

BETTER TOGETHER

The power of **partnership**
and **collaboration**
delivers on the Bethesda
promise of high-quality care



REPORT TO THE
COMMUNITY 2016



BETHESDA

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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.

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A MESSAGE FROM THE PRESIDENT & CEO

Dear Colleagues and Friends,

The phrase “win-win” is universally understood to reflect on the mutual benefit enjoyed between two collaborators. This powerful concept of separate organizations combining efforts to develop innovation, create efficiencies, and improve the human condition drives much of what happens at Bethesda Health Group each day.

This Report to the Community shares many stories of collaboration and partnership through the prism of life at Bethesda. I invite you to learn about the work underway at Bethesda to improve patient care, provide a rewarding workplace, and strengthen the healthcare community in St. Louis.

Bethesda is a vital not-for-profit provider of care to thousands of people each year. Whether for short-stay rehabilitation, a week of respite care, home health assistance, retirement living or long-term skilled nursing—Bethesda offers an essential combination of solutions designed to help families care for their loved ones, my own family included.

Over the past decade, my parents enjoyed retirement living at The Oaks at Bethesda. As they aged, they relied on Bethesda’s home health, rehabilitation, and ultimately hospice services. Seeing their needs—and Bethesda’s services—through the eyes of a son has provided a meaningful lesson. I now know firsthand how residents, their families and employees form the most important collaboration of all—working together to support wellness, improve quality of life, and provide dignified care.

Please enjoy reading this report and its collection of stories that exhibit Bethesda’s mission and values. Employees, residents, partners and volunteers have truly made Bethesda what it is today—and collectively we thank you for your commitment and encouragement. Your support is vital.

Kindly,

Joseph J. Brinker



President & CEO

President & CEO Joe Brinker honors David Culver and Maud Jeanty with the 2016 Norwood Award for providing extraordinary support and service to the organization.



BETHESDA PARTNERSHIPS

The Cornerstone of Quality Care

Bethesda has a remarkable 127-year history of evolving and adapting to meet the needs of St. Louis seniors and their families.

As a result, the organization's commitment to best practices and high-quality care has made it a popular partner to other regional health care organizations.

"We know our effectiveness is enhanced through collaboration

In the long history of humankind, those who learned to **collaborate** and **improvise** most effectively **have prevailed.**

—Charles Darwin

and growth, which in turn helps broaden our mission and serve more seniors," says Joe Brinker, President & CEO of Bethesda.

In the past two years, Bethesda entered into three management agreements with BJC HealthCare, one of the largest nonprofit health care organizations in the United States, to manage the care and services for residents at Village North Retirement Community in north St. Louis County; Eunice Smith Home in Alton, Illinois; and Barnes-Jewish Extended Care in Clayton.

This relationship reflects an important trend in collaboration among health organizations, which focuses on providing the best care for their customers.

"BJC is committed to delivering the highest quality of care to our communities in all aspects

of our services," says Dan Rothery, President, BJC Home Care and Community Services. "Collaborating with Bethesda has enabled us to further strengthen our long-term care services to the benefit of the residents and the communities we serve. Bethesda has extensive experience in long-term care and also shares our organizational values, which has made for a successful partnership."

This era of collaboration currently fuels relationships with nearly every regional acute care provider in St. Louis, as Bethesda serves an increasingly important role in the successful recovery-after-hospitalization for thousands of seniors each year.

Insurance providers, including Medicare, have changed the way care is reimbursed. Positive outcomes are the most important measurement of success. This requires each provider to work with the next, so that care is seamless and all providers have an interest in the long-term recovery of the individual. "Breaking down the old 'silos' and emphasizing coordination supports better care," says Joe. "The system has changed for the better."

This focus requires tight choreography between the hospital (acute care) and Bethesda's short-stay rehabilitation (post-acute care) services for

Bethesda hosts weekly patient care planning meetings with members of the nursing team at St. Anthony's Medical Center.



Joe Brinker and Dan Rothery at Barnes-Jewish Extended Care in Clayton, one of three communities where Bethesda and BJC collaborate on patient care.

older adults who may have suffered a heart attack, broken bone, or other injury that requires hospitalization and post-discharge therapy before returning home.

Partnering with Hospitals

Enter Nathan Darling, Bethesda's Corporate Vice President for Strategy and Business Development. This position was created in 2016 to ensure Bethesda continues to meet the needs of its hospital partners and provides the specialized care seniors require.

"I meet with hospital administrators and physicians, asking what Bethesda can do to ensure that their patients recover well and return home," Nathan says.

"Avoiding readmission to the hospital is an important goal for everyone, especially the patient," he continues. "Bethesda's extensive experience in short-stay rehab is perfectly suited for bridging the care gap from hospital to home."

Bethesda works with several area hospitals to care for their patients after being released. One example—St. Anthony's Medical Center and Bethesda Southgate collaborate regularly to help patients continue their recovery. Michele Dain, M.S.W., R.N., Clinical Coordinator at St. Anthony's, knows firsthand what it takes to provide optimal care.

"All patients want to get home and back to their lives quickly," Michele says. "We work with patients and their families to assess their needs and help them understand their care options.



While our collective goal is to reduce unnecessary readmissions, we are committed to be there in the event a patient needs help after discharge."

By working in tandem with the team at Bethesda Southgate, she says, patients receive the benefit of collaboration. "By emphasizing communication, we deliver good, solid care for patients who in turn receive the support they need to go home successfully."

Bethesda's Team at Work

The development of these partnerships requires an internal initiative that involves diligent attention to detail. One example—the team that coordinates the Bethesda C.A.R.E.S. (Communicates About Resident Empowerment Strategies) program. The team has a clear statement of purpose: implement patient-centered practices to reduce avoidable rehospitalizations.

An interdisciplinary Bethesda team comprised of nursing, administration, compliance, provider relations, rehabilitation and therapy, Home Health and Hospice brings distinct expertise to the effort. "Our goal is to create a new road map for how we take care of all rehab and therapy patients," says Michelle

"Collaborating with Bethesda enabled us to further strengthen our long-term care services to the benefit of the residents and the communities we serve."

—Dan Rothery, President, BJC Home Care and Community Services

Glass, Vice President of Home and Community Based Services.

"It starts in the hospital, when we engage with the care team, set goals for the patient, and clearly establish their needs through the transition from hospital, to Bethesda, to home." Michelle describes a process that connects nurse to nurse, sharing specific details and directions to ensure smooth transitions for each patient. "From there, the focus shifts to patient education. They need to become self-sufficient and master their own care in order to return home safely," she says.

Partnership, enhanced communication and cooperation have emerged as critical practices at every level within Bethesda. Collaboration is the cornerstone of successful caregiving—the Bethesda way!

CREATING RESIDENT CAMARADERIE

Home is more than a shelter of walls and windows; it provides comfort and security with people you trust. Creating bonds between residents is an important part of what makes Bethesda a special place to live.

For example, Bethesda Meadow volunteer Bob Morris works diligently to bring Veteran residents together. Bob, an Army reservist from 1960-65, created a book with interviews from each Veteran living at Bethesda Meadow, along with their photos and papers. "This book is a great way to make everyone aware of their stories," says Bob. He creates a "key" for each image and photo, and preserves these treasured memorabilia in display cases in the State Room, an entire room at Bethesda Meadow dedicated to Veterans.



Bob Morris, volunteer at Bethesda Meadow, makes honoring Bethesda resident veterans his personal mission.

Bob cracks jokes to keep things light and is a trusted confidant while listening to their stories. He knows each Veteran resident by name, branch of service, rank, and the conflict and theater in which she or he served.

Veterans at Bethesda Meadow especially enjoy the annual Veterans Day celebration along Old State Road. "Many volunteers who have worn the uniform participate. Our event features an eagle from the World Bird Sanctuary, bagpipes, the police and fire departments—a big production!" Bob says.

Marie Bartels also has an infectious desire to serve those at Bethesda. Perhaps that trait, in addition to her love for entertaining, is what makes her ideal to lead Bethesda Terrace's welcoming committee. Marie, a Sales Counselor at Bethesda Terrace since 2010, says "I love planning parties!"

Her goal is simple: to make new residents feel at home. Before the resident even moves in, Marie reaches out to their existing community—friends from church groups and clubs—and encourages them to be there for the new resident on move-in day. "We have entertainment with appetizers and drinks, and it's always heartwarming to see how proud residents are when they show their friends their new home," she says.



Marie Bartels is a vital part of the resident welcome experience at Bethesda Terrace.

Additionally, residents are welcomed upon move-in by two resident greeters. The greeters set up each new resident with activities and fellow residents based on personal interests. "We accommodate everyone based on needs and wants. It's all about feeling at home," Marie says.

Marie remembers one prospective resident who was skeptical about moving into a retirement community. After Marie gave him and his wife a tour, however, and hosted them at happy hour, he paused and said, "I want to tell you thank you. I love it here!"

Like Marie, Janet Stacy knows a thing or two about making the community at Bethesda Gardens feel like home. For two years, Janet was the President of the community's Resident Council and regularly greeted new neighbors by bringing them a calendar and a newspaper, and offered to answer their questions.

Transitioning to a new home can be especially hard for single people, so Janet checks on

them often during their first two weeks in the community, making them aware of all the events and activities offered. New resident Tom Murphy says, "Having Janet around made moving in a lot easier."

At Bethesda Orchard, Joan Whitford helped create a system for welcoming new residents. First, a committee member shares neighbors' contact information and provides a folder with social activities and resident association information. The next step is an invitation to dinner. "That can happen whenever they feel ready to be social," she says. "It's a time of transition, so we carefully gauge how social each new neighbor feels. When they are ready and comfortable, we'll be there for them."



Joan Whitford, doing what she loves best: visiting with fellow residents at Bethesda Orchard.

Joan is knowledgeable about life transitions, as she has spoken at conferences about senior living. "People will eventually find what they want, and we try to guide them the best we can," she says.

Joan is especially enthusiastic about the activities, including the "Orchard Follies" on the 2017 calendar. "We have musicians, dancers, singers, and actors in our community. It's not only fun but it brings us all together. Our monthly floor meetings are also a great way to get to know your neighbors," Joan says. "Our place is very friendly. We consider ourselves neighbors and friends, not residents."

When Barb Musser came to The Oaks at Bethesda in 2012, she organized a concert at The Oaks gazebo. "There was a music trio performing Broadway show tunes, and everybody loved it!" she says.

Over time, she and her neighbors established a happy hour that occurs every third Thursday evening of the month. "It is a great way to bring everyone together. I really look forward to it," says Barb.

The Oaks community enjoys a full schedule of events, such as trips to the downtown library, movie nights, a chocolatier and

more. "Everyone makes a list of places they would like to go, and we use Bethesda transportation to get there," Barb says.

With help from volunteers, staff and fellow residents connecting Bethesda neighbors to one another, Bethesda residents are creating friendships that will last for years.



Janet Stacy helps ensure new residents, like Tom Murphy, are welcomed and "in-the-know" at Bethesda Gardens.



Neighbors often become friends at The Oaks at Bethesda, where Barb Musser (right) and Annie Littlepage are among a tight-knit group who enjoy happy hours, concerts and trips.

STRENGTH THROUGH COMMUNITY COLLABORATION

Bethesda has deep roots in the St. Louis community, including the valuable contributions made by residents and employees to support other community organizations.

These points of engagement help strengthen both St. Louis and Bethesda by bringing together people and their passions.

A torpedoman in the Navy in WWII, Jack Strosnider has the courageous heart of a fighter when it comes to Parkinson's disease—a chronic and progressive movement disorder which affects 20,000 people in St. Louis alone.

Currently a resident at Bethesda Terrace, Jack has “been in the Parkinson community since 1981,” he says, when his wife, Ruth, first developed symptoms. Years later—after Jack lost Ruth to Parkinson's—his second wife,



Outside of her professional role at Bethesda, Annie Kramer has turned her grief into action against Amyotrophic Lateral Sclerosis (ALS).

Rose, succumbed to the disease as well.

2016 marks Jack's thirty-fifth year of service with the St. Louis chapter of the American Parkinson Disease Association. “We meet

the second Wednesday of the month,” he says. “We compare notes and establish what needs to be done moving forward.”

As awareness of the disease continues to grow—due to Michael J. Fox and Muhammad Ali—Jack takes comfort knowing that research funding is growing as well. “I have always believed that if you can help someone, you're really doing something,” he says.

Annie Kramer, an MDS Coordinator at Bethesda Southgate, also has been affected twice by a progressive neurodegenerative disease in her family. Her children's father had a particularly aggressive form of ALS (Lou Gehrig's disease) and died eight months after his diagnosis. Thirteen years later, Annie's fiancé, Greg, was diagnosed with ALS.



Jack Strosnider, Bethesda Terrace resident, is an active advocate and community volunteer in the fight against Parkinson's disease.

“My heart sank in the doctor’s office as I read a pamphlet about it,” she says. “But Greg’s symptoms were clearly described: tingling sensations, weight loss and lethargy.”

Since then, the couple and their children have become very active in raising ALS awareness. “We are firmly devoted to the ALS walk and have named our team ‘The Durty Two-Timers’ because this nasty disease has visited us twice,” Annie says.

Every 90 minutes, someone in the U.S. is diagnosed with ALS; every 90 minutes, someone in the U.S. dies of ALS. “Bethesda’s support of our team and our effort has been tremendous,” Annie says. “Currently, I am working with Jen Popp, Assistant Administrator at Bethesda Southgate, and the Employee Council to make May ‘ALS Month’ and reach out to everyone at Bethesda communities.”

Both Jack and Annie’s service in the fight against neurodegenerative diseases has had a powerful impact on the Bethesda community as they increase awareness, funding and education among residents and families.

Similarly, honoring and supporting our nation’s Veterans is a consistent emphasis at many points within Bethesda. With nearly one quarter of all residents having served our country, Bethesda recognizes the importance of these efforts for our residents and the community at large.

Within our communities, Bethesda is a Level 4 participant in the “We Honor Veterans” program, coordinated by Leslie Schaeffer and Bethesda Hospice Care.

Externally, Lee Williams, Bethesda’s Senior Outreach Coordinator, represents Bethesda as a long-time member of the Jefferson Barracks Community Council and supporter of local Veterans’ support organizations.

That community partnership is multifaceted, including sponsorship of the Freedom River Walk, which commemorates those who perished on Sept. 11, and the J.B. Blast, which is attended by more than 10,000 people annually during the Fourth of July holiday.

In addition, Bethesda participates in the “History Alive” program at Lindbergh High School, donates to the Veterans’ Food Pantry, and partners with VA Aid and Attendance representatives to help our veteran residents with their VA pensions.

Bethesda depends on these partnerships to build and grow meaningful relationships between Bethesda residents, employees, and the St. Louis community. This type of commitment and support is essential as Bethesda continues to strengthen the ties between these communities in the years to come.

Lee Williams (with Lt. Col. Lance A. Shaffer, U.S. Army) helps keep Bethesda well connected with the Veterans community in St. Louis, often serving at Jefferson Barracks in support of those who have served our country.



BETHESDA EMPLOYEES

Empowered and Engaged

Every day, thousands of touch points between team members and residents reinforce the Bethesda promise of providing quality in a progressive workplace.

The success Bethesda enjoys is a reflection of the quality and loyalty of its employees, and it makes a concerted effort to be an “employer of choice” for talented team members.

Many Bethesda employees start in entry-level, part-time positions, often while in high school. As a result of their commitment to serving seniors and Bethesda’s intent to nurture from within, many of those employees cultivate long-term careers with the organization.

One of those “high schoolers” is Nathan Torno. Beginning his career in 2000 as a Dietary Aide at Bethesda Southgate, Nathan’s commitment led him through several promotions, to his current role as Senior General Manager at Bethesda Barclay House.

“Bethesda looks for people who have a passion for serving seniors,” he confides when pressed on this accomplishment. Humbled by the spotlight, Nathan says, “I’m a ‘behind-the-scenes’ kind of guy who likes to empower others. I look at my job, honestly, as fun!”

When asked how he collaborates to keep Bethesda innovative, Nathan shares a copy of a resident satisfaction survey, which allows residents to rate their experience on matters

such as cleanliness, courtesy, responsiveness and atmosphere.

“We take this survey to heart,” he says. “Bethesda consistently performs well above the national average.” He displays an Excellence in Action Award by the National Research Corporation, which recognizes superior commitment to independent living customer satisfaction.

“Nathan is truly a ‘can-do’ person. Whenever something needs to be done, Nathan is the person who can do the job and do it successfully,” says Ken Bass, Bethesda’s Senior Vice President of Senior Living.

Beyond recognition for a job well done, Bethesda encourages employee retention by providing a comprehensive benefit package, which includes tuition reimbursement to full- and part-time employees who seek to further their formal education.

Employees who join in entry-level positions also have unlimited potential. Toni Emery, for example, began her career in 2002 as a receptionist at Bethesda Orchard. “I never had grandparents, but at Orchard, I had 200. It was really awesome!” she says.

As a college student at Webster University, Toni sought more hours at Bethesda. She was working as a server when Michelle Glass and Kathy Joslin encouraged her to give sales a try. One year later, Toni was promoted to the admissions department at The Charless Home, coordinating needs for its residents. In 2012, she joined the Bethesda Senior



Nathan Torno’s Bethesda career is approaching the 20-year mark—each one a testament to his commitment to serving the best interest of his residents.

Support Solutions team, and due to her passion and dedication to people, she was promoted to Director of Senior Support Solutions in 2016.

“I feel like I make a difference and go home each day feeling really good,” she says. Having taken advantage of Bethesda’s tuition reimbursement—she was able to complete her degree in communications earlier this year—Toni notes that “you have to be a good communicator” to oversee a team and address needs instantly.

When asked how she likes her new role, Toni says, “I enjoy watching my team interact with our residents. They have big hearts, and it’s breathtaking. They

Jennifer Popp is a shining example of the power of benefits like tuition reimbursement. Her advanced degrees and passion for her career improve lives every day.

are very committed to taking care of the residents.”

Bethesda Southgate Assistant Administrator Jennifer Popp also took advantage of Bethesda’s tuition reimbursement and internal employee management classes to help develop her career.

She joined Bethesda Dilworth in 2003, shortly after receiving her bachelor’s degree in social work from Southeast Missouri State University. “I felt at home instantly,” she says. “My leadership saw potential in me and I in them.”

Over the next few years, Jen was promoted—giving her new responsibilities until she decided to expand her horizons even further. She completed a master’s degree in social work at University

Toni Emery’s talents put her on a successful career path at Bethesda, fueled by a love for seniors and a strong allegiance to Bethesda’s mission of caring.



of Missouri–St. Louis in 2007.

“I knew I wanted to stay and keep growing with Bethesda, and without the tuition reimbursement, I wouldn’t have been able to do it,” she says.

That loyalty and employee investment is paying off. “My focus now is employee engagement and staffing. I make sure employees know we appreciate them and want to retain them,” Jen says.

Jen has an active role in a core committee on which she is currently serving with her fellow employees: Bethesda C.A.R.E.S (Communicates About Resident Empowerment Strategies). Together, their task is to make the transition from hospital to rehab to home as seamless and effective as possible.

“I think of myself as a resource to our employees. I like to help them problem solve,” she says.

“Jen is an important part of our team, and I greatly appreciate the job that she does every day,” says Chris Crouch, Vice President and Senior Administrator at Bethesda Southgate/Charless Village.

When asked what requisite quality keeps one engaged at Bethesda, each employee answered uniquely.

“I like obtaining new knowledge and sharing it, especially as things are changing. And Bethesda is big on growing from within,” Jen says.

For Toni, it has everything to do with Bethesda’s mission: “I’m totally on board with Bethesda’s vision and goals,” she says. “I could never turn a person away; that’s why I work for a nonprofit. I feel Bethesda’s approach is right in line with what is right. I have agreed with its morals, mission, and values wholeheartedly since I was a teenager,” she says.

It is Bethesda’s history, nonprofit status and financial assistance for seniors that has made Nathan especially engaged with the organization. “Earn your success based on service to others, not at the expense of others,” he says.

Nathan, Toni and Jen are among Bethesda’s many bright stars who exemplify what it means to grow personally, professionally and academically in order to serve our seniors.

2016 HIGHLIGHTS

Bethesda “Champion” in Green Business Challenge

David Ake, Housekeeping Manager at Bethesda Dilworth (left), and Andrew Fish, Bethesda’s Director of Environmental Operations, accepted the Champion Level Award of Achievement from the St. Louis Green Business Challenge on Bethesda’s behalf. Tasked to find innovative ways to improve sustainability, Bethesda implanted LED lighting in parking lots, made better use of underutilized green space and added high-efficiency laundry equipment. “The Champion Level puts us among the top tier of challenge participants,” Andrew says. Congratulations to all in the organization who continue to make Bethesda “green”!



Eunice Smith Home Turns 50

On October 15, Bethesda staff joined together with leadership from BJC Healthcare and local Alton, Ill., dignitaries to celebrate the 50th anniversary of Eunice Smith Home. Named after the benefactress who donated the land on which Alton Memorial Hospital was built, Eunice Smith Home is well-known for the quality of senior care provided by its dedicated team.

Mark Jeffries (third from right), Administrator of the 62-bed skilled nursing community, emceed the event, hosting (left to right): State Rep. Dan Beiser; Brant Walker, Mayor of Alton; Dave Braasch, President of Alton Memorial Hospital; Joe Brinker, Bethesda President & CEO; and State Sen. William Haine.

After remarks, a longtime volunteer at Eunice Smith Home, Faye Ward (center), cut the ribbon to commemorate the unveiling of the new Healing Garden.

Sen. Haine said that the event honored “an era of a great and sacred place which is a repository of memories and wisdom.” Quoting the poet Leah Furnas, Haine mused, “You don’t have to be old to have a 50th anniversary.”



Bethesda Legacy Society Luncheon

Remarks from the Honorable Steve Stenger, St. Louis County Executive were among the highlights of the annual Bethesda Legacy Society Luncheon.

The Bethesda Legacy Society is comprised of donors who support the BHG Foundation with a gift of \$500 or more per year. More than 100 people attended the Oct. 17 event, held at The Edge of Webster in Webster Groves.

“The Foundation benefits tremendously from these donors and all who are members of the Legacy Society,” says Pam Dempski, Corporate V.P. and Director of the BHG Foundation. “We can’t thank them enough for their generous and continuous support.”

If you are interested in joining the Legacy Society or want more information, please contact the BHG Foundation at 314-800-1981.



Grant Funds “Walls of Honor” for Bethesda Veterans

Each of Bethesda’s independent retirement communities features a “Wall of Honor” on which its current Veteran residents are represented.

“This wall represents what was quite a time in our lives,” says Bethesda Orchard resident Duane Johnson (right), who served in the Navy during WWII. “It is very well done, and I give it high praise.”

Funded by a generous grant (\$5,000) from Omnicare, Inc., the “Walls of Honor” are part of the “We Honor Veterans” program, which was initiated through the National Hospice and Palliative Care Organization. Led by Leslie Schaeffer, LMSW, Bereavement Coordinator at Bethesda Hospice Care, Bethesda is one of the few Level Four participants in the state of Missouri.



Village North Earns Best of North County—Twice!

Located on a beautiful 45-acre estate in North County, Village North Retirement Community offers its residents a variety of services and living options. In 2016, Village North was presented with two separate first place awards for outstanding senior living. The winners are selected through a community vote sponsored by North County’s Community News, the North County Chamber and the Northwest County Chamber.



Andrew Lane, Director of Nursing, and Eloise Smith, Sales Counselor, proudly present one of the plaques earned by Village North for being named the “Outstanding Senior Living Community in North County.”

Poke Earns King Scholarship

The Mary June King Scholarship was established in 2013 by her daughter, Mary Brown, as a way to support a Bethesda employee in their pursuit of post-secondary education or college-level study.



In 2016, LaCresha Poke, Wellness Partner for Senior Support Solutions, was selected as the scholarship winner and was presented with \$500 from Mary Brown (left) and Kathy Joslin, Senior Vice President, Human Resources and Marketing. LaCresha is using this gift toward her pursuit to become a registered nurse.

Pruitt Honored by LeadingAge Missouri

Jeri Pruitt, Nurse Manager at Bethesda Meadow, was selected as the 2016 LeadingAge Missouri Employee of the Year. This award is presented to an individual employee who has made an outstanding contribution to the mission and philosophy of a LeadingAge Missouri aging services member. In addition, Sarah Arnold, Director of Nursing at Bethesda Meadow, was selected to participate in the national LeadingAge Leadership Academy, following in the footsteps of Candice Brown, V.P. and Administrator at Bethesda Meadow, and Muriel Van Oordt, V.P. and Senior Administrator at Bethesda Dilworth (not pictured), who participated a few years ago. We’re proud of our dedicated employees who earn industry accolades for their service to Bethesda residents.



(L-R): Amy Trau; Jeri Pruitt, Nurse Manager, Bethesda Meadow; Sarah Arnold, Director of Nursing, Bethesda Meadow; and Candice Brown, V.P. and Administrator, Bethesda Meadow.

WHY I CHOSE BETHESDA

When selecting a new home, seniors have plenty of options. There are lists of “must-haves” and “deal-breakers” created before visits even begin. While many share the same criteria—spacious living quarters, delicious meals and activities—many of our residents say that the reason they stay is due to the relationships formed with their neighbors and staff.

Mary’s life experiences have been plentiful. She has served as Treasurer on the Greenfield, Ill., City Council. She’s a mother. She is a licensed pilot—logging more than 1400 hours of solo flight time. She owned and operated Hill Lumber Company for 32 years.

And at age 90, Mary became a college graduate.

When Mary was younger, she attended classes at Lewis and Clark Community College. After a lifetime of accomplishments, she decided to go back to school—with a little help from her daughters.

“Many people, especially women, find it difficult to finish a degree if they marry and have children, but I was raised to finish what I started!” she says.

Mary’s graduation day was quite memorable, she says. During the ceremony, she received a standing ovation from the audience. “I was walking on air! I’m so happy to see my efforts pay off!” she says.

After watching Mary earn her Associate’s Degree, some of her friends followed her lead and decided to finish their degrees. As Mary always says, “Don’t put it off another day! Finish your degree!”

After Mary added yet another milestone to her story, she returned home to her friends at Eunice Smith Home. Mary proclaims, “They have been exactly what I needed when I needed it most! They give me a great breakfast, and they’re extremely helpful!”



MARY DOWNARD



TEDDI RAMIREZ

“I lost my husband 11 years ago and retired from Barnes-Jewish Hospital as an executive secretary a year later. The winters were long, and I wanted to be with people!” confides Teddi. “I visited plenty of independent living communities but felt they were not for me. That’s when a friend suggested Bethesda Terrace.”

That is where Teddi met Sales Counselor Marie Bartels. “Marie was wonderful and showed me the affordability of Bethesda Terrace,” Teddi explains. “I met a resident, Joan, who invited me to a dance class, and since then I have made a wonderful group of friends!” she says. “My children were skeptical at first because they thought I was too young, but it is the people here that I enjoy the most.”

From participating in the “breakfast club” to browsing the library collection with fellow book lovers, Teddi has met many new friends with whom she can share memories and stories. “The

people are down-to-earth, which are my kind of people,” she says. “I can hardly keep up with all of the activities here: music, movies, happy hour, fitness and Wii bowling. Every Tuesday we have dancing! As my fellow resident and friend Jack always says, we are here to stay!”

Howard and Martha Brockmann lived in Missouri for many years. They raised two daughters, Linda (left) and Lisa (right), in Ellisville, Mo. When skilled nursing became necessary for Martha in 2003, the family decided to make Bethesda Dilworth her home.

For 10 years, Howard would visit Martha regularly for supper, and he became very fond of the staff and services. Shortly after Martha's passing in 2013, Howard decided to make Bethesda Dilworth his home.

Howard likes Bethesda Dilworth because it is personal, but also has large family areas to accommodate his grandchildren and great-grandchildren. Linda and Lisa have fond memories of the employees who have served their parents. "Our family has been able to use many of the services available," says Lisa. "We appreciate that everyone knows us by name, and we have become part of the Bethesda Dilworth family."



THE BROCKMANNS



DR. LARRY & JANE KAHN

After lifelong careers of caring for others while raising a family in Ladue, Larry retired from pediatrics at Washington University; his wife, Jane, retired from social work. After careful consideration, the Kahns decided to make their new home Bethesda Barclay House in Clayton.

Larry, who graduated from medical school in 1945 and served in the U.S. Army before his tenure at Washington University, says, "When the time came to leave our family home, we had a few choices. In general, we found that we wanted a small community, and Barclay House's greatest asset is that everyone is included and gets along well with each other."

Never to lose an opportunity for intellectual stimulation, Larry founded and hosts the Bethesda Barclay House Shakespeare Club. "We meet once a week to discuss a play," he says.

Jane likes to keep busy by volunteering at the Missouri Botanical Garden library nearby. After 70 years of marriage, the Kahns continue to serve.

Ronald proposed to Alice the day he met her. They were at a general's reception for the U.S. Army at Fort Bragg in 1957, and he knew instantly it was love at first sight. "We will have been married for 60 years in February," says Alice. Without missing a beat, Ronald smiles and says, "She deserves a medal." The two settled in Kirkwood in the '70s and raised their daughters there—both graduates of Kirkwood High School. The eldest, Alice, is an electrical engineer. The youngest, Sharon, is a clinical psychologist.

When it came to choosing a new home, Alice and Ronald visited many places. They chose Bethesda Gardens because they wanted to stay in the Kirkwood community, where most of their friends still reside.

In their free time, Alice enjoys participating in church functions, and Ronald serves as the Vice Commander in Chief of the Military Order of the World Wars. Both participate in the "History Alive" program at Lindbergh High School, where Veterans interact with the students. "I notice how bright and articulate young people are getting. They are getting smarter, which gives me hope!" says Ronald.



RONALD & ALICE JONES

BETHESDA HEALTH GROUP FOUNDATION

Giving Partners, Improving Care

Bethesda's vision of "Fostering Successful Aging Through Compassion and Innovation" requires the collaboration of residents and their families, board members and volunteers, as well as corporations, businesses and foundations.

In 2016, Bethesda received overwhelming support from the community. The generosity received from these partnerships exemplify what can be accomplished when we work together to serve others.

With so many avenues for support, from volunteering time and resources to giving financially, every act of service propels Bethesda forward.

Time is precious, and while volunteer help is always needed, financial gifts provide an opportunity that goes beyond sacrificing your time.

The Bethesda Health Group Foundation offers a variety of direct and planned giving options, including:

- Lasting Heritage (refundable entrance fee for Bethesda residents)
- Charitable gift annuity
- Beneficiary designation (for retirement accounts, life insurance or property)
- Appreciated securities (stocks and bonds)
- Will bequest

These gifts are the groundwork of another year of valued support. We are grateful for your continued partnership and look forward to the years ahead.

Below are just a few trusted partners who have made a difference with their gifts this year:



1



3



4



2

1 The Sam and Justina Halley Foundation generously donated funds to create a new hospice room at Bethesda Dilworth, allowing residents and their families privacy during the final stages of the resident's life.

2 The Bethesda Women's Board contributed nearly \$17,000 to help build a new medical service and supply room, where staff and medical providers can privately administer health care assessments to residents at Bethesda Hawthorne Place, our new Assisted Living and Memory Support community. This gift also helped purchase a bladder scanner to help care for residents at Bethesda Dilworth.

3 Jim Chouteau, a former resident at Bethesda Gardens, generously left a legacy through his Trust so Bethesda can continue caring for seniors for many generations.

4 The McGrath family and friends honored Marybeth McGrath, a former Bethesda Orchard resident, with two outdoor benches located in her favorite Bethesda Orchard garden.

HONOR ROLL OF DONORS

Year ending June 30, 2016

We gratefully acknowledge our donors 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 in the future you prefer your name to be listed differently than it appears, or if you prefer an anonymous listing, please contact the BHG Foundation with your changes at 314-800-1916.

Life Legacy (planned gifts)

Anonymous
John P. Baird Trust
Tom W. Bennett Irrevocable Trust
Marge Bieser
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Eleanor G. Ryan Estate
Albert Schweitzer
Katherine Stauffer Charitable Trust
Ann F. Sternberg

Pillar Level (\$10,000+)

Anonymous
Bethesda Women's Board
Emerson
Bruce Fegley and Katharina
Lodders Fegley
Samuel and Justina Halley
Charitable Foundation—Amen,
Gantner & Capriano, Trustee
Juanita H. Hinshaw and Ted Harrison*

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

Anonymous
Douglas B. Chomeau
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Edmond R. Siefert*
Dr. James and Mary Sertl

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

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Joe* and Susan Brinker
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Tom* and Mary Harris
Mel and Ruth Kohl
Ken* and Babs Kolkmeier
Peter and Susan Krombach
The McGrath Family
The Ultimate Software Group, Inc.

*Deceased ♦Board Member

**Employee "Ambassadors" for the annual
"Hearts for Our Homes" fundraising
campaign, which raised more than
\$130,000 in 2016.**



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

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Lois H. Middelkamp
Scott Middelkamp
Tom and Sherry Miskle
Peter Moser
Justin Oakes

**KSDK-TV's Mike Bush interviews
Bethesda residents during their
"Computer Comfort" class at
Washington University. The
"Making a Difference" segment
aired on Dec. 13, 2016.**

William and DaVone O'Leary
Fred* and Ida Perabo
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Emil and Rosemary Schmidt
Joshua and Jessica Sharp
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 Holly Greminger
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 Marilyn L. Harrington
 Kay Harrison and Wanda Holtz



Participants at the Adult Day Care program at Bethesda Dilworth perform as the Holiday Kitchen Band. With Activities Assistant Pat Wiegand on guitar, the band members are, left to right: Carol Carson, Mary Etta Heggie, Mildred Kunce, Clara Eulberg and Arline Deutschmann (standing).

Joan M. Howarth
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 Thomas C. Wood
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 Dana Airsman
 Kathy Alaimo
 Ardis L. Anderson
 Anonymous
 John L. Antone
 Meskerm Asfaw
 Roberta Baldwin
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 Keith and Mindy Whittle
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 Robert G. Young
 Cordia Young-Brown

Participants Lois Reinart and Tom Tokos enjoy Therapeutic Drawing at the Adult Day Care program at Charless Village.



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 Sharon Ahillen
 Donald and Charlotte Albert
 Martha J. Alderson
 Jim Altadonna
 Ameren Meramec Energy Center
 Marilyn Anderson
 Anonymous
 Martha Antal
 Tony Arguello
 JoAnn Arnold
 Lynda L. Arnold



Residents Jayne Tyler and Ken Holt were crowned Queen and King during the 2016 Bethesda Meadow Mardi Gras Parade. Sadly, Ken passed away in August 2016.

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 Debra Austellm
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 Todd and Catherine Bartling
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 Donna Belaidi
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 Bethesda Corporate Office
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 Bethesda Meadow Employees
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 Bethesda Orchard Residents
 Association
 Bethesda Southgate Employees
 Bethesda Terrace Employees
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Samantha Boettinger
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 Teresa Davidson
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 Latasha D. Davis
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 Marilyn Katunar
 Brian Kayman
 Florence Keely
 Lawrence R. Keller
 Loretta L. Keller
 Mike Keller
 Peter and Melody Kemp



Bethesda Orchard Rollers residents compete in a Wii bowling tournament against residents from Bethesda Terrace Lucky Strikers.

Razia Khan
 Jim and Jeanette Kille
 Gregory and Renee Kleffner
 John Klopfer
 Phyllis L. Knell
 Chris and Caroline Koetting
 Theresa M. Koetting
 Dianna L. Kornhardt and Susan Moser
 Terry Kraus
 Matthew and Patricia Kratumann
 Kenneth and Ruth Krueger
 Richard Krull
 Marcella Kuhn
 Piotr Kulikowski, M.D.
 Melissa Kurrus
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 Darlene M. Meier



Bethesda's team at the 2016 Walk to End Alzheimer's on Sept. 10, 2016, exceeded 200 participants. This photo includes only some of the Bethesda team members.

Men of Beaumont
 Theresia Metz
 Jim M. Miget
 Thomas and Sharon Migneco
 Lawrence J. Milles
 Frances Mills
 R. J. and D. M. Miriani
 Missouri Jig and Eelers
 Vince Monteleone
 Irma Moran
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 Charles and Anne Muse
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 Trudy A. Prewitt
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 Laverne M. Sauer
 Sylvia Scales
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 Konnie Egertson
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 Barb Endicott

Dr. Piotr Kulikowski, who was named Medical Director at Bethesda Dilworth in 2016, checks in with rehab patient Flora Tennesen during rounds. He is accompanied by Melissa Kurrus, R.N., a former Nurse Manager at Bethesda Dilworth, who now works at Village North.





Harry Koettker, a Bethesda Terrace resident who served in the Navy in World War II, speaks to students at Lindbergh High School as part of the “History Alive” program.

Erker’s, Kirkwood
 Kathy Evans
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 KIND Soap Company
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 The Little Gym of Fenton

LookAfter Hair Company
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 Donna Saltzman

Sam’s Club #4741
 Sam’s Club #8182
 Sam’s Club #8205
 The Scott Barthelmass Painting
 Company
 Seven Gables Inn
 Danielle Sharma
 Leslie G. Simon
 Jacqueline Sita
 St. Louis Cardinals
 St. Louis Symphony
 Mary Stevens
 Straub’s Market
 Summit Produce-Kirkwood
 Farmers Market
 Thirty-One, Michelle M. Glass
 Touchstone Crystal By Swarovski
 Beverly Troester
 Tropical Moose Shaved Ice
 Two Towers Photography
 Upper Limits Rock Gym
 Karen Walker
 Walnut Grill
 Wellbridge Athletic Club and
 Spa, Clayton
 Wellbridge Athletic Club and
 Spa, Town and Country
 Wildwood Family YMCA
 Barbara Winkler
 Womens Fitness
 YMCA, Kirkwood
 Zipf-Air Inc.

*Deceased ♦Board Member

OUR VOLUNTEERS

Bethesda's volunteers further the mission of Bethesda by enriching the lives of our residents with their dedication and commitment. Bethesda volunteers have completed more than 27,300 hours of volunteer work in the past year.

To gratefully acknowledge their impact, we have made every effort to list them here. If any omissions or errors have occurred, please accept our apology and notify us so that additions and corrections to the list can be made. If you are interested in becoming a Bethesda volunteer, contact the Volunteer Coordinator at one of our long-term care communities or Hospice Care program.

Frank Akers
Erik Albers
Susan Allen
Georgia Anderson
Marca Anderson
Jennifer Aquado
Sylvia Armstrong
Kim Auzat
Angela Backer
Russell Bacon
Roberta Baldwin
Brett Barth
Marie Bartels
Stacey Bates
Mildred Baumann
Irene Becker
Donna Beiermann
John Bellitto
Raleigh Bellitto
Karen Bellville
Jill Belsky
Jim Benson*
Nancy Birge
Maureen Bishop
Michael Blair
Dorothy Boenker
Olga Bojko
Jim Bommarito
Haley Branscom
Millie Bremmer
Mark Brinker
Victoria Brock
Kyara Brown
Virginia Brown
Norma Brown-Euans
Ann Brueckner
Susan Buchheit

Teresa Buehler
Torry Burden
Ted Burlison
Fran Burns
Jessica Bush
Joyce Byers-Hines
Aidan Byrne
Reilly Byrne
Holly Campbell
Jim Campbell
Ruth Carrington
Samantha Carroll
Bruce Carvell
Charlene Cassidy
Ray Cassidy
Casey Cepicky
Cynthia Cluff
Sarah Cluff
Linda Coerver
Margaret Cohill
Mike Coleman
Debbie Compton
Jean Conrady
Lamora Conricode
Dick Corbet
Tony Cosentino
Delores Courtney
Kathy Crabdree
Barb Crammond
Abby Crouch
Chris Crouch
Candy Culivan
Kathleen Cullen
Sandra David
Jan Davis
Mary Davis
Michael Davis

Jane de la Pena
James Debenport
Dick Dedham
Julie Deggendorf
Cecy Dehekker
Beverly Delaney
Victoria DePiazza
Carol Dipazzo
Pat Dolejsi
Elza Donniphann*
Caitlin Dowe
Kathryn Downey
Judy Doyle
Richard Doyle
Paul Dribin
Wayne Duelm
Hailey Easter
Marilyn Effinger
Pastor David Ehie
Harrit Elder
Suzanne Elder
Glendora Elliott
Linwood Elliott
Pat Endenburn
Rebecca Entenmann
Katelin Eppy
David Euans
Charles Ewing
Brian Fallon
Nancy Ferris
JoAnn Fiandaca
Frank Finazzo
Ed Fix
Ruth Flanigan
Carrie Floyd
Darren Floyd
Bernie Foster

Randal Foster
Marlena Fountain
John Frailey
Kenneth Franklin
Mark Franz
Roger Froesel
Jane Furley
Todd Gale
Jeanne Garner
Ahmad Garrett
Linda Gastreich
Gary Gebelein
JoAnne George
Julie Geyer
Paul Giacomia
Pat Giarraffa
Patricia Gibbs
Doreen Gilliam
Thomas Gilstrap
Jan Glass
Richard Glass
Rosella Gleason
Marilyn Godar
Sandy Goeken
Parker Goetz
Leon Goldstein
Susan Goldstein
Marilee Graham
Joshua Grant
Lauren Greiner
Sean Griffin
Hope Gunderson
Harshath Gupta
Chelle Habecker
James Hagen
Elizabeth Hagerman
Mary Hahn
Herald Hamann
John Hancock
Matthew Hanna
Bob Hardcastle
Alicia Harris
Barbara Harris
Walter Harris
Gupta Harshath
Eliza Hartrich
Lindsey Hasler
Michael Hawkins
Teresa Haynes
Cathie Heidbrink
Nancy Heidenreich



It was “high-fives” all around at the 4th annual Bethesda Hospice Care Memorial 5K Run/Walk, held at Queeny Park on June 18, 2016. More than 200 runners, walkers and volunteers participated in the event.

Bethesda Meadow volunteers (left to right) Emily Lankau, Roberta Baldwin and Ruth Kohl enjoy a moment with Jayne Tyler, a resident who also is a volunteer.

Christopher Heller
 Logan Hendrix
 Paul Henken
 Noreen Henry
 Jean Herzberg
 David Heyen
 Gary Hochberg
 Marya Hoelzer
 Andrew Hohenberger
 Gabrielle Holloway
 Carolyn Holt
 Ken Holt
 Helga Kaethe Hopkins
 Joan Howarth
 Betty Hudgins
 Bill Hutchings
 Margie Jacob
 Barbara Jacobs
 Kavya Jain
 Andrew James
 Mike Jarvis
 Maud Jeanty
 Joseph Jellinek
 Duane Johnson
 Mary Ann Jones
 Matthias Jones
 Jakania Jordan
 Tiffany Joslin
 Robert Kaestner
 Pat Kapsar
 Mason Karban
 Marilyn Katumar
 Sue Keiser
 Loretta Keller
 Seth Kemzey
 Phyllis Key
 Asaf Khan

Feroz Khan
 Sharon Kichline
 Jeanette Kille
 L. Michael King
 Patricia King
 Mary Kirschman
 Kevin Klos
 Jeanette Knittel
 Audrey Knobbe
 Carolyn Knopf
 Trijal Koduri
 Ruth Kohl
 Anne Konold
 Ray Konold
 Mary Helen Kranze
 Tim Kreinberg
 Ruth Krueger
 Nancy Kuehn
 Karen Kuhlman
 Paul LaFata
 Jane LaFentres
 Matthew LaFentres
 Bill LaFort
 Emily Lankau
 Carolyn Larsh
 Nancy LaTourette
 Nina Lawlor
 Randall Le
 William Leach
 Cathy Leahy
 Pat Leahy
 Judy LeBlanc
 Sean Lee
 Andrew Leingang
 Theresa Leingang
 Stephen Lelik
 Barb Lenz

Patrick Levitt
 Judy Lindquist
 Emily Liu
 Jonathan Liu
 Joseph Liu
 Lance Long
 Jan Loudon
 Joseph Lu
 Judy Luebbers
 Cindy Lynch
 Jack MacDonald
 Eileen Maher
 Aysswarya Manoharan
 Mattie Market
 Martez Marti
 Terry Marxkors
 Mary Maus
 Bill Max
 Ellen McCoy
 Tom McCurdy
 Michael McDonald
 Patty McFadden
 Ed McGue
 Carolyn McKinney
 Carole McKinstry
 Ann Mehan
 David Menne
 Candace Metcalf
 Jill Meyer
 Mary Meyer
 Nick Mihaljevic
 Mark Miller
 Ralph Miller
 Karen Mize
 Peter Moisis
 Dianne Mollett
 Donald Montgomery

Eric Moore
 Matthew Moore
 Sue Moreno
 Bob Morris
 Sandy Mueller
 Nick Muenks
 Evelyn Mueth
 Brianna Mundwiller
 Barbara Musser
 Jan Nelson
 Roger Nelson
 Sandra Nelson
 Robert Neuenhahn
 Nora Neylon
 Anne Niehaus
 Peggy Niemeyer
 Lois Noel
 Aaron Nord
 Barbara Nulsen
 Belinda Nunez
 Nick Ohlman
 Martie O’Grady
 Carol O’Shea
 Vivika Pandian
 Flo Pankiewicz
 Holly Parson
 Jamica Patterson
 Loretta Patton
 Gary Paul
 James Perry
 Mary Anne Pickering
 Tina Piper
 Danielle Pollard
 Jennifer Popp
 Sara Price
 Judy Promnitz
 Brian Pudlo

*Deceased

Matthew Quinlivan
 Meredith Ragsdale
 Baria Rashdi
 Sharon Rau
 Greg Rebman
 Chris Reddick
 Stephen Reddick
 Karmin Rehbein
 Jacob Reisel
 Makayla Reisel
 Fred Remmert
 Peyton Richardson
 Josh Robben
 Bennett Roberts
 Justin Robinson
 Tina Roe
 Marty Rogers
 William Rogers
 Sharon Romeo
 Molly Root
 Kelly Ross-Boon
 Laura Roth
 Ray Routh
 Devon Ruark
 JoAnne Ruiz
 Sharon Ryan
 Hannah Saji
 Lexi Sanders
 Olivia Sanders
 Drew Sandeweg
 Mary Ann Schaeffer
 Peg Schebaum
 Rich Schellhase
 Leslie Schmid
 Kathy Schmidt

Rick Schmidt
 Jacob Schneider
 Sophie Schoenle
 Teresa Schraeder
 Marilyn Schramm
 Schramm Family
 Katie Seiffert
 Grace Seim
 Peter Senci
 Abhishek Sethi
 Norm Sewing
 Susan Sewing
 Arlene Seymour
 Joseph Simon
 Natalie Sinak
 Alicia Sinclair
 Audrey Smith
 Erin Smith
 Jim Smith
 Lilly Smith
 Melissa Smith
 Susan Smith
 Chris Sommer
 Nick Sonderman
 Samuel SoWash
 Sharon Speck
 Atul Srinivasan
 Jenna Statler
 Barbara Stanfield
 Harold Stanfield
 Heather Stewart
 Kristopher Stegman
 Martha Stoll
 Roger Stoll
 Matthew Stussie

Shwetha Sundarajan
 Paul Swing
 Dona Tankersley
 Darlene Taylor
 Mary Taylor
 Mary Jane Thibault
 Nancy Thompson
 Jim Timar
 Kathy Timpe
 John Tindal
 Addie Tomber
 Katherine Torpea
 Bill Treece
 Cheryl Troll
 Rebecca Tuchalski
 Larry Turner
 Sue Ellen Turner
 Jayne Tyler
 Annette Unser
 Brad Urban
 Emily Vandover
 Loren Vandover
 Jerrie Ventimiglia
 Fiona Vetter
 John Vien
 Cristina Vigil
 Brenda Vila
 Connor Vogel
 Mike Vorce
 Sarah Voss
 Beth Wagner
 Ethan Wahle
 Nick Walden
 Chase Waldman
 Kim Waller

Michael Waller
 Cheryce Ward
 Fay Ward
 Ashley Warner
 Davion Watson
 Destiny Watson
 Howard Watson
 India Watson
 Andy Weiss
 Katelyn Welker
 Chrissy Wheelington
 Mary Williams
 Raphael Willis
 Janyce Wills
 Barbara Winkler
 Ruthann Wolz
 Pat Wright
 Braden Wuesthoff
 Jerome Wuller
 Mary Wuller
 Julie Yates
 Mae Ylagen
 Brooke Yost
 Zandra Zaccagni
 Richard Zell
 Minyi Zhang
 Amanda Zimmer
 Nicole Zimmer
 Reed Zimmermann
 Charlene Zinkl
 Robert Zinkl
 Rosemary Zinkl
 Patty Zubal
 Marie Zucchero

VOYCE AWARD RECIPIENTS

VOYCE honors Bethesda staff and volunteers who demonstrate excellence in person-centered care.



Recipients, left to right: Maud Jeanty, Volunteer, Bethesda Dilworth; Jim Joyce, Physical Therapist Assistant, Bethesda Dilworth; Patricia Rogers, Housekeeper, Bethesda Meadow. In addition, six more staff and volunteers from Bethesda received nominations: Tara Burrow; Virginia Conley; Angela Host-Hinton; Maggie Sheridan; Deborah Stanley, and Jayne Tyler. Congratulations to all!

COMING IN 2017

As 2016 comes to a close, plenty of new and exciting opportunities to provide and enhance the care and services to and for our residents and their families will arrive in 2017.

Bethesda Hawthorne Place— an Assisted Living and Memory Support Community (Opening January 2017)

In response to the area's need for additional services for seniors who would benefit from an assisted living environment, Bethesda has created Bethesda Hawthorne Place, a new 60-apartment community at the intersection of Big Bend and Berry roads.

In addition to conventional assisted living apartments, Bethesda Hawthorne Place offers a secure Memory Support neighborhood designed to meet the unique needs of residents living with memory loss.

Deposits are currently being accepted. For more information, call 314-853-2551.

The Oaks at Bethesda— 18 New Villas

The Oaks at Bethesda independent living community



Rendering of Bethesda Hawthorne Place

of two-bedroom villa homes is increasing its capacity in 2017, adding 18 new villas and a new clubhouse.

Residents of The Oaks live a maintenance-free lifestyle with services that include weekly housekeeping, interior and exterior maintenance, and landscaping, as well as emergency call and security systems. Utilities are included (except phone and internet). All floor plans are spacious and include oversized

garages, four-season rooms and gas fireplaces.

Deposits are currently being accepted. For more information, call 314-372-5839.

“Landmarks for Living®”

In 2017, Bethesda is adopting “Landmarks for Living®,” a nationally recognized program that supports residents living with Alzheimer's and other forms of dementia.

The Landmarks for Living® program creates a homelike, nurturing environment promoting individual choice while creating familiar routines to foster a sense of independence for our residents.

The program will be implemented in the Memory Support neighborhood at Bethesda Hawthorne Place, as well as in the Memory Support neighborhoods at all of Bethesda's skilled nursing communities.

Rendering of one of the villas at The Oaks at Bethesda



BOARD OF DIRECTORS



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1 George W. Clements, Jr.

Board Chairman, retired President, Midtown Medical Center Redevelopment Corporation

2 Fred H. Perabo

Board Vice Chairman, retired Director of Community Affairs at Ralston Purina Company

3 John W. Rowe

Board Treasurer, Retired President and Chief Executive Officer, Bethesda Health Group

4 Gary L. Mayes

Board Secretary, retired attorney, Thompson Coburn, LLC

5 Joseph J. Brinker

President and Chief Executive Officer, Bethesda Health Group

6 Kenneth J. Bower

Managing Director, Clayton Financial Group, LLC

7 W. Kenneth Freeman

Client Executive & Partner, Gartner, Inc.

8 Thomas J. Harris

Co-President, Concordance Healthcare Solutions

9 Philip A. Hutchison

Retired Senior Vice President of Human Resources, Emerson Electric Company

10 Kevin J. Klingler

Executive Vice President, Strategic Alliances, Biomedical Systems Corp.

11 Kenneth J. Kolkmeier

Retired President, Nooter Construction Company

12 Susan G. Moore

Retired school teacher and civic leader

13 Richard C. Mueller, Jr.

Principal, Bopp Chapel

14 Mark W. Reifsteck

Managing Director, Compass Clinical Consulting



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MANAGEMENT TEAM



1



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3

1 Joseph J. Brinker

President and Chief Executive Officer

2 Roger T. Byrne

Executive Vice President and Chief Financial Officer

3 Amy J. Trau*

Chief Operating Officer

10 Christine E. Crouch

Vice President and Senior Administrator, Bethesda Southgate

11 Kevin L. Curry

Vice President and Corporate Compliance Officer

12 Michelle M. Glass

Vice President and Director, Bethesda Home and Community Based Services



4



5



6

4 R. Kenneth Bass, Jr.

Senior Vice President, Senior Living

5 Larry D. Hickman

Senior Vice President, Administrative Services and Chief Information Officer

6 Katherine E. Joslin

Senior Vice President, Human Resources and Marketing

13 Scott A. Middelkamp

Vice President, Business Process Improvement

14 Muriel C. Van Oordt

Vice President and Senior Administrator, Bethesda Dilworth



7



8



9

7 Nathan D. Darling

Corporate Vice President, Strategy and Business Development

8 Pamela E. Dempski

Corporate Vice President and Director of Fund Development

9 Candice E. Brown

Vice President and Administrator, Bethesda Meadow

15 Jeffrey R. Waldman

Vice President and Director of Marketing



10



11



12



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*In loving memory

VOLUNTEER GROUPS



2016 Women's Board

Front row sitting, left to right: Evelyn Goldberg, Nancy O'Brien, Toni Breihan, Sue Webster, Barbara Clements (President), Julie Poelker (Treasurer), Mary Sertl (Membership Chair), Jean Bouchard, Zena Utrecht and Susan Goodman

Back row standing, left to right: Kathy Joslin, Joan Howarth, Pat Kapsar, Dorothy Boenker, Ginny Rowe, Dessa Morrow, Sharon Burkhardt, Sue Voorhees, Georgee Waldman, Lisa Meyer, Judy Bass, Ann McCandless, Susan Logie, Sally Lilly, Joyce Ulrich, Michelle Glass, Susan Krombach, Susan Brinker, Lydia Meier, Amy Trau* and Jane Mahan

Not pictured: Jane Bryan, Fran Burns, Marian Desloge, Martie Dille, Michele Hachman, Suzanne Harbison, Marilyn Harrington, Christy James, Babs Kolkmeier, Lorraine Magee, Susan Moore, Jean Schallert, Jackie Shillington and Fran Stuhl



Legacy Society Executive Committee

Front row sitting, left to right: Harris Frank, Fred Perabo (Co-Chair) and Earle Harbison (Co-Chair)

Back row standing, left to right: Peter Krombach, Tom Collins, Sally Lilly, John Rowe, Ginny Rowe, Earl Dille, Martie Dille, Jim Sertl, David Culver, Joan Culver, Susan Brinker, Joe Brinker, Susan Goodman and Bob Drews

Not pictured: Joseph Birk and Mary Sertl



2016 Advisory Board

Front row sitting, left to right: Joan Whitford, Pat Kapsar, Ruth Kohl, Mike Keller and Steve Woodard

Back row standing, left to right: Peter Krombach, Sally Lilly, Franc Flotron, Dale Meier, Dave Fleisher, David Culver, Earl Dille, Al Poelker, Tom Collins, Jim Sertl, Earle Harbison, John Rowe, Cathy Reiss, Bob Drews, Curt Engler, Bob Barrett and Joe Brinker

Not pictured: Nick Clifford, Ben Edwards, Jim Esther, Juanita Hinshaw, John McClure and Jackie Shillington



Bethesda Dilworth Auxiliary

Front row sitting, left to right: Charlene Zinkl (Auxiliary Vice President), Jan Glass (Auxiliary Secretary)

Back row standing, left to right: Bob Morris (Auxiliary President), Maud Jeanty (Auxiliary Treasurer) and Darla Neely (Auxiliary/Volunteer Coordinator)



Bethesda Southgate/Charless Village Auxiliary

Front row sitting, left to right: Barbara Winkler, Jill Meyer, Jeanette Kille, Marca Anderson, Pat Kapsar (Auxiliary President), Jerrie Ventimiglia (Auxiliary Vice President), Sue Ellen Turner and Judy LeBlanc

Back row standing, left to right: Mike Jarvis, Dorothy Boenker, Kate Muldoon, Nancy Baumgartner, Jan Keale (Auxiliary Coordinator), Ombudsman Roger Fogelbach and Eric Moore

Not pictured: Marie Bartels, Olga Bojko (Auxiliary Secretary/Treasurer), Debbie Compton, Chris Crouch, Joan Howarth, Terry Marxkors, Barbara Nulsen, Sharon Rau, Dona Tankersley, Howard Watson and Janyce Wills



Bethesda Meadow Auxiliary

Front row sitting, left to right: Ruth Kohl (Auxiliary President) and Emily Lankau (Auxiliary Secretary)

Back row standing, left to right: Leslie Simon (Volunteer Coordinator), Eudora Williams (Activities Director) Roberta Baldwin, Fran Burns and Bob Morris (Auxiliary Treasurer)

Not pictured: Margie Jacob, Dianne Mollet and Sharon Waddel



Hospice Care Volunteers

From Left to right: Michael King, Leslie Schaeffer (Bereavement/ Veteran Coordinator) Nick Ohlman, Russ Frailey, Mary Ann Schaeffer, Nancy Donahue, Sue Moreno, Lois Noel, John Hancock, Mary Wuller, Bob Morris, Ruth Rincker (Support Services Manager), Jeanette Kille, Ruth Kohl, Cheryl Troll and Judy Lindquist



Ding-A-Lings (Bethesda Dilworth Volunteer Singers)

Front row sitting, left to right: Ed Fix, Bob Zinkl, Maud Jeanty and Mary Hahn

Back row standing, left to right: Ellen McCoy, Chelle Habecker, Marie Zuccherro, Candy Culivan, Judy Doyle, Nancy LaTourette, Darla Neely (Auxiliary/Volunteer Coordinator) and Marilyn Schramm

Ding-A-Lings not pictured: Joyce Byers-Hines, Julie Deggendorf, Bob Fillion, Herald Hamann, Loretta Keller, Michael King, Anne Konold, Ray Konold, Mary Williams, Mary Wuller, Jerome Wuller and Rosemary Zinkl

BETHESDA BY THE NUMBERS

Year ending June 30, 2016

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

REVENUES

Net service revenue	\$ 78,256,766
Other revenue and gains	3,119,979
Operating investment income	4,000,484
Contributions	1,362,986
Total revenues	86,740,215

EXPENSES

Direct professional care	38,200,251
Dietary service	11,259,803
General resident & campus services	15,057,987
Corporate administrative services	7,167,393
Employee health & welfare	3,761,208
Professional fees & services	1,852,060
Depreciation	7,568,541
Interest	3,082,786
Provision for bad debts	829,077
Total expenses	88,779,106
Operating income	\$ (2,038,891)

Bethesda Health Group, Inc. and Subsidiaries Combined Balance Sheet

ASSETS

Current Assets

Cash and cash equivalents	\$ 1,055,300
Assets limited as to use	11,934,359
Accounts receivable	6,644,856
Other current assets	1,748,817
Total current assets	21,383,332

Assets limited as to use, net of amount required to meet current obligations	83,994,385
Property, plant & equipment, net	111,023,563
Beneficial interest in trusts	1,119,296
Beneficial interest in affiliate	3,804,636
Other assets	1,867,702

Total assets **\$223,192,914**

LIABILITIES AND NET ASSETS

Current Liabilities

Current maturities of long-term debt	\$ 1,510,000
Line of credit	2,500,000
Accounts payable	2,782,982
Accounts payable-construction	2,156,291
Accrued expenses	5,937,676
Other current liabilities	1,607,511

Total current liabilities **16,494,460**

Long-term liabilities, less current maturities	112,045,030
Life residents' fees	43,773,986
Other liabilities	21,920,880

Total liabilities **194,234,356**

Net assets **28,958,558**

Total liabilities and net assets **\$ 223,192,914**

In loving memory of Amy Trau



It is with deep regret that we share the news of the death of Amy Trau, Bethesda's Chief Operating Officer.

As Chief Operating Officer, Amy's influence at Bethesda was extensive. She was responsible for the operations for Bethesda's home and community based services, skilled nursing, assisted living and independent living. She was an essential member of the senior leadership team, and her strategic vision, ability to interpret trends and data, and responsibly guide teams through transition are just a few of her impressive and meaningful gifts.

Amy's career reflects her character—as someone who truly cared for those she served. She earned multiple degrees in nursing, healthcare administration, and business to fuel her ability to lead, improve, and show by example.

While the Bethesda family mourns her loss, so too do her coworkers from OSF Home Care Services of Peoria, where she worked for 23 years prior to joining Bethesda.

She shared her talents within the broader healthcare community as well, including serving on the United Way allocations committee, on boards with LeadingAge both nationally and regionally, and participating in the 2014 Leadership St. Louis initiative.

Our greatest thanks to Amy, and her husband, Mike, for their hard work, support and commitment to Bethesda.

*Donations in Amy's memory can be made to the Bethesda Health Group Foundation
by calling 314-800-1916.*

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

(expanding in 2017)
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 COMMUNITIES

Charless Village

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

Bethesda Hawthorne Place

(Opening in 2017)
1111 Berry Rd.
Oakland, MO 63122
(314) 853-2551

BETHESDA SKILLED NURSING COMMUNITIES

(including memory support, 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 Health Center

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*

1630 Des Peres Rd.
St. Louis, MO 63131
(314) 446-0623

Bethesda Senior Support Solutions

1630 Des Peres Rd.
St. Louis, MO 63131
(314) 963-2200

St. Andrews & Bethesda Home Health*

1630 Des Peres Rd.
St. Louis, MO 63131
(314) 963-2200

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

Eunice Smith Home

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

Village North Health Center

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



*These communities and services have earned Joint Commission accreditation.

