

Happenings

September 2021



Grandparents Day

Bethesda Receives a \$15,000 Grant for Its New Transportation Assistance Fund

Bethesda is happy to announce the establishment of its new Transportation Assistance Fund with its first grant of \$15,000 from **East Missouri Foundation**.

The funds will assist economically disadvantaged seniors who live in Bethesda's skilled nursing communities by providing reliable and safe transportation to appointments for physical therapy, doctor and specialist appointments, dialysis, and cancer treatments.

"Providing reliable and safe medical transportation through a reputable non-emergency medical transportation partner is central to both quality care and ensuring a high quality of life for our seniors," says **Carrie**

Vahldieck, Administrator at Bethesda Dilworth, one of Bethesda's Skilled Nursing Community.

At any given time, there are approximately 300 economically disadvantaged and Medicaid eligible/pending residents living within Bethesda's six skilled nursing communities. "This marginalized population often experience transportation barriers that may lead to missed doctor's appointments, delayed care, or delayed medication use," Carrie says.

Timely and appropriate medical treatments and reliable transportation options lead to better health outcomes. The generous gift from East Missouri



Foundation will provide the much-needed funding to assist Medicaid seniors with dependable transportation. This grant is another step to fulfilling Bethesda's mission and providing every senior with the dignity and respect they so richly deserve.

Tax Credits for Missouri's Working Families



Missouri's state lawmakers recently passed legislation that created an *Earned Income Tax Credit* (EITC), which is also known as the *Missouri Working*

Families Tax Credit. Those who are eligible will receive a credit worth 10 percent of the federal EITC. The credit will provide much-needed tax relief to an estimated 250,000 Missouri families, including 409,000 children.

Here are a few things to know about the EITC:

1. Eligibility is limited to low-to-moderate income earners.

The general eligibility rules for the EITC include:

- Taxpayers must file as individuals or married filing jointly.
- If married—you, your spouse and your qualifying children must have valid Social Security numbers.
- You must also be 25 or older but younger than 65.

Although the EITC typically is considered a credit for low-income filers, there are many variations of income, filing status and number of qualifying

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Mike Trau Funds Courtyard in Wife's Memory

Are you searching for a way to create a lasting legacy of your loved one? Mike Trau, a Bethesda driver, found the perfect way to honor the love of his life, Amy, who served on the Bethesda Leadership Team as Senior Vice President and Chief Operating Officer for more than five years before tragically dying in an automobile accident.

Through Bethesda's **Lasting Impressions** program, Mike named the **Amy Jo Trau Courtyard** in her honor. The courtyard is located on the main level of Bethesda Hawthorne Place, one of Bethesda's assisted living communities. Mike continues to stop by the courtyard to see vibrant residents enjoying the new umbrellas and lawn furniture that now adorn the space.



"I knew that many residents would enjoy the courtyard and specifically the garden, and that would have made Amy so happy," Mike says. "It makes me feel so good to honor her in this way that supports the organization she loved, and it creates a lasting legacy of Amy."

The **Lasting Impressions** program can help you create a permanent legacy for your loved one or friend.

Foundation Welcomes Claire Luna

Bethesda's Foundation and Marketing departments welcome **Claire Luna** as an Administrative Assistant. In this role, Claire assists with gift processing, direct mail and other initiatives to build Bethesda's donor support.



Claire enjoys baking, swimming, and candle making, which she juggles with work and her graduate school coursework in Nonprofit

Leadership at Webster University.

Claire grew up in the city of St. Louis and attended Chapman University in Orange County, California, where she graduated with a B.A. in History.

Welcome to Bethesda, Claire!

Senior SPOTLIGHT

Ginny Jones



Sunday, September 12, marks Grandparents Day, and there is no better way for **Ginny Jones** to spend it than with her grandchildren. Ginny, a resident of Bethesda Orchard, has six grandchildren and 14 great grandchildren ranging in age from 6-19 years old. As a result of the pandemic, many seniors were not able to see their children or grandchildren, and many are now making up for lost time!

"Grandparents play a special role in our lives handing down traditions, instilling our faith,

and providing impact in so many ways. I am blessed to have wonderful children and grandchildren who value and cherish family time. I can't think of a better way to spend my time!" says Ginny.

While we honor our grandparents every day, please take an extra moment to appreciate all the joy and wisdom that grandparents bring to our lives. This Grandparents Day don't forget to spend time with your loved ones or an elderly person who you consider a grandparent.

Ginny is pictured with her youngest great-grandchild, Ronan, 6, along with Elliot, 10, Ginny's son, Randy Jones (standing on right), and the children's nanny, Marcia Grabish (standing on left).

Good People Doing Good Things— Bethesda Southgate Activities Team



Covid-19 and its various forms has definitely affected EVERYONE'S mental health. From residents not being able to hug and kiss their families, to staff having to wear masks and goggles all day, it has been stressful.

Bethesda Southgate's activity team, led by Activities Director **Tara Powell**, consistently goes out of its way to develop and implement life-enriching activities for everyone in the building. They coordinate lip sync battles in costume, line dancing in the halls, and wild and wacky hair days, just to name a few of the ways they keep the residents (and themselves) entertained.

Without a doubt, this team makes everyone's day brighter!

Tax Credits for Missouri's Working Families

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dependents that affect eligibility. For example:

- In 2020, a married couple with three children and adjusted gross income of \$56,844 or less could receive up to \$6,660.
- An individual who earns \$15,820 and has no children may receive up to \$538.

It's recommended that all filers explore their eligibility for receiving the EITC each year. For the 2020 tax year, the maximum credit is \$6,660.

2. Self-employed tax filers are eligible.

Many filers, especially self-employed individuals, fail to take advantage of credits because they think they are ineligible.

The IRS considers all income that is earned to be eligible for the credit. This includes:

- Wages
- Salaries

- Tips
- Union-strike benefits
- Long-term disability benefits received prior to minimum retirement age
- Net earnings from self-employment
- Gross income received as a statutory employee (an independent contractor under common law rules)

Types of income that do not qualify as earned income for the credit include:

- Child support
- Retirement income
- Social Security benefits
- Unemployment benefits
- Alimony
- Pay received for work while in prison

3. Investment income can cause disqualification.

In 2020, income derived from investments causes

disqualification if it is greater than \$3,650 in one year. This total could include income from stock dividends, rental properties or inheritance.

4. Eligibility may fluctuate.

Taxpayers should pay attention to their EITC eligibility every filing year, as tax laws and personal tax situations can change. Changes that could affect your eligibility for the EITC can include:

- New job
- Unemployment
- Loss of an annual bonus
- Change in marital status
- Change in a spouse's employment situation

The EITC is one of the most valuable credits available to struggling Americans. Consult your tax advisor for more information pertaining to your eligibility, and how to maximize the earned income tax credit.

2021 Mary June King Scholarship Recipients

Bethesda has selected two individuals to receive the *Mary June King Scholarship*—**Andrea Aylor**, a licensed practical nurse working at Bethesda Dilworth and **Emina Bursac**, a Compliance Nurse Specialist.

Established in memory of former Bethesda Dilworth resident Mary June King by her daughter, Mary Brown, the scholarship reinforces that education is the key to a better future. Andrea is pursuing her Registered Nursing license at St. Louis Community College,

and Emina will complete her Bachelor of Science degree in Nursing next spring from Central Methodist University. In both cases, the scholarships will help offset their educational expenses.

“I am grateful that Bethesda has invested in my education and awarded me this scholarship, for it reduces my financial burden, gives me peace of mind, and allows me to pursue my educational and long-term professional dreams,” Emina says.



The Mary June King scholarship helps provide post-secondary education or college-level study for any Bethesda employee in a field that benefits Bethesda and the employee. Congratulations to Andrea and Emina!

Bethesda Southgate Awarded 2021 Hearts for Our Homes Trophy

In June, the Bethesda Health Group Foundation wrapped up *Hearts for Our Homes*, which is the annual community-based fund-raising initiative designed to help keep seniors living at a Bethesda community even when they have exhausted their funds. Despite the pandemic, Bethesda employees and friends raised more than \$108,000, a tremendous total.

Bethesda Southgate earned bragging rights over the other communities by securing the *Hearts for Our Homes* traveling trophy, which recognizes the Bethesda community that has the best fundraising results. Employees of Southgate raised nearly \$12,400. “This is the first time a long-term care facility has won the trophy, which makes this especially exciting for all of us at Southgate,” says

Nicole Carter, Administrative Secretary and a Hearts for Our Homes Ambassador for Bethesda Southgate.

Nicole and **Tara Powell**, Director of Activities, were instrumental in keeping the Southgate employees and residents engaged and supporting the campaign. The race for the traveling trophy was very close between all the Bethesda owned long-term care communities, as Bethesda Dilworth raised \$11,855, and Bethesda Meadow raised \$11,752.

The true winners, however, are the hundreds of seniors who benefit from the Hearts for Our Homes campaign. Congratulations to everyone who made the campaign a success. If you are interested in making a gift to support Bethesda seniors, please visit www.bethesdahealth.org/giving-to-bethesda/.

