

HERITAGE of Care THE BETHESDA LETTER

BETHESDA HOME...independence, respect, dignity since 1899

Getting to know our neighbors Experiences at Bethesda Home

The residents at Bethesda Home are what make it the great place that it is.

We had the opportunity to check in with several residents to find out a little bit more about them and what led up to their transition to Bethesda.

Roy and Mary Ann Funk

First we caught up with Roy and Mary Ann Funk at 305 Meadowlane. This is an independent living duplex unit.

When asked how they heard about Bethesda, Roy mentioned that they had grown up in the Goessel community.

“We’re rooted in Goessel. We went to church here.”

“I have had a sister working here since the 1930’s” said Mary Ann.

Her mother had also lived at Bethesda for a number of years in the old facility.

Roy and Mary Ann were married at Alexanderwohl Mennonite Church and moved to a farm just outside of Hillsboro. After retiring from farming they moved into the city limits of Hillsboro. Then in 2006, they decided a change was in order.

The decision to come to Bethesda was a natural one for Roy and Mary Ann.

“Our niece, Barb Voth, kept telling us that we should come talk to Pete Flaming and find out about Bethesda’s options,” said Mary Ann.

Once they checked it out, it was the best option by far. After exploring other avenues, they found that the amenities and overall package at Bethesda was the best choice for them.



Roy and Mary Ann Funk enjoy the comfort and convenience of living at Bethesda in their duplex. Behind them is one of the many puzzles that they put together. This one is a 2000 piece depiction of The Last Supper.

“As far as knowing people, we came back here to a community of people that were our Sunday school and high school classmates,” said Roy. “We joined Alexanderwohl Mennonite Church in 1947 and 60 years later in 2007, we came back. It feels like we are back home,” said Roy.

It wasn’t that hard for the Funks to make the choice to sell their home in Hillsboro.

“There are things that you have to do, whether you like it or not, and it was time to sell our home and move to Bethesda,” said Roy.

“We have enough space for everything here,” said Mary Ann. “It was a pretty smooth transition.”

Family members of Roy and Mary Ann are located around central Kansas. Oldest son Gerald and his wife, Sharon, live in Hillsboro, KS. Their daughter Elaine and her husband, Jim Baker also live in Hillsboro. Willard and his wife, Mary, reside in McPherson, KS, Myron and his wife, Rochelle, live in Wichita, KS and Lyle and his wife, Elaine, live in Hillsboro.

It has been easy for Roy and Mary Ann to keep in touch with their family members since they have a high speed internet connection and good cell phone reception in Goessel.

“It’s just the best facility,” said Mary Ann. “We even have our own washer and dryer and never have to worry about maintenance on any part of the duplex. If we have trouble, they take care of us. We have wonderful neighbors and we’re really happy here.”

From the CEO: Things to be thankful for

I am guessing that like most folks, periodically a song will just pop into your head. Lately the song that keeps showing up in my head is “Things to Be Thankful For.” The version that I hear is a song that the group Stairwell sang. Stairwell was an accapella male quartet from Bethel College who made their start singing together in a stairwell on the Bethel College Campus. If you know the song, or if not, the lyrics suggest the many things that we should be thankful for: “Like Love and Life and Jesus Christ. Who could ask for more?” Too often I find myself getting caught up in the trials of every day. We have had our share in the long term care industry with state funding cuts, managed care organizations, increased regulatory requirements, but we are not alone. You can simply ask a local farmer who has had to patiently persevere this year’s wheat harvest. At times like this it is helpful to remember the many things that we do have to be thankful for.

I am grateful for Bethesda and the many wonderful people who make this their home. Each day the residents provide me, and all of the staff, with moments of joy, wisdom and reflection. We are blessed to serve such wonderful individuals. I am grateful for the Bethesda staff. The work can be challenging, tiring, and difficult whether it is helping with the daily cares of a

resident, preparing a meal, sorting and folding laundry, trimming shrubs, or cleaning a room; yet our staff embrace the work each day and try to make this place a meaningful and enjoyable one for the residents.

I am grateful for all of you who are reading this newsletter. Many of you have given generously of your time, your resources, or entrusted us with the care of a loved one. We are blessed by the many ways that you have supported Bethesda and the many ways that you continue to support Bethesda with your time, prayers, referrals and gifts.

In an increasingly challenging time, I am happy to have “Things to Be thankful For” on my mind. It proves a wonderful reminder of the example given to us in Christ that we too may feed the hungry, clothe the naked, welcome a stranger and give the thirsty something to drink as we have been tremendously blessed even when times seem tough.

Thank you again for being a blessing to Bethesda Home, and giving me things to be thankful for.



Eric Schrag, CEO

P.O.P. Quiz (Pete’s Opportunities for Philanthropy)

What opportunities does Bethesda have to offer to satisfy the donor who wants to be “givin while they’re livin so they’re knowin where it is goin”?

- Garage for new resident activities bus – approx. \$28-\$30,000 (\$14,000+ already received) – urgent need
- Assorted wheel chair cushions - \$450
- Floor buffer - \$750
- Utility Vehicle (i.e. Gator, Mule, etc.) – approx \$12 - \$16,000
- Used Industrial Fork Lift in good condition - \$??
- Resident Room remodel - \$2,500 ea.
- Benevolent Care Fund – any amount acceptable toward offsetting Bethesda’s \$330,000 annual Medicaid shortfall

For a complete list and more details contact Pete Flaming – pflaming@bethesdahome.org or go to www.bethesdahome.org and click on the Get involved tab to see the complete “Wish list”. Also click on “Give” for a wealth of educational information of various giving options and gift planning. More details re: this new feature will be in the next newsletter, or contact Pete for immediate assistance.

Supporters of Bethesda have been very generous over the years in providing funds for specific needs which has enabled Bethesda to keep room rate costs reasonable. Your continued contributions toward some of the current significant needs listed above are deeply appreciated.

What’s the difference between the Benevolent Care Fund and the Resident Care Fund?

To clarify our internal systems, there has been a change in definition between these two funds. Gifts designated to the Benevolent Care Fund go toward offsetting the Medicaid shortfall. (This will get changed on future response envelopes.) Until that change is made on the envelop, when the Resident Care Fund box is checked the gift will go toward the Medicaid shortfall unless noted otherwise. In the future, gifts to the Resident Care Fund go toward providing for incidental expenses of residents not covered by Medicaid.



Bethesda’s new activity bus, funded by a Kansas Department of Transportation 5310 80/20 grant, has arrived and residents are excited about taking trips on it. The bus seats either 12 plus 2 wheel chair passengers, or 10 plus 3 wheel chair passengers. Residents will now be able to enjoy group activity trips such as shopping, sightseeing, etc.

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Jackie Haworth

Next we stopped in to talk to Jackie Haworth. Jackie came from Canton, KS and after becoming sick, moved to St. Joe, Missouri to be closer to her grandson who helped her to get checked into the hospital and get over some gall bladder issues.

“My husband and daughter live in Canton, KS. We were looking for a place that is close to Canton with good care. Bethesda met that need,” said Haworth.

“The staff here just really provide excellent care and services. They are just great!”

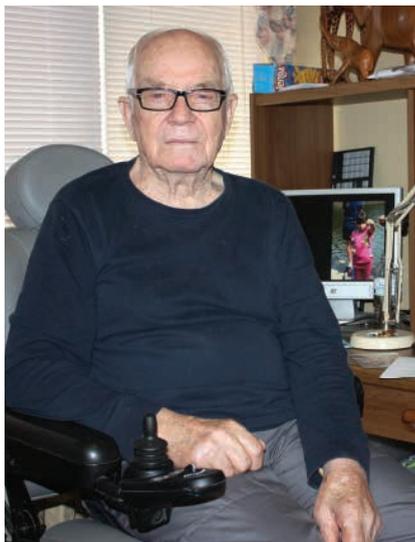
When asked how Bethesda was found, Jackie said that her husband had been searching the internet and came across Bethesda’s website. That got the ball rolling and the rest was history.

“I am so glad we found Bethesda. It is just a wonderful place. I can really relate to these people here,” said Haworth.

Coming and going as she pleases is another thing that Haworth really appreciates about Bethesda.

“I am able to go with my husband to the Canton Senior Center to see all of my friends and go shopping. It’s been a real blessing,” She said. “I couldn’t ask for a better place.”

Otto Guhr



Otto Guhr pauses for a photo while talking about Bethesda’s great staff. Guhr enjoys the hospitality and friendly people at Bethesda. He also enjoys listening to his vast collection of music on his stereo.



Jackie Haworth enjoys visiting with friends and painting canvas prints. Here she shows us one that is nearing completion.

“I love to copy LP’s and cassettes to CD’s and would like to do more. I provide the CD’s; just bring me the LP’s or cassettes. This offer is for anyone.”

Otto’s sister lives at Bethesda and the family grew up three miles east of Tabor Mennonite Church.

Guhr was married in 1948, moved to Chicago in 1960, moved back to the Butler County area in Kansas, was married and ran a hog farming operation. Tony and SuZann, Guhr’s two children stop by often. SuZann is married to Dale Beverly and they now run the family farm. Otto’s other son Tim passed away at the age of 49.

Transitioning to Bethesda Home has been a dream for Otto.

“The nursing staff here, you know, they are a wow! I really like them. They have been wonderful and I am amazed at the care we are given. I don’t need the care like some others here do but they are always

here to help,” said Guhr.

The kitchen staff is also another area that Guhr feels very good about.

“We walk into the kitchen and it’s time to eat and it seems like the kitchen workers are still working to prepare the food as we walk in, but 20 minutes later we’re all fed and it was very tasty,” he said.

Guhr really likes the flexibility in dining that is provided at Bethesda. The ability to select what he wants to eat from a meal ticket has been one of his favorite things about dining at Bethesda.

“I went over to another home where I have some friends and it seems like Bethesda is so much more welcoming. Here I feel like I’m actually a person who matters to people,” said Guhr.

Guhr had been in touch with Ashley Vogel, a social worker at Bethesda and it was very helpful in the transition to Bethesda.

“Here at Bethesda it smells good. It doesn’t smell like a nursing home. I’m taken care of. I can’t walk very well and I was tired of cooking so now I have nothing to worry about,” he said.

Many times people find that it’s more than the amenities that makes a place feel like home. While Bethesda provides first class facilities and service, they also provide a very caring and friendly atmosphere for everyone here. Guhr realized that right away and was happy to be back in Goessel.

“Goessel is my people, you might say,” said Guhr.

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“Experiences” continued from pg. 3

Alice and Lee Funk have enjoyed the change of pace that Bethesda has offered them. Since moving into their duplex last April, they have enjoyed not having yard work and maintenance issues to worry about.

Lee and Alice Funk

The last stop was at Lee and Alice Funk’s duplex on Meadowlane. They live across from Roy and Mary Ann Funk.

Having been lifelong members of Tabor Mennonite Church, they have always known about and supported Bethesda Home. Because of this, it was never a question of where to go but when.

They made the move from the family farm in April 2013. The transition has gone very well.

“We felt at home here right away. We had so much room here that we could bring all of our furniture here right away,” said Alice.

“We were lucky to get one of the larger units here. The unit they are in was built about 15 years ago but it looks brand new. There are no steps and no maintenance to do here. The maintenance staff doesn’t want us to even change a light bulb any more. It’s been a big stress reliever for us,” said Lee.

Sometimes there are factors that families wrestle with in making the decision to come to Bethesda. For the Funks, there were only a few things that they needed. One was to have enough room for all of their furniture and to still be able to have the family over. The other was to have enough room to setup a quilt and work on it. Both of these factors were not a problem for Bethesda to accommodate.

The Funks’ daughter Denise measured the room behind the garage and determined that it would be big enough to set up a quilt. As soon as she told Lee and Alice, they immediately went to the board and told them that they were ready to move to a duplex.

“I work on my quilting every day in the quilting room. I wasn’t going to give that up until I couldn’t do it any more,” said Alice.

Not having to do any of the lawn and garden work was a very big factor for Lee. Both Lee and Alice appreciate the walking paths around campus as a way to get some exercise.

Family is all close for Lee and Alice. Even their oldest daughter Sharon her husband Duane Adrian will be moving to Goessel this fall. They are excited to have all of the kids within 12 miles of them. Denise her husband Elton Nickel live in Goessel. Living outside of the city limits are Dar his wife Kim Funk, Barb and her husband Keith Banman, Wendy and her husband Paul Schrag, and Gayle and her husband Brian Voth.

Brian and Gayle purchased the family farm when Lee and Alice moved to Bethesda. This made the transition even easier. Adding to the ease was the number of friends they have at Bethesda.

“We knew all of our neighbors around here because they were all of our good friends,” said Alice.

“We have a lot of friends from church around here,” said Lee.

There is room for more people since both units on either side of the Funks’ is open.

Once the move was decided upon, Lee and Alice wondered what to do with their farm. That was when Brian and Gayle mentioned that they would be interested in moving to the farm.

When asked what they like to do at Bethesda Home, Alice mentioned that they do enjoy going to the special events.

“We don’t make it to Chapel every week but we try to get over there on occasion,” said Alice.

Things are still pretty busy for the Funks. One common misconception of moving to a retirement community is that life is over. At Bethesda that is the farthest thing from the truth you could find. Residents on the main campus are constantly involved in social activities, exercise classes, Chapel, story times, Generation Bridge with the younger kids who stop in after school and so much more.

The last thing that Lee mentioned was that it still feels like home. They have many friends and family surrounding them.



One of the pre-requisites for the Funks was that there had to be a room large enough for Alice to quilt. The room behind the garage turned out to be a perfect fit.

Dietary Department: Who are we and what do we do?

Food is a big part of each resident's life and for the dietary staff, it is rewarding to be able to provide food that is enjoyable and nutritious.

Trish Schimming, Director of the Dietary Department is a Registered Dietitian. She coordinates all of the dietary services at Bethesda. She started at Bethesda in 1989.

Growing up on a farm and attending elementary school in Hope, she is no stranger to Kansas. She graduated from Kansas State University with a Bachelor of Science degree in dietetics and institutional management. She worked at Axtell Christian Hospital in Newton for 12 years before coming to Bethesda.

Additionally Schimming has worked for and/or done consulting with Axtell Clinic, Newton Medical Center, Kidron Bethel Retirement Services and Harvey County Health Department. Schimming is married to Dave and has a son, Paul, who is married to Alison and has a daughter named Ellie. Schimming and her husband live in Newton.

As the dietitian, she covers various aspects of nutritional care for residents, including documentation, care plans and assessments.

"I work with the planning and organization of the dietary department, including hiring and evaluating employees, menu development, policies and budgeting," she said.

Serving residents from assisted living as well as the nursing care residents keeps Schimming and her staff busy. Dietary staff prepare some of the food items at the breakfast meal and the neighborhood homemaker prepares toast, cereal, juice and eggs. At dinner and supper meals, most of the food is prepared in the main kitchen. Food is sent to the neighborhoods in special carts with a heated section and a cooled section. The neighborhood homemakers serve the food at breakfast and dinner. At supper, dietary aides assigned to each neighborhood serve the meal.



Trish Schimming and Kelli Willis pause from a busy day to answer some questions and explain what makes Bethesda's dietary department so great.

"The thing that makes this system great is that the homemakers and dietary aides also can prepare alternate menu items as requested by the residents," said Schimming. "There are always choices for entrées as well as other menu items."

The other thing that the dietary department at Bethesda handles is home delivered meals. Community volunteers deliver the meals each day. The coordination for these volunteers is done by Ruth Goertzen at Alexanderwohl Church.

Since the dietary area was a part of the most recent major capital campaign, Schimming wanted to comment on the

many ways that her department benefited.

"The remodeling project resulted in a great expansion of floor space for the dietary staff. There were some very nice additions to our equipment as well," said Schimming.

"We were able to add a walk-in refrigerator for the first time ever, and that has provided much better storage space. The freezer, dry storage room and janitor's closet also became part of the kitchen, rather than remote storage, so this was much more efficient for all of us," she said.

Kelli Willis, dietary manager for Bethesda was also available to discuss some of the ways that Bethesda Home has become a first class dining facility.

Willis is a mother of three, Klay 8, Kolton 13, and Mikayla 16. Some of her hobbies include horseback riding, gardening, doing anything outdoors and spending time with her family and friends.

Willis and her kids have lived in the Goessel community for 11 years.

Work at Bethesda began for Willis in April 2011. Today she is the Certified Dietary Manager/Certified Food Protection



L-R – Kelli Willis Dietary Manager; Trish Schimming Dietitian; Denise Woelk; Brenda Franzen; Kay Stika and Sherry Harder. Not pictured: Robin Bailey, Jennifer Hagewood and Mandy Schrag.



Members of the evening shift pause for a photo, L-R Linda VanAardt, Gert Malm, Chelsea Stika, April Moon and Ginny Eby. Not pictured: Justyne Spragg, and Aaron Woelk.

Medicaid Basics

What is the purpose, who does it cover, and how much does it pay for nursing home care?

Purpose of Medicaid - Medicaid is a federal program that was established in 1965, at the same time as Medicare, under Title XIX of the Social Security Act. It was designed to assist low-income families in providing health care for themselves and their children - families below the federal poverty level. The spirit of the program is to serve the poor and frail.

Who does it cover? - Medicaid is a large program – it covers health care costs for infants and children, mothers, families, developmentally disabled and seniors over the age of 65. The bulk of Medicaid dollars go to children and families.

How much does it pay for nursing home care? - A statement made on a Medicaid planning website – “Medicaid will pay the entire cost of a long-term stay in the nursing home.” The only truth to this statement is that Medicaid will pay the entire cost that Medicaid says it will pay, but it does NOT pay for the entire cost of the level of care provided for a resident.

How does it impact Bethesda? – All residents at Bethesda receive the same care. Staff members do not know a resident’s funding source. If you go from being able to pay for care costs privately to needing Medicaid, you will not be moved to a semi-private room like a lot of other facilities in the area will do. Bethesda serves as a ministry to all of our residents regardless of their financial means.

At Bethesda, residents on Medicaid make up about 67% of our total resident population. The Medicaid reimbursement rates fluctuate quarterly. Currently, at Bethesda, the average Medicaid shortfall per person is \$24/day, or \$730/mo., or \$8,760/yr. This

equates to a total annual shortfall of approximately \$330,000+ for our residents on Medicaid. So in answer to a BIG question – **how is this shortfall paid for?**

Bethesda is a non-profit. Any profit we make is rolled back into our care and our facility. As the percentage of Medicaid residents increase, so too does our need to help subsidize care – either through cuts in operations, contributions, or the inability to fully fund depreciation. We appreciate those who generously contribute to our Benevolent Care Fund toward offsetting this shortfall. Additionally, the Bethesda Endowment Fund has recently exceeded \$1 million and distributions from the Endowment Fund are being channeled toward this expense.

A number of “Medicaid Planners” look to find loopholes in Medicaid laws to help those with tremendous assets divest in order to qualify for Medicaid. The Medicaid laws are becoming much more stringent. The penalty for Medicaid fraud is paying back money you have divested/transferred as well as not being able to qualify for Medicaid.

Statistics from the U.S. Dept. of Health & Human Services show that 70% over the age of 65 will need long-term care at some point in their lives. We encourage constituents to look into long term care options. Long term care insurance is a great option to provide for yourself and non-profit ministries. We also encourage those with significant assets to donate to Bethesda to follow Christ’s teaching, “...give to the poor, and you will have treasures in heaven.”

If you have other questions don’t hesitate to stop in or call. Thank you so much for all that you give to Bethesda – prayers, volunteer hours, kind words, referrals and monetary gifts.

Volunteer Opportunities

Do you enjoy counting money? Are you able to donate about ½ hour of your time weekly? If so, we could use a reliable person to count the money from our pop machine. This money allows our neighborhoods to do special activities. If you have the ability and the time to do something that would enrich the lives of many of our residents, please contact Gayle Voth, Activities Director. For a list of all volunteer opportunities go to our web site www.bethesdahome.org and click on the “Get Involved” and “Volunteer” tabs.

Nancy Stucky, our Butterfly Garden volunteer coordinator, welcomes more volunteer gardeners to help weed and dead-head old blooms. Individuals can work independently or join on designated work days, helping weed every 2-3 weeks. Volunteers can commit for various amounts of time. For more info contact Nancy at bnstucky@mtelco.net or 620-367-2610.

Giving is Good

“Giving money is a very good criterion, in a way, of a person’s mental health. Generous people are rarely mentally ill people.”

– Dr. Karl Menninger

“Are you listening to this? Really listening? Listen carefully, to what I am saying – and be wary of the shrewd advice that tells you how to get ahead in the world on your own. Giving, not getting is the way. Generosity begets generosity. Stinginess impoverishes.”

Jesus Christ – Mark 4:24-25 - The Message

The Lincoln Perk at Bethesda Home

A great place to relax, meet family and/or friends.

COFFEE AND ESPRESSO SPECIALTIES

Gourmet Drip Coffee; Café Au Lait; Caffè Latte;
Flavored Caffè Latte; Breve; Cappuccino
Café Americano; Espresso - Single or Double Shot;
Jump Start

ESPRESSO SPECIALITIES

Caffè Mocha; Very Vanilla Latte; Sugar free Vanilla Latte;
Caramel Latte; Mocha Bianca; Mint Mocha; Coconut Mocha
Espresso Specialties served

HOT, ICED OR BLENDED.

NON COFFEE ALTERNATIVES

Tea – hot – Tropical Green Tea; English Breakfast Tea; Dragon
Eye Oolong;
Southern Mint Herbal Tea (caffeine free)
– iced – tea latte; Chai Tea (hot, ice or blended)
Hot Chocolate; Steamers; Hot Caramelized Apple; Italian Soda;
Cream Soda

BLENDERS

Chocolate Banana Blast; Strawberries & Cream; Orange
Cream; Key Lime Pie; Snixers Freeze;
Peanut Butter Bliss; Hot Chocolate Freeze; Cake Batter

REAL FRUIT SMOOTHIES

Strawberry; Strawberry Banana; Berry; Mango; Pina Colada;
Peachy Pear



PASTRIES

(Excellent partners
with your drinks)
Breakfast cookies, Monster cookies, Sugar Cookies,
Double Chocolate Cookies, Peanut Butter Cookies,
Molasses Cookies, Lemon Bars, Granola Bars, Cranberry
Almond Biscotti and Cinnamon Rolls

Hours

Mon. – Fri. 7 a.m. to 4 p.m.; Sat. 9-11 a.m.; Closed Sundays
Memorial Day, 4th of July, Labor Day 8 a.m. to noon

FREE Wi Fi (More seating available in the dining hall)



The Season for Commodity Giving

Summer and fall are when most people think of giving commodities, but they can be given anytime of the year. Commodity giving in this area generally is wheat, corn, milo, hogs, cattle, hay bales, etc. but it can include many other things. In addition to it being a method for experiencing the joy of “first fruits giving,” commodity giving also offers a tax saving advantage.

The following are some comments from area farmers:

“I can’t afford NOT to give commodities.”

“I soon realized that I would get approximately 33 – 50% in tax savings (Federal & State income tax plus self employment tax) for every \$1,000 contributed depending on which tax bracket I might fit into. Then I began to realize that I could give 33 – 50% more to my charities without even noticing it in my bank account – plus I could get a tax deduction for the cost of raising that commodity. It feels good!”

A Commodity Gift can be accomplished in 3 practical steps:

1. When you transfer or deliver your commodity (grain, livestock, etc.) to the elevator or sale barn, ask the agent to make the check payable to Bethesda Home and have them send it to P.O. Box 37, Goessel, KS 67063.
 2. Ask the agent to note your name on the check stub as consignee (so we can acknowledge your contribution), unless you wish the contribution to remain anonymous.
 3. Let Bethesda know if you want to designate the contribution to a specific cause.
- Or If you have a Donor Advised Fund account with the Mennonite Foundation, direct the agent make the payment to the Mennonite Foundation and send it to their Hesston office. Notify the Foundation (877-467-7294) of the bushels/quantity of the commodity donated and the amount to go to Bethesda Home.



Mennonite Bethesda Society

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Goessel, KS 67053-0037

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CEO/Administrator:
Eric Schrag

WHAT'S INSIDE?

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- Reflections from residents
- New Activities bus
- Giving opportunities

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Professional. She has been in this role since January of 2013.

“My main job functions are to schedule staffing and purchasing. I started taking the dietary manager course in late 2012 through the University of Florida. I passed my exams in October 2013,” said Willis.

Prior to this position, Willis worked as a cook and a dietary aide.

For Willis the most enjoyable parts of the job include interacting with residents and staff every day.

When asked to sum up what she likes best about Bethesda, Willis didn't hesitate.

“We have the best residents and staff at Bethesda. Every day is an adventure. Bethesda is a great place to work as well as a great place for the residents to live. I have known many of the staff here for many years and everyone agrees, Bethesda is just a great group of people.”



Members of the dietary team for the neighborhoods are, L-R Fern Bartel, Mary Rauh, Robin Bailey, Orlene Saylor, Sandy Slick, Kathy Miller and Rhonda Piland. Not pictured: Mike Estus, Angela Leiker and Larry Pawloski.

We invite you to visit our updated website

www.bethesdahome.org

Please send us your email address if you would like to receive the newsletter and other communications electronically.

Follow Bethesda current news and resident activities on our updated face book page.

“Like” us! We welcome your comments.

