

# Bethesda

1224 South High Street  
Aberdeen, SD 57401-7724  
605-225-7580

## Community Newsletter

Fall 2014

*"Exceptional People, Exceptional Care"*

### Our Residents

*Gratitude... What are you THANKFUL for?*

#### Bethesda Home of Aberdeen



Fay Vaughan

*"...therapy, books and the kindness of the people who operate this place...I'm amazed..."*



Hilda Vossler

*"A lot of things... I'm thankful for everything."*

#### Bethesda Towne Square/Assisted Living



Naomi Alexander

*"...my good health, my wonderful daughter and this lovely home a person can be in..."*



Bill Dosch

*"Being here..."*

#### Parkside Retirement Community/Independent Living



Monica Kuebler

*"...my husband, because he's always by my side... for the many friends I've made here..."*



Charlie Clark

*"...being at Parkside  
...my family  
...my upbringing..."*



**NOW OPEN!**

# K.O. Lee Adult Day Health Center

*"We believe peace of mind comes with knowing a loved one is in a caring and comfortable environment where they are receiving exceptional care."*

- **Save compared to other care options**
- **Stay at home longer**
- **Receive care only on days when needed**
- **Enhance quality of life—for participants, caregivers and families**



**Bethesda**

Providing A Comprehensive  
Continuum Of Exceptional Care

- Basic healthcare, nursing care, medication and nutrition management
- Participation in activities for body, mind, and soul
- Bathing, personal care, and hair care and styling services
- Delicious and nutritious meals and snacks
- A safe, secure and caring environment
- Physical, occupational, speech and restorative therapy
- Case management and liaison with doctor and caregivers
- Transportation, convenient access and hours of service
- Caregiver support, education and respite
- Warm water therapy pool and beautiful garden courtyard

**1403 15th Ave SE, Aberdeen, SD | [www.bha.cc](http://www.bha.cc) | 605-225-7602**

## BENEFITS

Significant healthcare cost savings compared to skilled nursing home care and assisted living

Staying at home longer...

Flexibility to receive care only on the days, when needed

Connection to Bethesda's

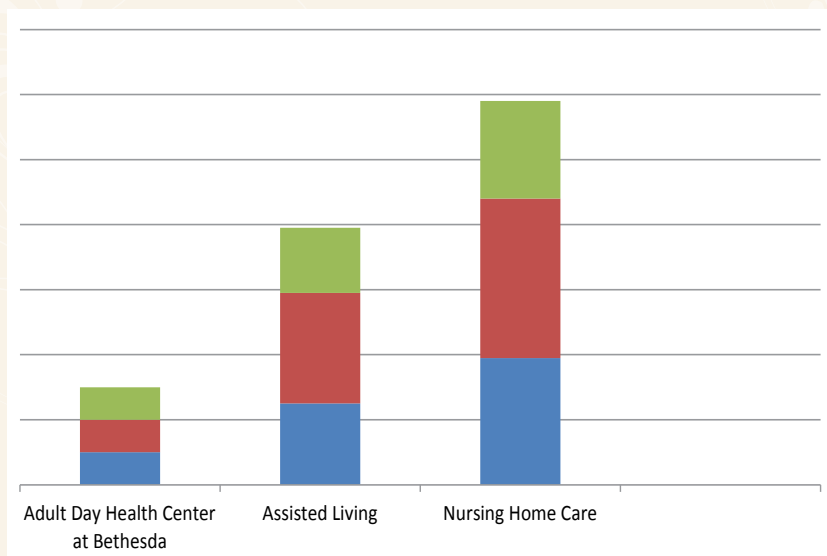
*~Comprehensive Continuum of Exceptional Care~*

Enhances the quality of life for participants, caregivers and their families

Real choice and customized and compassionate care

Well trained professional staff

A safe, secure and caring environment



*If you or someone you know is interested in finding out more about the Adult Day Health Center at Bethesda and the exceptional services that are now available, please **contact us anytime at [info@bha.cc](mailto:info@bha.cc) or contact Sharolyn at 225-7062.***

***We welcome you to contact us and schedule a guided tour and/or complimentary consultation.***



# *Thank you for your expertise and professional workmanship at the new K.O. Lee Adult Day Health Center*

Huff Construction

Ciavarella Design

Clark Engineering

Hase Plumbing Heating & Air Conditioning, Inc.

Mettler Sichmeller Engineering

Western States Fire Protection Co.

Johnson Controls, Inc.

Lang's, Audio, TV and Appliance

HydroWorx Pools

B & H Masonry

Schwan Electric, Inc.

Wright & Sudlow

## **New Adult Day Health Center at Bethesda**



## **Adult Day Health Center Management Team**



Team Photo: left to right- Vicki Conn, RN, RAC-CT, Director of Therapy Services, MDS & Nurse Liaison at the K.O. Lee Adult Day Health Center; Sharolyn Jondahl Director, K.O. Lee Adult Day Health Center; Amanda Swearingen Adult Day Food Service Coordinator; Debbie Eisenbeisz Activity Director/Assistant Director

# Tips for Visiting Residents

**At Bethesda we encourage family and friends to visit our residents!**

## General:

- Visiting can be very pleasant and enjoyable for family, friends and residents. Plan ahead and enjoy the wonderful relationship you have always enjoyed.
- Knock before entering a resident's room. Remember you are entering someone's home.
- Identify yourself each time you visit and sit for best visual and hearing potential.
- Be patient. Give residents the time they need to express themselves.

## Things to Remember:

- Talk! Residents need the attention and stimulation.
- Use picture books, photos from your electronic device, or a personalized memory book with labels/names on photos. A church directory and church bulletins work great for an active member of the congregation to catch up on fellow parishioners.
- Touch is important. A hug, back rub, or holding hands feels great anytime!
- Validate a resident's feelings. If a resident says his or her mother was in to visit, don't disagree, even if the person's mom couldn't have visited because she has been dead for 20 years. Just reaffirm the resident in the timeframe that he or she is in and say something like, "That was nice. I hope you enjoyed your visit."
- Hearing is the last sense to go, so avoid talking about a resident in front of them, because he or she can hear you!
- Visiting someone regardless of their condition is always meaningful!
- Bring a treat if you've checked with the nurse for any dietary restrictions in advance.
- Music therapy works! Sing hymns, songs from their era, or bring music you think they would enjoy.
- Bring children to visit. Maybe the children could make a picture for the wall to bring and present or read a story or book for a resident.
- Bring a pet to visit. (Note: Make sure to get permission from the facility and be sure that the pet is leashed, has updated vaccinations, and is clean and well behaved.)
- Come and eat dinner with a resident. For a nominal fee you can enjoy a wonderful meal together! (Please call 24 hours in advance to make your reservation.)
- Make or bring in a favorite meal to share. (Please call 24 hours in advance to reserve a lounge area for guests.)
- Read the newspaper, other reading materials or help the resident write letters.
- Share stories and reminisce.

## Precautions:

- Wash your hands or use hand sanitizer upon entering the facility and when leaving.
- Do not take a resident to the bathroom or transfer a resident from the bed to a chair. Press the call light if assistance is needed.
- Report any issues, concerns or unusual behaviors to the nurse.

Often, the fact that someone cares enough to visit is all that is needed from a resident's point of view.

*You are always welcome at Bethesda!*

# Opportunities for Giving

"Thank you for joining us in our mission of caring for others. Your generosity, support and caring is greatly appreciated!"

## Opportunities and ideas for giving ~ How can I help?

\_\_\_\_ Enclosed is my gift of \$ \_\_\_\_ to help provide for the programs and services provided by Bethesda.

\_\_\_\_ Enclosed is my gift \_\_\_\_ in memory of, \_\_\_\_ in recognition of, \_\_\_\_ in honor of,

\_\_\_\_ Please send me information I/we can review to consider the possibility of:

\_\_\_\_ Including Bethesda in my/our estate planning

\_\_\_\_ Inviting a speaker to our church/organization

\_\_\_\_ I/We have already included Bethesda in my/our estate plan

\_\_\_\_ Learning about volunteer opportunities at Bethesda

\_\_\_\_ Considering a Charitable Gift Annuity

\_\_\_\_ Inquiring about services at Bethesda for myself or someone I know

\_\_\_\_ Considering a Charitable Remainder Trust

\_\_\_\_ Consider Bethesda's comprehensive continuum of care for yourself or a loved one

\_\_\_\_ Considering a Gift of Grain or Livestock

\_\_\_\_ Keeping Bethesda, our residents and staff in your thoughts and prayers...

\_\_\_\_ Considering a Gift of Land or Property

\_\_\_\_ Secure online credit/debit card donations at [www.bha.cc](http://www.bha.cc).

Name \_\_\_\_\_ Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Please mail this form with your check or request for information to:

Bethesda, 1224 South High Street, Aberdeen, SD 57401 or contact us at 1-605-225-7580; If you have made a legacy gift or want more information about your planned giving options, please contact Bruce Johnson, Administrator at 1-605-225-7580 or Peggy Jo Larson, Director of Development and Community Relations at 1-605-377-2722.

*Thank You for your support!*

## Planned Giving Opportunities at [www.bha.cc](http://www.bha.cc)

Do you and your family have a WILL? Do you and your family have a LIVING WILL and ADVANCED DIRECTIVES? Are you interested in LEAVING A LEGACY? Completing these documents is the greatest gift you can give to your loved ones!

Check out the NEW PLANNED GIVING INFORMATION on our web site and consider a gift for Bethesda. This information is available through our partnership with Lutheran Planned Giving of South Dakota. Consider signing up for the weekly e-Newsletter! The information is up to date, free and easy to understand. If you have any questions or are interested in making a gift to Bethesda, please contact

Peggy Jo Larson at 605-377-2722 or [peggyjolarson@bha.cc](mailto:peggyjolarson@bha.cc)

## Wish List

### Bethesda Home:

- ☐ Hot and Cold Food Service Cart
- ☐ Hi/Low Electric Beds
- ☐ Hoyer Mechanical Lift for Residents

### Parkside Retirement Community:

- ☐ New Carpet for All Four Wings
- ☐ Window Blinds and Drapery
- ☐ New Washers and Dryers

### Bethesda Community Services/

#### In-Home Care:

- ☐ Van to Transport Clients/Residents/Handicap Accessible

### Bethesda Sharing Center:

- ☐ Playground Equipment

### Bethesda Towne Square/Assisted Living:

- ☐ Camera
- ☐ Wall Decorations
- ☐ Community Room Furniture
- ☐ Nu-step Exercise Equipment
- ☐ Updates to Hallways/Remove Wall Paper Runner/Painting

### General:

- ☐ Therapy Equipment
- ☐ Maintenance and Grounds Equipment: Pickup Truck
- ☐ General Equipment

- ☐ Furnishings
- ☐ Gift Cards for Staff Appreciation
- ☐ "Random Acts of Kindness" Project
- ☐ Racks of Folding Chairs
- ☐ White Vans to Transport Clients/Residents/Handicap Accessible
- ☐ Portable Industrial Grade Ice Cream Maker

If you are interested in donating any of the above listed items, please contact us anytime at (605) 225-7580 or email us at [info@bha.cc](mailto:info@bha.cc)

*Live Generously...*



# Bethesda Donor List 2014

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

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

### **In Honor of:**

#### **Gordon Bunke**

Yvonne Malsam

#### **Kathleen Kindred and Family**

Howard Swenson

#### **Karl Lee**

Krestie Lee Utech

#### **Elaine Roth**

Barb and Dave Ingalsbe

#### **Jean Siegle**

David and Rita Pettigrew

### **In Memory of:**

#### **Nancy Aman**

Cindy Tople

#### **Meta Bain**

Howard Swenson

#### **Lois Beckler**

Nancy Stange  
Howard Swenson  
Jeanne Swenson

#### **Alice Bender**

Elaine Bunke

#### **Irene Bickel**

David and Rita Pettigrew  
Bertha Turnquist

#### **Veronica Brendel**

George Brendel

#### **Irene Bretsch**

Arlen and Ramona Hanson  
Mavis Howland  
Howard Swenson

#### **Gordon Bunke**

Mavis Howland

#### **Gordon & Leona Bunke**

Elaine Bunke  
Frank and Calli Bunke  
Lance Bunke  
Yvonne and Adam Malsam

#### **Leona Bunke**

Yvonne Malsam

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Pat Dennert  
Arlen and Ramona Hanson

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Allen and Karen Siefkes

#### **Verl Cutler**

Arlen and Ramona Hanson

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#### **Leo Feiock**

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#### **Rose Geienger**

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#### **Warren Grebner**

Howard Swenson

#### **Dorothy Grote**

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Dennis K. and Shirley Larson  
Allen and Karen Siefkes

#### **Amy Heckenlaible**

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Arlen and Ramona Hanson

#### **Irene Herman**

The Family of Irene Herman  
Leslie and Melissa Thiery

#### **Irma Herrboldt**

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Deloris and Robert Fewings

#### **Kenneth Jark**

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#### **Luther Johnson**

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Hazel Swenson

#### **Florence Karlen**

Mavis Howland

#### **Elroy Kaul**

Nancy Stange

#### **Inez Knickrehm**

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Howard Swenson

#### **Clark Larson**

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Peggy Jo Larson  
Richard and Lawanda Larson  
Howard Swenson

#### **Donna Lee**

Howard Swenson

#### **Ruth Leicht**

Sharon Jakober

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Elaine Bunke  
Mavis Howland  
David and Rita Pettigrew  
Howard Swenson

#### **Esther Looby**

Emily Guhin

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Mavis Howland  
Allen and Karen Siefkes

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Janeen Meier

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Family and Friends of Millicent  
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Roger and Shirley Schuller  
Crystal Swenson  
Howard Swenson  
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Renata Ochsner

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#### **Alvina Pettigrew**

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Vereen Gaughen-Online  
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Electrolux/David Haas  
Roger and Barbara Legge  
Abnert Lewis  
Russell and Rebecca Pederson  
Allan and Linda Pray  
Eileen and Wesley Pulling  
Jerry Pulling

Kenny Pulling

Cindy Tople

#### **Antonia "Toni" Ristau**

Toni K. Ristau-Online Donation  
at Network for Good

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Mavis Howland

#### **Olive Ryman**

Gwen Heyd  
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#### **Ruby Schipke**

Elaine Bunke  
Cindy Tople

#### **Leon Schwab**

Crystal Swenson  
Howard Swenson

#### **Maurice Scott**

Darlene Scott and Family

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Howard Swenson

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Loretta and Charles Galanti  
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Daniel and Janet Piovosi  
Carolyn and Craig Schaunaman  
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Dan Tople  
Leon and Virginia Tobin

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Clark and Donna Tesky

#### **Lyle Thompson**

Clarence and Charlean Erickson  
Howard Swenson

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David and Rita Pettigrew

#### **Orion Waterman**

Nancy Stange

#### **Ken Webb**

Mavis Eske  
Allen and Karen Siefkes

#### **Ed "Eddie" Weber**

Daniel and Brenda Geier

#### **Phyllis Wetzler**

Mavis Eske

#### **Irma Wiedeubush**

Alvin Ristau  
Eric and Annette Ristau  
Jonathan and Gay Ristau  
Allen and Karen Siefkes

*Continued on next page*

# Bethesda Donor List 2014 (continued)

## LaVila Wilke

Arlen and Ramona Hanson

## Pearl Wilson

Joanne Hummel

## Evelyn Wormke

Shawn and Karla Chase

Dale and Bonnie Larson

Peggy Jo Larson

Jack and Maggie Oliver

David and Rita Pettigrew

## Arvin Zinter

Paul and Cheryl Zinter

## ADDITIONAL DONATIONS TO THE ADULT DAY HEALTH CENTER AT BETHESDA BUILDING FUND

Aberdeen Area Community  
Foundation

Avera St. Luke's

B & H Masonry

Bethesda Annual Community

Picnic Free Will Offering

Bethesda Staff Jean Day

Donations-February 2014

Robert Bierman

Ginny and Charlie Clark

James and Patricia Cracco

Pat Dennert

Kay Dixon

Debbie Eisenbeisz

ELCA Foundation-Services for the  
Elderly

Endowment Fund Grant

Emmanuel Lutheran Church-

Groton-Quarterly Gifts

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Good Shepherd Lutheran

Church-Aberdeen-Lenten

Offering

Grace Covenant Lutheran

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Huff Construction

Roger and Mona Kapfenstein

William S. Lamont

Ann Langbehn

Lang's Audio, TV & Appliance

Peggy Jo Larson-Online

Donation at www.bha.cc

Marilyn and Larry Littrell

Women of the Moose-Aberdeen

Chapter #178

Our Savior's Lutheran Church-

Redfield

Judy Pehl

Debra Pool- Monthly Online

Donations at www.bha.cc

Elaine Roth

Howard Swenson-Monthly

Pledge

TCF Foundation

Thrivent Choice

Clark and Donna Tesky

Alice Vanden Akker Estate

Mike and Lorrie Weber

Richard and Ginger Westra

Wright & Sudlow, Inc.

## BUSHELs FOR BETHESDA:

## BEEF FOR BETHESDA:

## IN-KIND DONATIONS:

### In Memory of:

**Nancy Aman**

The Family of Nancy Aman

**Anna Binfet**

JoAnn Sanborn

**Irene Bickel**

Joye Hearth and Family

**Irene Bretsch**

Edwin Bretsch and Family

**Gordon Bunke**

Elaine Bunke

**Rose Gienger**

Gottlieb Gienger

Wilma Zimmerman and Family

**Sylvia Goldade**

Chris Goldade

**Beverly Grote**

Connie Egan

**Amy Heckenlaible**

Elizabeth Wiederrich and Family

**Irene Herman**

Fran Herman

**Leota Labesky**

Joe Labesky

**Marion Lehr**

Allen Lehr

**Ardena "Ruth" Leicht**

Tammy Weber

**Vi Lohn**

The Family of Vi Lohn

**Don Meyer**

Family of Don Meyer and

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**Esther Patterson**

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**Betty Vander Vorste**

The Family of Betty Vander

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**Lenhardt Voegelé**

Gladys Voegelé

**Evelyn Wachter**

Bonnie Golz

**Ken Webb**

The Family of Ken Webb

**Eddie Weber**

The Family of Eddie Weber

**Irma Wiedebush**

Ellen and Eugene Wiedebush

**Evelyn Wormke**

Cindy Tople

## IN-KIND DONATIONS:

Ron Angerhofer

Janelle Brown

Sheryl Brown

Cattle Kings 4-H Club

Polly and Jon Damaska

Mr. and Mrs. Ron Feickert

Good Shepherd Lutheran Church

Arlene Hanson

Bonnie M. Larson

Peggy Jo Larson

Larry Littrell

Jean Olson

Janis Pearson

Peggy Treeby

Gladys Voegelé

## STAFF APPRECIATION:

**"Random Acts of Kindness  
Project"**

Jean Fritz and Family

**In Memory of:**

**Orville Crawford**

Elaine Bunke

## DIETARY DEPARTMENT:

## BETHESDA SHARING

### CENTER:

**In Memory of:**

**Clarence and Lucille Swenson**

Howard Swenson

## BETHESDA SHARING

### CENTER:

Anonymous

"Books Are Fun"

Ken's Karing for Kids

Kessler's Dollars for Scholars

State of South Dakota Grant

Thrivent Choice

## TOWNE SQUARE ASSISTED

### LIVING:

**In Memory of:**

**Ray Anderson**

Debra Aman and Family for  
Towne Square Activities

**Kathryn Cutler**

Dale O. and Bonnie M. Larson

Dennis K. and Shirley R. Larson

**June Friske**

Steve and Betty Dunker

**Jeanne Gilbert**

Steve and Betty Dunker

**Eugene Luce**

Steve and Betty Dunker

## BETHESDA IN-HOME COMMUNITY SERVICES: PARKSIDE RETIREMENT COMMUNITY:

Ginny and Charlie Clark

**In Memory of:**

## BETHESDA HOME

### ACTIVITIES:

Judy Bretsch

Jody Bull

Elaine Bunke

Rachel Radtke

Melanie Rogers

**In Memory of:**

**BETHESDA HOME/STAFF:**

## THRIVENT CHOICE DOLLARS:

Margaret Appl

Gregory Beck

Douglas Beilke

Grayce Beilke

Arlowyn Boekelheide

James Boekelheide

Lori Bohle

Doris Bradke

Judy Bretsch

Shelly Buckmeier

Marjorie Cash

Vicki Conn

Diane Dangel

Theodore Deilke

Craig Elsen

Cindy Fleckenstein

Kathy Harris

Mavis Howland

Bruce A. Johnson

Rodney Jondahl

Julie Jones

Connie Kimball

Linda Miller

David Roth

William Roth

Karen Siefkes

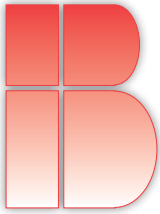
Penny Stolle

William Stolle

Ann Taylor

Ruth Ann Weinstein

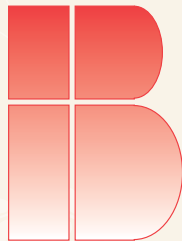
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## Bethesda

Providing A Comprehensive  
Continuum Of Exceptional Care

*“Exceptional People, Exceptional Care”*

Bethesda Home of Aberdeen  
1224 South High Street  
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Phone: 605-225-7580  
Fax: 605-225-7585  
e-mail: [info@bha.cc](mailto:info@bha.cc)

Bethesda Sharing Center  
1224 South High Street  
Aberdeen, SD 57401-7724  
Phone: 605-225-7596  
Fax: 605-225-7585  
e-mail: [info@bha.cc](mailto:info@bha.cc)

Bethesda Towne Square  
1425 15th Avenue Southeast  
Aberdeen, SD 57401-7726  
Phone: 605-225-7600  
Fax: 605-229-1073  
e-mail: [info@bha.cc](mailto:info@bha.cc)

Parkside Retirement Community  
1324 12th Avenue Southeast  
Aberdeen, SD 57401-7754  
Phone: 605-225-7900  
Fax: 605-225-7585  
e-mail: [info@bha.cc](mailto:info@bha.cc)

Bethesda Community Services  
1324 12th Avenue Southeast  
Aberdeen, SD 57401-7754  
Phone: 605-225-7602  
Fax: 605-225-7585  
e-mail: [info@bha.cc](mailto:info@bha.cc)

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