

The *Bethany Beacon*

SUMMER 2024



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Your Generosity in Action

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“Music, when soft voices die, vibrates in the memory.” - Percy Bysshe Shelley

Can you imagine your life without music?

Every day, in so many ways, your support of Bethany Health Care Center’s Resident Activities Program goes beyond simple care.

Including bringing the gift of music to our residents.

You’re at the very heart of residents’ physical, mental, and emotional well-being.

Your generous support of the Activities Program means ...

*A Sponsored Ministry of the
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COVER STORY *continued*

- Every day you're encouraging critical thinking and creativity through puzzles and word games. And who doesn't love BINGO!...
- You're helping to evoke cherished memories through your support of music therapy and presentations...
- You're bringing community and a sense of home through daily group activities like birthday parties. Because no one should be alone and sad on their birthday. And, thanks to you, Bethany residents never feel isolated or alone...
- You're not only nourishing our residents' minds and spirits, your support also keeps residents fit through gentle exercise classes, modified sports — and even cardio drumming!
- Imagination is everything. That's why your support of activities like painting, writing, and music is so important.

Personalization is key to Bethany's approach because every resident has unique interests and abilities. Your support means residents maintain their identity and feel valued.

Even residents with advanced dementia benefit from your support of the Namaste Room.

You help enhance Bethany's residents' quality of life, ensuring they feel seen, heard, and valued.

Thanks to you, Bethany is more than a residence. It's home.

Through your support of Bethany Health Care Center, you've given something special. Gifts that are meaningful and rare.

Thank you for the trust you've placed in us. And for filling the lives of Bethany Health Care Center's residents with joy every day.

Your Gifts Create a Home

"A quilt will warm your body and comfort your soul"

A special note of thanks to donors who have given to Bethany's Spring Appeal.

Together, 126 generous donors raised over \$56,000!

Your generous gifts meant that we were able to add a fresh coat of paint to every resident's room. Each resident was able to choose their favorite from five different bedspreads.

And curtains to match!

Bethany is so much more than a Health Care Center. For our residents, Bethany is home and staff is extended family.



A newly refreshed resident room

Today the world of the women who call Bethany home is a little brighter, because you cared.

Always. Your heartfelt compassion means the world to us at Bethany Health Care Center. Thank you.



Her Life's Ambition of Service...Fulfilled

Have you ever wished to take a single childhood memory, blow it up into a bubble, and live inside it forever?

When she was young, Sister Therezon Sheerin, CSJ, and her sister would play Mass with a card table as the altar. Sister Therezon played the priest.

But she knew, even then, that she wanted to be a nun. The Sisters of St. Joseph of Boston was the order she chose.

When she entered the convent, World War II was ending.

Sr. Therezon says, "In those days, the novitiate was in Framingham. There were 63 women who entered with me. I never once considered that I might be sent home."

When you ask her about her education, you'll learn that Sister Therezon has a Bachelor of Arts in Chemistry from Regis College and a Master of Arts in Psychology from Catholic University.

She taught Psychology at Regis for thirty-five years before going on to work in the Sisters of St. Joseph archives. Reminiscing today, she remembers how she loved interacting with the students, the women of Regis.

Now, as a resident of Bethany Health Care Center, Sister Therezon is the picture of contentment. The food, the feasts, the services, and the activities combine to make for rewarding days.

"They can't do enough for you here. The new Welcome Center is a great place to visit to get out of your room. Each holiday and holy day is special. Whatever the donors give is put to the service of the residents."

What would Sister Therezon like to say to our Bethany donors?

"Thank you! Every time you contribute, your gift is well used for the residents."

Foundation Funding...Making a World of Difference

The healthcare system in Massachusetts is struggling with the gap between the cost of care and reimbursements, leaving long-term care facilities to make up the difference.

Thanks to two generous grants, the women of Bethany continue to enjoy the highest quality care.

With the support of the **Agnes Lindsay Trust**, Bethany purchased **four laptops to improve care and keep records efficiently.**

A grant from the **Catholic Health Foundation of Greater Boston** helped buy **essential medical equipment, including a device for wound**

treatment and a lift that promotes resident independence.

According to Maureen Dulko, RN, Director of Nursing, "This equipment **provides cost savings, streamlines procedures, and optimizes nursing resources.** These purchases will have an immediate impact on our delivery of exceptional care."

We are deeply grateful to the Agnes Lindsay Trust and the Catholic Health Foundation of Greater Boston for their generosity and support of our mission!

Born Into Gratitude

"If you're looking for an organization that will put your donation to good use, Bethany is it."

Meet Maureen O'Callaghan, a good friend of Bethany Health Care Center!

The first thing you'll notice when you meet Maureen is the aura of love and compassion surrounding her.

It could have something to do with the fact that she was born on Thanksgiving Day in 1947. Or it could stem from her childhood teachings from the Sisters of St. Joseph of Boston.

Later, as a "naïve and very protected young girl who did not know who she was," Maureen entered the convent as a young novice.

And, while she eventually left the order to find her true "grown-up" self, Maureen couldn't help but fall in love with the Sisters of St. Joseph.

"They, along with my family, provided the religious education that I needed to develop a strong faith in God and to support the people

who crossed my path in life. For this, I am eternally grateful."

Recently, through our Bethany's Got Talent events, Maureen became involved again as a volunteer. The residents love her card-making class!

In her free time, Maureen says, "Most of all, I enjoy spending time with my family and friends. My immediate family has dinner together every Wednesday night to catch up." Thirty first cousins (!) and countless friends keep Maureen active with high tea, travel, and "spa days."

"The Sisters have spent their entire lives teaching children, among their other ministries. They always gave their best to those who needed their support Now is a good time to give back to them."

