

### The Knolls Brings New Dimension to Bethel's Continuum

At the end of last year, Bethel added The Knolls Continuing Care Retirement Community (CCRC) to its continuum.

As a CCRC, located in Valhalla, the campus provides Independent Living (120 apartments), Enriched Housing (10 apartments), a Skilled Nursing Facility (20 beds) and an Adult Day Services program.

The Knolls offers seniors premiere retirement living with newly renovated spacious one and two-bedroom apartment homes (700 to 1800 sq. ft.), gourmet dining, transportation services, a cultural arts program, a gym and an indoor pool, among other amenities and services.

According to Michael Dobbins, Executive Director of The Knolls, since acquiring it, 23 new members have already joined and/or are scheduled to join the CCRC over the next few months. "This is a very vibrant community with so much to offer," he says.

"It is also an open and friendly place and newcomers tell us they immediately feel comfortable here," Mr. Dobbins added.

Bethel plans to enhance life at The Knolls with additional renovations in early 2018.

"The lobby will be transformed into more of a "grand" entrance," says Mr. Dobbins. "Also, the Bistro will be expanded to become another dining location and the bar room will be updated into a sports bar with a large screen T.V. where residents can watch a game and have a burger," he says.

Other renovations include moving the Gift Shop upstairs to a larger space, expanding the gym and updating the library. Likewise, the Enriched Housing and Skilled Nursing Facility are also going to be refurbished, including the installation of private showers in the SNF.

The residents are pleased about the renovations and are looking forward to seeing the completed project. "The seniors are very involved in the day to day life here and maintain an active Resident Council," says Mr. Dobbins.

And life is full for the residents both on and off the campus. The Knolls Cultural



The Knolls Continuing Care Retirement Community in Valhalla.

Arts program assists residents in pursuing their interests whether it's going to New York City to a popular city destination or to a local venue. A number of onsite activities such as musical performances, events and classes are also regularly offered.

Bethel is pleased to now include The Knolls as part of its continuum. It is one of just two CCRCs in Westchester and one of 14 throughout New York state.

### Bethel Receives \$2.5 million Grant to Renovate Bethel Nursing Home & Implement Telehealth Program

Bethel has been awarded a \$2.5 million grant by the NYS Department of Health and Dormitory Authority of the State of NY as part of the Statewide Health Care Facility Transformation Program.

Bethel's project is one of just 10 to have been selected in the Mid-Hudson region. It will use the grant to provide integrated services via a modernization of its existing inpatient/community services.



"Neighborhood" settings provide an alternative familial living style for skilled nursing residents. Photo Credit: St. John's Home, Rochester

This will include the renovation of BNH, the 43-bed skilled nursing facility in Ossining to create "neighborhood" settings, a design which will offer an alternative living environment to traditional nursing home facilities. This approach provides smaller, more intimate, familial settings where residents can move freely throughout and even participate in making meals.

In addition, the project will include the implementation of Telehealth medicine onsite, as well as in the community, through Bethel's Certified Home Health Agency to monitor at-risk patients by providing appropriate levels of care to prevent escalating or recurring health/mental/behavioral issues.

Renovations are expected to begin in 2018.

## An Acquisition, Grants & Technology Expand Bethel's Services

From Beth Goldstein, Bethel's CEO



Bethel has had another busy and successful year! We hit the ground running in January to introduce The Knolls, Bethel's Continuing Care Retirement Community in Valhalla. We have since established a strong presence in the community and already have a number of new residents living at The Knolls, with more seniors scheduled to move in over the next few months.

On the Ossining campus, a \$2.5 million grant from the NYS Department of Health has been awarded to renovate Bethel Nursing Home and to provide telehealth services to residents and at-risk Home Care patients.

Continuum-wide, we have launched a new electronic medical record software program which connects all campuses, departments, physicians and nurse practitioners for more efficient sharing of information.

Renovations continue on the 1 West sub-acute unit at Bethel Nursing and Rehabilitation Center in Croton-on-Hudson. In addition to creating additional private rooms, all resident rooms are being updated along with the nurses' station and hallways.

Also at BNRC, we are expanding our rehabilitation services to include aqua therapy via HydroWorx Technology. Bethel will be the only skilled nursing and rehabilitation facility offering aqua therapy in the area.

And Memory Boosters, Bethel's weekly support group for community members experiencing early memory loss, has been very well received! Initially made possible by a grant to fund the project for one year, Bethel has committed to continue the program based upon the help it is providing to group participants.

These highlights are just a few of the many accomplishments we have experienced at Bethel in 2017. As you read through the newsletter you will find more news about our Bethel communities and resident life on our campuses.

We are so glad to be able to enhance the day to day lives of our residents, and the community, with increased services and programs. On behalf of Bethel, I thank you for your support and commitment to help us make that happen.

We look forward to an equally busy and successful year in 2018 – stay tuned!

## Times Change, But Bethel's Mission Remains Intact

From James Holden, Jr.  
Chairman, Bethel's Board of Directors

It's hard to imagine that just a little over 100 years ago, Bethel's presence in Westchester was a farmhouse in Ossining where a group of seniors received needed care and attention.

Much has changed since then. Today we provide care from three campuses - Croton-on-Hudson, Ossining and Valhalla - and are proud to be Northern Westchester's only not-for-profit organization offering seniors a full continuum of care.



We have grown with the community to meet the changing needs of seniors which are often influenced by societal and economic trends. Two income households, extended families, seniors living longer and a fluctuating economy have increased the need for more diverse and affordable programs.

Bethel addresses these issues with a number of programs designed to match the needs of the senior and their family.

We certainly have come a long way since those early days in Ossining. Times have changed and the world has changed, but Bethel's mission remains intact – helping seniors live life to the fullest.

## Everybody in the Pool!

Bethel Nursing & Rehabilitation Center is about to introduce Aqua Therapy as part of its rehabilitation services and will be the only skilled nursing facility in the area to offer it.

Using the HydroWorx 300, a pool/tank with an underwater treadmill, patients will have the benefit of using the assistance and resistance of water when exercising.

According to Bethel's Director of Rehabilitation, Ms. Swati Sreedharan, PT, DPT, CEEAA, aqua therapy will help a range of diagnoses. "Outpatients with degenerative joint diseases, general muscle weakness and those suffering from work related injuries such as back pain from heavy lifting, or shoulder and neck problems from sitting in front of a computer, among others, will benefit from aqua therapy," she says. It will also help patients with cardio pulmonary fitness.

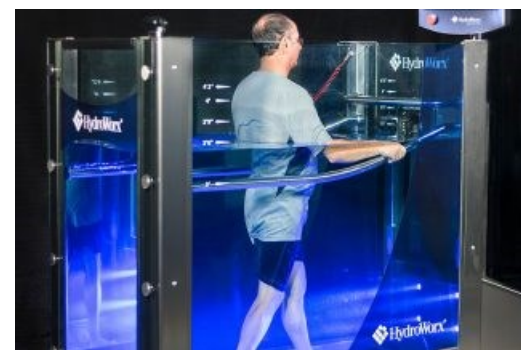
While each individual's ability and diagnosis will determine their course of therapy and time in the pool, 20 minutes is the maximum amount of allowed time one may remain in the water,



according to Ms. Sreedharan.

Patients will walk into the pool and then the water is pumped in to the desired depth, again depending upon the needed therapy and the patient's level of tolerance.

The pool has been installed and staff have received training in anticipation of the upcoming aqua therapy start date.



**The HydroWorx 300 will help Bethel's outpatients during therapy for a number of diagnoses including degenerative joint disease, general muscle weakness and back, shoulder and neck pain.**



## Home Care Is Not Just for the Elderly

“Home Care is such an important service for those who need that little bit of help once they are discharged from a hospital, nursing home or recovering from an injury,” says Ms. Indra Gaviola, Director of Bethel’s Certified Home Health Care Agency.

“We offer a range of services that include physical, occupational & speech therapy, wound care, social work, help with bathing and so much more,” she continues.

Ms. Gaviola also says that Home Care isn’t just for seniors, but for anyone who needs it. “Most people associate home care with the elderly, and while it’s true that we serve a large number of seniors, we also help younger adults, as well, and try to be a resource for them,” she says.

“We recently had a 47 year-old woman on our program, Paola Flores, who was a cancer survivor and who had lost the ability to walk. Our therapist, Francis Ceballo, had given her a list of companies that manufacture robotic devices to see if there was something that could help her walk,” Ms. Gaviola says.

“Ms. Flores was able to successfully connect with two companies and had the opportunity to try a device designed to help people with spinal cord injuries (not her

diagnosis). She used the device and walked for the first time in over a year,” continued Ms. Gaviola.



Former Home Care patient, Ms. Paola Flores, with Bethel’s Physical Therapist, Francis Ceballo, as she uses the ReWalk device at Burke Rehabilitation Hospital in White Plains.

“It gave Ms. Flores renewed hope. She is now working with the manufacturing and insurance companies to secure her own device,” says Ms. Gaviola.

Home Care goes beyond just taking vitals and a pat on the hand. “We evaluate the whole person to determine their needs,” says Ms. Gaviola. “We will coordinate and provide any services that we can, offering our own resources and suggesting others, if their needs exceed home care services,” she says.

## New Look, More Private Rooms on Sub-Acute Unit

The resident rooms on the 1 West Sub-Acute Unit at BNRC have been undergoing total renovations which include the conversion of five semi-private rooms into private rooms.

When completed, this unit will have 14 private and 16 semi-private rooms.

In addition, each room was redecorated with new color schemes, window treatments, floors, and mounted TV’s.

Pillow remotes were also added as a convenience to residents. Thus far, one of the shower rooms has also been totally renovated.

According to BNRC Administrator, Ms. Janet Levine, further renovations include upgrading the hallways and the nurse’s station. “We expect to have all the 1 West renovations completed in early 2018,” she says.

## Bethel Springvale Inn Welcomes Displaced Fire Victims

Bethel Springvale Inn opened its doors to residents of The Springvale Apartments in November after two fires in a three week period displaced a number of people from the senior complex.

According to Ms. Patricia Kiggins, Administrator of the Inn, upon learning of the first fire she contacted The Springvale Apartments Manager to offer shelter to those who had nowhere to go. “They gave us a list of the names and phone numbers of the residents affected and for whom The Red Cross had initially provided temporary hotel vouchers. A few days later five of those seniors moved into the Inn,” says Ms. Kiggins. The assisted living residence was ready to welcome all those who had been displaced, but the other seniors had found new locations.

When the second fire occurred a few weeks later, Ms. Kiggins actually saw the smoke billowing out and ran up to join fire department and others who had gathered to assist. Again, she offered The Inn to anyone who was displaced by the two-alarm fire. One person has moved in, thus far.

“They have acclimated very nicely to life at The Inn and are enjoying all the services we provide to our residents,” says Ms. Kiggins. “Our community has also made them welcome and there is a good dynamic among everyone.” She continues, “In fact, one of the new residents sent flowers to myself and Patti Pelican, The Inn’s Community Relations Director, to show his appreciation!”

It is anticipated that The Springvale Apartment residents will be living at The Inn for at least six months.

## Electronic Medical Record Software Unifies Resident Data Continuum-Wide

Bethel’s continuum has adopted a new electronic medical software program that can share resident information between all campuses, programs and departments.

According to Jeff Scott, Bethel’s Director of IT, the goal was to find a product that would meet a multitude of needs. “We were looking for a package that included all clinical functions, patient demographics, treatment records, care plan and financial information, among other features” he says.

After much research and consideration, Netsmarts’ Vision software was chosen. It replaces the four programs Bethel had been using, but which did not all interface with each other: SOS; CareTracker; Optimus and SigmaCare.

Now when a resident is admitted initially to any of Bethel’s programs, i.e, Assisted Living, Adult Day, etc., their information will be accessible to all

entities, should they transition from one to another as their needs change.

“This software has a special module that can be used by physicians and nurse practitioners to submit orders and write prescriptions, as it also integrates with the pharmacy,” says Mr. Scott.

Training classes to use this software were intense and began at the beginning of the summer and continued each week to ensure everyone was prepared for the first “Go Live” date.

BNH, BSI and ADC all went live on September 1. Says Mr. Scott, “The clinical team did a great job rolling it out, as did the nurses. The CNAs were particularly outstanding in their adoption of it. The success of the launch can be attributed to everyone’s hard work and preparation.”

The remaining entities, The Pines, BNH and The Knolls campus are scheduled to “Go Live” in the spring.

## Bethel Celebrates Annual Gala with Razzmatazz, Pizazz and All that Jazz!

The Bethel Foundation held its Annual Gala with a Jazz Brunch at the Red Hat restaurant in Irvington, NY, this year. Guests enjoyed a relaxing brunch with a southern style menu and light Jazz music - all in a charming, inviting setting along the Hudson River.

A Silent Auction allowed attendees to bid on unique items such as tickets to view the 2017 Macy's Thanksgiving Day Parade from the Uptown Grandstand, autographed Toe Shoes from the NYC ballet and a signed football from the NY Giants, among other such items.

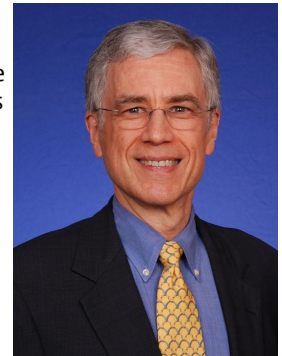


Pictured at the event are (l to r): Chairperson of Bethel's Board of Directors, James Holden, Jr. Esq., Bethel CEO, Beth Goldstein; and Treasurer, Bethel's Board of Directors, Andrew Samalin, CFP.

## Keith Safian Appointed to Bethel's Board of Directors

Keith Safian, the former President and Chief Executive Officer of Phelps Memorial Hospital for 25 years, has joined Bethel's Board of Directors.

Says Mr. James Holden, Jr., Chair of Bethel's Board of Directors, "Mr. Safian brings unparalleled experience and industry knowledge to his role as a board member. We are delighted that he has joined us and we look forward to working on fulfilling Bethel's mission and goals."



While at Phelps, Mr. Safian initiated new financial growth, doubled the physical size of the hospital and introduced ahead of market services such as: biologics infusion center, 12 place hyperbaric chamber and advance endoscopy.

In addition, he strengthened the Phelps community by establishing affiliations with Memorial Sloan Kettering, New York Medical College, Mount Sinai and North Shore LIJ Health System, among many other notable achievements.

Prior to his tenure at Phelps, Mr. Safian was the Administrator at St. John's Episcopal Hospital. And before that he was the Senior Associate Administrator at NYU Langone Medical Center.

The Bethel community welcomes Mr. Safian to the Board of Directors.

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## Bethel's Adult Day Programs Serving More Seniors

With the acquisition of The Knolls, Bethel's Adult Day Program services in Westchester have expanded considerably.

The Knolls Adult Day Program on the Valhalla campus has an average of 33 people attending each day. The program, a medical model, runs seven days a week, from 8 a.m. to 4 p.m.

The Adult Day Program in Ossining, which has been in existence since 1986, offers both a medical and social model with about 18-20 people attending daily.

It is opened six days a week, from 8 a.m.- 4p.m. and offers a "drop-off" program (Social Model) during the week for spouses or care-givers who must run errands for a few hours and who need a safe, supervised place for their love one to stay.

Donna Acosta, R.N. is the Director of the Adult Day Services program and has oversight of both facilities. "Adult

Day Service programs provide such an important service to seniors and their families; enabling them to remain living in the community for as long as possible and helping their families/caregiver maintain their jobs and daily routines knowing their loved one is safe," she says.

Both programs offer hot breakfasts and lunches, interactive programs, socialization, clinical care and personal assistance (medical models), among other features to ensure each day is an optimal experience for all those attending. Door to door transportation can also be provided.

"As today's seniors continue to live longer and become part of extended family households, Community Service programs such as these Adult Day Programs will play an increasingly large role in helping more seniors maintain their independence," says Ms. Acosta. "We are happy to be part of that solution."



## Bethel to Continue Early Memory Loss Program

For almost a year now, a small group gathers in Croton-on-Hudson once a week to spend four hours of engaging conversation and activity.

They share stories about their day to day lives, discuss current events, participate in mind and body exercises, play musical instruments and sing.

Ranging in age from 67- 92, they also bring insight from their experiences as a nun, school teacher, grocery-store owner, city worker, childcare professional and mechanic.

This eclectic group shares a unique bond - each member is experiencing Early Memory Loss, a diagnosis characterized by subtle changes in memory function, not hugely debilitating, initially, as people can continue to live in the community, work and have active lives, but enough of a

change to realize something is different and needs to be acknowledged.

Bethel's Memory Boosters is designed specifically for people in this transitional, less-emphasized phase of memory loss. Originally made possible by a grant from the Brookdale Foundation to fund the program for one year, Bethel recognizes the important role it is playing in the lives of those attending and has committed to absorb the cost and continue the program.

Says Marsha Schlig, LMSW, and Program Director, "Memory Boosters offers a place for people to come and be themselves, and not have to worry about feeling embarrassed or judged. It can be a difficult time for people who are just learning how to handle their memory loss. They are often not ready to share their situation with family or friends, and find Memory

Boosters to be a "haven" where they can receive friendly support."

Ms. Schlig also offers an educational component to explain the changes that are happening and ways to manage/enhance memory function. She offers practical methods and hints on how to remember. The group also devotes time for physical activity and creative expression.

In this relaxed setting, members share their stories. Former grocery owner, Ruth, explained how she came to be part of the group. An avid card player, Ruth began to notice she was having trouble remembering her strategy. "You need to be fast and good to play, so I dropped out," she says.

Ruth also admits that at first she was embarrassed to tell her friends about the program. "Now I'm trying to get some of them to come here with me!" she says.

### Art Exhibit Features Residents' Artwork

The lobby at Bethel Nursing and Rehabilitation Center was filled with colorful and thoughtful art pieces during a reception and exhibition of the residents' artwork this summer.



Landscape painted by resident, Barbara Abel.

Under the instruction of Recreation Leader and artist, Gloria Kearsley, who leads an art class each week and inspires residents to develop their creative expression, some residents say they discovered talents they didn't know they had!

The exhibit also included the artwork of residents Barbara Abel, Janet Willsea, Al Ferrara and Ruth Dove Knight, who recently received recognition as part of a statewide art competition sponsored by Leading Age New York, an organization which represents 600 not-for-profit continuing care providers.



Figures created by residents Ruth Dove Knight and Rose Landano.

This year's competition received 235 entries for consideration.

Residents, staff and visitors had a chance to peruse all the artwork, speak with the artists and enjoy refreshments throughout the reception.

### Community Gathers to Learn About The Knolls



Pictured at the podium is Mr. Anastasios Markopoulos, Bethel's CFO, sharing information with community members about life at The Knolls.

Members of the community were invited to an informational meeting at The Knolls to learn about life at the Continuing Care Retirement Community, which also included lunch and tours of the apartment homes.

Bethel's Executive Leadership, staff and resident ambassadors presented pertinent information and answered questions during a panel discussion.

Invitations to informational sessions at The Knolls are held throughout the year and offer the perfect opportunity for people to learn about living in a Continuing Care Retirement Com-



## Lights, Camera, Action at BNH!

The Ossining campus was transformed into a Hollywood set at the end of the summer as Paramount Pictures began shooting “Maniac,” a dark comedy and upcoming Netflix series starring Emma Stone and Jonah Hill.

For two days there was a hub of activity as crew members moved furniture, hung wallpaper, arranged props, wheeled in lights and ran electrical wires where the scenes were to be shot in the nursing home.

On the third day, Emma Stone and Jonah Hill arrived and the excitement was palpable among residents and staff as more than 85 crew and cast members took their positions to begin filming.

Indoor scenes were shot during the day and outdoor scenes were filmed into the late evening. Neighbors, residents and staff assembled near the grounds hoping to catch a glimpse of the filming and the stars.

The Pines residents were involved from the onset, in terms of being made aware of the filming and what it entailed. “What a wonderful experience it has been,” said Hilda Hanze. “From the production site manager coming to our meeting and explaining all that would be going on to assuring us that we would have minimal disruption.- “It’s been a once in a lifetime experience.”

The morning after the filming had concluded, the crew arrived to remove their equipment and return Bethel Nursing Home and



Actress Emma Stone was seen with residents of The Pines.

grounds to its original, “pre-movie-set” state. “Every person who was on our campus from Paramount was a pleasure to meet and help,” said Pattie Michalko, Leasing Coordinator and Concierge at The Pines. “Their concern not to disrupt the lives of our residents was amazing.”

## Ossining Rotary Recognizes Patricia Michalko

Ms. Patricia Michalko, a Bethel employee and resident of Ossining, was honored at the Ossining Rotary Club’s Annual Scholarship Fundraiser upon being named Bethel’s Employee of the Year for embodying the club’s motto, “Service Above Self.”

Nominated by Ms. Beth Goldstein, Bethel’s CEO, Ms. Michalko is the Leasing Coordinator & Lead Concierge at The Pines Independent Senior Living Residence at Bethel’s Ossining campus, and has worked for the organization for 26 years.

Says Ms. Goldstein, “Ms. Michalko always demonstrates professionalism, compassion and flexibility in all that she does on behalf of Bethel. She multi-tasks with grace whether she is giving tours of The Pines apartments, participating in campus events or being a friendly ear with whom residents can share their news each day.”

Ms. Goldstein continued, “She is a dedicated employee who always goes beyond what is asked of her to ensure each resident’s well-being. Ms. Michalko’s integrity and kindness are greatly appreciated by all who know her and we are delighted she has received this well-deserved recognition.”

Ms. Michalko was one of six recipients who received this recognition from their respective Ossining employers.



Ms. Patricia Michalko as she receives the award from (l to r) Rotary Club President, Ms. Cecilia Gutierrez and Scholarship Committee Chair, Ms. Karen LaRocca-Fels.



## The Knolls Honors Residents’ Milestones

Enjoying The Knolls 12th Annual Mighty 90’s festivities are residents (l to r): Elaine Halperin; Harriet Cadoff; and Helen Solomon. The event celebrates all residents who have turned 90 within the past year at the Continuing Care Retirement Community.





## Bethel's 2017 Tree Lightings



## Bethel Resident, Al Ferrara, Participates in Hudson Valley's 17<sup>th</sup> Honor Flight

It was still dark that Saturday morning in September when WWII veteran Al Ferrara woke to get dressed. His friend Jeff Scott, was coming to pick him up and he needed to be ready. They had a flight to catch at Westchester County Airport. The 92 year old was participating in the Hudson Valley's 17<sup>th</sup> Honor flight to Washington D.C. and Jeff was going with him.

A resident of Bethel Nursing and Rehabilitation Center, Al was only 17 when he joined the Navy and left his parents and home in Bronx, NY to report for duty. Now, 75 years later, he was joining 18 other veterans from WWII and 54 from the Korean War, for a day of reflection and celebration in Washington D.C.

Jeff, a West Point graduate and Bethel's IT Director, became friends with Al over the years as together they embarked on projects such as growing a vegetable garden every summer, talking sports and Wii bowling, among other daily endeavors at Bethel.

They rolled out of Bethel's driveway just after 5 a.m. and headed for the airport. Following breakfast, the veterans and their guardians boarded buses. Escorted by 60 police motorcyclists, and other participating bikers, they drove through local communities and past crowds who had assembled to cheer them on.

They returned to the airport, boarded their plane and headed to Reagan National Airport.

Escorted by Park Police and other motorcyclists, the buses made their way to designated memorials and monuments. Passing the Pentagon, the veterans and their guardians observed its 9/11 Memorial - 188 benches representing all the lives lost on the plane and on the ground that day.

They visited the Air Force Memorial, Arlington National Cemetery, the WWII, Korean and Vietnam Memorials, as well as the Lincoln Memorial. They also witnessed the Changing of the Guard at the Tomb of the Unknown Soldier. "All of the memori-

als were beautiful, but my favorite was the WWII memorial. That one is very special to me," said Al.

The ambitious and successfully executed itinerary concluded later that night when the plane landed at 8:50 p.m. "If you planned your own vacation, you would never go to all the places we went today," said Al.



Jeff Scott, Bethel's Director of IT and WWII Veteran and Bethel resident, Al Ferrara, during the Honor Flight to Washington, D.C.

Says Jeff, "The most impressive site to me was the Vietnam Memorial and its setting. To see those 56,000 names was so special. It was truly a remarkable day," he said.

"It did bring up a lot of memories of when I was on my ship," said Al. However, he balanced those memories with the positive experiences of the day's events. "I enjoyed every bit of this trip and I would love to go again," he said.

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