait for flower beds to be planted and trees to start blooming.

As we dream of spring, we continue to meet, narrowing down the plans for our dream of the new Bethel! There are so many things to take into consideration when planning a project this big. We will continue to provide updates as they come along.

March 11-15 is Long-Term Care Administrator's Week, which caused me to pause and reflect on why I became an Administrator. I have always had a special place in my heart for the elderly population. Growing up my mother and grandmothers provided such wonderful care for me, always ensuring that I had all I needed. Then, when I was 21 years old, my father received a kidney transplant. Going through that process with him, not understanding all that was happening, intrigued me and made me want to pursue a career in Nursing. I worked in and enjoyed a variety of specialty settings within the nursing field, but Long-Term Care stole my heart. As my time in nursing progressed, I wanted to take on a new challenge, which led me to become an LTC Administrator. Through the years, those experiences

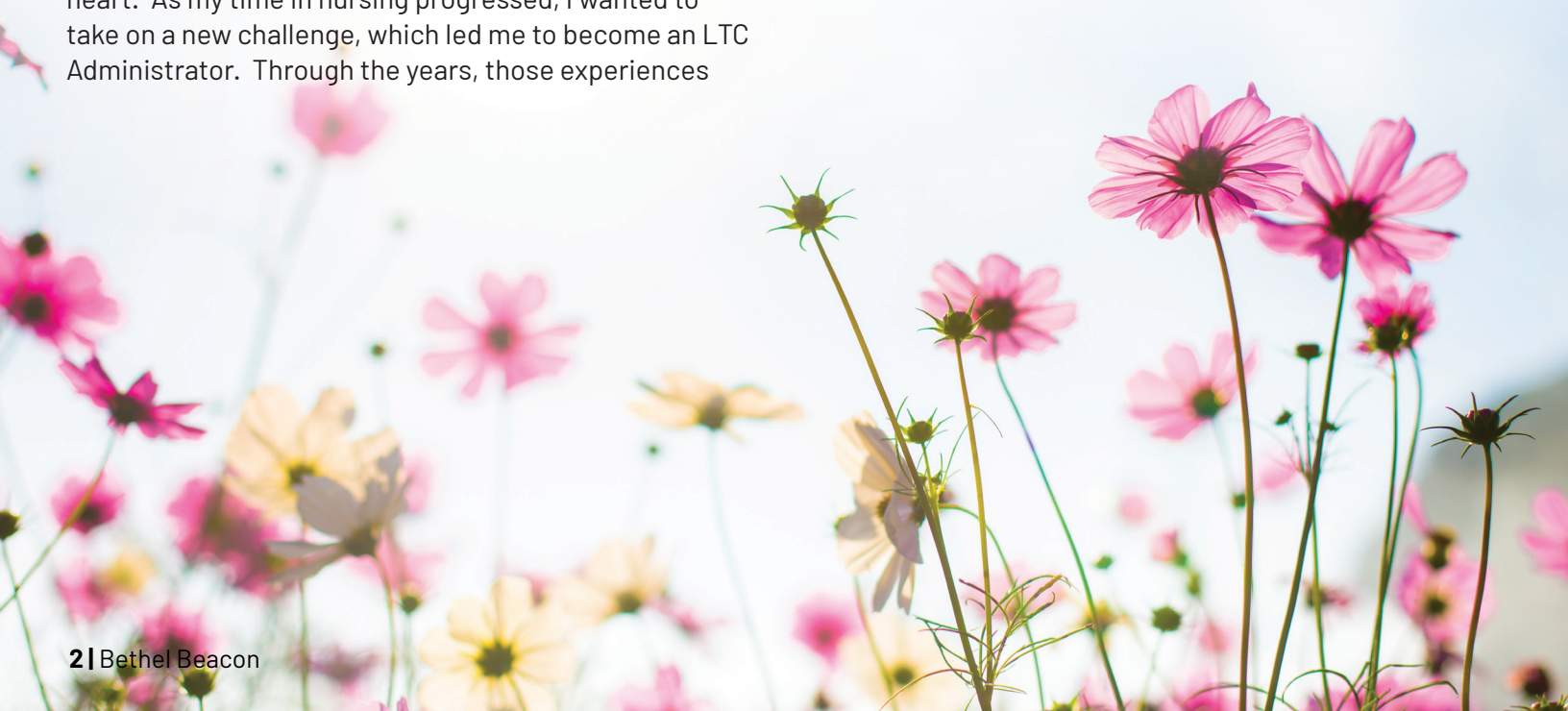
grew my heart – they make me want to give back and provide safe, compassionate care to those here at Bethel. Whether our residents' time is short-term or long, we strive to provide quality care. This is the reason I am at Bethel – for the people who entrust us to care for their loved ones.

I love walking around the neighborhoods and visiting with both staff and our residents and their families, getting to know every one of them. It is such an honor to care for each person who enters this building.

If you are interested in learning more, information can always be found on Facebook (BethelLutheranWilliston) or on our website <https://www.blncr.com/>. My door is always open, so please reach out with any questions or concerns and if you see me in the hallway, please stop and say "hi"!

Thank you for your prayers, donations, emails, and letters. I continue to be blown away by the commitment and support shown by our staff, families, and community. God Bless.

Belinda Moen



Foundation Corner



Keefe Lovgren
Director

As we make our way from one season into the next, we find ourselves looking at the potential of what lies ahead, where visions cast meet reality. As I look back on the past quarter, I am filled with deep gratitude for your continued prayerful and financial support, which continues to fuel our mission of providing Christian care and to sharing the love of Christ Jesus.

It is easy to get caught up in the quickness of life, additionally, it is easy to overlook those who played significant roles in shaping our community. At Bethel Home, Christian care is a calling – provided in its truest meaning. Workers minister to the physical, spiritual, and emotional needs of each resident in the name of Christ Jesus. 1 John 3:16-18 reminds us of the sacrificial love of Christ and as believers to what we are called.

“By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world’s goods and sees his brother in need, yet closes his heart against him, how does God’s love abide in him? Little children, let us not love in word or talk but in deed and in truth.” 1 John 3:16-18.

In these verses we are reminded of Christ’s sacrificial love for us, and how we are to love not just with our words but with our actions. At Bethel Home and Bethel Lutheran Foundation, these Biblical principles are at the core of our mission as we seek to serve aging adults in our community.

It is care that goes beyond providing a professional service; it is about creating meaningful connections and enriching lives. At the heart of our service is the love of Christ – it is His love that compels us to recognize each individual as a child of God, motivates staff to serve with deep love, and to honor Christ’s commandment to ‘love your neighbor as yourself.’ His love creates in us strength and compassion to serve each other.

I am deeply grateful to our donors who generously support Bethel Home. It is through your giving that we can continue to serve residents, physically, spiritually, and emotionally in Jesus Christ’s name. Thank you for your prayers and thoughtful gifts, all of which enable us to be a beacon of hope in our community.



HE IS RISEN

Get to Know Bethel Lutheran Nursing and Rehabilitation Employees



Cathy Steen

Laundry – 49 Years

"My hero is my dad, because he always put his family first and treated my mom like a queen."



Renee Bendixson

Arbor House Nurse Manager – 44 Years

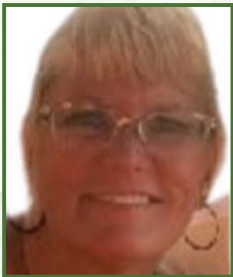
"The best part of working at Bethel is that it has become my home away from home. The tenants and co-workers are my second family."



Verna Nicks

Laundry – 49 Years

"If I won the lottery, I would give it all away, but I do feel that I have already won the lottery by being blessed to live for 92 years and counting."



Karla Syverson

Activities – 35 Years

"My joy in life is raising my two boys, Kody and Keon, and getting to know the residents I work with at Bethel."



Terri Lacher

Laundry – 34 Years

"My proudest accomplishments are my four children, ten grandchildren, and working at Bethel for 34 years!"

Staff and Board Members

Bethel Lutheran Nursing & Rehabilitation Center
1515 2nd Ave. West, Williston, ND 58801
701-572-6766

Administrator – Belinda Moen, RN, BSN, MBA, LNHA
Director of Finance – Tiffany Sickinger, CFO
Director of Nursing – Amy Larsen, RN
Chaplain – Pastor Sheldon Sorenson
Human Resources – Sam Womelsdorf
Social Services Supervisor – Sarah Tappenden, BSW
Laundry/Housekeeping Supervisor – Joan Tofte
Clinical Dietician – Kashia Ellis RDN, LD
Director of Food Services – Valerie Barrett
Activities Supervisor – Salina Henke, ADC
Director of Maintenance – Lee Brenna

Board of Directors

Tina Hanson, Chair/President
Jim McKenzie, Vice Chair
Rob Osborn, Secretary/Treasurer
Denise Weyrauch
John Harper
Patti Stewart
Rick Braaten
Ruth Carlson

Arbor House Assisted Living Center
1705 3rd Ave. West, Williston, ND 58801
701-572-2688

Nurse Manager – Renee Bendixson, LPN

Bethel Lutheran Foundation
56 22nd Street West, #3, Williston, ND 58801
701-572-0223

Director – Keefe Lovgren, klovgren@blfnd.org
Assistant Director – Courtney Ransom, cransom@blfnd.org

Board of Directors

Stuart Lanager, President
Ken Kjos, Vice President
Aaron Schmit, Secretary/Treasurer
Tina Hanson
Ruth Carlson

Daily Events

MONDAY

Group Exercise – 9:30 am
Coffee Party – 10 am
Coffee Hour – 2 pm
Ice Cream Parlor – 3:30 pm
Game – 4:30 pm
Bingo – 7:00 pm

TUESDAY

Group Exercise – 9:30 am
Coffee Party – 10 am
Coffee Hour – 2 pm
Ice Cream Parlor – 3:30 pm
Game – 4:30 pm

WEDNESDAY

Group Exercise – 9:30 am
Coffee Party – 10 am
Coffee Hour – 2 pm
Ice Cream Parlor – 3:30 pm
Game – 4:30 pm
Bingo – 7:00 pm

THURSDAY

Group Exercise – 9:30 am
Coffee Party – 10 am
Coffee Hour – 2 pm
Ice Cream Parlor – 3:30 pm
Game – 4:30 pm

FRIDAY

Group Exercise – 9:30 am
Coffee Party – 10 am
Coffee Hour – 2 pm
Ice Cream Parlor – 3:30 pm
Game – 4:30 pm

SATURDAY

Activities in the neighborhoods – 9 am-1 pm
Bingo – 4:00 pm

SUNDAY

Worship Service – 9:30 am
*Monthly and daily calendar events are subject to change. All activities are in the activity room unless stated otherwise.

*"By this, we know that we have come to know
Him if we keep His commandments."*

1 John 2:3



Pastor Sheldon Sorenson

John is called the "beloved" disciple. He may have been the only disciple to die a natural death. As he got older, his sermons got shorter. He would say, "Children, love one another." His disciples asked him why that was his message. He replied, "If this is done, it is enough."

Some people in the early church wanted to argue about minor points of doctrine while ignoring the most important truth – that we need to "LOVE ONE ANOTHER." We are to love those in the church and love those outside of the church. How many families would be healed if people loved each other?

At Bethel, our mission is to love others in Jesus' name. We love because He first loved us. He has called us to serve Him by serving others. Life is lived one day at a time. Each day, God has something for each one of us to do. God promises to guide us and provide all we need. So, let us decide to follow Jesus every day.

-Pastor Sheldon Sorenson

Happy Birthday

Bethel

Ardell Smith – March 16th
Vikki Johnson – March 20th
Delores Nordhagen – April 4th
Marilyn Ludlum – April 12th
Gregoria Binfield – May 20th
Evelyn Kukuk – May 20th
Brian Cole – June 12th

Arbor House

Anna Ginther – March 20th
Luanne Christensen – April 3rd
Wesley Larson – May 16th
Abner Tufto – June 6th
Sharon Gosline – June 7th
Dale Livdahl – June 13th

Upcoming Events

Bethel Lutheran Nursing & Rehabilitation Center

April

4th – Burrito Day
12th – Grilled Cheese Day
26th – National Pretzel Day

May

5th – Cinco De Mayo
12th – Mother's Day – Hand Molding Craft
27th – Memorial Day

June

7th – International Donut Day
16th – Father's Day – Craft
18th – National Sushi Day
20th – National Ice Cream and Soda Day
24th – National Chocolate Ice Cream Day

With warmer weather coming up, we are looking forward to getting outside and planting flowers and vegetables. We will go on fishing trips and enjoy as much time outside as possible!

New Admits

Donna Brown
David Stuen
Delores Nordhagen

Deceased

Darlene Hval – October 15th, 2023
Gordan Hegge – October 24th, 2023
Lavina Haarstad – January 21st, 2024
David Stuen – January 25th, 2024
William Merck – February 4th, 2024
Claudine Larson – February 4th, 2024

Arbor House

New Admits

Curtis Dahl
Anna Ginther

November

10th – Veterans Day Program
22nd – Thanksgiving Party

December

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



 **BETHEL LUTHERAN FOUNDATION**
ENRICHING LIVES

Did you know we offer electronic giving?

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

Please consider supporting Bethel with a charitable gift today!

DONATE TODAY

Spring Activities For Seniors

Celebrate spring with senior-friendly activities!

After a long winter, sunshine and warming weather are a welcome change. To help you enjoy the season, we rounded up 5 festive ways to celebrate spring with your older adult.

These senior-friendly activities will brighten their day and help you create special memories together.

5 festive spring activities for seniors

1. Get outside and enjoy nature

After being cooped up indoors all winter, getting some fresh air and sunshine will feel great. Keep your older adult comfortable with plenty of layers, a hat, or a light scarf.

For older adults who aren't mobile, simply sitting in a room with windows open to the fresh air is a comfortable way to enjoy nature. Or sit just outside the house to appreciate the trees and flowers. For some added fun, blow some bubbles!

Many older adults love to visit farmers' markets. Shop the fresh produce, lovely flowers, and local products.

Colorful birds also appear when the weather starts to warm up. A window bird or hummingbird feeder near a large window lets your older adult bird watch whenever they like.

Other ways to enjoy nature include:

- Walking around the neighborhood or in the park
- Eating a meal outside
- Visiting a plant nursery
- Taking a scenic drive

2. Decorate with a spring or Easter theme

It's fun to mark the seasons with festive decorations. We found some great DIY projects and lovely decor that your older adult will enjoy.

- Color spring-themed coloring pages and hang them up around the house. Examples include nature scenes, Easter lilies, and cheerful bees.
- You could also make non-toxic colored eggs to use for decoration. Or, have an egg hunt for the children in the family.
- Pastel-colored paper chain garlands can be hung around windows or doorways. A few simple wildflowers in empty bottles or glasses can brighten the table.
- We love how beautiful removable wall decals can bring spring into the room in minutes. They're especially great for celebrating with older adults in assisted living.



3. Celebrate spring with a family gathering

What many seniors enjoy most is time spent with family and close friends. Have a spring or Easter potluck lunch where everyone brings a dish to share.

- Make it even more fun by involving your older adult in the party planning and decorating.

4. Create an indoor garden

- Having plants around the house brings a little piece of nature indoors.
- Spring is a perfect time to start an indoor herb garden, grow flowers indoors with a simple kit, or get a miniature bonsai tree.
- For greenery without maintenance, get some silk or plastic ones instead. Examples include beautiful peonies, cute succulents, and bushy bamboo.

5. Do some spring cleaning

- Spring cleaning is an excellent excuse to encourage your older adult to eliminate unnecessary clutter.
- Make this chore meaningful by going through keepsakes and old photos together. This often leads to pleasant times reminiscing about special memories.

For more visit [Dailycaring.com](https://www.dailycaring.com)

Vegetable Cabbage Soup

by Cooking Classy

This Cabbage Soup recipe is one of the few recipes where you can sit down and eat as much as you want as often as you like, and you can feel great about it! It's low in calories, packed with veggies, and makes the perfect lunch any day of the year.



Ingredients Needed

- 1½ Tbsp olive oil
- 1 small cabbage (4 packed cups)
- 1½ cups carrots
- 1 cup diced celery
- 1½ cups chopped yellow onion
- 1 medium red bell pepper
- 1 Tbsp minced garlic
- 6 oz fresh or frozen green beans
- 1 can (14.5 oz) petite diced tomatoes
- 6 cups low-sodium chicken broth
- 2 tsp italian seasoning
- 3 Tbsp parsley

Stovetop Directions

1. Sauté mirepoix veggies: olive oil in a large pot over medium-high heat; add the onions, carrots, and celery, then saute for 6 minutes. Add in the garlic and saute for 1 minute longer.
2. Stir in remaining vegetables, broth, and seasonings: stir in cabbage, bell pepper, tomatoes, green beans, broth, Italian seasoning, and season with salt and pepper to taste.
3. Boil, then let simmer: Bring the mixture to a boil, then reduce heat to medium-low, cover, and simmer until veggies are tender about 15 minutes.
4. Finish with parsley: Stir in parsley and serve warm.





Spring Tea Time



"There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea."

- Henry James

In January, we had a Sparkle Tea Party for Hot Tea Day. We did a craft that morning – we made tea hats out of Styrofoam cups. The residents enjoyed creating them and showing them off. They all asked what they were for, and we told them that we were having a Tea Party that afternoon and to wear the hats when they came to the party. Some of them wore them for the whole day. We had a very good turnout for the party. Residents visited while they enjoyed some tea and snacks. It was such a simple easy event, and the residents enjoyed it so much.

- Selena Henke, Activities Director

It is the simplest things that we do that are truly the most enjoyable with the residents.



Activity Staff: Dawn Carroll, Jasmine Ralph and Salina Henke

Check out our beautiful residents and their fun hats!



Spring is Coming - A Devotional

May 20, 2021 | Danielle | Devotionals

It was a beautiful sight. Hidden underneath the brush of dried brown leaves and mulch, a little green tip appeared. The little leaf sparked joy and awoke a new hope.

"Finally," I whispered under my breath. "The peonies are coming in."

I'd carefully planted a few bulbs just months earlier under fading red and orange leaves. Peonies were new to me, and I was an emerging flower gardener. Most of the vegetables in my garden had been easier, and an immediate reward was given: Plant a seed, water it, and in a few weeks, watch it start to grow. But the peony worked differently. I needed to plant what looked like dead lumps into the ground and trust that come springtime, flowers would eventually come.

I'd followed the directions for the peony bulb, but I grew nervous as winter blew in. It was a particularly hard winter, one full of inches of ice and freezing temperatures. Each time I looked out over my snow-covered lawn, I thought about the peonies and wondered how on earth they were going to survive. It was so cold and so harsh. And besides, what I'd planted looked dead anyway.

Eventually, the seasons started changing, and the snow and ice began to thaw. Broken limbs got hauled away, and the salty sidewalks were swept. Seasoned flower gardeners said they were right on time, not too far from Easter, when the green stems where I'd planted the peony bulbs began to appear. The new life was a beautiful sight.

Sights of Spring Time

Over the weeks that followed that first glimpse of green, the leaves grew taller and stronger. Soon, tiny buds with different shades of pink appeared.

As I took in the beauty, I stood in awe. Mother Nature's resilience had many lessons to teach. In God's amazing way of creating the world, He created dormant plants to survive the harshest of storms and emerge after springtime rains.



We Were Made To Survive

Like the peony bulbs, we, too, were created to survive under suffering and pain. Faith in God means we take what looks dead in our lives—the dormant bulb of loss and pain—and trust that planting ourselves in fertile soil can one day bring new life. This looks like talking to God even when we want to be silent. It means opening His Word when we'd instead toss it out. It means gathering with the community and being vulnerable and authentic, even when we'd rather stay away.

All these rhythms create fertile soil in our hearts. Even when our circumstances bury us, and we face heartbreaking situations, the hope of springtime says there's another way.

Nothing can stop God's promises for our lives. Seasons of winter will come in this life; suffering is a guarantee. And while we won't know how often nor how long our winter seasons will last, may the peony bud remind us that God can bring new life—faith, hope, and love—out of anything.

Prayer: *Father, I am ready for spring. You know the places of my heart that have faced winter: hard and dry places. But help me believe today that new life can come even from my most challenging circumstances. Help me persevere and stay on the lookout for signs of new life.*

"For land that has drunk the rain that often falls on it and produces a crop useful to those for whose sake it is cultivated, receives a blessing from God." -Hebrews 6:7 ESV

Bethel Lutheran Nursing and Rehabilitation PT/OT Team



left to right

Jenna Mcfarlin - OT

Kylee Gardner - PTA

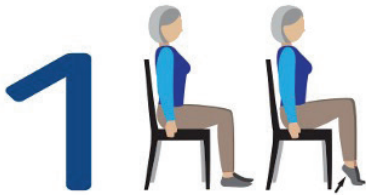
Debbie Vassen - PTA

Jane Thoring - COTA

Rebecca Wayland - Restorative

"We love to have fun and help patients reach their full potential!"

Here are some great exercises for seniors!



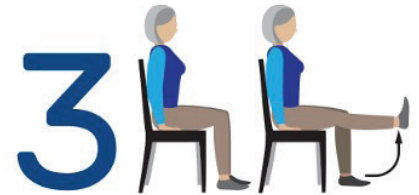
1 Heel Raises

Lift your heels off the floor and lower them.
Repeat 10 times.



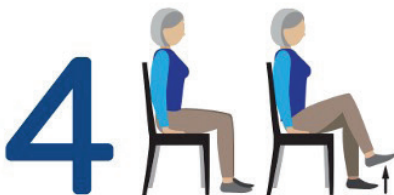
2 Ankle Circles

Circle your ankles 10 times. Repeat in the opposite direction.
Repeat with other leg.



3 Straighten Knee

Straighten your knee and pull your toes up towards you. Hold for 5 seconds.
Slowly relax to starting position and repeat 5 times.
Repeat with other leg.



4 Seated Marching

Lift your feet off the floor one at a time.
Count to 20.



5 Arm Reaching

Place hands on your shoulders, reach up to the ceiling.
Repeat 10 times.



6 Seated Rowing

Start with your arms straight out in front. Pull your arms back in a rowing motion.
Repeat 10 times.

Luminary Sunday

IN MEMORY OF

Harold & Clair Bura

Les Colebank

JoAnn Colebank

Hannah Finnesgard

Orvin Finnesgard

Vernon Moen

Lucille Moen

Bill & Noreen Poline

Arlene Nelson

Emma Poline

Violet Godejohn

John & Belinda Moen

Les & Lorraine Quie

Thomas & Ingeborg Quie

Fred & Vendla Roland

John Quie

Agnes Monger

Mary Ann Revill

John Monger

Mike & Debbie Johnson

Courland Browning

Virgil Browning

Laurlynn Browning

Selma Berwick

John Kuester

Lois Kuester

Ethel Conlin

Pete Conlin Sr.

Bill Conlin

Lea Conlin Hofer

Olga Bustad

Helmer Bustad

Elizabeth & Dallas Bustad

Randy Smith

Marline Brevik

Lois Papinau

Lloyd Papinau

Hunter Smith

Sherman Smith

George Long

Stella Long

Glenn Brevik

Mona Brevik

Floyd Semenko

Lyjean Smith

Alvilde Seeb

Nygaard's

Valerian Silva Sr.

Valerie West

Mary Laffey

John West Sr.

Oscar Gutierrez Sr.

Josie Gutierrez

Dee Gutierrez

Valerie West

Harris Cornelius

Viola Tesoro

Lolita Carns

Jamie & Candie Tesoro

Dr. Bob Olson

Kathleen Harger

Ruth & Fred Miller

Roberta & Jake Sandvik

Lowell & Carol Sandvik

Wyatt E Tofte

Georgianne Tofte

Myrtle Bar

Lillian Skurdal

Gustau Skurdal

Margarete Skurdal

Kimberly & Dennis Bar

Fay & Curtis Hanson

Charlene Borud

Alfred Renner

Maxine Renner

Ed & Arlene Bjerke

John & Bonnie

Cunningham

Mike Linghor

Kelly & Mary Everson

P.J. Persson

Mary Persson

Harlen & Ken Cole

Donna Brown

Jeanette Finnesgard

Lillian Stromme

Mark Finnesgard

Edwin Finnesgard

Orvin Finnesgard

Jim Lawson

Phyllis Lawson

Lemont & Betty John

Lloyd & Avis Kohlman

Roger & Sandy Kohlman

IN HONOR OF

Kathleen Smith

Mike & Debbie Johnson

James Goebel

Ken & Michele Goebel

Eleanor Olson

Kathleen Harger

Hannah Bushnell

Kendrick & John Krabseth

Maisy Stillson

Alysse Ogaard

McKenna Krabseth

Kit Madsen

Hayden Krabseth

Bailey Billadeau

Kaleena Krabseth

Mila Billadeau

Myah Bushnell

Ellie Ogaard

Isabelle Billadeau

Joyce Krabseth

Elva Smith

Chad & Katie Smith

Zach, Chloe, & Huntly Smith

Josh & Cortney Smith

Emily & Jamie Ogle

Carter & Ava Smith

Jake & Michele Smith

Jared, Shae, Treyson & Reggie Smith

Lyla Semenko

Lyjean Smith

Bethel Home Staff

Joyce Krabseth

Lowell & Carol Sandvik

Mike & Debbi Johnson

Reverend Sheldon Sorenson

Char Borrud

Lowell & Carol Sandvik

Katherine Bertelson

Mary Persson

Betty Bergstrom

Beverly Lobsinger

Raymond Mirachek

Pat Cooper

Clint Cooper

Amy Wells



'Just Country' Band played at the Luminary Sunday event. Mike Keller, Mabel Colebank, & Wayne Colebank



Bruce and Nancy Bakewell danced the night away to the 'Just Country' Band!



Front of Bethel Lutheran Nursing and Rehabilitation Center - Luminary Sunday

Contributions

November 2023 - February 2024

ANNUAL FUND

First Lutheran Church
Gloria Dei Lutheran Church
Our Saviors Lutheran Church
Our Saviors WELCA
Light Of Christ Lutheran Church
Our Redeemers Lutheran Church
St Olaf Lutheran Foundation Church
Gloria Dei Lutheran Church
Share the Spirit (Marilyn Olson)
GivingA Foundation
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LyJean Smith
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Linda Boehm
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Corey Paryzek
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Richard & Lorraine Bingeman
James & Phyllis Stokke
Wayne & Cynthia Sorenson
Bill Lacrosse (Empire Oil)
Jeramy & Ashley Hansen
Kristi & Todd Pesek
Holiday Lights Drive
Lowell & Carol Jean Sandvik
Paulette Hall
Ingvald & Dorothy Monger
Anna Remsburg
Floyd Stewart
Lary Bean
Jerome & Patricia Hanson
Wilma Hillstead

CHAPEL

Bethel Residents
Eleanor Olson

GIVING HEARTS DAY

American State Bank
Triangle Electric
Langager Properties
Coughlin Funeral Home
The Title Company
Service First Cleaning
& Restoration
Wesley Crosby
Ken & Darci Kjos
Margaret & Warren Sundet
Paula & Dwight Richter
Ruth & Dean Carlson
Garrett Stoner
Geraldine Hanson
Jason Christianson



Tim and Faye Schmit donated the American flag to Arbor House

WE'RE LOOKING FOR ARBOR HOUSE VOLUNTEERS

Can you carry a tune, make a craft or tell a story?
Are you a member of a 4H club, service group or choir? We want to hear from you!

Contact Dora at Arbor House by calling 572.2688, if you'd like to volunteer!



VISIT US ONLINE AT BLNRC.COM
OR VISIT OUR FACEBOOK PAGE!

In Memory Of

Gordon Hagge

Dennis & Judy Kohlman
Dean & Ruth Carlson
Roger & Pam Gunlikson
Larry & Maureen Laqua

Darlene Hval

Janice Liudahl

Jerome Bakke

Marilyn Bakke

Maxine Duncalf

Dale Livdahl
Delvin & Lorna Easton
Rick & Linda Tofte
Kathleen Harger
Dawn Rustad
Dennis & Jackie Grubb
Larry & Maureen Laqua

Brent Sorenson

Delvin & Lorna Easton
Kurt & Lynette Stoner
Thomas & Denise
Weyrauch
Kathleen Harger

Willis Gunlikson

Susan Kroll

Joe & Adeline Yockim

Marvene Larvick

Les & Lorraine Quie

John Quie

Gordon, Herma, Howard & Carol Axness

John & Gayle Axness

Elvin & Minnie Njos

Darrell or Della Njos

Gudny Larson

Roberta & Orlando
Rollefstad

Mary Ann Adducci

Dr. Joseph Adducci

Trish Broe

Ron & Betty Jo Falcon
Rick & Linda Tofte
Dennis & Jackie Grubb

Mary Falcon

Rick & Linda Tofte

Merna Patch

Stan & Amy Reep

Mary Borrud

Janet Monroe

Clarence Rau

Dennis & Jackie Grubb

Keith Brunelle

Dennis & Jackie Grubb

Donna Sundry Folven

Gary & Patricia Folven

Lloyd Dahl

Gail Dahl

Dianne Heen

Kenneth Heen

Pete Peterson

Duane & Jeanne Buschta
Cecilia Ranum
Ron & Debra Bingeman
Rick & Linda Tofte
Dennis & Jackie Grubb
James & Sharon Moline
Kathy Rosslund
Stanley & Nina Grev

Floyd Olson

Jeanne Olson

Jerry Christensen

JoAnne Christensen

John Krabseth

Joyce Krabseth

Dina Black Hawk

JoAnn Keehn

Daniel & Doris Yockim

James Yockim

Hazel Stefonowicz

George & Laurie Pederson

Gene Stefonowicz

George & Laurie Pederson

George Pederson Sr.

George & Laurie Pederson

Lavonne Pederson

George & Laurie Pederson

Noel Hanson

David & Tina Hanson

Willard & Inez Magnuson

Joyce Viall

Marlene Skaare

Jean Farnsworth

Duane Severtsen

Gary Bickel

Julaine Zavalney

Gary Bickel

Leora Sukut

Gary Sukut

Edward Anfinson

Ruth & Dean Carlson
Kurt & Lynette Stoner

Melva Sogard

Melissa Schillo

Fred & Ruth Miller Christmas Wreaths

Carol Miller Sandvik
Gerald Miller
John Miller
Floyd Miller
Mark Miller
Rodney Miller

Emma Thorson

Mabel Colebank
Shelley & Bruce Stockman
Lowell & Carol Jean
Sandvik

Rita Schwan

Dennis & Jackie Grubb

Gerald Olson

James & Sharon Moline
Ronelle Gravgaard
Kurt & Lynette Stoner
Levin & Ardis Bean
Rickie & Sharon Sorenson

Don Amundson

Alvina Skogen

Roger Garaas

Alvina Skogen

Keith Grodt

Alvina Skogen

Deanne Hagen

Alvina Skogen

Dean Hammer

Alvina Skogen

Arley Hartsoch

Alvina Skogen

Ron Haug

Alvina Skogen

Donald Hicel

Alvina Skogen

Judy Irgens

Alvina Skogen

Verna Knox

Alvina Skogen

Darlene Langseth

Alvina Skogen

Barney Seaton

Alvina Skogen

Dick & Aone Wedel

Alvina Skogen

Morene Wisdahl

Alvina Skogen

Maurita Aubrey

Kurt & Lynette Stoner

Charles Westerso

Fulkerson Funeral Home
Cheryl Landro

Verdean Peterson

Paul & Miriam Sikora

Jordy Larvick

Lowell & Carol Jean
Sandvik

Linda Stordahl

Betty Koerner
Jim & Sharon Moline
Levin & Ardis Bean

David Stuen

Jim & Sharon Moline
Stan & Amy Reep

Randal Keehn

Lorna & Terry Easton

Nancy Sjostrand

Ron & Betty Jo Falcon

Marilyn Austreim

Dean & Ruth Carlson
Marty & Wanda Hanson
Levin & Ardis Bean
Wilma Hillstead
Rodney Miller
Linda Stordahl
Betty Koerner
Jim & Sharon Moline

Claudine Larson

Dean & Ruth Carlson

Arlene Hicel

Levin & Ardis Bean
David & Veanna Selid

Judith & Daniel Long

David & Janet Zander
Lorin Wright
Craig & Linda Davis

Frank Glimm

Jim & Sharon Moline

Marlys Granberg

Rick & Sharon Sorenson

HONOR OF

My Family

Mary Ann Gaudreau

Holly & Kent Stillson

Joyce Krabseth

Bruce & Melonie

Krabseth

Joyce Krabseth

Blake & Brenda Krabseth

Joyce Krabseth

Family & Friends

Roger & Sandra Kohlman

Pastor Betty

Arlyn & Laurie Ledahl

Keith Johnson

(80th Birthday)

Alvina Skogen

Sabelle Storseth

(100th Birthday)

Alvina Skogen

Bethel Staff & Residents

Lorilee Bott

LUMINARY SUNDAY

Kenny Bergstrom

Amy Wells

Bev & John Witt

Donna Dahlgreen

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**.