

BETHESDA HEALTH GROUP | REPORT TO THE COMMUNITY 2013

Wellness,
WELL DONE!



BETHESDA

Table of Contents

A MESSAGE FROM JOE.....	3
AN ILLUSTRATED LIFE	4
GOING STRONG.....	6
ONE MORE MISSION	8
CELEBRATING LIFE	10
BACK TO BASICS	12
GOOD ADVICE.....	14
SMART MOVES	16
2013—AN AMAZING YEAR!	18
MAKING IT EASY TO HELP	20
HONOR ROLL OF DONORS.....	21
VOLUNTEER GROUPS	27
MANAGEMENT TEAM.....	29
BOARD OF DIRECTORS.....	30
“SATISFACTION IS OUR GOAL”	32
YEAR IN PHOTOS	34

(below) Bob Morris (left) and John Rowe were recipients of LeadingAge Missouri awards in 2013.

(bottom) Joe Brinker accepts the Pathways to Greatness Award from LeadingAge President and CEO Larry Minnix (third from left) and representatives from CliftonLarsonAllen.



A Message from Joe



A SOURCE OF great pride for me is the ongoing efforts made by the entire Bethesda team toward providing exceptional senior care and services. Bethesda's vision for the future is to foster successful aging through compassion and innovation, and in 2013 our journey toward this vision was

validated through our clinical outcomes, increased independent senior living occupancy and numerous accolades.

We earned significant national recognition within our industry when we were named the 2013 **"Pathways to Greatness"** award honoree! CliftonLarsonAllen, a national CPA, consulting and advisory firm, and LeadingAge, a global network of 6,000 non-profit aging services organizations, sponsor the nationwide initiative, which is aimed at identifying traits of high-performing organizations (like Bethesda) so that other providers can learn from and capitalize on proven best practices. We are one of only seven organizations nationally to have been honored with this prestigious award since 2007.

Additionally, Bethesda was once again recognized by the St. Louis Business Journal as one of the **"Best Places to Work in St. Louis,"** a proud testament to Bethesda's goal of becoming a regional employer of choice in aging services.

Bethesda received the St. Louis Regional Chamber's inaugural **"Arcus Award for Educational Attainment"** for our strong commitment to advance employee education and training, which includes our collaboration with St. Louis Community College, our "School-at-Work" and "LPN to RN" programs, and our generous tuition reimbursement policy.

Bethesda also earned its second consecutive **"Spirit of Innovation"** award from Lincoln Healthcare—this one feted our Geriatric Care Management program, for dedication to improvement, development of best practices and commitment to success.

Two of our own, John Rowe and Bob Morris, received top accolades from LeadingAge Missouri, our statewide professional organization. John, retired President & CEO of Bethesda, received the prestigious **"Award of Honor,"** which honors an individual whose contribution to the field of senior services is exceptional, exemplary and has a state-wide impact.

Bob received the **"Volunteer of the Year"** award for his significant volunteer service and his commitment to preserve the dignity and well-being of Bethesda residents. In addition, Bob's commitment to preserving the legacy of our resident Veterans is unmatched!

Bethesda continues to pursue innovative practices and technologies that will allow older adults to age successfully, and we invest heavily in renovating our communities to provide our residents with a comfortable living environment that they are proud to call home.

Our wellness initiatives explore ways for participants to incorporate healthy living activities into daily routines to prevent illness and promote independence. Participation in these initiatives has exceeded expectations; in its first year, 75% of Senior Living residents participated, and the program continues to grow!

The popularity of our Senior Support Solutions and Geriatric Care Management programs continue to expand our ability to serve the needs of our residents and seniors throughout the St. Louis area. We proudly share our quality outcomes with local hospitals to demonstrate our value as a partner in caring for seniors after a hospitalization.

Yet we will never waver from our commitment to give back to our community. We annually partner with Meals on Wheels to provide tens of thousands of meals to area seniors. We continue to be a proud supporter of the United Way campaign, and have provided more than \$13 million in charity care and financial assistance through the Bethesda Health Group Foundation to help residents whose assets have been depleted.

The willingness of our employees, volunteers and supporters, especially our own residents and their families, to commit to this level of support touches me greatly, and we are so very appreciative of your generosity.

I'm extremely proud to lead an organization with as much success and promise as Bethesda, especially as we move into 2014 and the celebration of our 125th anniversary! Thank you for your continued support, and please enjoy the articles and organizational milestones that made 2013 a year to remember.

A handwritten signature in dark ink that reads "Joseph J. Brinker". The signature is fluid and cursive.

Joseph J. Brinker

President & CEO, Bethesda Health Group, Inc.

Creative, talented and passionate:

Al Schweitzer's Illustrated Life

IF THE MEASURE OF A MAN can be found in the sheer volume of his work and range of his interests, Al Schweitzer dwarfs most.

In the early 1940s, the young enlistee turned the shouting-drilling-and-marching of Marine boot camp into a humorous illustrated booklet sold in the PX for 25 cents. It sold upwards of 10,000 copies in the first week. Upon returning home, he captured the history of St. Louis in a folded poster and drew his way into another hot-selling piece where his artistry brought life to the city's chronologic history. He founded Rivercity Publishing Co., which printed and sold more than 60,000 copies.

He used his artistic talent to add real dimension to stories and the news of the day. From advertising illustrations to nationally syndicated news editorial cartoons, Al's sharp wit and smooth hand earned him an award from the Catholic Press Association while also some criticism for his images depicting racial acceptance during the deeply divided racial debates of the 1960s.

At the height of his career, Al worked at the *St. Louis Post-Dispatch*, creating editorial cartoons and daily adaptations of the famous front-page Weatherbird. Al's work ultimately crossed the thresholds of more than 300,000 St. Louis homes and businesses every day (and 500,000 on Sundays).

According to an article in the March 24, 2013 *St. Louis Post-Dispatch*, "the Weatherbird cartoon, the daily front-page icon of the *St. Louis Post-Dispatch*, still reigns as the longest continuously running comic strip in U.S. newspapers." Only six cartoonists have drawn the bird since its creation in 1901, and according to Al, "every artist develops his own bird. I liked to draw happy birds, often with a cigar...I thought the cigar made my bird a little saucy."

The current Weatherbird cartoonist, Dan Martin, admires Al's artistic talent. "The quality of his line and overall ability is just outstanding." With that said, Dan stresses the quality of Al's character over his remarkable talents.

"He's one of the classiest people I've ever met. He's the most refined, educated guy and as the one who gave me a shot right as I came out of college, I will be eternally grateful," he says.

This 92-year-old Bethesda Barclay House resident clearly loved his work. On a recent visit to the St. Louis Mercantile Library to review his 900-plus piece archive, he jokingly referred to the pieces as "his children." While clearly a large part of his life was spent with pen in hand, Al credits family and friends with the real reason he enjoys life and has been blessed with longevity.

His late wife H el ene, to whom he was married 66 years, seems to have been a good partner for a man with many interests. "We never thought about being old. We just stayed active," he says. They traveled extensively, enjoyed the opera and raised two boys. One passion they did not share was Al's love of sailing. "She hated it," he laughs.

"As a child, my father took us after church on Sundays to different places all over St. Louis. One day, it was Creve Coeur Lake, where the Boy Scouts were taking people out on sailboats. I was hooked!" What might have been a hobby for some turned into a side business (he sold custom sailboats) and competitive sport (racing on Lake Carlyle) for Al, who sailed until his mid-70s.

After his wife died, he moved to live with his son and family in Georgia. "That was nice, but I really missed my friends and life in St. Louis. Friends are very, very important," Al says.

He says he never made a self-portrait. One might imagine it would have captured him on a 13.5-foot racing boat, surrounded by H el ene and the boys, pen in one hand, tiller in the other and an American flag atop the mainsail.

Note: Special thanks to Valenda Curtis, Assistant Curator at the St. Louis Mercantile Library, for maintaining hundreds of Al's illustrations and hosting our photo shoot.



*"We never thought about being old.
We just stayed active."*

—Al Schweitzer, Bethesda Barclay House Resident

Al Schweitzer

Going Strong

Bethesda seniors overcome obstacles and remain active

SEVERAL YOUNG MEN in their early 20s sneak quick peeks over to the other end of the gym during lulls in the action of their game of pick-up basketball. There stands **Elizabeth Herring**, perfectly balanced on her left foot as she raises and grabs her fully extended right foot by her toes at shoulder height. She's old enough to be their grandmother. Maybe even great-grandmother.

"Can you do five or six more of those," asks the photographer.

"Of course," Elizabeth replies with a smile while holding the stretch for several seconds.

What the basketball players don't know is that Elizabeth is 87 years old, and had her hip replaced less than a year ago.

After surgery, Elizabeth spent three weeks in rehab at Bethesda Dilworth, followed by home care from St. Andrews & Bethesda Home Health. She said the

Bethesda rehab staff was encouraging and helped her quickly get back to the active lifestyle that she has enjoyed all her life. And Elizabeth is somebody who takes her wellness seriously.

A St. Louis society girl and member of a prominent Ladue family, Elizabeth took a path in life that few of her fellow debutantes could imagine.

"I ran away to the circus, then I ran away from the circus and married a cowboy," she said, succinctly summing up her whirlwind 20s.

She left behind her East Coast boarding school education and formal training at the American School of Ballet in New York City to join the Ringling Bros. Barnum & Bailey Circus. After touring the country for three years, she bumped into a cowboy in a Wyoming saloon and immediately fell in love. She married her cowboy and raised three children with him on their 520-acre family farm in Pike County, where they lived for more than 50 years. After her husband passed in 2005, she moved into a condo in Brentwood and went right back to the circus, sort of. At the tender age of 80, Elizabeth celebrated her birthday by performing a trapeze act at the City Museum.

Elizabeth is one of the many examples of vibrant seniors who live active and fulfilling lives—with a little bit of help from Bethesda.

DICK CORBET, 76, has not always been a role model for wellness and an active lifestyle. Through a long and successful career as an executive and consultant in the food industry, including stints at Ralston Purina and 7-Up, Dick said his wakeup call came after a routine visit to his primary care physician.

"I was having trouble digesting, and my doctor ran me through the works. He sat down with me



Elizabeth Herring



and told me that my stomach, heart and lungs were all covered in fat. He said I was a heart attack waiting to happen,” Dick said.

With exercise and diet, Dick lost 70 pounds in seven months. His wife passed three years ago but when she was diagnosed with Lou Gehrig’s disease, Dick started attending his local YMCA to build up his upper body strength so he could take care of her.

Then came the total hip replacement. Dick finally decided to take care of his hip, which had been bothering him for years, and underwent surgery in August 2012.

When he began his rehab at Bethesda Meadow after the surgery, he had an aggressive goal. Dick had registered for a 5K charity walk before his surgery. It was 52 days away. “Is there any way you guys can get me in shape in time?” he asked.

“They told me, ‘Well, you’d be nuts to try it. But if you think you can do it, we’ll work with you on it.’”

Dick completed his 5K just 52 days later, with a time of 1:09:05. And he cut that time down to 57:27 at his next 5K held in July 2013.

UNLIKE ELIZABETH AND DICK, Nancy LaTourette has been able to avoid major injuries or stints in rehab. But it’s not for a lack of dangerous physical activity.

The 85-year-old resident at The Oaks at Bethesda, who also volunteers at Bethesda Dilworth, is a lifelong equestrian who still rides every week.

“I have gone off the horses a lot of times, but I’ve been very lucky,” she said. “No broken bones. I have never so much as broken an arm or a finger.”

Horses came into her life at an early age—as a 10-year-old Girl Scout trying to earn a riding



Nancy LaTourette

badge—and never went away. While she didn’t get a pony as a child—no matter how many Christmas or birthday gift lists she put it on—Nancy went to school at Stephens College in Columbia, Mo., simply because they had an equestrian program. And when her own daughter Suzy was 10 years old, Nancy made sure that she got riding lessons. After getting her daughter hooked on riding, Nancy said it was only a matter of time before she asked, ‘Do you think Dad will buy me a horse?’

It was 1971 when the LaTourettes finally welcomed their first horse into the family: a black gelding named Last Chance.

After a lifetime of riding, Nancy said it still gives her the greatest joy to sit in the saddle and ride over trails, as she does with her niece every Saturday. And she, like Elizabeth and Dick, will keep going strong as long as she’s able.

One More Mission

Bethesda Veterans Take Honor Flight to D.C.

IT' HAD BEEN 67 YEARS since Leon Golfin served in the U.S. Navy Air Force, but on Sept. 24, 2013, the Bethesda Barclay House resident was taken back to his days as a Lieutenant during World War II.

Leon was one of several aboard the Greater St. Louis Area Honor Flight, a one-day experience that sends veterans to the National World War II Memorial in Washington, D.C. He was accompanied by his daughter Jane Hake, a history teacher in the Lindbergh School District.

"It was more than I expected," Leon said. "It was not only emotional and heartwarming, but I saw two people there I hadn't seen in many years."

Since its inception in 2005, the Honor Flight Network has flown more than 98,500 veterans to D.C., free of charge. For the organization and its founding members, it's a small way to thank the men and women who put their lives on the line for our country.

Bethesda's communities are privileged to be home to a number of these participants, including Bethesda Meadow resident George Steiger, Bethesda Terrace residents Joan Pavlovic and Lincoln Kreuzenkamp, and Bethesda Barclay House residents Jack Lilly, Al Schweitzer and Jim Nouss, in addition to Leon.

The Barclay House foursome have known each other for just a short time, but their stories and experiences give the impression that these men have been lifelong friends.

Aside from all serving in aviation-type roles during World War II (either through the Navy, Air Force or Marines), the men grew up in or around the St. Louis area.

Their education pathways took them to some of the best colleges in the country, including the University of Illinois, Georgetown, Princeton and Washington University; from there, they pursued careers in the fields of chemical engineering, law, sales and marketing, and artistry.

While life experiences have all shaped these men in different ways, a common bond has been service

for their country. Perhaps it is that loyalty and duty that motivated them all to take the Honor Flight.

For these veterans, the trip meant more than visiting memorials dedicated to honoring their service. It was an opportunity to reflect on their experiences some 60-odd years ago, and pay their respect to those who made the ultimate sacrifice.

Leon said his group received a warm reception everywhere they went in D.C.

"People cheered and welcomed us with signs, cards and hugs," he said. "And everyone from young children and active duty military thanked us for our service."

From a military line-up to an avenue of flags, the Honor Flight Network goes above and beyond to make their gratitude for veterans known.

"There was definitely a feeling among us that we were just doing our job," Leon said. "We were in the war, we were told what to do and we did it. Most of us didn't feel we were heroes, but it was heartwarming to get recognition."

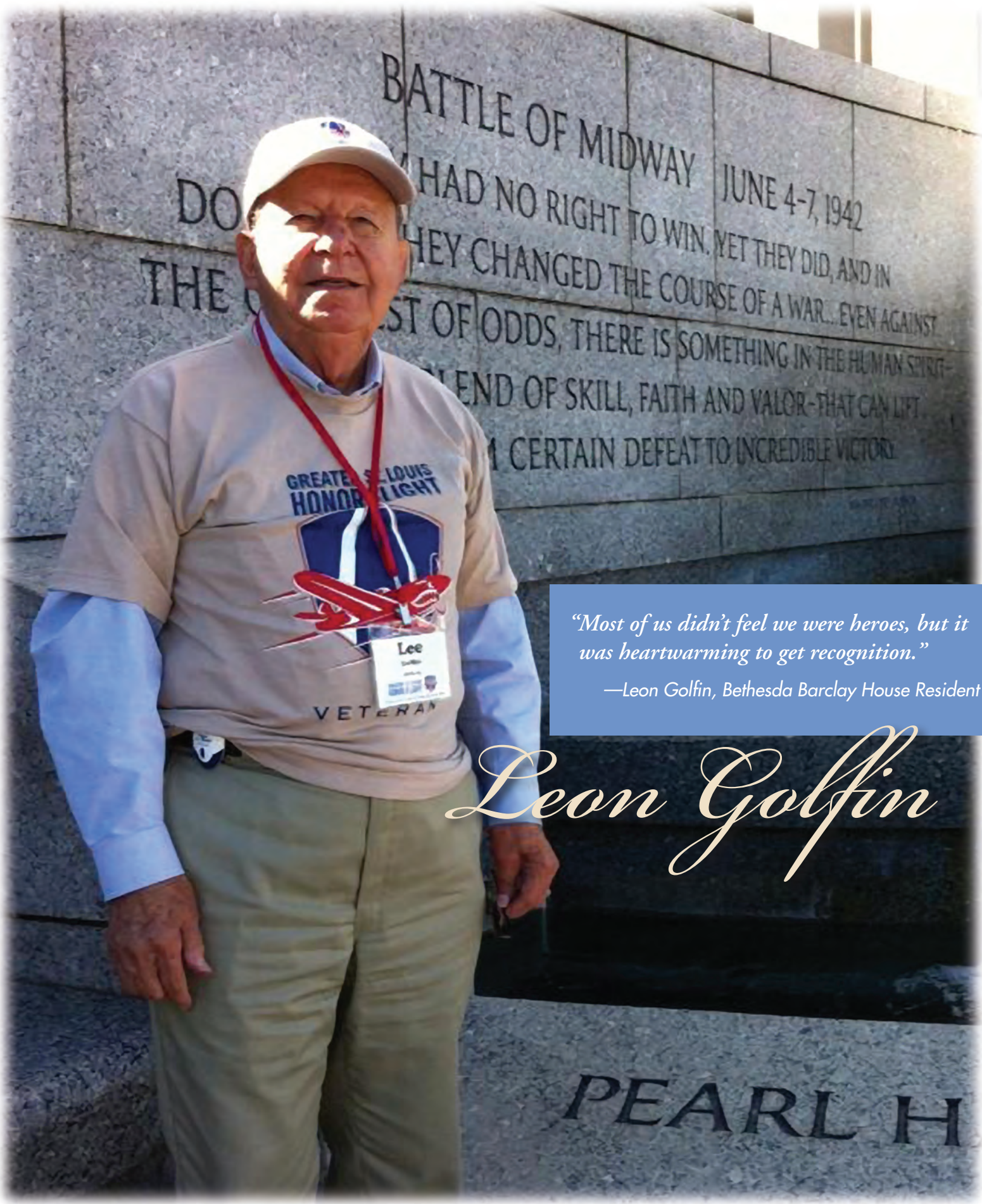
This is something that Jann Outman, medical driver for Bethesda Orchard, knows very well.

Jann began volunteering for the organization after accompanying her father, Max Igleheart, on an Honor Flight in March. "I was so impressed with the operation that I wanted to do something," she said. She also volunteers for the USO and has a son and daughter in the Army.

Jann arrives at the airport at 3 a.m. twice a month to handle paperwork for those participating veterans. After the flight, she sends handmade cards to each veteran, thanking them for their service.

"The whole experience is so awesome, and I'm just happy to help an organization get the word out to our surviving veterans about the Honor Flight," she said.

If you are a veteran interested in the St. Louis Honor Flight, please visit www.gslhonorflight.org or call 636-230-2466 to learn more.



“Most of us didn’t feel we were heroes, but it was heartwarming to get recognition.”
—Leon Golfin, Bethesda Barclay House Resident

Leon Golfin

Celebrating Life

A partnership of perseverance

VIRGINIA BENSON IS FIGHTING breast cancer. Her husband, George, is in the late stage of Alzheimer's disease. Yet Virginia's assessment of her life? "I feel truly blessed," she said. "Our life together has been a glorious adventure."

It's an adventure that is still unfolding. And while it may not be the course they would have charted, Virginia and George are persevering, together—just as they have for the past 20+ years. The couple are residents at Bethesda Orchard in Webster Groves and have packed a lot of living into their marriage: traveling extensively throughout the world; patronizing the arts, especially music; and hosting countless dinners and parties at their homes. Along the way, they have amassed a treasure trove of memories.

Virginia is grateful for those memories and loves to recount the varied experiences they shared. However, she doesn't dwell in the past. She is focused on the "here and now," and sustaining an enjoyable and meaningful life for herself and her husband. It's a mission becoming increasingly difficult as the couple battles two diseases, along with the inevitable effects of aging. Virginia, however, refuses to be defined by circumstances or illnesses. "I am not simply a caregiver, or a cancer survivor for that matter; and George is not simply an Alzheimer's patient," she states emphatically.

What they are is a couple, still in love and enjoying each other's company. While so much has changed, the important things remain the same. George's affection for his wife is apparent and sweet; and Virginia remains devoted to her husband, fiercely determined to make sure he's getting the most out of life.

Their union has always been a partnership of equals. That may be a result of their marrying later in life. Before their meeting, the couple led full, separate lives. George was a noted psychoanalyst—helping hundreds of patients throughout his almost 50 years in practice. He raised three children with his first wife, Anne. Virginia is a writer and worked primarily for nonprofit organizations in St. Louis, including St. Louis Public Radio, the Episcopal Diocese, and

the Opera Theater of Saint Louis. She also had three children with her first husband.

The couple met in the early 1980s and became friends. Later, they performed in musicals together at church and other venues. After George's wife passed away in 1988, the couple's friendship blossomed, and they were married in 1992. George was 67 and Virginia 56. They were a perfect match. Virginia brought out George's more social side, and he helped her tap her inner calm.

After their wedding, they moved into an historic Victorian house in Soulard where, for the next 14 years, they lovingly restored it and lived life to the fullest under its roof.

The finished product was not just a gorgeous showcase but a true home—for themselves and their numerous friends and acquaintances. "We created a place where people not just felt welcome, but comfortable—a place where they could relax and be themselves," says Virginia.

In 2004, George was diagnosed with Alzheimer's. Around this same time, the couple decided it was time to leave their beloved house in Soulard and move into a condo. They found the perfect unit in the Edison building in downtown St. Louis, and moved there in 2005.

During the early stages of George's disease, they participated in a pilot art therapy program connected with the Alzheimer's Association's Project Esteem. Virginia met and developed a strong bond with other spouses and they formed an "alumni" group—a support system that is still in place for her.

The couple remained in their condo until March of 2013, when they moved to Bethesda Orchard. One of the main things Virginia appreciates about living at Bethesda is being surrounded by people who have a genuine understanding of what she is going through—both her own battle with cancer and with George's condition.

Their life together now is simpler, quieter. They enjoy the expansive grounds and the beautiful gardens at Bethesda Orchard. They still venture out to museums and shows, and George loves to accompany Virginia to church choir practice. The slower pace provides her with ample time for reflection and appreciation for all she and George continue to share together.

Virginia and George Benson

“George and I know how lucky we were to have this second chapter in our lives. And there is more still to come.”

—Virginia Benson, Bethesda Orchard Resident



Back to Basics

Tech education program helps Bethesda residents conquer the computer

IN TODAY'S EVER-CHANGING WORLD of technology, users are often faced with learning, adapting and re-learning how to operate their latest electronic gadgets, all the while on the lookout for the next improvement.

For those who lack experience in handling even the most common form of technology—the computer—it can be overwhelming and confusing.

Thankfully, in the case of Bethesda residents, they have Harris Frank.

Harris, a resident at Bethesda Barclay House in Clayton, found himself in a technology black hole several years ago. He was frustrated with constant computer problems, and found a Washington University student to help him sort out his tech issues. Coincidentally, the student ran a program aimed at helping seniors navigate computers. Harris wanted to bring something like that to Bethesda, and began exploring ways to do so.

Fast-forward to 2013. All of his hard work paid off: He introduced the *Computer Comfort* program to his fellow residents at Bethesda Barclay House and then at Bethesda Orchard in Webster Groves.

“I believe that older people, and I am certainly one of them, miss an awful lot because we are scared to death of computers,” explains Harris. “We think that if we hit the wrong key, everything will disappear.”

The *Computer Comfort* program is designed to change that belief, with the assistance of members of the Alpha Kappa Psi Fraternity from Washington University’s Olin Business School. The business students lead the hands-on, basic computer skills sessions.

Mahendra Gupta, Dean of the Olin Business School, recognizes the many benefits from the student-senior interaction. “Our students are empowering older adults to connect and communicate more effectively with the world and with their loved ones using technology,” he said. “At the same time, our students are using their own ability to make a difference.



The program is split into five sessions, with each session exploring one particular topic. For example, the first session, “Getting the Computer Started,”

teaches seniors how to turn a computer off and on, log in, connect to the Internet, and use URLs and search engines. The next four sessions dive into Internet safety, setting up email accounts and using folders. Twelve to 15 seniors are enrolled in a session.

Tamlin Blackwell, a Bethesda Orchard resident, is an “old-fashioned IBM user” and grateful for the assistance the students provide in explaining the ins and outs of using a PC. “Truly, I went to the classes expecting to be bored and not return,” she says. “After seeing the pleasant arrangement in the classroom and the competence of the students assisting and teaching us, I found it such a pleasure that I returned for all of the classes.”

Marty Holland, the *Computer Comfort* resident liaison for Bethesda Orchard, is extremely hopeful that this program will finally bridge residents with technology. “Seniors are so in need of the basics when it comes to computers and this class provided those for our eager students.”

“So far, it’s certainly achieved all that I hoped for and a little bit more,” explains Harris. He envisions the program to go far within the Washington University community. “Dean Gupta and Associate Dean Steven Malter are poised to take it as far and fast as the kids want to. I’m hopeful that in 2014 we will be able to schedule the program at two or three more senior communities.”



“Our students are empowering older adults to connect and communicate more effectively with the world and with their loved ones using technology.”

—Mahendra Gupta,
Dean of the Olin Business School

Computer Comfort

Good Advice

And a helping hand. The Geriatric Care Management program helps seniors and families know their options and make decisions.

JANET MULROY'S KIRKWOOD HOME is brimming with memories from her recently deceased mother, Suzanne Wright.

An antique hutch sits in the living room, its shelves full of family mementos such as an engraved metal invitation for the Veiled Prophet's ball circa late 1920's and a photo of her parents on their wedding day, May 1, 1943. In the adjacent dining room is a table that seats 13, custom-made at the former Lammert's Furniture. Janet is one of nine children.

And in the back corner of the house, hanging on a wall above a small table, hangs a reproduction of "Luncheon of the Boating Party," an 1881 painting by French impressionist Pierre-Auguste Renoir. Her mother was a life-long lover of the arts, and that painting had always been her favorite, Janet said.

It was the same painting that hung in her mother's apartment at Bethesda Gardens in Kirkwood, where Suzanne had been a resident since 2009. Suzanne loved that apartment, Janet said. The walls were painted her favorite shade of blue, and she was surrounded by the things she enjoyed.

After her mother's health started declining in March 2012, Janet said the ability for her mother to remain in her apartment made a big difference in the quality of life in her final days. Suzanne passed on Feb. 20, 2013.

"We were able to keep her where she had made a lot of friends so that, when she was able to be social, she was surrounded by people, she could get to the dining room or have visitors there," Janet said. "Moving her at that point in her health and age would not have been ideal."

Her mother was able to remain in her beloved Bethesda Gardens apartment thanks to Bethesda's Geriatric Care Management program, a service offered through Bethesda Senior Support Solutions that benefits residents and members of the community by providing free counseling and coordination of care.

When staff members at Bethesda Gardens realized that Suzanne's health was starting to decline, they got in touch with Chandelle Martel, Bethesda's Geriatric Care Manager and one of a few certified professionals in St. Louis who specialize in coordinating and planning care for seniors.

After consultations with Suzanne and her family, a team from St. Andrews & Bethesda Home Health started providing therapy and home care. Janet worked with Chandelle to transition the care over to Bethesda Senior Support Solutions once Suzanne's coverage under home health lapsed.

"Chandelle spent a lot of time with me and my siblings explaining the options we had and what things we should have in place, conversations we should have with our family," Janet said. "We started talking to her 18 months before my mom passed away. And she just gave us good direction through the whole process."

After Suzanne received a terminal diagnosis from her physician, she continued with Bethesda Hospice Care until she passed away. Janet's goal had been achieved—Suzanne had been able to stay in her apartment, with her beloved Renoir painting and walls painted in her favorite shade of blue.

For more information about the Geriatric Care Management program, please call Bethesda Senior Support Solutions at (314) 963-2200.



Geriatric Care Management

“Chandelle spent a lot of time with me and my siblings explaining the options we had and what things we should have in place, conversations we should have with our family.”

—Janet Mulroy

Smart Moves

New Senior Support Solutions wellness program finds fans at Bethesda

IF YOU NOTICE BETHESDA SENIORS walking around with a little extra pep in their step, it may be thanks to “Smart Moves,” a new wellness program that started at Bethesda Orchard and is expanding to all of the senior living communities.

The new program was inspired by a resident survey that revealed plenty of interest in physical exercise and healthy living topics.

“We have a lot of treatments and therapy options, but we really wanted to give our seniors a way to get active and prevent the falls and injuries proactively,” said Amy Trau, Senior Vice President, Healthcare Services.

Bethesda Senior Support Solutions teamed with RehabCare and hired Amanda Joggerst as a full-time wellness coordinator to oversee the new program.

Amanda is uniquely qualified to lead Bethesda’s new wellness program. She has a bachelor’s degree in exercise physiology from Southeast Missouri State University and has been working exclusively with seniors for five years. She is also certified as a senior fitness instructor.

But that’s only part of the story.

“Amanda is absolutely the perfect person for this position,” Amy said. “She loves seniors, she has a great personality and she really knows how to relate to them and motivate them.”

The aim of “Smart Moves” is to be a comprehensive wellness program that addresses seniors at all levels of ability. It all starts with a fitness test to determine their fitness level in comparison to their age group and gender nationally, Amanda said.

“My main goal for all of them is to improve their quality of life and overall wellness,” Amanda said. “As we age, our confidence about our physical abilities changes, and suddenly we don’t feel comfortable doing the things that we enjoyed in the past. I just want to help restore that confidence.”



The fitness tests also have allowed Amanda to identify seniors who have strength issues that need to be addressed before starting an exercise program. In some cases, Amanda has referred seniors to physical therapy for longstanding issues

they may have ignored.

“The ‘Smart Moves’ program works closely with therapy services already in place at Bethesda, allowing each resident the individualized attention they deserve,” said Amanda.

“Smart Moves” started at Bethesda Orchard in April with a weeklong series of kick-off events that included a NASCAR-themed “tune-up,” where seniors could get their walkers adjusted, and a screening of “Age of Champions,” a documentary about the Senior Olympics.

“The theme of the movie really is about setting goals,” Amy said. “Your goal doesn’t have to be competing in the Senior Olympics. It can something as simple as walking around the block.”

There was some skepticism in the room, Amy said, but the seniors got over that once they met Amanda, went to the classes, and started seeing improvements in their strength and balance.

The “Smart Moves” program is spreading to the other Bethesda communities. A search is already under way to find a second wellness coordinator.

“Finding another Amanda won’t be easy, but we look forward to growing ‘Smart Moves’ and making sure that it is available for every Bethesda resident,” Amy said.



“My main goal for all of them is to improve their quality of life and overall wellness. As we age, our confidence about our physical abilities changes and suddenly we don’t feel comfortable doing the things that we enjoyed in the past. I just want to help restore that confidence.”

—Amanda Joggerst,
Wellness Coordinator

2013—An Amazing Year!

Accolades, awards and accomplishments

PATHWAYS TO GREATNESS

Bethesda Health Group was named the winner of the 2013 'Pathways to Greatness' award and a team of our employees was on hand in Dallas last October to accept what is arguably our most significant recognition to date.

'Pathways to Greatness' is sponsored by accounting firm CliftonLarsonAllen and LeadingAge, an industry association of more than 6,000 senior care organizations. Now in its sixth year, 'Pathways to Greatness' recognizes quality, innovation, and impact in aging-services organizations. Each year, LeadingAge and CliftonLarsonAllen picks one senior care organization in the country that excels in five categories: leadership, best practices and innovation, distinctive impact, customer excellence and superior performance.

"This award indicates that we are doing a lot things right as we continue our journey to care for and provide for our residents and their families," said Joe Brinker. "What a tremendous achievement—everyone throughout Bethesda should be very proud!"



Bethesda's Amy Trau, Senior Vice President, Healthcare Services, accepting the "Spirit of Innovation" award at the LINK conference.

SPIRIT OF INNOVATION

Bethesda Health Group was honored as a "Spirit of Innovation" award winner at the 2013 Home Care & Hospice LINK Conference in Chicago.

The "Spirit of Innovation" award recognizes home care and hospice providers for their dedication to improvement, development of best practices, and commitment to the success of the industry. Winners were selected based on a number of factors, including degree of innovation, feasibility and business impact.

Bethesda was one of six winners, selected from over 30 leading providers who submitted best-in-class ideas for the competition. As a winner, Bethesda presented a best practice case study to over 250 home care and hospice leaders in attendance at the conference.



Kathy Joslin, Senior Vice President, HR and Marketing (center), beams as she celebrates with fellow Bethesda team members after accepting the 2013 Arcus Award for Educational Attainment from the St. Louis Regional Chamber.

ARCUS AWARD

Being part of the larger community is important at Bethesda. That's why we are delighted when we are recognized for our contributions to the region.

Out of more than 100 nominations, and 11 other finalists in our category, Bethesda was selected by the St. Louis Regional Chamber to receive one of

the inaugural “Arcus Awards!” We received the Arcus Award for Educational Attainment, in recognition for our commitment to championing a greater region by providing leadership in the area of workforce educations and skills development.

The Arcus Award replaces the Chamber’s “Greater St. Louis Top 50 Businesses Shaping Our Future,” which Bethesda had earned each of the past six years.



Kelli Edwards, Cordia Young-Brown and Sally Voss, all members of the Bethesda Dilworth human resources department in 2013, celebrate Bethesda’s achievement as one of the “Best Places to Work” at the March 14 awards breakfast.

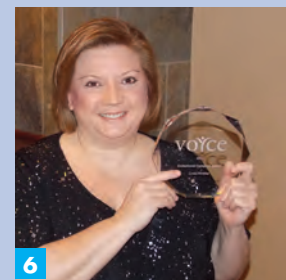
BEST PLACES TO WORK

What we do at Bethesda would not be possible without our dedicated and hardworking team of employees. That’s why we thrive to create the kind of work environment that offers both rewards for work well done and challenges to keep our staff motivated.

For the second year in a row, Bethesda Health Group has been named among the “Best Places to Work” by the *St. Louis Business Journal*, putting us in the company of local health care institutions such as Mercy Hospital St. Louis, SSM Health Care and St. Luke’s Hospital.

Bethesda Health Group was one of five finalists in the ‘Big’ category, which includes organizations with between 650 to 1,999 employees.

Among the perks that made Bethesda a “Best Places to Work” finalist include the educational opportunities afforded to our more than 750 full-time employees, including employee career training programs such as the “School at Work” and “LPN to RN” programs, as well as tuition reimbursement up to \$4,000 per year.



1 Juanita Hinshaw and Bob Morris (seen here with Joe Brinker) were the recipients of the 2013 Norwood Awards in recognition of their leadership and commitment to the residents of Bethesda and to the organization as whole.

2 Bethesda Dilworth volunteer Marie Zucchero received the “2013 Fontbonne Founders Award” from the Fontbonne University Board of Trustees for distinguished service and dedication through the joy of music.

3 Shelby Harp (right) won the Baue Funeral Homes 2013 Caregiver of the Year award. The award was presented by Kelly Karavousanos, the grief services manager from Baue Funeral Homes.

4 Bethesda again received accolades for participating in the St. Louis Green Business Challenge. Larry Hickman, Senior V.P., Administrative Services, represented Bethesda at the ceremony.

5 Scott Young, Senior Facility Manager at Bethesda Southgate, received the esteemed Patriot Award for support provided to an employee serving in the National Guard or Reserve. Andrew Freimuth, seen here with Scott and V.P. and Administrator Chris Crouch, nominated Scott, his supervisor, for the award.

6 Linda Winkler, Social Services Representative from Bethesda Dilworth, and **7** Ruthann Wolz, Resident Services Representative from Bethesda Southgate, received the VOYCE Exceptional Caregiver Award at their annual luncheon.

Making It Easy To Help

The Bethesda Health Group Foundation is removing obstacles to giving.

HERE AT BETHESDA, I am tremendously blessed to work alongside the skilled and caring healthcare professionals and staff members who help our seniors live long, fulfilling and active lives. To maximize the wellness of our residents, our caregivers often have to remove the obstacles and inconveniences that hinder seniors from doing the things that give them joy. Whether it be physical therapy needed to go for a walk in the park or computer classes needed to stay in touch with family, Bethesda is there to help seniors realize their goals.

This year, the Bethesda Health Group Foundation has taken a page from the playbook of our caregivers. In our fundraising and development efforts, we have focused on removing obstacles from the process of making gifts and contributions. Instead of just asking our donors to write checks, we have worked to create a variety of alternative methods to contribute.

For example, donors can make a gift by donating paid-up life insurance policies or designating Bethesda as their beneficiary. We've also made it easy to support our mission by donating funds directly from an Individual Retirement Account (IRA). This allows our supporters to forgo the need of making a taxable withdrawal. We also encourage our donors to designate the Bethesda Health Group Foundation as a beneficiary of their IRAs or other investment assets. In addition, they can create an enduring legacy by leaving a bequest to the Foundation.

With our *Lasting Heritage* initiative, we invite our residents to designate a portion of their refundable entrance fee to the Foundation. Thanks to our generous seniors, last year we received more than \$700,000 through this program. We view these voluntary donations as a vote of confidence in our organization from the people who get an up-close-and-personal look at the services we provide.

Through a combination of these flexible giving options, we added 81 additional donors to our list of supporters last year, bringing our total number of donors to 1,197.

In 2013, we unveiled our new initiative *Community Partners*, which allows St. Louis businesses and civic organizations to support our mission of senior care by helping us sponsor community events, health and educational programs, and contribute to capital improvements at our communities.

The Foundation also extended our first scholarship to benefit Bethesda employees pursuing higher education in health care. As part of the *Hearts for Our Homes* campaign, we created the Mary June King Scholarship and gave the first award to Shamekia Bennett, a LPN at Bethesda Dilworth. The scholarship was established by Mary Brown in memory of her mother, Mary June King, a resident at Bethesda Dilworth. The Mary June King Scholarship will be awarded annually in July to an eligible employee of Bethesda to help with books, a computer or any other resource they need to realize their education goals.

Our mission is to help seniors, and we are only getting better at executing on that mission with new initiatives to engage the community, help our employees and make it easier for our donors to support the Bethesda family. We hope you will continue to support us in 2014 as we celebrate our 125th anniversary and build a solid foundation for the next 125 years. Thank you for everything you do.



Pamela E. Dempski
*Corporate Vice President
Director of Fund Development
Bethesda Health Group Foundation*

Honor Roll of Donors

Year Ending June 30, 2013

We gratefully acknowledge our donors and Community Partners for their support and generosity. Every effort has been made to accurately recognize our donors. If in the future you would like your name listed differently than how it appears below, or if any errors have occurred, or if you prefer to be listed anonymously, please accept our sincere apology and contact the Foundation office with your changes at 314-800-1916.

Life Legacy (planned gifts)

Tom W. Bennett
Irrevocable Trust
Marge Bieser
Alyce Blome
Daniel and Blanche Bordley
Fund for Bethesda;
A Fund of the Greater
St. Louis Community
Foundation
Toni Breihan
Susan Rassieur Buder
Memorial Trust
Leo R. Buder
Foundation Trust
Margaret L. Butler Trust
Mary Alice Collins
Memorial Fund; A Fund
of the Greater St. Louis
Community Foundation
Winnie Cummins
Nick Dopuch
Bob and Lorene Drews
Bea Edson
Joyce A. Fincher
Mary Poore Fobes Trust
Harris Frank
Margaret B. Grigg
Foundation
Dorothy M. Hanpeter
Alfred* and Mary Jane
Heitzmann
Russell and Virginia Jones
Jack and Sally Lilly
Bill Malcolm
Mary E. J. Mermod Trust
Jean Mullgardt*
Jean G. Newton
John F. Norwood
Joe Palacek
Eleanor G. Ryan Estate
Viola J. Reynolds Trust
John W. Rowe

Frank A. and Alpha
H. Ruf Fund; A Fund
of the Greater St. Louis
Community Foundation
Katherine Stauffer
Charitable Trust

Pillar Level (\$10,000+)

Anonymous
Emerson
Paric Corporation
RehabCare (A company
of Kindred Healthcare)

Founder Level (\$5,000-\$9,999)

Anonymous
Bethesda Womens Board
Franc and Anne Flotron
Purcell & Amen

Independence Level (\$2,500-\$4,999)

Anonymous
Joe and Susan Brinker
Nick and Marian* Clifford
Hoffmeister Mortuaries-A
Dignity Memorial
Provider
Bruce Fegley, Jr. and
Katharina Ladders-
Fegley
Jim and Michelle Glass
Phil and Judy Hutchison
Pat Kapsar
Mel and Ruth Kohl
Roger and Jan Nelson

Empowerment Level (\$1,000-\$2,499)

Anonymous
Jerry and Sarah Arnold
Sue Bahle
John P. Baird
Doug and Marie Bartels

Ken and Judy Bass
Joe and Jean Birk
Mary K. Brown/Mary June
King Estate
Shawn and Candice Brown
George and Barbara
Clements
Tom and Jennifer Collins
Tom and Chris Crouch
David and Joan Culver
DaRT Chart Systems, LLC
Tom and Pam Dempski
Bob and Jane Evans
Gray Design Group
Wade and Michele
Hachman
Earle and Suzanne
Harbison
Tom and Mary Harris
Alice Hayashi
Larry and Julie Hickman
Juanita Hinshaw and
Ted Harrison
Briggs Hoffmann
Doug and Kathy Joslin
Bob and Marilyn Kane

Ken and Babs Kolkmeier
Jack and Sally Lilly
MMS-A Medical Supply Co.
Kelly Maier
Tom and Sherry Miskle
Northern Trust Matching
Grant Program
Fred and Ida Perabo
Al and Julie Poelker
John and Ginny Rowe
Byron A. Samuelson
Jim and Mary Sertl
Kevin and CherRae Shanley
Josh and Jessica Sharp
John and Jacqueline
Shillington
Leslie G. Simon
Audrey F. Smith
Brian and Andrea Snyder
St. Louis Service Bureau
Foundation
Nathan and Kelly Torno
Mike and Amy Trau

*deceased



Vince Schoemehl, former Mayor of St. Louis and current President & CEO of Grand Center, Inc., served as the guest speaker at the 2013 Fall Legacy Luncheon.

Tom and Muriel Van Oordt
Jeff and Georgee Waldman
Howard L. Watson

**Opportunity Level
(\$500-\$999)**

Anonymous
Inky Ball
Bruce and Sharon Bateman
Florence N. Baur
Tom and Joan Bayer
Bruce and Elisabeth Beeler
Chris and Janine Benjamin
Mitch and Jennifer Beuke
Dwight and Jean Bouchard
Jane D. Bryan
Bob and Annie Buttry
Common Ground Public
Relations, Inc.
Bill and Dorothy Crotty
Winnie Cummins
Juanita E. Curry
Kevin and Jean Curry
Brandon and Katie
Czarnecki
Earl and Martie Dille
Denis DuMontier
Louise A. DuMontier
Cindy Eckelkamp
Mike and Sherry Ehrler
Augusta T. Feehan*
David and Carol Fleisher
Leonard and Linda Goggio
Susan M. Goodman
Dorothy M. Hanpeter
Richard and Sandra
Hughes
Suzanne Karkoska
Jim and Jeanette Kille
Patrick and Sanna King
Peter and Susan Krombach
Marcia Lange
Erle Lionberger
Darrell Marcum
Gary and Hetty Mayes
Dale and Lydia Meier
Terry and Lisa Meyer
Austin and Barbara
Montgomery
Michael and Susan Moore
Pat L. Mueller
Piper Jaffray & Co.
Ann Pluemer LLC—Coldwell
Banker Premier
Scott and Christy Roberts
Emil and Rosemary Schmidt
Evelyn S. Terrall
John and Pamela Thornhill
Daniel and Susan Trout
Clarence and Janet Turley
Tyson and Tiffany Webster
Joan S. Whitford
Lee Williams
Julie Wolfe

Steve and Debbie
Woodard
Karen Y. Zurick

**Dignity Level
(\$250-\$499)**

Goran Abutovic
Darlene Alabran
Allied Benefit Systems
Anonymous
Cathy L. Barton
Janie Bradford
Toni Breihan
Ronald and Mary Ann
Brinker
Frank and Fran Burns
Patricia Bushman
Reliable Life Insurance
Company
Donna P. Day
Martha Rieber DeGray
Marian Desloge
Justin and Ruth Donahay
Marion Eckstein
Kelli Edwards
Jen L. Francis
Jerome L. Gidlow
Terri L. Glaze
Joe and Jill Immethun
Gary Johnston
Jan Keale
Kemper Home Services
Company
Pam Klable
Todd C. Meury
Sue Moore
Peter and Caroline* Moser
Eleanor Powers
Tom and Cathy Reiss
Thomas and Susan Riggs
Ed Siefert
Ann F. Sternberg
William and Dona
Tankersley, Jr.
Michael Tooley
Sarita S. Weldon
Joseph and Gloria Wotka
Jeanette Young

**Ability Level
(\$100-\$249)**

James and Susan Adams
Dana Airsman
Larry and Kathleen Albright
American Express
Charitable Fund
Anonymous
Carolyn Armstrong and
Kyrigma Bible Study
Group
Gus and Carroll Baechle
Lesa Bauer
Sharon Beirne



Bethesda Gardens resident Phyllis Edwards practices her Wii bowling technique under the watchful eye of some of her “Gardens Pincrushers” teammates. Wii bowling remains popular at Bethesda’s retirement communities. Phyllis currently has a 225 average, and bowled a 290 (perfect is 300) earlier in 2013.

Lynn Blandford
Blythedale Friends
Patrick Boone
Clayton Borage
Marcia Brackman
John R. Breihan
Rex and Martha Anne Bull
Charlotte Busch
Kevin Casey
Holland F. Chalfant
Sam and Sonia Chetta
Stephanie Clausner
Robyn Cooper
Carl and Sharon Coppeans
Carolyn J. Crowe
Dale Sign Service, Inc.
Scott and June Douglass
Bob and Lorene Drews
Jerry and Susan Durbin
Justin and Kathleen Durel
Becky L. Eaton
Dennis Eddlemon
David L. Edington
Bea Edson
Benjamin and Catherine
Edwards
Joyce M. Eiserle
Barbara J. Ell
Toni C. Emery
Fran Emme
Curt and Rosalie Engler
Eda Farache
Joe and Caroline Fischman
Jill M. Frein
Fred and Carol Gaskin
Lori Gegg
William Gleiber
Jan Goeke
Mary Goodwin
Patricia D. Graf
Stephanie Graf
Holly Greminger
Dorothy Harper*

Pamela Hasenbeck
Wanda Henderson
John and Rose Hogan
Lynn M. Licklider
Marty Holland
Tracy Hounsom
Bill T. Howery
Philip and Angela
Huddleston
Jane C. Hughes
Michael and Sarah Hurst
Bill and Gloria Hutchings
Michael and Carla Jarvis
Maud Jeanty
Mandi Karban
Shirley Karsznia
Theresa Kelly
Mary L. Knowles
Sharon E. Kocher
Sis Krone
Sue LaChance
Donald G. LaFerla
Lawrence and Dorothy
LeGrand
MacDonald and Susan Logie
Katherine Lupo
LSS
William and Lorraine Magee
Mona Maus
Gayle J. Maxwell and Family
Lansden and Ann McCandless
Robert and Maureen McCann
Christopher and Mary
McCarthy
Ken and Barbara McCord
Rita S. McShea
David and Gail Meilahn
Jeffrey J. Meilahn and
Dorothy Sotala
Bobbie Meyer
Sheila Meyers
Larry and Lynette Milles
Lenna M. Morgan

*deceased

Gary and Dessa Morrow
 Richard C. Mueller, Jr.
 William and Monetta Nelson
 Ruth Nickel
 Joan Noblin
 Nancy S. O'Brien
 Jackie A. Oakes
 Mac and Anne Orcutt
 Jann Outman
 Parkway United Church of Christ
 Dianne Patterson
 Linda Piel
 Plancorp, LLC
 Thomas and Sarah Redings
 Chyrle Reed
 Francis Rieber
 Kevin Rigney
 Kathy Roseland
 George P. Ryan
 Llewellyn Sale
 Val L. Sansoucie
 Mary Ann Schaeffer
 Matthew Scheer
 Lisa Sertl
 Tanyette Shannon
 Special School District
 Ronald and Janet Stacey
 Debbie A. Stewart
 Russell and Ellen Streib
 Harold and Fran Stuhl
 Fred and Debbie Sutton
 Cathy Taylor
 Erwin Teich*
 Robert L. Thomas Family
 Tri-Star Imports, Inc.
 Employees
 Richard and Joyce Ulrich
 United Methodist Church of Webster Groves-The Quilting Group
 Phon and Sue Voorhees
 Tim and Martha Vosse
 Margaret Sutton Wade
 Adam and Chris Walsh
 Marguerite J. Walsh
 Marge Whitcraft
 William M. Wilcox
 Craig and Lee Williams
 Mabel Yates
 Richard and Cheryl Yehling
 Valery York-Schneider
 Charlene Zinkl
 Marie A. Zuccherio

Friends Level (\$1-\$99)

A.M. Salon Equipment Company
 AON Employee Matching Gifts Program
 Charles and Mary Sue Albright
 Linda Aldag

Brianna Allred
 Christopher Amba
 Fay Ameis
 Ardis Anderson
 Anonymous
 Kristen Anthony
 Eric Armocida
 JoAnn Arnold
 Lillian L. Arnold
 Marilyn Arras
 Jessica Asp
 Joan L. Asp
 Anita Austin
 Beverly J. Austin
 Sandra Austin
 Avery Coonley School
 Roland Baber
 James F. Baker
 Helen B. Ballard
 Jerry Bambrick
 Valerie Barnard
 Charmaine Barrale
 Christina Bartels
 Jessica L. Bathon
 Angela Baumgarth
 Terrice Beals
 Joseph Beaven
 Judith A. Becker
 Kerry Bennett
 Patricia Berberich
 Sylvia Bergbauer
 Richard and Barbara Bergmann
 Mary Berry
 James and Nancy Berthold
 Sonda Beste
 Bethesda Barclay House Employees
 Bethesda Corporate Employees
 Bethesda Dilworth Auxiliary
 Bethesda Dilworth Employees
 Bethesda Gardens Employees
 Bethesda Meadow Employees
 Bethesda Orchard Employees
 Bethesda Southgate Employees
 Bethesda Terrace Employees
 Edith Betz and Mr. and Mrs. Logan
 Eddie Billingsley
 Robert C. Bird
 Mimoza Bitri
 Sharon Bitter
 Lamont Blockton
 Jennifer Blunt
 John Boerigter
 Olga Bojko
 Vernon and Grace Bollman
 Michael and Kerry Borawski

Sharon M. Bornefeld
 John and Allie Botz
 Haley Boxdorfer
 Morgan Bradshaw
 Nancy Breitenstein
 Pam Brice
 Darrell and Anita Brinker
 Kathy Britt
 Linda Broch
 Sh'Meka Brooks
 Karla Brueck
 John Bruer
 Lujana Brunner
 Giovanna Bruno
 Brenda Bryant
 Kathy Budai
 Harold and Verna Bundy
 Rene K. Bure
 Mary Busby-Simpson
 Patrick Bush
 June I. Bux
 Mr. and Mrs. Thomas Caerver
 Peggy Cantrall
 Lynn Carmody
 Patrick and Kerry Cavanaugh
 Michael and Kelly Cavanaugh
 Robert and Judith Chinnici
 Tiffany Clancy
 Kim Clark
 Elizabeth Clauss
 Joyce M. Cleary
 Peggy J. Cline
 Marshall Cobb
 Mary Cody-Hill

Cheryl Cole
 Dana Cole
 Ed Collins*
 Maria Conception Connecticut Community Bank
 Anne Connor
 Patricia Corzine
 Craig and Lynda Cose
 Theresa J. Coughlin
 Dolores J. Courtney
 Marjorie S. Courtney
 Dario and Marybel Cova
 Kathleen Cranor
 Carrie Craven
 Roxana Crawley
 Creative Care Consultants
 Marlene Crews
 Joseph Croghan
 Peggy Ann Cruse
 Paula Czarnecki
 Wanda J. Darr
 Brenda David
 Teresa Davidson
 Marvin Davis
 Donald L. Decker
 Erin Dexter
 John and Mary Ellen Dierker
 Kathy L. Dierker
 Harry and Marilyn Dillon
 Octavia Dilworth
 Victoria Dipiazza
 Joseph and Marilyn Disana
 Fatima Dizdarevic
 Stephen and Nichole Dobbs
 Barbara Doisy
 Daniel and Dana Dokman

*deceased



Women's Board members (L-R) Mary Sertl, Julie Poelker and Barbara Clements pose with Society of Civil War Surgeons member Dr. David Meyers during the Fall Women's Board Luncheon at Deer Creek Club.

Carolyn Dolan
 Norbert and Susan Doll
 Thomas and Jeanette Dollus
 Jean E. Donegan
 Nick Dopuch
 Patrick and Claudia
 Dougherty
 Trina Douglas
 Ronald and Barbara Dumke
 Casey and Virginia Dunley
 Jerry and Barbara Durham
 Patricia Durley
 Kayla Edwards
 Phyllis Edwards
 Konnie Egertson
 Charles Eifler
 Delores Elam
 Tom and Janice Elbert
 Carl and Victoria Ellebrecht
 Enterprise Holdings
 Marchelle Epperson
 Rosemary A. Erman
 Jeanette L. Estopare
 Charles and Marjorie
 Evans
 Diane Everett
 Spencer and Judy Fienup
 Nicholas and Abigail
 Filippello

Leonard and Dorothy
 Fuerman
 Angela Fulcomer
 The Galluggs Family
 Paula Gamber
 Kodjo Gamon
 Dorothy Gannon
 Brian Gapsch
 Mary Lou Garmoe
 The Garmoe Family
 Mary Gartland
 Wilma Geiser
 Melissa V. Geisler
 Raymond W. Gentry
 Casey Gerhard
 Michael Gibbons
 Joan Gilmer
 Mable Gilmore
 Kim Gladden
 Howard and Rosella
 Gleason
 Tammy Gleiforst
 Doug Glenn
 Golden Gable Subdivision
 Lois Goldman
 Nathan and Joyce
 Goldstein
 Leon and Elaine Golfin
 Mary Goodwin

Joseph Gummersbach
 and Janice Noack
 Max Gurley
 Vicki L. Gurley
 Emma A. Gysbers
 Jim Haar
 Richard and Shirley Haar
 Margarita Haessig
 Hiwot Hailom
 Terry Hall
 Joyce A. Halling
 Thomas J. Halling
 Lisa Hamilton
 Reba Hamilton
 Ron and Martha Hanson
 Mack Hardmon
 LaTia Harris
 Lloyd Harris
 Nicholas Harris
 Robert Harris
 Muriel Hartz
 Rachel A. Hartz
 Steve and Barb Harwood
 Lillian F. Haverman
 Kristin Hawk
 Bill and Janice Hawkins
 Jim Hawkins
 Martin Hayes
 Judy Hayward
 Ellen Hendrickson
 Haley Hercules
 Mary Lou Hester
 Son Hoang
 Donald Hoeferkamp
 Robin Hood
 Carrie Hopley
 Tori Hotz
 Theodis Howard, Jr.
 Kay Hucke
 Holly Hudson
 Margaret D. Hurst
 Adrienne J. Hutchison
 Bob and Dolores Hynes
 Brenda Jackson
 Martina Jackson
 Jessica Janson
 George and Gerri
 Jenkerson
 Richard and Susan Jenkins
 Alice L. Jockish
 Carolyn Johns*
 Andrea Johnson
 Audrey Johnson
 Pam Johnson
 Tremain Johnson
 Diane Johnston
 Martha Johnston
 Annette Jones
 Sean Jones
 Yvette Jones
 Mary Jordan
 Sharon Jordan
 Charles and Marty
 Jungewaelter

Christine A. Junghans
 Ellen Kahan
 Carol Kahlmeyer-Graham
 Fatbardha Kalemaj
 Marinko Karan
 Margaret Kasper
 Brian Kayman
 Lawrence and Jean Keller
 Loretta L. Keller
 Michael Keller
 Dorene Kelsey
 Michael and Anne Kerwin
 Ruth Killen
 Margaret Kiloho
 Jeremy King
 Elisha Kirkpatrick
 Henryetta N. Knobel
 Barb Koehler
 Theresa Koetting
 Annette Kovarik
 Roman and Leona Kuchem
 Vic and Arlene Kuchem
 Catherine C. Kuniyoshi
 Christopher and Dana
 LaBarge
 Joseph J. Lancaster
 John and Susan Landro
 Gary Landwehr
 Jeran Lane
 Norman Lang
 Jerry and Gerry Lange
 Rae Ann Langenfeld
 Jamie Lanz
 Barbara Larson
 Nancy LaTourette
 Lilian Lawrence
 Susan LeBar
 Jay and Betty LeCrone
 Timothy and Susan Lee
 Gerry Leeker
 Alex Leinicke
 Amy LeMieux
 Deborah A. Letchworth
 Robert Levy
 Moses Lilako
 Nellie Loane
 Norma J. Loesche
 Sheila Longsdon
 Monica M. Lorange
 Vickie Lorenzen
 Keith Lott
 Wayne and Shirley Loui
 Craig and Karen Lundgren
 Terry L. Lupkey
 Mary V. Maas
 Charles and Margaret Mack
 Kellie Macy
 Barbara S. Magee
 Kimberly Martin
 Harold and Shirley Maness
 Ernie Marquez
 Jenna Marshalek
 Chandelle Martel
 *deceased



Helen Toczylowski, a resident at the Adult Day Care program at Charles Village, works on a puzzle with Alice Lebbing, Activities Supervisor at the Adult Day Care program.

Karen E. Fletcher
 Wayne and Sophia Flynn
 Shemekia Ford
 Dorothy B. Forst
 Carolyn Sue Foster
 Virginia Foulk
 Steven and Lisa Fox
 Steve and Mary Frank
 Glennon and Ann Freise
 Richard Frerker
 Kurt and Judith Fritz

Fikreta Gracanic
 Scott and Judith Grady
 Sandra S. Grady
 Anita S. Graves
 Mary Grebe-Bird
 Susan L. Greditzer
 Thomas and Candyce
 Grisham
 Mary Groesch
 JoAnn Grotegeers
 Melody J. Guillies
 Laverne Guittar



Three generations of Bethesda volunteers—Mary Lou Hester, with her daughter and granddaughters at the annual Volunteer Appreciation Lunch.

Raymond Martin, Jr.
William Marx
Judy Mason
Mary Mason
Terrie Massey
Ray Matlage
Dean McCallum
James S. McDonnell III
Doris McHeever
Cheryl Meacham
Darlene M. Meier
Shirley Menard
Graciél Mendoza
Paige Mendoza
Jason Metropoulos
Theresia Metz
Tom Meyer
Eric Michaelree
Ben Miller
Maria I. Miro
Linda Mischler
Deborah Moll
Susan Monroe
Angela Montague
Tyrone Moody
Maryann Moon
Beverly A. Moore
Howard Moore
Pamela S. Moore
Nancy Morgan
John and Betty Moriarity
Stephanie Mueller
Barbara Mullenschlader
Lyla L. Mullins
Mimi Mulvihill
Robert Muriel
Donna Murphy
Mack Murphy
Doug Nahm
Wayne Nahm
Darla Neely

Marjorie E. Neininger
Joe Nemeç
Ryan Nenninger
Deborah Nicholas
Wallace and Linda
Niedringhaus
Susan Niehaus
Art and Janne Niemoeller
Carol Nivens
Mark and Lisa Noelke
Jeanne C. Norberg
Nancy Norris
Ruth Novak
Justin Oakes
Lynn M. Obermoeller
Oberweis Dairy
James and Mary Ojile
Jane Oleson
Dorothy Olfe
Jean Oprych
Keven Outman
Norma Pace
Rebekah L. Parcel
Paulette H. Parks
Julian E. Pauk
Margaret Pearson
Leslie Peasel
Charles and Berniece Penn
Gena Peper
Donna J. Perry
Margaret A. Phelan
Tina Phillips
Zekija Pilipovic
Michael and Linda Pischke
Tammie Pitchford
Jennifer Popp
Doris A. Potts
Maryanne Potts
Trudy A. Prewitt
David D. Proctor
Toni Pulaski

Gina Quartuccio
Dalia J. Quiroz
Diane E. Rabin
D. Ann Rademacher
John and Delores
Rademacher
Marguerite Raines
Marlene M. Rankey
Tynisha Reed
Patricia Reichwein
William Reitz
Pamela Renick
Claire Rennard
Kathleen Reutter
Dolores Rice
Leah Richert
Andrew and Mary Ries
Ruth Rincker
Lucille Rock
Nancy Roe
Angelo Rogan
Patricia Rogers
Cindy Rogger
Brandon Rohlfing
Brent Rohlfing
Dorothy Roper
Ruth Ross
Shirley Ross
Wallace and Mary Roth
Jean K. Ruehl
Robert and Carolyn Rule
Theresa Rundle
Alma Rusert*
Anne F. Ryan
Tracy A. Ryan
St. Andrews & Bethesda
Home Health Employees
Donna Saltzman
Thomas and Tamara Salvo
Diane Samuelson
Fatma Sarajlija
Sulejman Sarajlija
Robert and Sue Ellen
Savereide
Edna R. Scates
Brenda S. Schaeg
Kelley Schafer
Larry Scheer
Steve Scheer
Sheila Schkerke
Colleen Schmelzle
Victoria Schmidleutner
Glenn and Patricia Schmidt
Marie Schmidt
Elizabeth Schmierbach
Donald and Joe
Schnellmann
Schnucks
Suzanne Schoomer
Gerry and Marge Schoor
Charles and Susan Schuler
Mary Schuler
Candice R. Schwarz
Albert Schweitzer

Nicole E. Seeley-Medlock
Arthur Seger
Norman and Susan Sewing
Melissa Sharamitaro
Mildred Sharp
Charles Shaw
Betty Shepherd
Margaret Sheridan
Edward Siener
Judith L. Sieve
Richard and Judy Sieve
Dennis Simons
Ian Simpson
Lauren Simpson
Lila Simpson
Thomas and Mary Sinak
Yuet Sit Ng
Kwok Sit
Carol Slaughter
Robert Sloyan
Joseph* and Jeanette Smriga
Ed and Ann Smith
Jamal Smith
John Smith
Karen Smith
Leon Smith
Wayne and Margaret Smith
Martha Smith
Julia C. Sorgenfrei
Southview School PTO/
Sunshine Club
Scheryl Spangler
Thomas and Anna Marie
Stallone
Deborah Stanley
Linda Steele
Paige Stelfox
Bruce and Kathy Sterr
Daniel and Sue Sterr
Shaun and Lori Sterr
Alexander Stoll
Lisa Stolzer
Tawanda Story
Nan Strein
Karen Strong
William R. Strong
Dave and Judy Struckhoff
Charita Stuart
Charles and Dina Stymiest
Matthew Sullentrup
Robert and Mary
Sundmacher
Neale Sutcliff
Joann Swain-Herr
Ed Swallow
Kelli Swank
Georginna Swearson
Kathleen C. Tayloe
Albee D. Taylor
Virginia Taylor
William and Mary Taylor
Sophia Teame
Harold A. Teich

*deceased



Pat Kapsar (far right), Senior Vice President, Compliance, walks with participants in the first Bethesda Hospice Memorial 5K Walk/Run, held June 1, 2013 in Queeny Park. The 2014 walk will take place at Queeny Park on Saturday, June 14.

Martin and Cindi Templin
 Courtney Thomas
 Gloria R. Thomas
 Julie Ann Thomas
 Marean Thomas
 William Thomas
 Timothy and Lee Ann
 Thompson
 Erin Tobey
 Tom and Lynne Tobey
 Robert and Patricia Tobler
 Phillip and Addie Tomber
 Tiffany Tomlinson
 Enis and Emina Tutundzic
 Judy Unger
 Dorothy J. Urfer
 Zena Utrecht
 Patricia Van Camp
 Christine M. Van Doren
 Amy Van Oordt
 Sandra K. Vanmiddlesworth
 Keith R. Velten
 Patricia Virgin
 Carrie Vogelgesang
 Anton R. Volkening
 Sally Voss
 Bosko Vujic
 Djalma Waibena
 Sheila Walker
 Louis and Jayne Walters
 Shirley Walz and the Will
 Family
 Joseph Ward
 Julie Waters
 Julia Waterson
 Samantha Weaver

Susan Webster
 Angela Weissmann
 Deborah Welch
 William and Elizabeth Wells
 Rena Werber
 Mary Wessel
 Jane Wever
 Shelley Whisler
 Larry and Kathryn White
 Alice Whitney
 Rhonda Widmer
 Linda Wiegner
 Gary and Ann Wiethuchter
 Steven S. Wilk
 Claire C. Wilkie
 Mary B. Williams
 Laurel Willis
 Nancy Wind
 Thomas Winkle
 Linda Winkler
 Daniel Wobbe
 Edith Wohldmann
 Jayne F. Wolf
 Ruthann Wolz
 Steven R. Wood
 Adeline Yahl
 Larry and Julie Yates
 James and Prudence Yerkes
 Doris A. Yohe
 Delnita Young
 Jim and Terri Young
 Neil and Marilyn Zeitzman
 John J. Ziegler, II
 Robert J. Zimmer
 David and Marian Zoeller

In-Kind Donors

Accounting Resources, Inc.
 Advantage Way Point
 John D. Altheide
 Anheuser-Busch
 Anonymous
 ARAMARK Uniform
 Services
 The Art of Entertaining
 Jo Ballenger
 Tammy Baranowski
 Jacki Battocletti
 Ben Franklin Crafts
 Best Western Kirkwood Inn
 C & F Restaurants, LLC/PJ's
 Tavern, Jefferson Grill
 C. J. Muggs
 Candlewick Photography
 Chandler Hill Vineyards
 Janice Charles Family
 Checkered Cottage
 Culver's of Fenton
 Curves-Ellisville
 Dance Inc. M.P.A.
 Pam Dempksi
 DeNoyer Dance Studio, Inc.
 William Diepenbrock
 Family
 Dominic's Trattoria
 Down by the Station
 Edible Arrangements-
 Des Peres
 Einstein Bros Bagel-
 Webster Groves
 First Watch-Clayton
 Fortel's Pizza Den
 William Francis
 Gateway Food Service
 Gateway Grizzlies
 Professional Baseball
 Gateway ProClean, Inc.
 Jim and Connie Gilstrap
 Ginger Bay Salon & Spa
 Michelle M. Glass
 Grafica Fine Art & Custom
 Framing
 Greentree Pharmacy
 Healthcare Complete
 Hearing Health Care
 Herbs & More
 Holiday Inn St. Louis SW-
 Route 66
 David Horwitz
 Imo's Pizza-Clayton
 Imo's Pizza-Webster
 Groves
 Karie Jones
 Patrick and Sanna King
 Kirkwood City Hall

Asko Kivikoski
 Kathy Kuzara
 Gerry Leeker
 Lee's Famous Recipe
 Chicken
 Life Uniform
 LookAfter Hair Company
 Lowe's of Kirkwood
 Massage Envy Spa-
 Oakville and Webster
 Groves
 Massage Luxe
 Maureen Fox Acupuncture
 Pam Moore
 Moore Foods
 William Ong Family
 Diane Ortlip
 Osage Marketing, Inc.
 Jann Outmann
 Carol Partlow Family
 Pennies in Your Pocket
 Peppers Deli & BBQ
 Plowsharing Crafts
 Sheila Rittgers
 Mary Roqueplot
 John W. Rowe
 Cathy Salter
 Sam's Club
 Second Sitting
 Consignments
 Jan Sharamitaro
 Melissa Sharamitaro
 Sheahan Eagan Family
 Care
 Leslie Simon
 Dennis Simons
 Smuckers
 Starbucks-Clayton and
 Webster Groves
 Stratton's Café
 Swing-A-Round Fun Town
 Thomas Food Marketing
 Pamela L. Thornhill
 US Foods
 Walmart-Telegraph Road
 Weber's Front Row
 Sandy Wertz
 Marge Whitcraft
 Women's Fitness

*deceased

Volunteer Groups

2013 Women's Board



Back row, left to right: Kathy Joslin, Betty Sims, Georgette Waldman, Fran Burns, Dorothy Harper*, Marge Schoor, Pat Bushman, Joan Whitford, Mary Harris, Jean Bouchard, Susan Goodman, Sally Lilly, Jane Hughes, Susan Brinker, Ann McCandless, Dessa Morrow, Martie Dille, Anne Ryan, Barb Clements, Ricki O'Meara, Judy Bass, Julie Poelker, Mary Sertl, Joyce Ulrich, Jackie Shillington, Susan Krombach, Lydia Meier

Seated: Martha Anne Bull, Toni Breihan, Jane Bryan, Inky Ball, Nancy O'Brien, Sue Bahle, Jo Schnellmann, Kathy Lupo

Not Pictured: Carroll Baechle, Flo Baur, Joan Bayer, Marian Desloge, Lorene Drews, Jane Evans, Suzanne Harbison, Juanita Hinshaw, Christy James, Pat Kapsar, Babs Kolkmeier, Erle Lionberger, Susan Logie, Lorraine Magee, Ginny Rowe, Audrey Smith, Fran Stuhl, Amy Trau, Sue Voorhees

2013 Advisory Board



Back row, left to right: Betty Sims, Ruth Kohl, Bob Drews, John Rowe, Jim Sertl, Earl Dille, Juanita Hinshaw, Earle Harbison, Dale Meier, Tom Bayer, Bob Barrett, Sally Lilly

Front row, left to right: Peter Krombach, Joan Whitford, Steve Woodard, Cathy Reiss, Franc Flotron, Joe Brinker

Not Pictured: John Baird, Tom Collins, Ben Edwards, Jim Esther, David Fleisher, Harry Kennedy, John McClure, Subodh Mehra, Jim Mills, John Norwood, Jackie Shillington

**deceased*

Volunteer Groups

Legacy Society Executive Committee



Front row, sitting left to right: Sally Lilly, Martie Dille, Lorene Drews

Back row, left to right: Joe Brinker, Bob Drews, George Clements, Fred Perabo—Co-Chairman, David Culver, Susan Goodman, Earl Dille, Earle Harbison—Co-Chairman, Tom Collins, Joan Culver, Ginny Rowe, John Rowe, Mary Sertl, Jim Sertl, Harris Frank, Ken Bower

Bethesda Dilworth Auxiliary Board



Left to right: Charlene Zinkl, President; Maud Jeanty, Vice President; Susan Goldstein, Secretary

Bethesda Meadow Auxiliary Board



Left to right: Bob Morris, Treasurer; Fran Burns, Vice President; Darla Neely, Auxiliary Coordinator; Ruth Kohl, President; Emily Lankau, Secretary

Hospice Care Volunteers



Front row, left to right: Rita Streib, Leslie Simon, staff; Linda Estes, Mary Ann Schaefer, Dolores Courtney, Jean Major

Back row, left to right: Mary Wuller, Richard Doyle, Ruth Rincker, staff; Kathy Timpe, Ruth Kohl, Leslie Peasel, staff; Lois Noel, Donald Montgomery, Michael King, Bob Morris

Charless Village/Southgate Volunteers



Front row, left to right: Holly Parsons (with Cooper, the Dachshund), Judy LeBlanc, Rita Stereib, Jane De La Pena

Back row: Jan Keale, Volunteer Coordinator; Marcia Anderson, Sue Jernigan, Elicia Grab, Barbara Winkler, Gerrie Ventimiglia, Harold Stanfield, Barbara Stanfield

Management Team

Joseph J. Brinker
President and Chief Executive Officer

R. Kenneth Bass, Jr.
Senior Vice President
Senior Living

Larry D. Hickman
Senior Vice President
Administrative Services and
Chief Information Officer

Katherine E. Joslin
Senior Vice President
Human Resources and Marketing

Patricia P. Kapsar
Senior Vice President
Corporate Compliance Officer

Alphonse D. Poelker
Senior Vice President
Strategic Development

Amy J. Trau
Senior Vice President
Healthcare Services

Pamela E. Dempski
Corporate Vice President and
Director of Fund Development

Christine E. Crouch
Vice President and Senior Administrator

Kevin L. Curry
Vice President and Corporate Compliance Officer

Michelle M. Glass
Vice President and Director
Bethesda Senior Support Solutions

Muriel C. Van Oordt
Vice President and Senior Administrator

Jeffrey R. Waldman
Vice President and Director of Marketing

Board of Directors



Joseph E. Birk, Jr.
Board Chairman, retired
attorney and executive at
Ameren UE



Kenneth J. Bower
Principal at Moneta Group, LLC



John W. Rowe
Board Vice Chairman,
retired Bethesda President
and Chief Executive Officer



George W. Clements, Jr.
Retired family business
owner and former President
at Midtown Medical Center
Redevelopment Corporation



David M. Culver
Board Treasurer, retired
banking and insurance
executive



Thomas J. Harris
Executive Vice President
of MMS—a Medical
Supply Company



Joseph J. Brinker
President and Chief
Executive Officer
of Bethesda Health Group



Philip A. Hutchison
Retired Senior Vice President
of Human Resources at
Emerson Electric Company



Kenneth J. Kolkmeier
Retired President of Nooter
Construction Company



Gary L. Mayes
Retired Attorney,
Thompson Coburn LLC



Susan G. Moore
School teacher, civic leader
and Board Member of the
Charless Foundation



Richard C. Mueller Jr.
Principal at Bopp Chapel



Fred H. Perabo
Retired Director of Community
Affairs at Ralston Purina Company

Remembering Marian Clifford



The Bethesda community mourns the loss of Board Member **Marian Foster Clifford**, who passed away after a long battle with pancreatic cancer. She was 72.

Marian, who had been serving as Board Secretary, is survived by her husband, Nicholas, their three sons, two brothers and a sister, and her five grandchildren.

“Marian was thoughtful, insightful, and not afraid to ask hard questions. She was well-liked and well-respected by all, and she will be deeply missed.” –Joe Brinker, Bethesda President and CEO.

“Satisfaction Is Our Goal”

AS BETHESDA approaches its 125th anniversary serving St. Louis seniors and their families, we can look back with pride at the successes we have achieved in 2013, due primarily to the commitment and diligence of our Bethesda team.

We have a tremendous team. We are comprised of a staff (1,150) and volunteers (885, exceeding 33,000 volunteer hours and providing more than 23,000 Meals on Wheels) who are dedicated to the welfare of our residents and the St. Louis senior community. The achievements and awards chronicled on these pages is testament to their willingness and commitment.

Our team also includes the members of our boards and donors to the Bethesda Health Group Foundation. These dedicated individuals are committed to our mission and understand what it takes to operate a healthy, viable organization. With this support, Bethesda continues to have a strong financial footprint—our 2013 net assets are in excess of \$42.3 million; we continue to invest in capital improvements (more than \$43 million spent during the last five years); we support our Humanitarian

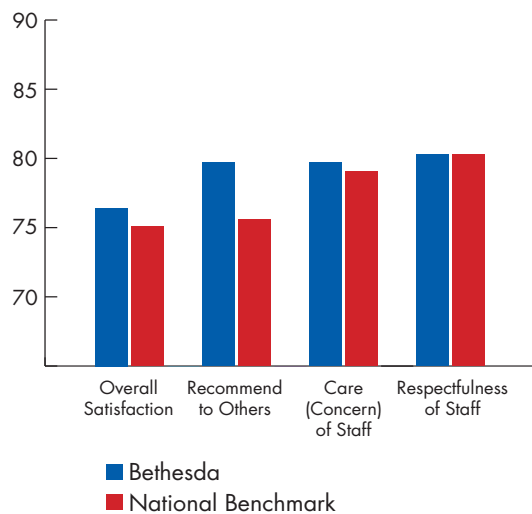
Care initiative for our residents in financial need (\$13.9 million in 2013), and we continue our pursuit of technological advancements.

We would be remiss if we didn't point out the success of the Bethesda Health Group Foundation's 2013 “Hearts for Our Homes” fundraising campaign, which set a record by raising \$83,000 for the Humanitarian Care Fund, mostly from contributions of staff and residents/families. In addition, Bethesda employees contributed more than \$44,000 to the United Way campaign and nearly \$48,000 in additional charitable gifts to the community.

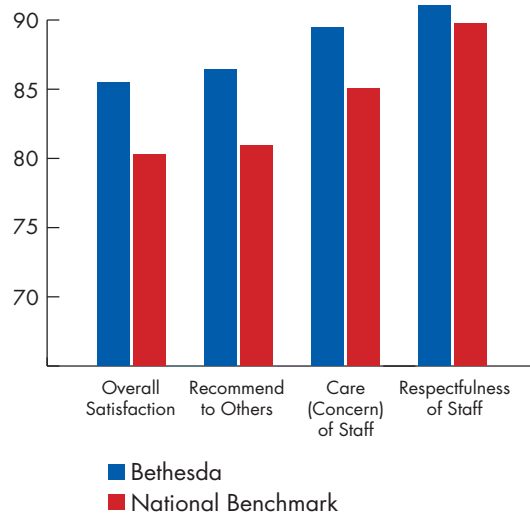
As impressive as these accomplishments may be, it wouldn't matter if we weren't achieving our vision of fostering successful aging through compassion and innovation. If satisfaction survey results serve as an accurate barometer of progress, then Bethesda certainly is headed in the right direction.

We look forward to a tremendous 2014, and will continue striving to establish Bethesda as the premier provider of care and services for seniors in the markets we serve.

Long-Term Care Satisfaction Report—2013



Senior Living Satisfaction Report—2013





Donate today!

**Bethesda Health Group, Inc.
and Subsidiaries
Combined Statement of Operations
Year ending June 30, 2013**

Revenues	
Net service revenue	\$58,741,824
Other revenue and gains	4,261,086
Investment income	5,736,180
Contributions	1,270,485
Total revenues	<u>70,009,575</u>
Expenses	
Professional care	25,934,272
Dietary service	7,064,302
General services	7,996,637
Administrative services	13,034,059
Employee health and welfare	3,744,084
Depreciation	7,581,751
Interest	3,505,058
Provision for bad debts	290,202
Total expenses	<u>69,150,365</u>
Net income	<u>859,219</u>

Humanitarian Care

As supporters of Bethesda know, the opportunity to provide charity care to our residents who have outlived their means to pay and therefore lacked the financial resources to pay established rates is a vital part of our mission.

The compassion and selflessness exhibited by the Bethesda family of supporters never ceases to amaze. For the fiscal year ending June 30, 2013, total uncompensated charges, charity care and financial assistance related to services were \$13.9 million, an increase of more than 20% (\$2.5 million) in charitable support from the 2012 fiscal year.

With net assets exceeding \$42.3 million, we are able to continue providing the financial stability and strength on which our residents, their families and the community depend and rely.

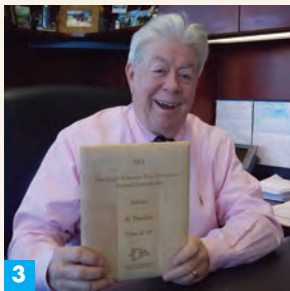
**Bethesda Health Group, Inc.
and Subsidiaries
Combined Balance Sheet
Year ending June 30, 2013**

ASSETS	
Current Assets	
Cash and cash equivalents	\$ 2,298,635
Assets limited as to use	1,699,264
Accounts receivable	3,386,094
Other current assets	2,631,060
Total current assets	<u>10,015,053</u>
Assets limited as to use, net of amount required to meet current obligations	71,071,814
Property, plant and equipment, net	103,649,087
Beneficial interest in trusts	959,339
Other assets	1,199,243
Total assets	<u>186,894,536</u>

LIABILITIES AND NET ASSETS

Current liabilities	
Current maturities and long-term debt	\$ 0
Accounts payable	1,681,444
Accrued expenses	5,241,077
Other current liabilities	3,092,532
Total current liabilities	<u>10,015,053</u>
Long-term liabilities, less current maturities	75,900,000
Life residents' fees	40,982,685
Other liabilities	17,614,655
Total liabilities	<u>144,512,393</u>
Net assets	<u>42,382,143</u>
Total liabilities and net assets	<u>\$186,894,536</u>

Thanks for



1 The 10th anniversary of the Bethesda Rehab & Therapy program (for post-hospitalization patients not ready to return home) was recognized at each skilled nursing community. **2** Staff from St. Andrews & Bethesda Home Health celebrated their 5th anniversary in style! **3** Al Poelker, Senior Vice President, Strategic Development, holds his “Southeast Salutes” alumni award from Southeast Missouri State. **4** Bethesda Terrace residents Dorothy Boenker (left) and Ruth Bauer give Brian Gapsch, Food Service Supervisor, the nearly \$700 raised by residents and staff to help Brian’s family, some of whom tragically lost their lives in a house fire. **5** Ed Collins, Bethesda Barclay House Door Attendant, celebrates his “Missouri Older Worker” award with residents and staff. **6** Sanna King, Administrative Assistant, Bethesda Dilworth, and Graciela Mendoza, Team Leader, St. Andrews & Bethesda Home Health, were the 2013 additions to the President’s Roundtable. **7** Lee Williams, Senior Outreach Coordinator, accepts Bethesda’s award for participating in Retiree Appreciation Day at Jefferson Barracks.

a great year!



8 The “Ding-a-Lings,” a volunteer singing group at Bethesda Dilworth, prepare for a performance. **9** Ruth Rincker, Social Services Coordinator, Bethesda Hospice Care, can’t believe she got the question right at the 2013 “Hearts for Our Homes” Trivia Night fundraiser! **10** Bethesda Terrace resident Alberta (Bert) Emmenegger rehabs from knee replacement surgery with Valerie Long, Manager of the Bethesda Senior Therapy Center. **11** Mildred Kunce and Ralph Heathcote, participants at the Adult Day Care program at Bethesda Dilworth, play with Bella the dog along with Activities Assistant Pat Wiegand. **12** There was red, white and blue as far as the eye could see at the annual Veterans Day celebration at Bethesda Meadow. **13** Bethesda Terrace residents relax on their newly refurbished patio—one of the many newly refurbished areas at Bethesda communities. **14** Chris Crouch, V.P. and Senior Administrator, brightens the day of a young attendee with a rainbow at the 11th annual Easter celebration at Bethesda Southgate. **15** “King” Bill Broderick hands out beads as he takes part in the annual Mardi Gras parade at Bethesda Meadow. Bethesda Southgate also had a Mardi Gras parade in 2013.

BETHESDA

Bethesda Health Group, Inc.
1630 Des Peres Road, Suite 290
St. Louis, MO 63131
314-800-1900
www.BethesdaHealth.org

BETHESDA INDEPENDENT LIVING COMMUNITIES

Bethesda Barclay House
230 S. Brentwood Blvd.
Clayton, MO 63105
(314) 725-1000

Bethesda Gardens
420 S. Kirkwood Road
Kirkwood, MO 63122
(314) 965-8100

Bethesda Orchard
21 N. Old Orchard Ave.
Webster Groves, MO 63119
(314) 963-2100

The Oaks at Bethesda
Big Bend, West of Berry Road
Oakland, MO 63122
(314) 372-5839

Bethesda Terrace
2535 Oakmont Terrace Dr.
Oakville, MO 63129
(314) 846-6400

ASSISTED LIVING

Charless Village
5943 Telegraph Road
St. Louis, MO 63129
(314) 606-9891

BETHESDA SKILLED NURSING COMMUNITIES (including memory care, rehab and therapy and respite care)

Bethesda Dilworth
9645 Big Bend Blvd.
Oakland, MO 63122
(314) 968-5460

Bethesda Meadow
322 Old State Road
Ellisville, MO 63021
(636) 227-3431

Bethesda Southgate
5943 Telegraph Road
Oakville, MO 63129
(314) 846-2000

BETHESDA HOME AND COMMUNITY BASED SERVICES

Adult Day Care at Bethesda Dilworth
9645 Big Bend Blvd.
Oakland, MO 63122
(314) 446-2103

Adult Day Care at Charless Village
5943 Telegraph Road
St. Louis, MO 63129
(314) 846-2003

Bethesda Hospice Care
8175 Big Bend Blvd., Suite 200
Webster Groves, MO 63119
(314) 446-0623

Bethesda Senior Support Solutions
8175 Big Bend Blvd., Suite 202
Webster Groves, MO 63119
(314) 963-2200

Bethesda Rehab & Therapy Center at Bethesda Dilworth
9645 Big Bend Blvd.
St. Louis, MO 63122
(314) 446-2122

Bethesda Rehab & Therapy Center at Bethesda Southgate
5943 Telegraph Road
St. Louis, MO 63129
(314) 846-2001

St. Andrews & Bethesda Home Health
8175 Big Bend Blvd., Suite 150
Webster Groves, MO 63119
(314) 218-2600

Bethesda Senior Outpatient Therapy Center
8175 Big Bend Blvd., Suite 130
Webster Groves, MO 63119
(314) 218-2610

Meals on Wheels
Bethesda Dilworth
(314) 968-5460, ext. 5410
Bethesda Southgate
(314) 892-1124



Bethesda Health Group is a nonprofit organization that creates supportive and caring lifestyles for St. Louis-area seniors with an equal focus on superior quality and value. Bethesda Health Group does not discriminate on the basis of race, color, religion, gender, national origin, sexual orientation, disability or age in admission, treatment or participation in its programs, services and activities, or in employment.