

Bethesda

Community Newsletter

Fall 2018

"Exceptional People, Exceptional Care"

Our Residents

Joyce Gebhardt is a resident at Bethesda Home and has written a book about her life! Joyce held a book signing event for friends, family and residents at Bethesda. Joyce was born in Roberts County, SD and turned 90 this June. She has four children and four grandchildren. The name of her book is "My Story."

In this upbeat memoir, Joyce Svalstad Gerber Gebhardt writes as an observer of her life as well as those of the generations preceding and following her. The granddaughter of Norwegian immigrants, she bridges two eras: those who struggled to stay alive while bringing forth farms and towns from the prairie, and the post-World War II generation that grew up in relative ease with affluence and access to technology.

Joyce has always been engaged in impromptu journaling. In 2013, she moved to Aberdeen and found the Penning the Past group at the Senior Center. By 2017, she had completed 35 chapters.

When asked about the book signing at Bethesda, Joyce commented, "It was great!" Joyce's book is available online at <http://thebp.site/133305> Joyce wants to write another book and call it "The Rest of the Story."

Joyce's daughter Denise shared, "Both of us appreciate the comprehensive care that Bethesda provides. It's "caring care" complete support delivered with genuine care and kindness for each individual." Each of Bethesda's residents have so many talents and treasures to share!



Bethesda's Continuum of Care

Bethesda will soon celebrate the 50th Anniversary of providing senior care in our community. Over the years, our services and facilities have grown to meet the needs of those that we serve. With that commitment to caring for others, a unique continuum of care has been developed. Bethesda Home of Aberdeen (Skilled Nursing Care); Bethesda Sharing Center (Child Daycare and Preschool); Parkside Retirement Community (Independent Living); Towne Square (Assisted Living); Bethesda In-Home Community Services (In-Home Care Services); Bethesda Adult Day Health Center and Bethesda Caregiver Support Services make up this exceptional continuum of care. Multiple services, same location, on our beautiful 22-acre campus. People that are presently receiving care from one of Bethesda's programs are a part of the Bethesda Family. Those individuals have the opportunity to transition to other levels of care within Bethesda. As people consider their senior healthcare needs, finding a place you can call home and thinking about what your healthcare needs may be a few years down the road is an important consideration. At Bethesda, receiving services or moving to a new level of care is simple. If you or someone you know is in need of the services that Bethesda provides, please contact us anytime. www.bha.cc ~ 1-605-225-7580 ~ info@bha.cc

Congratulations Bethesda!

This past spring, the Aberdeen American News asked their readers to nominate and vote for their favorite local businesses/ organizations. Nearly 100,000 votes were tallied and Bethesda won the **Reader's Choice Senior Care Center Award!**



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The Thrivent Choice program gives eligible members of Thrivent Financial the power to recommend where some of Thrivent's charitable funds are distributed each year, using a vehicle called Choice Dollars®. Eligible members are designated Choice Dollars®, which can be directed to thousands of enrolled 501(c)(3) nonprofit organizations nationwide, including **Bethesda Home of Aberdeen and Bethesda Sharing Center Child Daycare and Preschool at Bethesda**. To learn more, visit Thrivent.com/thriventchoice or contact: Your Local Thrivent Representative.

Bethesda greatly appreciates your Thrivent Choice designations!



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

Send your stories to: peggyjolarson@bha.cc or 1224 S. High St. Aberdeen, SD 57401

Our Staff

Jody St. Clair

Employee of the Year



Jody St. Clair has worked in the dietary department at Bethesda Home for almost 8 years. Jody has worked in nursing homes and food service most of her career. Jody has lived in Aberdeen for 25 years and has 3 children and 7 grandchildren. Her companion is a miniature pinscher named Tricksee.

Jody enjoys doing bead work and spending time with her grandchildren.

When asked what she appreciates about working at Bethesda, Jody shared, "I like the fellowship, co-workers are great, residents are greater!" Jody enjoys working with and respecting elders. Jody's genuine kindness, patience and caring shines through. We are honored that Jody is a part of the Bethesda Family!

Crystal Ivie

Walter Jerde Award



Crystal Ivie has worked at Bethesda Home as a CNA/Med Aide for almost 6 years. She has worked in senior care for most of her career. Crystal has one daughter and has lived in Aberdeen for 11 years. Crystal works a lot, and has future plans to enroll in the online Lake Area Vo-Tech/LPN Program. When asked what she appreciates about working at Bethesda, Crystal shared, "I love the people,

the residents. My co-workers are wonderful!" "Caring for everybody here just kinda makes my day, and make's my life worth living. It gives my life meaning." Crystal's smile, patience and caring nature are truly gifts. We are honored that Crystal is a part of the Bethesda Family!

Support is available at the

Adult Day Health Center

The Adult Day Health Center at Bethesda has grant funds available for the purpose of providing Adult Day Services. This Federal Grant is known as the Title III E Program and is issued by the State of SD Department of Human Services Division of Long Term Services and Supports.

These grant funds are available to individuals 60 and over, who have an economic need. If you or someone you know is in need of the services we provide, please contact us at **225-7602**.

Due to the grant program's federal requirements, Bethesda is required to meet a 25% match for the services paid for by the grant program. This 25% match must be acquired through donations (cash and in-kind), unpaid volunteer hours or fundraising support proceeds.

Please consider making a donation to the Adult Day Health Center at Bethesda. Your gift will ensure that these services continue to be available for the recipients that benefit from all that the Adult Day Health Center provides.

For a complete listing of services and support visit our website at www.bha.cc



Opportunities for Giving

Wish List 2018

PRIORITY PROJECT ~ Adult Day Health Center Matching Funds Project: Your donations to the ADHC will count as matching funds for the Title III E Program, which provides exceptional services for seniors. A gift within a gift! Please consider making a gift and truly making a difference!

PRIORITY PROJECT ~ Rural Courtyard Project: Antique Tractor; Benches; Landscaping; Wagon Wheels; Milk Cans; Garden Size Windmill; Generous Donors have already donated the following: A Two Bottom Plow; Potato Planter; and Barn Doors;



PRIORITY PROJECT ~ Chaplaincy Program/Comfort Cross Project and Spiritual Care at Bethesda:

PRIORITY PROJECT SUCESSFULLY COMPLETED!!! ~ Bethesda Therapy Center Equipment: SWD (shortwave diathermy) uses high frequency electromagnetic energy to generate deep heat. When the heat is applied to the painful area, cellular metabolism speeds up and blood flow increases. The increased metabolism and circulation accelerates tissue repair. The heat helps the tissues relax and stretch, thus alleviating stiffness. Heat also reduces nerve sensitivity, decreasing the patient's pain. SWD is commonly used for sprains, strains, bursitis, arthritis, low back pain, painful joints, and to promote wound healing.

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

Parkside Retirement Community/Independent Living: 2 Large Crock Pots; Outdoor Patio Set; New cushioning and upholstery for dining room chairs; Desk Top Computer for Library;

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

Bethesda Adult Day Health Center: Sets of Microwave Safe Dinnerware; Nu-Step Exercise Equipment; Insulated Coffee Servers; Serving Spoons; Matching Funds Donations (In-Kind, Monetary or Volunteer) for the Title III E Grant Program;

Caregiver Support Services at Bethesda: Donations for Educational DVD's and Resource Materials; Gift Cards for Support Group gatherings;

Bethesda Sharing Center/Child Daycare and Preschool: 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;

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

Planned Giving Opportunities

A family letter is a key part of a good estate plan. It is much more personal than many of your estate documents. A family letter allows you to share your heart and show appreciation and gratitude to those people and organizations that you care about. The family letter may have up to ten different sections:

Estate Data ~ Important Documents ~ Accounts and Passwords ~ Your Family History ~ Care for Children, Grandchildren or Pets ~ Membership ~ Living Will/Advance Directive ~ Obituary ~ Funeral/Memorial Services ~ Final Words and Blessings for Family and Friends

Consider giving your loved ones the gift of a family letter and consider a legacy gift to Bethesda!

Gifts to Bethesda can be given either directly or through a gift model that can provide tax benefits and even income. If you have questions regarding a specific plan, please check out our website at www.bha.cc and contact us at 1-605-377-2722. We look forward to helping you achieve your planned giving goals and truly making a difference in the lives of others, for years to come!

Bethesda is a member organization of Lutheran Planned Giving of South Dakota.

A Century of Living

Towne Square Residents



Anna Rott
104



Rose Bertsch
103



Naomi Alexander
100

Bethesda Home Residents



Viola Stange
105



Elizabeth Larsen
100



Margareth Bunsness
100

When these residents were asked about their life and making it to be 100 years old, they had the following quotes and information to share:

Anna: “I don’t know what I did to get to be 104.” “I wish I was younger so I could walk without this walker.” “Work and fun are important!”

Rose: “Being 103, it’s no different than any other age, it’s the same old thing.” “The Lord just kept me here...”

Naomi: “I don’t feel any different than when I was 90.” “When you are 100, you get a lot of attention!” “Having a good place to live is very nice.” “Loving family, a positive attitude, being happy, keeping active and accepting things as they are, that’s what is important.”

Viola: “I have a loving family, it’s been a happy life!”

Elizabeth’s daughter shared, “Clean living and making the best of each day is important.” Elizabeth raised 10 children and takes no medication.

Margareth: “I walked to work every day.” “Even though I can’t hear or see very well, I enjoy Chapel, art projects and activities.”

Bethesda Donor List ~ 2018

FRIENDS OF BETHESDA

PROJECT:

Ray & Marcie Andersh
Arlene & Wes Elliott
Dale & Bonnie Larson
Charles & Linda Menzia

In Memory of:

Leonard & Edna Hottman
Robert & Delores Fewings

BETHESDA PRIORITY

PROJECTS:

Amazon Smile
Bethesda Annual Community Picnic ~
Free Will Offering
Bethesda Annual Community Picnic ~
Homemade Pie Auction
Proceeds
Florence Brandner
Emmanuel Lutheran Church ~
Groton
Delores Fischer
Good Shepherd Lutheran Church ~
Aberdeen
Phyllis Haselhorst
inFaith Community Foundation ~
Louise C. Stolle Fund
Lutheran Planned Giving of South Dakota
Our Savior's Lutheran Church ~
Redfield
Vantage Mobility International, LLC
Mike Weber
In Honor of:
Naomi Alexander's 100th Birthday!
Howard Swenson
Irene Herman
Cindy & Fran Herman
Virlene & Jim Knecht
Cindy & Fran Herman
In Memory of:
Eldon Beckler
Jerry Beckler
Nancy Stange
Howard Swenson
Bennie Benson
Howard Swenson
Evelyn Brick
Howard Swenson
Darlene Wahl

Ruby Bulian

Darlene Wahl
Charlie Clark
Lela Meirose
Howard Swenson
Greg & Rhonda Wieker
Elinor Dennert
Arlen & Ramona Hanson
Bob & Delores Roth
Irene Dohn
Steve & Betty Dunker
Robert & Delores Roth
Carol Dunker
Howard Swenson
Oliver Erickson
Howard Swenson
Mildred Fritz
Howard Swenson
Ida Gehring
Ray & Marcie Andersh
Teresa & Clifford Elsen
Wilmer Gehring
Judy Gelling
Marvin & Merry Kalt
James & Connie Munsch
Joyce Nitschke
Jordan & Allie Ryckman
Kristie & Neil Schnabel
Grant Seaman
Cindy Tople
Lyle Goldade
Howard Swenson
Julius & Hildegard Gugel
Jim & Deb Nelson and Family
Marion Guhin
Avis Portney
Francis Halvorson
Jeannine & Michael Jilek
David & Linda Shields
Art Heupel
Ginny & Charlie Clark
Arne Hunstad
Howard Swenson
John Hunstad
Howard Swenson
Kerry Johnston
Howard Swenson
Clara Kimball
Beverly Dinger
Marilyn Littrell
Larry Littrell
Dale Moug
Howard Swenson
Marlis Nack
Howard Swenson

Kathy Swenson Poe

Howard Swenson
John Rist
Howard Swenson
Alvin & Beulah Ristau
Jonathan & Gay Ristau
Antonia Ristau
Toni Ristau/Network for Good
Orville Schaller
Steve & Betty Dunker
Margaret Schryer
Curtis & Jeanette Schryer
Colleen Stange
Arlen & Ramona Hanson
Lorraine Stellner
Dean & Dolores Boekelheide
Ginny & Charlie Clark
Carolyn & Craig Schaunaman
Karen Swenson
Howard Swenson
Ken Thompson
Laura Thompson
Leo P. Weber
Howard Swenson
Fern Westby
Herbert & Donna Nolte
Carl & Verda Wiedebush
Randy & Carol Wiedebush
Gloriane Yost
Arlen & Ramona Hanson

THERAPY CENTER

EQUIPMENT:

(Project Completed August 2018)

RURAL COURTYARD

PROJECT:

Arlene & Wes Elliott
In Memory of:
Francis Halvorson
Phyllis Halvorson and Family
Carol Dunker
Kent & Susan Edson
Norma Miller
Gloriane Yost
Dale, Bonnie & Peggy Jo Larson
In-Kind Donations:
Nancy Upton
Arlen Hanson
Charlie Mitchell
Dale O. Larson
Dennis K. Larson
Mark Nelson & Family

THRIVENT CHOICE

DONATIONS:

Grayce Beilke
James D. Boekelheide
Lori Bohle
Dorene Borchard
Doris Bradke
Janelle Brown
Marjorie Cash
Vicki Conn
Diane Dangel
Jerrol Erlenbusch
Cindy Fleckenstein
Judy Gelling
Lois Gisi
Robert Janssen
Bruce A. Johnson
Rodney Jondahl
Linda A. Miller
Norma Moerke
Roland Moerke
LaVonne Peterson
David Roth
Sarah Sandvick
Kim Schock
Penny Stolle
Joyce Svihovec
Howard Swenson
Laura Thompson
Richard Wilson

THRIVENT ACTION

TEAMS:

Cindy Fleckenstein
Tera Richter

ABERDEEN BETHESDA

FOUNDATION:

The Benevity Community Impact Fund
Jesse Dahl

IN-KIND DONATIONS/

GENERAL:

Judy Bretsch ~ Pizza for All Employees
CWD ~ Aberdeen
Brian Vander Weyst

ADULT DAY HEALTH

CENTER AT BETHESDA

Dianne Altfillisch
Susan Gearey/Michelle Bunke
Buffalo Wings & Rings ~
Aberdeen

“Thank you for your generosity, caring and support”

Bethesda Donor List ~ 2018 (continued)

Deborah Conver
Richard & Shirley Cozart
Marjorie & Roger Ormand
Gary Peterson
Sons of Norway ~ Grieg Lodge
No. 1-578 ~ Aberdeen
JoAnn & James Sperry
Elsie & Robert Weigel
Swenson Family:
Becky, Dwight & Gregory Althoff
Crystal Swenson
Howard Swenson
Sharla & Mark Thompson &
Family
In Memory of:
Joe & Clara Gruenstein
Friends & Family
Kathryn Marie Poor
Barbara Walker
Kerry Johnston
Susan Bates Johnson
ADHC In-Kind Donations:
Warren & Devona Criddle
Debbie Eisenbeisz
Roger & Marjorie Ormand
Sharon Paranto
Barb Walker
Barb & Rich Walker

**BETHESDA CAREGIVER
SUPPORT SERVICES:**
Buffalo Wings and Rings ~
Aberdeen

**BETHESDA THERAPY
CENTER:**
Buffalo Wings and Rings ~
Aberdeen

**TOWNE SQUARE/
ASSISTED LIVING:**
Buffalo Wings and Rings ~
Aberdeen
In Memory of:
Doris Hedges
Becky & Glenn Barg

In Honor of:
**Naomi Alexander 100th
Birthday!**
Dale, Bonnie & Peggy Jo Larson
In-Kind Donations:
In Memory of:
Doris Hedges
Mark Hedges
Nancy Nelson
Mary Campbell & Family

**PARKSIDE RETIREMENT
COMMUNITY:**
Buffalo Wings & Rings ~
Aberdeen
In-Kind Donations:
Anita Bonen
Family of Eldon Beckler
Family of Jim Knecht
Don Schaunaman
Barb Stutenroth
Marlene Waldner
In Memory of:
Charlie Clark
Ginny Clark
Friends and Family of Charlie
Clark
Brian & Julie Bunsness
David & Peggy Bunsness
Roger & Shirley Schuller
Linda Tremere
Vi Tetherow

**BETHESDA CHAPLAINCY
PROGRAM:**
Buffalo Wings & Rings ~
Aberdeen
Richard & Janice Jasmer
In Memory of:
Clara Stern
Brenda & Lonny Bahr

**MEMORY CARE
SUPPORT GROUP FOR
CAREGIVERS:**
Buffalo Wings & Rings ~
Aberdeen

**THE PARKINSON'S
SUPPORT GROUP:**
Buffalo Wings & Rings ~
Aberdeen

**BETHESDA COMFORT
CROSS PROJECT:**
In Memory of:
Ron Esser
Lori & Stewart Bohle
Bethel Schmidt
Lori & Stewart Bohle
Dale & Ruth Krueger
Sally & Wesley Lunstrum

**BETHESDA SHARING
CENTER:**
Buffalo Wings & Rings ~
Aberdeen
Collective Goods
In-Kind Donations:
Pat Dennert
Mike and Lorrie Weber

**BETHESDA IN-HOME
COMMUNITY SERVICES:**
Buffalo Wings & Rings ~
Aberdeen

**BETHESDA HOME OF
ABERDEEN:**
Buffalo Wings & Rings ~
Aberdeen

In-Kind Donations:
Linda Benson
John & Denise Beusen
Sandi Eisenbeisz
Family of Kathy Ferder
Madi Fleury
Stephanie Ford
Wilmer Gehring
DeVern & Cathy Gerber
Keith Green
James Hanson
Lynn Hanson
Hadley Hoover

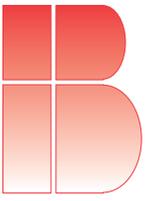
Family of Louie Malsam
Adrienne Meyers
Shirley Miller
Presentation College
Delores Roth
Mary Ann Schlosser
Dustin & Dawn Schmidt
Faith Spitzer
Mark Stellner
Patsy Weigel
In Memory of:
Bennie Benson
Linda Benson
Jerry Bierman
Delbert Bierman
Jim Carpenter
Connie Carpenter
Elinor (Eichler) Dennert
Betty Dunker
Irene Dohn
Delores Roth
Ida Gehring
Family of Ida Gehring
Hilda Haselhorst
Dennis & Jean Haselhorst
Verna Kappes
Stacey Kappes
Marian E. Gallipo
Candice Gallipo
Colleen Stange
Susan Brick
Lorraine Stellner
Mark Stellner
Marge Wipf
Kay VanDover

**BETHESDA HOME/
ACTIVITIES:**
Judy Bretsch
In Memory of:
Eldon Beckler
Jeanne Swenson

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 a message at info@bha.cc

Please include your name and email address. THANK YOU!



Bethesda

Providing a Comprehensive
Continuum of Exceptional Care

“Exceptional People, Exceptional Care”

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IMPORTANT HEALTH INFORMATION

Antibiotics Aren't Always the Answer

Antibiotics save lives, when used appropriately! Antibiotics treat bacterial infections only. They are not needed for viral infections, such as colds and flu, or runny noses (even if the mucous is yellow or green). The most important thing to know is that over use of antibiotics can create “super bugs,” which become resistant to certain antibiotics and cannot be killed. Antibiotic resistance occurs when bacteria no longer responds to the drug prescribed. Per the Center for Disease Control and Prevention (CDC) roughly 2 million people are affected each year with an antibiotic-resistant bacterium and at least 23,000 people die as a result. At least 80 million antibiotic prescriptions each year are deemed unnecessary.

The main purpose of this short update is to remind everyone about the importance of not over using antibiotics. If you feel an antibiotic is absolutely needed then please see your health care provider for further instructions. If an antibiotic is prescribed be sure to follow the instructions and complete the full course of medication. Do not save any antibiotics for future use. Tips to avoid a trip to the doctor's office if you're feeling under the weather, are to drink plenty of fluids and get plenty of rest. Please keep in mind all of these tips when caring for yourself or others.