

# Bethesda

## Community Newsletter

Season's Greetings ~ Winter 2016

*"Exceptional People, Exceptional Care"*

## Our Residents

### ~ 109 Years of Living ~

**Luella Kennedy was born on October 13th, 1907. She celebrated her 109th birthday here at Bethesda Home of Aberdeen. Luella lived at Bethesda Towne Square/Assisted Living and moved to Bethesda Home in 2003.**

**Luella and her husband Lyle, managed the Auto Dine restaurant in Aberdeen from the 1960's to the 1980's. When they first started, hamburgers were only 11 cents.**

**Luella has two sons, five grandchildren and six great grandchildren.**

**When entering Luella's room, she was enjoying some good old country music. The song that was playing was "Golden Ring." This song was made famous by country music singers George Jones and Tammy Wynette. The song was originally released in 1976 and was a number one hit on the *Billboard* country charts.**

**Just think about the life experiences and changes in Luella's lifetime! It truly brings back some memories and makes us think about all the things that we experience in a lifetime.**

**We are honored to know and care for Luella and very glad that she is a part of our Bethesda Family!**



## Caregiver Support Services at Bethesda

### Caregiver Awareness

**The theme for National Family Caregivers Month November 2016 is  
“Take Care to Give Care”**

Caregivers are unsung heroes in our culture and society. They are young and old, relatives, friends and neighbors. Each family caregiver is unique and each person they care for also has unique needs and challenges. These may include chronic illness, recovery from surgery, other medical conditions, Alzheimer’s and other dementias.

Caregivers have been around for a long time and the ways in which people care for their loved ones and are supported by others, varies from culture to culture. Caregiving is not a glamorous task. Some of the things that caregivers do are very difficult and can be physically and emotionally demanding.

The good news is that resources, education and support services are available!

Here in South Dakota, caregivers embrace the values of caring and giving. There is a sense of doing the right thing, making sacrifices and being committed to others. Sometimes, that same Midwest culture, projects expectations of doing it on our own and not asking for help. We all need to encourage family caregivers and let them know that it is so important to “Take Care to Give Care.”

In Aberdeen, many free and affordable resources are available such as caregiver support groups, adult day services, caregiver education, respite services, printed materials, health care providers, counseling providers and online resources are all available right here in Aberdeen.

As a community and society, we can encourage caregivers to explore resources and take time for themselves to re-charge. Local, state and national resources are available for caregivers. If you or someone you know is a family caregiver, reach out and see what resources are available!

For more information about caregiver resources, please contact:

**Bethesda Caregiver Support Services**  
**Call 225-7602 or email [info@bha.cc](mailto:info@bha.cc)**

### **The K.O. Lee Adult Day Health Center at Bethesda**

The ADHC offers customized and person-centered care during the day, in order for people to stay at home longer. We offer a complementary trial day of services and openings are available. If you or someone you know is interested in services, please contact us anytime at 225-7602.

# Caregiver Support Services at Bethesda (Continued)

## 10 Tips for Family Caregivers

1. **Seek support** from friends, family and other caregivers. **You are not alone!**
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. **Learn how to communicate effectively** with doctors and others.
5. **Caregiving is hard work** so **take respite breaks** often.
6. **Watch out** for signs of stress and/or depression and **don't delay** getting professional help when you need it.
7. **Be open** to new technologies that can help you care for your loved one.
8. **Organize** medical information so it's up to date and easy to find.
9. **Make sure** legal documents are in order.
10. **Give yourself credit** for doing the best you can in one of the toughest jobs there is!

## The Therapy Center at Bethesda



Bethesda's new Therapy Center has state of the art equipment, exceptional staff and serves individuals from all of our programs. Connie Otterstetter, Director of Therapy/MDS Coordinator shared that, "At the Therapy Center, our goal is to assist residents to attain and maintain the highest level of function possible."

"The Solo-Step has been a valuable tool in building confidence while maintaining a safe environment as residents progress toward their goals."



The Solo-Step Track System consists of a high-performance, overhead aluminum track and trolley mounted to the ceiling. An attached harness protects patients from falling, which helps instill confidence.

When used in patient rehabilitation, the Solo-Step® Track System:

- Increases Patient and Therapist Safety
- Increases Productivity with a 1:1 Patient/Therapist Ratio
- Improves Patient Recovery Times



The new Therapy Center, Solo-Step and Warm Water Therapy Pool are great facilities to help residents function better and feel better. Connie concluded, "We strive to create a positive and encouraging environment where our residents feel comfortable and look forward to coming to see us each day."

# Our Programs

## Bethesda's In-Home Community Services



Bethesda offers comprehensive care for people, right in their homes. Personal care, transportation services, companionship, housekeeping, meal preparation, and nursing care are just a few of the many services that are available.

Lola Dixon has received in-home services since 2009 and shared the following message:

*“The In-Home services provided by Bethesda Adult Services is a blessing. The staff attempts to respond to whatever the need is.”*

*“In my case I must use a walker for every step. Among the services I need are grocery shopping, laundry, bed making, opening containers and pill bottles, etc. The CNA who comes to my house twice a week for 2 or 3 hours at a time, is also my driver as I live in the country and need someone to do the driving. She safely helps me in and out of the house, in and out of the car, and in and out of wherever I need to go. She is a help on doctor visits with helpful questions and suggestions.”*

*“We first needed in-home care when my husband became terminally ill. As his health continued to deteriorate he needed more physical help than I could give. Between hospice and Bethesda In-Home Care, he was able to stay at home.”*

*“As I continue to age I expect I will need more help. It is a comfort to know it is available. I do know that I could not be living in my home now if it were not for the services offered by Bethesda In-Home Community Services. I am deeply grateful.”*

*Lola Dixon*

Bethesda In-Home Community Services Director, Deb Rice shared that the program is presently providing services to 29 people in the Aberdeen area. The program employs five staff members. Sylvia Davis is a trained CNA and Certified Med Aide, she provides services to Lola Dixon and many other clients in our community. When asked about the program and the people she serves, Sylvia said, “The best part of working in-home healthcare is that the people that you take care of become part of the family.”

If you or someone you know are interested in Bethesda In-Home Community Services, contact Deb Rice at 225-7900.

**Check out Bethesda's website at [www.bha.cc](http://www.bha.cc)  
and take the new virtual tour!**





# Season's Greetings!

The holiday season is here and with that comes a time of giving. At Bethesda, every gift is significant. We invite you and your family to consider a gift to Bethesda. **Merry Christmas** from everyone at Bethesda and the best to you the whole year through!

## ~ Opportunities for Giving ~

### You Can Truly Make a Difference at Bethesda! Wish List 2016-17

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

**Parkside Retirement Community/Independent Living:** *New Hallway Carpet for All Four Wings; Cordless Vacuum*

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

**Bethesda Sharing Center/Child Daycare and Preschool:** *Playground Equipment*

**Bethesda Towne Square/Assisted Living:** *Storage Shed; Camera*

**K.O. Lee Adult Day Health Center:** *Nu-Step Exercise Equipment; Art Supplies; Popcorn Machine*

**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*

Our **PRIORITY PROJECTS** for 2017 include:

The Chaplaincy Program ~  
Spiritual Care at Bethesda  
The Bethesda In-Home Care/  
Community Services ~ Van Project  
Bethesda Sharing Center/Child Daycare and Preschool ~ Courtyard Updates and Playground Equipment. If you are interested in donating any of the above listed items or to any of our priority projects, please use the enclosed donation envelope or contact us anytime at: (605)377-2722 or email [peggyjolarson@bha.cc](mailto:peggyjolarson@bha.cc)



# Thank you to our donors ~ 2016

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#### **Aunt Naomi Alexander's 98th Birthday**

Arlen & Ramona Hanson  
**Uncle Edwin Bretsch's 95th Birthday**  
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### **In Memory of:**

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CWD ~ Annual Community Picnic  
NESD Area Health Education Center  
Brian Vander Weyst

“Thank you for your generosity, support and caring...”

Continued on next page

# Bethesda Donor List 2016 (continued)

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Picnic & Painting on the Patio  
Event ~ Free Will Offering  
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## **PARKSIDE RETIREMENT COMMUNITY:**

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## **BETHESDA SHARING CENTER**

### **Fundraisers:**

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Great Plains Fundraising  
Buffalo Wings and Rings  
Collective Goods Book and Gift Fair

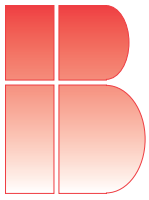
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### **Thrivent Choice:**

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# Bethesda

Providing a Comprehensive  
Continuum of Exceptional Care

*"Exceptional People, Exceptional Care"*

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**Bethesda received a \$2600 Grant from the MIDCO Foundation for the 2016 Bus Project. We greatly appreciate this generous gift!**



*Left to Right: Greg Scott, regional sales manager for Midco Business; Bruce A. Johnson, administrator at Bethesda; Peggy Jo Larson, director of development and community relations at Bethesda; Kayla Cavalier, advertising consultant with Midco; Rob Moore, field operations manager with Midco; and Nancy Schmidt, retail manager with Midco.*

