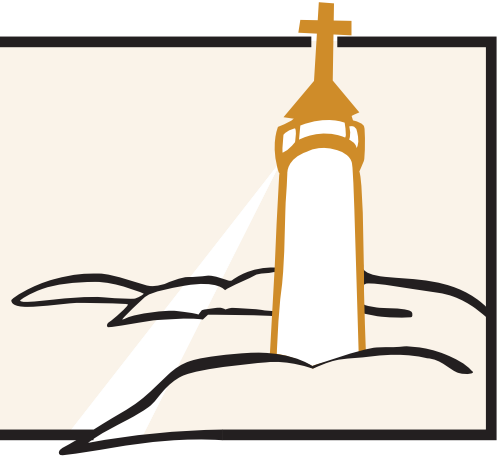


BETHEL BEACON

Bethel Lutheran Nursing & Rehabilitation Center
1515 2nd Avenue West • Williston, North Dakota 58801
701-572-6766 | activities@blnrc.com
Bethel Lutheran Foundation
701-572-0223 | foundation@blnrc.com
56 22nd Street West, #3 • Williston, ND 58801
Recognizing each individual as a child of God



Fall 2023

Celebrating 75 Years

It's an exciting time for Bethel Lutheran Nursing & Rehabilitation Center as they celebrated their 75th year Friday, July 14 from 2 to 4 pm. Bethel Lutheran Nursing & Rehabilitation Center handed out free ice cream cups under a white tent in front of the building as they hosted a 75th anniversary celebration.

HISTORY

Bethel Lutheran Nursing & Rehabilitation Center can trace its very roots back to the early 1900's from the beginnings of the First Lutheran Church in Williston.

Five members were elected to the building committee in the fall of 1908. Those members were T.A. Stenehjelm, A.N. Eidsness and Rev. M.L. Holey, being the active members. Holey came to Williston on August 28, 1906, and was the first resident pastor.

By 1918, Rev. George S. Natwick was installed as pastor and the name Norwegian-American Lutheran Church was changed to First Lutheran Church. Wittenberg Hospital was established in 1911, Williston's first hospital. Fast-forward to 1946, the group expanded to include other congregations and interested people.

On March 17, 1947, the organizational meeting was held in Williston for the purpose of taking official action to form a new organization, which became the Bethel Lutheran Home for the Aged.



The first board of Directors were elected and included: Reverend C.B. Nervig, A.C. Livdahl, Arley Bjella, Ernest Arnson, P.I. Dahlen, Dr. C.M. Lund, of Williston, Reverend E.O. Gilbertson of Crosby, Olaf Knutson, of rural Williston and Anund Aamodt, of McKenzie County.

The first board of Directors were elected and included: Reverend C.B. Nervig, A.C. Livdahl, Arley Bjella, Ernest Arnson, P.I. Dahlen, Dr. C.M. Lund, of Williston, Reverend E.O. Gilbertson of Crosby, Olaf Knutson, of rural Williston and Anund Aamodt, of McKenzie County.

The center celebrated the Articles of Incorporation being finalized on July 16, 1948, with a groundbreaking taking place on May 2, 1949, with 250 people gathering around the site.



The center's first resident was Magga Anderson who arrived on July 10, 1951.

The center saw its first resident move in on July 10, 1951. Magga Anderson, of Williston, was the first to reside while John Stordahl, Mrs. Cora Biggs, Mrs. Ragnhild Everson, Mrs. Sophie Thompson, Crosby; Amanda Peterson, Williston; Mrs. Dorothea Winsryg, Williston; Mrs. Guro Ronning, Williston; and Mrs. Daisy Jones. The first staff were Rev. Walter I. Aamoth, Superintendent; Mrs. Walter Aamoth, Miss Martha Reishus, Matron Obert Quale, Caretaker, Mrs. Laura Spaulding, Miss Margrethe Lauritzen, Mrs. Esther Oysta, and Miss Elsie Lee all joined Anderson on the same day. Continuing with a busy first year, the building was dedicated on September 9, 1951.

Continued on pg 5



Keefe Lovgren

Foundation Corner

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10

This verse encourages believers in Christ Jesus to be faithful stewards of God's grace by using their gifts to bless and support those around them. I am always amazed and profoundly grateful for the generosity displayed by our community members. Time and again, their open hearts and enthusiasm to give have not only blessed the lives of our residents but have also uplifted our community.

Beyond the generosity displayed through financial contributions, the devotion of our community members is further displayed by their dedication of their time and talent. We are fortunate to be supported by an extraordinary group of volunteers who bring with them a wide variety of unique God-given gifts. From individuals with a wealth of financial and investment knowledge to those skilled in the understanding of construction and engineering, and from administrative and business management masters to creative enthusiasts, our volunteers enrich Bethel in a multitude of ways. Their willingness to give of their gifts has been instrumental in propelling the success of Bethel, allowing us to continue making a profound difference in the lives of our residents and community.

I am deeply thankful as I reflect on what has been accomplished and I am confident in what is to come, thanks to the support from our great community who gave of the gifts they were so freely given. In April, Bethel successfully purchased land in Williston Square and is currently exploring the potential for a new facility. This achievement has been made possible thanks to the generous contributions of our supporters. Their kind acts of giving, be it through their time, talents, or treasures, have provided us with the opportunity to purchase that land.

If you would like to join us in making a difference by sharing your time, talents, or treasures to positively impact the lives of others, I would enjoy having a conversation with you about various ways you can contribute and make a meaningful impact.



Bethel Lutheran Mission Statement

Bethel Lutheran Nursing & Rehabilitation Center exists for the primary purpose of providing Christian care in its truest meaning - ministering to the physical, spiritual, and emotional needs of each person, not merely as a professional service, but as a work of love and mercy. Thus, we minister to the people in the name of Christ by recognizing each individual as a child of God.

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 – Jill Wiedrich, 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

Peggy Sundet,

Secretary/

Treasurer

Alvina Skogen

Jim McKenzie

Kelsey Geltel

Patti Stewart

Rick Braaten

Rob Osborn

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@blnrc.com

Assistant Director – Courtney Ransom

Board of Directors

Stuart Lanager,

President

Tina Hanson,

Vice President

Peggy Sundet,

Secretary/

Treasurer

Ken Kjos

Aaron Schmit



Salina Henke

Activity Update

Families are now able to join us for events; we do have to follow Covid protocols. We have Catholic Mass every other Thursday and Worship service every Sunday. This is what is happening through the rest of the year;

Monthly EVENTS

SEPTEMBER

- 8th Vitalant Blood Drive
- 10th Tailgate Party
for Vikings Game
- 22nd Western Dance
- 28th Friends & Family BBQ
- 31st Birthday Party of Month

OCTOBER

- 3rd Octoberfest
- 26th Birthday Party of Month
- 30th Carving Pumpkins
- 31st Halloween Party

NOVEMBER

- 11th Thanking our Veterans
- 23rd Thanksgiving Meal
- 30th Birthday Party of Month

DECEMBER

- 12th Gingerbread Houses
- 16th Family Christmas Party
- 18th Baking Christmas Cookies
- 25th Christmas Meal
- 28th Birthday Party of Month
- 31st New Years Eve Celebration



BETHEL ACTIVITIES

Daily Events

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

- Worship Service – 9:30am

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



Belinda Moen
RN Administrator

Monthly Updates

Hello Everyone –

MAY marked the finalization of our new location – land paperwork was completed! Joan Tofte, our Housekeeping & Laundry Supervisor, was honored at the Long-Term Care convention in Bismarck as the Environmental Professional of the Year and numerous staff were nominated for “Caregiver Awards” by our residents and their families. Band Day, Garden Arts Festival, Mother’s Day, Long Term Care convention, National Nurses week, and National Skilled Nursing Care week rounded out May at Bethel.

JUNE included tours of a few LTC facilities throughout the state – idea gathering trips as we continue moving forward with purposeful steps working with EAPC and FCI, drawing up plans for the new building. It was so beneficial to see the different layouts “in practice” instead of just ideas, brainstorming and drawings on paper. Both JUNE and JULY were full of food, flowers and fun! We had BBQ’s, Ice cream & snow cone trucks, flower planting parties, the UMV fair, fishing trip, movie parties, and enjoying some sunny visits to our front patio. Oh, how we love summers in North Dakota!

JULY brought celebrations of 75 YEARS OF SERVICE to Williston and the surrounding community! We are blessed to continue to partner with our aging population in the region. I wonder what the original group of visionaries would think of the way Bethel has grown and changed over those 75 years? Additions and renovations at Bethel Lutheran, including the addition of the Nelson Manor wing, building Arbor House, acquiring the apartments that are Bethel Terrace, and adding Independent Senior living space at Heritage Manor, Heritage Estates and Golden Estates – I’m sure they never dreamed of such a diverse and well-rounded offering for our community.

AUGUST always brings thoughts of back-to-school and the winding down of summer. This year we hosted a “Back-to-School Carnival” – games, food, face painting and more! We look forward to opportunities such as this to connect with the community and our residents and their families. We also had our annual Employee Picnic and celebrated fun days with the residents, such as Elvis Day and Barbie Day.

SEPTEMBER brings a Blood Drive and the start of Fall activities. Hard to believe we are planning for Labor Day, Thanksgiving and Christmas already! Where did the summer go? The Annual Meeting will once again be at the Williston ARC and is scheduled for September 20th. We would love the opportunity to talk with you, so mark your calendars!

More information can always be found on [Facebook \(BethelLutheranWilliston\)](#) or on our website <https://www.blncr.com/>.

Please reach out with any questions or concerns. I wish everyone a great Fall and a joyous holiday season. Thank you for your prayers, emails, and letters. I am continually blown away by the commitment and support shown by our community.

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 [blncr.com](https://www.blncr.com) and clicking the “Give Online” tab. Get started today!

Please consider supporting Bethel with a charitable gift today!



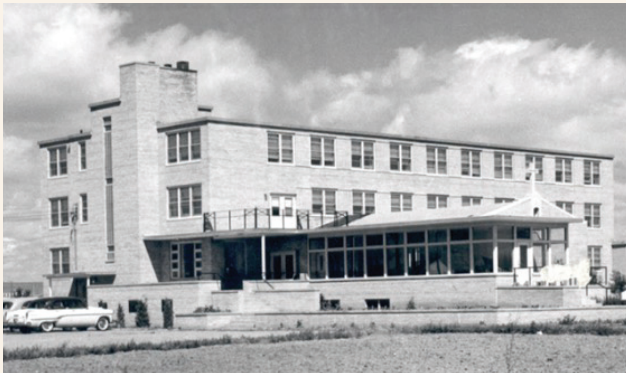
Visit [blncr.com](https://www.blncr.com) to donate!





The dedication of the building took place on September 9 and was performed by Dr. J.A. Aasgaard, President of the Evangelical Lutheran Church.

It wasn't until 1985 that the Bethel Foundation was formed, but the center has continued to expand throughout its 75 years with purchases of additional senior living options as well as construction (in 2002) on the Hartke Child Care Center (which now houses Learning Adventures Childcare).



The original building after its completion.

Along with those changes, the name Bethel Lutheran Nursing & Rehabilitation Center went into effect in 2012, reflecting the change in mission to provide enhanced rehabilitation along with continued excellent care for the residents. The center is still expanding, purchasing land in 2022, with the intent to build a new facility in the "Williston Square" subdivision.



The current Board of Directors for Bethel Lutheran Nursing and Rehabilitation Center: Back row - (L-R) Rick Braaten, Tina Hanson (President), Rob Osborn, Jim McKenzie, Alvina Skogan; Front row - (L-R) Ruth Carlson, Kelsey Geltel, Patti Stewart, Peggy Sundet (VP, Sec/Treas)

By Chanse Hall Williston Herald

HAPPY BIRTHDAY *To you!*

Bethel Birthdays

SEPT

7th Myrtle Erdman

8th Velma Lee

ADMITS

Jeanne Olson 3/27/23

Gordon Hagge 7/14/23

Eugene Emery 7/19/23

DISCHARGED

Leonard Hustad 3/24/23

Jeanne Olson 5/12/23

GOD BLESS THE MEMORY OF OUR DECEASED FRIENDS

Donald Amundson 5/5/23

Melva Sogard 5/20/23

Mary Borrud 6/5/23

Arbor House Birthdays

JULY

2nd Delores Brorby

19th Violet Muller

AUGUST

1st Kay Bendixson

15th Marlo Yttredahl

17th Delores Thompson

24th Kaye Becker

24th Lene Orluck

SEPT

2nd Lawrence Muller

10th Dolores Olson

21st Ethel Thompson

22nd Jerome Langseth

ADMITS

Ilene Orluck

Elizabeth Anderson

Luanne Christensen

Employees OF THE MONTH

Alicia Demery APRIL 2023



MORE ABOUT ALICIA:

Alicia was born in Bismarck and raised in Tappen, ND. After receiving her high school diploma she went to college for nursing. She is engaged and has 5 year old son - "they are my world!" She loves spending time with her son, going on adventures and traveling in the mountains. She has been at Bethel for a year as a CNA and states that the residents are "so sweet and friendly" and she enjoys taking care of them. She also appreciates the friendly staff throughout the facility.

NOMINATION COMMENTS:

Alicia is a great team player, willing to help anyone. She has a great attitude and is a friendly person. She cares about the residents and deserves that honor of being Employee of the Month.

.....

Erica Bakke MAY 2023



MORE ABOUT ERICA:

Erica was born in Port Orchard, WA and graduated from South Kitsap High. She is married and mom to 3 girls, 2 boys and 3 fur babies. She has 1 granddaughter and a grandson on the way! Erica likes to read and travel - especially road trips. She has been in Dietary for 1 & 1/2 years/ She says the best thing about Bethel is the residents and the people she works with - they are her second family. She has made lifelong friends and she enjoys making the residents smile every day!

NOMINATION COMMENTS:

Erica goes above her duties to make sure the residents get what they want for meals even if it means walking to the main kitchen for one item. She brings the tray cards to the residents who choose to eat in their room and helps them complete them. As she passes out water and coffee she visits with the residents and is always kind and caring, not only to the residents, but to staff as well. She is always happy and smiling.

.....

Shelia Johnson JUNE 2023



MORE ABOUT SHELIA:

Shelia was born and raised in Richardton, ND. She has been married for 36 years to Bruce and together they had 2 children, Brock and Colin. She is a Cowboys & Twins fan and enjoys baking, cooking, gardening/flowers, camping, motorcycle riding and country music! She started in March of 1979 and moved from CNA to LPN - 44 years of dedicated service to Bethel! Shelia says the best thing about working at Bethel is first "the residents" - she like brightening their day and seeing them smile and second "my bethel family" of coworkers. "I love coming to work and doing my best to care for the elders how I would want to be treated."

NOMINATION COMMENTS:

I can't even count the number of hours Sheila has put into her job - regular hours plus all the hours she's picked up. If you call Sheila at 5:30am, she has the same upbeat attitude she has at work! I can't count the number of resident lives she has taken care of - she is truly here for them. She has orientated nurses, mentored CNA's, done skill labs with high school career or CNA programs - she has worn multiple hats at Bethel, stepped up when needed and is a HUGE BLESSING to Bethel. "If anyone deserves this award it's SHELIA!"

Khrys Bagares JULY 2023



MORE ABOUT KHRYS:

Khrys is a college graduate who was born and raised in the Philippines. Her family includes Edith Cha-ong, Jefferson Cha-ong and Khobie Eisen Bagares. She likes to read and has been a part of the Bethel team since September 2022. She is part of our amazing Dietary team! When asked what she likes best about working at Bethel, she responded that "everyone works as a team."

NOMINATION COMMENTS:

She always has been a happy personality and visits with the residents. She goes beyond her job and does more than is required. She is nice to staff and great to work with.

Alysia Byrd AUGUST 2023



MORE ABOUT ALYSIA:

Alysia was born and raised in Richton, Mississippi and attended Pearl River Community College. Her family includes Abby, Yzabella Gonzales and Madison Byrd. Alysia enjoys fishing, hunting, and anything outdoors. She has been a part of the Bethel Dietary team for 8 months. When asked what her favorite things about working here was, Alysia said it was "definitely the residents. I love putting a smile on their faces and brightening their day." She also enjoys her coworkers and making them laugh!

NOMINATION COMMENTS:

Alysia is always on time, has a positive attitude, is always smiling, cares for the residents and does the best she can. She goes above and beyond when helping others in the kitchen. "A very good asset to out team."

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

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](https://www.blnrc.com)
OR VISIT OUR FACEBOOK PAGE!**



Chaplain's Corner

– With Pastor Sheldon Sorenson

Fall means a number of things. It's time to harvest the garden; it's time to winterize the camper; it's time for the children to go back to school.

If you enjoy school, it is an exciting time. If you endure school, it is not so exciting. Hopefully, young people can enjoy sports, music, or theatre.

Why do we go to school? Because we have to. School is supposed to prepare us for life. We wonder about all the classes we take and how we will ever use them later in life.

Parents are supposed to provide moral guidance and the schools are to take care of the education. We expect a lot from our teachers. They cannot reinforce lessons that are not taught at home. Parents are teaching their children their values whether they intend to or not. Children learn what they live.

If we want our young people to make their faith a priority, we must make our faith a priority. If we want our young people to live a life of service to others, we have to lead the way.

We all want our young people, our children to do well in school, yet it is more important to do well in life. A life of faith is more important than all academic accomplishments.

Today is not too soon to start teaching what is important. Living for Jesus, a life that is true, striving to please Him in all that you do.

"Train up a child in the way he should go, even when he is old, he will not depart from it"

— Proverbs 22:6



Year of Recognition

Bethel Lutheran Nursing and Rehabilitation Center in Williston has been having a good year of recognition.

Joan Tofte, housekeeping and laundry supervisor, was awarded North Dakota Environmental Services "Best Service" award which recognizes leadership and dedication to service in the field of environmental services. Tofte was presented the award at this year's Long Term Care convention in May.

Bethel Lutheran Nursing and Rehabilitation Center also saw nine staff members nominated for the NDLTCA Caregiver award. The Caregiver award recognizes a staff member who substantially enhances the quality of life of residents/tenants in long term care facilities throughout North Dakota. To be nominated, a resident or their family member must nominate the staff member. Over 690 nominations came this year.

Those nominated were:

Moses Benda	Char Borud
Gail Christianson	Alicia Demaray
Ruth Matias	Donna Overby
Kathy Putman	Karla Syverson
Rebecca Wyland	

By Chanse Hall, Williston Herald

Happy Retirement!

Congrats
Kurt Stoner
(Former Director) &
Kathy Harger (Former
Assistant Director)
on your retirement!





NUTRITION TIP

by Kashia Ellis RDN, LD

Potato and Kale Soup



DIRECTIONS/INGREDIENTS

- 2 tablespoon olive oil
 - 2 cup chopped yellow onion
 - 1½ cups chopped carrots
 - 1½ cups chopped celery
 - 4 cloves garlic, minced
 - 1 tablespoon whole fennel seed
 - Sea salt & pepper to taste
 - 1 can (15 ounces) white beans
 - 6 cups cubed potatoes
 - 4 cups chopped kale
 - 4 cups low-sodium vegetable broth
 - 4 cups water
- Toppings
- 6 ounces low-fat Greek yogurt
 - ½ cup chopped chives

Before you begin: Wash your hands.

1. Saute oil, onion, carrots, celery, garlic, fennel seeds, salt, and pepper for 8 minutes.
2. Puree beans until smooth and stir into veggie mixture.
3. Add in potatoes, kale, broth, and water.
4. Bring to boil, cover, and simmer for 20-30 minutes, until potatoes are tender.
5. With hand blender, puree 50% of the soup until smooth.
6. Top each serving with a dollop of yogurt and chopped chives.

Serving size: 1 cup, Serves 12

Recipe courtesy of www.eatright.org/recipes/soups-and-stews/potato-and-kale-soup-recipe

Tips:

- Leave skins on for 1g+ more fiber per potato than peeling them.
- Mirepoix is the french term for cooking onions, carrots, and celery. It makes a great, flavorful base for soup.
- Fennel seeds (a spice often found in Italian sausage) add licorice-like sweetness and may aid in digestion and freshen breath.
- The secret ingredient - pureed white beans - adds creaminess plus fiber and protein.
- Topping with yogurt gives the feel of sour cream on a baked potato

Grandma's Chicken Noodle Soup

DIRECTIONS/INGREDIENTS

Prep Time: 15 min Cook Time: 30 Min
Total Time: 45 Min Servings: 12

- 2½ cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1½ tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 cup chopped onion
- ½ cup cornstarch
- ¼ cup water
- 3 cups diced, cooked chicken



Before you begin: Wash your hands.

1. Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil until noodles are tender, about 8 minutes. Drain, rinse under cool running water, and drain again.
2. Bring broth, salt, and poultry seasoning to a boil in a Dutch oven. Stir in celery, carrot, and onion; reduce the heat, cover, and simmer until vegetables have softened, about 15 minutes.
3. Mix cornstarch and water together in a small bowl until cornstarch is completely dissolved; gradually stir into soup. Stir in noodles and chicken, and cook until heated through, 2 to 3 minutes.

Recipe courtesy of www.allrecipes.com/recipe/13206/grandmas-chicken-noodle-soup

EXPRESSING *Our Gratitude*

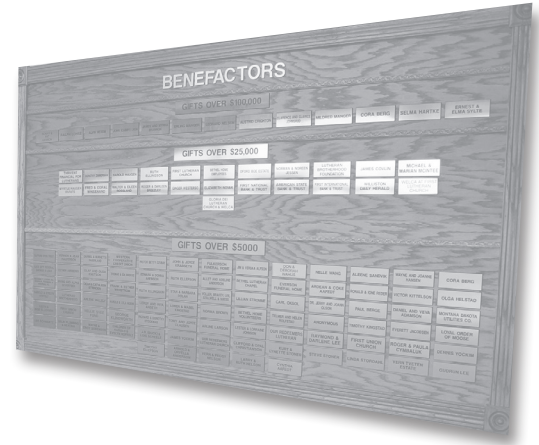
Bethel Lutheran Foundation is a non-profit organization, dependent on gifts and endowments from individuals, foundations and corporations. In addition to cash gifts, planned giving donations are made through gift annuities, charitable remainder trusts, insurance policies, stocks, real estate, and bequests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

The Foundation is very grateful to all donors. Your contribution ensures that Bethel Lutheran Nursing and Rehabilitation Center 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: 56 22nd Street West, #3, Williston, North Dakota 58801

Contributions listed below were received between March 2023 – August 2023.



ANNUAL FUND

Gloria Dei Lutheran Church
First Lutheran Church
Buck & Lois Scheele Foundation
Raymond James Charitable
Crowly Fleck Attorneys
Our Redeemers
Lutheran Church
Ray WELCA
St Olaf Church
Share the Spirit
Marilyn Bakke
Sandra Wagner
Stan & Amy Reep
Zona Bjornson
Geraldine Hanson

BETHEL BUILDING FUND

Gary Bickel
Christopher Bean

CHAPEL

Bethel Residents

THRIVENT CHOICE DOLLARS

Donald Eynon
David Kjorstad
Dale Livdahl
Angela Palmer
Eric Rossland
Edwin Engebretson

IN HONOR OF

Kurt Stoner

Ken & Darci Kjos
Tom & Denise Weyrauch
Jeraldine Thompson

Kathy Harger

Ken & Darci Kjos
Tom & Denise Weyrauch

IN MEMORY OF

Arline Larson

Dale Livdahl
JoAnne or Jill Christensen
Linda Stordahl
Betty Koerner

Dean Hammer

Rick & Linda Tofte
Rickie & Sharon Sorenson
Stan & Amy Reep
Judy & Armand Barbot

Roger Garaas

Rick & Linda Tofte

Daryl Syverson

Lowell & Carol Sandvik

Myron French

Lowell & Carol Sandvik

Barney Seaton

Joyce Krabseth
Marvene Larvick
John & Zoanni Liffbrig
Keith Johnson
Leslie & Marla Bean
Marilyn Olson
Lyjean Smith
Chuck Hall
VK Skaare

Milton Gienger

Lowell & Carol Sandvik
Clarence & Fern Rau

Myra Aafedt Ahrens

Wilma Hillstead

Myrtle Trent

Marlene Spohn

Ruth Allen

Marlene Spohn

Margaret Lee

Mitchell Owan

Roy Clark

Clarence & Fern Rau

Bill Cole

Clarence & Fern Rau

Ken & Vam Erickson

Clarence & Fern Rau

June Ford

Clarence & Fern Rau

Rose Hagen

Clarence & Fern Rau

Fred Rathert

Clarence & Fern Rau

Floyd Semenko

Clarence & Fern Rau

Norm Streifel

Clarence & Fern Rau

Hilda Banning

Clarence & Fern Rau

Dot Hagen

Clarence & Fern Rau
Dave & Carol Hausen
Linda Ydstie
Kathy Kalil
Carol & Lowell Sandvik
Carol Jensen
Rodney Miller
James & Sharon Moline
Tom Hagen
Robert & Cherie Harms
Renee Ginther

Alfred & Carrie Helstad

Steve Helstad

Morris Flaten

Kari Lee
Mary Ann Gaudreau

Lloyd Dahl

Pat Dahl

Darlene Langseth

Edith Anderson
Kurt & Lynette Stoner
Marilyn Bakke
Mike & Debbie Johnson
Dale Livdahl
James & Sharon Moline
Rick & Linda Tofte

Loretta Engebretson

Dale Livdahl
Edwin Engebretson
Mary & Ken Schmidt
Violet Helmer
Paul Johnson
Geraldine Hanson
James & Judy Evans
Darlene Thomas
Rick & Linda Tofte

Bob Quackenbush

Wilma Hillstead

Donald Syverson

Kurt & Lynette Stoner

James Seidel

Larry & DeDe Bean

Brad Olson

Mike & Debbie Johnson
Stan & Amy Reep

Agnes Monger

Mike & Debbie Johnson

Melva Sogard

David & Stephanie Sogard
Wilma Hillstead

Raymond Tesoro

Betty Jo Falcon
Liz & Dallas Bustad

Suzie Monson

Larry & DeDe Bean
Ardis & Levin Bean
Dennis & Jackie Grubb

Hazel Engberg

Dale Livdahl

Vivian Brtlett

Ardis & Levin Bean

Jeanie Wagner

Ardis & Levin Bean
Dennis & Judy Kohlman
Roger & Sandy Kohlman

Katy Wahlstrom

Larry & Maureen Laqua
Lowell & Carol Sandvik
Marilyn & Brad Olson

Jerome Bakke

Marilyn Bakke

Vern Herfindahl

Alvina Skogen
Joyce Viall
Richard & Lorraine Bingeman

Myrtle Tetrault

Bob Tetrault

Vernon Bloom

James & Sharon Moline

Irene Schneider

Marilyn Olson

Barb Poeckes

Rogers & Sandy Kohlman

Keith Gilbert

Joyce Krabseth
Ruth Wagner
Roger & Sandra Kohlman
Paulette Seaton
Larry & Maureen Laqua

Don Amundson

Keith Johnson
Larry & Dorinne Haug

Ronald Haug

Les & Lynn Myers
Ken & Darci Kjos
Keith Johnson

Anna Sorenson

Lowell & Jean Sandvik

Morrene Wisdahl

Gene & Tamara Johnson
Wilma Hillstead

George Pasternak

Lyjean Smith
Elva Smith

Geneva Schnell

Lowell & Carol Sandvik

Mary Borud

Stan & Amy Reep
Dale Livdahl

Bob Evans

Larry & Diana Bean

Ricard Hanson

Stan & Amy Reep

Deanne Hagen

Paula Jarland
Mary Teal

Friendship that Lasts a Lifetime

Many of us wonder how life will be as we age and who will be by our side in our elder days. We imagine peaceful times compared to our bustling younger days and hope that friendship will still be a vital part of our lives. I had the pleasure of having conversations with several of the residents at both Bethel Lutheran Nursing Home and the independent living facilities. I was enlightened by what I heard.

I met a pair of beautiful ladies who by chance met in the 80s while working at our local Sears. They hit it off as co-workers and enjoyed working alongside each other. As one left Sears, the other stayed and spent a total of 17 years until retiring from the position. As we know, life gets away from us, and we lose contact with the people we were once close to. We often think of them over the years and wonder how they are, but we do not expect to see them in the future. In many cases, as I found out at Bethel Lutheran Nursing Home, long-lost friends end up reuniting. The pair that met at Sears some 40 years ago ended up having rooms just down the hall from each other. They now play cards every night and enjoy each other's company. They are also finding other close connections in their neighborhoods with residents who were friends or acquaintances years ago.

It brings warmth and joy to know that a building is not just brick and mortar but a place that can bring laughter, love, and companionship to those who live within its walls. As I converse with the residents at the independent living facilities, I find the same connections. There are two pairs of sisters who live next door to each other and support each other in their daily lives, whether that means a shopping trip or coffee at lunch. It is precious to see how deep a family's love runs for one another. As we know, having someone to share your day with is an essential part of living. Whether that means a blood relative, brother, or sister in Christ, living life with connection is important. I am thankful that our facilities provide a space for this to happen, and I commend the staff for creating an environment that fosters this atmosphere.

Courtney Ransom

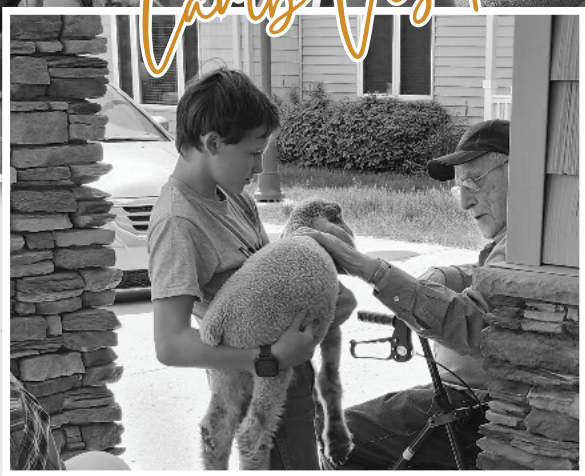
Assistant Director, Bethel Lutheran Foundation



Arbor House Activities



Lamb Visit



Fishing Fun



Golden Estates
Domino Night



Ice Cream



Music

7 INDOOR ACTIVITIES FOR *Seniors and Caregivers*

We've all been there: You have something special planned with your loved one, such as a nice walk in a scenic area, and the weather forces you to stay inside. But you still want to spend some quality time with your loved one, so what should you do? Let's explore some fun indoor activities for seniors you can do with your loved one when you plan on staying inside for the day.

1. Board and Card Games

There are several benefits of playing board and card games. Not only do they help build connections between friends and family members, but they also help people stay mentally sharp.

Rummage through a closet and see what board games are available. Monopoly has been popular for decades, or perhaps you could try out checkers, Yahtzee, or Scrabble.

Are you looking for a new board game to play with your loved one? There are plenty of board game websites that will help you research available options! For example, does your loved one enjoy the great outdoors? There are board games that are all about national parks!

2. Video Games

Video games can improve cognitive function and stimulate hearing, vision, and touch. They force the person playing the game to quickly switch between tasks, boosting mental flexibility. AARP provides a page of video games that seniors and caregivers can enjoy together.

3. Hobbies, Crafts, & Skills

Cooking and dining are great bonding activities to share with a senior loved one. You may get to see how Mom, who has never written a recipe down, fixes her wonderful vegetable soup! You could also discover a new recipe to try together.

Doing arts and crafts (e.g., sewing, scrapbooking, painting, drawing), playing a musical instrument, or organizing collections can also occupy the mind and body.

4. Games & Puzzles

Look for a jigsaw puzzle to put together. Depending on the size and number of pieces, jigsaw puzzles can be quite challenging and time-consuming. In addition, Sudoku, word searches, and crossword puzzles are both challenging and extremely affordable.

5. Exercise

Being indoors for long periods of time can result in a lack of physical activity for both caregivers and seniors. Senior-friendly exercises include balance, chair, core, cardio, low-impact, and strength exercises.

Caregivers can perform the exercises alongside the senior. However, it is advisable to consult with your loved one's physician before starting an exercise program. The idea is to promote movement, not cause pain. Do not have your loved one perform any exercises that are too strenuous.

6. Movies, Shows, & Books

There are several online sources for TV shows and movies, such as the Internet Archive. This site is a nonprofit library of old movies, TV shows, and vintage radio programs.

You could also start an audiobook with your loved one and listen to it together, then discuss the twists and turns in the story. There are several websites where you can find a library of audiobooks that includes everything from novels to nonfiction.

The added benefit of engaging in movies, shows, and books with your loved one is the discussions that can arise after watching or reading. It's a unique opportunity to learn more about your loved one and bond through things you both enjoy.

7. Memories & Conversations

Take the time to learn more about your loved one, your family, and even yourself. A photo album is a great conversation starter, allowing you to reminisce about old memories while also making new ones.



THE IMPORTANCE OF FAMILY BONDING BETWEEN

Seniors and Their Grandchildren

For many seniors, family is the most valuable thing in their life. Close ties and family bonding activities with their grandchildren — or even their great-grandchildren — gives seniors visits to look forward to, opportunities to share their experiences and their history with a younger generation, and an excuse for both our older loved ones and our kids to try some new things!

It's never too soon to introduce your children to their elders, regardless of their ages. Usually, babies and toddlers have no issues interacting with new people, but as they become a little bit older and more aware of their surroundings, shyness may make things a bit trickier. Their resistance might not only make building a relationship a lot more challenging, but it can hurt the feelings of your elderly parent or grandparent if the relationship is slow to take shape. Therefore, there's no time like the present to get started!

Ways for Seniors to Connect to their Grandchildren:

• Don't Be Strangers

Regularly scheduled visits will increase the level of comfort felt by all involved. If Grandma and Grandpa live nearby, make it a point to see them often – at least once or twice a month. If your senior loved ones live farther away, admittedly it takes a bit more planning, but it's still important to schedule visits as often as possible. Consider weekend trips as an option to help foster relationships with faraway relatives.

• Take Advantage of Technology

Not that long ago, living far away meant being out of touch with the people we care about. Long distance phone calls were considered rare treats. But that's not the case anymore. Practically every cell phone plan includes unlimited long-distance calling. Even better, you can set up video chats between your kids and your senior parents via the internet, your smartphone or an electronic tablet.

• Pictures Are Worth a Thousand Words

Send Grandpa and Grandma digital photos and videos of the grandkids' activities so they feel included, and then follow up with a phone call later to discuss the details. Or you could try to send some live stream video of the kids' milestone moments. As they say, it's the next best thing to being there!

• Branch Out the Family Tree

Family stories and heirlooms are important topics for our senior loved ones to talk about with grandchildren. Therefore, try to always set aside some story time for Grandpa and Grandma to chat about genealogy, and let the kids create their own family tree! These family bonding activities can be done in person or even over the internet.

• A Teaching Moment

Whether it's how to cast a fishing line just right or how to create the perfect quilt, seniors have acquired a lot of valuable skills. Teaching the hobbies and activities they've perfected over the decades to their grandchildren is a great way to connect.

• Make It a Project

Need something new to make things interesting? Consider a fun and easy at-home science experiment, wholesome fun for our older loved ones and kids alike.

Whichever way you choose to bring your senior loved ones and your kids together, make sure to put forth the effort. It's important for kids to know where they come from as they grow up, how previous generations worked to get where they are today, and what life was like for them when they were kids. After all, how many of us wish we could have asked our grandparents a few more questions about their lives when we had the chance?

In the meantime, doing family bonding activities enhances the lives of our senior loved ones in more ways than one. For example, regular visits and social time are great cures for loneliness and depression. Being able to share their thoughts and experiences gives grandparents an emotional outlet and makes them feel relevant and important to the people they love most. Facilitating a strong bond between your parents and your kids benefits everyone involved.

And although sometimes bridging the generational gap takes a little bit of work to get started, it's well worth the effort in the end!



Mother's Day Visit



Lund's Landing



Tea Time



4th of July

Arbor House Update

In May we had our Mother's Day Party. It was a wonderful event, the theme this year was paper dolls. And in June we had our Father's Day Party - it was a blast! The theme was Route 66.

In July we went to Lund's Landing and drove through Lewis and Clark State Park campground.

On August 4th we went to the North Unit of Theodore National Park. Our hope was to see bison and have a picnic.

We will have Assisted Living Week in September with special events every day.

- Dora Selle



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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.