

BETHESDA

Emerging **STRONGER**

2021 REPORT TO THE COMMUNITY



Bethesda Meadow resident Dave Large enjoys himself at the monthly “Men of Meadow” get-together. More about this unique group can be found on page 14.



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On the cover: (Clockwise from left) Bethesda Orchard residents Ed Gibbs, Hank Boehm, Jane Mahan and Angie Heumann and Bethesda volunteer Maud Jeanty exercise in the Bethesda Orchard fitness center.

Welcome to the 2021 Report to the Community



As we approach the end of the second year of the COVID-19 pandemic, I am struck by the incredible perseverance shown by our residents and staff. Countless touchpoints each day have underscored the fortitude of every member of our Bethesda team and how together we are stronger today than before the pandemic.

Nature regularly forces living things to bend without breaking—and the collective human experience of the past two years is no different. What we have weathered during this storm fuels us to find new and better ways to provide care, protect the vulnerable, invest in innovation, and trust each other to nurture safe and loving homes for our residents.

We believe as people age, they deserve every opportunity to live where they choose and enjoy their beloved pastimes and the kinship of friends. Bethesda's commitment to them is unwavering. Even during the most challenging times, we have delivered the highest quality experience possible through trust and cooperation. Families place deep faith in us, and the Bethesda team takes this responsibility seriously.

Being a caregiver is exceptionally challenging. We are working hard to support our staff with ready access to vaccines, flexible shift scheduling and proactive recruitment of new nurses to balance workloads. Our frontline caregiving team has earned and deserves our utmost respect and gratitude—as even during the pandemic Bethesda has maintained excellent CMS ratings, often earning the highest possible star rating among our skilled nursing facilities.

Bethesda's financial position continues to be healthy. Our strong Fitch Ratings analysis notes our wide variety of services and partnerships, including management of BJC HealthCare's post-acute rehabilitation and skilled nursing communities. This financial health supports our commitment to always do the right thing for our teams and our residents.

Like a palm tree swaying to survive hurricane-force winds, bending without breaking, so too is Bethesda at 132 years: Staying the course to honor our collective values and care for each other... and emerging stronger than ever before.

Thank you for your continued support.

A handwritten signature in black ink, reading "Joseph J. Brinker". The signature is fluid and cursive, with a long horizontal stroke at the end.

Joseph J. Brinker
President & CEO

The Return of the “House Call”

In-home doctors’ visits provide Bethesda Terrace residents uncharted access to convenient health care

In the 1800s and early 1900s, it was common for doctors to make house calls. While that practice eventually phased out, replaced by patient visits to doctors’ offices, the house call, or more accurately the “apartment call,” is making a resurgence at Bethesda Terrace, thanks to a new collaboration between Bethesda and Mercy.

The theory is that the in-home visits better and more conveniently serve seniors where they spend the most time—in their homes—and is part of a

concerted push in medicine to provide access to more convenient primary care. “We are seeing a rise of convenience with virtual care, but for older people, virtual care isn’t always the best answer,” says **Dr. Michael Nash**, a Mercy physician who sees patients at Bethesda Terrace. “The senior patient is not always comfortable with technology, so the traditional model of home visits is much more valuable for the older patient population to get better access to care.”





“These visits allow me to see how my patients are living on a daily basis. I can see how they are storing or managing their medications, or if there is anything in their apartment that might increase their risk of falls.”

—Dr. Michael Nash

The in-home visits at Bethesda Terrace began in April 2021 with just four patients. By autumn, however, 10 patients were seeing Dr. Nash. Visits can range from wellness screenings to annual or intermittent checkups, where Dr. Nash can order lab work. He can also treat conditions such as skin infections, UTIs and pneumonia, and write prescriptions for medicine and equipment such as walkers during the visit.

Andrea Tripp, Senior General Manager of Bethesda Terrace, is the direct liaison between the residents and Dr. Nash. She sets up their appointments, answers their questions and addresses their immediate needs. Bethesda Terrace is among the first senior living communities in the St. Louis area to explore this innovative model of residential healthcare. “We like to have a full spectrum of everything available at a resident’s fingertips,” says Andrea. “We can provide residents anything they need, if and when they need it.”

So far, feedback from residents has been overwhelmingly positive. They say that these visits are convenient and time-saving, alleviate the need to drive in bad weather, and provide relief to family members.

Dr. Michael Nash performs a checkup on Bethesda Terrace resident Joan Willhoite, who says she has recommended Dr. Nash’s in-home visits to her fellow residents.

Just a few months ago, a visit to the doctor was difficult for Bethesda Terrace resident **Joan Willhoite** to plan. Not only did she have to coordinate a date and time that worked for her, but she also needed to coordinate with her daughter, who normally drove Joan to her appointments. Joan can schedule her doctor’s appointments easily now that she is a patient of Dr. Nash.

Bob Hynes was one of Dr. Nash’s first Bethesda Terrace “apartment call” patients. He enjoys Dr. Nash’s camaraderie, and says the visits remind him of when he was a kid and his doctor would come to his house. When Bob hurt his arm in an accident, Dr. Nash came to Bob’s apartment and helped with treatment. “He is always available and urges me to call him if I have any problems,” he says.

Dr. Nash recognizes there are other benefits to in-home visits that may not be quite as obvious. “These visits allow me to see how my patients are living on a daily basis,” he says. “I can see how they are storing or managing their medications, or if there is anything in their apartment that might increase their risk of falls.”

Currently, Bethesda Terrace is serving as the organization’s “case study” for this program, and therefore is the only Bethesda community offering in-home physician visits. The goal is to show that this model provides excellent care for residents, and that residents are healthier because of the physician’s accessibility. “Sometimes they may need to go to a specialist or an urgent care center or ER, and if that’s the case, I can certainly help guide them to what they are in most need of,” says Dr. Nash. “But for residents who mostly need wellness visits and general checkups, the in-home visit is a great option to consider.”

Keeping Seniors Safe in Their Home

Behind closed doors, a senior may find it difficult to engage in activities that once seemed as natural as eating or breathing. Simple tasks like walking around their home or reaching things on shelves become more challenging as they age and, depending on the task, could become a health issue.

To mitigate potential risks, Bethesda has implemented two assessments to address residents' safety within their homes: the Fall Risk Assessment and the Health & Wellness Assessment. Both are provided to residents at no cost.

"While these programs coincided with COVID-19, we did not start administering either of them because of the pandemic," says **Missy McAuley**, Director of St. Andrews & Bethesda Home Health. "Both the Fall Risk Assessment and Health & Wellness Assessment will continue long after COVID is gone."

The Fall Risk Assessment takes place in Bethesda's Independent Living communities. When a new resident moves in, a complimentary assessment is scheduled. During the assessment, which typically lasts 15-30 minutes, Home Health team members can assess a resident's balance and gait, and necessary adjustments can be made within the apartment to remove potential hazards.

"We monitor the resident as he or she walks around the apartment, gets in and out of the shower, reaches things in high cabinets, steps over thresholds, and more," says Missy. "This



"We started this program to make sure each resident stays safe, acclimates well to their new home and truly enjoys their time spent with us."

—*Michelle Glass, Corporate Vice President of Senior Living & In-Home Services*

helps us determine what level of additional care or services, if any, that resident will need."

Beverly Fuller, a new Village North Retirement Community resident, thinks the assessment should be required for everyone.

"We don't always realize what could make us fall, so I think this assessment was extremely beneficial. The therapist asked some questions and then watched me walk around the apartment to make sure I did not stumble," says Beverly. "The process was very simple. It only took about 10 minutes!"

Mid-year, Bethesda began conducting Health & Wellness Assessments to all residents within 30 days of moving into an independent living community.

"We started this program to make sure each resident stays safe, acclimates well to their new home and truly enjoys their time spent with us," says **Michelle Glass**, Corporate Vice President of Senior Living & In-Home Services. "It can be hard to get used to a new living situation and make new friends, especially during a

pandemic. Residents have really liked knowing what's offered to them and that they have support from the staff working at their community."

During a Health & Wellness Assessment, a Home Health team member observes a new resident in their home and spends time getting to know them. They perform physical and cognitive evaluations to see if a resident needs help with things like medication management or getting dressed and undressed.

"We wanted to offer an extra level of support to our residents and their families to make them feel as comfortable as possible when moving into one of our communities," says Michelle. "The goal of the Health & Wellness Assessment is to check in and get a baseline on all new residents. Representatives from our Care Management, Private Duty and Home Health teams meet with each one of our residents to ensure we are keeping them safe and serving them to the best of our ability."

Lisa McCarthy, a certified occupational therapy assistant with St. Andrews & Bethesda Home Health, performs part of Beverly Fuller's Fall Risk Assessment.



Bethesda's Vaccination Clinics Provide Continued Resilience

When the Food & Drug Administration (FDA) issued Emergency Use Authorization for the Pfizer and Moderna COVID-19 vaccines in late 2020, Bethesda quickly began preparations for administering doses to all of its residents and staff.

Bethesda's first vaccine clinic took place on December 30, 2020, at Christian Extended Care & Rehabilitation, where 123 residents and staff received the first of their two Moderna vaccine doses. During the first few months of 2021, each Bethesda community hosted multiple clinics, allowing all residents and staff members ample opportunity to get fully vaccinated.

Throughout the 2021 calendar year, Bethesda continued to host vaccine clinics for new employees and new residents, as well as coordinating clinics for booster shots for all three vaccines. This commitment will continue into 2022.

Bethesda News

Bethesda, BJC to Expand Management Agreement in 2022

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

This transition expands the existing long-term care management agreement between Bethesda and BJC

HealthCare, of which Memorial Hospital is a member. MCC will become the fourth BJC facility Bethesda manages; Memorial Hospital will retain ownership.

"Our long-term care residents and rehabilitative patients receive the best of care, and 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 nearly seven years ago."

"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.

E-newsletter Connects Bethesda to Seniors & Caregivers

Bethesda is now reaching seniors and caregivers in St. Louis and across the country with a new monthly e-newsletter. Launched



in August 2020, "Wisdom with Age" educates and inspires senior readers and their families to learn more about maintaining a healthy lifestyle to

live happy and vibrant lives. Content includes educational articles, healthy lifestyle tips, planning guides and other resources specific to older adults.

"Wisdom with Age" is not exclusive to Bethesda seniors and their caregivers. Visit bethesdahealth.org/wwa and sign up to receive it in your inbox.



AMRT Is #1...Again!

The team at Alton Memorial Rehabilitation & Therapy (AMRT) celebrates its selection as the "Best Skilled Nursing Facility" in a contest coordinated by the *Alton Telegraph* and *Edwardsville Intelligencer* newspapers. 2021 marks the fourth consecutive year that AMRT has been selected.

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Bethesda was one of only 50 area companies and organizations to be selected for inclusion into "Saint Louis Visions," a hard-bound "coffee-table" book that features the best of the best of St. Louis. In addition, Bethesda was one of the few nonprofits and the only senior living, care and service organization to be included.



Manager **Jim Horton** stand in front of the new cooling tower installed at Bethesda Dilworth, one of the many energy-efficient initiatives put into practice at Bethesda in 2021 that resulted in Bethesda's recognition at the "Champion Level" for the ninth consecutive year.

Bethesda Achieves "Champion Level" in Green Business Challenge

Mike Scherrer and **Jessie Bathon**, members of the Bethesda Administrative Services team, and Senior Facility

"Out-of-the-Box" Thinking Helps Recruit Top Nurses to Bethesda

Amid a nationwide nursing shortage, Bethesda is employing some creative and innovative strategies in its continued efforts to recruit top nursing talent. One of the programs unveiled in 2021 to help expand that coveted talent pool is the Contingency Nurse Program.

"This program is designed to fill staffing holes while at the same time give participating nurses the ability to make choices regarding where and when they work," says **Nici Bovee**, Bethesda's Contingency Nurse Program Staffing Coordinator. "We are very optimistic about the program's impact, as organizations like ours across the country have enacted similar programs and have found great success!"

The Contingency Nurse Program is designed to fill gaps in scheduling staff to work in Bethesda communities—specifically skilled nursing and

assisted living. The opportunities afforded to the participants in the program, as well as the criteria that must be agreed to, is what makes this program unique.

In Bethesda's Contingency Nurse Program, the nurses are full-time Bethesda employees. However, they are not stationed at one facility but could be asked to work anywhere within the Bethesda system. This allows them to become familiar with all locations, their policies and equipment. In addition, while contingency nurses enjoy a higher rate of pay and flexibility in their schedules, they are not eligible for benefits from Bethesda.

Eileen Caffey, Bethesda's Director of Recruitment and Employee Relations, is leading the charge to recruit nurses to this program. "We've been reaching out to past employees who previously left Bethesda but are now interested in returning,



Bri Smith, the first licensed practical nurse to take advantage of the Bethesda Contingency Nurse Program (right), reviews protocols with Bethesda Dilworth nurse mentor Brandis Loving.

as well as those who were offered positions at Bethesda but declined due to rate of pay or other previous terms of employment," Eileen says. "This is a perfect opportunity for a nursing employee who wants to work a flexible schedule and is willing to work at any of our communities. We're very excited for this unique program, which offers a strong employee value proposition and will improve our staffing."

Awards & Accolades



Norwood Award

Because the pandemic caused the cancellation of the 2020 Norwood Award celebration, the recipients from both 2021—**Richard Mueller, Jr.**—and 2020—**Fred Perabo** and **Dianne Mollet**—were honored at the October 2021 celebration.

The Norwood Award honors individuals or organizations that have given extraordinary support and service to Bethesda.

Dick (left) and Fred each spent nearly 20 years serving on the Bethesda Board of Directors, both with a clear passion for improving the lives of area seniors through community involvement and development.

A proponent for resident rights in long-term care, Dianne has been providing kindness and compassion to the Bethesda Meadow residents since she started volunteering at the skilled nursing community in 2013.

Congratulations Dianne, Dick and Fred, and thank you for your immense contributions to Bethesda!

Best Places to Work

For the second consecutive year and the seventh time in the last 10 years, Bethesda was named one of the “Best Places to Work in St. Louis” by Quantum Workplace and the *St. Louis Business Journal*.



Only 75 area businesses and organizations of the more than 200 that applied for consideration were selected as category finalists. The finalists were determined by responses to a survey sent to all employees. More than 250 Bethesda employees completed the survey. After finishing 4th in our category in 2020, Bethesda moved up to 3rd in 2021! Congratulations to all Bethesda staff for this tremendous achievement!

AHCA/NCAL National Quality Awards

Bethesda earned numerous Bronze American Health Care Association/National Center for Assisted Living (AHCA/NCAL) 2021 National Quality Awards. This progressive, three-level (Bronze, Silver and Gold) program assesses long-term and post-acute care organizations' capabilities against nationally recognized standards for excellence.



The Bronze level recognizes commitment to quality, and out of the eight Bronze Awards given to Missouri facilities, Bethesda communities received five. This is a major achievement for Bethesda and is a testament to the exceptional, across-the-board care we provide! Bethesda is now eligible for Silver Awards in 2022.



LeadingAge Missouri

(L-R) **Lakesha Cook**, a Licensed Practical Nurse at Bethesda Hawthorne Place; **Jill Immethun**, Senior Staff Development Coordinator; and **Debra Austell**, retired Medical Records Clerk at Barnes-Jewish Extended Care, were all honored with Employee of the Year Awards at the LeadingAge Missouri Annual Conference. Lakesha won for Direct Care, Jill for Client Support and Debbie for Administrative Support.

LeadingAge Missouri is part of LeadingAge, a national association of 6,000 not-for-profit organizations dedicated to expanding the world of possibilities for aging. Two Bethesda senior staff members, **Roger Byrne** and **Kiel Peregrin**, are members of the LeadingAge Missouri Board of Directors.

Newsweek's America's Best Nursing Homes



Two Bethesda communities have been named to Newsweek's Best Nursing Homes 2022 list! This prestigious award evaluates

the best nursing homes according to key performance data, peer recommendations and the response to the COVID-19 pandemic. Out of the 450 communities nationwide that were selected, Bethesda Meadow and Bethesda Dilworth were recognized. Congratulations to the hardworking staff at both of these communities on this well-deserved achievement!

Mary June King Scholarship Recipients

Andrea Aylor, a Licensed Practical Nurse at Bethesda Dilworth, and **Emina Bursac**, a Compliance Nurse Specialist, celebrate their selection as the 2021 Mary June King Scholarship recipients with **Kathy Joslin**, Senior VP of HR and Marketing (far left), **Mary Brown**, Ms. King's daughter (center) and **Joe Brinker**, Bethesda President & CEO. The 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. Andrea is pursuing her RN degree and Emina is working toward her BSN degree.



Overcoming Challenging Times With Your Support

As the global pandemic continues to impact our daily lives, Bethesda's commitment to providing quality care and services for seniors remains more important than ever. Thanks to generous gifts from our donors, support from numerous grants and the gift of time from our volunteers, Bethesda continues to make a vital impact in the lives of our seniors during these incredibly challenging times. We are so grateful for this continued support, and we look forward to helping even more seniors in the years ahead.

Home Health and Private Duty Gap Assistance Program

Much of this year's charitable giving supported Bethesda's **Home Health and Private Duty Gap Assistance Program**, which provides in-home assistance with "gap funds" to cover immediate needs for vital items such as medication, food, transportation to doctor appointments, durable medical equipment and telehealth services during COVID-19. The **Marillac Mission Fund**,

the **Lutheran Foundation of St. Louis** and the **Charless Foundation** all provided generous funding for the program this year.

The assets provided by the Gap Assistance Program have made everyday tasks easier for a number of seniors. "I remember comments from a man named Harold, for whom we provided a lift chair," says **Missy McAuley**, Director of St. Andrews & Bethesda Home Health and Bethesda Hospice Care. "He said that a simple thing like having a lift chair in your home to help you stand up on your own can make a real difference in your independence. We also served a man named John, who feared that he would lose his leg until the Gap Assistance Program funded the specialized dressing, wound vac and nutritional supplements required to heal his wound. He said the program changed his life!"

Hearts for Our Homes

In June, Bethesda staff, residents, families, Board members and volunteers came together to support a single cause: to help residents who have outlived their financial resources—lifting the worry of having to leave their home with Bethesda. Despite the pandemic, the annual community-based fundraising initiative exceeded expectations, raising more than \$108,000.

Congratulations to the Bethesda Southgate team, whose outstanding fundraising during the Bethesda Health Group Foundation's "Hearts for Our Homes" campaign earned them the coveted "Traveling Trophy."





Marie Sansone Zuccherro's granddaughters, Amy George Rush (second from left) and Mary Noel George (second from right), accept yellow jackets from some of Marie's fellow Ding-a-Lings as honorary members of the group. The yellow jacket is the uniform the Ding-a-Lings wear while performing.

New Funds

The **Marie Sansone Zuccherro "Music Always" Fund** was established by the granddaughters of **Marie Zuccherro**, a longtime Bethesda Dilworth volunteer (40 years!), who passed away in early 2021. The fund of \$50,000 honors Marie and ensures that residents will continue to enjoy music at Bethesda Dilworth. Throughout her volunteer career at Bethesda Dilworth, Marie brought joy to the residents and employees alike by playing piano and singing with the "Ding-a-Lings," the volunteer choir group she helped found.

The **Transportation Assistance Fund**, supported by a generous grant from **East Missouri Foundation**, assists economically disadvantaged seniors who live in Bethesda's skilled nursing communities by providing reliable and safe transportation to appointments for physical therapy, doctor and specialist appointments, dialysis, and cancer treatments.

Planned Giving

While there are numerous ways to donate, please consider supporting the Bethesda Health Group Foundation through a **Charitable Gift Annuity**. There are plenty of participation options, including immediate gift annuity, deferred gift annuity and flexible gift annuity. This year, the Bethesda Health Group Foundation received 10 deferred gifts from 10 trusts and funds totaling more than \$133,000.

Bethesda Names New Director of Development

Linda Sanders is the newest member of the Bethesda Health Group Foundation team, joining in December 2021 as Corporate Vice President and Director of Development.

Linda's responsibilities include interacting with donors and leading the efforts to secure grants and funding to support initiatives to help Bethesda's residents, patients and staff.



"I am proud to work at a place that puts seniors first, sees their value, understands their needs and works collaboratively to allow them to age in place with dignity and respect," Linda says.

To learn more about how you can support the Bethesda Health Group Foundation and help provide for our seniors, please call the BHG Foundation office at 314-800-1916 or go to BethesdaHealth.org and click on "Giving to Bethesda."

And one last heartfelt "Thank You" to all of our donors—your generosity, your commitment and your support mean so much, especially during these challenging times.

The Men of Meadow

On a sunny November afternoon, a group of male residents from Bethesda Meadow gather in the dining room. James Taylor's "Country Road" plays from a speaker as the group enjoys popcorn and Bud Light, and chats about the upcoming St. Louis Blues hockey game. The monthly "Men of Meadow" get-together is in full swing.

Longtime Bethesda volunteer **Bob Morris** and his friend **Tom Smith** founded the group in 2008. Originally called MOB, or Men of Bethesda, the club met once a month to watch movies. As more male residents moved in, they started participating in a variety of activities and outings.

Bethesda Meadow residents and roommates **Ron Golubski** and **Dave Large** have attended meetings since they moved in during the spring of 2021. "These communities are predominately female, so it's nice to meet and connect with other men who share our interests," Ron says.

Dave adds, "This was made for us."

Men of Meadow gatherings typically include up to 20 residents. Staff members roll out a golf putting mat and bring treats during indoor meetings. When the weather is nice, the group ventures outside to take advantage of Bethesda Meadow's expansive grounds or to visit local wineries and restaurants.

"These guys beam every time we find something new and fun to do," Bob says. "It's great to see them come to life."



"These guys beam every time we find something new and fun to do. It's great to see them come to life."

—**Bob Morris**, Bethesda volunteer and Men of Meadow co-founder



The group has also toured Soldiers Memorial Military Museum and the Missouri Civil War Museum. "A lot of us are Veterans, which gives us something to bond over and keeps us close," Bob says.

"I've stopped by a few of the sessions, and it's very clear they are having a great time," says **Wade Hachman**, Administrator at Bethesda Meadow. "The program is proving to be a valuable addition to the experience of the men living at Bethesda Meadow."

Alex Reynolds

To encourage his co-workers to get their COVID-19 vaccines, Bethesda Dilworth's Human Resources Manager **Alex Reynolds** vowed to shave his beloved beard if the community met its employee vaccination goals.

What you see is the "face" of success.

"I enjoy coming up with creative ways to keep my co-workers engaged and in high spirits, something that has been critical over the last two years," says Alex.

While Bethesda Dilworth hosted raffles and gift card giveaways to incentivize team members to get vaccinated, **Michele Kimball**, Corporate Director of Clinical Services, had a unique idea.

"Michele suggested I shave my beard as an incentive,



and honestly I was hesitant at first," Alex says. "I realized it would be worth it if more people got vaccinated."

Word spread, and Bethesda Dilworth quickly surpassed its vaccination goal. Honoring his promise, Alex sat in the barber's chair in Bethesda Dilworth's courtyard, and numerous spectators watched as he received a new, beardless look. It had been nearly 10 years since he was clean-shaven.

"Although it was tough to let my beard go, I would do it again," says Alex. "At the end of the day, it's about protecting our community and keeping everyone healthy and safe."

Arnie Edwards

For many football players and coaches past and present, nothing quite compares to the anticipation, excitement and bright lights of a big game. Few know this feeling better than **Arnie Edwards**. His love for football spans seven decades, dating back to playing for an organized team at 11 years old, and continues to this day.

"Sports have always played a large role in my life," says Arnie, a resident of Bethesda Barclay House. "But to me, football is the greatest game because it teaches

so many life lessons like dedication, teamwork and sacrifice."

An Ohio native, Arnie played quarterback for Washington University in St. Louis. Life got busy after graduation, but through starting a family and building his own technical consulting firm, Arnie kept his passion for football alive through coaching.

Arnie started by coaching his own children's teams, but when they stopped playing, he didn't stop coaching. Over the years, he has offered his experience and expertise to literally thousands of players.

Now 81, Arnie is a volunteer coach for the eighth-grade team at Mary Institute and Saint Louis Country Day School (MICDS). In the fall, you can find Arnie on the field at 3:30 p.m. sharp three days a week for practice. "It's priceless to see kids I coached go on to succeed on collegiate sports teams or even in their chosen career field," says Arnie. "I feel so lucky to have had the opportunity to play a small role in their lives."



Paul Jobe

Bethesda Hawthorne Place resident **Paul Jobe** loves Harley-Davidsons. He bought his first Harley at 17 years old, when he was stationed in England during his service with the United States Air Force.

"I had been wanting a motorcycle for a long time, but my parents wouldn't allow it," says Paul. "Motorcycles were the main mode of transportation in England, and since my parents weren't around, I decided to get one."

Among Paul's favorite things about riding motorcycles are feeling the wind on his face and the trips he has taken with family and friends. He says he's taken many unforgettable ones, like the one in the late 1980s when he and his son, who was only 17 at the time, rode from Jefferson City, Missouri, to Sturgis, South Dakota, the location of the country's largest annual motorcycle rally.



"I was so surprised to see everyone come to celebrate my birthday. I even got to ride on the back of one of the motorcycles! It was really great."

—Paul Jobe, Bethesda Hawthorne Place resident

"That was the trip of a lifetime," he says. "On the way home, we stopped in Devil's Lake, North Dakota, and I was able to show my son the town where I was born and raised. It was an incredible experience."

Although Paul hasn't ridden motorcycles for years, his daughter, Cindy, drives him through the parking lot of Doc's Harley-Davidson in Kirkwood anytime he leaves Bethesda Hawthorne Place for a doctor's appointment. "Every time we drive through Doc's, my heart says, 'Oh, I want one!'" Paul says.

For her dad's 90th birthday in July 2021, Cindy envisioned a "HOG Parade" to be part of the celebration. Cindy worked with the staff at Doc's and the team at Bethesda Hawthorne Place to coordinate the parade. Paul's family, friends and fellow residents witnessed about 20 motorcycle riders from Doc's who participated in the parade, creating an incredibly special and memorable birthday celebration for Paul.

"I was so surprised to see everyone come to celebrate my birthday," Paul says. "I even got to ride on the back of one of the motorcycles! It was really great."

Joann Folluo

If you're looking for a few words to describe Veteran and Bethesda Orchard resident **Joann Folluo**, you could start with "trendsetter" and "history maker."

At 18 years old, Joann joined the U.S. Navy. Not only did she join the Navy, but as one of the first participants in the Naval Reserve's WAVES (Women Accepted for Voluntary Emergency Service) program, Joann was one of the first women in the nation to serve!

Joann was stationed at the Naval Air Station at Lambert Field, where she served as an Air Traffic Controller from 1953 to 1955 during the Korean War. She radioed all arriving and departing flights to gain clearance for Navy pilots flying into the base, and kept flight log books for pilots assigned to the Naval Air Station.

Despite being a woman in a male-dominated field, Joann never felt like she had something to prove. Her Navy experiences were wide ranging, and she learned many life lessons along the way. "Knowing the chain of command serves you well—it's really important not only in the military but also in civilian life," Joann says.

After the WAVES, Joann worked in a variety of fields, including accounting, engineering, homemaking and a 24-year career in education. She even ran for political office in the 1980s!

"The day after I moved in, they stopped allowing visitors. I didn't know anyone. It was a very strange situation. But I started meeting people and it has worked out just fine—I love living here."

—Joann Folluo, Bethesda Orchard resident



After her husband passed away, Joann looked ahead to her next chapter. Despite opposition from her children to move into an independent living community, Joann felt Bethesda Orchard was the perfect fit for her.

Joann moved to Bethesda Orchard in March 2020, right at the beginning of the pandemic. "The day after I moved in, they stopped allowing visitors," Joann says. "I didn't know anyone. It was a very strange situation. But I started meeting people, and it has worked out just fine—I love living here."

Today, Joann enjoys hosting friends for Rummikub and using Bethesda Orchard's exercise equipment. She has felt safe and well taken care of during COVID, and is grateful for the beautiful views of downtown St. Louis from her balcony ("I can see the Arch!" she says), and for Bethesda Orchard's Veterans group, coordinated by Bethesda Hospice Care's **Leslie Schaeffer**. "Leslie is a great resource for Veterans," Joann says. "Her advice has enabled me to successfully apply for a benefit I needed, and she is always available to us for support and assistance."

Marybel Cova

As a longtime rock climber and piano player, Bethesda Gardens resident **Marybel Cova** is clearly a woman of diverse talents. She began rock climbing at the age of 57, proving that it's never too late to learn a new skill.

"My husband had been climbing for a few years, and from the beginning, I belayed for him, meaning I was on the ground and had control of the rope, ensuring his safety," says Marybel. "It took me a little longer to get into it, but once I did, I was hooked. If there was climbing to be done, we did it!"

Marybel and her husband traveled near and far, always looking for their next rock climbing challenge. The couple has climbed throughout the United States, as well as a few choice climbing areas in Italy and three provinces in Canada.

"One of my favorite places I have ever climbed is at Devil's Lake State Park in Wisconsin," she says.



Marybel Cova rock climbs at an indoor gym in St. Louis in 2019.

"It was the very first place I truly climbed, and we returned many times after that because we both loved it so much."

After her outdoor climbing days ended, Marybel shifted to indoor rock climbing, which she continued to enjoy until 2019 at the age of 87. Now, Marybel dedicates her time to other hobbies like piano playing.

When the COVID-19 pandemic began, the activities team at Bethesda Gardens could no longer safely invite musical guests into the community, so they turned to the residents to find in-house talent. A lifelong piano player, Marybel began playing twice a month for her fellow residents.

"I really love to play for my friends here at Gardens," she says. "Each one of my concerts has a theme depending on the time of year or upcoming holidays. I come from a family of musicians and have been playing the piano since I was 7 years old, so getting to continue a beloved hobby of mine in front of my friends is an honor."



Marybel Cova plays the piano for her fellow residents at Bethesda Gardens in October 2021.

Financial Statement

YEAR ENDING JUNE 30, 2021

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

Revenues

Net service revenue	\$ 85,441,894
Other revenue and gains	10,902,047
Contributions	539,925
Total revenues	<u>96,883,866</u>

Expenses

Direct professional care	40,251,658
Dietary service	9,345,248
General resident & campus services	12,029,901
Corporate administrative services	21,480,182
Employee health & welfare	2,140,197
Depreciation	8,091,977
Interest	4,509,232
Provision for bad debts	1,061,080
Total expenses	<u>98,909,475</u>

Operating loss	<u><u>\$ (2,025,609)</u></u>
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Bethesda Health Group, Inc. and Subsidiaries Combined Balance Sheet

Assets

Current assets	
Cash and cash equivalents	\$ 4,575,698
Restricted cash	20,699
Assets limited as to use	13,417,468
Accounts receivable	5,419,446
Management fee receivable	1,317,252
Other current assets	2,209,630
Total current assets	<u>26,960,193</u>
Assets limited as to use, net of amount required to meet current obligations	75,626,372
Property, plant & equipment, net	105,253,197
Beneficial interest in trusts	1,382,561
Beneficial interest in affiliate	7,082,828
Other assets	706,927
Total assets	<u><u>\$ 217,012,078</u></u>

Liabilities And Net Assets

Current liabilities	
Current maturities of long-term debt	\$ 2,925,000
Line of credit	2,000,000
Accounts payable	4,758,352
Accrued expenses	7,378,999
Medicare advance payments	1,754,422
HSS deferred revenue	20,699
Other current liabilities	2,711,592
Total current liabilities	<u>\$ 21,549,064</u>
Long-term liabilities, less current maturities	98,060,985
Life residents' fees	49,904,655
Other liabilities	11,557,439
Total liabilities	<u>181,072,143</u>
Net assets	<u>35,939,935</u>
Total liabilities and net assets	<u><u>\$ 217,012,078</u></u>

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.

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Veterans Harry Koettker (I) and Dominic Manning, residents at Assisted Living at Charless Village, enjoy the Veterans Day celebration at Bethesda Southgate. Harry and Dominic were two of 105 Veteran residents to be recognized at events across the organization.

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As of Dec. 31, 2021, 13 Bethesda residents were 100 years old or older, including five at Bethesda Barclay House—(l-r) Dr. Larry Kahn, Al Schweitzer, Muriel Hartz and Toni Breihan (not pictured—Mary Ann Lennie).

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Back row (l-r): Colleen M. Wasinger, J. Michael Keller, Philip A. Hutchison, Patrick J. Rooney, Susan G. Moore, James H. Esther, M.D., and J. Dale Meier.

Not pictured: Mark W. Reifsteck; John W. Rowe, Secretary.



Front row (l-r): Katherine E. Joslin, Senior Vice President, Human Resources & Marketing; Joseph J. Brinker, President & Chief Executive Officer; Roger T. Byrne, Executive Vice President & Chief Financial Officer; Kiel S. Peregrin, Chief Operating Officer.

Back row (l-r): Jennifer Popp, Vice President & Administrator; Kevin L. Curry, Vice President & Corporate Compliance Officer; Candice E. Brown, Vice President & Administrator; Mark A. Jeffries, Vice President & Administrator; Michelle M. Glass, Corporate Vice President, Senior Living & In-Home Services; Jeffrey R. Waldman, Corporate Vice President & Director of Marketing.

Not pictured: Linda L. Sanders, Corporate Vice President & Director of Development (see p. 13).

Life at Bethesda



1 Residents at The Oaks at Bethesda enjoy the Book Club gatherings, which are held monthly at the Oaks Clubhouse.

2 The annual Bethesda Hospice Care walk/run resumed in 2021 but with a new name—the “Kayman 5K,” named for longtime Operations Manager Brian Kayman, who lost his battle with COVID-19 in November 2020. More than 100 people participated, including members of Brian’s family.

3 Members of the Christian Extended Care & Rehabilitation team help resident Jessie O’Bryant celebrate her 107th birthday!

4 Melissa Kurrus, a Clinical Nurse Manager with Bethesda Senior Support Solutions, administers a flu vaccine to HR Coordinator Sam McKeever. More than 2,100 flu vaccines were provided to residents and staff in 2021.

5 (Clockwise from lower left) Maddi Underwood, Shelly Ketsenburg, Jo Ann Skelton, Jennifer Davis and Amy Willis eagerly await the beginning of the Chili Cook-Off at the annual Fall Festival at Bethesda Meadow.

6 Team members at Bethesda’s Corporate office gather on Opening Day to help get the Cardinals season off to a great start!



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7 Bethesda Gardens resident and Vietnam War Veteran Ronald Jones shows off part of the “Welcome Home” care package he received from Bethesda Hospice Care’s Leslie Schaeffer (c) and Julie Strassman.

8 Bump, set, spike! At Barnes-Jewish Extended Care, any day is a great day to have a competitive balloon volleyball match!

9 The annual July 4 parade in Webster Groves returned in 2021, and naturally so did participation by the reigning Bethesda Orchard Queen (Angie Heumann) and King (Ken Voss).



9

Bethesda Health Group, Inc.
1630 Des Peres Rd., Suite 290
St. Louis, MO 63131
314-800-1900
www.BethesdaHealth.org

Bethesda Assisted Living Communities

*Memory Support

Bethesda Hawthorne Place*
1111 Berry Rd.
Oakland, MO 63122
(314) 853-2551

Charless Village
5943 Telegraph Rd.
St. Louis, MO 63129
(314) 606-9891

Bethesda Independent Living Communities

Bethesda Barclay House
230 S. Brentwood Blvd.
Clayton, MO 63105
(314) 725-1000

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

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

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

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

Village North Retirement Community
11160 Village North Dr.
St. Louis, MO 63136
(314) 355-8010

Bethesda Skilled Nursing Communities with Rehabilitation and Respiratory Therapy

*Memory Support

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

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

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

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) 355-8010

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

Bethesda Home and Community Based Services

Bethesda Hospice Care
1630 Des Peres Rd.
St. Louis, MO 63131
(314) 446-0623

Bethesda Senior Support Solutions
1630 Des Peres Rd.
St. Louis, MO 63131
(314) 963-2200

St. Andrews & Bethesda Home Health
1630 Des Peres Rd.
St. Louis, MO 63131
(314) 963-2200

Bethesda Care Management
1630 Des Peres Rd.
St. Louis, MO 63131
(314) 800-1911

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
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1251 College Ave.
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