

2020 Report to the Community

# RESILIENCE

in the Face of Adversity



**BETHESDA**



## Table of Contents

- 3 Welcome to the 2020 Report to the Community
- 4 Mosaic of Resilience
- 8 COVID-19 Heroes
- 11 Bethesda News
- 12 Strong Community Through Crisis
- 14 Awards + Accolades
- 16 Bethesda Health Group Foundation
- 18 Bethesda Donors
- 23 Bethesda Financials
- 24 Life at Bethesda
- 27 Bethesda Leadership



# WELCOME

## to Bethesda's 2020 Report to the Community

Although the world has changed so much since last year's edition was published, we at Bethesda remain as committed as ever to our Vision to Foster Successful Aging through Compassion and Innovation.

The COVID-19 pandemic has been an unprecedented challenge, and I'm proud of how our staff has responded. Members of our Management Team, specifically **Kiel Peregrin**, Senior VP of Operations, began preparing well before the outbreak reached St. Louis. In the months that followed, staff throughout the organization showed great fortitude, compassion and dedication in protecting our residents and each other.

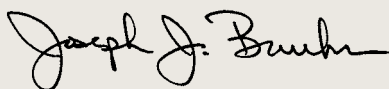
Our commitment to handling the crisis comes down to a culture of responsibility and "doing the right thing" that has been my experience at Bethesda ever since I joined the organization in 1989. You can read about the many ways Bethesda and its communities did the right thing in 2020 throughout these pages.

In addition to taking care of our residents' health and well-being, Bethesda collaborated with organizations such as BJC HealthCare and fellow participating members of the St. Louis Post-Acute Care/Long Term Care Roundtable to put the proper procedures in place to safely admit patients from our local hospitals.

While we continue to weather this unprecedented storm, your support of Bethesda is needed more than ever. As just one example of the tremendous expense of keeping residents and staff safe during the pandemic, Bethesda's spend on PPE was approximately 10 times that of a normal year. That cost, along with the continued costs of COVID testing and additional staffing, is not going to end anytime soon.

With your help, we can continue to provide a safe, enriching place for St. Louis seniors to call home.

Sincerely,



**Joseph J. Brinker**  
President & CEO



**Joe Brinker** is joined by Bethesda employees in front of Bethesda's Corporate office to pay homage to the healthcare heroes throughout the Bethesda community: (left to right) **Kelly Lawson, Jim Horton, Joe, Luke Marian, Shanika Butler** and **Neil Patel**.



# Mosaic of RESILIENCE

## How Bethesda responded to the COVID-19 pandemic

March 1 is a date **Kiel Peregrin**, Senior Vice President of Operations, will not soon forget. Guidance from the Centers for Disease Control and Prevention (CDC) and other health organizations regarding the COVID-19 pandemic came out that evening, and in less than two weeks, Kiel and the management team at Bethesda had put new processes and procedures in place to protect residents, their families and staff from potential exposure to the coronavirus.



## Initial Response

While lockdowns and widespread changes didn't go into effect until mid-March, Kiel had been paying close attention to virus developments in China and other affected areas since January. Bethesda began building up its personal protective equipment (PPE) inventory based on the news; not huge quantities, but more than usual—just in case.

"Kiel took the situation seriously, holding daily calls with our operations team to emphasize the importance of keeping the virus in check, especially in the early months," says **Roger Byrne**, Executive Vice President and Chief Financial Officer.

Kiel says the greatest challenge early on was a lack of information. Guidance from the CDC and other government agencies changed daily, making it difficult to implement new protocols. To deal with the lack of consistent information, Kiel began each day by researching the latest government guidance at the federal, state and local levels.

The first step Bethesda took was restricting visitors to all communities. From there, PPE requirements, increased sanitization, limiting staff travel between communities, social distancing, and a mandatory 14-day isolation for new residents went into effect.

In addition, Bethesda had eight trained infection preventionists who worked throughout Bethesda's skilled nursing facilities. At the end

(photo, facing page) **Kiel Peregrin** (right) holds a strategy session with **Lynn Licklider** (left), and Directors of Nursing **Michele Kimball** (near right) and **Darlene Cosby**.



**Christine Grab**, a St. Andrews & Bethesda Home Health clinician, is featured suiting up in full PPE before entering a patient's home.

of 2019, the infection preventionists completed 17 educational modules during a two-day training session. This training included hand hygiene, disinfection methods, PPE training, isolation protocol, identifying symptoms of infectious diseases and what to do if you're sick.

According to **Lynn Licklider**, Corporate Director of Clinical Services, having this infection prevention training in place before the pandemic began helped Bethesda enact infection control methods swiftly.

Bethesda's spend on PPE increased tenfold once the pandemic worsened in March, according to Roger. Traditional distributors in the U.S. were running low on resources, so we were forced to look elsewhere to keep a strong supply.

"I was on calls at 1 a.m. and 2 a.m. with vendors in China to negotiate rates and payment terms for 50,000 N95 masks," Roger says. "It was pretty surreal to be on the phone in the middle of the night, wiring money to folks in China."

Beyond the PPE spend, Bethesda began "hero" and "superhero" pay for staff working in a community with a COVID-positive patient. The Bethesda team felt an obligation to the St. Louis senior population to keep accepting new residents and patients during the pandemic.

"We knew we could safely care for COVID-19 patients discharged from hospitals and not be afraid of the virus," Roger says. "We didn't run away from the problem. We faced it head-on."



## Moments of Resilience

Throughout Bethesda communities, there were moments of resilience in the months following the initial outbreak. The commitment, dedication and resolve of Bethesda teams to keep staff and residents safe was clear from day one.

At Bethesda Terrace, **Andrea Tripp**, Senior General Manager, knew she and her team had to do something to keep the residents at the retirement community upbeat when in-person visits from family were discontinued. They went to work, implementing window visits, FaceTime calls and drive-by visits from families.

She quickly noticed the residents were missing the physical touch elements of in-person visits. So Andrea brought her golden retriever for an outdoor visit, during which

**“We feel the situation is now getting predictable, and we know how to respond to most scenarios. We’re prepared from a PPE, employee and policy perspective.”**

—Roger Byrne, Executive Vice President and Chief Financial Officer

all interested residents, remaining socially distant, could engage with her dog.

In July, **Nikki Aubuchon**, Life Enrichment Coordinator, joined the team at Bethesda Terrace to oversee activities. There is at least one activity at Bethesda Terrace every day, and they range from bingo nights to Wii bowling, to themed days and Happy Hours.

“I particularly enjoy our ‘Thirsty Tuesdays,’ when I have the chance to visit each resident and offer drinks and snacks,” Nikki says. “It’s a great way to have some fun while still

checking to make sure residents are healthy and happy.”

Staff at Bethesda Terrace, as well as at all Bethesda retirement communities, adapted to help residents feel comfortable and safe during visitor restrictions. Housekeeping delivered groceries, meals and took the initiative to wipe down every piece of mail to keep residents safe before delivering it to their rooms.

“I’m most proud of the resiliency of this crew and how quick we were to adapt to rapidly changing guidelines in the early months,”

## Residents Stay Connected with Physicians through Telehealth

COVID-19 made it clear that in-person doctor appointments would have to change to keep residents safe. Skilled nursing facilities at Bethesda quickly implemented telehealth visits for daily “wound rounds” to make sure patient wounds were healing properly. From there, telehealth visits became an everyday occurrence.

Nurses started using tablets to conduct meetings between residents and their physicians. Family members could call in and participate in their loved one’s appointments as well. This strategy has greatly helped ease feelings of isolation for patients, as they’ve been able to speak with their doctors and their staff with the press of a button.

“We entered the world of telehealth out of necessity, but we have been able to do some amazing things for patients with this new technology,” says **Michele Kimball**, Senior Director of Nursing at Bethesda Dilworth.

Michele says one resident with Parkinson’s disease was able to share with her doctor via telehealth how well

her new medication was working. She got up from her chair and did a little dance to show the doctor how great she was feeling. She demonstrated that her hands weren’t trembling, and from there they were able to make an assessment about her medication.

“She was so proud to sit up and see her doctor and push the buttons herself,” Michele says. “I’ve seen so many residents embrace technology for the chance to communicate easily with their doctors and loved ones.”

Before the pandemic, Michele says, many residents resisted going to a doctor’s office for a variety of reasons. During the winter, for example, many do not like going out in the cold. To accommodate resident preferences and safety, Michele envisions Bethesda utilizing telehealth long after the pandemic is over.

“Telehealth will be the wave of the future, especially when so many residents prefer the convenience telehealth provides, pandemic or no pandemic,” Michele says.

Andrea says. “As a team, we can accomplish anything, and we’ve proven that there is a creative solution to every obstacle.”

Home Health visits have also changed due to COVID-19. Clinicians are screened daily and must wear PPE when entering the homes of their patients. Masks are also mandatory for patients and their family members for the duration of all home health visits.

Technology has made a great impact on home health visits as well, increasing coordination between nurses and therapists to communicate in real time with their patients, and making themselves available for virtual calls with family members.

**Michelle Glass**, Corporate Vice President, Senior Living and In-Home Services, says it has been encouraging to see the acceptance of technology with people who would have never previously considered doing a virtual call with family members.

### Looking Ahead

When May finally arrived, Roger says he felt hope. Responding to the pandemic became less about reaction and more about following guidance and acting on established plans and procedures.

“We feel the situation is now getting predictable, and we know how to respond to most scenarios,” Roger says. “We’re prepared from a PPE, employee and policy perspective.”

Employee resilience has proven crucial to Bethesda’s exceptional response to COVID-19. Bethesda staff members have shown their unwavering desire to serve the residents and their families to the best of their ability, no matter the circumstance.



Respiratory therapists like **Tracy Dill** have played a crucial role in treating Bethesda patients with COVID-19, as well as non-COVID residents like Barnes-Jewish Extended Care resident **Louis Zoia**.

## The Critical Role of Respiratory Therapy

Respiratory therapists are available to provide care to Bethesda residents seven days a week, and multiple times a day if needed. They are key in treating COVID-19 and other respiratory illnesses—since the respiratory therapy program debuted at Bethesda in 2019, the therapists have been able to administer early intervention, successfully cutting down on hospital readmissions.

When the pandemic hit, **Tracy Dill**, Respiratory Therapy Manager at Barnes-Jewish Extended Care, trained nursing staff on PPE and responding to respiratory illness. In the first few months after the outbreak, Tracy’s primary focus was keeping her patients healthy, both mentally and physically.

“We worked a lot of long, hard hours just to provide companionship and encouragement during our therapy time with patients,” Tracy says.

One patient was acutely ill with pneumonia and COVID-19. After chest therapy and frequent treatment, he gained weight, started breathing on his own and improved his mental status. Bethesda’s respiratory therapy program was crucial in continuing those treatments.

“What we were able to do here in the community kept that patient from going to the hospital,” Tracy says. “Because of our rapid therapy, he was able to recover here and go home.”

## COVID-19

# HEROES

### Joan Whitford

Bethesda Orchard resident **Joan Whitford** is determined that nothing will get in the way of seniors casting their votes, not even a global pandemic.

Joan, 92, is a Deputy Registrar for the St. Louis County Board of Elections and a long-time member of the League of Women Voters. She's lived at Bethesda Orchard for nearly a decade, and is passionate about getting fellow residents registered to vote and making sure those who need it are signed up for an absentee ballot.



Working alongside Bethesda staff, she's made sure just about everyone in the Bethesda Orchard community is registered, as well as residents in some of the other Bethesda communities. So far, she's registered upward of 200 seniors. "We always have absentee ballots at the front desk," she says.

This is important work in normal times—older citizens are often underrepresented at the polls due to transportation and mobility obstacles, among other challenges.

But as Joan points out, the need now, in the midst of a global crisis that has many seniors unable to leave their homes, is even greater. Add to that the constant threat of Medicaid budget cuts, which many seniors rely on for care, and it's imperative that their voices are heard.

"The option to vote absentee is especially important this year," Joan says. "It means we can still vote even though we're on lockdown. Older people have lived a long time and have a lot of valuable experience. We have a lot we would like to see happen, and we can only accomplish it through voting."

Joan says life during the pandemic has been quiet and lonely for many, but the Bethesda Orchard community is holding strong together. "I've never seen anything like it in my life," she says. "I've seen polio, influenza and many other things, but never anything of this nature."

**Joan Whitford** helps her fellow residents register to vote and sign up for absentee ballots as needed.



## Sharon and Russ Frailey

For the past five years, **Russ Frailey** has been a Bethesda Hospice Care volunteer, bringing companionship and cheer to hospice patients. A Vietnam War era Veteran, he originally became involved to provide comfort and solace to other Veterans, but quickly expanded his services to other patients.

Then COVID-19 hit, and Russ was no longer able to volunteer inside the community. However, when they received an email from Bethesda looking for people to sew masks for residents and staff members, Russ and his wife, **Sharon**, quickly jumped at the opportunity.

It was the perfect volunteer activity for Sharon, who majored in home economics in college and has loved sewing since high school. Sharon had also recently been diagnosed with breast cancer, and focusing on doing good for others proved a welcome distraction.

Each mask took Sharon about half an hour, and she used fun fabrics from her personal stash. "With my cancer diagnosis and chemotherapy, I couldn't go out, so I used my own fabric and picked out a bunch of fun patterns," she says.

The Fraileys didn't stop there, however. Because many hands make light work, they also got their friends involved in the effort. Some friends even enlisted other acquaintances, forming a small network of Bethesda



**Sharon and Russ Frailey** used fabrics from their personal collection to make masks and keep the Bethesda community safe.

mask-makers. Sharon passed some of her fabric to friends without their own personal supply. Bethesda donated some fabric to the effort as well.

As a group, they ended up producing hundreds of masks. "I had the ability to make masks, and I had friends who had the ability to make masks," Sharon says. "Knowing that Bethesda had a lot of older residents vulnerable to the virus, it was important to us to help."



**Amy Willis** helped her team by staying at Bethesda Hawthorne Place for 10 consecutive nights when a resident tested positive for COVID-19.

residents had tested positive, Amy decided to do what for most would be unthinkable—she temporarily moved into a room at Bethesda Hawthorne Place. There she stayed

## Amy Willis

The COVID-19 pandemic understandably caused fear and anxiety for many residents and staff members of Bethesda communities.

**Amy Willis**, who at the time was Housekeeping Supervisor at Bethesda Hawthorne Place, did her part to soothe those fears by working tirelessly to hold the community to the very highest cleaning standards.

Upon learning that one of the newer residents had tested positive, Amy decided to do what for most would be unthinkable—she temporarily moved into a room at Bethesda Hawthorne Place. There she stayed

for 10 consecutive nights, caring for the residents and assisting her team members around the clock.

"When you hold a supervisor or managerial role, you have to step up when you're needed most," Amy says. "This was something I felt I needed to do. I just wanted to take care of my residents and help my team."

Amy cooked, cleaned, did laundry, took temperatures and more during those 10 days.

"Having worked at Bethesda Hawthorne Place since the community opened in 2017, those residents have become my extended family," says Amy. "I wanted to do anything possible to keep them safe, comfortable and healthy."

Amy has since transferred to Bethesda Meadow, earning a promotion and serving as the Housekeeping, Laundry and Safety Manager. In total, she has been with Bethesda since 2013.

"My favorite thing about Bethesda is that everyone constantly works as a team," Amy says. "I'm so lucky to be surrounded with people who work so well together and always have their teammates in mind."

## Linda Little

“I just wanted to keep everyone safe,” says **Linda Little**, a retired nurse who volunteered at Village North Retirement Community for five hours a day, five days a week for four months straight during the beginning of the COVID-19 pandemic.

If you ask Linda why, she’ll tell you it was something she felt she needed to do. Her parents had moved into Village North in January, after her mother had fallen and subsequently received rehab at Christian Extended Care & Rehabilitation. When the pandemic struck, Linda had just retired from St. Louis Children’s Hospital. She reached out to **Felinna Love**, General Manager of Village North, and offered to step in and help—as a healthcare professional, she knew her expertise could be useful.

Linda became a gatekeeper of sorts for the community, taking the temperature of every single individual entering the building, as well as residents leaving for medical care to ensure they were healthy enough to go. “Any person who walked into the front door came to me first, and if I saw anything questionable, I’d contact Felinna,” she says.

Linda’s sacrifice goes deeper than the numerous hours she spent taking temperatures at Village North. She and her husband also had to be extremely cautious to ensure Linda remained healthy and didn’t introduce the virus to the community. “We all made choices during this, and we chose to stay home, wear masks and sanitize often,” Linda says.

In August, Linda slowed down her volunteering to three days a week, but she says she’d be happy to step in should the need arise. Plus, she’s found she loves working with seniors. “Seniors are amazing people, and I’ve become very attached to them and the stories they have to share,” she says.

**Linda Little** (right) chats with **Cyndi Stallings**, a Wellness Partner with Bethesda Senior Support Solutions.



**Phyllis MacLaren** plays for her fellow residents at Bethesda Gardens.

## Phyllis MacLaren

Bethesda Gardens resident **Phyllis MacLaren** has played the violin since the fourth grade. She’s performed with symphonies and orchestras across the country, always finding a group to join no matter where she lived.

When the coronavirus pandemic first began, Phyllis saw an interview with cellist Yo-Yo Ma, who spoke about donating his time and talents to keep people entertained while staying safe in quarantine.

“I thought to myself, ‘I could do that!’” Phyllis says. “I decided to give a concert for my hallway neighbors. I played in my doorway while everyone brought chairs to their doorways to listen.”

Word quickly spread around the retirement community, and residents in other hallways wanted Phyllis to perform for them, too. With the help of **Mary Cody-Hill**, the Life Enrichment Coordinator at Bethesda Gardens, Phyllis created a plan to play for each of the 12 hallways of the Bethesda Gardens community.

Phyllis has performed nearly 40 times during the pandemic, including a socially distant Independence Day concert in the Bethesda Gardens living room. “After each performance, I walk the hallway to thank everyone for listening,” says Phyllis. “I learn so much about my neighbors and love seeing them enjoy the music.”

In addition to playing the violin, Phyllis is also an artist, focusing on international human rights. For more than a decade, she has created mixed-media portraits as part of her “Portraits of Courage” series. She uses her art to shine a light on extraordinary people doing courageous things around the globe. In September, Phyllis learned that the art portrait she submitted to the juried 2020 Art St. Louis Exhibit was one of only 55 accepted (out of 500 entries)!



# BETHESDA NEWS

## Bethesda Prepares to Receive COVID-19 Vaccine

The first two vaccines may have been approved by the FDA in mid-December, but Bethesda had been preparing the internal infrastructure for receiving and administering the vaccine for weeks prior to the approval.

The first vaccine clinic at a Bethesda community took place on Dec. 30 at Christian Extended Care & Rehabilitation, where 123 residents and staff received the first of their two Moderna vaccine doses.

The other Bethesda communities began hosting vaccine clinics starting in January 2021. Each community will host three clinics for residents, patients and staff, giving each ample opportunity to receive the two doses necessary for optimum effectiveness according to the CDC.



**Renee Cwiklowski**, Administrator at Christian Extended Care & Rehabilitation, receives her COVID-19 vaccine on Dec. 30.



**Maurice Stovall** was the first vaccine recipient throughout all of Bethesda, and on his birthday, too!



**Emina Bursac**, Compliance Nurse Specialist, (left), and **Rhonda Griffin-Haire**, Unit Secretary at Christian Extended Care & Rehabilitation, hold their signs sharing reasons they chose to get the COVID-19 vaccine.

## Eli Lilly Chooses Bethesda for Clinical Study Site

In November, four Bethesda communities were selected to serve as test sites for a clinical treatment study being conducted by Eli Lilly and Co., a highly reputable, nationally recognized pharmaceutical company.

Bethesda was the only St. Louis-area senior living, care and services organization chosen to host the study. Participation was open to residents and staff at a facility where a resident or employee had tested positive for COVID-19.

“Bethesda is thrilled to work with Lilly on this important COVID-19 research,” says **Kiel Peregrin**,

Bethesda’s Senior Vice President of Operations. “This devastating virus disproportionately affects the elderly, and we anticipate that some of our residents and staff are motivated to contribute to the greater good of understanding the virus and helping to find possible new treatments.”

Participation was completely voluntary, and the agreement to participate was between the individual and Lilly. Bethesda merely provided Lilly with access to the facility premises and the support services needed to successfully carry out the trial.

# Strong COMMUNITY Through Crisis

The strong sense of community Bethesda provides to St. Louis seniors and their families has always been a source of pride. In 2020, throughout the COVID-19 crisis, that strength became even more apparent. Not only were all necessary health precautions swiftly enacted once the pandemic hit, but Bethesda staff worked around the clock to ensure the emotional needs of residents and their families were met during this trying time.

## Maintaining Close Connections

With in-person visitation severely restricted and residents unable to leave the communities except for doctor appointments, it was important that they still had an opportunity to connect with their loved ones. Staff members quickly figured out how to facilitate virtual visits. Initially, however, there weren't enough devices to accommodate all residents.

"The staff rallied together and decided to bring in their old iPhones and other devices to connect to Wi-Fi and

serve as a vehicle for virtual visits," says **Jennifer Popp**, Administrator at Bethesda Southgate.

Similarly, at Bethesda Barclay House, resident **Bill Field** was able to continue his 20-year tradition of meeting up with friends every Wednesday because of Sales Counselor **Jerry Ahillen**, who set him up on Zoom. "Jerry's been a tremendous help for me, as have the other staff members at Barclay House," Bill says. "There's always someone around to answer a technical question and help me connect with my friends and family."

**Bill Field** (left) was able to continue his 20-year tradition of meeting up with friends every Wednesday because of Sales Counselor **Jerry Ahillen** (right), who set him up on Zoom.





Jerry, of course, was more than happy to help. “Bill and his friends used to meet right outside my office every Wednesday, so I knew how important this group was to him,” he says. “It is important to me to help Bill and other Barclay House residents maintain as much normalcy as possible.”

### Soothing Family Members’ Worries

For some, connecting virtually wasn’t an option. Prior to COVID-19, **John Carver** would visit his wife, Jane, a Bethesda Southgate resident in long-term care, nearly every day. He would bring her treats, hug her and hold her hand. John and Jane have been married for 37 years.

During the pandemic, however, John made the difficult decision to abstain from communicating with Jane virtually. Once porch visits became available, that didn’t seem like a viable alternative either. Jane, who has aphasia, has limited communication abilities, and John was worried both options would only cause her confusion and distress. “I felt that if Jane saw me wearing a mask, she wouldn’t understand,” John says. “It would be difficult for her not to go through our regular routine.”

John says it’s been lonely, and he’s been worried about how Jane is coping. To soothe his anxieties, the Bethesda Southgate staff began sending John pictures of Jane. “It was their suggestion, and it was a welcome one,” he says. “It’s helped me know Jane is well, and I often send those pictures to family and friends so they can see, too.”

John also says he appreciates how well the Bethesda Southgate staff keeps him updated on how things are going in the community overall.

“I can’t say enough about Jennifer Popp,” he says. “She sends emails at least once a week to keep all residents’ family members informed about what’s going on at Southgate. I know the No. 1 job of the staff is to take care of the residents, but what’s probably No. 2 is to take care of the family members, and they do a great job.”

### Keeping Residents Engaged

The Activities staff at all Bethesda communities also wanted to ensure residents remained engaged and had some fun. So they began revamping activities to fit the pandemic lifestyle.

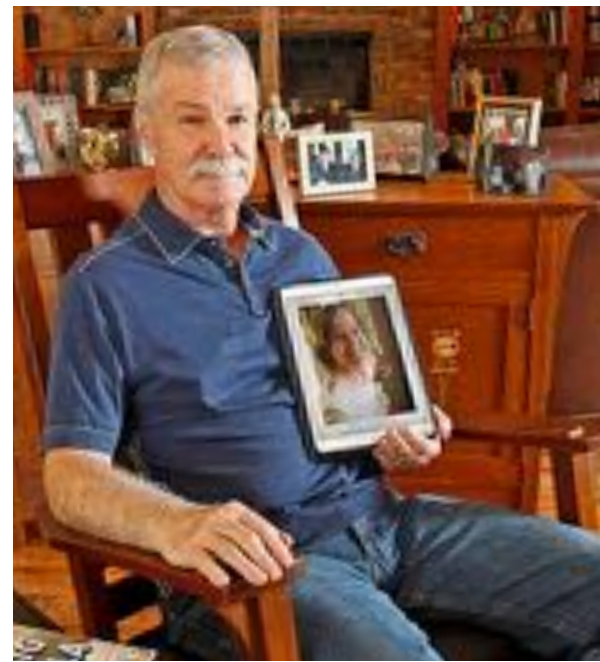
For example, Bethesda Southgate Activities Director **Tara Powell** created individual photo booths to take to patient rooms during fun theme days, where staff dressed up as nerds, jocks, disco dancers and cartoon characters. They added courtyard concerts, outdoor activities with water guns and popsicles, and socially distanced dance parties.

A standout moment came on Father’s Day. Residents were still unable to have in-person visits, so instead, Bethesda Southgate hosted a Father’s Day parade during which family members drove by in decorated vehicles and waved to their fathers and grandfathers seated outside. “There were so many happy tears that day,” Jennifer Popp says.

At Bethesda Barclay House, Jerry and other staff members did their part to keep residents entertained by distributing word search and crossword puzzles and planning hallway Happy Hours, ice cream days and more.

### Support During a Difficult Time

Bethesda staff also went above and beyond to keep families of



Bethesda Southgate team members have been sending **John Carver** photos of his wife, Jane, while he was unable to visit with her during the pandemic lockdowns.

residents who contracted COVID-19 informed so they wouldn’t feel quite so hopeless during an extremely difficult situation. **Carol Strawbridge** had just gotten settled into her apartment at Village North Retirement Community when she contracted the virus. She subsequently passed away, but her brother, **Michael Strawbridge**, says he’ll never forget the phenomenal care and service she received from the team. A nurse’s assistant even offered the family her personal cell phone so they could get regular updates.

“My sister had been so excited about moving to Village North,” Michael says. “She was totally swept away by the landscape, her apartment, and especially her neighbors and the community.” Since his sister passed away, he says many residents and staff have expressed their condolences and told Michael about Carol’s impressive energy and strong presence among the community. “She was small in stature, but huge in personality,” Michael says.

# AWARDS

## And Accolades



### Best Places to Work

Bethesda was named one of the “Best Places to Work” by Quantum Workplace and the *St. Louis Business Journal*. Out of more than 200 St. Louis-based companies and organizations that participated in the competition, only 75 were named finalists. Bethesda was one of only four finalists named to the “Giant” category, which required at least 15% of all employees to complete and return their surveys. Bethesda far outpaced this requirement, with more than 27% of employees returning completed surveys. *(Photo was taken pre-pandemic.)*



### Norwood Awards

#### **Fred Perabo** and **Dianne Mollet**

were selected as the 2020 recipients of the prestigious Norwood Award for their outstanding service to St. Louis seniors. The Norwood Award honors individuals or organizations that have given extraordinary support and service to Bethesda. Fred spent 18 years serving on the Bethesda Board of Directors, including seven years as Vice Chairman, with a clear passion for improving the lives and communities of St. Louisans of all ages, especially seniors. Since 2013, Dianne has delivered exceptional service as a volunteer at Bethesda Meadow and is a member of the Auxiliary.



### 2020 Leadership St. Louis Class

**Kiel Peregrin**, SVP, Operations, was named to the prestigious 2020-21 class of Leadership St. Louis. Only 56 individuals were selected to participate in the class, which comprises a nine-month curriculum that explores issues such as economic development, racial equity, education, criminal justice and poverty within the St. Louis region. This is the 45th year of the Leadership St. Louis program.



### Mary June King Scholarship Recipients

**Olivia Robinson**, a Licensed Practical Nurse working at Bethesda Dilworth, and **Qiana Robinson**, a Licensed Practical Nurse working at Alton Memorial Rehabilitation & Therapy, celebrate their selection as Mary June King Scholarship recipients with **Kathy Joslin**, Senior VP of HR and Marketing (far left), and **Mary Brown**, Ms. King's daughter. The Mary June King scholarships are designed to offset expenses for post-secondary education or college-level study for Bethesda employees in a field that benefits the worker and Bethesda. Both Qiana and Olivia are pursuing their RN degrees.



### Presidential Scholarship Recipients

**Alicia Edwards**, a Nurse Manager working at Barnes-Jewish Extended Care, and **Jessica Wallace**, a Licensed Practical Nurse working at Bethesda Southgate, were awarded the first two Presidential Scholarships. Each scholarship grants the recipient up to \$25,000 to become a Registered Nurse through St. Louis Community College.

### Two Awards for Alton Memorial Rehab & Therapy

Congratulations to the team from Alton Memorial Rehabilitation & Therapy, as the facility was voted "Favorite Senior Living" and "Best Skilled Nursing Facility" by members of the Alton/Riverbend community.



### Harp Receives Nursing Award

**Shelby Harp, RN**, a case manager at St. Andrews & Bethesda Home Health, was named the 2020 Nurse of the Year, Community Skilled Nursing, by the local chapter of the March of Dimes. Congratulations, Shelby!



Top photo: **Alicia Edwards** (center) accepts her presidential scholarship with Director of Nursing **Karen Zurick** (left) and Administrator **Candice Brown** (right).

Lower photo: **Jessica Wallace** (center) accepts her presidential scholarship with Administrator **Jen Popp** (left) and Director of Nursing **Darlene Cosby** (right).

## Bethesda Health Group Foundation

# KEEPING SENIORS SAFE

## With Your Support

COVID-19 has affected communities across the nation in unprecedented ways. Every corner of the world has been touched, including the nonprofit sector. Bethesda Health Group is no exception.

Throughout Bethesda's 131-year history, the health and wellness of St. Louis seniors, regardless of their ability to pay, has been at the forefront of our mission. Not even a global pandemic will cause us to waver in that commitment.

Keeping our communities safe during such a time has proved an immense undertaking. We've risen to the challenge, but it has come at a significant expense. Since the pandemic began in March, Bethesda has incurred nearly \$4 million in costs associated with the crisis, including personal protective equipment (PPE) and supplies, additional labor costs and lost revenue.

While we continue to rely upon the support of our dedicated donors and volunteers to make this possible, the need is especially great now, considering the vulnerability of seniors to the virus coupled with the financial insecurity so many seniors face.

Gifts to the Bethesda Health Group Foundation make a monumental difference during times such as these. Together, we will emerge from this challenging situation more resilient than ever. By making a donation, you are helping ensure our seniors can continue to receive the high-quality healthcare that keeps them safe.

The 2020 Hearts for Our Homes ambassadors gather for a photo to celebrate their impressive fundraising efforts. *(Photo taken pre-pandemic.)*







## An Inspiration to All

One couple who has made a tremendous difference in the lives of our seniors during the pandemic is **Ken and Garie Perry**, residents of Bethesda Gardens. The couple created the Ken and Garie Perry Readiness Fund, whose proceeds help keep our residents safe by purchasing necessary PPE and providing resources to prepare Bethesda for other emergencies that may occur.

The Perrys continue to seek funding from individuals, corporations and foundations in support of continued COVID-19 relief.

**“We have seen what the pandemic has done to all of our lives, and we think a fund like this is very much needed. Contributions will prepare Bethesda for crises like COVID-19, as well as other emergencies that could strike our community.”**

– Ken and Garie Perry

### How the CARES Act Aided Bethesda in 2020

While the COVID-19 pandemic has proved a challenge like no other, there is some hope. The Coronavirus Aid, Relief, and Economic Security (CARES) Act, passed soon after the virus’s outbreak, included an expanded and enhanced charitable giving tax incentive—the first time in our country’s history that Congress passed charitable-giving legislation in response to a disaster or national emergency.

The federal government made it easier in 2020 for taxpayers to make a significant difference with generous donations to charitable organizations like Bethesda. The Consolidated Appropriations Act of 2021 has extended these benefits for 2021. The CARES Act legislation:

- allowed individuals to make deductible contributions up to 100% of their adjusted gross income (AGI) for those who itemize. As a result, donors can deduct up to 100% of their AGI for larger cash gifts (refundable entrance fees, credit card, etc.) made in 2020.
- allowed those taking the standard deduction to deduct up to \$300 as an “above line deduction” when filing their income taxes in 2021. For 2021, the Act expanded this deduction to \$600 for married couples filing jointly.

- allowed corporations to make deductible contributions up to 25% of their taxable income, an increase from the previous limit of 10%.

In 2020, the pandemic was responsible for Bethesda experiencing a significant loss in revenues and a dramatic increase in COVID-related expenses, exceeding \$4 million. The CARES Act provided subsidies to Bethesda that helped them offset some of the added costs, such as “hero” pay for frontline healthcare workers, COVID-19 testing (which amounted to nearly \$150,000 weekly), PPE, and extensive virus mitigation and control efforts.

### How You Can Help

No matter the size, your gift makes a difference for St. Louis seniors in need. There are numerous ways to donate. For information, visit [BethesdaHealth.org/giving-to-bethesda](https://BethesdaHealth.org/giving-to-bethesda) or contact the BHG Foundation at (314) 800-1981 or [pedempski@bethesdahealth.org](mailto:pedempski@bethesdahealth.org).

## Honor Roll of Donors | Year Ending June 30, 2020

# THANK YOU

We gratefully acknowledge our donors and Community Partners for their support and generosity. We have made every effort to accurately recognize our donors; if any errors have occurred, please accept our sincere apology.

### Life Legacy (planned gifts)

John P. Baird Estate  
Tom W. Bennett Irrevocable Trust  
Marge Bieser\*  
Alyce Blome\*  
Daniel and Blanche Bordley Fund for Bethesda of the St. Louis Community Foundation  
Antoinette C. Breihan  
Hermine J. Brooks Revocable Trust  
Leo R. Buder Foundation Trust  
Susan Rassieur Buder Memorial Trust  
Margaret L. Butler Trust  
James Meade Chouteau Irrevocable Trust  
Mary Alice Collins Memorial Fund of the St. Louis Community Foundation  
Winnie Cummins\*  
George B. D'Arcy Trust  
Nick Dopuch\*  
Robert C. Drews\*  
Evelyn L. Eldridge Living Trust  
Marie Falvey\*  
Joyce A. Fincher  
Mary Poore Fobes Trust  
Harris J. Frank\*  
Edward C. Gentzler III  
William L. Gleiber  
Oscar Groebl  
Dorothy M. Hanpeter  
Mary Jane Heitzmann\*  
Briggs A. Hoffmann  
Harold and Peggy Jolley  
Virginia Jones  
Sally Lilly  
William C. Malcolm\*

Mary E. J. Mermod Trust  
Annelise Mertz\*  
Jean Mullgardt\*  
Roger and Jan\* Nelson  
Jean G. Newton\*  
John F. Norwood Trust  
Joe Palecek Trust  
Ken and Garie Perry  
Viola J. Reynolds Trust  
John W. Rowe♦  
Frank A. and Alpha H. Ruf Fund for Bethesda of the St. Louis Community Foundation  
Eleanor G. Ryan Estate  
Albert L. Schweitzer, Jr.  
Martha Sivier  
Katherine Stauffer Charitable Trust  
Ann F. Sternberg  
Alice Logan Temm Trust  
Lois C. Tuttle\*  
Richard Weidert\*  
Ethel V. Wilder Trust

### Pillar Level (\$10,000+)

Anonymous  
Tom W. Bennett Irrevocable Trust  
Daniel and Blanche Bordley Fund for Bethesda of the St. Louis Community Foundation  
Leo R. Buder Foundation Trust  
Charless Foundation, a component fund of the St. Louis Community Foundation  
Bernal T. Chomeau Private Foundation, Kathy Andrews, Douglas B. Chomeau, Stuart and Susan Chomeau  
Emerson Charitable Trust

Mary Poore Fobes Trust  
Margaret B. Grigg Foundation  
Sam and Justina Halley Foundation, Amen, Gantner & Capriano Trustees  
Juanita H. Hinshaw  
Paric Corporation  
Ken and Garie Perry  
Mike Trau  
The John M. Wolff Foundation

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

Alzheimer's Foundation of America  
Anonymous  
Bethesda Women's Board  
Joe♦ and Susan Brinker  
Susan Rassieur Buder Memorial Trust  
Earle and Suzanne Harbison  
Phil♦ and Judy Hutchison  
Lawrence Group Architects of St. Louis, Inc.  
Jim and Mary Sertl

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

Anonymous  
Bartels-Missey, Inc.  
George and Barb Clements  
Michelle Glass  
Mel and Ruth Kohl  
Peter Krombach  
Gary♦ and Harriet Mayes  
John♦ and Ginny Rowe  
Katherine Stauffer Charitable Trust  
Pat Stirlen  
Jackie Yoon♦

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

Anonymous  
Sharon Beirne  
Joseph E. Birk, Jr.\*  
Bopp Chapel, Richard C. Mueller  
Shawn and Candice Brown  
Charlotte Busch  
Roger and Laura Byrne  
Mary Alice Collins Memorial Fund of the St. Louis Community Foundation  
Common Ground Public Relations, Inc.  
John and Helen Csik  
David and Joan Culver  
Kevin and Jean Curry  
Tom and Pam Dempski  
Curt and Robin Engler  
David Fleisher  
Franc Flotron and Anne Lewis  
Tom and Mary Harris  
Susan Higgins  
Mark and Stephanie Jeffries  
Doug and Kathy Joslin  
Patricia P. Kapsar  
Michele Kimball  
Kevin♦ and Lucy Klingler  
Marcia Lange  
Jane Mahan  
Dale♦ and Lydia Meier  
George and Stephany Mendelsohn  
Todd C. Meury  
Tom and Sherry Miskle  
Michael and Susan♦ Moore  
Krishna Phanse and Penny Northern-Phanse

\*Deceased ♦Board Member



Fred and Ida Perabo  
Kiel and Amanda Peregrin  
Judith Portnoy  
Mark♦ and Cathleen Reifsteck  
Viola J. Reynolds Trust  
Mark Rogers and  
Robyn Duffey-Rogers  
Mike and Sue Scherrer  
Jack R. Strosnider\*  
Andrea Tripp  
Jeff and George Waldman

**Opportunity Level  
(\$500-\$999)**

Jerry Ahillen  
Anonymous  
Sara Arn  
Jerry and Sarah Arnold  
Doug and Marie Bartels  
Bruce and Liz Beeler  
Christopher and Janine Benjamin  
Bieg Plumbing Company  
Dwight and Jean Bouchard  
Henry and Diane Bruns  
Ronald and Sharon Burkhardt  
Eileen Caffey  
Jim and Mary Canova  
John and Eloise Capelle  
Lea Ann Coates  
Tom and Jennifer Collins  
Thomas R. Collins, Collins Family  
Fund of the St. Louis Community  
Foundation  
Susan Cowser  
Tom and Chris Crouch  
Dorsey and Sondra Ellis  
Jim♦ and Ellen Esther  
Dave and Jacque Faught  
John and Barbara Finch  
Stan Geiger and Marilyn Stribling  
Avi and Evan Goldfarb  
Edward A. Hanlon  
Bob Hynes  
Barbara L. Jackson  
Richard and Marta Jauer  
Larry Kahn  
KB Special Events, LLC  
Mike♦ and Patty Keller  
Cortney and Kristyn Koehler  
Babs Kolkmeier

Debra Kostielney  
Marcella A. Kuhn  
Tamara Lee  
Sally Lilly  
Katherine Lupo  
Eldon and Kathryn McKie  
Mary E. J. Mermod Trust  
Terry and Lisa Meyer  
Doug Norwood  
Nancy S. O'Brien  
Steven R. Pesek  
Marion Philips  
Al and Julie Poelker  
Chris and Jennifer Popp  
Matt Scheer  
Amy A. Sherrer  
Lila G. Simpson  
Joan Tiemann  
Dave and Colleen♦ Wasinger  
Janet L. Weaver  
Dennis and Ruthann Wolz  
Thomas and Julia Wood  
Steve and Debbie Woodard  
Nick and Sarah Zimmerman  
Karen Y. Zurick

**Dignity Level (\$250-\$499)**

Mark Atkins and  
Julie Darnold Atkins  
Carol Babka

Dorothy Boenker  
Nicole Bovee  
Janie Bradford  
Mason Brown  
May Carlin  
Marjorie S. Courtney  
Ruth Ann Cranston  
Susan F. Fagan  
Margaret Ganyard  
Jerome L. Gidlow  
Latisha Gill  
Lepoldo and Alicia Gonzalez  
Margaret Goode  
Debbie Gould  
Spencer and Barbara Gould  
Peggy Greene  
Dorothy M. Hanpeter  
Paul F. Hanpeter  
Marilyn L. Harrington  
Angelina Harris  
Angie Heumann  
Steven Hubbard  
Philip and Angela Huddleston  
Maud Jeanty  
William Keeven and Paula  
Czarnecki Keeven  
Mary Kirschman  
David and Marcia Larsen  
Susan Martin  
Connie McManus

Susan Oberkrom  
Walter Potthast  
Mary J. Re  
Doug and Mary Ann Reifschneider  
Barbara J. Romine  
Leslie Schaeffer  
Jacqueline Sita  
Martha Sivier  
Werner and Janet Stichling  
Charles and Mary Jane Tessaro  
Richard and Joyce Ulrich  
Zena Utrecht  
Susan E. Webster  
Michael and Sarita Weldon  
Joan S. Whitford

**Ability Level (\$100-\$249)**

Goran Abutovic  
Courtney Anandel  
Joyce Anders  
Anonymous  
Martha J. Antal  
Cathy L. Barton  
Jessica L. Bathon  
Joe and Mary Jane Belew  
Adrian Blackmon  
Stanley and Janine Blythe  
Boeing Matching Gift Program  
Cindy Boling  
Stephen F. Bowen, Jr.

Team member heroes from Bethesda Dilworth gather to exhibit their “strength” in addressing the needs of their residents amidst the pandemic.



Willie and Amy Brent  
 Gary and Jean Brinker  
 Jerry Campbell  
 Bill and Anne Carlton  
 Jack Casey  
 Joy Cejka  
 Tiffany Clancy  
 Cathy Clayton  
 Tammie Cleaelin  
 Peggy J. Cline  
 Dana A. Cole  
 Fred J. Dulle, Jr.  
 Arnold and Harriet Edwards  
 Kayla Edwards  
 Robert and Becky Eggmann  
 Laura Ehrett  
 Marlena Ell  
 Donald and Doris Elliott  
 Jeanette Estopare  
 Roy and Joan Flesh  
 Jacqueline Frerichs  
 Marsha Fuchs  
 Rosemary Gabriel  
 Dorothy Gannon  
 Barbara Gerstung  
 George E. Glass  
 William L. Gleiber  
 Tammy Gleiforst  
 Peter and Renate Goetz  
 Gary and Patty Golden  
 Holly Greminger  
 Charles and Nannelle Griffith  
 John and Nancy Hillhouse  
 Carol Hoette  
 Briggs A. Hoffmann  
 Marty Holland  
 Sue Hooker  
 Carrie Hopley  
 Cleora Hughes  
 Joe and Jill Immethun  
 Stephen and Christine Junghans  
 Mike Keller  
 Alyssa Kemper  
 Klinker Klub of St. Louis  
 Pam Klipsch  
 Hazel Kraft  
 Matthew and Patricia Krautmann  
 Hank and Susan Kumpf

Clifford Kurrus  
 John Kurtz  
 Robert and Katherine Latta  
 Barbara P. Lehman  
 Bill and Lynn Licklider  
 Betty Long  
 Vickie Lorenzen  
 Mike and Pam Lowe  
 Ray Marklin  
 Wendi Martin  
 John and Margaret McKinney  
 Linda McNair  
 Michael and Donna Melroy  
 Barbara Melton  
 Debbie Michniok  
 Martha Monaghan  
 Hazel Morgan  
 Steve and Pam Moore  
 Gary and Dessa Morrow  
 Roger and Jan\* Nelson  
 Network for Good Donors  
 Amy Newhard  
 Neal and Mary Nielsen  
 Jackie Oakes  
 Gail M. O'Brien  
 Ronald J. Okenfuss  
 Donald and Marjorie Patterson  
 Bonnie S. Pearson  
 Doug and Maryanne Potts  
 Jan Randazzo  
 Juliette Reed  
 Alex Reynolds  
 Ed Rice  
 Scott and Christy Roberts  
 Linda Rootz  
 Debbie Rose  
 John and Ann Rutledge  
 Jim and Kathleen Sanders  
 Gerald L. Sauer  
 Ron and Jackie Schappert  
 Steve Scheer  
 Harvey and Leanne Schneider  
 Peter and Janet Sennott  
 Lisa Sertl  
 Paul and Barbara Shaver  
 Sievers Equipment Co.  
 Patrick and Rebecca Standish  
 Debbie A. Stewart



The beauty of the Bethesda Dilworth courtyard proved to be a perfect location for certified nurse assistant **Jenny Conkright's** wedding after the original location was closed due to the pandemic. A few Bethesda Dilworth residents and fellow staff were able to attend as a result.

Ron\* and Norma Stillman  
 Karen Stuckmeyer  
 Jim Thompson  
 Terry Thompson  
 Barbara Tonkyn  
 Richard Wagner  
 Nicolas and Cayla Weber  
 Jeffrey and Karen Wright  
 Cleo Wroblewski  
 Yankee Candle  
 Richard and Cheryl Yehling  
 Robert and Charlene Zinkl  
 Roger Zoellner  
 Lisa Zoia and Eugene Johnson

Sandra Baker  
 Tonya Baker  
 Anastasie Balafas  
 Barnes-Jewish Extended Care Employees  
 Charmaine Barrale  
 Jodie Barron  
 Charlotte E. Bartlett and Emmett Powell  
 Ken and Judy Bass  
 TeShe'N Beach  
 Judith A. Becker  
 Bob and Ann Beckring  
 Donna Belaidi  
 Kevin and Rebecca Bergerson  
 Laura Bernstetter  
 James W. Bernthal  
 Mike Bernthal  
 Bethesda Barclay House Employees  
 Bethesda Corporate Office Employees  
 Bethesda Dilworth Employees  
 Bethesda Gardens Employees  
 Bethesda Hawthorne Place Employees  
 Bethesda Home and Community Based Services Employees  
 Bethesda Meadow Employees  
 Bethesda Orchard Employees

**Friends Level (\$1-\$99)**

Jeanne Abbott  
 Nancy Agar  
 Alton Memorial Rehabilitation & Therapy Employees  
 Robynne Alton-Roberson  
 AmazonSmile Foundation  
 Janell Amos  
 Anonymous  
 Kenneth and Judith Archer  
 JoAnn Arnold  
 Lucretia Arnold  
 Michelle Arnsperger  
 Nikki Aubuchon  
 Thomas and Ann Babington



Bethesda Orchard Residents Association	Kimberly Crowley	Karen Hanske	Julius Krisanic
Bethesda Southgate Employees	Marilyn F. Cunningham	Robert and Diane Harness	Richard and Sue Ann Krizner
Bethesda Terrace Employees	Caitlin Cwiklowski	Charles and Gisela Harr	Melissa D. Kurrus
Wayne and Carol Black	Kristen Daniels	Helen Hedderig	Barbara Labitska
Stacy Bohlmann	Candace Davis	Fritz Heil	Kathy LaChance
Olga Bojko	Claire Davis	Glen Herrick	John and Mary Anne Laurent
Bernita Bolden	Clarence Davis	Ervin and Mary K. Heyde	Dala A. Lawrence
Sharon D. Bowie	Marvin Davis	Verlane Hinson	Shaneka Lawrence
Mary Sue Bowles	Abigail DeClue	Robin Hood	Susan LeBar
Joan Braun	Susan Dee	Hope Christian Church	Valery and Katie Lewis
Pamela M. Brice	Lynnette DePhillipo	Julie Hoppe	Stephen and Traci Lipic
Brett Brown	Anita L. Depper	Jim and Angela Horton	Felinna Love
Latoya Brown	Kelly deRoode	Dolores Huddleston	Debi Lynch
Shantavia Brown	Darryl Dickerhoff	Jeff and Sonya Huffines	Eugene Lynch
Alvin and Judith Budrovich	Elisabeth M. Diemer	Martha E. Hughes	Jean Major
Lori Buehler	John and Mary Ellen Dierker	Jean V. Hunt	Marie Marklin
Frank and Fran Burns	Filomena DiMartino	Greg and Jean Imhof	Frank and Ann Martin
Michael and Joyce Bytnar	Fatima Dizdarevic	Brenda Jackson	Jim and Terry Marxkors
John and Helen Cammarata	Jean H. Donegan	Carol Jackson	Diane Masawi
Erica Carman	Deana K. Dulle	Mahogany Jackson	Montie Mays
Belinda Carter	Janet Easter	Tina Jantti	Benson Mburu
Nicole Carter	Fran Emme	Gary and Susan Jenkins	Monae McAlister
Oliver Carter	Chip and Keby Enloe	Gwendolyn Jenkins	Charlene McCray
Patricia M. Casey	Teresa Essen	Portia Jennings	John L. McDaniels
Sandra Caulfield	Joseph and Judy Evans	Tom and Eleanor Jennings	Marjorie McFarland
Grace Chamberlain	Shayla Faruq	ShaRonda Johnson	Jasmine McGill
Jasmine Chambers	Donna Ferguson	Laura Jones	Kelly McInnis
Vicki Chism	Paul and Mary Ferrara	Marjorie J. Jones	Cheryl Merkel
Christian Extended Care & Rehabilitation Employees	Philip A. Fleet	Sharon Jordan	Jim and Judy Miller
Gwendolyn B. Clancy	Maura Floretta	Gary and Kathy Juelich	Brittany Minnich
Karen Clark	Joann Folluo	Kathy Juenger	Nicholas A. Mirkay, Jr.
Wendy Clark	Maria Foster	Ralph and Nancy Kamp	Stipo Miskovic
Melissa Clay	Janus Garrison	Rita Kane	Holly E. Mobley
Patricia Clay	Carol Gehring	Marinko Karan	Janyne Mondina
Norm and Ann Cleeland	Melissa V. Geisler	Amy Kasper	Austin and Barbara Montgomery
Don and Eileen* Cognata	Edward C. Gentzler III	Margaret Kasper	Jack Montgomery
Doris M. Coleman	Kay Gibbs	Lawrence Kavanaugh	Quarnetta Morris
Larry and Marlene Coleman	Ronald and Audrey Glossup	Margaret Kearney	Barbara Morrison
Mariah Collins	Frances L. Goebel	Sharlarae Kelley	Kristine Mueller
Sharon Collins	Gale Going	Norma L. Kerbel	Lauren A. Mueller
Kalisha Connors	Diana Griffin	Shelly Ketsenburg	Sanela Mujkic
Norman and Delores Constable	Karla D. Grimm	Jim and Jeanette Kille	Chris Murphey
Janette Corless	Carolyn S. Guelbert	Judy A. Klein	Darla Neely
Patricia Cornell	Robert and Maureen Guy	Jim and Karen Klingler	John and Rebecca Nelsen
Deanna Coudle	Doris M. Hagan	John and Pat Klopfer	Rachel Newby
Linda S. Craig	Kenneth Hagemann	Chris and Caroline Koetting	Joan Newsome
	Edna Hall	Theresa M. Koetting	Antony Ngugl
	Phyllis Hammond	J. Penn and Elizabeth Krause	Susan Niehaus

\*Deceased ♦ Board Member

Jacqueline T. Niekamp  
 Phil and Debby Nixon  
 Ron and Linda Noll  
 Otto and Brenda Nurnberger  
 Jary O'Connell  
 Kathy O'Hara  
 Sharon O'Hare  
 Julie Okenfuss  
 Jerry and Adele O'Neil  
 Avdo Opardija  
 Mac and Anne Orcutt  
 Anida Papa  
 Christina Patterson  
 Deborah Pennick  
 Donna J. Perry  
 Delvan Perryman  
 Eva Pesek\*  
 Kathy Pesnell  
 Taylor Pierson  
 Bobbie M. Pilgram  
 Crystal Pinkley  
 Marcus and Barbara Piper  
 Richard and Linda Piper  
 Don and Pat Plumley  
 LaCresha Poke  
 Mary Ann Popp  
 Jane Porchey  
 Heather Portman  
 Tara Powell  
 Martin Pratt  
 Trudy A. Prewitt  
 Jeri Pruitt  
 Jeff and Angela Pryibil  
 David and Linda Raish  
 Susan C. Rakel  
 Angela Raum  
 Markita Reece  
 Charles and Linda Reed  
 O. L. and K. C. Reid  
 Jazmine Reynolds  
 Tara Reynolds  
 Alphonso Richardson  
 Jessica Riffey  
 Margie Robertson  
 Karen Robinson  
 Qiana Robinson

Gary and Jacquelyn Rocchio  
 Patricia Rogers  
 Margaret M. Rose  
 John and Laura Rossmann  
 Lavern J. Russomanno  
 Mike Sachs  
 Cami Sanders  
 Val Sansoucie  
 Konrad and John Sauer  
 Ted and Phyllis Savage  
 Dottie Schaefer  
 Robert and Jennifer Schuller  
 Albert Schweitzer III  
 Gregory P. Schweizer  
 Kristina Scott  
 Margaret Sheridan  
 Charles S. Siebert, Sr.  
 Georgia Sippel  
 Jo Ann Skelton  
 Bob and Charlene Slater  
 Katie Smith  
 Pamela Smith  
 Raquel Smith  
 Christina Sneed  
 Juanita Solovic  
 Robert and Sandra Soroka  
 Scheryl Spangler  
 Ronald and Janet Stacy  
 Susan Stammers  
 Robert and Dorothy Stamp  
 Kim Stapleton  
 Leon and Joann Steinbrueck  
 Joe and Jane Stephans  
 Diane M. Sterett  
 Krystle Stith  
 Roxanne Stitt  
 Debra Stotler  
 Frances Stovall  
 Sunnen Products Company  
 Dona Tankersley  
 Whitney Tankins  
 Jacobi Tate  
 Roxann R. Taylor  
 Audra Thomas  
 Heidi Tinsley  
 John F. Tomich



The residents who live at the Oaks at Bethesda didn't let the pandemic interfere with their outdoor film programming, as they were able to enjoy the movie and the camaraderie with other Oaks residents safely.

Glenda Treadway  
 Cherrie Troll  
 Janet Turley\*  
 Richard and Susan Turner  
 Enis and Emina Tutundzic  
 Steve Vagnino  
 Lori VanCardo  
 Carolan Van Heest  
 Michele Vaughn  
 Keith R. Velten  
 Frank and Frances Verlie  
 Village North Retirement  
 Community Employees  
 Angelo and Dolores Vlaich  
 Daniel Vogel  
 Kendra K. Volentine  
 Marvin and Linda Volentine  
 Sally Voss  
 James and Cheryl Waites  
 Jessica Wallace  
 Christopher Walter  
 Rapheal Walton  
 Constance Warner  
 Sherry Waterson  
 Ethel M. Watson  
 Jennie Werremeyer  
 Carrie Wetzell  
 Eudora White

Jim and Valerie Whitney  
 Keith and Mindy Whittle  
 Bernie and Denise Wicklein  
 Diane Wieland  
 Jane Wilhelms  
 Sarah Wilkens  
 Carol A. Williams  
 Denetra Williams  
 Denise Williams  
 Destinee Williams  
 Faith Williams  
 Laurel Willis  
 Mary Willoughby  
 Lisa Wilson  
 David and Barbara Winkler  
 Helen Wood  
 Jeanette Wood  
 Latrice Young  
 Theo S. Zaninovich  
 James W. Zant

\*Deceased ♦ Board Member



# FINANCIAL STATEMENT

Year ending June 30, 2020

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

### Revenues

Net service revenue	\$ 89,456,028
Other revenue and gains	9,208,366
Contributions	678,603
Total revenues	<u>99,342,997</u>

### Expenses

Professional care	46,321,576
Dietary service	10,177,917
General resident & campus services	10,895,642
Administrative services	17,675,042
Employee health & welfare	1,456,923
Depreciation	8,448,160
Interest	4,598,986
Provision for bad debts	974,680
Total expenses	<u>100,548,926</u>

Operating loss	<u><u>\$ (1,205,929)</u></u>
----------------	------------------------------

## Bethesda Health Group, Inc. and Subsidiaries Combined Balance Sheet

### Assets

Current assets	
Cash and cash equivalents	\$ 5,815,871
Restricted cash	1,700,000
Assets limited as to use	12,737,146
Accounts receivable	7,423,229
Other current assets	1,943,073
Total current assets	<u>29,619,319</u>
Assets limited as to use, net current portion	62,186,992
Property, plant & equipment, net	110,807,824
Beneficial interest in trusts	1,247,348
Beneficial interest in affiliate	7,082,828
Other assets	649,589
Total assets	<u><u>\$211,593,900</u></u>

### Liabilities And Net Assets

Current liabilities	
Current maturities of long-term debt	\$ 2,815,000
Line of credit	2,500,000
Accounts payable	4,349,124
Current portion of Life residents' fees	5,594,639
Accrued expenses	7,561,812
Medicare advance payments	2,423,295
Other current liabilities	4,375,449
Total current liabilities	<u>\$ 29,619,319</u>
Long-term liabilities, less current maturities	100,769,650
Life residents' fees, net of current portion	45,006,724
Other liabilities	18,453,436
Total liabilities	<u>193,849,129</u>
Net assets	<u>17,744,771</u>
Total liabilities and net assets	<u><u>\$211,593,900</u></u>

# LIFE AT BETHESDA



**1 & 2 214**—the combined age of residents **Jessie O'Bryant** (106) and **Opie Otis** (108), seen here celebrating with staff from Christian Extended Care & Rehab and Bethesda Gardens, respectively, after their 2020 birthdays. As of Nov. 30, 15 residents aged 100 or more lived in Bethesda communities. (Sadly, Opie passed away in January 2021.)

**3** Prior to the pandemic, residents and staff from five Bethesda communities had a great time participating in ball toss, hockey shoot and yes, curling, at the 2020 Bethesda Winter Olympics.

**4 Bianca Napier**, who completed the Bethesda CNA Apprenticeship program in the fall, takes the temperature of Bethesda Dilworth resident **Nancy Kortz**. More than 60 Bethesda staff completed coursework in 2020 to become a certified nurse assistant or a certified medical technician.





**5** 2020 marked the 7th year of the “Computer Comfort” program, a collaboration between Bethesda and Washington University to help older adults learn about, and become more comfortable using, technology. *(Photo was taken pre-pandemic.)*

**6** In 2020, Bethesda Terrace became one of the very few retirement communities in the St. Louis area to have a dog park for residents and their furry best friends. Here, resident **Arlou Christ** spends a special moment with her friend **Rylee** as **Andrea Tripp**, Senior General Manager, observes.

**7** With 76 years of crochet experience, **Evelyn Elmore** (right) was the right person to help Alton Memorial Rehab & Therapy Manager **Tonya Grant** with her crocheting—and gave Evelyn a reason to pursue therapy and regain her strength.

**8** In 2020, socially distant hallway Happy Hours became more of the norm than the exception throughout Bethesda’s retirement communities, like the one being enjoyed here by residents at Bethesda Barclay House.

**9 Danielle Kozemczak**, Activities Director at Bethesda Dilworth (left), accepts 200+ handcrafted Christmas cards made for the residents by **Marissa Putnam** (center), **Brittany Carden** and their team at Energizer Holdings.

**10** Residents at Assisted Living at Charless Village thoroughly enjoyed the Father’s Day car parade, organized by the team at Bethesda Southgate.



**11** Four good friends and a great cause! After collecting door-to-door and running a lemonade stand, **Harper deRoode** (center right), daughter of HR assistant **Kelly deRoode**, and her friends **Kenzie, Cora** and **Carolina** donated \$152 to the 2020 Hearts for Our Homes fundraising campaign. Great job, girls!



**12** (L-R) Senior VP **Kiel Peregrin**, and Administrative Services Assistant **Jessie Bathon** and Director **Mike Scherrer** celebrate Bethesda's "Champion Level" status for participation in the 2020 St. Louis Green Business Challenge.



**13** Although the customary pinning ceremonies on Veterans Day couldn't take place, the Bethesda Hospice Care team honored the Bethesda Veterans with a drive-by car parade, like this one at Bethesda Gardens.



## ADVISORY AND WOMEN'S BOARD

### 2020 Advisory Board

Robert Barrett  
R. Kenneth Bass  
George Clements, Jr.  
Nicholas Clifford  
Thomas Collins  
David Culver  
J. Curtis Engler  
David Fleisher  
Franc Flotron  
Earle Harbison, Jr.  
Juanita Hinshaw  
Patricia Kapsar  
Ruth Kohl  
Peter Krombach  
Sally Lilly  
Richard Mueller, Jr.  
Fred Perabo  
Alphonse Poelker  
Catherine Reiss

James Sertl, MD  
Jacqueline Shillington  
Joan Whitford  
Stephen Woodard

### 2020 Women's Board

Sara Arn  
Martha Arnold  
Laura Baumstark  
Jean Bouchard  
Antoinette Breihan  
Susan Brinker  
Sharon Burkhardt  
*(Membership)*  
Lisa Calliott  
Barbara Clements  
Ruth Ann Cranston  
Sondra Ellis  
Susan Fagan

Jackie Frerichs  
Margaret Ganyard  
Michelle Glass  
Alicia Gonzalez  
Margaret Goode  
Michele Hachman  
Dorothy Hanpeter  
Suzanne Harbison  
Marilyn Harrington  
Angelina Harris  
Angeline Heumann  
Juanita Hinshaw  
Joan Howarth  
Christy James  
Maud Jeanty  
Katherine Joslin  
Patricia Kapsar *(President)*  
Mary Kirschman  
Babs Kolkmeier

Rosemary Kurt  
Sally Lilly  
Susan Logie  
Kathy Lupo  
Jane Mahan  
Susan Martin  
Ann McCandless  
Connie McManus  
Lydia Meier  
Stephany Mendelsohn  
Lisa Meyer  
Susan Moore  
Dessa Morrow  
Susan Oberkrom  
Gail O'Brien  
Nancy O'Brien  
Julie Okenfuss  
Deni O'Malley  
Julie Poelker *(Treasurer)*

Ann Reed  
Juliette Reed  
Mary Ann Reifschneider  
Virginia Rowe  
Mary Sertl  
Martha Sivier  
Frances Stuhl  
Judy Thielker  
Joan Tiemann  
Susan Turner  
Joyce Ulrich  
Zena Utrecht  
Sue Voorhees  
Georgee Waldman  
Susan Webster  
Joan Whitford  
Louise Wilson  
Gloria Wotka  
Jackie Yoon



# BETHESDA LEADERSHIP

## Board of Directors



**John W. Rowe**  
Chairman



**Kevin J. Klingler**  
Vice Chairman



**Joseph J. Brinker**  
President and CEO



**Jackie Yoon**  
Treasurer



**Gary L. Mayes**  
Secretary



**James H. Esther, M.D.**



**Philip A. Hutchison**



**J. Michael Keller**



**J. Dale Meier**



**Susan G. Moore**



**Mark W. Reifsteck**



**Colleen M. Wasinger**

## Management Committee and Corporate Administration



**Joseph J. Brinker**  
President and Chief Executive Officer



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



**Katherine E. Joslin**  
Senior Vice President, Human Resources and Marketing



**Kiel S. Peregrin**  
Senior Vice President, Operations



**Pamela E. Dempski**  
Corporate Vice President and Director of Fund Development



**Michelle M. Glass**  
Corporate Vice President, Senior Living and In-Home Services



**Candice E. Brown**  
Vice President and Administrator



**Kevin L. Curry**  
Vice President and Corporate Compliance Officer



**Mark A. Jeffries**  
Vice President and Administrator



**Jeffrey R. Waldman**  
Vice President and Director of Marketing

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 Orchard**  
21 N. Old Orchard Ave.  
Webster Groves, MO 63119  
(314) 963-2100

**The Oaks at Bethesda**  
Big Bend & Berry Roads  
Oakland, MO 63122  
(314) 686-4250

**Bethesda Gardens**  
420 S. Kirkwood Rd.  
Kirkwood, MO 63122  
(314) 965-8100

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

**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 Southgate\***  
5943 Telegraph Rd.  
Oakville, MO 63129  
(314) 846-2000

**Christian Extended Care & Rehabilitation**  
11160 Village North Dr.  
St. Louis, MO 63136  
(314) 355-8010

**Bethesda Meadow\***  
322 Old State Rd.  
Ellisville, MO 63021  
(636) 227-3431

**Alton Memorial Rehabilitation & Therapy**  
1251 College Ave.  
Alton, IL 62002  
(618) 463-7330

**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 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

**Alton Memorial Rehabilitation & Therapy**  
1251 College Ave.  
Alton, IL 62002  
(618) 463-7330

**Christian Extended Care & Rehabilitation**  
11160 Village North Dr.  
St. Louis, MO 63136  
(314) 653-4848

**Barnes-Jewish Extended Care**  
401 Corporate Park Dr.  
Clayton, MO 63105  
(314) 725-7447

