

EB Bethesda

Bethesda Aberdeen: Providing Innovative Senior Living Options For Today's Family

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Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.



Bethesda Aberdeen was a proud sponsor of the Walk to End Alzheimer's® in 2023 and in 2024. This year, we furthered our efforts and had representation on the planning committee, created a fundraising team and joined those walking on September 21st!

Aberdeen was the first city in South Dakota to meet their fundraising goal in 2024 and to date has collected over \$49,000 towards this cause! The Bethesda Aberdeen fundraising team surpassed their goal of \$2000 and was able to collect \$2603.81!

Our Parkside Retirement Community residents were also able to participate in the fundraising efforts and held a penny war challenge between hallways. In the 10-day challenge, Parkside residents collected \$404.92!



Bethesda would like to thank all those who supported this wonderful cause. We could not have met our goals without you!

Greetings from Bethesda



It's hard to believe that I am starting my sixth year at Bethesda. As I reflect on these years, we have been through a lot. There have been many positive changes from new activities, mini remodels of areas, and our dining experience. We have faced many

challenges from COVID to preparing for the new minimum staffing requirements, and just like the rest of the world, finding dedicated and reliable staff. I want to take a moment to say a big THANK YOU to our staff that have stood by and taken care of our residents and families these past years. This is true dedication towards making sure these precious people are cared for.

I am sure many of you have started seeing the commercials for open enrollment for Medicare. Many of these commercials advertise how the company is offering free dental, free eye care, and free hearing services. Traditional Medicare does not offer these services. Under traditional Medicare you have coverage for Part A (inpatient hospital and skilled nursing), Part B (physician services and outpatient services), Part D (prescription drug coverage), and then you have a supplement insurance which covers co-insurances. The companies offering free services not covered by Medicare are called Medicare Advantage Plans (Medicare Part C). These plans are offered by insurance companies and they promise free services, but they don't tell you about the fine print. They might have great hospital and physician services or

even great prescription drug coverage, but they have minimal to no coverage for skilled nursing facilities. First and foremost, they (the insurance company) determine whether you will have coverage. They have up to 14 days to decide whether they will preauthorize a skilled nursing facility stay. They have their own set of determination of coverage rules, even though they are supposed to follow Medicare guidelines. If and when they approve it, they will typically only approve five to seven days. At that point, the skilled nursing facility must send in documentation and the insurance medical review team determines progress and eligible coverage. The most coverage we have seen is around 20 to 25 days, while residents with similar diagnosis with traditional Medicare receive around 56 to 60 days. Even though the stay has been approved by the insurance company, they then will ask us to send additional documentation for payment and then deny coverage or send minimal reimbursement with balances being owed by the insured in the form of "patient responsibility".

Please, please, please do not sign up for any of these plans. However, if you want to sign up for one of these plans, please do not do it over the phone. Speak with an insurance agent so you get proper education on these types of plans of what is covered and not covered. Bethesda will not be considered in-network for these plans, and we will not be contracting with these companies.

Have a great fall and winter

*Blessings,
Scott*



Service Spotlight

Bethesda Home of Aberdeen

Therapy Rehabilitation Services

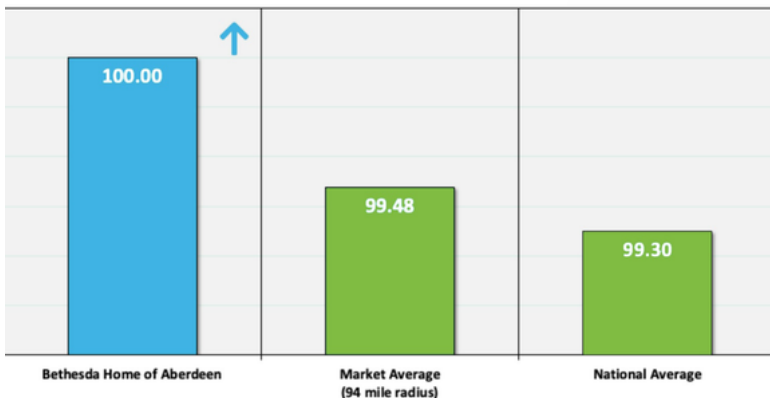


Our goal is always to help our residents get back to where they call home as soon as possible and our partnership with Aegis Therapy is central to the success in our short-stay rehabilitation programs. Compared to other providers, our residents experience fewer rehospitalizations and fewer falls. Our personalized therapy plans will help you regain your functional strength and return to the activities you love!

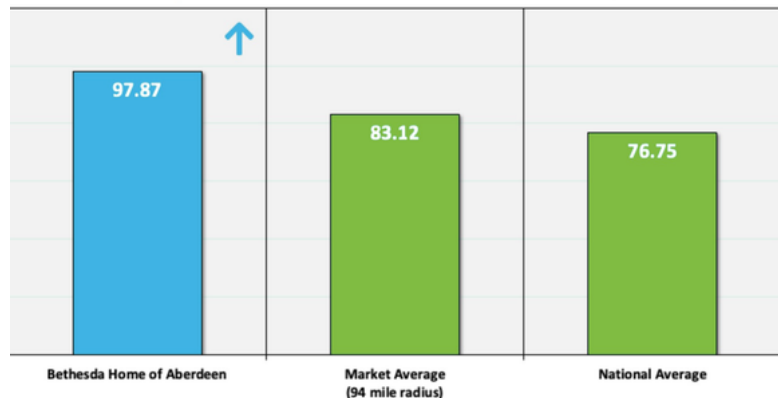
At Bethesda Home of Aberdeen, we excel as a leader for short-stay rehabilitation services. This is designed for those individuals who need help in recovering from an injury, illness or planned surgery. We offer personalized therapy programs including physical, occupation and speech therapy designed to help each individual succeed.

If you have questions about the services Bethesda Home of Aberdeen can provide, reach out to our Long-Term Care Navigator at (605) 846-7803.

Therapy Goals Met



Functional Improvement



Life Enhancement

at Bethesda Home of Aberdeen

At Bethesda Home of Aberdeen, residents enjoy daily activities that encourage them to be at their best and have fun while doing them. Our programs include cognitive and social stimulation as well as recreational activities.



Some of the resident favorites include a weekly resident-led Bible study and *What's In The Bag Wednesday*. There are also many smaller clubs such as men's group, gardening club, creative corner and our monthly armchair trips that allow residents to continue to pursue their favorite hobbies in a new setting.

If you are interested in sharing at our *What's In The Bag?* activity, please contact the activity department at Bethesda Home of Aberdeen at (605) 225-7580.

NOTES FOR THE UPCOMING HOLIDAYS

If you would like to reserve space at Bethesda Aberdeen for upcoming holiday gatherings with family, please reach out to the following individuals for scheduling and room reservations:

- Bethesda Home of Aberdeen Activity Department @ (605) 225-7580
- Bethesda Towne Square Sydney @ (605) 225-7600
- Parkside Retirement Community Amber @ (605) 225-7900

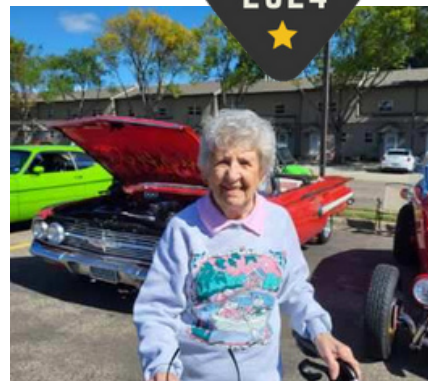
Also, please remember that any gifts for residents at Bethesda Home of Aberdeen that will need to be laundered such as blankets and clothing will need to be taken to the Social Services department in order to be labeled for the resident.



Due to the current culture of cyber-crime, this is to notify that, Bethesda Home of Aberdeen will never ask you to provide confidential information through an e-mail or website link within an e-mail. If you receive suspicious communications from Bethesda in the form of e-mails or phone calls from someone claiming to be a representative of Bethesda requesting confidential information, please contact the Bethesda Business Office at 605-225-7580 immediately to report or confirm.

Car & Bike Show

Bethesda Home of Aberdeen



Bethesda Aberdeen hosted our 2024 Car & Bike Show on September 21 and residents of the whole Bethesda campus were able to enjoy the day outside and reminisce about the cars featured! What a special day for everyone to experience!

We would like to extend our heartfelt gratitude to all who brought cars and bikes for our residents to enjoy. Special congratulations to our Resident Choice winners Rick LaBay and Joe Torrence!



Thank you to our many donors who graciously provide gifts to Bethesda Aberdeen. In this edition, we gratefully acknowledge gifts given from **January 1st, 2024 - June 30th, 2024**. Every effort has been made to ensure the accuracy of each donor's name and gift! If your name has been omitted or spelled incorrectly, please accept our apologies and notify us at 605-225-7580 or email info@aberdeenbethesda.org.

**Bethesda Home of
Aberdeen Donations**

Activities

In Memory of/Given

by:

Marie Heggem

Kristin Kenny

Thrivent Choice:

Richard Omland

Patricia Dennert

James Boekelheide

Bobbie Buechler

Vicki Conn

Jerrold Erlenbusch

David Roth

Joyce Svihovec

Dorene Kay Borchard

C William Dennert

Bruce Johnson

Linda Miller

Gay Ristau

Gene Svihovec

Laura Mary Thompson

Martin Bettmann

David Elsen

Leone Jondahl

Rodney Jondahl

Karen Siefkes

William Stolle

Howard Swenson

**Bethesda Learning
Academy Donations**

Aberdeen Grain

Inspection for outdoor

toys

Erin & Nick Stotz

**Bethesda Towne
Square Donations**

Kristi Escobedo

Aberdeen Bethesda

Foundation Donations

Good Shepherd

Lutheran

Church

Paige Maher

Emmanuel Lutheran

Church

Dacotah Bank Give

Where

We Live directed by

Zach Anderson

Ray and Marcie Andersh

Patricia Dennert

Jon and Denise Beusen

Bethlehem Lutheran

Church

In Memory of/Given

by:

Richard Anderson

Roger A & Shirley

Schuller

Elnor Beckler

Howard Swenson

Jim Boelter

Howard Swenson

David Buck

Howard Swenson

George Casanova

Howard Swenson

Katherine Ellingson

Howard Swenson

Burt Elliott

Howard Swenson

Janice Flihs

Roger A & Shirley

Schuller

Jerry Hanson

Howard Swenson

Fran Herman

Lance & Molly Heuer

Roy Kringstad

Howard Swenson

Magnus Olson

Howard Swenson

Harry Preston

Howard Swenson

Ristau, Bergh, Rogers,

Vandenakker Family

Members

Toni Ristau

Gary Sharp

Howard Swenson

Linda Siefkes

Karen Siefkes

George A & Shirley

Schuller

Kenneth Thompson

Laura Thompson

In Kind Donations
Supplies, Furniture and Clothing for Residents

Carmen Jundt
In Memory of LaVina Meier by Carl Meier
In Memory of Marie Heggem by Kristin Kenny
Laura Coulter
In Memory of Richard Anderson by Vickie Windham
In Memory of Elnor Beckler by Bonny Carlson
In Memory of Katherine Moen by David Moen

In Memory of Don Kalt by Jill Kalt

Food for Staff

In Memory of Bernice Pence birthday by Tim Pence
In Honor of Elsa "Gay" Zimmerman by Michelle Musland
Char Akkerman

Christmas Décor for Parkside

Women of First Presbyterian Church

Flowers

In Memory of Susan Chester by Susan Chester family
In Memory of Gloria Faeth by Rhonda Munier
In Memory of Verna Schumacher by Vicki Mundt
In Memory of LaVina Meier by Carl Meier
In Memory of Katherine Moen by David Moen
In Memory of Don Kalt by Jill Kalt

Wall Pictures

In Memory of Gloria Faeth by Rhonda Munier

Prayer Shawls and Afghans

Brenda Fortin
In Honor of Frances Lux by Jeff Lux

7 Bird Houses

NSU Pheasants Forever

Aberdeen Bethesda Foundation

The Aberdeen Bethesda Foundation is dedicated to raising funds and awareness to advance Bethesda's mission of caring for others. The Foundation works with donors regarding charitable giving options that best fit their philanthropic goals. Since opening in 1969, Bethesda has expanded services thanks to the generosity of those who enthusiastically support our ministry of service. At Bethesda, every gift is significant as we strive to meet the needs of today's family.

The Bethesda Foundation is designated as a 501(c)3 charitable organization by the Internal Revenue Service.

Learn more about planned giving options at www.aberdeenbethesda.org.



For all the latest happenings at Bethesda Home of Aberdeen, follow us on social media or get the latest Bethesda Aberdeen news updates on our website www.aberdeenbethesda.org and follow us on our Bethesda Home of Aberdeen Facebook page!



BETHESDA ABERDEEN
 PROVIDING SENIOR LIVING
 OPTIONS FOR TODAY'S
 FAMILY

1224 South High Street
 Aberdeen, SD 57401-7724

Phone: 605-225-7580
 Email: info@aberdeenbethesda.org
 Website: www.aberdeenbethesda.org

Bethesda Senior Living is a not-for-profit organization sponsored by 12 area ELCA Lutheran Churches.

Bethesda strives to promote a community-like quality of life by providing a continuum of affordable health care services, housing options and community services in a Christ-centered environment.

OPPORTUNITIES FOR GIVING

Enclosed is my gift of \$_____ for the programs and services provided by Bethesda Aberdeen.

Please note that my gift is given ...

___ in honor of: _____ in memory of: _____

Estate Planning: ___ I have included Bethesda in my/our estate planning.

Please send information that I/we can review to consider the possibility of:

- | | |
|--|--|
| ___ Including Bethesda in my/our estate | ___ Inviting a speaker to our church/organization |
| ___ A Charitable Gift Annuity | ___ Learning about volunteer opportunities at Bethesda |
| ___ A Charitable Remainder Trust | ___ Inquiring about services for myself/someone else |
| ___ Considering a gift of land or property | ___ Keeping Bethesda staff and residents in my prayers |
| ___ I choose Bethesda for my Thrivent Choice dollars | |

Name: _____ Mailing Address: _____
 City, State/ZIP: _____ Home Phone: _____ Cell: _____

**Please mail this form with your check or information request to:
 Bethesda Aberdeen - 1224 South High Street - Aberdeen, SD 57401**

If you have made a legacy gift or would like to talk in greater detail about planned giving options, please call Bethesda Aberdeen at 605-225-7580. Bethesda is a member organization of Lutheran Planned Giving of South Dakota. Additional information may be found by visiting our website at www.aberdeenbethesda.org.

___ I (my family) would like to receive the Bethesda Aberdeen newsletter via email.

Email address(es): _____