



Chaplain's Corner

"Be still and know that I am God."
Psalm 46:10

Dear Christian Friends,

Every Christmas Eve Dad would read the Christmas story from Luke 2 before we opened presents. Then he would ask what struck us as we listened to the story of the birth of Christ.

I have tried to continue to do that, realizing that each time we hear it something different will likely strike us in a new way. This year I am struck again by Mary's reaction to it all. Luke 2:19 says, "But Mary treasured up all these things and pondered them in her heart." Mary had much to think about and wonder about and treasure. She had been chosen out of God's pure grace to be the mother of the Savior of the world. She had traveled to Bethlehem and given birth now to this newborn King. She had heard the angels of heaven sing and praise this newborn of hers and Joseph's. The shepherds had come to see and worship him. Now, after this and much more, she treasured these things and pondered them in her heart.

The Holiday weeks ahead can threaten to throw many into a hurried and stressed "tizzy". Maybe Mary's reaction to it all can help us. Maybe it can help us to do something similar. Mary realized that all that had happened and was happening now was God's activity in her life. It was God's activity to bring life, grace, salvation and peace to this troubled world. Is it any different for us?



Think about all that God has done and is doing, beginning with the announcement to lowly Mary to be the mother of our Lord. Think again about how God has come to you, to me in this Jesus. And through him, his eventual suffering, death and resurrection, you and I have gifts of grace and forgiveness and salvation that will never, ever fail us.

Yes, Mary treasured up all these things and pondered them in her heart. I pray that I may do the same. How about you?

In Christian Love,

Pastor Phil Larson,
Bethany Retirement Living

It's A "Seven-Peat"! Bethany Chosen Best Retirement Community



For the seventh time in The Forum's "Best of the Red River Valley" contest, retirement communities were among the kinds of companies for readers to rank. And, for the SEVENTH straight year, Bethany Retirement Living was voted by readers of The Forum as the Best Retirement Community.

Shawn Stuhaug, President/CEO at Bethany, said, "Congratulations to Bethany's 775 employees. We're the best because we employ THE BEST. Thank you for making Bethany the Best Retirement Community for seven straight years. Great job, everyone!"

IN THIS ISSUE

Chaplain's Corner	1	SOTY Awards	4
Bethany is Best!	1	Alzheimer's Walk	5
Board of Trustees	2	Nursing Scholarship	5
Bethany Scholarships	3	Year-End Giving Strategies.	6
Paper or...?	3	Showing Our Gratitude	7
New Bus	4	Giving Hearts Day	8



Mission Statement

To provide living opportunities in a senior community shaped by Christian values.

Values

BELIEVE: We believe in the power of the individual. Every resident is unique and special; every employee has the opportunity to make a difference. We believe in the power of faith.

ETHICS: Ethical behavior drives our daily decisions. We are open and honest with our residents, co-workers and the community.

TEAMWORK: We are a regional leader in long-term care because of the exceptional teamwork of our employees, working together to achieve our mission.

HOME: This is our residents' home. We will treat every resident with compassion, courtesy, dignity and respect. We provide excellent care for each based on his or her individual needs. Every decision puts the resident first.

ACCOUNTABILITY: We are accountable for our conduct and decisions.

NEW: We are consistently searching for new and innovative ways to meet the needs of our current and future residents.

YOU: You make a difference! Bethany is a community of individuals living and working together, enriching the lives of residents, employees, volunteers, visitors, and families.

Vision

Bethany's vision is to be the region's preeminent provider of senior living services.

For Your Information

Board of Trustees

John Hertsgaard,
Hertsgaard Farms - Chair

Al Erickson,
Gate City Bank - Vice Chair

Roger Olson,
Meineke-Johnson Company - Treasurer

Jean Bokinskie,
Concordia Parish Nurse Ministry Program - Secretary

David Glatt, MD,
Sanford Health

Stacie Heiden,
Blue Cross Blue Shield of North Dakota

Mary Johnson,
Union State Bank

Rhonda Ketterling,
Retired

Linda O'Halloran,
Retired

Liann Rockstad,
Retired

Charlotte Rusch,
Vogel Law Firm

Sponsoring Congregations

- Bethel Lutheran, Wahpeton
- Bethlehem Lutheran, Fargo
- Buffalo Lutheran, Buffalo
- Christine Lutheran, Christine
- Davenport Lutheran, Davenport
- Elim Lutheran, Fargo
- Emmanuel Lutheran, Abercrombie
- Faith Lutheran, Dwight
- Faith Lutheran, West Fargo
- First Lutheran, Fargo
- Galchutt Lutheran, Galchutt
- Golden Ridge Lutheran, Fargo
- Herby Lutheran, Harwood
- Hickson Lutheran, Hickson
- Hope Lutheran, Fargo
- Horace Lutheran, Horace
- Kindred Lutheran, Kindred
- Lutheran Church of the Cross, West Fargo
- Maple Sheyenne Lutheran, Harwood
- Martin's Lutheran, Casselton
- Messiah Lutheran, Fargo
- Mooreton Lutheran, Mooreton
- New Hope Lutheran, Leonard
- Norman Lutheran, Kindred
- Olivet Lutheran, Fargo
- Our Savior Lutheran, Page
- Our Savior's Lutheran, Colfax
- Peace Lutheran, Fargo
- Pontoppidan Lutheran, Fargo
- Richland Lutheran, Walcott
- St. John Lutheran, Arthur
- St. John Lutheran, Embden
- St. John Lutheran, Fargo
- St. Mark's Lutheran, Fargo
- St. Paul's Lutheran, Tower City
- St. Peter Lutheran, Leonard
- Walcott Lutheran, Walcott
- Zion Lutheran, Harwood

Bethany On-line

Information relating to all facets of Bethany's operations, as well as admission, employment and volunteer inquiries can be accessed 24 hours a day on-line at www.bethanynd.org.

About Bethany

Operation	Function	Established	# of Residents/Units
American Lutheran Homes			
Skilled I	Nursing Care	1979	65
	Transitional Care		31
Skilled II	Nursing Care	1968	76
	Towers		65
Towers	Basic Care	1978	67
	Assisted Living		
Bethany Personal Care Services		1986	
Bethany Foundation	Charitable Support	1986	
Bethany on 42nd			
Gables	Senior Apts & Assisted	2009	40
Skilled	Nursing Care	2009	103
TCU	Transitional Care	2009	13
Grace Pointe	Independent Housing	2016	58
Ethos Home Care	Home Health & Hospice	2015	

News Briefs

2017-18 Bethany Scholarships Awarded



Escobar



Johnson



Williams

Heidi Escobar and Christopher Johnson have been named recipients of the Lorraine Krenelka Nursing Scholarship at Bethany Retirement Living. They will each receive \$1,000 to apply toward their nursing education costs for the 2017-18 academic year.

Escobar is a native of Hillsboro, ND, and earned her LPN through Minnesota State Community and Technical College – Moorhead and her RN through MSCTC – Fergus Falls. She has been employed at Bethany Retirement Living since 2008 and is currently is MDS Lead. She is enrolled in the Bachelor of Science in Nursing program at North Dakota State University.

Johnson graduated from Crookston (MN) High School and received his LPN through M-State. He was employed at Sanford Health before

joining Bethany Retirement Living in 2012 as a Certified Nursing Assistant. He is currently an LPN on the Memory Care Unit at Bethany on University. He is pursuing his RN at North Dakota State College of Science.

Lorraine Krenelka graduated from the St. Luke's School of Nursing in Fargo before embarking on a nursing career that culminated in her service as a surgical nurse at St. John's Hospital in Fargo. Following retirement, Lorraine was a hospice nurse for ten years.

In the interest of providing nursing education opportunities for the employees of Bethany Retirement Living, the Lorraine Krenelka Endowed Nursing Scholarship Fund is made available through the generosity of Lorraine's family. The scholarship is available to qualified Bethany Retirement Living employees who

desire to expand and improve their skills in geriatric care.

Heather Williams, LPN, has been named the 2017 recipient of the Kim Marchell Endowed Scholarship at Bethany Retirement Living. She will receive \$500 to apply toward her nursing education for the 2017-18 academic year.

Williams is a 2004 graduate of Circle of Life Academy in White Earth, MN and earned her LPN certification at Northland Community & Technical College in 2010. She had Home Health experience before joining Bethany Retirement Living in 2016. She is enrolled in the RN program at Rasmussen College.

Kim Marchell served as Quality Improvement Coordinator at Bethany Retirement Living for more than eleven years, beginning in 1993. Under her guidance, Bethany's emphasis on quality care was focused and directed to help staff and the facility reach unprecedented levels of achievement. Kim passed away in August 2004. Through the scholarship in her name, Bethany Retirement Living provides financial support to qualified Bethany employees who are continuing their education in a nursing-related educational program. The Kim Marchell Endowed Scholarship Fund is made available through the generosity of Kim's family and other donors to Bethany Retirement Living.

Paper or ...?

Some of Bethany's friends enjoy receiving the Crossroads newsletter in print form (like this issue, for example.)

Increasingly, though, readers of the newsletter prefer to receive and read the newsletter on their computer,

tablet or phone. It's convenient for the reader, they can take it with them should they want to refer to something and it can arrive more quickly.

From Bethany's perspective, sending the newsletter electronically saves printing and postage costs and can

reach readers in a more timely fashion.

If you would prefer to receive the Crossroads newsletter by email rather than by mail, please contact Grant Richardson at Bethany (701.478.8910 or grichardson@bethanynd.org) to make the switch.

News Briefs

Bethany Acquires New Bus

Through the generosity of Joyce Larsen and the estates of her sister and brother-in-law, Beatrice and Glenn Eidem, Bethany has purchased a new bus to transport residents to events and activities away from the Bethany campus.

The bus arrived in late October and has already taken a couple of trips to the casino. Additional outings are plan to view Christmas lights, go shopping, attend ball games, look at fall leaves, go on lunch dates, visit the zoo and a wide variety of others activities in the community.

Bethany was able to offer a great deal of input regarding how the bus was designed. This input will make the bus useable by the greatest number of residents possible and provide ease-of-use for staff members. The bus can be configured for up to fifteen passengers in wheel chairs or in regular seating. Large windows offer a panoramic view of scenery outside the bus. The lift can accommodate up to 1,000 pounds of passenger and wheelchair. Excellent sound and heating/air conditioning will keep passengers comfortable while riding.

THANK YOU, Joyce, for your generous and thoughtful gift! Bethany residents will enjoy the fruits of your kindness for years to come.



Grant Richardson, Sr. Exec – Development; Shawn Stuhau, President/CEO; Joyce Larsen; Laurie Schnabel, Director of Community Life; Cody Johnson, Gables Resident Assistant; Chelsea Gentzkow, Community Life Coordinator; Les Schock, Director of Building Services; and Brad Heinz, Director of Building Services (ret'd)

Bethany Celebrates Senior OfThe Year Award



Inniger



Ornberg

The Annual Senior of the Year Award program was held Thursday, October 5, at the Hilton Garden Inn in Fargo. The Senior of the Year Award program recognizes the contributions of seniors in our community. Through their professions and the time and resources they give back to the area, they have made this a great community in which to live.

Recipients include Erv Inniger – Business Person; Larry Ornberg – Community Involvement; Donald Larew – Education/Arts; and Rev. Elwood Rieke – Faith.

Inniger was the most successful men’s basketball coach in NDSU history and has since been involved in the NDSU development program and is now at Choice Financial. He has worked on countless community boards

and projects. Ornberg spent a career in vocational rehabilitation and is an active participant in FM-AM Rotary, CHARISM, Rebuilding Together, Boy Scouts and his church. Larew was part of the NDSU theater department and contributed to theater programs at

area high schools, Fargo-Moorhead Community Theater, Carousel Dance Theater, the F-M Opera, Gooseberry Park Players and Red River Dance.

Rieke was a parish pastor and was involved in hunger, homeless, abuse, and addiction programs.

Other nominees include Doris Henderon, Berdie Johnson, Pat Nelson, and Mel Olson.

Proceeds from the event help support the mission of Bethany Retirement Living, to provide living opportunities in a senior community shaped by Christian values.



Larew



Rieke

News Briefs



Bethany Participates in Alzheimer's Walk

The annual Walk to End Alzheimer's was held Saturday, September 9, at the Scheel's Arena in Fargo. Bethany Retirement Living was recognized as the team raising the most money for the Alzheimer's Association. Additionally, Kim Kupfer, a CNA at Bethany, was the top individual fundraiser for the event.

As a recognized regional leader in providing care for residents with Alzheimer's disease and other forms of dementia, Bethany Retirement living is proud to support the Alzheimer's Association and their mission "to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health."

Kim Kupfer is recognized for her successful fundraising.

Bethany Employee Receives Nursing Scholarship

The North Dakota Long Term Care Association (NDLTCA) recently awarded a \$1,000 Allan B. Engen Nurse scholarship to Nathaniel McDonough, a LPN at Bethany Retirement Living, Fargo, ND.

Employed with Bethany Retirement Living for four years, McDonough is attending University of Mary, Bismarck, in the Nursing Program.

"While working as a nurse at Bethany, I have had the opportunity of meeting and working with hundreds of residents, each with unique stories, lives and experiences", McDonough said. "It is hands down the hardest job I have ever had to do, but it is a job that when done right can mean a world of difference to the resident and their family"

The Allan B. Engen Nurse Scholarship was established in recognition of the work and accomplishments of the NDLTCA's first Executive Director, Allan B. Engen, who died in 1989. "This scholarship fund is designed to help combat North Dakota's nursing shortage, which is especially intense in North Dakota long term care facilities," said NDLTCA President Shelly Peterson. "We are especially pleased with the caliber of winners like Nathaniel and look forward to his continued contributions to long term nursing care."



Alyssa Blumler, Director of Quality and Education; Nate McDonough; Dawn Hummel, Sr Executive – Resident Care

News Briefs

Year-End Giving (and Tax Saving) Strategies

As 2018 approaches, many friends of Bethany Retirement Living start thinking about strategies for year-end giving and tax planning. Listed below are some options to consider to benefit both you and the mission of Bethany.

IRA Charitable Rollover

After several years of waffling on the subject, Congress has made permanent the provision that allows IRA owners who are aged 70½ or older to make a gift of their required distribution directly from their IRA to charities like Bethany. Thus, the rollover gift will not be included in your taxable income, offering potentially significant tax savings. There are some very specific rules about this type of gift so contact Bethany for instructions before completing such a gift.

Outright Gift

If you are interested in retaining your liquid resources, consider gifting an appreciated asset. A gift of securities, business interests or real estate can offer savings in income and capital gains taxes. In many cases, such savings are greater that they would be for a cash gift.

If you are thinking about selling an asset, consider making a gift first. By making a gift of the asset before sale, you can use a charitable gift deduction to significantly lower – even eliminate – the capital gains tax on the sale.

North Dakota Income Tax Credit

Taxpayers in North Dakota have a unique opportunity not available in most other states. They can receive a tax CREDIT when making qualifying

gifts to charities like Bethany

There are a couple of options: A) contributions for \$5,000 or more to a qualified endowment fund (we have one) or B) certain forms of planned gifts are eligible for a credit of 40% of the charitable deduction allowed by the IRS. (The maximum credit is \$10,000 per year per taxpayer but carryover to subsequent tax years is possible.)

If you have questions about these giving tools, please contact Grant Richardson, Senior Executive – Development & Community Relations at 701.478.8910 or grichardson@bethanynd.org.

This information is not intended as legal or tax advice. You are encouraged to consult your financial and legal advisors before making any gift.

You can save money at your favorite businesses and help the Bethany Auxiliary every time you do.

Too good to be true? Not so. Check this out –



PushSave makes fundraising easy by offering mobile coupon books filled with great offers from local merchants. You create your own book by selecting businesses you already frequent and get the coupons they're offering. Every book is worth more than \$400 but only costs \$25.

The best part of this: there is NO BOOK. You customize your mobile book, download the PushSave app and VOILA! The coupons show up right on your phone. When you want to use one, just open it in the app and show it to the cashier. Easy peasy.

It's simple, it's fast and it will make a difference.

Will you help?

The Auxiliary at Bethany helps with several events throughout year for our residents. They have funded baseball outings, provided newspaper subscriptions, Netflix subscriptions, blanket warmers, maintenance of the Aviaries, iPods, headsets, sewing machines, Portals of Prayer devotional books, just to name a few of the wonderful things. Please consider buying a PushSave book. For every book sold, \$10 will go toward the auxiliary.

Text **bethaux** to 555-888 to get started. You will get a link to create a PushSave account and create your mobile coupon book. You also can send people to pushsave.com/beth if they don't like the texting option.

Contact Laurie Schnabel at 701.478.8904 or Jessica Peck at 701.239.3246 with any questions.

Expressing Our Gratitude

We gratefully acknowledge the following gifts received between July 1, 2017 and October 31, 2017. Memorials of \$100 or more are listed in two places.

ANNUAL GIVING

\$1,000 or more

Adeline T. Erickson Trust
Adelaide MacMillan Trust
Mary Rustad
Myron Sommerfeld

\$500 to \$999

Hope Lutheran Church, Fargo
Guy & Laura Hudson
Jane & Mark Kelly
Neal & Kay Larson
Shawn & Tanya Stuhau

\$250 to \$499

Kristy & Chuck Fremstad
Jackie Hvidston
Amy McLeod
Grant & Michelle Richardson
Alice Schlotfeldt
Thrifty White Drug

\$100 to \$249

Rev. Elmo & Norma
Anderson
Lance & Ruth Bergstrom
Adam & Jessica Broers
Choice Financial
Bonnie Dittus
Bruce & Lorraine Furness
Nancy Fyre
Pennie Hanson
Heartland Trust Company
Chuck & Carole Helmstetter
Hickson Lutheran Church,
Hickson
Frederick & Donna Hudson
Bruce & Joyce Linnerud
Fowler
Valerie & Jerome Mogard
Janice & Dennis Nelson
Thomas & Sheryl Newberger
Mel & Kim Olson
Todd & Beth Olson
Russell & Beverly Richards
Wayne Saar
Saerm Su
Jonathan & Rhonda Tolbert
C. Nicholas & Ene Vogel

Other Annual Gifts

Barakamfitiye Asha
Buffalo Lutheran Church
WELCA

Kriss Burns
Michelle Church
David & Deb Feyh
Jessica Gilbertson
Dr. & Mrs. Ryan Harrington
Rebecca & Tod Harrington
Shannon Hauge
Taylor Hegg
Stacie & Garth Heiden
Brad & Judy Heinz
Tiffeny & Jans Hestdalen
Dawn & Myron Hummel
Erv & Linda Inniger
Lisa & Brad Kittelson
Tammy Lopez
Sylvia Lunski
Heather McDermott
Jathan McIntyre
Jennifer Miller
Linda & Tom O'Halloran
Larry & Dianne Ornberg
Paulette Orth
Alyce Parrot
Allan & Judith Peterson
Wanda Peterson
Cassandra Price
Derrick Rasmussen
Heather & John Reimer
Rev. Elwood & Lavon Rieke
Manda Steinhauer
Katherine Tweed
Jean Zimmerman

In-Kind Giving

William & Antoinette
Babcock
Kathy Bonnicksen
Kathleen Brose
Paul and Micky Cose
Sarah DeVries
Bonnie Dittus
Cari Drees
Kathie Durben
Melvin & Judy Erdmann
Chandra Erickson
Brad Evenson
Teresa Flannigen
Nancy Fyre
Julie German
Andy Greene
Robert Greene
Curtis Hamre
Charles Hanish
Yvonne Herda

Joan Holland
Jackie Hvidston
Ken Kramer
Jackie Krieger
Wanda Landeis
Ardeen Langness
Cathy Lee
Marilyn Lervik
John & Liz Lyngstad
Tim McNeese
Arlene Moen
Lynn D. Olson
Scott Onstine
Tony & Diane Passanante
Brad & Beverly Pratt
Karen Pullen
Deborah Ryan
Brian J. Scott
Cindy & Robert Splichal
Jane Spooner
Deb Stuhau
Dave Suppa
Kenneth Tangen
Judy Vavrina
Bob Wedberg
Emil Weippert
Jeffrey Weitzel
Katelin & David Zaeske

IN MEMORY OF...

Barbara Armstrong
• James & Melody
Armstrong
Hilda Brooks
• Emily Burggraff
• Jacquelyn Hvidston
Ruby Thompson Cahlin
• Family
• Dianne & Hal Hudson
• Frederick & Donna
Hudson
• Guy & Laura Hudson
• David & Donna Lee

Helen Dewald
• Cari Drees

Irvin Dittus
• Bonnie Dittus
Family

Carol Erickson
• Family

Patricia Evenson
• Brad Evenson

Pauline Geck
• Kathleen Sway

Marcia Goehring
• Kris Street

Maxine Grani
• Joanne Jeffers
• Tony & Diane Passanante

Kenneth Gregerson
• Teresa Flannigen

Wallace Hamre
• Curtis Hamre

John Henderson
• Nancy Fyre

Linda Jenkins
• Deborah Ryan

Bonnie Kramer
• Ken Kramer

Algert Krieger
• Jackie Krieger

Lorna Longlet
• Family

Lorraine Lyngstad
• John & Liz Lyngstad

Elizabeth "Betty" McCoy
• Susan DeVries
• Jane Spooner
• Harold & Judith
Thompson

Thomas McNeese
• Tim McNeese

Ron Plath
• Leland & Florence Hans
• Cathy Lee
• Arlene & Bob Peterson

Phyllis Pratt
• Brad Pratt

Grace Smestad
• Karen Pullen

Helen Steffen
• Kathy Bonnicksen

Ledene Suppa
• Dave Suppa

Donald Thompson
• Joan Holland

Edgar Turner
Family

Darold Unterseher
• Yvonne Herda

Veterans
• West Fargo VFW

Marlene Votava
• Bernard & Kathleen
Benson

Cheryl Weber
• Anonymous
• Linda Graf
• Jeffrey Weitzel

Marlene Weippert
• Emil Weippert

Alvin Zaeske
• David Zaeske

IN HONOR OF...

Bill Babcock
• Antoinette Babcock

Andy Greene
• Robert Greene

Jean Halland
• Deb Stuhau

Brad Heinz
• Ray Weisgarber

Beverly & Goodwin Hoff
• Bob & Cindy Splichal

Dean Kulenkamp
• Laura Bolstad

Mary Rustad
• Ray Weisgarber

Maria Stasch
• Micky Cose

Meredith Wedberg
• Bob Wedberg

Josephine Zaeske
• David Zaeske

Please Consider Bethany...

Your will (or living trust) indicates your intentions, then provides the power to accomplish them. This document remains the key element in most estate plans. Bethany Retirement Living depends greatly on outright gifts and unconditional bequests so that it can faithfully serve our residents. An example of a charitable bequest favoring Bethany is as follows:

I give, devise and bequeath to Bethany Homes, Inc., a qualified 501(c)(3) non-profit corporation in Fargo, North Dakota, \$ _____ (or ___% of my residuary estate) (or description of in-kind property) to be used by Bethany Retirement Living.



Bethany Retirement Living
201 South University Drive
Fargo, North Dakota 58103

701.239.3000
www.bethanynd.org

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE PAID
FARGO, ND 58103
PERMIT NO. 861

Bethany To Participate In Giving Hearts Day

Bethany Retirement Living will be a participant in Giving Hearts Day on Thursday, February 8, 2018.

Giving Hearts Day is an innovative, online fundraising program made possible through a partnership between Impact Foundation, Dakota Medical Foundation (DMF), nonprofits such as Bethany that have been trained through the Impact Institute and other community donors.

On Giving Hearts Day, all donations of \$10 or more made to Bethany online at www.impactgiveback.org are matched by DMF and other community donors. This 24-hour fundraising event reinforces the Institute's High Impact Fundraising Training by giving nonprofits an opportunity to use the concepts they learned to raise awareness about their organizations, identify new donors, and secure more money for their missions.

This is the fourth year that Bethany has participated in Giving Hearts Day. With on-line gifts and matching funds, Bethany has received nearly \$70,000 in charitable support through Giving Hearts Day. More than 37 percent of GHD donors have been new donors.

Mark your calendar for THURSDAY, FEBRUARY 8, 2018. During that 24-hour period, log on to www.impactgiveback.org and make a gift to Bethany. Gifts of \$10 or more will be matched, multiplying the benefit to Bethany.

For more information, contact Grant Richardson, Senior Executive – Development & Community Relations, at 701.478.8910 or grichardson@bethanynd.org.



Please write to us at our address if you wish to have your name removed from the list to receive fund-raising requests supporting Bethany Retirement Living in the future.

In the event that you contact us with this request, all reasonable efforts will be taken to ensure that you will not receive any fund-raising communications from us in the future.