

VILLAGE VOICE

OCTOBER 2020

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For over 100 years, Bethany Village has empowered seniors creatively, spiritually, and emotionally to do what they do best. **Where others see difficulties, we see opportunity and capability.**



Bob McMillan, Sunflower Terrace Resident, enjoyed a recent fishing trip to Maxwell Game Preserve and State Lake during National Assisted Living Week.

SUNFLOWER TERRACE CELEBRATES NATIONAL ASSISTED LIVING WEEK

Due to the current COVID-19 pandemic, rules and guidance from the Centers for Medicare and Medicaid, and the inability of friends and family visits, much has changed in the day-to-day activities for residents at all Bethany Village locations.

Despite the additional challenges, Sunflower Terrace staff wanted to make sure the residents were recognized during National Assisted Living Week, September 13 to 19.

National Assisted Living Week was created by the National Center for Assisted Living (NCAL) in 1995 to recognize the role of assisted living in caring for America's seniors. The annual observance inspires assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinct aspect of long-term care.

This year's theme, "Caring is Essential", highlighted the incredible care provided by the essential caregivers at Sunflower Terrace and celebrated the deep connections formed among residents and staff. "We are truly a family," said Skylar Hanson, Sunflower terrace operator. "We wanted to make sure that our residents had the opportunity to have a little extra fun and let the staff know how much we appreciate them as well."

Activities during the week included planting mums, a ride around town on the surrey, a fishing trip, special performances by local talent and even a "pool party" on the patio. "I think everyone had a good time and it gave us

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BIRTHDAYS

Vic Streufert - Oct 1
 Art Wyant - Oct 2
 Arlene Patrick - Oct 5
 Lillian Nelson - Oct 5
 Helen Johnson - Oct 8
 Chuck Johnson - Oct 9
 Betty Ayers - Oct 12
 Olga Alexenko - Oct 19
 Ruth Nunemaker - Oct 26
 Don Beran - Oct 27
 Becky Brown - Oct 30



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a chance to forget about what is going on in the world around us,” said Hanson. “The pandemic has created a lot of challenges and we are so grateful for the support of our families and the community; everyone has really stepped up and helped to make sure everyone is not only safe, but engaged, active, and happy.”



NEW RESIDENTS

Please join us in welcoming the following residents to the Bethany Village family:

THE COTTAGES

Phillip & Marilyn Youngquist

SUNFLOWER TERRACE

Belen & Clyde Olson

BETHANY HOME

Dale Ade
 Elly Briggs
 Rosa Burroughs
 Ruth Drown
 Evelyn Griffith

COVID-19 Facts & Tips

COVID-19 is thought to spread mainly through **close contact** with others. People who are infected, but not showing symptoms can also spread the virus.

When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets. **Respiratory droplets** can cause infection when they are inhaled or deposited on the mucous membranes inside the nose and mouth.

COVID-19 can be spread by particles that may linger in the air or land on surfaces. It is possible that a person could get COVID-19 by touching a **surface or object** that has the virus on it and then touching their own mouth, nose, or eyes. However, spread from touching surfaces is not common.

Although COVID-19 can spread from **people to animals**, it is very rare. This happens most commonly to animals that are in close contact with people who have COVID 19.

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread:

- Stay at least 6 feet away from others when possible
- Cover your mouth and nose with a mask to help reduce the risk of spread
- Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid crowded indoor spaces and ensure indoor spaces are properly ventilated
- Stay home and isolate from others when sick
- Routinely clean and disinfect frequently touched surfaces.



*'let us also lay aside every
WEIGHT and the SIN that clings
so closely, and let us
RUN with PERSERVERANCE
the RACE that is set before us'*

HEBREWS 12:1

CHAPLAIN PHIL'S BLESSING

My oldest child is in 8th grade this year and she is participating in Cross Country. Now, when I was a teenager I played football. I remember watching the Cross Country kids run by while we were out on the practice field. I didn't think too much about it. In fact I remember even thinking that Cross Country looks kind of easy. It is just running after all.

Boy was I wrong. It is a tough, tough sport. The kids work very hard. After cheering on my daughter for two seasons now, my sentiment is that any kid who crosses the finish line is a winner. The first kid across or the last, they all deserve their accolades.

This is kind of how life is. The analogy of the race of life has been used often. For good reason. Sometimes life feels like a race. A long distance race to be exact. There are times when we are running strong and other times we seem to be inching by. Sometimes the race is easy, with lots of joy. Other times the race is difficult, an uphill battle. Such it is with life. Such it is with our faith as well. For the two go hand in hand, the race of life and the race of our faith.

The analogy of faith as a race is used several times in the Bible. My favorite is found Hebrews chapter 12:1-2. *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, ²looking to Jesus the pioneer*

and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God."

This passage reminds us that we are all in this race and it is a race that we run, together. We are surrounded in our faith by a cloud of witnesses. That is all of those who journey with us, other believers in the faith, those living and those long gone. As we journey in life we are never alone. We are strengthened in our faith by those around us and by the examples of those who have gone before us. Likewise, we are there to strengthen others in their faith. This cloud of witnesses will carry us through each leg of the journey, until the race is won.

It also says in Hebrews 10:35-36, *"Do not, therefore, abandon that confidence of yours; it brings a great reward. For you need endurance, so that when you have done the will of God, you may receive what was promised."*

My hope and prayer for all of you is that you keep the confidence and hold onto the faith. The confidence that as you run the race of life, you are surrounded in your faith by a cloud of witnesses each step of the way. And faith in the redemptive grace of Christ Jesus our Lord, a faith that will lead across the finish line and into life eternal.

Amen.

Pastor Phil



BETHANY+VILLAGE

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THE
COTTAGES

SUNFLOWER
TERRACE

BETHANY
HOME



Join us for a

Casino Game Night

Monday, October 26

Activity Center

6:30 - 8:00 pm

Games, snacks,
candy & prizes



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Soderstrom Elementary School

Halloween Parade

Friday, October 30 @ 2:00

Students will parade around the block for
residents and staff!



Saturday, October 31

6:00

Bethany Home Activity Center