

**BETHESDA**



# Living it Up!

2023 Report to the Community



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Bethesda Hawthorne Place resident **Joan Whitford** poses with her son, Bill Shannon, who good-naturedly “allowed” Joan to dunk water on him at the celebratory TaleGate event.



*Please scan the QR code to learn more about the TaleGate event at Bethesda Hawthorne Place.*



## Welcome to the 2023 Report to the Community

Inside, you will find stories of Bethesda’s continued vibrancy expressed through innovation in caregiving and the diverse and fulfilling lives our residents lead.

Our Bethesda team works hard to ensure that the final chapters of life are as rich as possible—whether continuing lifelong interests or creating new memories, living life to its fullest with dignity is our driving force. Throughout the year, Bethesda communities host numerous social events, outings, games and wellness classes to sustain a sense of community and purpose.

In doing this, we continue the commitment made 134 years ago near downtown St. Louis in a house on Russell Avenue. In that home, our founders crafted a vision to care for older members of the community without families and resources of their own.

There’s a photograph of that house, taken around 1889, that hangs in our front lobby. I often look at it and reflect on the power of the founders’ promise as we continue to meet the needs of St. Louis families and their aging loved ones, generation after generation. The picture reflects our steadfast mission as we make decisions for the future—what’s best for our employees, residents and the communities we serve.

While much has changed in 134 years—Bethesda’s commitment to adapt and respond to community needs has not. There will always be challenges, whether economic or demographic. Yet, Bethesda’s ability to be nimble and “do the right thing” has ensured that we meet our obligation to serve seniors and help them to live vibrant lives wherever they choose to call home.

Please enjoy reading about a few of our residents, team members and highlights from the past year, and know that much of our work is made possible through the generosity of the community. By supporting our philanthropic mission to provide high quality care and services, even when a resident outlives their ability to pay, your donations make an incredible impact on the lives of others.

**Joseph J. Brinker**  
President & CEO

# Celebrating Social Engagement: The Vital Role of Activity Directors

At Bethesda, our vision is simple yet powerful: fostering successful aging through compassion and innovation. We're not just providing a secure living place for our residents; we're cultivating communities that thrive on the dedication of our team members.

And if you are looking for an example, you need look no further than the tremendous efforts put forth by the Bethesda Activities and Life Enrichment teams. Charged with providing our residents with socialization and engagement, not only do they serve as friends, guides, sounding boards and mentors to our residents and their families, but they take the time to identify the wants and likes (and dislikes) of their residents.

The result—a calendar of activities and events that ranges from trivia contests to art and wellness classes to field trips to professional entertainment.

And the common denominator? The universal love of food and drink!

For example, **Nikki Aubuchon**, the Life Enrichment Coordinator at Bethesda Terrace, began an international food club featuring cuisines from various countries, igniting conversations about heritage. **Ashley Prince**, the Life Enrichment Coordinator at Bethesda Hawthorne Place, observed the popularity of local wine tastings among residents. And at Bethesda, regularly scheduled Happy Hours are the norm, not the exception.

“Residents love to have fun together,” says **Chrissy Messmann**, Activities Director at Barnes-Jewish Extended Care.

With pandemic restrictions easing, outings have resumed, delighting residents with trips to restaurants, casinos and drive-through parks. According to

Front row: (l-r) **Chrissy Messman**, Barnes-Jewish Extended Care; **Adrienne Loyd**, Village North Retirement Community; **Sheri Ramey**, Alton Memorial Rehabilitation & Therapy. Middle row: (l-r) **Jennifer Sythe-Jones**, Bethesda Dilworth; **Ashley Prince**, Bethesda Hawthorne Place. Back row: (l-r) **Nikki Aubuchon**, Bethesda Terrace; **Brandi Harris**, Christian Extended Care & Rehabilitation, **Lora Schmittling**, Memorial Care Center; **Kayla Edwards**, Bethesda Orchard. Not pictured: **Paula Borah**, Bethesda Meadow; **Ciara Petri**, Bethesda Barclay House, Bethesda Gardens and The Oaks; and **Amanda Schlueter**, Bethesda Southgate and Assisted Living at Charless Village.





**Ashley Prince** prepares to get “whacked” in the head during a life-size Whack-a-Mole game at Bethesda Hawthorne Place.

the teams, an increasing number of residents are becoming active and involved in these field trips.

Beyond traditional activities, unique events are popular, like life-size Whack-A-Mole games, where residents use foam noodles to “whack” what pops up out of one of the large holes—sometimes even the smiling face of a Bethesda employee. This is particularly a hit at Bethesda Hawthorne Place, where Ashley created her own version of the lively game.

A notable change has been the involvement of these teams in the Bethesda social media program. Each Bethesda community has a Facebook page, and a couple of years ago, the Activities and Life Enrichment teams were given the responsibility of updating their community’s page. It is no surprise that the majority of the Facebook pages are updated at least a couple times per week.

There is even one independent senior living community, Village North Retirement Community, that has entered the world of TikTok!

“They like to be on it, they love the music, the dancing,” says **Adrienne Loyd**, Life Enrichment Coordinator at Village North. “We have found that social media helps our residents keep in touch with their families. We have children and grandchildren who love to see what their loved ones are up to!”

That’s not all. Some of the communities have a Wii Bowling team, and **Kayla Edwards** and **Ciara Petri**, Life Enrichment Coordinators at Bethesda Orchard and Bethesda Gardens, respectively, collaborated to renew an old Webster-Kirkwood “rivalry.” Bethesda Orchard hosted the team from Bethesda Gardens for a wonderful afternoon of fun, friendly competition, and ultimately the development of some new friendships.

In celebrating these golden years, participation in activities like the ones coordinated by these teams helps remind residents and families alike that life’s vibrancy isn’t confined to an age. Their lives are enriched by the dedication and innovation of those who strive to make each day a celebration at Bethesda’s communities.

## Celebrating Stories of Compassion and Dedication

Every year, Bethesda earns accolades for its exceptional communities, employees and commitment to outstanding care. Amid this collective excellence stand individuals whose unwavering dedication and corresponding performances go beyond what is expected, leaving an indelible mark on the numerous lives they touch.

**Clarence Gibson**, a Certified Medication Technician (CMT) at Bethesda Dilworth, is one such individual who embarked on a transformative journey almost two years ago. His prior professional ventures spanned maintenance, warehousing and mechanical repairs, yet an inner quest for deeper fulfillment compelled him to seek a more profound calling. Encouraged by his wife, who works in healthcare, Clarence pivoted to bring his calm demeanor and commitment to service to the residents of Bethesda Dilworth, first earning his CNA certification after participating in Bethesda’s CNA apprenticeship program, and then becoming a CMT.



**Clarence Gibson**

Beyond dispensing medications and fulfilling care duties, Clarence hands out healthy doses of comfort during his shifts. Standing tall at 6’3”, he often crouches down to meet a resident’s gaze, offering a calm word to soothe fears or brighten a challenging day, and has been known to serenade residents from their doorways with songs and encouraging words.

“I have empathy for everyone,” Clarence affirms in his trademark quiet manner. “I treat my patients as I’d wish someone would treat my own grandmom and mom as they age.”

His approach reflects a profound commitment to enhancing residents’ and families’ lives and earns him deep gratitude, evident in heartfelt gestures like a departing rehab resident who tracked him down

*continued on page 6*

to introduce him to her family and gave him a big goodbye hug.

His eyes glisten as he recalls this connection. “I was grateful to assist the family. I had to hold back tears; it meant the world to me,” he says.

Bethesda Hospice Care’s Clinical Social Worker **Lauren Scharmer’s** story reads as a testament to the sanctity of compassionate support during life’s last chapter.

For **Kathleen McDonald**, facing terminal cancer, the Bethesda Hospice Care team provided essential guidance and comfort to her and her family. The team included Lauren, RN Case Manager **Kim Hengehold**, and other dedicated nurses and nursing assistants, therapists and chaplains, who ushered Kathleen and her family through the poignant end-of-life transition.

Though a nurse herself, Kathleen’s sister, **Francie Pratte**, recognized her own need for guidance and support as her sister was facing life’s end. Living across the country in California, she leaned on Lauren and Kim, whose responsiveness and compassionate care eased burdens and guided profound decisions.

“They treated Kathleen with honesty, respect and compassion,” Francie reflects. “They connected with her on a deep level, assisting her journey towards spiritual peace.”

Lauren said that she connected with Kathleen over shared faith, and she was honored to be with the family as the “veil between heaven and earth grew thinner each day.”

“It meant so much to have Kathleen at Bethesda during her final days. The Bethesda Dilworth and Bethesda Hospice Care staffs truly cared for our sister as though she were family. We could not be more grateful, and I know Kathleen felt the same way.”

—  
Francie Pratte



**Lauren Scharmer**

“I have a belief in the inherent dignity and goodness of each person. So often end of life is seen as tragic and something you just have to get through,” Lauren says. “But there can be such beauty in dying. I’m humbled and grateful to be with people as they’re about to end their journey on earth.”

Lauren’s heartfelt connection with Kathleen continued until her last moments and extended to attending her funeral, a gesture that resonated deeply with the family.

Not only were they surprised to see Lauren at the service but were quite astonished with her remarkable familiarity with each family member. She effortlessly recalled their names and shared vivid anecdotes about Kathleen and the family, almost as if she had been a part of those moments herself.

“It meant so much to have Kathleen at Bethesda during her final days,” Francie says. “The Bethesda Dilworth and Bethesda Hospice Care staffs truly cared for our sister as though she were family. We could not be more grateful, and I know Kathleen felt the same way.”

Clarence and the Bethesda Hospice Care team are just two great examples of our mission in action, and each showcases an unwavering commitment to elevating the human experience in healthcare. Their actions transcend professional duties; they embody a profound reverence for life’s delicate moments, leaving an enduring legacy of compassion and kindness. As Bethesda continues its legacy of excellence, individuals like Clarence and Lauren illuminate the path, reminding us all of the transformative power of genuine care and empathy in senior healthcare.

# Congratulations

to the following Bethesda team members, supporters, communities and services for the recognition received in 2023:



For the 7th time in 11 years, Bethesda was selected as a category finalist in the *St. Louis Business Journal's* "Best Places to Work in St. Louis" contest. Here, the members of the Bethesda Leadership Team take a moment out of a meeting to celebrate this accomplishment.



Three Bethesda team members were honored with "Employee of the Year" awards at the 2023 LeadingAge Missouri Annual Conference. (L-R): **Michael Craig**, Dining Services Director, Bethesda Terrace; **Jessica Miller**, Admissions Nurse, Barnes-Jewish Extended Care; and **Lois Jones**, a Certified Nurse Assistant (CNA) at Bethesda Southgate. LeadingAge is a national association of 6,000 not-for-profit organizations dedicated to expanding the world of possibilities for aging.



Three Bethesda communities, Barnes-Jewish Extended Care, Bethesda Dilworth and Bethesda Southgate, were named to *Newsweek's* Best Nursing Homes list! This award recognizes communities according to key performance data and peer recommendations.



Five Bethesda communities were named to the *U.S. News & World Report*—Best Nursing Homes list for rehab services for 2023-24: Alton Memorial Rehabilitation & Therapy,

Barnes-Jewish Extended Care, Bethesda Southgate, Christian Extended Care & Rehabilitation and, for the 14th consecutive year, Memorial Care Center!



Ten Bethesda communities and one community-based service were named to the 2024 list of Top Area Senior Living Facilities and

Home Health Providers, as researched by DataJoe and published in *St. Louis Magazine*: Bethesda Barclay House, Bethesda Gardens, Bethesda Orchard, Pacific Place, Village North Retirement Community, Bethesda Hawthorne Place, Barnes-Jewish Extended Care, Bethesda Meadow, Bethesda Southgate, Christian Extended Care & Rehabilitation and St. Andrews & Bethesda Home Health.



The following 11 employees, seen here with President & CEO **Joe Brinker**, were selected to join the esteemed President’s Roundtable as recognition for excellence in their work:

(Back row, l-r) **Tina Brown**, Recruitment Coordinator, Corporate; **Tia Bright**, CNA, Bethesda Hawthorne Place; **Jill Immethun**, Wound Ostomy Care Coordinator, Corporate; **Melissa Geisler**, Housekeeper, Bethesda Terrace; **Julie Poelker**, Senior Care Coordinator, Bethesda Senior Support Solutions; **Eddie Seawood**, Purchasing Supervisor, Corporate; and **Annette Middendorf**, Staffing Coordinator, Memorial Care Center.

(Front row, l-r) **Marinko Karan**, Senior Facility Management Manager, Bethesda Meadow; **Sam McKeever**, HR Manager, Village North/Christian Extended Care & Rehabilitation; **Joe Brinker**, President & CEO; and **Tina Robinson**, LPN, Bethesda Southgate.

Not pictured—**Lois Jones**, CNA, Bethesda Southgate.



**Buffie Griffin**, a licensed practical nurse (LPN) working at Bethesda Meadow, received the 2023 Presidential Scholarship. Recipients of this scholarship use the funds to pursue a registered nursing degree. In addition to paying for tuition, books and fees, the scholarship provides a stipend so the recipient can work three days yet get paid for five with full-time benefits while in school.

Two Barnes-Jewish Extended Care nurses, **LeTravia King** and **Jessica Miller**, celebrated their selection as the recipients of the 2023 Mary June King Scholarship! The scholarships are designed to assist Bethesda employees in their pursuit of post-secondary education. LeTravia and Jessica are seen here with **Kathy Joslin**, Senior VP of HR and Marketing, and **Joe Brinker**, President & CEO.





Five nurses from Bethesda Southgate—(l-r) **Tracy Chancey, Tina Robinson, Darlene Cosby, Vicki Chism** and **Mercedes Jackson**—were among 10 Bethesda nurses featured in a special section in the *St. Louis Post-Dispatch* titled “Nurses—the Heart of Health Care.” Featured nurses had to be nominated to be considered for inclusion.



**Matt Scheer** and **Jessie Bathon**, members of the Bethesda Administrative Services team, represented the organization at the annual St. Louis Green Business Challenge Awards luncheon. Bethesda was recognized as a “Champion Level” participant for the past seven years.

The teams from Alton Memorial Rehabilitation & Therapy (top photo), and Village North Retirement Community and Christian Extended Care & Rehabilitation (middle photo) were voted as “Best of the Best” in the Alton/Godfrey and North County communities, respectively, by the residents living in those communities. CECR was voted “Best in North County” in both the Skilled Nursing/ Rehab and Nursing Home categories, and Village North was voted “Best Retirement Facility” in the same contest. The AMRT team was voted as the Best Skilled Nursing Facility in the area—for the sixth consecutive year!

And Memorial Care Center (bottom photo) is celebrating its 14th consecutive year selected to the *U.S. News & World Report’s* list of Best Nursing Homes!



Kathy Joslin



Kevin Curry

## Farewell to Longtime Bethesda Management Members; Welcome to New Faces at the Helm

In 2023, the Bethesda family said goodbye to two longstanding Management Committee team members, who between them worked at Bethesda for more than 44 years.

On November 10, one day after she celebrated her 25-year anniversary with Bethesda, **Kathy Joslin** retired. She led the Human Resources function at Bethesda throughout her tenure, most recently serving as Senior Vice President, Human Resources & Marketing.

Four months prior, on June 30, **Kevin Curry** retired from his position as Vice President and Corporate Compliance Officer. Kevin was a member of the Compliance department throughout his career at Bethesda.

Both Kathy and Kevin are now members of the Bethesda Advisory Board.

As a result, we welcome two new Management Committee members to the team—**Laura Frame**, who is serving as Corporate Vice President, General Counsel and Compliance Officer, and **Caprina Wakefield**, who is serving as Senior Vice President of Human Resources.

Thank you, Kathy and Kevin, for your years of service to Bethesda!



Caprina Wakefield



Laura Frame

## For the first time since 2001, Bethesda's Corporate office has a new home.

Members of the Bethesda Finance, Business Development, Nursing Administration, Technology, Compliance, Foundation, Marketing, Sales, Human Resources, Home Health, Hospice Care, Senior Support Solutions and Care Management teams can now be found at the new offices at 12101 Woodcrest Executive Drive, located near the intersection of I-270 and Olive Boulevard in Creve Coeur.

“As we were looking for new office space, we wanted our entire team in one suite, and not be divided by floors or, in the case of our previous office at Corporate Hill, a hallway,” says **Joe Brinker**, President & CEO. “This office space provides us with that opportunity, and I think it is appreciated by the team.”



## A Great Year for Bethesda Community Based Services

Between St. Andrews & Bethesda Home Health, Bethesda Senior Support Solutions (including Care Management) and Bethesda Hospice Care, our team members served more than 7,000 patients, residents and families in 2023!

Our Services to the Community in 2023		
<p><b>St. Andrews &amp; Bethesda Home Health</b> in-home rehab and nursing provided</p> <p><b>nearly 7,000</b> visits to patients in the St. Louis area.</p>	<p><b>Bethesda Senior Support Solutions</b> in-home non-medical support (dressing, bathing) and Care Management consultation for</p> <p><b>more than 300</b> St. Louis-area seniors</p>	<p><b>Bethesda Hospice Care</b> end-of-life and supportive services for</p> <p><b>more than 150</b> St. Louis-area patients and their families</p>



For more information on Bethesda's Community Based Services, please call 314-963-2200 or click on this QR code, which will take you to the Community Based Services page on the Bethesda website.



### 10 Years for the Kayman 5K

September was a big month for Bethesda Hospice Care, as 10 years of the annual Hospice Care 5K/1K Remembrance Walk/Run, now known as the Kayman 5K, was celebrated at Queeny Park.

As many are aware, the name was changed to honor the legacy of **Brian Kayman**, the longtime Bethesda Hospice Care Operations Manager who passed away from COVID in 2020. In 2023, an estimated 125 walkers and volunteers attended the event.

Over the years, participants in the walk have included multiple generations of families, including one (the Friedmann family) who has been participating since the first walk. Bethesda Terrace resident **Bob Hynes** (far right, seen here with his family) is a regular participant, walking in memory of his beloved wife, Delores.

"It's very gratifying to know that the Walk means so much to so many people," says **Julie Strassman**, Manager of Support Services at Bethesda Hospice Care.



### Ruthann Wolz to Receive Norwood Award

During the workday, **Ruthann Wolz** can be found at her desk at Bethesda Southgate, performing her duties in the Business Office. She provides exemplary service to residents and their families, and she is always willing to lend a helping hand.

It is during non-business hours that Ruthann's kindness and selflessness really stands out. For nearly 25 years, she has volunteered her time practically every weekend at both Bethesda Southgate and Bethesda Terrace, assisting with Mass, helping transport and making sure all of the "regulars" are present, and checking in on those who typically attend but are absent.

As a result, she has spent thousands of hours volunteering, and that doesn't even address the numerous funerals, Masses and celebration of life services she has attended, in many cases representing Bethesda Southgate.

These are among the reasons that Ruthann has been selected as the 2023 recipient of the esteemed Norwood Award, which was established in 1998 to recognize individuals and groups who have given many years of extraordinary support and service to Bethesda.

"To us, Ruthann has been an award winner for years," says **Jen Popp**, Vice President and Administrator at Bethesda Southgate. "She is someone who does the right thing, in the right way, for the right reasons. I can't think of anyone more deserving than Ruthann to receive the Norwood Award."

Ruthann will receive the award at a ceremony Bethesda will hold in May 2024.

# Sylvia Swaysland

**Sylvia Swaysland's** husband, Robin, presented her with a pair of tap shoes and dance lessons the year she turned 60. In the 26 years since, she has enjoyed taking weekly classes and participating in numerous exhibitions. This includes the annual St. Louis Senior Olympics, a masters-style athletic competition that promotes health and wellness for people over 50.

"When I dance it feels euphoric, and there's nothing else like it," Sylvia says. "It's hard to explain how it takes over your whole being physically and emotionally."

This was not Sylvia's first foray into dance. She began taking ballet and tap when she was 9 years old and living in England. By the time she was 14, Sylvia

was taking classes at London's renowned Rambert School of Ballet, ultimately joining its prestigious ballet company at 16. "Ballet was my life," she says.

But in her early 20s she met her husband, ironically at a ballroom dance class. ("I don't think he ever danced after that," she laughs.) In 1966, they relocated to the United States for Robin's work.

She didn't pick up dance shoes again until the aforementioned gift. But this time she didn't don ballet slippers, but rather tap shoes.

"Tap is the best option for me today because my hips don't want to turn out like they did when I was 20, so ballet really wasn't an option," Sylvia says.

For nearly 40 years, she hadn't danced at all. Now she dances a couple times a week. "I felt like I never stopped," Sylvia says.

That takes us to her participation in Senior Olympics. Sylvia loves performing because it makes her joyful. It also doesn't hurt that she gets to wear some great costumes, as she admittedly loves sequins.

It was during one of these high-energy exhibitions that Sylvia first saw a Bethesda banner. Bethesda has long been a sponsor of senior events like Senior Olympics that encourage happy and healthy living. So when it came time for Sylvia to find a new place to live, she remembered the organization that had supported her dance habit.

In 2020, Sylvia and Robin moved to Village North Retirement Community in Florissant.

"Village North has been very accommodating to us—they even renovated two one-bedroom apartments into one," she says. "I've thoroughly enjoyed it here."

Robin passed away in 2021. In his honor, and because she still loves it, Sylvia has continued her tap dancing classes.

She says tap has kept her not only in good health but in a good mindset.

"I thought about retiring this year, but I was the only one who thought that was a good idea!" Sylvia laughs. "My doctor said it was keeping me healthy. Until I get to the point where I get up there and can hardly move, I think I'll keep dancing!"



# “Miss Jessie” O’Bryant

When **Jessie Trice O’Bryant** was born on July 23, 1914, Woodrow Wilson was president. Less than two weeks earlier, the Great Bambino—legendary baseball player Babe Ruth—made his major league debut with the Boston Red Sox. Earlier that year, the first stone on the Lincoln Monument in Washington, D.C., was put into place; and the first airline to provide commercial service conveyed passengers in what was billed as a Benoist XIV flying boat.

Five days after Jessie’s birth was the official beginning of World War I. One can only wonder what impact this news had on the little town of Tunica, Miss., located about 20 miles south of Memphis, where Jessie Washington was born.

She says she does have clear memories of her only younger sibling, Bennie, being born 10 years later. She was “not happy,” as she recalls, “not happy at all.” Up until that point, she had thoroughly enjoyed her position as the baby of the family. Older siblings Lillie and John doted on her, and she wanted no part of sharing all the attention that was showered upon her.

It wasn’t long though before Jessie took a shine to Bennie, and the two grew to be quite close. It was Bennie who came up with her family nickname, “Dollye,” a moniker that has stuck after all these years. When her mother passed away in 1929, 15-year-old Jessie readily took on the role of caretaker for her siblings. While she is the last surviving sibling, the memories of them live on in her heart.

Miss Jessie—as she is lovingly called by staff and friends at Christian Extended Care & Rehabilitation, where she now lives—was raised in Clarksdale, Miss., where the family moved when she was young. It was in this Mississippi Delta town, known for being the birthplace of the Blues, where she developed her talents for baking and sewing. Miss Jessie went on to become a professional seamstress, working for more than 20 years at Linda Rose and Charlotte Better Dress Co. in St. Louis.

While she didn’t have children of her own, Miss Jessie clearly is a jewel to her extended family. Relatives gathered from across the country to join in the



birthday celebration with the Christian Extended Care & Rehabilitation community and members of East Union Baptist Church, where Miss Jessie has been a member for decades. Miss Jessie’s great-niece Karan Henderson lives in Tampa, but every other month she comes to visit the beloved great-aunt who sewed her bridesmaids’ dresses. Miss Jessie says that she also sewed another family member’s dresses—when she was 76 years old!

“Jessie has always been true to her faith, witty and fiercely independent,” Karan says of her great-aunt.

This is evident in that following the passing of her husband, George, Miss Jessie continued to live on her own until she was 103 years old. It was then that she joined the Village North Retirement Community and then moved to Christian Extended Care & Rehabilitation.

Things have come full circle for Miss Jessie. While she once enjoyed all the attention associated with being the youngest of the family, now she gets to enjoy being the oldest, and that includes her yearly birthday celebration, which always features her very favorite—chocolate cake.

# Rose Hall

**Rose Hall** can often be seen at Bethesda Southgate busily crocheting. These days it's hats, and lots of them. Her 89-year-old hands grasp the hooks and deftly manipulate the yarn without needing to count the rows or barely even looking down at her creations. This has made it possible for her to crochet a remarkably high number of hats in 2023 (400!), all of which are donated to those in need.

"Everyone here knows about Rose and her crocheting," says **Jennifer Popp**, Vice President and Administrator at Bethesda Southgate and Assisted Living at Charless Village. "Some of us have been gifted with 'Rose originals.' I have a pink one I pull out each year."

Rose began crocheting 64 years ago when she was pregnant with her first son, John. He doesn't remember her crocheting much after that, except for a baby blanket now and again. However, he has said over the past five years, she has been a "crocheting machine," making more than 1,000 hats for various charities.

The Halls are members of Faith Oakville Church, and John says that when Rose learned about a mission team going to South Dakota's Pine Ridge Reservation, the most impoverished county in the nation, she wanted to help.

"She has always been a caring person, but I think the hats help her fill her time with something that is meaningful, and it makes her feel good that they are being used," John says.

Besides the reservation, Rose donates hats to other projects through her church, including an organization that assists kids with cancer.

Rose says she likes making hats with bright colors.

If she's feeling especially ambitious, she can make three hats in a day! Some are solid colors, some two-toned, while others are made with a rainbow of different colors.

"I'll walk past her in the morning and she's using one color, and by lunch she's on a totally new skein working away," Jen says.

Rose is well known throughout Bethesda. After her husband passed away 13 years ago, she lived independently at Bethesda Terrace, then Assisted Living at Charless Village, which is where she began crocheting again, before settling in at Bethesda Southgate.

In 2019, she was even featured in a story on Fox 2 News!

Jen calls Rose and her desire to help others "remarkable."

"Sometimes people in long-term care lose their passion because they physically can't experience life the same way," she says. "But Rose decided to continue using her talents, and she's great at multi-tasking."

John enjoys bringing the hats to the people on the reservation at Pine Ridge and watching their eyes light up at the mounds of offerings.

"They love that they can pick out the hat that they like the most," he says. "The kids especially get really excited. My Mom knows that the hats are being used by people who need them, and that's all that matters."

Rose shrugs when asked if she knows that she is making a difference. "There's nothing fancy about it; it's my job," she says as she continues with her quick, perfect stitches.



# Bob Reed

**Bob Reed** has never been afraid to try new things.

When he attended the University of Iowa, he tried out for the swim team. Although he had never swum competitively, Bob became a 1937 and 1938 All-American! Not bad for a boy who wore braces on his legs from the ages of 7-12 after having rheumatic fever.

Growing up in Iowa City, Bob had a competitive spirit but never found a sport he excelled in. He dabbled a bit in football and basketball, but realized that “everybody is looking for notoriety, so I thought I’d try out for Iowa’s swim team,” he laughs.

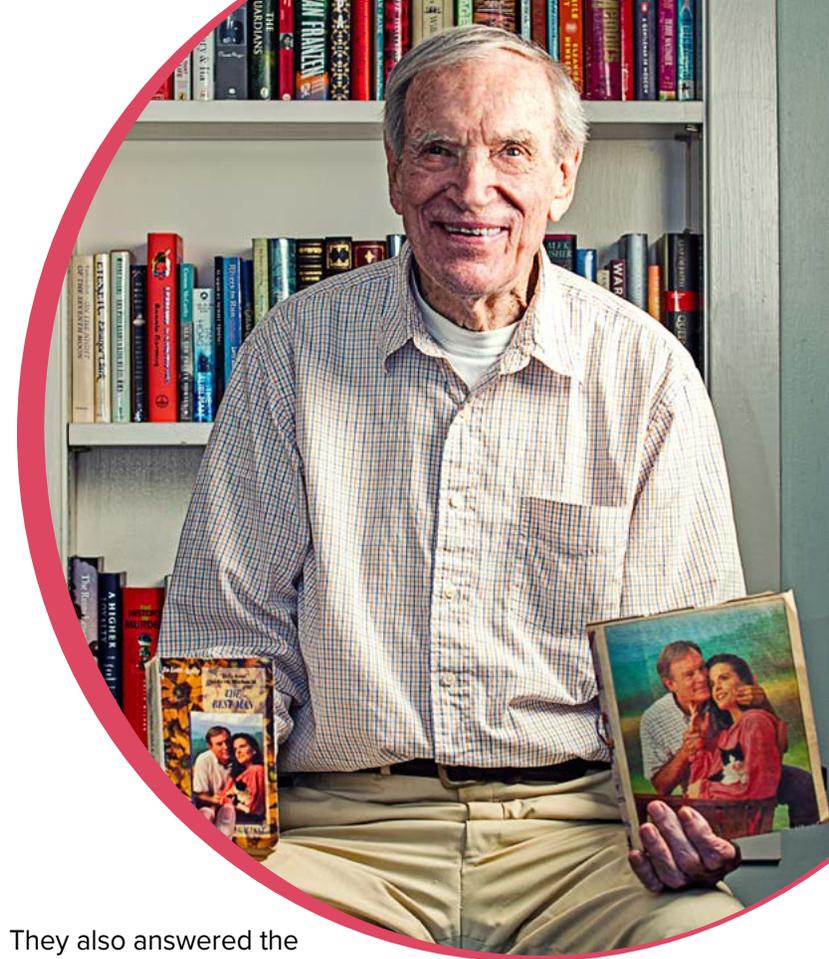
After he received his business degree, he entered the Army, where he concluded his short-lived swimming career. After six years of active duty, he moved to California. There he befriended Chuck Peddle, the pioneer of the desktop computer. This catapulted Bob into the early days of a new technology: personal computing. As the industry grew, he moved cross-country from GHI Technologies in San Francisco to Digital Communications Associates (DCA) in Atlanta. Bob traveled to various cities in Europe once a month as DCA grew into a leading data communications firm.

When he was in his 30s and on a cruise with his wife, Sally, and their children, he was invited to enter a sexy legs competition. “Why not?” he thought as he entered—and beat out approximately 50 other people for the title!

When he was 59, Sally—knowing he was still charismatic and not afraid of a little attention—entered Bob into New York-based Zebra Books’ “To Love Again Romantic Hero Contest.” Zebra Books, a flagship of Kensington Publishing Corporations, was searching for a cover model for two paperbacks in its “To Love Again” romance series.

In the application, Sally wrote that Bob had “the strong, graceful body of a swimmer, a chiseled face and intelligent, sensitive eyes.”

Bob didn’t even know about what Sally had done until he received a call that he was a contest semifinalist. Two days later, he was on the nationally syndicated *Rolanda* talk show, auditioning before five judges and a live audience. He and the other four finalists modeled business attire, tank tops and jeans, and tuxedos.



They also answered the audience’s questions about romance and love. That’s when Bob won the audience over.

“I was told the judges said they knew I was the guy after they got goosebumps when I spoke about my wife with warmth, sensitivity and love,” he says. “She and I had a good, loving life. We honestly never fought.”

Bob graced the cover of two of Zebra’s fiction novels. On the cover of one, he is caressing the face of a female model as he gazes out into the distance. After the novels were published, he was recognized by readers at the supermarket and post office.

“I think my wife was more excited than I was,” he says. “I think she was proud to share me with the world.”

After retirement, Bob and Sally lived out the remainder of their 36-year marriage back in California, where Sally was raised. After she passed away in 2014, Bob moved to Missouri to be nearer to his son and his family.

His son discovered Pacific Place, and Bob moved into the community in February 2015. Now, at age 88, he still enjoys playing bridge twice a week with his neighbors. He also enjoys visiting with his 19-year-old granddaughter.

When asked why he was always up for trying new things, Bob says, “Life is what you make it. You have to work hard and try new things. I’ve always been one to keep my head up and keep going forward.”

# Teddy McCaughey

How many people do you know who have read more than 1,000 books?

Meet **Teddy McCaughey**—and then multiply that number by 10.

By her estimation, the Bethesda Hawthorne Place resident estimates that she has read at least 10,000 books throughout her life, several of them many times over. But that's what happens when you love to read as much as Teddy does.

One such favorite is Louisa May Alcott's *Little Women*, which chronicles the four March sisters' coming-of-age in American Civil War-era New England.

Teddy, who grew up in New Jersey, identified with the novel's and central character Josephine (Jo). Both shared a love of books—and an affinity for seeking solitude in the cozy attics of their respective families' large old homes.

Whereas Jo spent time in her attic writing books, Teddy escaped to hers to feed her endless thirst for reading

them. As a teen, she remembers stealing away to the attic on rainy days to read the latest installments of continuing stories, which back then were published as features in popular magazines.

Teddy credits her family for her love of reading. While her mother died when she was born, she was raised by loving grandparents and extended family who, she clearly recalls, “read to me all the time. The whole family was made up of avid readers.”

At first, Teddy says she gravitated toward mystery books, but she grew to love all genres “as long as it was fiction. History always seemed too much like school,” she muses. No matter the type of book, however, she remains rooted in practicality, “If I don't like it, I don't bother finishing it,” she says.

While she didn't talk about her favorite holiday, one might reasonably guess it's the one that coincides with her birthday—Halloween. During this year's Halloween-Birthday, Teddy turned 101 years young, a lifespan that affords her memories of bygone times when a new book could be purchased for 50 cents.

“I remember when the first vacuum cleaners came out,” she says. “I cleaned my grandmother's room for 10 cents a week.” Her total allowance per week was 25 cents, which, when added to her babysitting money, enabled her to buy some of the five to six books she read weekly for most of her life.

These days, Teddy averages two to three books per week. While she fondly recalls the large selection of books at her previous residence, Bethesda Orchard, she now looks forward to visits from the “Library Lady,” whose bookmobile visits Bethesda Hawthorne Place twice a week. The librarian has a good sense of books Teddy will like, she says, and will often select books for her.

Another parallel Teddy shared with Jo March is that she too became a writer. While at Bethesda Orchard, she took a class on how to write your own life story. Teddy says it took her about 10 years. No doubt her family will enjoy this treasure for generations to come.

Speaking of generations, Teddy continues her lifelong preference of books over television, tuning into the latter only to watch the news and weather. When asked about young people today who largely prefer to watch videos on their phones, Teddy just shakes her head and says, “I just can't understand people who don't like to read.”



# Don and Marjorie Patterson

From the first time that **Marjorie Patterson** laid eyes on **Don**, her husband of 71 years, she knew he was the one with whom she wanted to grow old.

“I just saw him and that was it,” she said.

Don remembers it a bit differently. He says that although he was set up with a friend of hers, Marjorie announced to her friends, “I’m going to get that guy.”

Marjorie blushes as they sit in their residence at Bethesda Gardens, surrounded by photos and mementos of their long life together, “Yeah, I did say that,” she admits.

After they met at a dance, Don joined the Army and was stationed in Fort Bragg, North Carolina. He too had become smitten, and the two wrote lots of letters back and forth. They became engaged when he returned home for Christmas and were married on June 28, 1952.

When it was time to start a family, the Pattersons bought a house in Kirkwood, and their four children attended Kirkwood High School. Over the years, Don owned gas stations, rehabbed houses and even helped drive the ambulance at night when emergencies arose. When their children were little, Marjorie was a homemaker and stay-at-home mother; later, she held a few part-time jobs and volunteered at the local library and schools where their children attended.

They enjoyed many Florida vacations, and when they retired, they bought a condo near the beach. In 2016, they decided it was time to join a senior community. The Pattersons took the lead from Marjorie’s parents, who had lived at Bethesda Gardens for more than eight years.

“They lived right here on the second floor,” Marjorie, 89, says. “We used to come visit and were always so impressed, especially by the great food.”

Marjorie and Don saw no need to look anywhere else, so they packed their bags and headed back to Kirkwood.



“My in-laws were good people,” Don, 90, says, tearing up a bit. “We spent many good years visiting them here, and now our kids and grandkids visit us here.”

Marjorie agrees. “It has come full circle.”

During their time at Bethesda Gardens, the Pattersons have been involved in many activities, including Marjorie’s book club and Don’s beloved Wii Bowling. Their home is full of visits with their four children and their spouses, 10 grandchildren and 23 great-grandchildren.

“They keep us busy,” Marjorie says as she gestures to all the photo albums littering her table. “There’s always a party to celebrate.”

Both Marjorie and Don say that the secrets to their 71-year marriage are simple.

“If we have a misunderstanding, we work it out before we go to bed,” Marjorie says.

“And if I make a promise, I keep it,” Don adds.

Year ending June 30, 2023

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

Net service revenue	\$ 95,690,543
Other revenue and gains	7,384,403
Contributions	2,087,986
Total revenues	<u>\$ 105,162,932</u>

**Expenses**

Direct professional care	\$ 48,872,377
Dietary service	9,469,584
General resident & campus services	13,288,918
Administration	19,262,065
Employee health & welfare	2,133,454
Depreciation	7,845,236
Interest	4,587,774
Provision for bad debts	764,280
Total expenses	<u>\$ 106,223,688</u>
Operating loss	<u>\$ (1,060,756)</u>

**Bethesda Health Group, Inc. and Subsidiaries  
Combined Balance Sheet**
**Assets**

Current assets	
Cash and cash equivalents	\$ 1,260,893
Assets limited as to use	14,977,427
Accounts receivable	4,656,332
Management fee receivable	2,819,873
Other current assets	3,030,882
Total current assets	<u>\$ 26,745,407</u>
Assets limited as to use, net of amount required to meet current obligations	\$ 54,962,377
Property, plant & equipment, net	\$ 106,417,037
Beneficial interest in trusts	\$ 1,260,984
Beneficial interest in affiliate	6,732,828
Other assets	597,308
Total assets	<u>\$ 196,715,941</u>

**Liabilities And Net Assets**

Current liabilities	
Current maturities of long-term debt	\$ 3,110,000
Line of credit	3,200,000
Accounts payable	3,843,621
Accrued expenses	5,672,109
Other current liabilities	2,493,207
Total current liabilities	<u>\$ 18,318,937</u>
Long-term liabilities, less current maturities	\$ 91,584,588
Life residents' fees	55,371,987
Other liabilities	1,481,660
Total liabilities	<u>\$ 166,757,172</u>
Net assets	<u>29,958,769</u>
Total liabilities and net assets	<u>\$ 196,715,941</u>

In 2023, the Bethesda Health Group Foundation proudly introduced a series of groundbreaking initiatives that provided substantial aid for the individuals and families under our care. Here are some of the innovative avenues through which the Foundation extended its appreciation to Bethesda's donors and supporters.

## Elizabeth Hayne Society

Back in 1889, Elizabeth Hayne, alongside her husband and a physician friend, combined a modest sum of \$40 to establish what has since evolved into the renowned Bethesda Health Group. In honor of Mrs. Hayne's unwavering commitment to elderly care, the Bethesda Health Group Foundation created a giving society in 2023 for its faithful donors: the Elizabeth Hayne Society (EHS).

"Members of the Elizabeth Hayne Society are dedicated to the mission of providing all levels of exceptional care to the elderly regardless of their financial resources," says **Linda Sanders**, Corporate Vice President and Director of Development. "Our members make annual

cumulative gifts of \$1,000 or more, helping to provide direct care to qualified Bethesda seniors who require home health, at-home services, hospice care or financial assistance to remain in their beloved Bethesda homes."

The inaugural EHS luncheon was held in October at the Piper Palm House, where close to 100 people gathered to hear Linda share a story about a resident who benefitted from their generosity. She explained how he wouldn't have been able to afford to stay in his Bethesda apartment without their help and support.



*For more information about the Elizabeth Hayne Society, please call 314-800-1981 or scan the QR code seen here, which will take you to the EHS page on the Bethesda website.*

**Linda Sanders** speaks to the Elizabeth Hayne Society charter members at the appreciation luncheon.



## “Birdies for Bethesda”

In an undeniable triumph by any measure, the inaugural “Birdies for Bethesda” fundraising event was a rousing success! Held at the Topgolf complex in Chesterfield, the Bethesda Foundation team, along with a superb volunteer golf committee, organized an event that sold out in just three weeks! Players enjoyed fun competition along with a delicious lunch buffet, adult beverages and a highly successful silent auction.

The final tally for the day speaks volumes: 34 golf bays teeming with activity, with more than 200 enthusiastic golfers raising nearly \$100,000 for Bethesda seniors in need.

“I am especially grateful to our incredible sponsors, especially our Premier Sponsor, Midwest Elevator, for making “Birdies for Bethesda” so successful,” says **Linda Sanders**, Corporate Vice President and Director of Development. “We didn’t know what to expect for this first-time event and were thrilled by the generous support.”

A special thanks to the amazing golf committee, who worked diligently to secure fabulous auction items, and specialty and bay sponsors: Bethesda Board members **Fred Falker** and **Patrick Rooney**; **Ryan Glasscock** of Midwest Elevator; **Nicole Jobe** of Thompson Coburn LLP; **Nicole Larch** of Sandberg Phoenix; **Lisa Meyer** of EmpowerMe Wellness; and **Michelle Glass**, Senior Vice President, Senior Living and In-Home Services at Bethesda.



Golf committee member **Ryan Glasscock** (third from left) poses with one of the five Midwest Elevator teams ready to play in the inaugural “Birdies for Bethesda” event at Topgolf.



For more information about “Birdies for Bethesda” or to watch the commemorative video, please scan the QR code seen here, which will take you to the “Birdies for Bethesda” page on the Bethesda website.

## Bethesda’s Women’s Board in Action

For decades, the Bethesda Women’s Board has been committed to serving the needs of our most fragile residents, as well as providing capital and durable medical equipment to our Bethesda communities.

Through membership dues and fun pop-up events, the Bethesda Women’s Board’s support helps improve the overall care of our residents and patients. These incredibly compassionate women, who come from both our Bethesda Independent Living communities and the

Members of the 2023 Bethesda Women’s Board pose for a photo outside the Deer Creek Club.



community at large, give generously of their time and resources.

“Having so many Bethesda residents as members has provided us with some unique funding opportunities,” says **Lisa Meyer**, President of the Bethesda Women’s Board.

One such opportunity was coordinated by **Karen Bacon**, a Bethesda Barclay House resident, who hosted a cabi fashion show and shopping extravaganza. She was able to arrange for 20% of the proceeds to benefit the Bethesda Women’s Board fundraising effort. More than 30 ladies attended and enjoyed the event, complete with wine, hors d’oeuvres and plenty of good times!



Bethesda Women’s Board member **Karen Bacon** considers a fun leopard print top at the cabi fashion show!

The Bethesda Women’s Board also annually hosts a holiday party for the residents at Bethesda Southgate. Members provided holiday cookies and cake, and a gift for each resident.

“When all of the residents, staff and Women’s Board members sang ‘Silent Night’ together, the magical moment was felt by everyone in the room,” says Lisa. “I am so proud to be associated with such a benevolent group of women.”



*To learn more about the Bethesda Women’s Board and to review a list of our members, please scan the QR code seen here.*



## Jo Oertli Shares Her Blessings

**Jo Oertli** is deeply grateful for her blessings. Along with her husband, Fred, whose family founded Guarantee Electrical Company, they enjoyed a full life while raising two sons, followed by three wonderful granddaughters who are their pride and joy.

In 2014, Fred passed away due to Parkinson’s disease, and while Jo embraced solitude, her sons worried about her living alone and encouraged her to consider a senior living community. For years, Jo expressed little or no interest. In early 2023, however, as she was driving through Clayton, the Bethesda Barclay House building caught her eye...and she moved in a few months later.

Describing her new home on the 17th floor, whose view overlooks Clayton’s beautiful Shaw Park, Jo calls it her “home in the clouds.” At 80 years old, she raves about the excellent food and the people she has met, both fellow residents and the always helpful staff.

Always charitable, and happy and appreciative of her new home, Jo contributed \$25,000 to the Bethesda Health Group Foundation to help ensure that Bethesda residents who have outlived their financial resources can remain in their homes. She expressed her desire to share her blessings and assist others in finding peace.

Raised in Sikeston, Missouri, Jo was the youngest of nine children growing up during the challenging times of the Great Depression. Despite lacking material wealth, she was rich in love and familial support, and those feelings translated into her exceptional gift.

Asked about her decision to donate, she smiled and said, “You have to understand. It’s not my money; it belongs to the Lord, and I am only the custodian of it.”

Thank you for helping Bethesda residents and patients remain in their Bethesda homes with compassionate care and dignity!

We are so grateful to the many individuals, foundations and corporations that generously contributed to Bethesda Health Group Foundation between July 1, 2022, and June 30, 2023.

Your investment enabled us to provide exceptional care and vital services to more than 10,000 seniors living in our communities annually.

Thank you to our 1889 Club members. Years of continued annual support are indicated in parentheses after your name. The 1889 Club represents giving since 2002.

**Elizabeth Hayne Society Members—Established July 1, 2022**

*A special “thank you” to the charter members of the Elizabeth Hayne Society, who give \$1,000+ annually.*

**Guardians (\$25,000+)**

- Tom W. Bennett Irrevocable Trust (15)
- East Missouri Foundation (3)
- Margaret B. Grigg Foundation (15)

**Angels (\$10,000+)**

- Daniel and Blanche Bordley Fund for Bethesda of the St. Louis Community Foundation (18)
- Leo R. Buder Foundation Trust (16)
- Bernal T. Chomeau Private Foundation, Douglas B. Chomeau, Stuart and Susan Chomeau, Kathy Andrews (6)
- Mary Poore Fobes Trust (16)
- Ronald Glossop (2)
- Juanita Hinshaw (15)
- Midwest Elevator Company (2)
- Unidine Senior Living Culinary Group
- John M. Wolff Foundation (7)

**Humanitarians (\$5,000+)**

- Susan and Joe♦ Brinker (21)
- Susan Rassiour Buder Memorial Trust (13)
- Michelle Glass (19)
- Greystone
- Earle Harbison, Jr. (13)
- Judy and Phil♦ Hutchison (6)
- Lawrence Group (2)
- Marilyn and Charles Perkins (3)
- Ginny and John♦ Rowe (21)
- A Storage Inn (2)

**Heroes (\$2,500+)**

- AON Risk Solutions Services (2)
- Bank of America Merrill Lynch
- Bartels-Missey, Inc. (9)
- Barbara and George Clements (21)
- The Olive A. Dempsey Charitable Trust
- ECB Rx (2)
- Enterprise Holdings (2)
- Integrated Facility Services
- ISC Contracting
- Peter Krombach (14)
- Matrixcare (2)
- Hetty and Gary♦ Mayes (13)
- Midwest Staffing Solutions
- Anita and Patrick♦ Rooney (3)
- Sandberg, Phoenix & Von Gontard P. C. (2)
- Select Rehabilitation (2)
- Thompson Coburn LLP (4)
- WellDyne
- Jackie Yoon♦ (8)

**Caregivers (\$1,000+)**

- Jerry Ahillen and Mark DeJaynes (5)
- Anonymous (4)
- Sarah and Jerry Arnold (17)
- Bieg Plumbing Company (2)
- BioTech X-Ray
- Candice Brown (14)
- Charlotte Busch (14)
- Laura and Roger Byrne (10)
- Eileen Caffey (5)
- Central Solutions
- Jennifer and Tom Collins, Collins Family Fund of the St. Louis Community Foundation (19)
- Mary Alice Collins Memorial Fund (14)
- Common Ground Public Relations, Inc. (2)

- Concordance Health Solutions
- CORE Properties (2)
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- Jo and Ned Durham (3)
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- Evans & Dixon (2)
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**Friends of Bethesda (\$500+)**

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 Leon Steinbrueck (4)

At the inaugural Elizabeth Hayne Society appreciation luncheon, **Fred Falker** shares a story with **Mike** and **Patty Keller** as **Kevin Klingler** listens. Fred and Mike are both Bethesda Board members; Kevin is a Past Chair of the Bethesda Board.



Robert Stevens  
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### Heritage Society

*Thank you to the following individuals who have included Bethesda in their estate plans.*

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\*Deceased ♦Board Member



**Missy McAuley**, Director of St. Andrews & Bethesda Home Health, happily delivers household items and clothing to 85-year-old **Denzil**. The teams from Home Health and the Bethesda Foundation arranged for the purchase of the necessities as part of a grant from the Marillac Mission Fund.

Lois C. Tuttle\*  
 Richard Weidert\*  
 Ethel V. Wilder Trust

### In-Kind Donors

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 Ryan Glasscock  
 Grafica Fine Art & Custom Framing  
 Grey Eagle Distributors  
 Jazz St. Louis  
 Kathy and Doug Joslin  
 Pat Kapsar  
 Kendra Scott Jewelry  
 KIND Soap Company  
 Nancy Kinstler  
 Denise and Rob Klingler  
 Lucy and Kevin Klingler  
 Kreis' Steakhouse & Bar  
 Claire Luna

Massage Envy Spa, Oakville  
 Lydia and Dale♦ Meier (14)  
 Midwest Elevator Company (2)  
 Susan♦ and Michael Moore (8)  
 John Nickel  
 River City Casino & Hotel  
 Anita and Patrick♦ Rooney  
 Ginny and John Rowe  
 Sandberg, Phoenix &  
 Von Gontard P. C.  
 Linda Sanders  
 Elaine Schorb  
 St. Louis Aquarium  
 St. Louis Cardinals  
 St. Louis Distillery  
 St. Louis History Museum  
 St. Louis Wheel  
 Stolze Printing  
 SumnerOne  
 Thompson Coburn LLP  
 Topgolf  
 Unidine Senior Living  
 Culinary Group  
 Urban Chestnut Brewing  
 Company  
 U.S. MedRehab, Andrew  
 Johnson  
 Georgee and Jeff Waldman  
 Carrie and Rob Wetzel  
 Walter Knoll Florist  
 Janice Zurfluh

*Every effort has been made to ensure accuracy for our Report to the Community honor roll list. Please contact Linda Sanders at 314.800.1981 with any questions. Any corrections will be included in our next Pulse newsletter.*

## Board of Directors



Front row (l-r): **John W. Rowe**, Treasurer; **Joseph J. Brinker**, President & CEO; **Jackie Yoon**, Chair; **J. Dale Meier**, Vice Chair.

Back Row (l-r): **Susan G. Moore**; **Gary L. Mayes**; **Philip A. Hutchison**, Secretary; **Colleen M. Wasinger**; **J. Michael Keller**.

(Not pictured: **Frederick J. Falker**, **Patrick J. Rooney**, **Mark W. Reifsteck**.)

## Leadership Team



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

Back Row (l-r): **Andrea L. Tripp**, Vice President & Senior General Manager; **Linda L. Sanders**, Corporate Vice President & Director of Development; **Jeffrey R. Waldman**, Corporate Vice President & Director of Marketing; **Michelle M. Glass**, Senior Vice President, Senior Living & In-Home Services; **Candice E. Brown**, Vice President and Administrator; **Jennifer Popp**, Vice President & Administrator; **Laura Frame**, Corporate Vice President, General Counsel and Compliance Officer.

## Advisory Board



Front row (l-r): **Jackie Yoon**, **Jackie Shillington**, **Jim Sertl, M.D.**, **Juanita Hinshaw**.

Back row (l-r): **Matt Koch**; **Al Poelker**, **Kevin Klingler**, **George Clements**; **Fred Perabo**, **Ken Bass**, **Joe Brinker**, President & CEO.

(Not pictured: **Bob Barrett**, **Nick Clifford**, **Tom Collins**, **Dave Culver**, **Curt Engler**, **Dave Fleisher**, **Franc Flotron**, **Earle Harbison**, **Ronald Jones**, **Pat Kapsar**, **Peter Krombach**, **Sally Lilly**, **Steve Woodard**.)

In light of our theme, we thought we'd use these pages to show examples of our residents going on field trips and outings throughout the area! To see numerous examples of our residents "Living it Up," just scan the QR code with your smartphone to find direct links to each of our communities' Facebook pages.



**1** We met Bethesda Orchard at the Mundy in Forest Park! Here, Life Enrichment Director **Kayla Edwards** and residents **Angie Heumann, Judy Hardebeck** and **Sue Hooker** get ready to enjoy West Side Story.



**2** These Pacific Place residents, seen here with Bethesda Senior VP **Michelle Glass**, know that the best way to enjoy a day at the Missouri Botanical Gardens is by tram!



**3** Fitz's in the Loop is where Bethesda Terrace residents **Rosemary Bourisaw** and **Mary Schuler** enjoyed one of the restaurant's renowned root beer floats!



**4** These five Village North Retirement Community residents (**Mildred Lewis, Marguerite Lee, Doris Rice, Jeanette Pettaway** and **Margie Watson**) are having a great time at the National Blues Museum in downtown St. Louis.





5 Bowling is clearly up the alley of these Bethesda Meadow residents! At West County Bowl in Ballwin, **Carl Rainey** is aiming to get a strike under the watchful eye of Activities Director **Paula Borah**.

6 When the craving for some outstanding Italian food hit these Oaks at Bethesda residents (and a couple of staff members), it was time to head off to the Hill to enjoy some Zia's!

7 I scream, you scream, these Alton Memorial Rehabilitation & Therapy patients all screamed—for some Dairy Queen!

8 You can't blame these Christian Extended Care & Rehabilitation residents for looking forward to their barbecue at Bandana's!

## 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

### **Pacific Place**

45 South Old Orchard  
Webster Groves, MO 63119  
(314) 961-3041

### **Village North**

#### **Retirement Community**

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

## Bethesda Skilled Nursing Communities with Rehabilitation and Respiratory Therapy

### **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

\* Memory Support

### **Memorial Care Center**

4315 Memorial Dr.  
Belleville, IL 62226  
(618) 619-5010

## 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 Home and Community Based Services

### **Bethesda Hospice Care**

12101 Woodcrest Executive Dr.  
St. Louis, MO 63141  
(314) 446-0623

### **Bethesda Senior Support Solutions**

12101 Woodcrest Executive Dr.  
St. Louis, MO 63141  
(314) 963-2200

### **St. Andrews &**

#### **Bethesda Home Health**

12101 Woodcrest Executive Dr.  
Suite 201  
St. Louis, MO 63141  
(314) 963-2200

### **Bethesda Care Management**

12101 Woodcrest Executive Dr.  
St. Louis, MO 63141  
(314) 800-1911

### **Meals on Wheels**

Bethesda Dilworth  
(314) 968-5460,  
ext. 5410

