

Memorial Care Center Added to Bethesda/BJC Management Agreement

Employees, patients and families at Memorial Care Center—welcome to Bethesda!

Effective April 1, 2022, Bethesda will assume management of operations at Memorial Care Center (MCC), an 82-bed rehab and skilled nursing community on the campus of Memorial Hospital in Belleville, Illinois.

This transition expands the existing long-term care management agreement between BJC HealthCare, of which Memorial Hospital is a member, and Bethesda. MCC will become the fourth BJC facility Bethesda manages; Memorial Hospital will retain ownership of the facility.

"We believe expanding our partnership with Bethesda presents an opportunity to further improve how our services are delivered," says **Dan Rothery**, president of BJC Home Care and community services. "Bethesda shares our organizational values and has delivered exceptional care at the other managed facilities since we began our relationship in 2015."

"Memorial Care Center has a strong reputation for quality and fits well with Bethesda's core mission of senior care and focus on operational excellence," adds **Mike McManus**, president of Memorial Hospitals (a second hospital is located in Shiloh, Illinois).

It's safe to say that no current Bethesda employee knows Memorial Care Center any better than **Kiel Peregrin**, Chief Operating Officer. For the last four months, Kiel has been driving to Belleville five days a week and serving as the interim Administrator of the facility while continuing to serve in his executive role at Bethesda.

That changed in mid-December, when the promotion of **Keri Bryer**, who had been serving as MCC's Director of Nursing, to full-time Administrator was announced at the same time as the facility's impending transition to Bethesda management.

"From my perspective, the Bethesda culture and the one I've witnessed the last few months at Memorial Care Center are going to mesh quite nicely," Kiel says.

"BJC's decision to increase the number of communities it has entrusted Bethesda to manage is an accomplishment for which each of us should be very proud," wrote **Joe Brinker**, President & CEO, in a message to Bethesda employees on the day of the announcement. "This decision is a direct reflection on the care and services you and your staffs provide to residents and families every day!" ■

Kiel Peregrin, Chief Operating Officer at Bethesda, speaks to Memorial Care Center employees during the Dec. 2, 2021 briefing. Bethesda will begin managing the rehab and skilled nursing community in April 2022.



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9645 Big Bend Boulevard
Oakland, MO 63122, (314) 968-5460
Carrie Vahldieck, Administrator
Mary Goodwin, Admissions Counselor
Tiffany Knebel, Admissions Counselor

Bethesda Meadow

322 Old State Road
Ellisville, MO 63021, (636) 227-3431
Wade Hachman, Administrator
Susan LeBar, Admissions Counselor

Bethesda Southgate

5943 Telegraph Road
Oakville, MO 63129, (314) 846-2000
Jennifer Popp, V.P. and Administrator
Sarita Weldon, Senior Admissions Counselor

Alton Memorial Rehabilitation & Therapy

1251 College Ave.
Alton, IL 62002, (618) 463-7330
Mark Jeffries, V.P. and Administrator
Hazel Morgan, Referral Coordinator

Christian Extended Care & Rehabilitation

11160 Village North Dr.
St. Louis, MO 63136, (314) 355-8010
Renee Cwikowski, Administrator
Angela Funk, Admissions Counselor

Barnes-Jewish Extended Care

401 Corporate Park Dr.
Clayton, MO 63105, (314) 725-7447
Candice Brown, V.P. and Administrator
Briah Snowden, Admissions Counselor

Assisted Living

Bethesda Hawthorne Place

1111 Berry Road
St. Louis, MO 63122, (314) 853-2551
Lisa Reynolds, Executive Director
Lea Ann Coates, Residency Counselor

Home and Community Based Services

Michelle Glass, Corporate Vice President

Bethesda Hospice Care

(314) 446-0623, Missy McAuley, Director

Bethesda Senior Support Solutions

(Formerly Bethesda Private Duty)
(314) 963-2200, Kristen Daniels, Director

Bethesda Rehab & Therapy Centers

(Short-Stay Medicare Rehabilitation)
(314) 277-9959
Thomas Miskle, Executive Director

Senior Independent Living

Robyn Duffey-Rogers,
Corporate Sales Director

Bethesda Barclay House

230 South Brentwood Boulevard
Clayton, MO 63105, (314) 963-4141
Jerry Ahillen, General Manager

Bethesda Gardens

420 South Kirkwood Road
Kirkwood, MO 63122, (314) 686-4250
Angela Judge, General Manager
Sarah Zimmerman, Sales Counselor

Bethesda Orchard

21 North Old Orchard Avenue
Webster Groves, MO 63119, (314) 963-2296
Todd Meury, General Manager
Eloise Capelle, Sales Counselor

Bethesda Terrace

2535 Oakmont Terrace Drive
Oakville, MO 63129, (314) 375-1070
Andrea Tripp, Senior General Manager
Marie Bartels, Sales Counselor

The Oaks at Bethesda

Big Bend & Berry Road
Oakland, MO 63122, (314) 686-4250
Angela Judge, General Manager
Sarah Zimmerman, Sales Counselor

Village North Retirement Community

11160 Village North Dr.
St. Louis, MO 63136, (314) 653-4810
Felinna Love, General Manager

Charless Village

5943 Telegraph Road
St. Louis, MO 63129, (314) 606-9891
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St. Andrews & Bethesda Home Health

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Care Management

(314) 963-2212, Kristen Daniels, Director

Meals on Wheels

Kirkwood/Webster (314) 968-5460

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New Calendar Year = Changes and Promotions

The beginning of 2022 features a few new faces in leadership positions—two at Bethesda retirement communities and one with the Bethesda Health Group Foundation.



Jerry Ahillen has been promoted to the position of General Manager at Bethesda Barclay House in Clayton. Jerry, who has

been with Bethesda since June 2016, had been serving as the Sales Counselor at Bethesda Barclay House, a position he will continue to hold as well.



Angela Judge joined Bethesda in October 2021, and is serving as the General Manager of Bethesda Gardens in

Kirkwood and The Oaks at Bethesda Villa Homes in Oakland, located on the Bethesda Dilworth campus. Angela came to Bethesda from Regency Manor, a retirement community in O'Fallon, IL, where she was working as Community Manager.



The newest member of the Bethesda Executive Team is **Linda Sanders**, whose first day at Bethesda was Dec. 13.

Linda's position is Corporate Vice President and Director of Development, in which she will be interacting with donors and leading the efforts of the Bethesda Health Group Foundation. Linda comes to Bethesda from St. Andrew's Resources for Seniors, where she was serving as Chief Development Officer.

Congratulations to all three, and to Angela and Linda, welcome to the team! ■

Bethesda Implements Contingency Nurse Program to Recruit Top Nurses

Bethesda has implemented a new program to recruit top nursing talent. The Contingency Nurse Program is designed to fill gaps in scheduling staff to work in Bethesda communities—specifically, skilled nursing and assisted living. However, the opportunities afforded to the participants in the program, as well as the criteria that must be agreed to, is what makes this unique.

The Contingency Nurse Program participants are not stationed at one specific facility; rather, they can be asked to work anywhere within the Bethesda system. In addition, while contingency nurses enjoy a higher rate of pay and flexibility in their schedules, they are not eligible for benefits from Bethesda. These nurses would be full-time Bethesda

employees. Currently, the program is recruiting for licensed practical nurses (LPNs).

Eileen Caffey, Bethesda's Director of Recruitment and Employee Relations, is confident that this program will make a difference in staffing. "It works so well for our current needs," she says.

"It appeals to nurses who are looking for a flexible schedule and are willing to work at any of our communities, but it doesn't take away opportunities from our current nursing staff."

"It's almost like Bethesda has its own staffing agency," says **Nici Bovee**, Bethesda's

Contingent Staffing Coordinator. "Hopefully soon we will expand the program to include certified nursing assistants (CNAs) as well."

For more information about the Contingency Nurse Program or to find out how to apply, contact Nici at 314-800-1926. ■



Bri Smith, LPN, a participant in the Contingency Nurse program (right), reviews charts with **Brandis Loving**, LPN, during a shift at Bethesda Dilworth.

Bethesda Board Changes

The beginning of 2022 features changes to the Bethesda Board of Directors' Executive Committee and a new member of the Board.

Jackie Yoon has moved Executive Committee positions, from Treasurer to Vice Chair. Jackie is the former President, St. Louis Market, Bank of America.

Phil Hutchison is a new addition to the Executive Committee, and will serve as Board Secretary. Phil, a long-time member of the Board, is the Retired Senior

Vice President of HR, Emerson. Phil takes over for **John Rowe**, former Bethesda President and CEO and two-time Board Chair, who is moving from Secretary to Treasurer.

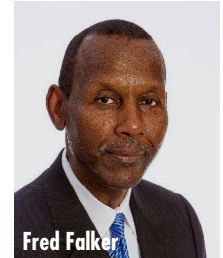
And a hearty welcome to **Fred Falker**, the newest member of the Bethesda Board! Fred is the President of Falker Consulting Group, Inc., a consulting and human resource development



Jackie Yoon



Phil Hutchison



Fred Falker

training firm, and the former Director of Workforce Development for the Saint Louis Zoo. Welcome, Fred!

Finally, a special thanks to **Gary Mayes**, who will be leaving the Board after nine years of service and multiple Executive Committee positions. We appreciate your commitment and support! ■

Care Management Provides Support to Residents

As people age, tasks that previously could be performed with ease may require more effort or are sometimes no longer possible. Because Bethesda is committed to providing superior care and services wherever seniors call home, the organization developed its Care Management program.

The goal of the program is to keep people in their homes, allowing them to age in place for as long as they are able by providing the services and support seniors need to maintain their independence.

"From attending doctor's appointments or helping with medication management, laundry or shopping, we are here for one purpose—to help our residents," says **Julie Poelker**, one of Bethesda's Care Coordinators. "This program is especially beneficial for residents who do not have family members living in the area. Our team is able to step in and help with daily tasks that the residents have trouble completing."

Julie and her team also assist residents when they need another level of care by navigating the transition to the appropriate Bethesda community.

The Care Management program is part of Bethesda Senior Support Solutions, Bethesda's in-home private duty agency.

"Our main priority is our residents, and our team provides care to ensure that all of their needs are met," says **Kristen Daniels**, Director of Senior Support Solutions. "We've received great feedback from residents who have used our services. They're very appreciative to have an extra set of hands to help when needed."

For more than seven years, team members have attended doctors' appointments with one Bethesda Terrace resident. With no family members in town, the resident was left to navigate some stressful situations on her own.

"We relay information from the doctor to this resident's sister who lives out of town," Julie says. "In addition, our team helped with medication management and activities of daily living when the resident returned home."

For more information on the Care Management program or Bethesda Senior Support Solutions, call 314-963-2200. ■



Caregivers like Senior Wellness Coordinators **Paula Hemphill** (center) and **Margie Rose** provide assistance to residents like 100-year-old **Doris Schoenbeck**.

Bethesda Dilworth Couple Celebrates 79th Wedding Anniversary

Very few people are lucky enough to spend nearly eight decades married to their best friend. Bethesda Dilworth residents **Bill** and **June Emde** can say just that, having celebrated their 79th wedding anniversary on Oct. 3, 2021.

"We met the summer after I graduated high school while I worked at an ice cream parlor," June says. "He walked me home after work, and I knew he was a special man. After we started dating, we spent every single day together. We attended church together and went out dancing, which we both loved to do. It didn't take long for me to realize he was the man I wanted to spend my life with."

June and Bill married just 10 months later, at 19 and 20 years old respectively. Together, they have lived a life full of love, laughter and fun with their four children, nine grandchildren and 23 great-grandchildren. Some of their favorite memories over the years have been holidays spent with the family they created.

"The secret to a long and happy marriage is to find someone good and kind that you want to be with every single day," says June. "You have to love your partner



June and Bill Emde

more than yourself and always put their wants and needs first."

Both June and Bill said they feel good (Bill said he feels "pretty good"), and are looking forward to celebrating their 80th anniversary. Oh, what a celebration that will be! ■

Bethesda Earns Numerous AHCA Quality Awards

Congratulations to all five of Bethesda's Missouri skilled nursing communities, each of which earned bronze American Health Care Association (AHCA) 2021 National Quality Awards. (Illinois communities were not eligible.)

This progressive, 3-level (bronze, silver, gold) program assesses long-term and post-acute care organizations' capabilities against nationally recognized standards for excellence.



"Only eight bronze awards were given to Missouri facilities," says **Kiel Peregrin**, Chief Operating Officer. "This is a major achievement for Bethesda and is a testament to the exceptional, across-the-board care we provide and have been providing for many, many years."

Each of these communities is now eligible to apply for a silver-level award in 2022. ■

Local Newspapers Honor AMRT

For the fourth consecutive year, the readers of the *Alton Telegraph* and the *Edwardsville Intelligencer* have voted Alton Memorial Rehabilitation & Therapy (AMRT) as the Best Skilled Nursing Facility in the area.

"This honor is a direct reflection of the commitment of our employees, who work diligently every day to make sure our residents and patients receive outstanding care," says **Mark Jeffries**, Vice President and Administrator at AMRT. ■



Veterans Day

On Nov. 11, Bethesda communities hosted their annual Veterans Day pinning ceremonies to honor our Veteran residents, to remember their sacrifices, and show appreciation for their service. These Veterans are from all walks of life, but share qualities of courage, pride, determination, selflessness, dedication to duty and integrity, all qualities needed to serve a cause larger than oneself.

"Most civilians, including myself, will never know the magnitude of all that our brave Veterans have endured, especially those that fought overseas," says

Leslie Schaeffer, Veterans Coordinator at Bethesda Hospice Care. "The price of freedom is high, and we cannot forget those willing to pay it." ■



Norwood Award Ceremony Returns

Mollet, Mueller, Perabo Honored at In-Person Event

In what was the first gathering since the beginning of the pandemic, Bethesda celebrated (l-r, below) **Dick Mueller**, **Fred Perabo** and **Dianne Mollet**, each

recipients of the 2020 and 2021 Norwood Award "in person" at Algonquin Golf Club.

Named for former long-time Bethesda President & CEO John Norwood, the Norwood Award honors individuals and organizations that have given extraordinary support and service to Bethesda.

Dick and Fred each spent nearly 20 years volunteering on the Board of Directors, including

positions on the Executive Committee. Dick's impact was especially strong in community outreach, and Fred's impact was vital in both expansion and philanthropy. Dianne has been delivering exceptional care and compassion as a Bethesda Meadow volunteer since 2013.

Congratulations Dianne, Dick and Fred, and thank you for all you have done for Bethesda and our residents! ■



Resident Fun

Starting with this issue of the *Pulse*, we are going to feature some of our residents, all of whom are clearly having a great time doing whatever it is they are doing!

Some of these photos, and others like them, can be found on the Bethesda Facebook pages. A list of the page web addresses can be found on p. 8 of the newsletter.

- 1 Bethesda Orchard
- 2 Bethesda Southgate
- 3 Village North
- 4 Bethesda Meadow



1



2



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4

Morris Receives Proclamation at Veterans Day Celebration

Long-time Bethesda Meadow volunteer extraordinaire and former Norwood Award recipient **Bob Morris** was happy to be out of the spotlight.

For the first time in many years, he had agreed to hand the reins for the annual Veterans Day celebration to **Jo Ann Skelton**, Bethesda Meadow Administrative Secretary, and was happy just to be present to watch the ceremony, listen to the resident choir and see the beautiful bald eagle from the World Bird Sanctuary.



Bob Morris (right) receives his Proclamation from Ellisville Mayor Mike Roerman during the Bethesda Meadow Veterans Day celebration.

What Bob didn't know was that he was going to be honored for all of his years of service to Bethesda Meadow and specifically to the Veteran residents through a Proclamation delivered by Ellisville Mayor Mike Roerman.

"I'm very surprised and very honored,"

said Bob. "As a Veteran myself, I tried to make sure other Veterans were recognized for their contribution and sacrifice. And the celebration was wonderful—Jo Ann did a fantastic job." ■



Holiday Lights Extravaganza!

On Dec. 4, the team from Bethesda Southgate and Assisted Living at Charles Village turned its campus into a holiday spectacular complete with lights, holiday characters, children's activities and (of course) Santa Claus.

"We haven't been able to hold the event for a few years, but despite COVID we decided that the show must go on—and we were excited to have over 200 join us this year!" said **Jennifer Popp**, Vice President and Administrator.

"The vendor fair was a success, and even Fox 2 came out! The entire activities team did a wonderful job of organizing. We were delighted, and cannot wait to do it again next year!" ■

Did You Know...

...that Bethesda has once again been nominated as one of the Best Places to Work in St. Louis? After finishing as a category finalist in both 2020 and 2021, we are hopeful that we can make it 3 out of 3 years (and 8 of the last 11).

...that Bethesda Dilworth and Bethesda Meadow were among only 450 skilled nursing communities nationwide to be recognized by *Newsweek* as top nursing homes in America? Congratulations to the staffs at both communities for this incredible achievement.

...that Bethesda will soon be making it easier for you to share your positive experiences with others through Facebook and Google?

Information on these and other stories will be included in the next edition of the Pulse. ■

Sign Up for “Wisdom with Age!”

Bethesda produces an electronic newsletter that offers “news you can use” on a variety of topics to help aging seniors and their loved ones.

The newsletter, “Wisdom with Age,” is created by the Corporate Marketing department and can be sent directly to your inbox free of charge. All you have to do is sign up at bethesdahealth.org/wwwa.

Enjoy “Wisdom with Age!” ■

Wisdom
with Age

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

www.facebook.com/BethesdaTerrace

www.facebook.com/BethesdaBarclayHouse

www.facebook.com/BethesdaGardensRetirement

www.facebook.com/TheOaksAtBethesda

www.facebook.com/BethesdaOrchard

www.facebook.com/BethesdaDilworth

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