



**BETHANY RECOGNIZED AS
 2025 TOP WORKPLACE**

Learn why the *Chicago Tribune* named our organization a leader in the Chicago area for workplace culture and employee satisfaction!

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- David and Shirley Wu Share How They've Added Meaning and Joy to Their Retirement Years
- Delia Espinoza Brings Holistic Wellness to Community
- Year-End Message from CEO Vera Lampe



We've Been Named a 2025 Top Workplace by the *Chicago Tribune*!

Bethany Methodist, the non-profit owner and operator of Chestnut Square at The Glen and Partners in Healthcare, was recognized as a 2025 Top Workplace by the *Chicago Tribune*! The award celebrates outstanding workplace culture across the Chicago area, and is based on a comprehensive and confidential employee survey conducted by an independent third party.

"We are deeply honored by this recognition and what it represents," said Vera Lampe, CEO of Bethany Methodist. "I'm filled with gratitude for our extraordinary staff, our board of directors, and the residents, clients, and families whom we have the privilege to serve every day."

This award underscores our organization's commitment to compassion, respect, and genuine connection. Team members take pride in their work, and

their commitment is evident in the care and support they provide daily. A sampling of the survey responses from our employees included:

"I love that our community brings real happiness and peace of mind to our residents and families."

"This is more than just a job—it's a place where I know I make a difference every day."

"This organization genuinely values resident dignity and compassionate care. It's not just something we talk about—it's something you feel in the way people interact, the support staff are given...and making sure residents are truly seen and respected."

Chestnut Square is a premier independent living community designed for residents who embrace a forward-facing



lifestyle. Situated in the heart of The Glen, our newly renovated campus features spacious residences, multiple dining venues, educational and social opportunities, and so much more.

Partners in Healthcare is a licensed home care agency dedicated to providing compassionate, personalized care in the comfort of home. Serving residents at Chestnut Square and clients throughout the northern suburbs, we offer a full range of services—from medication reminders and personal care to live-in support.



**CHESTNUT
 SQUARE**
at The Glen

A SENIOR LIVING COMMUNITY

📍 [ChestnutSquareatTheGlen](#) 📷 [@chestnutsquareglen](#)

There's a special energy to life at Chestnut Square. And it will change the way you feel about retirement living. You'll feel it throughout our green and shady campus, in our stylish common spaces, in your modern residence, and at our on-site wellness center.

Best of all, you'll feel it in the inclusive outlook of neighbors who are curious about life and serious about living it fully.

Explore the possibilities and schedule your tour today at (847) 904-5102.

David and Shirley Wu Share How They've Added Meaning and Joy to Their Retirement Years



Pictured above: David and Shirley Wu at July's birthday dinner celebration, an exclusive culinary experience for residents.

Retirement is often portrayed as a blissful time of relaxation and leisure, but for many seniors, it can also bring a new set of challenges. The transition away from a busy work life can evoke a mix of emotions, including uncertainty, loss of purpose, and isolation.

"Years ago, when I was teaching a class to my seminary students, we interviewed various age groups to better understand the gap between what people expected before retirement, and what they ultimately dis-

covered afterward," explains Chestnut Square resident Shirley Wu. "We found that the things people were looking forward to the most—having more free time and fewer responsibilities—wound up becoming the things they ultimately found most challenging."

Shirley's class learned that for seniors especially, filling each day with purpose and meaning was often a struggle, and those who maintained a meaningful lifestyle were much likelier to report happiness.

According to recent medical studies, there is science to back up those observations. "There is growing evidence that having a sense of purpose

is linked to better health and well-being in older adults," says Dr. Melanie Chandler of the Mayo Clinic.

Likewise, a study conducted by Rush University in Chicago found that higher levels of physical activity were associated with slower cognitive decline and improved health, often delaying or preventing the onset of diseases.

When Shirley and David entered their retirement years, they initially found it challenging to occupy their days as they had during their professional lives. "We realized that we wanted more connections and activity, and that's one of the main reasons we decided to move to Chestnut Square," she says.

Since becoming residents here, the couple has become more engaged and loves attending various programs and events each week.

David is a regular at the watercolor classes, participates in the poetry club, and attends the nonfiction book club. Shirley enjoys the fiction book club and always looks forward to the many guest lectures, discussion groups, and concerts.

"We've also enjoyed meeting all of our new neighbors," says David. "Sharing meals and having interesting conversations with new friends has brought extra meaning and joy to our lives."

To learn more about Chestnut Square's forward-facing approach to retirement living, please call (847) 904-5102 or visit www.chestnutsquare.info

Delia Espinoza Brings Holistic Wellness to the Community

Since joining our team in 2024, Delia Espinoza has quickly become a trusted presence in the community—valued for her expertise, warmth, and genuine care!

With over 20 years of experience in healthcare, including more than a decade as a Licensed Practical Nurse, she is responsible for developing health and wellness programs that promote holistic well-being for the residents of Chestnut Square and clients of Partners in Healthcare.

In her role, Delia wears two important hats. As Home Care Director of Partners in Healthcare, she leads our team of exceptional caregivers who support residents at Chestnut Square and clients throughout Chicago's northern suburbs.

Delia also serves as Chestnut Square's Wellness Nurse, guiding programs that keep residents healthy and engaged. From blood pressure clinics and wellness checks to her popular Mindful Meditation class, she ensures that wellness is always woven into daily life.

What's more, thanks to her leadership as a healthcare navigator, residents know they have a dedicated advocate to coordinate care with a wide network of providers.

"What I treasure most about my dual roles is the opportunity to create meaningful connections with everyone in this wonderful, inclusive community," she explains. "It's rewarding being a source of comfort, care, and



support during pivotal moments in someone's life."

Researching emerging trends in technology to enhance caregiver training and resident wellness is another area of interest for Delia.

In her free time, her curiosity and joyful spirit continue to shine through. "I have a deep passion for exploring life's big questions, which fuels my love for quantum physics and personal growth seminars," she says. "I also love exploring Chicago's hidden culinary gems, traveling, and playing with my two Yorkshire Terriers, Infinity and Serenity."

Your trusted partner in compassionate care, Partners in Healthcare is a member of the Home Care Association of America and has been awarded a "Best of Home Care Leader in Training" by Home Care Pulse, which is recognized by the Alzheimer's Association for high-quality, person-centered training. Contact us today to learn more and request a free consultation.



(847) 904-5113
www.partners-healthcare.com

CEO's Corner

As we welcome the holiday season and reflect on all the special memories we've made in 2025, we're reminded of the importance of community and the connections we share. This is a time when generosity shines brightest, and your support helps us continue our mission of providing exceptional senior living and health care to our residents and clients.

We warmly invite you to consider us in your year-end giving, as every contribution, no matter the size, helps sustain the important work of Chestnut Square and Partners in Healthcare.

Your donation helps launch new community programs, support essential upkeep and renovations, and provide assistance to residents who have exhausted their financial resources. Above all, it ensures future generations can share the same sense of belonging that you or your loved ones have.

From our family to yours, we wish you a joyous holiday season and a healthy New Year!

Vera Lampe

Chief Executive Officer

To learn more about supporting our mission with a tax-deductible donation, please visit: www.bethanymethodist.org

