

# Bethesda

## Community Newsletter

Fall 2017

*"Exceptional People, Exceptional Care"*

### *Our Residents*

#### **Birthdays - Bombers - Bunads - Blessings**

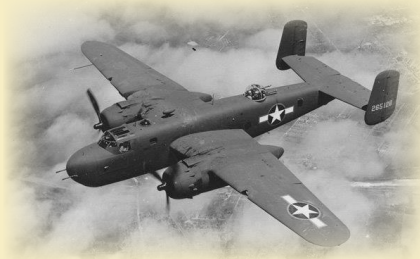
Naomi Alexander resides at Bethesda Towne Square and recently celebrated her 99th birthday. A week ago I heard her singing "Blessed Assurance" at the weekly church service at Towne Square. She was singing, "This is my story, this is my song..." and Naomi has some great stories to tell!

Naomi was born in 1918, on a farm near Falnes Lutheran Church, in the Langford/Pierpont area of South Dakota.

Naomi shares her story

of getting married to Russ Alexander in 1939, moving to California, and working on bombers during WWII. Russell enlisted in the Navy after the bombing at Pearl Harbor in 1942. When he shipped out, Naomi stayed in California and began working at North American Aviation. She worked on the B25 Bomber and P51 Mustang. Naomi worked on the final assembly, autopilot and inspections in the cock pit. Naomi took the train back to SD in 1945 and on her way home they were informed that the war was over. Russ and Naomi's daughter Linda was born in 1946. Naomi loves her family and her Norwegian heritage. She has a bunad (traditional Norwegian dress) that she wears for special events. In the photo, Naomi is saying the Norwegian Table Prayer at a Sons of Norway Event.

Naomi has been blessed and her faith is a very important part of her life. We are blessed to know Naomi Alexander!



# Our Staff

## Whitney Stiegelmeier Outstanding Service Award



Whitney has been employed as the Administrative Assistant at the front office desk at Bethesda for two years. She greets people, answers questions, gives people directions and completes numerous administrative tasks. Whitney grew up on a farm near Columbia, South Dakota. She graduated from Groton Area High School in 2006 and attended Northern State University, where she received her Bachelor's of Science in Elementary Education.

Whitney's family includes her husband, Jordan, and two daughters, Olivia(9) and Blakely(4).

Some of Whitney's favorite hobbies include spending time with family and friends.

When asked, "What do you appreciate about working at Bethesda," Whitney replied, "Bethesda is a place that residents call "home". Working in a nursing home takes a special person and every day I see numerous employees interacting with the residents and showing their utmost respect for those individuals. I am proud to be a Bethesda employee; to see people so happy in this stage of their lives, truly is an amazing thing to experience! Lastly, the residents are my main appreciation for working at Bethesda. Listening to all their stories and learning from their experiences is something that can't be put into words. Each resident is so unique. I truly enjoy talking to the residents and trying to learn a little something about them."

Thank you Whitney for all that you do!

## Kayla Bossly Walter Jerde Award



Kayla has been employed as a CNA at Bethesda for over a year. She provides direct care for our residents at Bethesda Home. Kayla is an accounting major at NSU, pursuing a career as a tax accountant. She grew up in Aberdeen and has parents and grandparents in the area. Kayla's daughter Eibhleann (an old Irish name, pronounced Evelyn) is 6 years old. Kayla brings her daughter to Bethesda to visit the residents and hand

out treats. This intergenerational interaction is the best gift of all! Some of Kayla's favorite hobbies include knitting, horseback riding and frisbee disc golf. When asked, "What do you appreciate about working at Bethesda," Kayla replied, "The residents, I love them all! They are very appreciative and kind. I've made meaningful connections. I also appreciate acknowledgement from management when I do well."

Thank you Kayla for all that you do!

### **ATTENTION:**

Please be aware that Bethesda has recently been notified that people have received unsolicited phone calls requesting credit card information/personal information, and claim to be calling from Bethesda. This is not legitimate. Bethesda will never request credit card information over the phone or by mail. Please contact Bethesda's Business Office at 605-225-7580, if you have any further questions. **THANK YOU!**

## Person-Centered Care at Bethesda

- **Offering our residents choice** in areas such as dining, sleeping, bathing, daily activities and routines.
- **Empowering staff** to build relationships with residents, make care decisions, participate in staff-led work teams, and develop their careers.
- **Creating a home-like environment** both in resident rooms and in the neighborhoods/ community in which those rooms and apartments are located.
- **Facilitating a meaningful life** for residents by supporting the human spirit and encouraging community involvement among residents and families.

*Tell us your story. . . Send us your heart-warming stories about Bethesda!*

**2** Send your stories to: [peggyjolarson@bha.cc](mailto:peggyjolarson@bha.cc) or 1224 S. High St. Aberdeen, SD 57401

*We are here to lend a helping hand!*



# Bethesda

## Providing Daily Assistance

**Adult Day Health Center** | **In-Home Community Services**  
605-225-7602 | 605-225-7900

Caregivers who are just beginning their journey may feel adult day services are for later stages of their loved one's situation. Don't wait too long... The sooner caregivers enroll their family member, the greater the benefit for all concerned. The Adult Day Health Center (ADHC) at Bethesda is the first of its kind in Northeast South Dakota. Contact us, take a tour, ask questions, observe and schedule a day of free respite. The individualized services can actually enhance your relationship with your loved one, and improve their day-to-day experiences.

Feeling isolated can be an unwelcome side effect for family caregivers and loved ones. The ADHC reaches out to both individuals and family caregivers, creating a solid atmosphere of support. The miracle of connection with others can be expanded to include resources,

information and community caregiver support groups.

The Adult Day Health Center at Bethesda focuses on caring. Members are offered a place to enjoy the day with an emphasis on retaining self esteem and dignity. Activities will span the range of each member's interests and abilities. The ADHC also provides door-to-door, round-trip transportation. The bus is equipped with a lift and can accommodate people with wheelchairs, walkers or canes. Physical, occupational and speech therapy is available at the Bethesda Therapy Center and the warm water therapy pool can be part of a member's weekly schedule.

The ADHC is an enhancement to the journey of caregivers and loved ones. Family members can enjoy a sense of security knowing that their loved one is receiving exceptional care. Loved ones can develop a life outside the home that is interesting, fun and safe. Adult Day Health Services can delay or eliminate placement in a long-term care facility. The ADHC is a preferred and affordable option. Additional in-home care services are also available through Bethesda In-Home Community Services.

Stress reduction may be the apparent bonus, but the joy of seeing a loved one interact with others can improve everyone's overall outlook. Even the "normal" aging process has its progressive side, but the ADHC and Bethesda In-Home Community Services can become a restorative force in a loved one's journey.

## "Good Things" at Bethesda



Chocolate and caramel and ice cream, "Oh, my"! Bethesda Sharing Center/Child Daycare and Preschool have been having some great fundraising events and you can see by the smiles, that they have been successful!

Look, up in the sky. It's a bird, it's a plane, its new heating and air conditioning units being installed at Bethesda! The previous units at Bethesda Home were twenty years old. Now, everyone can stay cool in the summer and warm in the winter!

- To our residents and families!
- To our donors, each and every gift is significant and greatly appreciated!
- To Cash Wa-Distributing-Aberdeen for the generous donation of food items for the annual picnic!



- To everyone who donated or bid on homemade pies for the pie auction!
- To our volunteers!
- To our board members!
- To our community!
- To our staff for all that they do and all that they give!

THANK YOU GOD, FOR EVERYTHING!!!



# Opportunities for Giving

## You Can Truly Make a Difference at Bethesda!

The #1 priority fundraising project for 2017 is well underway and you can help us achieve our goal. We have successfully raised \$28,000 of the \$45,000 needed to purchase a new van for Bethesda's In-Home Community Services Program. This program provides in-home care to help people stay at home longer. Reliable and

handicap accessible transportation is an important and practical need for the clients we serve. If you would like to make a donation, **act now** and contact us at **377-2722** or email **peggyjolarson@bha**.



## Amazon Smile

When making online purchases through Amazon, designate Bethesda Home of Aberdeen and a percentage of your purchase will be donated to Bethesda!  
<http://smile.amazon.com/ch/46-0367117>.

Remember, always start at [smile.amazon.com](http://smile.amazon.com) and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. You can donate to Bethesda every time you make an online purchase on Amazon.com! Just sign up with AmazonSmile and designate Bethesda Home of Aberdeen. It's easy, takes only a couple of minutes and doesn't cost you anything. The proceeds help with designated fundraising projects for our residents here at Bethesda.



*Thank you in advance for supporting Bethesda!*

## WishList 2017

**Bethesda In-Home Community Services: PRIORITY PROJECT:** Van to Transport Clients and Residents/Handicap Accessible.

**Bethesda Sharing Center/Child Daycare and Preschool: PRIORITY PROJECT:** Smart Board; Playground Equipment; Rocking Chairs/Glider Rockers; Rugs for Play Areas; Shelving Units; TV/DVD Player; Educational Toys; Sleeping Mats; Children's Table & Chairs; Art Supplies; Games/Puzzles.

**Bethesda Home/Skilled Nursing Home Care:** Hot and Cold Food Service Cart; Hoyer Mechanical Lift for Residents.

**Parkside Retirement Community/Independent Living:** New Hallway Carpet for All Four Wings; Cordless Vacuum; 2 Large Crock Pots; Large Air Fryer; Outdoor Patio Set; New cushioning and upholstery for dining room chairs; Desk Top Computer for Library; Grocery Carts.

**Bethesda Towne Square/Assisted Living:** New Dining Room Tables and Chairs.

**K.O. Lee Adult Day Health Center:** Sets of Microwave Safe Dinnerware; Nu-Step Exercise Equipment; Insulated Coffee Servers.

**Caregiver Support Services at Bethesda:** Donations for Educational DVD's and Resource Materials.

**General:** Portable CD Players; Voice Recognition-Dragon "Tell Your Story" Software; iPads; Maintenance and Grounds Equipment; Pickup; Skid Steer; John Deere Lawn Equipment; Folding Chairs; Exercise Equipment; AED's; 30 Cup Coffee Makers; Serving Trays; Roasters; Serving Spoons.

# Events at Bethesda Mark Your Calenders and Join Us!

## FALL/WINTER 2017

### OCTOBER:

- 10-2-17 Buffalo Wings and Rings Fundraiser for Bethesda Sharing Center 5-8pm
- 10-5-17 Healthy Aging Resource Fair 1-4pm Bethlehem Lutheran Church
- 10-6-17 to 10-20-17 Cookie Dough Fundraiser for Bethesda Sharing Center (Tentative Delivery Date 11-3-17)
- 10-8-17 Annual "Leaving a Legacy" Event 2-4pm Sunday Oct. 8th ADHC/RSVP Requested (377-2722)
- 10-13-17 Collective Goods/Formerly Books Are Fun Fundraiser for Bethesda Sharing Center/Bethesda Home Chapel Area 10am-4pm
- 10-27-17 Bethesda Sharing Center Bake Sale/Bethesda Home Chapel Area

### NOVEMBER:

- 11-12-17 Sunday 5-7pm ADHC Chili, Oyster Stew and Soup Cook-off Fundraiser
- 11-17-2017 Vendor Framed Art Fundraiser for Bethesda Sharing Center

### DECEMBER:

- Bethesda Christmas Parties ~ Dec. 2017

You are welcome to attend all scheduled events at Bethesda! Please contact Peggy Jo Larson at 377-2722 or email [peggyjolarson@bha.cc](mailto:peggyjolarson@bha.cc) if you would like to donate goodies for the bake sale and/or make and serve homemade chili, soup or oyster stew for these fundraising events.



Thursday, October 5th • 12:30pm - 4:00pm  
Bethlehem Lutheran Church • 1620 NE Milwaukee Ave  
**FREE ADMISSION**

A *free* informative health fair for those looking for resources, programs, and services provided in the area

- Screenings & testing available on site
- Free refreshments & door prizes
- Flu shots available ~ bring your Medicare card

Featured expert speakers discussing:  
Mental Health & Art Therapy • Living a Healthy Lifestyle  
Caregiving • Technology • and more!

*Volunteers on hand to help with tech issues ~ bring your smartphone, tablet or e-reader*

**For more information, contact Julie at 225-2550**

**FREE Respite Care Available**

Bethesda Adult Day Health Center • 1403 15<sup>th</sup> Ave SE  
Call 225-7602 to pre-register by September 28th



# Bethesda Donor List ~ 2017

## **FRIENDS OF BETHESDA PROJECT:**

Ray & Marcella Andersh  
Marjorie Cash  
Arlene & Wes Elliott  
John & Linda Fritz  
Phyllis Haselhorst  
Bruce & Jan Johnson  
Peggy Jo Larson  
Howard Swenson

## **BETHESDA In-Home Community Services VAN PROJECT:**

Amazon Smile  
Bethesda Annual Community Picnic ~ Free Will Offering  
Bethesda Annual Community Picnic ~ Homemade Pie  
Auction Proceeds  
Emmanuel Lutheran Church ~ Groton (Quarterly Giving)  
John & Linda Fritz  
Good Shepherd Lutheran Church ~ Aberdeen  
Phyllis Haselhorst  
Christopher Klein  
Richard Maunu  
Dr. Arlin & Karine Myrmoe  
Our Saviors Lutheran Church ~ Redfield  
Toni Ristau ~ Network for Good ~ In memory of Alice VandenAkker, Toni Ristau, and other Friends and Family  
St. John's Lutheran Church ~ Hecla  
Ken Schuh  
Bill & Penny Stolle  
Louise C. Stolle ~ In Faith Community Foundation  
Trinity Lutheran Church Ladies Aide ~ Houghton  
Trinity Lutheran Church ~ Houghton

## **In Honor of:**

### **Parents and Godparents**

Peggy Jo Larson

### **Howard Swenson**

"for unwavering attention to the welfare of Bethesda, it's residents and staff."

Helen Yetter

## **In Memory of:**

**Eileen Bauer**

Jackie Blide  
Geri Sillman  
**Bernice Beck**  
Charlie & Ginny Clark  
**Marian Brooks**  
Helen Yetter  
**Vernon Bunsness**  
Sandra Brink  
Charlie & Ginny Clark  
Mae Click  
Howard Swenson  
**Phyllis Dennert**  
Arlen & Ramona Hanson  
**Debbie Elsen**  
Allen & Karen Siefkes  
**Melvin Geist**  
Mae Click  
**Marion Guhin**  
David & Donna Burgard  
Louise Clark  
Doug & Sherron Grote  
Michael & Lynn Sandvig  
Roger & Shirley Schuller  
Mark & Ann Schulze  
Ralph & June Stiles  
Reed & Kathleen Swenson  
**Elder Haugen**  
Allison Checco and Family  
Mae Click  
Keith & Kristi Hainy  
Chuck & Peggy Hogg  
Howard Swenson  
**Leonard & Edna Hottman**  
Robert & Deloris Fewings  
**Lloyd Kiesz**  
Charlie & Ginny Clark  
**Agnes Littrell**  
Larry Littrell  
**Marilyn Littrell**  
Larry Littrell  
**Millie Miller**  
Patricia Miller Awad  
**Lorraine Montgomery**  
Marcella Andersh  
Anonymous  
Martin Bettmann  
Linda Blair  
Leo & Doreen Green  
Verla A. Herbert  
Pearl Holt  
Lavina Hopf  
Jerry & Mary Ann Krueger  
Kay M. Lapka  
Jon & Dana Locken

Mary London  
Lela Meirose  
David & Rita Pettigrew  
Sandra & James Rood  
Arthur & Maggie Russo  
**Bernyl "Ben" Nelson**  
Nancy Nelson & Family  
**Ossie Ost**  
Sharon Engelhart  
Robert & Nancy Janssen  
**Gerald "Mike" Osterman**  
Arlen & Ramona Hanson  
Dennis K. and Shirley Larson  
Howard Swenson  
**Leone Peterson**  
Delwin & Deanna Peterson  
**Elaine Roth**  
Family of Elaine Roth ~  
Bill & Linda Roth  
Bev & Terry Hammrich  
David Roth  
Barb & Dave Ingalsbe  
Arlen & Ramona Hanson  
Dale & Bonnie Larson  
Dennis K. and Shirley Larson  
Peggy Jo Larson  
Hazel Swenson  
Howard Swenson  
**Marie Schlosser**  
Arlen & Ramona Hanson  
Allen & Karen Siefkes  
**Darlene Scott**  
Allen & Karen Siefkes  
Linda Siefkes  
**Dallas Sombke**  
Dennis K. and Shirley Larson  
Darlene Wahl  
**Ron Spencer**  
Arlen & Ramona Hanson  
**Anna Stern**  
Mae & Dean Click  
Shelly & Greg Nielson  
LaVonne Peterson  
Eldon & Donna Reich  
Bertha Turnquist  
**Lucille & Clarence Swenson**  
Phil & Joanne Swenson  
Sharla & Mark Thompson  
Howard N. Swenson  
Becky & Dwight Althoff  
Crystal Swenson  
**Ken Thompson**  
Laura Thompson  
**Dean Turnquist**

Bertha Turnquist  
**Kervin Wolter**  
Howard Swenson

## **THRIVENT CHOICE**

### **DONATIONS:**

Doris A. Bradke  
Judith A. Bretsch  
Marjorie Cash  
Diane Dangel  
CW Dennert  
Patricia Dennert  
Cindy Fleckenstein  
Judy M. Gelling  
Bruce Johnson  
Rodney Jondahl  
Linda Miller  
Norma Moerke  
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Rev. Richard R. Omland  
Lavonne J. Peterson  
Sylvia R. Rohrbach  
David E. Roth  
Joyce K. Skovran  
Nancy L. Smith  
Gene Svihovec  
Howard Swenson  
Laura Thompson

## **THRIVENT ACTION TEAMS:**

Ann Aman  
Andrea Knoll  
Peggy Jo Larson  
Lynn Wanner

## **OTHER DONATIONS:**

CWD ~ Aberdeen  
Peggy Jo Larson  
Jonathan Ristau  
Savo Lutheran Church ~ Frederick  
St. Paul's Lutheran Church ~ Frederick  
Brian Vander Weyst

## **IN-KIND DONATIONS:**

Aberdeen Chamber of Commerce  
LeRoy Adam  
Marcella Bunsness  
Marion Marske  
**In Memory of:**  
**Esther Anenson**  
Joyce Svihovec & Family

**"Thank you for your caring, generosity and support"**



# Bethesda Donor List ~ 2017 (continued)

**Lorraine Bertsch**  
Monte Bertsch & Family  
**Bertha Brenner**  
Rick Schlauch and Family  
**Sheryl Brown**  
Gary Brown & Family  
**Vernon Bunsness**  
David Bunsness & Family  
**Lynnel "Lonnie" Daly**  
Melissa Makela & Family  
**Herman Eggena**  
Joel and Ray Eggena & Family  
**Rodney Ernst**  
Family  
**Mary Geidel**  
Kelli Meister & Family  
**Elder Haugen**  
Andrea Giedt and Family  
**Rosemary Jira**  
Family  
**Irma Koerner**  
Milton Koerner and Family  
**Larry Mettler**  
Rena Mettler and Family  
**Alice Mohr**  
Milo Mohr & Family  
**Lorraine Montgomery**  
Connie Waltman & Family  
**Elaine Roth**  
Bill Roth & Family  
**Phyllis Schnorr**  
Nancy Upton & Family  
Anna Stern  
Mae Click & Family  
**Esther Suiter**  
Judy Dabney  
**Marjorie Tarver**  
Kristie Estes & Family  
**Susan Tonner**  
Tom Tonner & Family  
**Mary Walworth**  
Dennis Walworth & Family

## **ADULT DAY HEALTH CENTER AT BETHESDA**

Marigene & Dennis Atkins  
Janelle Brown  
Mitch & Lisa Lier Brown  
Buffalo Wings and Rings ~  
Aberdeen  
CWD  
Judy Gelling  
Christopher & Tamara Klein  
JoAnn Klein  
Karl O. Lee  
Janice Rubino  
Sons of Norway ~ Grieg Lodge  
No. 1-578 ~ Aberdeen  
Angeline Usselman

## **ADHC In-Kind Donations:**

Heather D'Souza  
Debbie Eisenbeisz  
Alline & Janell Heidenreich  
Jean Holkesvik  
Karl & Betsy Kosse  
Barb Walker

## **BETHESDA CAREGIVER SUPPORT SERVICES:**

Buffalo Wings and Rings

## **TOWNE SQUARE/ ASSISTED LIVING:**

Richard & Lawanda Larson  
**In Honor of:** Naomi  
Alexander ~ Tables and Chairs  
Fund

Anonymous Donor  
Buffalo Wings & Rings ~  
Aberdeen

## **In-Kind Donations**

Janelle Brown

## **In Memory of:**

**Bernice Beck**  
David & Rita Pettigrew  
**Vernon Bunsness**  
Marcella & David Bunsness  
**Dallas Sombke**  
Steve & Betty Dunker

## **PARKSIDE RETIREMENT COMMUNITY:**

Dvonna & Warren Criddle  
Vivian Locken  
Leo & Cathy Schatz  
Anonymous  
Buffalo Wings & Rings ~  
Aberdeen

## **In-Kind Donations:**

Mary Amacher  
Kathy Barr  
Pam Flagtwet  
Rita Hofer  
Jean Holkesvik  
Bob Jacobs  
Peggy Jo Larson  
Dave Peterson  
Deb Rice  
Don Schaanaman  
Barb Stutenroth  
Marlene Waldner  
Ruth Wegehaupt  
**In Memory of:**  
**Alice Wegehaupt**  
Mary Wegehaupt

## **BETHESDA CHAPLAINCY PROGRAM:**

**In Memory of:**  
**Vernon Bunsness**  
A.Blair & Linda Tremere

## **BETHESDA COMFORT CROSS PROJECT:**

**In Memory of:**  
**Joy Langstraat**  
Lori & Stewart Bohle  
**Lyle Paschke**  
Lori & Stewart Bohle  
**Louise Treichel**  
Lori & Stewart Bohle  
**Darlene Scott**  
Becky Berreth and Family

## **BETHESDA SHARING CENTER:**

Buffalo Wings & Rings  
Collective Goods  
Kessler's Inc. Dollars for  
Scholars  
Ken's ~ Aberdeen Ken's Karing  
for Kids  
Max & Erma's  
**In Memory of :**  
**Vernon Bunsness**  
Roger & Shirley Schuller

## **BETHESDA IN-HOME COMMUNITY SERVICES:**

Buffalo Wings & Rings ~  
Aberdeen

## **BETHESDA HOME OF ABERDEEN:**

Buffalo Wings & Rings ~  
Aberdeen  
**In-Kind Donations:**  
Vicki Breidenbach  
Darlene Dosch  
Family of Joyce Gebhardt ~  
Treats for Staff  
Cy & Irene Kaiser ~ Treats for  
Staff  
Marvin Kopecky  
**In Memory of:**  
**Bradley Schoular**  
Jessica Figueroa & Family

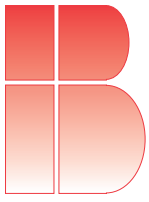
## **BETHESDA HOME/ ACTIVITIES:**

Judy Bretsch  
**In-Kind Donations:**  
Muriel Mattson

**At Bethesda we strive to be good stewards of the gifts and resources that we receive. You can help Bethesda save on mailing costs by receiving an electronic copy of the newsletter, along with event announcements, etc.**

**Send us an email at [info@bha.cc](mailto:info@bha.cc)**

**Please include your name and email address. THANK YOU!**



# Bethesda

Providing a Comprehensive  
Continuum of Exceptional Care

*"Exceptional People, Exceptional Care"*

1224 South High Street  
Aberdeen, SD 57401-7724  
605-225-7580 [www.bha.cc](http://www.bha.cc)

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## Beat the Bug!

The flu season is upon us! Protect yourself and the residents by getting your influenza vaccine this fall! Residents in the nursing home will be receiving the influenza vaccine around October 17th. Please refrain from visiting your loved ones in the nursing home if you are not feeling well yourself. The elderly are at a higher risk of contracting an illness due to their weakened immune systems.

If you must still visit we encourage you to please wear a mask (located at the front desk). Symptoms of influenza include: fever\*, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and some people may experience vomiting and diarrhea; however, this is more common in children than adults. Some cases are mild to severe and can result in hospitalization or even death. (\*It is important to note that not everyone with the flu will have a fever.)

The best way to prevent the spread of influenza, aside from receiving the influenza vaccine, is to wash your hands and cover your mouth when coughing and/or sneezing. Washing your hands with soap and warm water for 20 seconds or the amount of time it takes to sing the "ABCs" is the best practice. The Centers for Disease Control and Prevention (CDC) recommends everyone over the age of 6 months to receive the Influenza vaccine every season, and preferably before the end of October. For more information please refer to your Primary Care Provider.