

A publication of Bethesda Health Group, Inc. • Spring/Summer 2020

## Thriving in These Challenging Times

No one reading this newsletter needs to be reminded that we are living in unprecedented times. Each of us has numerous challenges to overcome—and in the business of senior living care and services, keeping our residents and families healthy and safe with little interruption to daily routines is the ultimate goal.

From the outset of this pandemic, Bethesda has been following the recommendations of government agencies like CMS, CDC, and the Department of Health. This has resulted in the implementation of protocols, such as restrictive visitation and no communal dining or activities, at all of our communities.

Truth be told, we had challenges writing this issue due to all of the competing priorities related to COVID-19, and were forced continually to review the appropriateness of our content. Ultimately, however, we realized that the issue needed to be a celebration of what we and our residents and families have been able to achieve—and there is plenty to celebrate.

For example, you will see many of the creative ways that our team members have interacted with residents and coordinated



Barnes-Jewish Extended Care resident **Edward Boyd** and his daughters enjoy a safe, socially distant visit on opposite sides of the courtyard's fence.

unconventional activities to keep them engaged and happy. For more, please go to our Facebook pages—the links to these Facebook pages can be found on p. 8 of the newsletter.

You will read about a tremendous achievement for the organization, and a tremendous achievement by one of our patients, to make sure that he was able to go home.

Though you won't be able to witness any of the numerous Skype visits coordinated by our

Life Enrichment and Activities staff members, trust us when we say that hundreds have been conducted between family members and loved ones throughout our communities.

To our residents and families—we thank you for your adherence to our policies, and allowing us to do what we need to do to keep you safe.

Sincerely,

The Employees of Bethesda ■

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Mary Goodwin, Admissions Counselor  
Lori VanCardo, Admissions Counselor

**Bethesda Meadow**  
322 Old State Road  
Ellisville, MO 63021, (636) 227-3431  
Wade Hachman, Administrator  
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**Bethesda Southgate**  
5943 Telegraph Road  
Oakville, MO 63129, (314) 846-2000  
Jennifer Popp, Administrator  
Sarita Weldon, Senior Admissions Counselor

**Alton Memorial Rehab & Therapy**  
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Alton, IL 62002, (618) 463-7330  
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**Christian Extended Care & Rehabilitation**  
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St. Louis, MO 63136, (314) 355-8010  
Renee Cwiklowski, Administrator  
Kate Smith, Director of Nursing

**Barnes-Jewish Extended Care**  
401 Corporate Park Dr.  
Clayton, MO 63105, (314) 725-7447  
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**Bethesda Rehab & Therapy Centers**  
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230 South Brentwood Boulevard  
Clayton, MO 63105, (314) 725-1000  
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**Bethesda Gardens**  
420 South Kirkwood Road  
Kirkwood, MO 63122, (314) 965-8100  
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Webster Groves, MO 63119, (314) 963-2100  
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**Bethesda Terrace**  
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**The Oaks at Bethesda**  
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Oakland, MO 63122, (314) 372-5839  
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**Village North Retirement Community**  
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St. Louis, MO 63136, (314) 355-8010  
Felinna Love, General Manager

**Charless Village**

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St. Louis, MO 63129, (314) 606-9891  
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## Bethesda Named One of the “Best Places to Work in St. Louis”

It is an achievement not to be taken lightly.

More than 200 companies and organizations throughout the St. Louis area participated in the annual “Best Places to Work” competition, sponsored by Quantum Workplace and the *St. Louis Business Journal*. Of those, only 75 were named finalists.

One of those finalists—Bethesda Health Group.

“What makes this achievement so meaningful is that the judges base their decisions solely on the responses provided from employees,” said **Joe Brinker**, President and CEO. “In addition, we had to have a large number of employees respond to the survey just to be considered for the award.”

The survey was distributed by Quantum Workplace directly to all full-time and part-time employees, and all survey responses were kept anonymous.

Due to the size of our organization, Bethesda was placed in the “Giant” category, and of all of the submissions, only four finalists were named in this category—Commerce Bank, Maritz, St. Luke’s Hospital and Bethesda.



A group of Bethesda employees celebrate being one of the “Best Places to Work in St. Louis” at the breakfast ceremony.



To be considered for a finalist in this category, at least 15% of all employees needed to complete and return their surveys. More than 27% of all Bethesda employees completed and returned their surveys.

The winners were announced at a breakfast ceremony on March 12. Though Bethesda was not selected as a category winner, we can take pride in knowing that we are one of the Best Places to Work in St. Louis! ■

## Hutchison, Wasinger, Join Bethesda Board; Klingler, Yoon Accept Executive Board Positions



**Kevin Klingler**



**Jackie Yoon**

**Colleen Wasinger** and **Phil Hutchison** have been elected to join and re-join, respectively, the Bethesda Board of Directors. Phil is the retired Senior Vice President of Human Resources, Emerson Electric. Colleen is an attorney, and a former member of the St. Louis County Council. She currently is a member of the St. Louis County Charter Commission.

In addition, **Kevin Klingler** and **Jackie Yoon** have been elected Vice Chair and Treasurer of the Board, respectively. Kevin, the

former Treasurer of the Bethesda Board, is the former President-Pharmaceutical Services, Biomedical Systems Corp. Jackie is the former President, St. Louis Market, Bank of America.

In addition to Phil, Colleen, Kevin and Jackie, the 2020 Bethesda Board is comprised of **John Rowe**, Chairman; **Gary Mayes**, Secretary; **Joe Brinker**, President & CEO; and members **Dr. James Esther**; **Mike Keller**; **Dale Meier**; **Susan Moore**; and **Mark Reifsteck**. ■



**Phil Hutchison**



**Colleen Wasinger**

## Ken and Garie Perry Endow New Readiness Fund

Since the onset of the Coronavirus earlier this year, using personal protective equipment (PPE) like masks and gloves, and sanitizing chemicals and equipment are among the ways we are keeping staff and



Ken and Garie Perry

residents safe. As the pandemic continues, however, we anticipate our supply of PPE items and medical equipment to dwindle.

In response, **Ken and Garie Perry**, residents living at Bethesda Gardens, generously established an endowment with a gift of \$50,000 that will help Bethesda be prepared for any crisis or emergency. The “*Ken and Garie Perry Readiness Fund*” will be used to purchase lifesaving PPE items or emergency medical supplies and equipment to help keep Bethesda seniors safe.

“We have seen what the pandemic has done to all of our lives, and we just think a fund like

this is very much needed,” Ken said. Contributions will prepare Bethesda for crises like COVID-19, as well as other emergencies that could strike our communities.

Ken and Garie challenge their friends and family to help grow the endowment, to help ensure that Bethesda has the resources to continue providing residents with a safe place to live with quality services.

To donate, please go to <https://www.bethesdahealth.org/giving-to-bethesda/donate-today> and click “*Ken and Garie Perry Readiness Fund*” under Gift Designation. ■

## Mask Donations Helping Residents and Staff

The coronavirus has caused a need that those who live and work at Bethesda never thought they would be required to wear on a regular basis—a mask.

However, the benefits of wearing masks to try to control the spread of the virus is well documented, leaving Bethesda, like many businesses and organizations, wondering the same question—how are we going to get enough masks for all who need them?

The Bethesda Health Group Foundation put the word out, and volunteers ranging from current residents to family members to the general public responded by donating homemade masks.

**Linda Goldstein**, whose parents lived at Bethesda Gardens and Dilworth, is among those who

have sewn masks to donate to Bethesda. “My parents received such great care at Bethesda, and when I heard about the need for masks, I knew it was something I wanted to do,” Linda said.

While fabric-made masks may not be considered true Personal Protective Equipment, those made following certain specifications allowing for extra protection are being used by residents and some Bethesda employees. Guidelines for those masks are detailed on the Bethesda website: <https://www.bethesdahealth.org/blog/2020/04/20/bethesda-needs-your-help-with-face-masks-donations/>

In addition, Bethesda is a beneficiary of the Greater St. Louis 1 Million Mask Drive,



**Linda Goldstein**, a family member of former Bethesda Gardens and Bethesda Dilworth residents, is among those donating masks to Bethesda.

a volunteer effort for providing area healthcare workers with emergency fabric facemasks: (<https://greaterstlmask.wixsite.com/greaterstlmaskdrive>).

As of May 15, Bethesda had received more than 3,000 donated masks. Thank you to all who donated! ■

## Bethesda's Respiratory Therapy Program Saves Lives

All **Bobby Davis** wanted to do was go home. He just wasn't certain that it would actually happen.

Bobby's challenge was immense. In December 2019, he underwent open heart surgery after suffering a heart attack that left him in a 40-day coma. When Bobby awoke and was brought to Barnes-Jewish Extended Care for rehab and therapy, he couldn't walk or talk. His heart rate was 132 (average is 60-100), and his respiratory rate was 30 (average is 16).

However, Bobby's goal was to go home, and the Barnes-Jewish Extended Care team was committed to helping him. The key to his recovery was going to be his commitment to his therapy, especially the respiratory therapy exercises that were going to help him clear his lungs and strengthen his breathing.

Unlike most senior organizations, Bethesda's six skilled nursing communities provide respiratory therapy to its rehab patients

seven days a week, performed by licensed respiratory therapists. The expertise of the therapists and the frequency of the program proved extremely beneficial for Bobby, who used a spirometer twice a day, seven days a week for six weeks to eliminate the sputum that had built up in his lungs.

"Bobby's commitment was tremendous," said **Tracy Dill**, RT, who was Bobby's primary respiratory therapist. "He has been extremely compliant, and his willingness to work hard is what made it so much easier for us to care for him and help him get better."

When Bobby first started his therapy, he felt a panic attack coming on when his oxygen was taken from him. "Now, after all this time, oxygen doesn't mean that much to me," he said.

A little over two months after arriving at Barnes-Jewish Extended Care, Bobby was discharged and was able to



Under the watchful eye of Respiratory Therapist **Tracy Dill**, **Bobby Davis** participates in one of the breathing exercises that helped him to eventually return home after nearly two months of therapy at Barnes-Jewish Extended Care.

return to his home. His goal was achieved.

"It was the hard work with his breathing exercises that allowed him to recover and go home," Tracy said. "We are all very proud of him, and are thrilled he was able to make it home."

For more information about the respiratory therapy program at Bethesda, please contact Dawn at [drsmiddy@bethesdahealth.org](mailto:drsmiddy@bethesdahealth.org). ■

## "Winter Olympics" Fun!

Prior to the pandemic, residents and staff from five Bethesda communities competed in games including a "snowball" toss and catch, hockey shoot, tabletop curling, and turning a staff member into a "snowman" by wrapping them in crepe paper and placing a hat, carrot nose and buttons on them. Gold, silver and bronze medals were awarded to the winners, and Bethesda Hawthorne Place was named the overall champion. A silly and wonderful time was had by all! ■

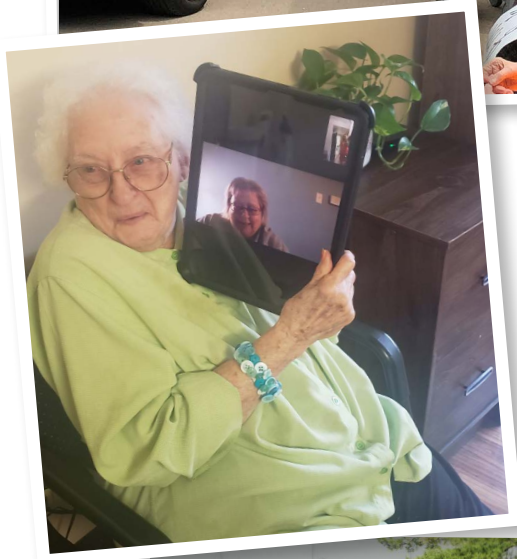


## Life at Bethesda—even during a Pandemic!

At Bethesda, residents and staff know how to make the best of a bad situation! Here is just a sampling of the creativity used to celebrate life and good health—from six feet away, of course!

If you would like to see more examples, please visit the Bethesda Facebook pages listed on page 8.





## Did You Know...

... that a Virtual Grief Support group has been started by Hospice Care? Tuesdays at 1 p.m. For more info, contact Leslie at 314-375-7025 or [llschaeffer@bethesdahealth.org](mailto:llschaeffer@bethesdahealth.org).

... that the Bethesda Respite Care program can provide you with a well-earned rest while providing your senior loved one with socialization and daily activities?

... that the 2019 Annual Report is available? Contact [jrwaldman@bethesdahealth.org](mailto:jrwaldman@bethesdahealth.org) to get a hard copy, or access the report on-line at <https://www.bethesdahealth.org/wp-content/uploads/2020/02/2019-Bethesda-Report-FINAL.pdf> ■

## BETHESDA

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## Social Media Platforms Provide Numerous Resources for Loved Ones

These unconventional times are causing many of us to use social media more than ever to keep up with our senior loved ones. Bethesda keeps working to make sure our social media platforms are updated and are providing you both with images of loved ones and news you can use.

For those interested in “following Bethesda,” we are active in many social media platforms:

 [www.facebook.com/BethesdaHealthGroup](http://www.facebook.com/BethesdaHealthGroup)

 [twitter.com/BethesdaHealth](https://twitter.com/BethesdaHealth)

 [www.youtube.com/user/BethesdaHealth](http://www.youtube.com/user/BethesdaHealth)

 [www.linkedin.com/company/bethesda-health-group/](http://www.linkedin.com/company/bethesda-health-group/)

We publish 2-3 blogs per week on a variety of senior-related topics. Please access our blog library by going to [www.Bethesdahealth.org/blog/](http://www.Bethesdahealth.org/blog/).

Thank you for your continued interest in Bethesda, and please “Like,” “Follow” and “Share” the posts on our social media platforms! ■



In many cases, a community has its own Facebook page. Here are the links to those pages:

[www.facebook.com/BethesdaDilworth](http://www.facebook.com/BethesdaDilworth)

[www.facebook.com/BethesdaMeadow](http://www.facebook.com/BethesdaMeadow)

[www.facebook.com/BethesdaSouthgate](http://www.facebook.com/BethesdaSouthgate)

[www.facebook.com/BarnesJewishExtendedCare](http://www.facebook.com/BarnesJewishExtendedCare)

[www.facebook.com/ChristianExtendedCareRehab](http://www.facebook.com/ChristianExtendedCareRehab)

[www.facebook.com/AltonMemorialRehabTherapy](http://www.facebook.com/AltonMemorialRehabTherapy)

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[www.facebook.com/VillageNorthRetirement](http://www.facebook.com/VillageNorthRetirement)

[www.facebook.com/BethesdaRetirementLiving](http://www.facebook.com/BethesdaRetirementLiving)

(for all retirement communities except Village North)