

March

Let the
SHENANIGANS
Be Gin



“Friends are like four-leaf clovers: hard to find and lucky to keep.”



On Saturday, March 22nd Shadow Woods Veteran Jim Peterson received a Quilt of Valor at Trinity Lutheran Church.

Quilts of Valor Foundation began in 2003 with a dream, literally a dream. Founder Catherine Roberts' son Nat was deployed in Iraq. According to Catherine:

The dream was as vivid as real light. I saw a young man sitting on the side of his bed in the middle of the night, hunched over. The permeating feelings was one of utter despair. I could see his war demons clustered around, dragging him down into an emotional gutter. Then, as if viewing a movie, I saw him in the next scene wrapped in a quilt. His whole demeanor changed from one of despair to one of hope and well-being. The quilt had made this dramatic change. The message of my dream was: Quilts = Healing.

The model appeared simple: have a volunteer team who would donate their time and materials to make a quilt. One person would piece the top and the other would quilt it. I saw the name for this special quilt: It was Quilt of Valor, a QOV.

Service Members and Veterans may be “touched by war” or affected by war in direct and indirect ways, sometimes with long-lasting impact. These individuals are eligible for a Quilt of Valor.

What does the Quilt of Valor mean:

With more than 405,000 quilts awarded. The Quilt of Valor is a lifetime award.

A Quilt is not a blanket. A blanket is a single layer of fabric. A quilt consists of three layers and like to think of these terms.

The top layer is made of many colors, shapes and fabric that represent the many faces of those who have serviced in our armed forces, our communities and the many individuals we are.

The center of the quilt includes the matting part of the quilt that omits the warmth. Held between the layers it represents the comfort and healing that we offer.

The back is the strength that supports the other layers of fabric, and represents the strength of the recipient.

The Quilt of Valor is priceless, it can never be bought, I can never be sold, it is never a gift. Know as we are stitching that we remember the scarifies that you made for us.

It is a quilt that comes from the heart and hands and sometimes the tears of the maker. No two are alike.

What is the same is the love that is quilted into each stitch.



Lt. James Peterson
U.S. Navy
1960-1969



Dine-In's



*Irish Nachos
with the
RCAC*

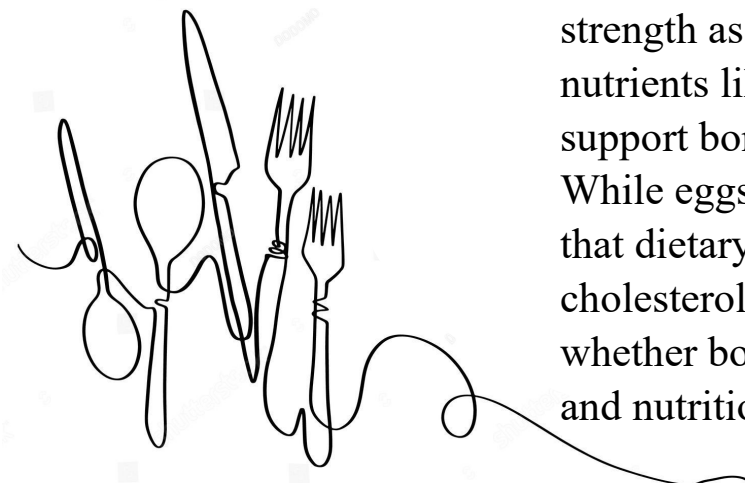


With the CBRF

Dietician's Corner w/Bethany's Dietician Maggie Stremkowski



For years, eggs were unfairly blamed for raising cholesterol levels, but recent research shows they can be part of a heart-healthy diet. Eggs are rich in high-quality protein, essential for maintaining muscle strength as we age, and they provide important nutrients like vitamin D, B12, and choline, which support bone health, brain function, and overall vitality. While eggs do contain cholesterol, studies have found that dietary cholesterol has little effect on blood cholesterol levels. Enjoying eggs in moderation-whether boiled, scrambled, or poached-can be a simple and nutritious way to boost your health.



April Birthdays!

Bettie Hill
Genevieve Schumann
Anne Leigh
Joseph Hogan
Richard Sarto
Sandra Zimmerman
Jerald Webster

April 6th
April 6th
April 10th
April 12th
April 21st
April 23rd
April 27th



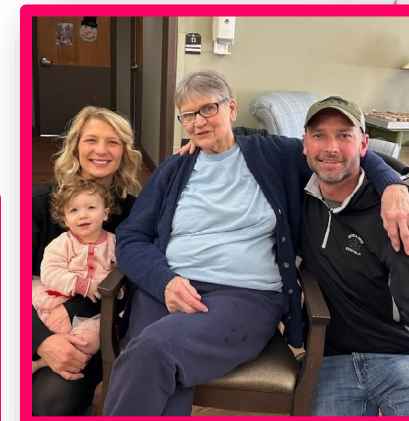
Horoscope

Aries (Mar 21-Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

Taurus (Apr 21-May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.



Judy & Joyce recently celebrated their March birthdays with family!





Regular Events

Sunday's
Catholic Communion 9:40am
Chapel-10:30am
Coffee Hour to Follow

Monday's
Movies-2:00pm
Social-3:00pm

Tuesday's
Bible Study-10:00am
Bingo-2:00pm
Social-3:00pm

Wednesday's
Chapel-10:30am
Campuswide Event-2:00pm
Happy Hour-3:00pm

Thursday's
Campuswide Event-2:00pm
Ice Cream Social-3:00pm

Friday's
Thrift Store-10:00am-12:00pm
Bingo-2:00pm
Happy Hour-3:00pm



**National Nursing
Home Week**
May 11th to 17th
Watch for more details.



Friday April 4th
9:30-CEC Kids

Thursday, April 10th
Monthly Dine In-CBRF

Sunday April 13th
Palm Sunday
April 18th
Good Friday
11:00-Catholic Service

Sunday, April 20th
Easter

Wednesday, April 30th
2:00-Birthday Party-
Music w/Mark W.



CYCLING WITHOUT AGE



With Spring here, we are greasing up our pedals and are getting excited for our Pedi-Cab/Tri-Shaw rides. If you are interested, please reach out to Casey Brown-715-942-1441 or caseyb@bethany-home.com to learn how to sign up.



Please remember that if you are leaving campus for any reason you need to sign out at your nurses station and sign back in when you return.



We have a new pet policy!
All Pets must be on a leash, and we must have vaccination papers for them to visit. Each animal must have a Bethany Pet Tag. Please reach out to Casey for further information!

When driving through the parking lot.
Please slow down!
Speed Limit is 15mph



Both young children and old people have a
lot of time on their hands.
That's probably why they get along so well.
— Jonathan Carroll



You don't stop
laughing when
you grow old, you
grow old when
you stop
laughing.
-George Bernard
Shaw

Working out is
way more fun with
a buddy!



Alice our Staff Educator
is becoming re-certified
in CPR.

2025
APRIL

Bethany

NEWSLETTER

From the Desk of:



Director of Life Enrichment

Hopping into Happiness is the theme this month and I couldn't be Hoppier. See what I did there..... Anyways. This month we are going to Hop into spring with many new activities. Our friends from the 6th grade will be here followed by or 4th & 5th grade friends from CEC, music and fun of course and hopefully some spring outside activities.

Spring is a time for rebirth and what a better month to do that with Easter here by remember the resurrection of Jesus, planting seeds that will bring us beautiful flowers and some tasty vegetables and of course preparing for warmer weather. Erin is greasing up the wheels on the Pedi-Cab and is looking forward to rides this summer. What is something you are looking forward to this spring? Let us know as we are always looking for new and fun ideas to make your experience here at Bethany the best.

Celebrate Happiness!
Casey Brown-CSW
Director of Life Enrichment

