

Bethesda

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

Community Newsletter

Winter 2016

"Exceptional People, Exceptional Care"

Adult Day Health Center Participant Shares His Story...

Karl Kosse was born in Germany and came to the United States in 1960. Karl and his wife Betsy were married in 1960 and have five children and 10 grandchildren.

Karl attends the Adult Day Health Center at Bethesda several times a week. His favorite activities at the Adult Day Health Center include baking authentic German family recipes, playing the piano and exercising. He enjoys the new Therapy Center and Warm Water Therapy Pool. He enjoys spending time with the other participants and stated, "We are a community." Karl shared, "you can customize your days and I have genuine fun here!"

Karl was diagnosed with Parkinson's six years ago. His journey in life has included so many interesting experiences. He has worked as a nurse's aide, nurse, went to medical school and became a physician. Karl stated, "I have been in medicine since I finished high school, uninterrupted. I have changed from provider to patient."

Karl shared his thoughts about coming to the Adult Day Health Center at Bethesda, "It is apropos (*fitting, appropriate, pertinent.*)" "It is good for the participants and much better for the family caregivers." Karl and his wife Betsy also attend the Parkinson's Support Group which meets each month at Parkside Retirement Community at Bethesda.

We are honored to know Karl and Betsy Kosse!



Karl and Betsy Kosse

Our Programs

K.O. Lee Adult Day Health Center at Bethesda ~ 225-7602

A new alternative to assisted living and nursing home care,
person-centered and customized care to stay at home longer!

Bethesda Home of Aberdeen ~ 225-7580

Skilled Nursing Home Care

Bethesda Sharing Center ~ 225-7596

Child Daycare and Preschool

Parkside Retirement Community at Bethesda ~ 225-7900

Independent Senior Living Apartments

Bethesda In-Home Community Services ~ 225-7900

In-Home Care Services

Bethesda Towne Square ~ 225-7600

Assisted Living Apartments

Contact us for a complimentary tour and/or consultation!

Email: info@bha.cc

Website: www.bha.cc

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

Wish List

Bethesda Home:

- Hot and Cold Food Service Cart
- Hi/Low Electric Beds
- Comfort Cross Project

Parkside Retirement Community:

- New Carpet for All Four Wings
- Cassette Players
- Special Occasion Greeting Cards (Confirmation, Graduation, Thanksgiving, etc - please donate entire card - do not remove fronts)

Bethesda Community Services/ In-Home Care:

- Van to Transport Clients/Residents/ Handicap Accessible

General:

- Therapy Equipment
- Maintenance and Grounds Equipment
- General Equipment

- Gift Cards for Staff Appreciation
- “Random Acts of Kindness” Project
- John Deere Maintenance Equipment

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

Live Generously...

**Join Bethesda
in our
#1 Fundraising Project for 2016**



As Bethesda grows and continues to provide a comprehensive continuum of exceptional care, practical needs like transportation become a priority. Bethesda's current handicap accessible bus is over 24 years old and needs to be replaced as soon as possible. Many of our residents have transportation needs and the ability to provide reliable transportation services is so important.

If you would like to make a donation, please contact us at:

377-2722 ~ www.bha.cc

or

Bethesda Home of Aberdeen

1224 S. High St.

Aberdeen, SD 57401

~ Thank you for joining us in our mission of caring for others ~

Yoga at Bethesda

The benefits of yoga are for people of all ages! When you picture people practicing yoga, what do you imagine? Chair yoga is offered at Bethesda three times per week by Dave Ross, who works in the Activities Department. Numerous activities take place every day in each of Bethesda's programs and yoga has become very popular!

The benefits of yoga include improved strength and flexibility, improved mental clarity, improved pain management, stress reduction, improved balance and overall health. Residents from Towne Square Assisted Living and Parkside Independent Living Community are participating and enjoying these benefits.



Towne Square and Parkside Residents Enjoying Yoga!



Irene Hoar (Age 104)



Dave Ross, Yoga Instructor



K.O. Lee Adult Day Health Center



Bethesda

Providing A Comprehensive
Continuum Of Exceptional Care

Stay at home longer.

*Customized care during the day,
in order to stay at home longer.*

A NEW Alternative to Assisted Living and Nursing Home Care.
Please contact us to schedule a complementary tour and consultation!

1403 15th Ave SE, Aberdeen, SD | 605-225-7602 | www.bha.cc | info@bha.cc



SERVICES

- Services include Basic Healthcare, Nursing Care, Medication and Nutrition Management
- Participation in Social and Therapeutic Activities for Body, Mind, and Soul
- Bathing Services and Personal Care
- Hair Care and Styling Services
- Delicious and Nutritious Meals and Snacks
- A Safe, Secure and Caring Environment
- Warm Water Therapy Pool
- Memory Care
- Professional Physical, Occupational, Speech and Restorative Therapy
- Transportation, Convenient Access and Hours of Service
- Caregiver Support, Education and Respite
- Beautiful Garden Courtyard

BENEFITS

- Significant Healthcare Cost Savings Compared to Other Long-term Care Options
- Staying at Home Longer...
- Enhances the quality of life for participants, caregivers and their families

"Warren has been attending the Adult Day Center two days a week for four months and the activities and interaction with others is enjoyable for him. Sharolyn and Debbie have set up a good program."

Dvonna Criddle

"We are a community. You can customize your days and I have genuine fun here!"

Karl Kosse



The K.O. Lee Adult Day Health Center at Bethesda would like to give you or someone you know, a gift. This gift is for family caregivers. The gift can reduce your stress, give you peace of mind and offer you some much needed time to take a break.

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

Because Alzheimer’s disease and other dementias are becoming so widespread and will soon affect many more families, places like the K.O. Lee Adult Health Center are so important. The “Lee Center”, as my husband and I call it, has provided a place for him to feel as though he belongs. It gives him much needed socialization and mental stimulation, so important to dementia victims. He enjoys the other people there and has a special feeling for Debbie and Sharolyn, his “buddies.” The staff there is knowledgeable about memory loss and dementia care. They make the time spent there enjoyable for all the participants. And not only does it give my husband a place to belong and interact with others, it gives me a much needed respite from the caregiving. People with neuro-cognitive disorders need constant stimulation and care. That can be exhausting for the caregiver! The Lee Center provides a much needed service for families that are going through these trying times.

Sue Johnston

~ Our Gift to You ~

FREE RESPITE CARE

Up to two free hours of respite care for your loved one at the K.O. Lee Adult Day Health Center at Bethesda

Call 605-225-7602

and schedule a time for respite care!

Please call 48 hours in advance, complete a respite care form and bring your loved one to the Adult Day Health Center at Bethesda.



Bethesda

Providing A Comprehensive Continuum Of Exceptional Care

“Exceptional People, Exceptional Care”

Address: 1403 15th Ave. SE,
Aberdeen, SD 57401

~Valid until June 30th, 2016~

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Bethesda's Annual Community Picnic~
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Elmo Feiock

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Joan Haak

Thank you for your generosity, support and caring

Continued on next page

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BETHESDA HOME ACTIVITIES:

Judy Bretsch ~ Monthly Donation
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 Zion Lutheran Church

ADULT DAY HEALTH CENTER AT BETHESDA

In Honor of:
Alvin Ristau's 90th Birthday!

Jonathan Ristau
In Memory of:
Betty Dunker
 Francis & Phyllis Halvorson
Nance C. Garvin
 Gloriane Yost
Estrid "Essie" Haugen
 Vivian Locken
 Viola Tetherow
Howard Kuebler
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In Memory of:
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 Steve, Sherm, Curt and Frank
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 Dr. Ken & Andrea Giedt
 Evie Holdhusen
 Peggy Jo Larson
 Deb Rice
 Don & Hazel Schaubman
 Hedi Swanhorst
 Howard Swenson
 Lori Tobin
 Marlene Waldner

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 Charlie and Ginny Clark
In Memory of:
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 Donna Bratland & Family
Howard Kuebler
 Monica Kuebler, Sons & Families
Joyce Rogers
 Gloriane Yost
Arlene and Pirmin Trautner
 Richard & Sara Trautner

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 Craig & Audrey McFarland
 Larry & Susan Olson

Elaine & William Roth
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 Ken Trammell
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Lucille and Clarence Swenson
 Howard Swenson

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Other: Imagination Books-
 Books Are Fun
 Renae & Brad Fischer

BETHESDA SHARING CENTER

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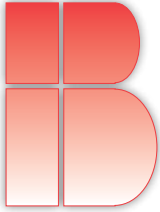
BEEF FOR BETHESDA:

THRIVENT CHOICE DOLLARS

Giving back makes an important impact in people's lives. If you are a Thrivent Financial member you can choose where your Thrivent Choice Dollars are distributed. Thrivent Choice provides distribution of charitable funds and you can help by designating Bethesda. We encourage you to consider Bethesda as your choice and would welcome your designation. If you are a member or interested in becoming a member of Thrivent Financial, you may contact Don Miller locally at don.miller@thrivent.com (605) 725-2023 or www.thrivent.com 1-800-THRIVENT (847-4836).

MEMORIAL CARD PACKETS

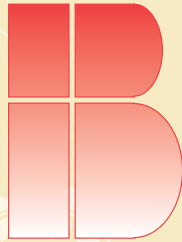
Bethesda has created this new opportunity for giving in memory of loved ones and it is free. Each memorial card packet includes a nice sympathy card, sympathy card envelope and donation envelope. If you would like memorial card packets, they are available at the front desk area in the main entrance, at any of our sponsoring churches or contact Peggy Jo Larson at 377-2722 or peggyjolanson@bha.cc



Bethesda

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Aberdeen, SD 57401-7724
605-225-7580

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Bethesda

Providing A Comprehensive
Continuum Of Exceptional Care

“Exceptional People, Exceptional Care”

Bethesda Home of Aberdeen

1224 South High Street
Aberdeen, SD 57401-7724

Phone: 605-225-7580

Fax: 605-225-7585

Skilled Nursing Home Care

Bethesda Sharing Center

1224 South High Street
Aberdeen, SD 57401-7724

Phone: 605-225-7596

Fax: 605-225-7585

Child Daycare & PreSchool

Bethesda Towne Square

1425 15th Avenue Southeast
Aberdeen, SD 57401-7726

Phone: 605-225-7600

Fax: 605-229-1073

Assisted Living Apartments

Parkside Retirement Community

1324 12th Avenue Southeast
Aberdeen, SD 57401-7754

Phone: 605-225-7900

Fax: 605-225-7585

*Independent Senior Living
Apartments*

Bethesda In-Home Community Services

1324 12th Avenue Southeast
Aberdeen, SD 57401-7754

Phone: 605-225-7900

Fax: 605-225-7585

In-Home Care Services

K.O. Lee Adult Day Health Center

1403 15th Avenue Southeast
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Phone: 605-225-7602

Fax: 605-225-7585

*A new alternative to assisted living
& nursing home care, person-
centered & customized care to
stay at home longer!*

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