

# The Branch

News for Family and Friends at Bethany

December 2018

## Birthdays

12/1  
Elizabeth Quimby

12/3  
Lols Doyle

12/4  
Irene Edgren

12/6  
Victoria Sigl

12/7  
Margaret McQuiston

12/11  
Lols Dorschner

12/14  
Juanda Ingersoll

12/15  
Sylvia Inderdahl

12/16  
John Fritts

12/17  
Kenneth Boulware

12/23  
Michael Weber

12/28  
Jewel Johansen

12/31  
Norma Otterson

## 30 Days of Thankfulness

We all have a great amount to be thankful for. Anything from our beautiful campus to our residents that make Bethany feel like home whom most of which are just like family to our staff, and the incredible staff we have to ensure our residents and their families have the best experience as possible during their stay with us. Sometimes it's easy to veer away from positivity and happiness, especially during difficult times, so it's great to have an entire month that reminds us all to take a step back and think about everything that we have



to be grateful for and everything we have been blessed with.

Throughout the month of November 30 people were asked for a short paragraph of what they are thankful for or to write what they are



thankful for on cutout leaves that are displayed on the windows of our 'Main Street'. Amongst these 30 people was a combination of staff and residents. Some of the responses of what our staff and residents are thankful for included family, their pets, better or improving health of loved ones or themselves who's health had declined in the past, Bethany Home, food, camping, their boss, summertime, family, the Bethany staff, their job, traveling, and the fact that they are not a turkey.



## Thank you to our November donors!

Thank you so much to our November donors— Team Outfitters, CJP Living Trust, C&D Professional Insurance, Recover Health Services, LLC, Sunshine Librarians, and Trinity Lutheran Church. Your generous donations are greatly appreciated!

For more events check out our website [bethanyofwauapaca.com/calendar](http://bethanyofwauapaca.com/calendar)  
\*Also subscribe to "The Branch" newsletter on our website!

## Veterans Lunch

Our veterans were treated to a special lunch on Veterans Day. We gathered together in the chapel where we started out with a welcome and a prayer. From there, a few minutes were taken to speak upon the Table of the Unforgotten Soldier that was set up in the front of the room. After that, the veterans were served a meal consisting of chicken, mashed potatoes, blend vegetables, rolls, and pie. There were two kinds of pie served—cherry and blueberry. I'm sure you're able to guess that was everyone's favorite part of the meal! We finished with a thank you to each veteran that attended the lunch by pinning them with American flag ribbon and red poppies. Thank you to all of the men and the women in the armed forces and an extra special thank you to those that reside here on our campus!



## Trick-or-Treating

This year we had our biggest turnout for Trick-or-Treating yet! There are quite a few benefits to Trick-or-Treating at Bethany. One big benefit pertains to our residents. They love to get out of their rooms or apartments and interact with all of the children and families including the pets that are dressed up as well. Another benefit to Trick-or-Treating at Bethany is being indoors. Although most are accustomed to the cold weather, it's great to be able to Trick-or-Treat indoors with how low the temperature can be during Halloween, making for a lot more of an enjoyable experience when you don't have to be concerned about being cold the whole time. A huge thank you once again to everyone who



donated candy! This made it possible for our residents to be able to hand out candy to all of the children and families that walked through our halls to Trick-or-Treat this year.



## Welcome New Employees!

**Business Office**  
Tammy Longman

**Marketing & Admissions**  
Mercedes Graham

**C.N.A.**  
Ashley Pedersen  
Stephanie Rasmussen

**The Pines**  
Paige Pierotti

**Transportation**  
Beverly Binley

**Dietary**  
Autumn Jackson  
Max Carr  
Thomas Lepri





# The Branch

What's happening at Bethany?

December 2018

## Volunteer Statistics

**Total Hours 2018:**  
2,365.5

**October:**  
26 active volunteers

**October Hours:**  
242.5

**With the Waupaca Foundry Assistance:**  
388.25

**October Most Active:**  
Kathleen McGowan  
totaling 43.5 hours

## A Note from our Volunteer Coordinator

With the New Year approaching, it is a time to look forward to the upcoming year. I encourage all of our family and friends of Bethany to consider spending at least one hour volunteering in the New Year. It is proven that volunteering is beneficial not only for your physical health, but also your mental health as well. Volunteering helps to: Reduces Stress in your life- when developing a meaningful connection it can take our mind off of our worries when we pay attention to someone or something else. Combats Depression- increases motivation and can keep the mind distracted from destructive habits like negative thinking or being overly critical. Ignites Passion- it can energize escape from your daily routine. Makes you Happy- humans are designed to be in community, serving one another.

Volunteering makes the world a better place by aiding a community in need and helping others provide immense pleasure. Given all of this, I encourage you to volunteer at Bethany, whether you have a special talent, enjoy playing cards, like to go on outings, or just simply stopping to say hello to a resident. Spend an hour volunteering each month and it will help to not only improve your life, but our entire community. If you are interested in volunteering, stop by and fill out an application or contact Casey for further information.



Casey's contact information:  
715-942-1441 casey@bethany-home.com

## Volunteer Spotlight

I have been volunteering at Bethany for over 15 years; however, I have volunteered a good portion of my life. I enjoy volunteering at Bethany because of the people. I enjoy watching them enjoy the time we spend with them and seeing their smiling faces. I have volunteered at various activities across campus, such as driving, outings, a reminiscence group, shopping, and really what ever else is needed of me. I enjoy making people laugh and brightening up their day. I enjoy golfing and visiting new faces across campus.



Bethany is an equal opportunity provider.

### Are you available?

**Sundays:** 9:30 a.m. - 11:30 a.m. to help with chapel services

**Sunday afternoons:** Come play cards, a game, or socialize with our residents from 1:30 p.m. - 3:00 p.m.

**Greeter:** We are looking for someone to sit at the main desk to greet guests and direct them around campus, as well as answering a few phone calls. Time slots of 2 hours or greater are desired.

**Thrift Store:** Do you enjoy selling items, helping others look for treasures, or going through stuff? We are looking for people to help out with our Thrift Store on Thursdays from 9:30 a.m. - 11:30 a.m.

## FREE COMMUNITY CHRISTMAS DINNER

*For those who may be alone, or are in financial need and/or are unable to prepare a meal.*

**NOON, CHRISTMAS DAY  
TUESDAY, DECEMBER 25, 2018  
AT  
TRINITY LUTHERAN CHURCH  
206 E. BADGER ST.  
WAUPACA, WI 54981**

*For reservations, transportation or meal delivery call Bethany of Waupaca at (715) 258-5521 by noon on Wednesday, December 19, 2018.*

*To volunteer call Judy at 715-467-1340.*

*Free will donations are appreciated at the dinner.*

Merry Christmas

## 1st Annual Tree Lighting Ceremony

Please help to decorate the tree by purchasing an ornament your loved one(s) this holiday season.

**Thursday, December 13th  
4:30-6:30pm**

The ornament of your loved one(s) will go on the ornament and be part of the ceremony.



Program will be held in Bethany's Chapel

- 4-10 Festivities begins
- 5-5:10 Madrigal Singers Perform
- 5-10 Program Begins with Cookout & Hot Cocoa to Follow

Cost to purchase an ornament is \$20.00. All ornaments must be purchased at the Reception Desk in the Chapel by Friday, November 30th.

## NEW YEARS EVE DECEMBER 31<sup>st</sup> Party

at:  
Par 4 Resort  
201 Redwood Dr.  
Waupaca, WI 54981

Music by:  
**THE ALL STAGE WAGGERS**

**Cash Bar • Silent Auction**

Doors open: 7PM | Band: 8PM — Midnight  
Balloon drop: Midnight | Snacks: 10PM  
General admission: \$10 (Advance) | \$25 (Door)  
Tickets: Par 4 (715) 942-2424 / Bethany (715) 942-9322

Each ticket purchased is automatically entered into a drawing for a one week stay at Bethany's Shadow Lake Retreat House. Need not be present to win.

Sponsored by: **PAR 4 RESORT** and **BETHANY**

## Heartwood Memory Café

2nd Thursday  
10:00 a.m.  
Game Room

## Support Groups

Every Month  
1:30 p.m.  
The Springs Studio C

Memory Care | Caregiver  
4th Thursday | 2nd Wednesday

**BETHANY**  
128 North St.  
Waupaca, WI 54981

## Upcoming Events

- Caregiver Support Group 12/12
- Tree Lighting Ceremony 12/13
- Memory Café 12/13
- Ugly Sweater Day 12/14
- Campus Christmas Celebration 12/17
- Nursing Home Christmas Celebration 12/20
- Christmas Dress Up Day 12/21
- Community Christmas Dinner 12/25
- Memory Care Support Group 12/27
- New Years Eve Party 12/31