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2017—Another Outstanding Year for BHG Foundation

As the completion of the annual “Holiday Doves” recognition program marks the end of 2017, the staff of the Bethesda Health Group Foundation can look back at a very successful year.

Hundreds of residents and their families will benefit from the funds raised by BHG Foundation through efforts such as the Spring “Hearts for Our Homes” campaign, which once again exceeded \$150,000. In addition, the collaboration with Washington University to offer computer classes to our residents and volunteers through the “Computer Comfort” program continues to thrive.

A crowd of close to 150 attended the annual Legacy Society Luncheon (comprising donors of \$500 or more) to hear KSDK-TV “5 on Your Side” news anchor **Mike Bush**. Bush shared stories and



KSDK-TV news anchor **Mike Bush** speaks to a crowd of Bethesda supporters at the annual Legacy Society Luncheon.

video clips from his award-winning “Making a Difference” segment, and included the story he did on the “Computer Comfort” program.

In addition, the Women’s Board enjoyed an opportunity to hear from Barnes-Jewish Hospital/Washington University’s internationally recognized



Dr. Ira Kodner poses with Women’s Board leadership (l-r) **Joyce Ulrich, Barb Clements and Julie Poelker**.

colorectal surgeon **Ira Kodner, M.D.**, who spoke on medical ethics.

“Thanks to the support of our residents and families, our employees, volunteers and the general public, Bethesda provided more than \$15 million in charitable assistance, ensuring residents who have outlived their means to pay continue to have a home at Bethesda,” says **Pam Dempksi**, Corporate Vice President and Director of the BHG Foundation.

In addition to Pam, the BHG Foundation team comprises **Julie Darnold-Atkins**, Fund Development Coordinator, and **Pam Moore**, Administrative Assistant.

For information on how you can support Bethesda through the efforts of the BHG Foundation, please call 314-800-1916 or email psmoore@bethesdahealth.org. ■

Members of the Bethesda Dilworth team celebrate its “Hearts for Our Homes” victory in the friendly fund-raising competition among Bethesda communities.



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Bethesda Southgate

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Sarita Weldon, Admissions Counselor

Eunice Smith Home

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(314) 277-9959
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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
Nathan Torno, Senior General Manager
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Bethesda Orchard

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Webster Groves, MO 63119, (314) 963-2100
Wade Hachman, Senior General Manager
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Bethesda Names Rowe Board Chairman

John Rowe has been elected Chairman of the Bethesda Board of Directors effective January 2018, announced **George Clements, Jr.**, the outgoing Board Chairman.

Other changes to the Board include the election of **Kevin Klingler** to replace John as Board Treasurer, as well as **Dr. James Esther** to a board member role.

John joined the Bethesda Board in 1986, and previously served as Board Chairman from 1997-1998. From 1998-2010, John served as President and Chief Executive Officer. In 2010, John retired, and was succeeded by **Joe Brinker**, the current President & CEO.

After his "retirement" from Bethesda, John served terms as Vice Chair and Treasurer. Among his countless accomplishments within Bethesda included the inception of the Norwood Award, the highest accolade bestowed by Bethesda, with which he was honored in 2014.



John W. Rowe



Kevin Klingler



Dr. James Esther

This is Kevin's first appointment to the Bethesda Board's Executive Committee. However, he has served as a Board Member since 2014.

Jim previously has served nine years as a Bethesda Board member, from 2002-2010.

In addition to Rowe, Klingler, Clements, Brinker and Esther, the 2018 Bethesda Board comprises **Fred Perabo**, Vice Chair; **Gary Mayes**, Secretary; and board members **Ken Freeman**, **Tom Harris**, **Phil Hutchison**, **Ken Kolkmeier**, **Susan Moore**, **Dick Mueller**, **Mark Reifsteck** and **Jackie Yoon**. ■

VOYCE Honors Five for Exemplary Caregiving

Congratulations to the five Bethesda employees and volunteers honored by VOYCE (formerly the Long-Term Care Ombudsman Program) at its 2017 Caregivers Award luncheon. More than 600 people gathered for the luncheon, during which VOYCE recognized staff and volunteers who demonstrate excellence in person-centered care.

Standing (l-r): **Tiffany Knebel**, social services, Bethesda Dilworth; **Lorenzo Coleman**, CMT, Bethesda Southgate; **Darlene Cosby**, Director of Nursing, Bethesda Southgate. Sitting (l-r): **James Timar**, volunteer, Bethesda Dilworth; and **Dianne Mollet**, volunteer, Bethesda Meadow.



Special congratulations to Tiffany and Lorenzo, for being among the award category winners! ■

Harris Frank and Jeanette Kille—2017 Norwood Award Recipients

Congratulations to philanthropist **Harris Frank** (left), whose creativity and relationship with Washington University resulted in the creation of the "Computer Comfort" program, and long-time Bethesda Southgate volunteer **Jeanette Kille**, posing at the award ceremony with President & CEO **Joe Brinker**.

The prestigious Norwood Award was established in 1998 to recognize those individuals and groups who have given many years of extraordinary support and service to Bethesda.

The award is named in honor of **John Norwood**, former President of Bethesda, who devoted more than 30 years of service to the organization. Mr. Norwood was the first recipient of the award. ■



**Good People
Doing Good Things**
Shirley Karsznia

Shirley Karsznia, LPN, who currently serves as the Nurse Manager on the 6th Floor neighborhood at Bethesda Dilworth, celebrated her 20th anniversary with Bethesda in 2017.

However, her value to Bethesda Dilworth, and the entire organization, extends well beyond her longevity.

“Regardless of which floor Shirley has worked, she knows all the residents on that floor intimately and is always on top of their care,” says **Lynne Wiegert**, Assistant Administrator at Bethesda Dilworth.

“She sets a great example for our staff, and her commitment makes an impression on our residents and their families.”

Known for her outgoing personality and warm smile, Shirley specializes in providing the “little things” that make people feel special. If someone on the floor in which she is working receives flowers, there’s a good chance Shirley purchased those flowers.



Shirley Karsznia shares a special moment with **Jean Rich**, a resident at Bethesda Dilworth. Sadly, Jean passed away in January.

“The atmosphere around Bethesda Dilworth would be much different if Shirley wasn’t around,” says Lynne. “We’re very glad that she’s here!”

The Bethesda Health Group Foundation recognizes Shirley Karsznia as one of the “Good People Doing Good Things.” If you know of a Bethesda employee going above and beyond, contact the BHG Foundation at pedempski@bethesdahealth.org or call 314-800-1981. ■

Donors Still Can Make a Difference for Bethesda with Tax Reform

For many donors, the confusion about the Tax Cuts and Jobs Act of 2017 passed by Congress in December 2017 involves what can and cannot be itemized.

The new tax law nearly doubles the standard deduction to \$12,000 for individual filers and \$24,000 for married individuals filing a joint return. Many critics say this will eliminate the incentive to make charitable donations among middle-class Americans, who will be without a tax break when their total number of deductions do not reach the higher threshold.

Charitable contributions will continue to be itemized deductions in 2018, however, if the standard deduction is not taken.

Additionally, nothing has changed under the new tax

law for donors age 70½ or older who want to donate gifts from their IRAs (individual retirement accounts). This gift can help you fulfill your required minimum distribution, and the IRS does not consider it taxable income. You can continue to make tax-free charitable gifts up to \$100,000 directly from your IRA.

There are two more options for your charitable contributions in 2018.

- Donate appreciated stock—with the stock market at or near all-time highs, consider a gift of stock to Bethesda and eliminate your capital gains tax.
- Name Bethesda as a beneficiary of your retirement plan assets—these assets remain taxable when you distribute them to a loved one, but can be tax-free when you give them to a nonprofit.

While it is always best to consult with your tax or financial advisor to determine your best charitable giving strategies, you also can learn more from the Bethesda Health Group Foundation at www.BethesdaHealth.org/giving-to-bethesda/donate-today or contact us at 314-800-1981. ■



Changes and Promotions at Four Bethesda Communities

The beginning of 2018 features leadership changes at four Bethesda's communities—two that offer long-term care and rehab services, and two that offer independent living for seniors.

Mark Jeffries is the new Administrator at Bethesda Dilworth. The position became available when Muriel Van Oordt retired after 28 years of service to Bethesda. Mark had been serving as the Administrator of Eunice Smith Home in Alton, Ill., a community owned by BJC HealthCare and managed by Bethesda.

Along with the move to Bethesda Dilworth, Mark was promoted and is now a Bethesda Vice President.

Jennifer Popp has been promoted to become the Administrator of Eunice Smith Home. After joining Bethesda with her degree in social work, Jen has worked as social services coordinator, referral coordinator, and, most recently, was working as the Assistant Administrator at Bethesda Southgate.

Both Mark and Jen will report to **Kiel Peregrin**, himself a recent addition to the Bethesda Management team, having joined the organization as Corporate Vice President, Long-Term Care, in September 2017. The leadership of all six of the long-term care communities owned or managed by Bethesda report to Kiel, as does Bethesda Hawthorne Place (Assisted Living and Memory Support).

Changes within the retirement communities' leadership include **Nathan Torno**, who was serving as Senior General Manager at Bethesda Barclay House, and has taken a similar position managing

Bethesda Gardens and The Oaks at Bethesda. Nathan also has served in multiple leadership capacities at Bethesda after starting his career in food service while in high school.

To replace Nathan, **Justin Oakes** has been promoted to G.M., Bethesda Barclay House, from his previous position as Sales Counselor at Bethesda Orchard. Justin also started his Bethesda career in food service while attending high school and college.

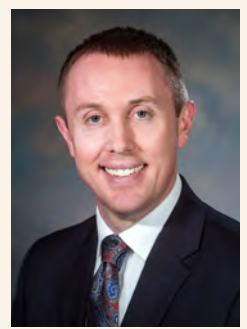
Congratulations to all! ■



Mark Jeffries



Jennifer Popp



Kiel Peregrin



Nathan Torno



Justin Oakes

Veterans Honored at Pinning Ceremony

Residents, volunteers and employees throughout Bethesda were honored in special ceremonies in honor of Veterans Day, thanking them for their service and their dedication and commitment to our country.

The team from Bethesda Hospice Care coordinated the majority of the ceremonies, during which residents received pins and loved ones received flowers in commemoration of their service. These pinning ceremonies took place at nine Bethesda communities.



Leslie Schaeffer smiles after attaching a pin to the lapel of Bethesda Terrace resident **Jack Strosnider**, one of the many Veterans living in a Bethesda community.

Bethesda Meadow's ceremony included involvement from first responders and other area senior living communities, a choir from a local elementary school, and a bald eagle.

"Regardless of the activity, it's wonderful to see these Veterans honored in this capacity," says **Leslie Schaeffer**, Bethesda Hospice Care Outreach Coordinator. ■

Wedding Bells Ringing at Bethesda Terrace

To think that it all started with pinochle and poker at Bethesda Terrace.

“We knew each other a little before sitting at the same card table, but that is how it happened that we became good friends,” said **Jim Kargus**, 88, of his friend **Dorothy Krehbiel**, also 88. “We then began sitting together at meals, and I guess one thing led to another.”

Yes, it did. His friend Dorothy Krehbiel is now **Dorothy Kargus**, his wife, as the two were married in 2017.

To hear Dorothy tell the story, it all happened pretty quickly.

“We knew we wanted to live together, and we weren’t going to do that without getting married,” she said. “We just didn’t know when we were

going to do it. We invited a pastor to come and talk to us, and the next thing we knew, we were getting married in our living room!”

Once their fellow residents and employees at Bethesda Terrace found out, the celebrating began, including an informal wedding reception (complete with wedding cake, bouquet throwing and toasts) on Sept. 15. The room was packed with well-wishers, along with a reporter from the Call newspaper.

“I was married for more than 60 years,” said Jim. “It is a very special feeling to have someone who loves you enough to want to be with you. And at our age, to have someone feel that way, it makes a heck of a difference!”

Between their two families, Dorothy and Jim now share 10



Dorothy and Jim Kargus cut the cake at the reception thrown at Bethesda Terrace in honor of their marriage.

children, 26 grandchildren and 15 great-grandchildren. Both had family attend the Bethesda Terrace reception.

And though their friends are thrilled, Dorothy says there were a few skeptics in the group.

“When some of our friends heard that we had married, they asked if we did it because we had to,” she said. “That gave us all a good laugh.” ■

Residents Entertain at Community Variety Shows

Residents at Bethesda Barclay House and Bethesda Orchard have been entertaining fellow residents, staff, and family and friends with a Variety Show for a few years.

Show participants from Bethesda Barclay House gather for a “cast photo” after their Nov. 16 performance.



The acts include singing, dancing, musical performances, poetry, and theatrical monologues and dialogues. Each performance is coordinated and promoted by the residents.

“It’s a lot of fun to get together with others who enjoy entertaining and performing, and do what we love to do in front of an audience,” said **Neal Nielsen**, who coordinated the Nov. 16 performance at Bethesda Barclay House.



Professional artist, set designer and Bethesda Orchard resident **Del Dace** works on the artwork that will serve as the backdrop for the Bethesda Orchard Resident Follies, which will be performed on Jan. 26-27.

The residents of Bethesda Orchard will be putting on the next performance, which will take place on the afternoon of Friday, Jan. 26 and the evening of Saturday, Jan. 27. ■

Innovative Computer System Helping Residents

Resident **Patricia Stirlen**, 82, intently watched a U.S. map on a computer screen at Bethesda Meadow, waiting for the prompt to identify the state being referred to on the screen.

The computer system that had her attention was designed by a company called "It's Never 2 Late" (iN2L). An interactive touch-screen displays a content library with multiple offerings to stimulate memory, movement, creativity and fun.

Bethesda installed the iN2L system because of its proven benefits. "I strongly believe that this program will improve resident satisfaction by offering a more resident-centered program, which in turn will enhance the resident's quality of life," says **Chris Crouch**, RN, Vice President and Senior Administrator at Bethesda Southgate.

Remember, discover, and create

Some of the stimulating games and visual effects offered include:

- Interactive music files that allow residents to sing along and play instruments.
- History and trivia quizzes and a host of games.
- Clips from old TV shows and commercials.
- Puzzles that residents can work by touching the screen.
- A flight simulator, complete with joystick.
- A stationary bike connected to a program that enables residents to pedal down an onscreen scenic path while exercising.
- A paint program to create and then save artwork.

- Foreign language courses.
- Google Earth app for residents to view locations around the world.

Also, through iN2L's Internet connection, Skype and email with family members can be set up and a page customized for each resident.

Have fun that improves mind and mood

A 2017 study by LeadingAge, the national nonprofit association specializing in aging services, found the following benefits for residents using the system:

- A 40% reduction in total doses of antipsychotic medications.
- Behavioral episodes became less frequent for 54% of participants.
- Depression decreased by 41%.



A group from Bethesda Southgate (Activities Assistant **Hannah Weil**, resident **Melanie Bircher**, Senior Administrator **Chris Crouch**) show the benefits of the iN2L computer system during a Fox2News segment.

- Cognitive scores rose for 24% of the test group members.

The study also found a 47% drop in stress indicators for staff caregivers, as they become engaged in the fun as well.

It did not take long before Patricia shared her review. After using the system for a short time, she asked, "Do I get to play again?" ■

Eunice Smith Home Receives Two Honors

The team at Eunice Smith Home celebrated two achievements that occurred toward the end of 2017.

First, *U.S. News* (formerly *U.S. News and World Report*) unveiled its top rated nursing homes throughout the nation for 2017-18. Nearly 2,300 nursing homes were named as top care providers in the country, and that list included 73 from Illinois.

Of those 73, Eunice Smith Home ranked third (with a rating score of 5 out of 5).



Shortly after that honor, the team discovered that Eunice Smith Home had been named the "Best of the Best" senior community in the area by the readers of the *Alton Telegraph*.

"These are both tremendous achievements, and

everyone at Eunice Smith Home shares in these honors," says **Mark Jeffries**, Administrator of Eunice Smith Home. ■

Did You Know...

... that Bethesda has a policy of 100% staff compliance with flu vaccines? In addition, Bethesda provides access to the flu vaccine for all residents. In all, Bethesda administered more than 3,300 doses of flu vaccine during the last three months of 2017.

... that the first Women's Board luncheon of the year will take place on April 9 at the Deer Creek Club? Call the BHG Foundation at 314-800-1916 for more information about the Women's Board.

... that a Bethesda resident will be enshrined into a Hall of Fame in March? More information about this resident will be included in the next edition of the *Pulse*. ■

BETHESDA

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Social Media Options at Bethesda

For those who have interest in "following Bethesda" through social media, we offer many options:

Facebook— <https://www.facebook.com/BethesdaHealthGroup>

Twitter— <https://twitter.com/BethesdaHealth>

News Blog— <https://www.bethesdahealth.org/blog/>

YouTube— <https://www.youtube.com/user/BethesdaHealth>

Google+— <https://plus.google.com/+BethesdahealthOrg>

In addition to the organization's Facebook and Google+ pages, many of the communities have Facebook and Google+ pages of their own. You can find them by going to each of the platforms and entering in their community name.

Thanks for your interest in Bethesda, and you are welcome to "Like," "Follow" and "Share!" ■

2017—The Year of the Total Eclipse



What were you doing when the total eclipse came to town last August? Around Bethesda, many residents and employees took a few minutes from their daily routines to don special safety glasses and enjoy the unique spectacle.

Some of the communities held eclipse-watching parties, where the residents gathered to enjoy the camaraderie of watching the eclipse with their friends. At Bethesda Barclay House, the place to be was on the patio by the pool. Regardless of where the gathering took place, most of the residents had a great time watching the eclipse! ■

Bethesda Battles Chill at Alzheimer's Walk

The bitter cold and gusty winds did not keep a robust group of Bethesda employees, volunteers and their families from gathering at the Scottrade Center to participate in the 2017 Walk to End Alzheimer's.

Though the weather caused the actual walk to be canceled, the number of people who signed up to be part of Bethesda's team was among the largest number of any team involved in the St. Louis walk. ■

