

Building Bethesda

The many hands involved in guiding, nurturing and creating essential services for St. Louis seniors



A MESSAGE FROM THE PRESIDENT

Welcome to the 2015 Bethesda Report to the Community.

Inside, you will find many articles featuring people who have made, and continue to make, this organization so vibrant and ever-improving. For more than 125 years, Bethesda has been led by, driven by, and committed to, amazing individuals.

My professional career here began under the leadership of one such person: John F. Norwood, who died on Feb. 9, 2015. John was more than a mentor, more than a business colleague—for me, and so many others at Bethesda, he was a living example of human graciousness who envisioned new ways to care for seniors. He built a strong financial foundation for the organization and was a true steward of its mission. Please read more about John on page 4.

The sad news of Mr. Norwood's passing in the past year was tempered with numerous accomplishments that continue John's legacy of hard work and dedication to long-term sustainability. The Bethesda finance team worked diligently with the St. Louis County Tax Assessor's Office to forge a first-ever approach to refining how humanitarian organizations like ours may be appropriately and fairly taxed, balancing the value of our real estate holdings with the millions of dollars in charity care we provide to St. Louis area seniors.

Building and renovation activity is almost always happening somewhere across our communities—and a \$16 million assisted living building construction project is currently our largest of several improvement initiatives underway, each a part of our effort to modernize and freshen the resident experience and quality of life.

This commitment to quality of life underscores all we do—and our patient outcomes data shows that the collective Bethesda care team is delivering! Our role as a partner to hospitals, by caring for patients in our "post-acute" rehabilitative environment, is essential to helping patients resume their highest possible level of function after illness or injury.

Please join me in learning more about 2015 and our plans for the years ahead.

Joseph J. Brinker



President & CEO

(Front cover): Dick Doyle and Mulligan, who live at The Oaks at Bethesda, visit with Bethesda Dilworth residents Norma Shelp and Evelyn Nance on Bethesda Dilworth's new courtyard patio.

Joe Brinker stands proudly with his mother, Mary Ann (an Oaks at Bethesda resident), in front of the fountain that the family dedicated to the memory of Joe's father, Ron.



A MESSAGE FROM THE BOARD CHAIRMAN

In considering this report's theme of *Building Bethesda*, I reflect on the board's unique perspective as we balance responsibilities of oversight and collaboration with the leadership team of this fine organization. As a group, the board members are consistently impressed with the team's commitment to the organization's mission while also staying at the forefront of compliance and innovation in a rapidly changing health care environment.

This past year, Bethesda has invested countless hours of planning and attention to detail into the successful assimilation of two BJC communities, Village North and Eunice Smith Home. This is a great example of how strong skills at every level of the organization are working to ensure Bethesda's sustainable future in St. Louis.

The success of those management agreements is breeding even more opportunity, as BJC has chosen Bethesda to manage the Barnes-Jewish Extended Care community in Clayton. This type of partnership and collaboration is essential in our changing healthcare landscape, and the board will continue to support Bethesda's management in pursuing opportunities to serve cooperatively with our region's medical community.

My fellow board members and I thank you for your continued support of Bethesda Health Group, and encourage you to learn more on the following pages about the people who together are *Building Bethesda*.

George W. Clements, Jr.



Board Chairman

George Clements visits with residents Sally Lilly and Elaine Golfin during a recent visit to Bethesda Barclay House.



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BUILDING BETHESDA: EXPANSION & INNOVATION

John F. Norwood, In Memoriam



For 33 years, John Norwood helped shepherd Bethesda Health Group through significant societal changes—from a period where seniors were either at home with family or in a “nursing home,” to the modern era, which offers many choices for the lifestyle and care level that’s right for them.

Under John’s leadership, Bethesda helped lead the industry in creating what may have been the first urban apartment community just for seniors. He acquired a high-rise property in the heart of downtown St. Louis and created Bethesda Townhouse, an oasis

in the city for seniors who enjoyed proximity to the arts, culture and history of St. Louis’ urban core.

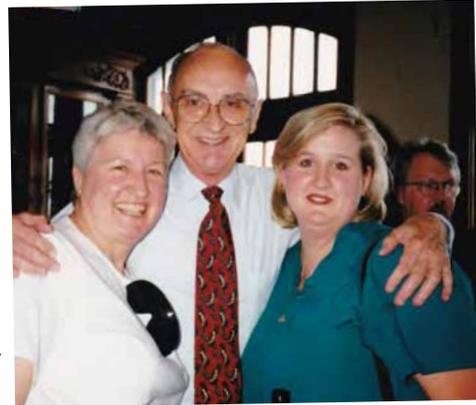
“Executives from senior care organizations across the country came to visit Townhouse and talk with John about the unique and, at the time, very popular option for a retirement community in the bustle of the city,” says John Rowe, who succeeded John Norwood as President and Chief Executive Officer of Bethesda.

His vision for new options continued throughout his tenure, as Bethesda acquired Bethesda Barclay House in Clayton and built new residences in West St. Louis County. While the bricks and mortar communities grew the organization’s footprint, John credited the Bethesda employees for the real long-term success of the organization. “They were excellent and unusually talented,” he said of his fellow Bethesda team members in a 2014 interview.

Through his leadership, Bethesda became an even more resilient and sustainable organization; one that today serves seniors by addressing their needs in the most dignified and respectful manner possible. “John was steadfast in his resolve to provide high-quality care and to credit the Bethesda team that delivers that care each day,” says Joe Brinker, current President and Chief Executive Officer. “John hired me fresh out of graduate school and, while I thought I might stay for just a few years of experience, it became my distinct privilege to learn from him and build what has become a 25-year career following in his footsteps.”

Earlier this year, the Bethesda Board of Directors established the John F. Norwood Quality of Life Fund in honor of John’s dedication to the thousands of individuals cared for under his guidance. This endowed fund supports his legacy of providing exceptional care, nurturing lifestyles and investing in improvements that deliver on Bethesda’s promise of fostering successful aging through compassion and innovation.

For more information about the fund, please contact Pam DempSKI of the Bethesda Health Group Foundation at 314-800-1981.





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Ms. Juanita H. Hinshaw, Vice Chairman, (standing left to right): John F. Norwood, President; David L. Fleisher, Chairman; John W. Rowe, Treasurer; John L. Hayward, Secretary.

Bethesda is, very simply, people. Hundreds of special people, in six locations across the metropolitan area. People with many years of service who make up the Bethesda family. People who have given Bethesda the reputation for caring. Perhaps a single word can be used to describe the makeup of these special people — commitment.

You're Our "One an



The Pulse
Vol. 1, No. 7
Bethesda General Hospital
September, 1967

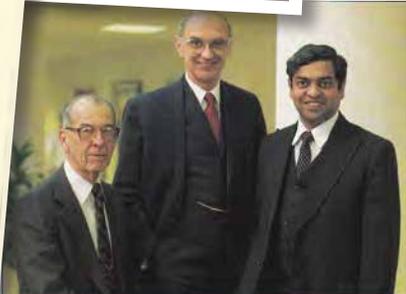
CANDY STRIPERS' CAPPING CEREMONY
A capping ceremony was given for Bethesda's Candy Strippers on Sunday, September 10, 1967. The occasion was attended by the Candy Strippers, their families, and hospital personnel who had worked closely with the program during the summer.

Ms. Rita Nevelson, who organized, interested, and directed the Candy Strippers this year, presided over the ceremony. The invocation was given by Rev. Raymond Taylor, followed by Mr. John Norwood, who addressed the group and stressed the hospital's appreciation for the Candy Strippers and their altruistic values and services to the Hospital. He spoke about the gratitude on behalf of the Board of Directors, hospital staff, and patients. Mr. Nevelson presented each Candy Stripper, capped them, and presented a pink corsage to each. The year's gift from the Hospital, were given to each Candy Stripper who contributed at least 200 volunteer hours to Bethesda.

Bethesda's former's facility sponsored the lovely ceremony. Mrs. Olivia Prentiss, Mrs. Leona Lovander, Mrs. Betty Hildner, and Mrs. Lucy Tomin, all members of the Auxiliary, presided at the refreshment table that was adorned with pink corsages and a centerpiece of pink corsages and stamens. — Continued on page 2 col. 2.

Administrator Named to Fellowship
Mr. John Norwood

John F. Norwood, Administrator, was advanced to Fellowship in the American College of Hospital Administrators at the annual meeting of the Association of Hospital Administrators in Chicago on August 15. The ceremony was held in the Chicago Marriott Hotel. Mr. Norwood was presented by Dr. Peter B. Tomatis, College President and Director of the Roosevelt Hospital, New York City. Fellowship is the highest honor in the professional society, and a recognition of his past and successful performance in the field of hospital administration.



A.J. O'Brien, John F. Norwood, and S.K. Mehra, M.D.

Vision Becomes Reality

Thanks in large part to an outpouring of support from community residents, public-spirited corporations, and foundations, as well as our own medical staff and employees, our \$20 million improvement project now is complete. The true meaning of our fundraising campaign theme, "Vision of the Future," has been realized.

That vision is made tangible in the added comfort of renovated patient rooms that make a hospital stay as careful as possible. It is present in the superb new treatment and research facilities of the Bethesda Eye Institute. Vital hospital services and important departments such as outpatient surgery now have the space they require. The future health-care needs of the people of St. Louis will be served in many ways by the changes that the last three years have brought to Bethesda.

Not only these changes but all the success of the past year could not have been achieved without the hard work and com-



There's a common way of writing that creates a person who doesn't exist. You've seen it. "The driver will notice as he opens the hood..." "The student should be aware that rules require..." "Who is this stereotypical 'the whatever'?" No one you know.

Well, there is no such thing as "the patient." There are only patients—lots of different patients, each one an individual—each one with his or her own life to live, own goals, own dreams. Our finest moments at Bethesda are when we can help a person—a unique, special person—go on his or her way to fulfill those dreams.

Throughout this annual report, we present a tiny sampling of Bethesda patients in the most appropriate way possible: one on one, telling of their own experiences in their own words. They represent the thousands of patients we treated last year at Bethesda General Hospital and the Bethesda Eye Institute, the 466 people who live at Bethesda Dilworth Memorial Home, the 150 who live at Bethesda Town House, and those we've helped through Bethesda Home Care and services like Meals on Wheels and the adult day care center at Bethesda Dilworth. Their comments make us very proud because these people are the reason we are here.

Since the founding of Bethesda in 1889, top-quality care that is carefully attuned to each individual's different needs has been our highest priority. No matter what the situation, Bethesda staff strive to treat it with delicacy and kindness, as if they were aiding a member of their own family. Perhaps it is this family feeling that comforts and satisfies patients and employees alike.

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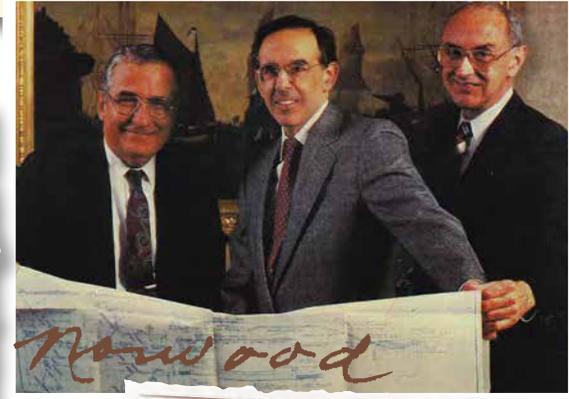
November-December 1978

Norwood Elected to MHA Board of Trustees

John F. Norwood, Administrator of Bethesda General Hospital, has recently been elected to the Board of Trustees of the Missouri Hospital Association. Mr. Norwood has served for several years on this Board in the past, and is currently serving on the Board of Directors of the Hospital Association of Missouri, St. Louis, and on the Board of Trustees of Blue Cross of St. Louis. We join in congratulating Mr. Norwood on this prestigious appointment.



John Norwood, Administrator



Award Established to Honor John Norwood

On May 27, 1968, a dinner party was held at The Whiteford House for members and spouses of Bethesda General Hospital and former Board of Directors and Medical Staff Executive Committee. During the party, Mr. Rowe, Chairman of the Board of Directors, presented and Chief Executive Officer, with an award created in Norwood's honor. The award, which was conceived by the Board of Directors to thank and recognize the former President and CEO for his three years of service, will be presented yearly to a Bethesda employee who, like Norwood, displays uncommon commitment and dedication to the organization. A plaque with the name of each year's recipient will be permanently displayed in a prominent location in the lobby at every Bethesda facility for all employees, residents, patients and visitors to see.

In addition to being presented with Bethesda General Hospital's plaque, Norwood also received a Whiteford Crystal eagle mounted on a marble base. The inscriptions on both the plaque and the eagle read: "In Recognition of Distinguished Service and Commitment to Bethesda."

Norwood expressed his appreciation for the award by commenting, "I am honored that the Board of Directors was compelled to create and name this award in my honor. It is one of the kindest and most memorable gestures that anyone has ever made to me. I Bethesda each time that I see the lovely Whiteford Crystal eagle. I extend my sincere thanks and appreciation to the Board and the entire Bethesda organization."

Norwood was hired as President and CEO in 1965. During his tenure, Bethesda grew to include its current

The Board of Directors recently unveiled and presented John Norwood, retired President and Chief Executive Officer, with an award named in his honor. It will be given each year to an employee who displays uncommon commitment and dedication to Bethesda.

six computers, offering a wide variety of quality health care services. He served on numerous local and state health associations and professional organizations and mentored more than forty graduate students majoring in health care administration. He made an indelible mark on Bethesda General Hospital and Home and will be remembered for his many accomplishments and gracious, caring personality.



Emir E. Brill
Richmond Heights

and those of my
ok care of Mrs.
lifetime.

Ken Kolkmeier: Constructing communities, building better lives

When it comes to project management, Ken Kolkmeier is a seasoned pro.

His professional career is one for the ages, spanning many states (Wisconsin, Pennsylvania, and Texas,



to name a few), and well-known companies and landmarks (more on them later). But despite everywhere he has lived and worked, Ken has

always been committed to making his hometown of St. Louis a thriving hub for successful construction.

And that commitment is exactly what he brings to Bethesda.

Ken serves on Bethesda's Board of Directors and is the Chairman of the Building and Grounds Committee, which oversees large capital improvements to Bethesda's campuses and communities. Former Bethesda President & CEO John Rowe asked Ken to join the board in 2001.

"Because my family and I moved around quite a bit, I wasn't too familiar with Bethesda before I met

John Rowe," Ken says. "But after John explained to me what Bethesda was and what they did, I was interested in joining the organization. I had retired a few years earlier, and I was looking for something meaningful to do."

In the business of building

Simply put, Ken has had quite a monumental career. He worked as an engineer trainee with the Pittsburgh Des Moines (PDM) Steel Company, and in 1961, he was assigned to be the project manager for the fabrication and construction of the Gateway Arch, St. Louis' defining skyline structure and the nation's tallest monument.

After the Arch's completion in 1965, Ken worked as a manager of a bridge fabrication plant in Illinois before joining PDM's corporate office, eventually serving as Vice President of Operations for the company. In 1982, he returned to St. Louis to work for Nooter Corporation, where he ultimately retired as President in 1996.

In his current position with Bethesda, Ken is involved in the early planning stages of building new communities and renovating current ones. He participates in early-stage discussions with Bethesda employees, sharing his insight on building needs. Ken, along with Bethesda's senior management and members of the Building and Grounds Committee, also helps analyze the merits of potential contractors and partners bidding on projects.

In addition to attending weekly meetings during construction projects, Ken uses his expertise to provide counsel regarding architects, contractors and various engineers. "I work with the Bethesda team in tracking construction schedules, watching the costs and evaluating changes or problems on the job to make sure we complete each project on time and within our budget," he says.

"It's rewarding to be able to do projects like these and work with Bethesda personnel. I've enjoyed these past 15 years with Bethesda and look forward to continuing to work with this great organization."

—Ken Kolkmeier



Ken Kolkmeier signs autographs at the Meet the Builders of the Gateway Arch event, Oct. 28, 2015, at the Missouri History Museum.

Ken has been involved with renovations to many of Bethesda's communities, which included the construction of Phase II of the Oaks expansion (2004); the addition of new apartments at Bethesda Gardens in 2006; the 2010 renovations at Charless Village, which included a new Rehab & Therapy Center and space for Assisted Living apartments and an Adult Day Care center; and the recently completed renovations at Bethesda Dilworth.

Some projects present their fair share of obstacles, which Ken is more than happy to tackle.

"The Berry Road project on the Dilworth campus involved a heavily wooded area and a creek running through the property," he explains. "It presented some interesting engineering and environmental

situations, but we were able to work them out."

The project he is referring to is the new Assisted Living community on the Bethesda Dilworth campus, and the 18 new villa homes that will be added on that same campus as an expansion of The Oaks at Bethesda senior living retirement community.

Recognition and awards

Ken continues to participate in events and happenings surrounding the Gateway Arch, too. In October 2015, in celebration of the monument's 50th anniversary, Ken was a featured panelist at a public lecture discussing the Arch as an icon for America's past, present and future.

Even though his resume includes "constructing one of America's most defining symbols of innovation and forward thinking," Ken finds joy in

being a part of projects at Bethesda that have such a profound impact on people's way of life.

"It's rewarding to be able to do projects like these and work with Bethesda personnel," Ken says. "I've enjoyed these past 15 years with Bethesda and look forward to continuing to work with this great organization."

Ken's contributions to the Bethesda communities certainly do not go unnoticed.

"Ken is a private person who would never pat himself on the back," says Bethesda Board Chairman George Clements, Jr. "However, the word 'volunteer' doesn't fully capture the level of his commitment to Bethesda. He's very hands-on... definitely the man who knows how to get things done."

Grace McDonald: A shining example of our caregivers in action

In her research upon graduating from her undergraduate program, Grace McDonald learned that Bethesda had been named a “Best Place to Work” in St. Louis. She applied for a job right away and soon visited with the staff. From her first visit, Grace knew it was the place for her. And since she started her position as Nurse Manager of the Memory Care neighborhood at Bethesda Meadow, she has found her research to be more than true.

“The moment I walked into Bethesda Meadow, I was determined to work there,” she says. “Now, I can’t say enough positive things about my coworkers and the residents.”

Rewarding passion

Grace’s passion for Bethesda, its residents and its staff has led to important innovations and significant recognition. Grace received the 2015 Joan Anne McHugh Award for Leadership in Long-Term Care Nursing from LeadingAge, the association of more than 6,000 members and partners (including Bethesda) who represent the field of aging services with the goal of expanding the world of possibilities for aging. She also received the Employee of the Year—Direct Care Award from LeadingAge

Missouri, the organization’s state partner.

According to LeadingAge, those who nominated Grace for the awards described her as “truly exceptional.” Staff members said she goes above and beyond the expectations to enhance the quality of life for residents.

As a nurse manager, Grace works with the administration to make the Memory Care neighborhood feel like home. She provides her staff of 20 with activity materials for the 26 Memory Care residents—all of whom have Alzheimer’s disease or another type of dementia. She takes extra time to pamper residents by doing their hair



**“The moment I walked into Bethesda Meadow,
I was determined to work there.
Now, I can’t say enough positive things about
my coworkers and the residents.”**

—Grace McDonald

or makeup, and she has even adopted a dog for the neighborhood. Much of what she does is outside the realm of her responsibilities.

“Grace is a great role model for her staff and her fellow management team members,” says Sarah Arnold, Director of Nursing at Bethesda Meadow.

Nonconventional solutions for exceptional care

Grace says one of her favorite parts of the job is identifying new solutions based on practice evidence. From her research, she learned that reducing psychotropic medications for Memory Care patients was an emerging best practice, so she worked to begin implementing this solution at Bethesda.

“When you give someone a medication for a behavior, you’re basically putting on a Band-Aid,” she says. “You may not really be addressing the root cause.” Grace believes that digging a little deeper and “reading between the lines” when working with residents is key to finding problems.

Grace McDonald (second from left) receives LeadingAge’s Joan Anne McHugh Award for Leadership in Long-Term Care Nursing from Dr. Robyn Stone (far left) of the LeadingAge Center for Applied Research and McHugh family members William McHugh (far right) and Margaret Kyriacou.

She said it is important to pay attention to patterns in residents’ everyday habits—like nervousness or constantly feeling cold—as well as to the stories and information family members provide upon admission to the community. “Sometimes there’s more beneath the surface, and these are clues to the root of an overarching problem,” she says.

For Grace, collaboration is key. She says her main strategy in creating change has been to lead by example and let the results speak for themselves.

Building for the future

Grace is also working toward receiving Joint Commission certification for the Memory Care neighborhood at Bethesda Meadow. “Getting that certification from this national organization will highlight the staff we have and the care we

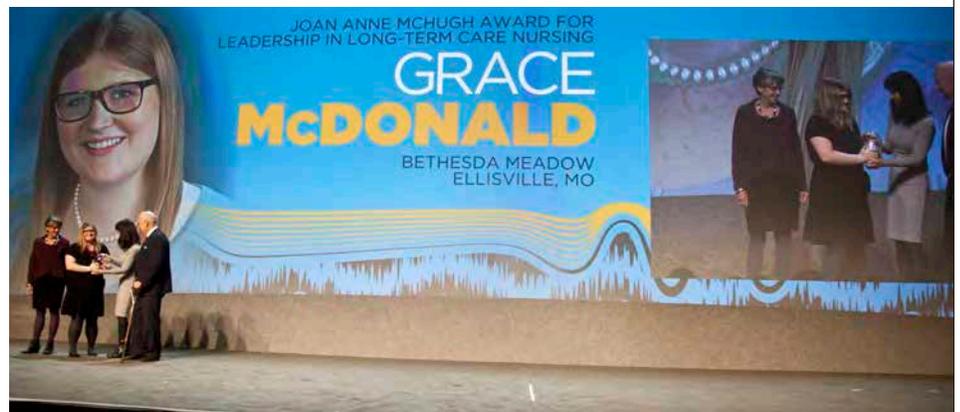
give,” she says. “It will help support Bethesda’s reputation for great memory care.”

Grace says the supervisors at Bethesda have taken keen interest in the professional development of their staff and that their efforts have helped her immensely. “Sarah Arnold makes me feel like I can succeed and build a career here,” she says.

Grace is pursuing her master’s degree and hopes to continue advancing her career with Bethesda. She says her passion for building a “home” for the residents motivates her to continue working hard.

“When you see what a difference you can make—when residents are able to share moments with their families they wouldn’t otherwise have been able to share—it really makes everything worth it,” she says.

(In December, Grace was promoted to Assistant Director of Nursing at Bethesda Meadow.)



Julie Yates: Sharing a most precious gift—time

For Bethesda Meadow activities volunteer Julie Yates, time spent in the community is more than just volunteering—it's spending time with "family."

Growing up, Julie's dad owned a pharmacy in a small Illinois town. Right across the street from the pharmacy stood an assisted living community, where Julie frequently visited with the residents.

"I had a really close relationship with my grandparents," says Julie. "I spent time with them, as well as the people who lived in the home across from my dad's business. For some reason, I've always felt I've had a special gift to be with the elderly."

Today, Julie lives just five minutes from Bethesda Meadow. She customarily would drive by the community on her way out for the day, and admits now that becoming involved there had always been in the back of her mind. Finally, one

day, she hit the brakes, turned into the parking lot and decided to go inside. She met with the volunteer coordinator, and she's been making friends there since that very day, 11 years ago.

"All my friends are 20 years older than me!" she jokes. "Really, they're more like my family."

Julie accompanies the residents to activities, and if there's not an activity planned, she'll take a group out for ice cream, sit outside with them in the warmer weather, or just talk with them and enjoy stories. "They just make me so happy," she says. "I get so much laughter and joy from them."

Julie says the highlights of her time at Bethesda Meadow have been the times spent one-on-one with residents. "I've always tried to keep people from being lonely. I'm drawn especially to the residents who don't have families," she says.

For many residents, eating meals, walking, taking a shower—even trips to the bathroom—are tasks that often require assistance. "These people are such an inspiration to me," she says. "They really develop patience, because many of them are so dependent on others. I've learned to be more patient because of them."

Aside from the residents, Julie also has made great friends with staff members—from the Activities Office to the Maintenance Department. "The employees here are amazing. They all care as much about the community as I do, so we have that connection. They've helped make Bethesda Meadow feel like home for the residents, and that means so much to them," she says.

Julie says she plans to continue volunteering for as long as she can and that she looks forward to meeting new residents every day.

“For some reason, I’ve always felt I’ve had a special gift to be with the elderly. They just make me so happy. I get so much laughter and joy from them.”

—Julie Yates



Bethesda Meadow volunteer Julie Yates visits with three of her “best friends”—residents (L-R) Mary Vogt, Bernita Mead and Verda Hall.

Various projects underway or planned for 2016

Bethesda is working to meet the nation's demands for an increase in senior living options this year by completing large-scale renovations and expansions to its communities.

Currently, the largest project on task is developing a new assisted living community on the Bethesda Dilworth campus at Big Bend and Berry roads. The 64,000-square foot community will accommodate 60 beds, 20 of which will be designated for Memory Care residents. This project will become Bethesda's second assisted living community and will create new job opportunities.

In addition, The Oaks at Bethesda is undergoing an expansion, adding nine duplexes and a clubhouse to the existing 28 villa-style townhomes. The 18 additional villas will be on the same part of the campus as the assisted living community.



The renovation of the Bethesda Barclay House lobby was just one of the many enhancements to the independent living communities throughout Bethesda.

"We complete smaller renovations in our communities every year to keep them attractive and competitive, but since we had several larger projects going at once, we thought it would be best to combine finances for everything this time," says Roger Byrne, Bethesda Executive Vice President & CFO.

"We're borrowing enough to cover these larger projects, and we expect to have enough money remaining to handle at least some of our regular projects as well."

The larger projects are scheduled to be completed by late 2016 or early 2017.

BETHESDA BY THE NUMBERS—RENOVATIONS & FACILITY CHANGES

2
new communities,
Village North and
Eunice Smith Home,
were welcomed into the
Bethesda family.

3 floors
at **Bethesda Dilworth**
underwent extensive
renovations.

The "**household model**,"
part of the remodeling project
at **Bethesda Dilworth**,
includes **30** private rooms—
each with a private bathroom
and walk-in shower.

11 members
make up the
Bethesda Renovations Team.

117 total renovated projects have been completed within Bethesda communities.

Highlights



1 Caring for Our Veterans

Bethesda Hospice Care has achieved Partner Level Four status in the “We Honor Veterans” program, which is the program’s highest recognition. The announcement comes after much hard work and dedication on Bethesda’s part to ensure Veterans have access to quality end-of-life care and plenty of supportive services for themselves and their families. Bethesda is now one of six hospice programs in the St. Louis area to obtain this level.

In addition, Bethesda continues to integrate Veteran-specific content into its conversations and to work with both staff and volunteers to meet Veterans’ needs. Through special programs, including the Veterans Day pinning ceremonies and Memorial Day candle-lighting ceremonies held

throughout the organization, as well as community-specific observances and programs, Bethesda’s commitment to Veterans is evident year-round.

2 Kapsar and Reiss Receive Norwood Award

This year, two women were recognized with the prestigious Norwood Award for their ongoing commitment and service to Bethesda and its residents.

Pat Kapsar, RN (in above photo, left), was honored for her longstanding career with Bethesda, going from the bedside to the boardroom, including lobbying and testifying for a variety of senior care issues (most of which addressed underfunding of services). In 2014, she retired from Bethesda while serving as Senior Vice President and Chief Compliance Officer. She currently is a member of the Bethesda

Advisory and Women’s boards and serves as a consultant to the Compliance Department. In addition, she helped start the Bethesda Southgate Auxiliary, of which she is serving as President. Congratulations, Pat!

Advisory Board member Cathy Reiss (in above photo, right) has a passion for developing curriculum that certifies professionals throughout Missouri to help with senior care-based issues. Cathy’s ingenuity and foresight, based on her personal experiences searching for appropriate care and services for her mother, helped pave the way for the creation of the Missouri Senior Information Consultant™ program. Congratulations, Cathy!



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Bethesda Meadow Rehab & Therapy Team

3 New Board Members

In 2015, Bethesda welcomed W. Kenneth Freeman and Mark Reifsteck to the Bethesda Board of Directors.

Ken is Vice President and Chief Information Officer at Webster University, where he manages technology and support for the more than 22,000 students, faculty and staff worldwide.

Mark, who served as an Administrative Intern at Bethesda in the early 1980s, is Senior Vice President at Dearborn Advisors, a professional service firm that partners with healthcare organizations to maximize the return on their information technology investments. Welcome, Ken and Mark!
(Photos on p. 30)

4 Another Honor for Kapsar

What a tremendous year it has been for Pat Kapsar. Not only was she recognized by Bethesda as a Norwood Award honoree, but she also was selected as an Ageless Remarkable St. Louisan for 2015! The Ageless Remarkable program honors individuals age 75 or older who are living active and vibrant lives.

5 Six Joint Commission Accreditations

Bethesda now has six communities and/or services recognized for commitment and excellence in senior care by the nationally renowned Joint Commission.

Three of the Bethesda skilled nursing communities—Bethesda Dilworth, Bethesda Meadow, and Bethesda Southgate—have achieved accreditation, as has Bethesda Hospice Care and St. Andrews & Bethesda Home Health.

And for the first time, the Rehab & Therapy program at Bethesda Meadow secured certification for its Acute Care program. The rehab staff members at Bethesda Meadow are to be congratulated, as the rehab certification designation is rarely pursued and secured.

Congratulations to all who work at our Joint Commission accredited communities and services; we are proud of you!

6 Crouch Installed as LeadingAge Missouri Board Chair

Chris Crouch, Vice President and Senior Administrator at Bethesda Southgate, is the owner of a new gavel, as she

has been installed as the Board Chair of LeadingAge Missouri, a trade organization in which professionals from nonprofit senior living, care and service organizations across the state meet to serve the needs of providers of healthcare, housing and services for the elderly.

“All of us at Bethesda are very proud of Chris for accepting this position,” says Joe Brinker, President & CEO, and himself a former LeadingAge Missouri Board Chair. “Between her endless supply of energy and her commitment to seniors, the organization is in very good hands.”

Chris, who had been serving as Board Chair-Elect, officially took over during the organization’s annual conference in September.

7 Two Earn LeadingAge Missouri Awards

Congratulations to two Bethesda employees who were honored by LeadingAge Missouri as Employees of the Year:

- Donna Moser, an Activities Assistant at Bethesda Southgate, (pictured with Chris Crouch), was honored as Employee of the Year—Client Services.

- Grace McDonald, RN, a Nurse Manager at Bethesda Meadow, was honored as Employee of the Year—Direct Care.

In addition, Roger Byrne, Executive Vice President and CFO at Bethesda, was elected to the LeadingAge Missouri Board of Directors.

8 Morris Receives National Citation

Bob Morris has received many accolades in conjunction with his tireless volunteering at Bethesda, but this one may have surpassed them all. Bob was nominated for a national award—the “Older Adult of Distinction” Award—from LeadingAge, the nationally prominent trade organization comprised of non-profit senior living, care and service organizations from across the nation. Though he was not selected, Bob was one of the few nominees to receive the “Chairman’s Citation,” which he received at the national conference in November. Congratulations, Bob!

9 Bethesda Promotions

Bethesda has continued to provide excellent patient care through

its strong staff, which embodies responsibility, accountability and dedication. Recently, Bethesda recognized several of those leaders for their dependability and continued commitment to the Bethesda community.

Roger Byrne, Senior Vice President and Chief Financial Officer, was elected to Executive Vice President and Chief Financial Officer.

Amy Trau, Senior Vice President, Healthcare Services, was elected to Chief Operating Officer.

Candice Brown, Administrator, Bethesda Meadow, was elected to Vice President and Administrator.

Kevin Curry, Vice President and Corporate Compliance Officer; and Jeffrey Waldman, Vice President and Director of Marketing, have been appointed members of Bethesda’s Management Committee.

10 Eunice Smith Home: Best of the Best!

The real excitement for Eunice Smith Home, a 62-bed skilled nursing community in Alton, Ill., takes place in 2016, when the community celebrates its 50th anniversary. However,

accolades in 2015 include being named the top area nursing home in the “Best of the Best” contest sponsored by the Alton Telegraph. Adjacent to BJC’s Alton Memorial Hospital, Eunice Smith Home includes Medicare Part A Rehab and Therapy program for seniors.

11 Four Exceptional Caregiver Award Finalists

It’s very special when you are nominated for an award by people with whom you work or care for every day. Four Bethesda employees—(L-R) Charlotte Busch, Senior Human Resources Manager, Bethesda Meadow; LaWanda Rice, a licensed practical nurse at Bethesda Dilworth; Michelle Terry, a certified nurse assistant with Bethesda Hospice Care; and Kathy Cranor, Staff Development Coordinator, Bethesda Southgate—were finalists for one of the 2015 Exceptional Caregiver Awards, selected and distributed by VOYCE (formerly the Long-Term Care Ombudsman Program). Congratulations to you all!



7

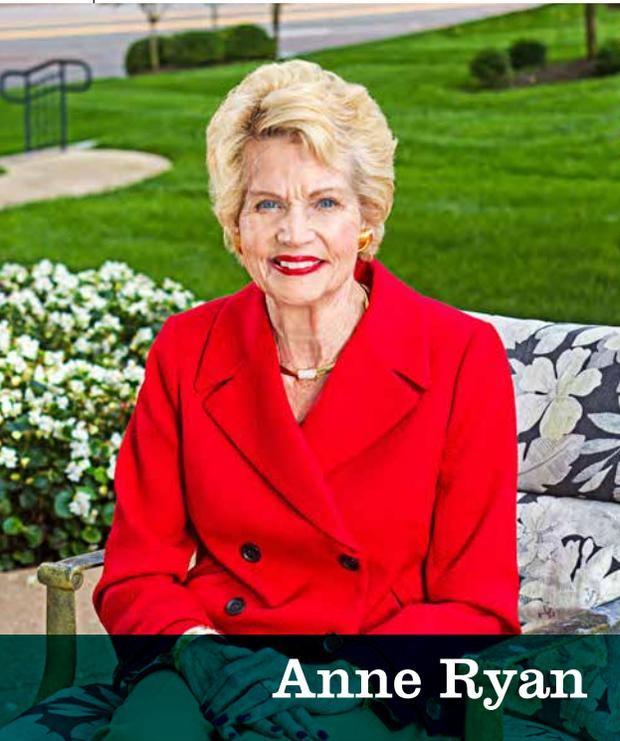


10



11

Why I Chose Bethesda



Anne Ryan

Having been in real estate for 40 years, Anne Ryan made it her business to help other people find the perfect home. Three years ago, she did the very same for herself by moving into Bethesda Barclay House.

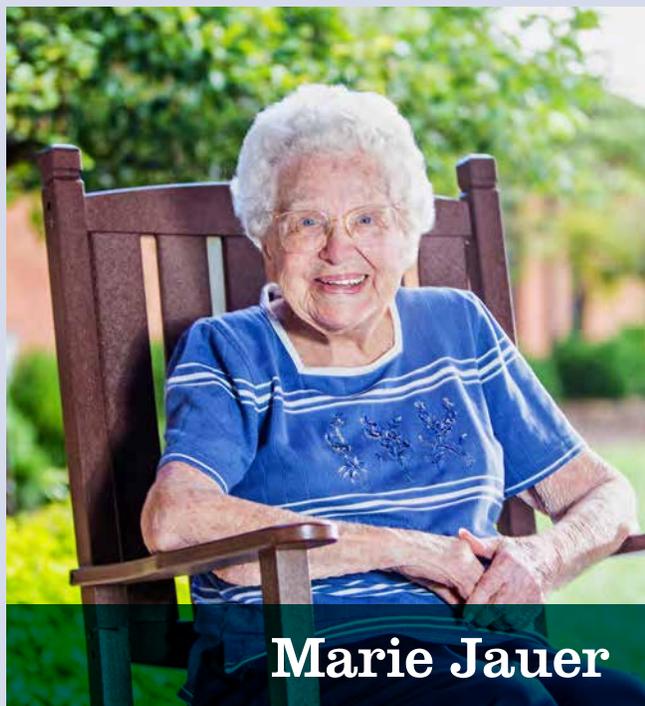
Anne started in the real estate business in 1965 after Ira E. Berry, founder of Coldwell Banker, encouraged her to try her hand in real estate. In 1979, Anne opened her office in Ladue, and in 1990, she began to fully dedicate her time to real estate listing and selling. In 1991, her son John, who was also in real estate, joined with her to create The Ryan Tradition. Today, The Ryan Tradition prides itself on providing the highest level of knowledge and integrity to both buyers and sellers. While Anne no longer works full-time, she has remained active in the company and visits the office three days a week.

Even though Anne has a trained eye for good real estate, she appreciated the encouragement and guidance she received from her daughter and son on moving to Bethesda Barclay House. They visited the community with her and reviewed the floor plans to ensure she could make her own updates. In addition, Anne already knew a few people who had come to a different Bethesda community for rehab and felt very comfortable from the start.

"I have made very good friends, and I love it here. The dining room is like a social event," she says. She particularly enjoys the workout classes. "The teachers are excellent. We have yoga and strength-building classes four days a week."

At 105 years old, Marie Jauer has a spunk about her that has certainly helped to keep her young at heart. Born in St. Louis, Marie never left her hometown, citing South City as a wonderful place to grow up. When she was young, she enjoyed swimming. "That was my favorite activity. I used to walk a block to the Marquette swimming pool every day," she says.

These days, Marie can be found at Bethesda Southgate, enjoying some of the other activities that make her happy. "I love to sit with other women and listen to music and chat," Marie says. She also paid high compliments to those taking care of her. "All of the nurses are so different," she says, "but they take very good care of me and are very, very nice. And the exercises aren't too hard!"



Marie Jauer



Barbara & Spencer Gould

Barbara and Spencer Gould have lived all around the country during their almost 60 years together, moving from Northfield, Minnesota, where they met while attending Carleton College, to Kirkwood, Missouri, to Puerto Rico, to Salt Lake City, to San Diego, to Ephraim, Wisconsin, and finally back to St. Louis. However, their most recent move was unlike all the rest.

After spending 26 years in Spencer's family's summer home in Wisconsin, Spencer, who has dementia, was ready to return to his hometown of Kirkwood. However, during the couple's visit to Bethesda Gardens, they were advised that Spencer would be better suited to live at Bethesda Dilworth rather than at an independent living community. Knowing it was best for her husband, Barbara moved into Bethesda Gardens, and Spencer moved into Bethesda Dilworth. Although it hasn't been easy living separately since August 2014, Barbara says Bethesda has done everything it can to help her and Spencer with this transition.

"He's happy because he has people there to take care of him, and he's doing every activity he can," Barbara said, "whereas before [in Wisconsin], he wasn't doing anything, and it was hard on both of us."

Barbara is happy at Bethesda Gardens, too. "I liked Bethesda Gardens because everybody was so friendly—both the residents and the people in charge," she says. She has made friends with other residents and enjoys all the activities Bethesda offers, including exercise classes, bridge, and trivia, and bus trips to various places around St. Louis. In addition to staying busy at Bethesda Gardens and visiting her four adult children, six grandkids and two great-grandkids, who are scattered across the country, she is secretary for the Twenty-Five Gardeners, a gardening club in Kirkwood, and is a member of the choir at Kirkwood United Methodist Church.

Moving to Bethesda Barclay House was an easy decision for Glenn Sheffield. "I had been here visiting friends, and I realized how many people I knew. The people here are extremely welcoming and kind, and they care about you," Glenn says.

She grew up in St. Louis City and Richmond Heights, and she attended John Burroughs High School. From there, she went on to Smith College in Massachusetts, where she met her future husband, Bill. The two were married after college and eventually came back to St. Louis and Barnes Hospital for Bill's internship and residency. After some time in San Francisco, they came back to St. Louis and lived in Webster Groves, where they raised three children.

Throughout her time in Webster, Glenn was incredibly involved in the city, even serving as Mayor for eight years. She was also active as a volunteer with the Repertory Theatre, the Opera Theatre of St. Louis, the Art Museum, and Saint Louis Ballet. "I've had more fun and involvement volunteering here than anywhere else," Glenn says.

These days, Glenn can be found in her beautiful apartment overlooking Clayton. "I was very lucky that when I wanted to move in, this apartment was available. I have two great views," Glenn says. Bethesda made it its mission to help her move in easily and quickly. She appreciates that in being here, she knows she can count on people to help if needed.



Glenn Sheffield

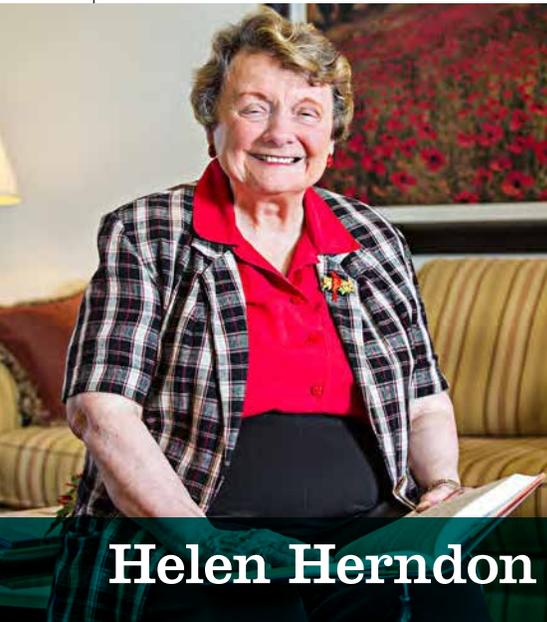
Helen Herndon has worn many hats in her day: College graduate. Missionary. World traveler. Freelance writer. Devout Christian. Secretary.

After earning a bachelor's degree in Biblical Education from Columbia Bible College in South Carolina and becoming the first college graduate in her family, Helen's father passed away. She stayed with her mother for three-and-a-half years and eventually was called to missionary work in France and North Africa. After eight years, Helen came back to the U.S. and eventually worked as a secretary for the St. Louis Public School District, where she served for 23 years.

These days, Helen lives at Bethesda Gardens in a beautiful apartment adorned with treasures and trinkets from all around the globe.

She chose Bethesda Gardens for a variety of reasons and is very fond of her space. "It is a beautiful apartment," she says. Helen has decorated her space with pictures, artwork, signs and magnets from more countries than most have ever dreamed of traveling to. She appreciates that Bethesda allowed her to make this space her own. "I picked out the paint colors myself," she says.

That isn't the only reason she chose Bethesda. "I wanted a place where people saw me coming and going. Bethesda is close to my church and many of my activities," she says. Bethesda has provided an affordable place to live where she "doesn't have to be responsible for a lot of things" that many living on their own must deal with on a daily basis. "This has been one of the wisest decisions I have made. My friends are happy I'm here," Helen says, "and so am I!"

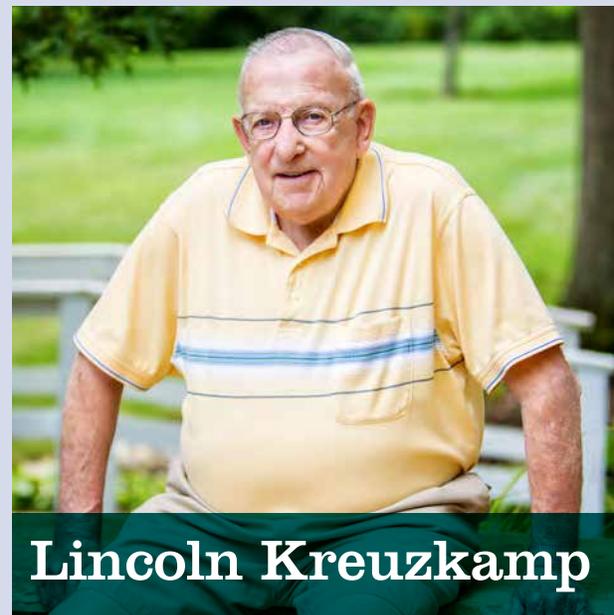


Helen Herndon

"Don't focus on the bad days. You will miss life!" As someone who has seen it all, Lincoln Kreuzkamp knows how precious life is and how much fun you can have living it. That is just part of the reason he loves living at Bethesda Terrace. "You can get out and be social. We play poker on Friday afternoons," Lincoln says. Another of his favorite pastimes? Dining with fellow residents. "We have a very diverse group each morning," he says. "We have an engineer, an accountant, a lawyer. You start your day right, with laughter and a good meal."

The decision to move to Bethesda came after Lincoln's wife, Barbara, fell and broke her hip. She needed rehabilitation, as did Lincoln, who was undergoing knee surgery. After visiting Bethesda Terrace, they felt it was the perfect fit and moved in November 2011. "The people here are terrific," Lincoln says.

Lincoln spent much of his youth in Chicago before heading to Europe as a combat medic in World War II. In 1953, he married Barbara, who sadly passed away in March 2015. In addition to being a husband and a Veteran, Lincoln is also the very proud father to three children—he has four great-grandchildren—and was a professional salesman for many years. In fact, he didn't retire until he was 85 years old. "If you love what you do, you'll never work a day in your life," he says.



Lincoln Kreuzkamp



Rosemary & Jim Kurt

Rosemary and Jim Kurt have felt at home at Bethesda Orchard from the moment they first stepped inside for a tour. After a spring 2015 move-in, they continue to grow even happier with their decision each day.

Both Rosemary and Jim grew up in St. Louis and met as students at The Principia high school. Following high school, Jim attended Washington University, then spent six years in the Marine Corps before he and Rosemary married in 1960. Jim then spent the next 40 years at Laclede Gas, while Rosemary worked at Busman Fuse (now Cooper Industries).

After retiring on the same day in 1997, the Kurts spent 12 years living in Englewood, Florida, a small fishing town on the Gulf of Mexico, where they loved to collect shells and fossilized shark teeth. Ultimately, they settled back in St. Louis and focused on choosing just the right home for their later years. In the heart of Webster Groves, their Bethesda Orchard apartment home is centrally located, and they have peace of mind knowing that when the time comes, they will be taken care of.

“We have not changed our lifestyle,” Jim says. “We are very much independent and still do everything we would if we were living in a house.”

Not only do they appreciate having their meals provided and their apartment cleaned weekly, they love participating in all of the activities—including happy hours, exercise classes, card parties, church services, Saturday evening entertainment and more. In fact, Rosemary, an avid crafter, had a craft table at the Bethesda Orchard Fall Festival Bake Sale & Craft Show and teaches a class for her fellow residents on how to make crafts using seashells—a passion of hers since her time at the shore.

If Jim had his way, he’d be back on the beaches collecting more shells in a heartbeat, but ultimately, he’s happy right where he is: at home. “This is the place where Rosemary and I belong,” Jim says.

BETHESDA BY THE NUMBERS—
VIBRANT LIFESTYLES

98,373

strikes in Wii bowling
(estimated)

2,304 happy hours



Jean Bouchard (l), shares a laugh with John and Joyce Clemens, fellow residents at The Oaks at Bethesda, at one of the monthly Happy Hours.

3,517

exercise classes
(including yoga and water aerobics)

619 field trips

627 musical
performances

Kids, dogs, his country and family... these are the loves and loyalties of Bernard Dawkins' accomplished life. He grew up in Chillicothe, located in north-central Missouri, the son of a World War I veteran, and became determined to serve his country as well. Bernard promised his mother he would complete high school, which he did in 1943, and promptly enlisted the next day to launch what he intended to be a lifelong career in the Navy.

A near-tragic accident aboard an aircraft carrier in the Atlantic Ocean ended his active duty but not his dedication to protecting the U.S. He became an expert telegraphist, rapidly sending and decoding Morse code messages in support of Naval operations. Ultimately, Bernard retired from the Navy to begin his second career—earning degrees in education at the University of Missouri and converting his patriotic loyalty to educating the next generation for more than 28 years at Hazelwood High School.

He brought history to life for his students, teaching civics, history and government... even inviting U.S. Presidents into his classroom via correspondence with the White House. He began with President Truman, asking him for his definition of a politician, to which the President responded: "All statesmen are politicians but not all politicians are statesmen." These letters, in addition to many poems and remembrances, are collected in "Back Then and Now, Memories and Verses," a book published by Vantage Press and authored by Bernard R. Dawkins, patriot and beloved teacher.

Today, a resident of Village North Retirement Community, he is a voracious reader who stays abreast of what looks to be a long year of political posturing leading up to the 2016 presidential election. He enjoys red wine at the community's regular happy hours and is looking forward to a field trip to the Missouri Civil War Museum.

(Sadly, Bernard passed away in January 2016.)



Bernard Dawkins

BETHESDA BY THE NUMBERS—OUR VETERANS



292

lapel pins distributed to Bethesda Veterans during 2015 Veterans Day ceremonies

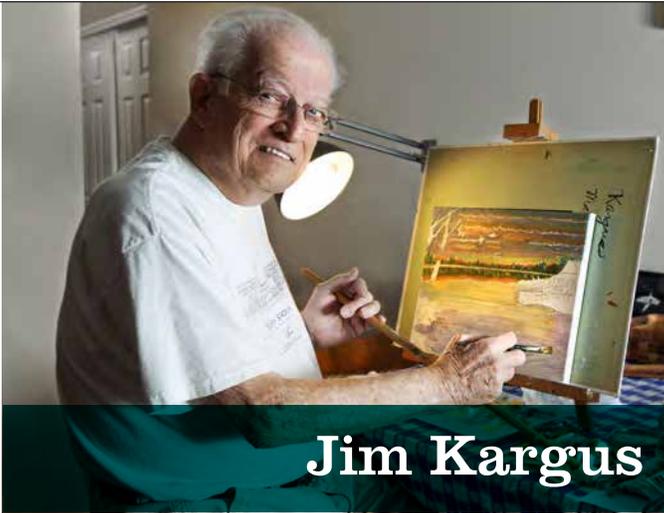
6 wars in which our Veteran residents/staff/volunteers have fought

6
Veteran participants

in Lindbergh High School's "History Alive" program

More than
180
Veteran residents who have attended a monthly Veterans meeting in 2015

8 Veteran residents currently on the "Honor Flight" wait list



Jim Kargus

If you are fortunate enough to spend time talking with Jim Kargus, you would most likely have an opportunity to hear about, and hopefully see, his talent for painting. For Jim, painting is not just a hobby, it is in his blood. In fact, it's how he earned his living for more than 40 years.

The legacy began in 1883, when Jim's grandfather started C. Kargus Signs in St. Louis. Once Jim was in high school, he began working in the family business, ultimately running it with his brother Bob.

They painted freehand. "There were no harnesses. We hung off of ropes and hooks, sometimes 100 feet or more off the ground," Jim says. He remembers painting everything from smoke stacks to water towers to letter tanks, and noted that Anheuser-Busch was among his clients.

All the years of painting took a heavy toll on Jim's body. While he only suffered one major accident during his time as a painter—a broken back—Jim endured years of aches and pains. When his wife passed away eight years ago, Jim decided that moving to Bethesda Terrace would be a great option. "I was tired of living alone and cooking," he says. While he is still very active, Jim also knew that he needed a new hip and shoulder, and would need extensive rehab and a team that could take care of him—which Bethesda could provide.

He has five children—four boys and one daughter—along with 13 grandkids and six great-grandkids, and he greatly enjoys visits from all of his family. "I love it here," Jim says of his choice to move to Bethesda Terrace.

His favorite activities now include playing cards and poker, along with painting. Jim says that he is "very happy here," and is happiest when he can make someone's day by painting for them.

After retiring from an extraordinary career that took her all over the world, Irene Schulze, PhD, was still in good health and eager to be involved in the cultural activities of the St. Louis community. She now relies on the services, security and companionship that Bethesda Barclay House provides. "I am grateful for the care and respect that the staff at Barclay House has given me," she says.

Born into a hard-working farm family near Washington, Mo., in 1929, Dr. Schulze learned the value of perseverance and dedication at a young age. "My parents reminded me repeatedly that while their job was to operate a successful farm, which sustained the family through hard times, my job was to learn as much as I could in school," she says.

Dr. Schulze received her bachelor's degree from Saint Louis University (SLU) in 1952, where she learned how to use laboratory procedures in the diagnoses of human disease; she then assisted in teaching medical and nursing students. She obtained a PhD in medical microbiology and received postdoctoral training through Vanderbilt University and the Public Health Institute of the City of New York.

Dr. Schulze was named SLU's Woman of the Year in 1986. She was also appointed by the National Institutes of Health to judge research projects submitted for funding. At the end of her career at the SLU School of Medicine, she worked with faculty members to update the curriculum.

In 2014, Dr. Schulze moved from her home in Clayton, Mo., to Bethesda Barclay House. "I love that being here allows me to continue an active and secure lifestyle," she says. Dr. Schulze particularly enjoys the abundance of music and opportunities for socializing in the community.



Irene Schulze

Building the Foundation



Volunteer Harris Frank, founder of the popular "Computer Comfort" courses, oversees a session featuring a Washington University School of Business student and Bethesda Gardens resident Peg Sharp (left) and Bethesda Terrace resident Dorothy Boenker.



Donors Dorothy and Paul Hanpeter, sibling residents at Bethesda Barclay House, at the 2015 Legacy Society Luncheon.



Foundation staff members (L-R) Julie Darnold Atkins, Pam Dempski, and Pam Moore.

As Bethesda builds infrastructure and continues to grow through renovations, programs and partnerships, likewise, the Bethesda Health Group Foundation is building and growing relationships by providing meaningful programs, two of which have grown successfully.

Computer Comfort, our technology instruction partnership with Washington University, offers free on-campus classes for residents each semester. Planning As You Age, our annual seminar of experts who present as a Q&A panel, helps educate seniors and their families during Medicare open enrollment.

We depend on growing meaningful programs to successfully connect with those who want to support the Foundation. It is through the support of generous donors that we can plan and build a future to benefit seniors. Most of us realize that providing excellent care and services comes at a cost that sometimes exceeds a resident's resources. When this happens, Bethesda residents take comfort in knowing they can turn to the John W. Rowe Humanitarian Care Fund.

Gifts to the Foundation help provide financial assistance and quality senior care that our residents have come to appreciate over the years. This year, 1,142 donors made generous gifts to the Foundation, totaling more than \$1 million in committed and received gifts from residents and long-time friends. We are fortunate to have more than 30 Life Legacy Society members who have donated meaningful gifts by designating Bethesda as a beneficiary of a will or trust, retirement plan, life insurance policy or refundable entrance fee.

In addition to receiving wonderful planned gifts, Bethesda is fortunate to have special benefactors who supported our renovation this year at Bethesda Dilworth, creating three new floors of living space and the beautiful new Emerson Courtyard. As Bethesda continues to grow, we look forward to building a new assisted living community on the Bethesda Dilworth campus next year. It is with deep gratitude that we acknowledge our donors for making a difference now and for leaving a lasting legacy for years to come.

With Appreciation,

Pamela Dempski
Corporate Vice President
Bethesda Health Group Foundation

Honor Roll of Donors Year ending June 30, 2015

We gratefully acknowledge our donors and Community Partners for their support and generosity. We have made every effort to accurately recognize our donors; if any errors have occurred, please accept our sincere apology. If you prefer your name listed differently than it appears, or if you prefer an anonymous listing, please contact the Foundation with your changes at 314-800-1916.

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Bethesda Board members Fred Perabo (left) and John Rowe share a laugh with Kitty Ratcliffe, President of the St. Louis Convention & Visitors Commission and guest speaker at the annual Legacy Society Luncheon.



*Deceased †Board of Directors

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Amanda Joggerst, Sales Counselor at Village North Retirement Community, places a pin on resident Alvin Wittner at the annual Veterans Day ceremony.

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(L-R) Lee Ann Coates, Tom Miskle, Jenn Ronzio, Jen Francis-Heins, Lisa Sertl, Holly Greminger, Tracy Hounsom and Cathy Barton comprise the Bethesda Provider Relations team—contacts for the Rehab & Therapy, Hospice Care, Adult Day Care and Home Health businesses.



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Ed Swallow concentrates on his therapy exercise under the watchful eye of Monica Dolan, Physical Therapist, at the Bethesda Senior Therapy Center.

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Kelley Schafer, RN, a nurse at St. Andrews & Bethesda Home Health, examines patient Bernice Hilgert in the privacy and comfort of her home. The Home Health nurses, CNAs, therapists and aides provided home health services for more than 1,100 seniors in 2015.

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 Rhonda Widmer

Participants from both Bethesda Adult Day Care programs (Bethesda Dilworth and Charless Village) gathered together for bingo and an ice cream social.



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(L-R) Bethesda Geriatric Care Management team members Julie Poelker, Personal Services Assistant; Chandelle Martel, Certified Geriatric Care Manager; and Terri Balestreri, Community Care Coordinator, addressed the assessment and care plan needs of more than 6,220 residents, family members and members of the community in 2015.

*Deceased †Board of Directors

BOARD OF DIRECTORS



1



2



3



4



5



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7



8



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14

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Board Chairman, retired family business owner and former President, Midtown Medical Center Redevelopment Corporation

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9 Christine E. Crouch
Vice President and Senior Administrator, Bethesda Southgate



2 Roger T. Byrne
Executive Vice President and Chief Financial Officer

10 Kevin L. Curry
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Corporate Vice President and Director of Fund Development

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13

14

VOLUNTEER GROUPS

2015 Women's Board



(front row, left to right) Norma Jean Schallert; Susan Goodman; Nancy O'Brien; Julie Poelker, Treasurer; Barbara Clements, President; Mary Sertl, Membership Chair; Toni Breihan; Martie Dille; Lydia Meier

(back row, left to right) Kathy Joslin, Ginny Rowe, Joan Howarth, Dorothy Boenker, Jean Bouchard, Susan Logie, Judy Bass, Amy Trau, Sue Voorhees, Sally Lilly, Dessa Morrow, Pat Kapsar, Lisa Meyer, Anne Ryan, Susan Brinker, Joyce Ulrich, Susan Moore, Jane Hughes, Susan Krombach, Ann McCandless, Michelle Glass

(not pictured) Fran Burns, Marian Desloge, Evelyn Goldberg, Michele Hachman, Suzanne Harbison, Marilyn Harrington, Mary Harris, Juanita Hinshaw, Christy James, Babs Kolkmeier, Erle Lionberger, Lorraine Magee, Jane Mahan, Jackie Shillington, Audrey Smith, Fran Stuhl, Georgee Waldman, Susan Webster, Joan Whitford

2015 Advisory Board



(front row, left to right) Harry Kennedy, Robert Barrett, Betty Sims, J. Curtis Engler, Steve Woodard, Peter Krombach

(back row, left to right) Cathy Reiss, Robert Drews, Pat Kapsar, Al Poelker, David Fleisher, James Sertl, Franc Flotron, Earl Dille, Dale Meier, Thomas Collins, Sally Lilly, Earle Harbison, Nicholas Clifford, Ruth Kohl, Susan Moore, Joe Brinker

(not pictured) Joe Birk, Benjamin Edwards, Juanita Hinshaw, John McClure, James Mills, Jackie Shillington, Joan Whitford

Legacy Society Executive Committee



(front row, left to right) Harris Frank; Fred Perabo, Co-Chair

(Back row, left to right) Earl Dille, Martie Dille, David Culver, Joan Culver, Sally Lilly, Joe Brinker, Susan Brinker, John Rowe, Ginny Rowe, and Robert Drews

(not pictured) Joe Birk; George and Barb Clements; Thomas Collins; Susan Goodman; Earle Harbison, Co-Chair; James and Mary Sertl

Bethesda Dilworth Auxiliary



(left to right) Bob Morris, President; Jan Glass, Secretary; Maud Jeanty, Treasurer; Charlene Zinkl, Vice President; Susan Goldstein, retired President; Darla Neely, Volunteer Coordinator (seated)

Bethesda Meadow Auxiliary



(left to right) Fran Burns, Vice President; Bob Morris, Treasurer; Joyce Joerling; Dianne Mollet; Emily Lankau, Secretary; Ruth Kohl, President; Leslie Simon, Volunteer Coordinator; Marge Jacobs

Charless Village-Bethesda Southgate Auxiliary



(back row, left to right) Jeanette Kille; Barbara Winkler, Secretary; Marca Anderson; Pat Kapsar, President; Chris Crouch; Olga Bojko; Janyce Wills; Ruth Flanagan; Sue Ellen Turner; Marie Bartels; Jim Bommarito; Jan Keale, Volunteer Coordinator; Judy LeBlanc

(Front row, seated left to right) Mike Jarvis, Beverly Delaney, Jerrie Ventimiglia, Jane de la Pena

(not pictured) Nancy Baumgartner, Dorothy Boenker, Debbie Compton, Susan Goldstein, Joan Howarth, Mary Ann Jones, Terry Marxkors, Sharon Rau, Dona Tankersley, Cristina Vigil, Sandy Winkler

Hospice Care Volunteers



(left to right) Mike King, Leslie Schaeffer, Richard Doyle, Tony Cosentino, Mary Anne Schaeffer, Nancy Donahue, Sue Moreno, Lois Noel, John Hancock, Mary Wuller, Bob Morris, Ruth Rincker, Jeanette Kille, Ruth Kohl, Cheryl Troll, Judy Lindquist

Ding-A-Lings (Bethesda Dilworth Volunteer Singers)



(front row, left to right) Jan Nelson, Chelle Habecker, Marie Zucchero, Mary Hahn, Nancy LaTourette, Anne Konold

(back row, left to right) Julie Deggendorf, Roger Nelson, Candy Culivan, Judy Doyle, Bob Zinkl, Maud Jeanty, Mary Williams, Rose Mary Zinkl, Ed Fix

(not pictured) Joyce Byers-Hines, Shirley Holmes, Loretta Keller, Ellen McCoy, Art Oppenheim, Carol Oppenheim, Betty Phillips

BETHESDA BY THE NUMBERS

Bethesda Health Group, Inc. and Subsidiaries Combined Statement of Operations

Year ending June 30, 2015

REVENUES

Net service revenue	\$ 68,002,736
Other revenue and gains	5,980,504
Investment income	1,705,433
Contributions	637,665
Total revenues	76,326,338

EXPENSES

Direct professional care	31,374,151
Dietary service	9,740,770
General resident & campus services	13,192,517
Corporate administrative services	6,601,649
Employee health & welfare	3,169,028
Professional fees & services	1,780,443
Depreciation	7,590,398
Interest	2,720,813
Provision for bad debt	522,873
Total expenses	76,692,642
Net income	\$ (366,304)

Bethesda Health Group, Inc. and Subsidiaries Combined Balance Sheet

Year ending June 30, 2015

ASSETS

Current Assets

Cash and cash equivalents	\$ 200,747
Assets limited as to use	16,153,375
Accounts receivable	5,757,995
Other current assets	1,527,663
Total current assets	23,639,780

Assets limited as to use, net of amount required to meet current obligations	63,109,925
Property, plant and equipment, net	104,301,989
Beneficial interest in trusts	1,177,862
Beneficial interest in affiliate	2,395,000
Other assets	1,285,510

Total assets **\$195,910,066**

LIABILITIES AND NET ASSETS

Current Liabilities

Current maturities of long-term debt	\$ 1,445,000
Line of credit	7,500,000
Accounts payable	2,702,546
Accounts payable-construction	722,691
Accrued expenses	4,463,813
Other current liabilities	2,095,007
Total current liabilities	18,929,057

Long-term liabilities, less current maturities	73,075,000
Life residents' fees	44,544,252
Other liabilities	17,225,780
Total liabilities	153,774,089

Net assets	42,135,977
Total liabilities and assets	\$195,910,066

Coming in 2016

Under Construction!

In November, members of the Bethesda Board and Management Team participated in the groundbreaking of the new 60-bed assisted living community on the Bethesda Dilworth campus. The new construction, which is expected to be completed in late 2016 or early 2017, will also include 18 new villa homes and a clubhouse, which will be part of The Oaks at Bethesda.



Welcome, Barnes-Jewish Extended Care!

Effective January 1, 2016, Bethesda has begun managing Barnes-Jewish Extended Care, a 120-bed skilled nursing community in Clayton owned by BJC HealthCare. Bethesda manages two other BJC skilled nursing properties: Eunice Smith Home in Alton, Ill., and Village North Retirement Community (50/50 ownership between BJC and Bethesda) in North St. Louis County, which also comprises independent retirement apartments.



Expansion of Senior Support Solutions Offerings

In 2015, hundreds of seniors took advantage of the Personal Services Assistant program and the expanded transportation options, which includes transportation from the hospital to the Bethesda Rehab & Therapy Center of their choice. The Senior Support Solutions team will be enhancing both programs in 2016 so that even more seniors can benefit from these services.



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

Bethesda Terrace

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

The Oaks at Bethesda

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

Village North Retirement Community

11160 Village North Dr.
St. Louis, MO 63136
(314) 355-8010

BETHESDA ASSISTED LIVING COMMUNITY

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

Eunice Smith Home

1251 College Ave.
Alton, IL 62002
(618) 463-7330

Village North Retirement Community

11160 Village North Dr.
St. Louis, MO 63136
(314) 355-8010

Barnes-Jewish Extended Care

401 Corporate Park Dr.
Clayton, MO 63105
(314) 725-7447

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

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 REHAB & THERAPY CENTERS

Bethesda Dilworth campus

9645 Big Bend Blvd.
St. Louis, MO 63122
(314) 446-2122

Bethesda Meadow campus

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

Bethesda Southgate campus

5943 Telegraph Road
St. Louis, MO 63129
(314) 846-2001

Barnes-Jewish Extended Care

401 Corporate Park Dr.
Clayton, MO 63105
(314) 725-7447

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.



*These communities and services have earned Joint Commission accreditation.