



LIVING THE VISION

REPORT TO THE COMMUNITY | 2017

Jim and Dorothy Kargus met at Bethesda Terrace, fell in love and got married! The happy couple celebrates with fellow residents and neighbors.



"My favorite part of this job is getting to interview people like you, people who are making a difference," says KSDK's Mike Bush during Bethesda's annual Legacy Society Luncheon.

< Bethesda Orchard's Mardi Gras King, Jim Perabo, and Queen, Marianne Croghan, represent their community in the Webster Independence Day Parade.



A YEAR ≅ PICTURES

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In memory of his wife, Amy, Mike Trau > ties a ribbon to the "Celebration of Life" wreath during Bethesda's annual Hospice Care Memorial 5K Walk/Run.



< Larry Ruzicka and Patricia Grabowski were crowned King and Queen of Mardi Gras at Bethesda Meadow's annual resident celebration.



Village North Veteran > residents celebrate Veterans Day with a pinning ceremony to honor their service to the USA.



^ As the first resident of Bethesda Hawthorne Place, the late Daniel Williamson cut the ribbon during the grand opening celebration.

LIVING THE VISION: COMPASSION

Compassion is a cornerstone of the Bethesda Vision: Fostering Successful Aging through Compassion and Innovation. Without compassion, illnesses may be cured and wounds may be healed—but the human element will be absent. That is why compassion is baked into the very essence of Bethesda.

Angela Dillmon first witnessed Bethesda's compassion when she moved her mother, Valerie, into Bethesda Dilworth. Valerie had been suffering from Alzheimer's disease, and she urgently needed around-the-clock care.

There was one problem: Valerie's funds would run out after just a few months of receiving care.

"We had a lot of sleepless nights over my mother's health and safety—we didn't know where to turn," Angela says, adding that Bethesda's nonprofit status was a big factor in her eventual decision.

Because Bethesda Dilworth has an entire floor dedicated to residents whose care is funded by Medicaid, Valerie's financial situation didn't prevent her from receiving the immediate attention she needed. It also meant zero disruption in her care when funds ran out. "It was a huge relief,

especially knowing that when my Mom went on Medicaid, she'd be receiving the same high level of care as any other resident."

Bethesda's dedication to compassionate care inspired Angela to pay it forward. Her real estate

brokerage, Keller Williams Realty, holds an annual nationwide volunteer day, Go Red Day. Angela arranged for fellow realtors at her Chesterfield Keller Williams office to spend time at Bethesda Dilworth working on crafts with the residents, singing songs and spreading cheer. "I was so thankful for the care she was receiving, and I wanted to give back," Angela says. "The smiles on everyone's faces made it all worth it." At the end of the day, Keller Williams Realty presented a check to Bethesda for more than \$1,000, as well as items like nonslip socks for the residents.

The Reflection Room at Barnes-Jewish Extended Care

At Bethesda, compassion also is evident in the staff's attention to the residents' nonphysical needs. At each Bethesda community, numerous events and activities take place to help residents maintain an active social life. In addition, holidays are celebrated, and family members and friends are always welcome. Therefore, family meeting areas are designed to be homelike, comforting and familiar.

When Robin Light moved into Barnes-Jewish Extended Care in 2016, she and her family appreciated having a variety of places to sit and visit, each providing a change of scenery. "We love the dining room—they always decorate for the holidays—and we love sitting outside in the beautiful courtyard," says Robin's sister, Hope Herndon.

One of their favorite places at Barnes-Jewish Extended Care is the Reflection Room. Opened in late 2016, the Reflection Room was the brainchild of Pat Baker, who is now a chaplain at Barnes-Jewish Hospital. It's a serene, nondenominational space for residents and their families to gather, read, make phone calls and meditate.

"Quiet spaces are often overlooked in long-term care," says Mike Callicott, Administrator at Barnes-Jewish Extended Care. "There can be a great deal of loss and

Angela Dillmon (right) enjoys time with her mother, Valerie (left), in the sitting room at Bethesda Dilworth.



"I was so thankful for the care mom was receiving at Bethesda Dilworth, and I wanted to give back."

—Angela Dillmon



Robin Light (seated) visits with her sister, Hope Herndon, in the Reflection Room at Barnes-Jewish Extended Care. Sadly, Robin passed away in November 2017.

“Quiet spaces are often overlooked in long-term care. Having places for families to gather or for residents or staff to meditate and spend quiet time is very important.”

—Mike Callicott, Administrator at Barnes-Jewish Extended Care

depression. Having places for families to gather or for residents or staff to meditate and spend quiet time is very important.”

The Reflection Room offers a welcome island of solitude in an otherwise bustling skilled nursing community, Hope says. “For family spending time here, it’s so important to have a variety of spaces to go to,” she adds. “It makes residents like Robin feel at home, especially being surrounded by friendly staff who know her name and greet her.”

Charitable Organizations: Sweet Babies

Compassion at Bethesda doesn’t just flow from staff to residents and their families. The community also supports residents in their own charitable pursuits. When Bethesda Orchard resident Alice Provaznik founded Sweet Babies, a nonprofit that aims to provide disadvantaged new mothers with the essentials they need for their baby’s first year of life, the team at the retirement community rallied around her.

A longtime volunteer at SSM Health, Alice came up with the idea for Sweet Babies after learning that nurses were buying baby clothes at garage sales to give to new mothers needing assistance with basic supplies. “That broke my heart—nurses having to do that,” Alice says. “I decided to pull together care packages of clothes, blankets, onesies, socks, whatever we could get in donations.”

Donations to Sweet Babies are housed in a storage room at Bethesda Orchard, and residents

regularly help out with gathering and sorting items. Each month, approximately 100 families receive a bag of clothes, blankets, books, diapers and more from Sweet Babies. Bethesda also hosts events to increase donations. Last February, Bethesda Orchard hosted a baby shower, which resulted in \$500 in donations. And in September, Bethesda bussed residents and their donations to the Brentwood Plaza Schnucks to participate in a diaper collection event for the St. Louis Area Diaper Bank, in which the Sweet Babies team presented an amazing total of 13,000 diapers!

Compassion is a vital component throughout Bethesda’s community and services. It’s present in interactions between staff and residents, in the support residents show one another, and in the pains taken to ensure each resident and their family feel comfortable, respected and cared for.

Sweet Babies volunteers from Bethesda Orchard, led by founder Alice Provaznik (front, sitting), present their donation of 13,000 diapers to the St. Louis Area Diaper Bank for its annual “Fill the Truck” event in September 2017 during Diaper Need Awareness Week.



LIVING THE VISION: INNOVATION

Bethesda's commitment to offering a complete continuum of care has resulted in innovation across the entire organization. By weaving together different aspects of care—from emotional support and physical aid to preventive and therapeutic services—Bethesda provides well-rounded health care that goes beyond medical needs.

"Improving the quality of life for our seniors is the goal," says Linda McNair, Music Therapist at Bethesda Meadow. "I get to contribute to that goal through music therapy."

The Bethesda music therapy program began at Bethesda Dilworth in 2014 and expanded to Bethesda Meadow, with Linda leading the charge, in June 2015.

Linda brings the music therapy program to life through weekly "Move and Groove" classes, that combine music and exercises; music lessons that allow the resident to engage one-on-one in a favorite activity they have enjoyed in the past; and other activities to stimulate seniors' brains. For seniors who self-isolate, are prone to anxiety or are living with dementia, music therapy is an evidence-based clinical practice that can offer an outlet for creative expression, reduce symptoms of anxiety or agitation and stimulate cognitive function.

"Music opens up a lot of doors that other therapy can't because of the way it's processed, and it is a lot more powerful than people think," says Linda. "It's a tool that triggers memory and has the power to bring seniors into the moment."

"Music opens up a lot of doors that other therapy can't because of the way it's processed, and it's a lot more powerful than people think."

—Linda McNair, Music Therapist at Bethesda Meadow

Linda McNair brings high energy and smiles to her weekly "Move and Groove" sessions at Bethesda Meadow.



Bethesda Southgate staff (Hannah Lane, left; Chris Crouch, center right) along with resident Melanie Bircher (center left) join reporter Kim Hudson (right) at Fox 2 News for a morning segment on the It's Never 2 Late program.



Linda hopes that music therapy expands into other Bethesda communities. In the meantime, other initiatives, such as the It's Never 2 Late program, work to engage and motivate seniors.

It's Never 2 Late

It's Never 2 Late is a picture-based, touch-screen computer program designed to reduce anxiety, and entertain and stimulate seniors, particularly those with dementia and other cognitive disorders. The individualized programming allows seniors to exercise their minds through a variety of activities such as puzzles, videos and, of course, music.

It's Never 2 Late began at Bethesda Southgate in late 2015, with the goal of enhancing the lives of the memory care population. It also has been implemented at Bethesda Hawthorne Place, Bethesda Meadow and Bethesda Dilworth, and for residents receiving services from Bethesda Hospice Care.

"We wanted to bring a more sophisticated approach to memory support," says Chris Crouch, Vice President and Senior Administrator at Bethesda Southgate and Charless Village. Through group and one-on-one sessions, the program runs itself digitally. This allows Bethesda staff to serve multiple people at once, helping them form relationships with seniors as they participate in a meaningful, high-functioning activity. It also allows residents to communicate with their loved ones through Skype and email.

Technology Advancements

Additional technology contributes to Bethesda's mission of providing the highest level of care to its seniors. One example is the bladder scanner—a piece of technology, now implemented at Bethesda Southgate and Bethesda Dilworth,

designed to reduce rehospitalizations by conducting bedside ultrasound scans.

In addition, Bethesda Southgate is participating in a trial of new technology: i-STAT. This new equipment allows nurses to perform certain lab tests at a patient's bedside, helping caregivers pinpoint the medical reason behind a decline in condition and seamlessly communicate with the patient's physician.

"We use technology to enhance the patient care experience, from monitoring urinary tract infections and urinary retention to diagnosing upper respiratory infections, pneumonia and acute deep vein thrombosis," says Bethesda Dilworth Medical Director Dr. Piotr Kulikowski, ABIM. "Quick diagnosis and treatment provides instant relief, and avoids a costly trip to the emergency room."

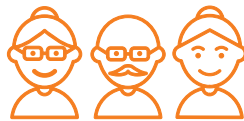
As a premier provider of care and services for seniors in St. Louis, Bethesda is dedicated to finding new and better ways to serve and care for those around them. Through compassion and innovation, Bethesda is enhancing the quality of life for not only the seniors and their families but also for the staff, volunteers and donors who make up the Bethesda community.



Darlene Cosby (right) and Chris Crouch (center) began the i-STAT trial at Bethesda Southgate in fall 2017.

BETHESDA BY THE NUMBERS

676 Retirement community residents



More than **1,200** resident exercise classes, and more than **100** wellness lectures and activities



265 Certified Nurse Assistants throughout Bethesda Health Group



5,657 "Extra touches" addressing one-on-one specific resident needs



1,071 Donors to the Foundation in 2017



727 resident field trips



23,601 Total volunteer hours



613 medical escorts or weekly assistance visits



- More than **3,300** influenza vaccines administered
- > More than **1,500** Bethesda employees, equating to **100%** employee participation
 - > More than **1,000** long-term care and rehab residents

LIFE AT BETHESDA



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1 Anna and Elsa from Disney's "Frozen" were among the highlights at the Bethesda Southgate "holiday lights spectacular."

2 Felinna Love, Bethesda Administrative Assistant, delivered seven boxes of school supplies collected by Bethesda Corporate for local elementary school, Laclede Junior Career Academy.

3 Al Schweitzer, former *St. Louis Post-Dispatch* Weatherbird cartoonist, hosts a "Lunch and Learn" for his fellow residents at Bethesda Barclay House.

4 Bethesda Hawthorne Place residents gather together for afternoon classes to build community.

5 Board member Fred Perabo receives a flu shot from Deni O'Malley, RN, a member of the Bethesda "Flu Crew."

6 Participants from the Adult Day Care programs at Bethesda Dilworth and Charless Village enjoy happy hour together. Cheers!

FACES OF BETHESDA



Joann Brown

It's not often that a single mother sends her children to college, quits her job and moves to a country across the world—but that's exactly what Joann Brown did.

After living in New Mexico for decades, Joann packed her suitcase and booked a one-way ticket to Saudi Arabia, where she lived for more than a year. "I received a better education in that one year than I ever did in school," she says. Joann returned to New Mexico, but as she grew older, living at a high altitude became hard on her; she was on oxygen 24/7, and it even became difficult to run daily errands. With a nudge from her niece, Karen Yeager, Joann moved to St. Louis to be closer to family.

When searching for a retirement community in south St. Louis County for her aunt, Karen discovered Bethesda Terrace. "I walked in and got that special feeling," says Karen. "Everyone I met had a big smile on their face, and the community covered everything from dining to entertainment."

After moving to Bethesda Terrace, Joann spent time at the neighboring Bethesda Rehab & Therapy Center at Bethesda Southgate, where Joann's therapy regimen allowed her to no longer need oxygen.

Today, she enjoys an active life at Bethesda Terrace, where she is close to Karen and her family, and regularly participates in activities in and around the community.

Pastor Doug Kaufman

Pastor Doug Kaufman became a Bethesda Chaplain in 2015, a move inspired by the care he saw lavished on his parents during their time at Bethesda Southgate. He wanted to give back by providing spiritual care to the Bethesda community—just as they had cared for his family.

Pastor Doug has dedicated most of his life to supporting others. From years of caring for his church communities, friends and family, and standing beside his parents as their memories began to fade, Pastor Doug has proven himself a valuable shoulder to lean on during life crises.

Today, Pastor Doug continues to support others by building relationships at Bethesda Southgate/Charles Village and Bethesda Hawthorne Place, providing comfort in times of grief and in times of joy.

"I continue to be thankful for Bethesda for giving me the opportunity to grow in my ministry while providing support for an ever-expanding need in our community and overall St. Louis metro area," says Pastor Doug.

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—Pastor Doug Kaufman, Bethesda Chaplain





Jim Timar

Jim Timar has built his life around serving others. After serving in the U.S. Army in Vietnam, he began a career with the U.S. Department of Veterans Affairs. He retired in 2012 but still yearned to help others. Jim began volunteering with Bethesda's Meals on Wheels program five years ago. Jim jokes that he's just a delivery boy, but his efforts extend beyond driving a truck. Jim serves as a companion for recipients—a support system for those who don't have one.

It's no surprise that Jim received the Lieutenant Governor's Veteran Services Award two years ago—a distinction given to Veterans for providing exemplary volunteer service to their communities. "I was proud to serve my country, and now I'm proud to serve my community," says Jim. "God has blessed me, and I want to bless others too."

Jim volunteers his time to the seniors at Bethesda Dilworth. From wheeling residents to chapel services to helping with birthday parties, Jim's goal is to help the residents become involved in the community. "You never know how much interaction these folks have," says Jim. "I might be on the receiving end one day, and I hope there's someone to support me too."

"I was proud to serve my country,
and now I'm proud to serve
my community."

—Jim Timar, Meals on Wheels volunteer

Jim Brady

After serving in the U.S. Air Force, Jim Brady moved to St. Louis and joined the Missouri National Guard. He was soon elected as Alderman for the City of Shrewsbury, Mo., where he served four terms.

"I've served the country, state and city, and was recently awarded the St. Michael's Angels Stewardship Award for my involvement in my church," says Jim. "But having six kids—that's my proudest moment."

He found, however, that having children made it hard to continue his favorite hobby: golf. "When we had kids, my wife, Roslyn, told me I could play whenever I wanted—as long as I brought the kids with me!"

Golf took a backseat while his children grew up, but Jim began playing again when he was 50 years old. "It's a place of comfort," says Jim. "There's nothing quite like being outside and active with other men."

Jim currently lives in one of the villa homes at The Oaks at Bethesda, and continues to play with his former Shrewsbury neighbors at the Riverside Golf Club in Fenton. When not on the course or visiting his nearby children and grandchildren, Jim would make the short journey to Bethesda Dilworth to visit his wife, who passed away in Fall of 2017. "The Oaks and Dilworth are neighbors—that's why we chose Bethesda," says Jim. "I was able to see Roslyn every day, and just sit and hold her hand."



FACES OF BETHESDA



Al Becherer

Poetry started out as a communicative tool between Al Becherer and his wife, Barbara, but it soon became Al's favorite hobby and greatest accomplishment. "I found that it was a way for me to communicate with her most effectively," Al says. "We had challenges with our communication, like many people do, but my poetry seemed to do the trick."

However it wasn't until Al moved to Bethesda Terrace that he decided his collection of 100 poems could do more good than just sitting in a box collecting dust. "I saw a TV commercial and called the publishing company," says Al. "After a year of hard work, I'm officially a published poet!"

Currently, Al's book is sold online at Barnes and Noble; Bethesda Terrace supported Al by coordinating a book signing, during which his fellow residents could secure signed copies.

Besides lively social activities at Bethesda Terrace and baking his famous oatmeal-raisin cookies for neighbors, Al cherishes the time he shares with his son and grandkids. From spending Christmas with them in Bethesda Terrace's activity room to driving down Telegraph Road to his grandkids' sporting events, Al is thankful his home is not too far from his family.

A snippet from Al Becherer's new poem, *Terrace*: "I'll stay here for the rest of my life, an Eden with no stress or strife."

Dorothy Hassler

At 91, Dorothy Hassler has a tennis game that would be the envy of many. The Bethesda Orchard resident has been playing since she watched her husband, Ray, compete for Southwestern Bell's company team.

She enlisted the help of a friend who wanted to get back into the sport, and the pair started practicing regularly. "My husband gave me the only lessons I ever had," says Dorothy. "Suddenly I was defeating my friend most of the time." That was nearly five decades ago, and her love for the sport hasn't waned.

Dorothy has quite a collection of tennis trophies from the St. Louis Senior Olympics. She participated regularly until 2014 when Senior Olympics returned her money, citing no other participants in her age group. Each year, she also entered the shot put competition, receiving gold most years. Her final year of competing in the shot put was 2016.

Dorothy and Ray moved to Bethesda Orchard 27 years ago. "From day one, the people were so nice," she notes. When she is not swinging her racquet, Dorothy enjoys volunteering with preschool children at Friendship International.

"From day one, the people were so nice."

—Dorothy Hassler, resident of Bethesda Orchard





Dr. George Mendelsohn

Dr. George Mendelsohn and his wife, Stephany, recently moved into a beautiful apartment at Bethesda Barclay House. Equipped with a balcony offering panoramic views of Clayton and Shaw Park, it proved a perfect spot for witnessing last year's eclipse.

Taking in extraordinary views is nothing new to George, a Vietnam War Veteran and retired neurosurgeon who practiced at St. Luke's Hospital. Along with Stephany, he has traveled the world, from Europe, Morocco and the South Pacific Islands to sailing the Mississippi River.

George earned his medical degree at Harvard University and has witnessed many exciting advancements in neurosurgery. "Technology such as CAT scans, MRIs and microscopic operating instruments has made many things possible that weren't before," he says.

In addition to traveling, George is an amateur radio enthusiast, collecting contacts all over the globe. "I've worked practically everywhere," he says.

Bethesda Barclay House has been a good fit for the Mendelsohns, thanks to its location near their former home. "We were interested in a place that would be comfortable and safe," George notes.

"We were interested in a place that would be comfortable and safe."

—Dr. George Mendelsohn,
resident of Bethesda Barclay House

Peg Sharp

At 107, Peg Sharp is currently the oldest resident at Bethesda Gardens. In fact, she is the oldest resident living in a Bethesda community. Her secret to a long, happy life? Daily exercise, a cheerful outlook, regular doses of adventure and the continual pursuit of new knowledge.

Peg's accomplishments are impressive. In 1931, she graduated from Douglass College, a women's branch of Rutgers University, where she's currently the oldest living alumna. She was a substitute teacher in the Kirkwood School District. She also taught in the Rockwood School District, eventually becoming President of the Teachers Union.

Peg began globetrotting early. She has fished for salmon in Alaska, sailed off the coast of Florida and climbed the Rocky Mountains. She's traveled by RV all across America. She's toured Morocco, Yugoslavia, Russia, Egypt, India and Australia. "My husband and I traveled all over the world," she says.

Peg has called Bethesda Gardens home for more than three decades. She regularly plays Wii bowling with a group of residents who cheer each other on in a sunlit room. She continues to read newspapers and books, and she also enjoys bingo, concerts and trips to the movies with her son, John.



FACES of BETHESDA



Eugene Fluker

Eugene Fluker dedicated his life to mastering and sharing the blues. So when his hands became increasingly weak and difficult to control, and music seemed to be fading forever from his life, he was devastated.

"I just didn't see how I was going to ever be able to play again," Eugene said. "I've played music all my life. It was like a part of my body was missing." That's not an overstatement for the 82-year-old musician, who began playing during his childhood in Mississippi and later brought his talents to St. Louis and the Midwest, recording a few albums along the way.

Fortunately for Eugene, as well as all of the people who loved to listen to him play, his physician recommended he receive in-home occupational therapy from St. Andrews & Bethesda Home Health. Under the expert care of occupational therapist William Meirink, Eugene's hands quickly regained most of their strength and dexterity.

Occupational and physical therapy also helped Eugene improve his stability and mobility, both key capabilities to remaining safe and independent. The crowning moment: When Eugene once again picked up his beloved black Gibson electric guitar and strummed the notes to "Sweet Home, Chicago," one of his favorite tunes. The blues master was back.

(Sadly, Eugene passed away in December 2017.)

Friedmann Family

When Jack Friedmann passed away in 2013, his family yearned to celebrate the man remembered for his generosity and kindness. A few months later, Bethesda Hospice Care held its first annual 5K Memorial Run/Walk, and the Friedmann family eagerly signed up. It was ideal for them, as Jack spent the last weeks of his life being cared for by Bethesda's Hospice Care team.

"The nurses, therapists, social workers and everyone else made sure my Dad was comfortable and respected," says Christine Dietz, Jack's daughter. "He was cared for as if every waking moment was precious."

The free Walk spreads awareness of hospice care as an option for end-of-life care. The event also provides a space for families to grieve together. "My parents were married for more than 54 years, so the void we felt was overwhelming," says Christine. "The Walk gives us a chance to talk, grieve with others and honor the amazing angels who cared for my Dad."

"I hope other families who have been touched by Bethesda can find the race as helpful in the grieving process as we have," says Jack's granddaughter, Emily Carosello. "I will always miss my Grandpa, and I look forward to the Walk each year as a day dedicated to thinking about him."

"The nurses, therapists, social workers and everyone else played a role in making sure my Dad was comfortable and respected."

—Christine Dietz, daughter of Jack Friedmann
(a former Bethesda Hospice Care patient)



Barb and George Clements

Barb and George Clements are a perfect example of steadfast loyalty and committed service—to each other, to their beloved community of Brentwood, and to their shared volunteer beneficiary: Bethesda Health Group.

George has served as the Chairman of the Bethesda Board of Directors, and Barb is the President of the Women's Board—a veritable “first couple” working together to steward the organization that inspires them to remain engaged year after year.

“I’m most inspired by the talent of the staff and volunteers,” says George. “Theirs is a 24-hour/365-day-a-year responsibility that requires real dedication from the heart.” Barb adds, “The team seems to truly care about each resident’s quality of life. That was a core reason why we placed our own parents at Bethesda when it was time for them to receive that level of care.”

Like many people, George became involved with Bethesda through the infectious enthusiasm of John Norwood, Bethesda President & CEO from 1965 to 1998. “John had an incredible circle of friends and was a great influence on many people.” George refers to his affinity for mentoring as the “Norwood School of Hospital Management.” Through John’s leadership and volunteer assistance from board members like George, Bethesda grew from just a few facilities to today’s region-wide system of senior care.

Meanwhile, Barb leads the Bethesda Women’s Board, where dedicated women raise funds to support resident care—often purchasing items to make life more comfortable and fun for the residents. A recent purchase includes a set of drums for the music therapy program at Bethesda Dilworth.

While their contributions to Bethesda are countless, their lives beyond are just as impressive. Barb has been a Brentwood Alderwoman for two decades and narrowly lost a run for Mayor in 2017. George led his family’s welding supply company for years before selling to the global industrial enterprise Praxair.

Together, they have developed a love for fine art...another “hobby” they credit to John Norwood. The couple display



“The Bethesda team seems to truly care about each resident’s quality of life. That was a core reason why we placed our own parents at Bethesda when it was time for them to receive that level of care.”

—Barb Clements, President of Bethesda Women’s Board

several pieces of 19th and early 20th century oil paintings, a few of which they purchased from John’s estate after his death.

George jokingly says he has “blue blood...Bethesda blue, of course,” and clearly Barb has the same. After literally decades of shared service and many contributions of time and talent, their loyalty is unquestioned.

AWARDS AND ACCOLADES



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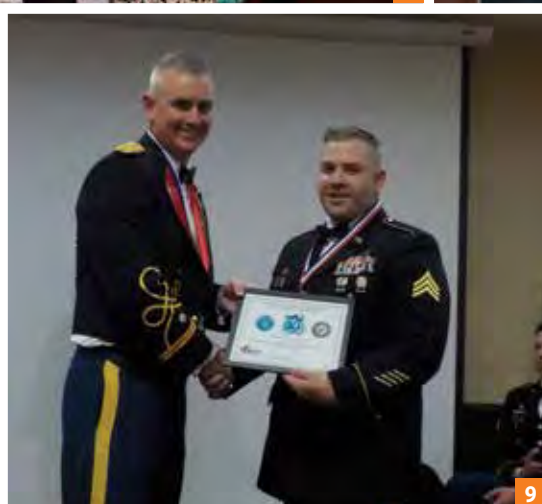
1 Five members of the Bethesda community were nominated for the 2017 VOYCE Awards—awards given to staff and volunteers who demonstrate exceptional caregiving. Standing from left to right: Tiffany Knebel (winner), Lorenzo Coleman (winner) and Darlene Cosby (nominee). Sitting from left to right: Jim Timar (nominee) and Dianne Mollet (nominee).

2 Executive Vice President and Chief Financial Officer Roger Byrne was honored as one of the recipients of the 2017 *St. Louis Business Journal* CFO of the Year award.

3 Felinna Love (left) and Karen Isaiab (right) were chosen as the 2017 Mary June King Scholarship recipients for their passion and commitment to health care and education. Mary Brown (center), Mary June King's daughter, proudly distributes the scholarships.

4 Eunice Smith Home was awarded the 2017 "Best of the Best" award by the *Alton Telegraph*. Also this year, *US News and World Report* rated Eunice Smith Home as one of the "top performing" nursing homes in the state.

5 Four members of the Bethesda community were honored as 2017 LeadingAge Missouri Award Winners (from left to right): Jennifer Popp—Employee of the Year, Management; Harris Frank—Spirit of Aging Award; Ruth Kohl—Volunteer of the Year; Kathleen Recar-Cranor—Distinguished Service Award.



6 Bethesda Health Group was nominated for the Arcus Award for Achievement in Health at the St. Louis Regional Chamber's fourth annual Arcus Awards ceremony.

7 Harris Frank (left) and Jeanette Kille (right), seen here with President and CEO Joe Brinker, were selected by Bethesda as the 2017 Norwood Award recipients for their outstanding service to St. Louis seniors.

8 Lynne Spriggs (left), Administrator at Village North Retirement Center, was selected as the LeadingAge Missouri Chair 2017-2019. Chris Crouch (right), Vice President and Senior Administrator of Bethesda Southgate/Charless Village, served in this role from 2015-2017.

9 Andrew Lane (right), Director of Nursing at Village North Health Center, was awarded the Medal of Combat Valor and the Sergeant Charles Griffey Award at the 19th annual U.S. Exercise Tiger Foundation's National Adopt-A-Warrior Banquet.

10 Bethesda Meadow volunteer Ruth Kohl (left) posing with Missouri Lieutenant Governor Mike Parson, was honored in April as one of the recipients of the Lieutenant Governor's Senior Service Awards.

BETHESDA HEALTH GROUP FOUNDATION

Each year, more than 10,000 area seniors rely on Bethesda to provide care and support at one of our 14 communities or through home- and community-based services. This simply wouldn't be possible without the generous support of our donors.

As you read through the stories below, take a minute and think of an older adult who touched or even transformed your life. No matter how you choose to donate, you are helping to deliver quality senior care and making a difference in the lives of St. Louis seniors.



1 Audrey Smith, a longtime Women's Board member and friend of Bethesda, included a generous gift through her trust. One of Audrey's three daughters, Barbara Ann, lived at Bethesda Dilworth for more than 14 years before passing away. To commemorate the lives of Audrey and Barbara Ann, a plaque hangs in the Bistro at Bethesda Dilworth. Recognizing their special family legacy are Audrey's two daughters, Debbie Fitzgerald (left) and Karen Hempstead (right).



2 After losing his wife, Dolores, in 2016, Bob Hynes donated a commemorative brick in her memory to adorn the courtyard at Bethesda Terrace, where the couple resided



until Dolores needed long-term care and relocated to Bethesda Southgate. "I thought that the Foundation had a very good idea with the bricks, and I'm sure that Dolores is looking down and very happy and proud that we're doing this for her," says Bob.

3 Bethesda Gardens resident Ed Genzler approached the Foundation after hearing about Bethesda's Lasting Impressions program, which offers opportunities to underwrite artwork, benches and trees to enhance Bethesda space. He decided to donate a baby grand piano to his community in honor of his late husband, Bill Parker. When asked why he chose



Bethesda for his contribution, Ed says, "I think we have a responsibility to grow the organizations in our community that make a difference in the lives of people in that community."

4 The Hope Dove program has become a beloved holiday tradition at Bethesda, and is a way to pay tribute to loved ones, friends, co-workers or senior residents. Participants in the program hang a Hope Dove ornament at a chosen Bethesda community, just like Anita "Sue" Sita (left), who chose to hang her ornament at Bethesda Meadow in memory of her late husband, Carl Sita. Pictured with Sue is her grandson, Conner Stretch (right).

HONOR ROLL OF DONORS



We gratefully acknowledge our donors and community partners for their support and generosity.

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Not Pictured: W. Kenneth Freeman

Management Team



From left to right...Sitting: Pamela E. Dempski (Corporate Vice President and Director of Development), R. Kenneth Bass, Jr. (Senior Vice President, Senior Living), Roger T. Byrne (Executive Vice President and Chief Financial Officer), Joseph J. Brinker (President and Chief Executive Officer), Katherine E. Joslin (Senior Vice President, Human Resources and Marketing) and Larry D. Hickman (Senior Vice President, Administrative Services and Chief Information Officer)

Standing: Christine E. Crouch (Vice President and Senior Administrator, Bethesda Southgate/Charless Village), Kevin L. Curry (Vice President and Chief Compliance Officer), Scott A. Middelkamp (Vice President, Business Process Improvement), Candice E. Brown (Vice President and Senior Administrator, Bethesda Meadow), Nathan A. Darling (Corporate Vice President, Strategy and Business Development), Michelle M. Glass (Vice President, Home and Community Based Services) and Jeffrey R. Waldman (Vice President and Director of Marketing)

Not Pictured: Kiel Peregrin (Corporate Vice President, Long-Term Care) and Muriel Van Oordt (Vice President and Senior Administrator, Bethesda Dilworth)

Advisory Board



From left to right... Sitting: Joan Whitford, Ruth Kohl, Bob Barrett, Nick Clifford and Curt Engler

Standing: Mike Keller, Peter Krombach, Kiel Peregrin, Juanita Hinshaw, Franc Flotron, Dale Meier, Jim Sertl, Dave Fleisher, Steve Woodard, Sally Lilly, Earle Harbison, Cathy Reiss, Jackie Shillington and Joe Brinker

Not Pictured: Joe Birk, Ken Bower, Tom Collins, David Culver, Benjamin Edwards, Pat Kapsar, John McClure and Al Poelker

Women's Board



From left to right... Sitting: Joann Brown, Susan Goodman, Jean Bouchard, Doris Darr, Nancy O'Brien, Joan Whitford, Ruth Hagemann, Ann Reed, Dorothy Hanpeter, Evelyn Goldberg and Zena Utrecht

Standing: Barb Clements (President), Kathy Joslin, Chandelle Martel, Joyce Ulrich (Membership), Sharon Burkhardt, Jane Mahan, Dessa Morrow, Ann McCandless, Lisa Meyer, Mary Sertl, Julie Poelker (Treasurer), Susan Logie, Michelle Glass, Dorothy Boenker, Sue Voorhees, Joan Willhoite, Karen Bick, Barbara Finch, Mary Harris, Susan Brinker, Susan Krombach and Susan Webster

Not Pictured: Judy Bass, Toni Breihan, Jane Bryan, Fran Burns, Marian Desloge, Martie Dille, Michele Hachman, Suzanne Harbison, Marilyn Harrington, Juanita Hinshaw, Joan Howarth, Christy James, Pat Kapsar, Babs Kolkmeier, Sally Lilly, Lorraine Magee, Mary Martin, Lydia Meier, Stephany Mendelsohn, Susan Moore, Marion Reeve, Ginny Rowe, Jackie Shillington, Fran Stuhl and Georgee Waldman

Legacy Society Executive Committee



From left to right... Sitting: Fred Perabo (Co-Chair) and Ginny Rowe
Back row: Peter Krombach, Jim Sertl, Mary Sertl, David Culver, Sally Lilly, Tom Collins, John Rowe, Earle Harbison (Co-Chair) and Joe Brinker
Not pictured: Joe Birk, Susan Brinker, Joan Culver, Earl Dille, Martie Dille, Harris Frank and Susan Goodman

Dilworth Auxiliary



From left to right... Sitting: Jan Glass (Vice President)
Standing: Maud Jeanty (Treasurer), Bob Morris (President), Charlene Zinkl (Secretary) and Darla Neely (Auxiliary Coordinator)

Meadow Auxiliary



From left to right... Sitting: Ruth Kohl (President) and Dianne Mollet (Vice President-Elect)
Standing: Bob Morris (Treasurer), Emily Lankau (Secretary), Fran Burns (Vice President), Leslie Simon (Auxiliary Coordinator) and Pam Brice (Activities Supervisor)
Not pictured: Marilyn Cook and Sharon Waddell

Southgate/Charless Village Auxiliary



From left to right... Sitting: Mike Jarvis, Kate Muldoon, Jan Keale (Auxiliary Coordinator), Nancy Baumgartner (President), Jeanette Kille and Chris Crouch (Bethesda Southgate/Charless Village Vice President and Senior Administrator)
Standing: Debbie Compton, Judy LeBlanc, Jill Meyer, Pat Crader and Barbara Winkler
Not pictured: Sue Ellen Turner (Secretary/Treasurer)

BETHESDA FINANCIALS

Year ending
June 30, 2017

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

REVENUES

Net service revenue	\$ 81,969,370
Other revenue and gains	5,608,413
Operating investment income	827,404
Contributions	650,004
Total revenues	89,055,191

EXPENSES

Direct professional care	45,388,860
Dietary service	9,384,810
General resident & campus services	14,683,664
Corporate administrative services	7,404,914
Employee health & welfare	4,027,305
Professional fees & services	1,327,499
Depreciation	8,122,341
Interest	3,247,095
Provision for bad debts	770,851
Total expenses	94,357,339
Net income	\$ (5,302,148)

Bethesda Health Group, Inc. and Subsidiaries Combined Balance Sheet

ASSETS

Current assets	
Cash and cash equivalents	\$ 2,104,247
Assets limited as to use	35,843,322
Accounts receivable	3,436,869
Management fee receivable	1,445,305
Other current assets	1,591,978
Total current assets	44,421,721
Assets limited as to use, net of amount required to meet current obligations	44,855,685
Property, plant & equipment, net	126,906,892
Beneficial interest in trusts	1,155,781
Beneficial interest in affiliate	4,617,978
Other assets	450,814
Total assets	\$222,408,871

LIABILITIES AND NET ASSETS

Current liabilities

Current maturities of long-term debt	\$25,140,000
Line of credit	3,500,000
Accounts payable	3,008,474
Accounts payable-construction	393,238
Accrued expenses	5,853,844
Other current liabilities	1,650,818
Total current liabilities	39,546,374

Long-term liabilities, less current maturities	85,312,659
Life residents' fees	46,362,696
Other liabilities	16,065,704
Total liabilities	187,287,433
Net assets	35,121,438
Total liabilities and net assets	\$222,408,871

BETHESDA

Bethesda Health Group, Inc.
1630 Des Peres Rd., 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 Rd.
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

9645 Big Bend Rd.
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 Rd.
St. Louis, MO 63129
(314) 606-9891

Bethesda Hawthorne Place

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

Bethesda Skilled Nursing Communities

(including Memory Support, Rehab & Therapy, and Respite Care)

Bethesda Dilworth*

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

Bethesda Meadow*

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

Bethesda Southgate*

5943 Telegraph Rd.
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

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

9645 Big Bend Blvd.
St. Louis, MO 63122
(314) 446-2150

Bethesda Meadow

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

Bethesda Southgate

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

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1251 College Ave.
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(314) 725-7447



*These communities and services have earned Joint Commission accreditation.



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