

**BETHESDA**

# Celebrating Health, Happiness & Connection



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**2024 REPORT TO THE COMMUNITY**  
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*In 1998, the Bethesda Board of Directors established the Norwood Award to recognize individuals and organizations who have provided distinguished service, vision and commitment to Bethesda.*

*One of the highlights of the annual Norwood Award celebration is the gathering of current and past recipients in attendance, and the 2024 group was no exception.*

*Standing (l-r): Catherine Reiss (2015), Teresa Buehler (2022), Ruth Kohl (2008), George Clements (2011), Barbara Clements (2019), David Culver (2016), John Rowe (2014), Tom Collins (2022), Al Poelker (2018), Bob Morris (2013), Charlene Zinkl (2018).*

*Sitting (l-r): Peter Krombach (2009), Juanita Hinshaw (2013), Theresa Wolff—The John M. Wolff Foundation (2024); Ruthann Wolz (2023), Jackie Shillington (2005), Robert Zinkl (2018).*



**Use the QR code to see all the award recipients on the Bethesda website, and click on their names to access a short biography.**





## LETTER FROM THE PRESIDENT

# Welcome to the 2024 Report to the Community



It is remarkable to consider that, at 135 years old, Bethesda is one of St. Louis' oldest non-profit human services organizations, and although the services we provide today are different than when it was founded—a few endearing principles have remained constant.

First, just like the three founders who created a home for abandoned infants, aged women and unwed mothers, our team of caregivers are the sustaining force of this organization. I often say, "It all starts with our employees." Hiring compassionate people and investing in their professional development is one of our most important management initiatives. The Career Ladder program (highlighted on page 4) gives a glimpse of that ongoing commitment. By recognizing potential from within, Bethesda empowers employees to advance in their careers.

Second, embracing all that life can offer is an important thread that connects the thousands of people touched over the years through our caring vision of fostering successful aging. The residents who continue to pursue their passions (like the Bethesda Orchard residents who performed in the annual "Follies" program pictured above) remain vibrant, and choose to engage in new activities are a good reminder to practice resilience through every stage of life. Inside you will read inspiring stories of residents who remind us of the value of staying active and connected.

Finally, knowing that Bethesda is making a difference is ultimately why we are here. While we address many business and financial aspects of managing this revered organization at each Board of Directors meeting, a consistent highlight is reviewing what our residents and families have to share with us. We read letters of gratitude and take to heart how important caring for our senior community really is.

We could not do this without the generosity of our donors. As we reflect on the past year and look ahead, let's celebrate the dedication of our employees, the vibrancy of our residents and the impact of your support in helping us deliver on our mission every day. Together, we will continue to honor Bethesda's enduring legacy and strive to make an even greater difference in the lives of those we serve.

**Joseph J. Brinker**  
President & CEO

# Bethesda's Career Ladder: A Champion for Career Advancement

At Bethesda, the commitment to being a premier provider of senior care and services aligns seamlessly with creating fulfilling career pathways for its team members.

That commitment was the basis for the creation of Bethesda's unique Career Ladder program, which empowers both current employees and members of the community to pursue or climb higher in their senior care careers, reflecting the organization's mission to serve seniors with excellence and compassion.

The cornerstone of the program is the Certified Nursing Assistant (CNA) apprenticeship. Before stepping onto this first

program rung, participants can complete a pre-apprenticeship class designed to strengthen foundational skills such as notetaking, test-taking and medical terminology. This preparatory step ensures that individuals who may lack prior healthcare experience or confidence are fully equipped to excel in the program.

"Since offering the pre-apprenticeship option, the passing rate for the CNA exam has increased from 78 percent to nearly 100 percent," says **Eileen Caffey**, Senior Director, Talent Solutions.

The CNA apprenticeship blends classroom instruction with

clinical practice, offering classroom training and hands-on training at Bethesda's communities. This flexible format allows participants to maintain their current work schedules while preparing for the CNA certification exam. In just 12 weeks, participants earn their CNA credentials and gain the confidence and skills to deliver Bethesda's hallmark compassionate care.

The Career Ladder can truly be life changing—just ask **Jennifer Popp**. Through the participation of many members of her team, Jen has witnessed the transformative impact of the program firsthand.

"What's great about the Career Ladder is that it recognizes potential from within," says Jen, Vice President, Skilled Nursing. "Our residents are able to watch their caregivers grow and achieve milestones right here with us."

Since its launch in 2020, the Career Ladder program has helped 198 candidates ascend to CNA certification. Demand continues to climb, with nearly 200 registrations and 79 individuals attending information sessions for just 12 spots in the January 2025 cohort.

The program's growth mirrors its success. Initially partnering with Applied Technology and graduating about 20 CNAs per year, Bethesda



*Congratulations to these nine new Bethesda Certified Nurse Assistants (CNAs), each of whom participated in the CNA Apprenticeship class at Bethesda Dilworth in the Fall of 2024. This was the Career Ladder's largest class to date.*



# Bethesda's Career Ladder in Action

## Kristina Johnson

Bethesda's Career Ladder program has profoundly changed **Kristina Johnson's** life. At 21, she was managing a fast-food restaurant and seeking more fulfillment. She joined Bethesda's Nursing Assistant (NA) class and quickly discovered her passion for caregiving.

"I fell in love with this field and these residents," Kristina recalls. "You're there for them during their happiest, hardest moments and everything in between."

Over a four-year span, Kristina has steadily advanced, earning her CNA and CMT certifications. Today, she serves as Staffing Coordinator at Bethesda Southgate—managing schedules, coordinating coverage and supporting her team.

Looking ahead, Kristina plans to pursue her nursing degree—a dream she once thought unattainable.

"If I didn't go through the Career Ladder, I wouldn't be anywhere near where I am today,"



**Lakisha Hawkins (left) and Kristina Johnson**

she says. "It's shown me how much I've grown at Bethesda."

Her advice for others? "Take it one day at a time."

## Lakisha Hawkins

**Lakisha Hawkins'** caregiving journey began in November 2023 as a Resident Companion at Bethesda Southgate. Supporting residents with daily activities, her calm, welcoming demeanor quickly earned the trust of residents and their families.

"I come from a family of caretakers, and this is something I've always wanted to do," Lakisha says.

Her natural caregiving abilities, combined with a desire to grow, led her to Bethesda's Career Ladder program. Now pursuing her Certified Nursing Assistant (CNA) certification, she aspires to become a Certified Medication Technician (CMT).

Spending time with residents is Lakisha's favorite part of the job, whether painting their nails, helping them get ready for the day, or simply listening to their stories.

"Being there for them in those small moments means a lot," she says. "Bethesda's been a big help. I wouldn't have been able to do it alone."

has since added Jefferson College as a second partner.

"It's been incredible to observe the growing interest in this program," Eileen says. "Now with two partners, we plan to graduate 50 CNAs per year."

Bethesda's partnerships with educational institutions also support further steps up the Career Ladder. After completing the CNA apprenticeship class, participants can advance to

become a Certified Medication Technician (CMT) or a nurse. In addition, look for a Licensed Practical Nurse (LPN) apprenticeship through Southwest Illinois Community College to begin in 2025.

Plans also are underway for a Registered Nurse (RN) Leader Fellowship in partnership with St. Louis Community College, offering yet another step for career growth.

Through these initiatives, Bethesda is not only investing in its employees but also cultivating a new generation of compassionate caregivers dedicated to serving seniors.

"Talent is evenly distributed, but opportunity is not," Eileen says. "Bethesda works to bridge that gap, providing our employees with the chance to have fulfilling careers in healthcare while also reinforcing our mission to serve our residents."

## BETHESDA AWARDS AND ACCOLADES



### President's Roundtable

The Bethesda President's Roundtable is comprised of select Bethesda employees who exemplify excellence and commitment. In 2024, two deserving staff were added to the Roundtable—**Cami Sanders**, CNA, Alton Memorial Rehabilitation & Therapy (left), and **Latisha Gill**, Office Coordinator, Bethesda Barclay House.

"The Roundtable members offer great insight and perspective into issues involving our employees," says **Joe Brinker**, President & CEO. "We are pleased to add Cami and Tisha to this select group."

### Mary June King Scholarship

Congratulations to (l-r) **Shante Weaver**, **Lisa Kirika** and **Fatima Maningo**, each of whom has been selected to receive a \$500 scholarship from the Mary June King Scholarship Fund in 2024. This marks the first time that three Bethesda employees have earned the scholarship in a single year. The fund supports Bethesda employees in their pursuit of post-secondary education at the college level. To learn more about the creation of the scholarship, please turn to page 13 for a feature on its founder, **Mary Brown**.



### Administrator of the Year

A heartfelt congratulations to **Lisa Reynolds**, Executive Director at Bethesda Hawthorne Place (third from left), on being named the 2024 Administrator of the Year by the Missouri Health Care Association! Lisa was initially selected as the District 3 award recipient, and was later chosen from among the other district winners. Much of the content for Lisa's nomination was provided by **Lea Ann Coates** and **Lakesha Cook**, two of her long-time team members at Bethesda Hawthorne Place, who joined her in celebrating at the annual conference along with **Roger Byrne**, **Kiel Peregrin** and **Joe Brinker**.



The Association for Purkinje | Greenville, SC  
 Breaking Down Barriers: Dementia Inclusive Communities

**HEATHER MARCH**  
 Crossdale Village | Durham, NC  
 Resident Services with Artificial Intelligence (AI)

**JEANETTE MARTINEZ**  
 Bethany Community Services | Haverhill, MA  
 Empowering Purpose, Reducing Isolation

**ZENAE MERCHANT**  
 The Osborn | Rye, NY  
 Administrators Bridging International Territories (HABIT)

**KRISTIN MORRIS**  
 RiverSpring Living | Riverside, NY  
 KIDS: Health Care Leaders of Tomorrow

**LAURIE MOYER**  
 Acts Retirement Life Communities | Fort Washington, PA  
 Resident Storytelling

**NIKKI NELSON**  
 The Sharon at SouthPark | Charlotte, NC  
 Connecting Community Residents Through Technology

**CANDICE PIETRZAK**  
 The Parker Health Group | Highland Park, NJ  
 Growing in Place, The Employee Experience

**JENNIFER POPP**  
 Bethesda Health Group | St. Louis, MO  
 Fostering Future Leaders through Formal Mentoring

**KIM PRATT**  
 Brookhaven at Levington | Levington, MA  
 Youth Exposure to Senior Living Careers

**NIKKI ROBERTSON**  
 The Woodmont Community | Columbia, SC



## Leadership Academy Fellow

**Jennifer Popp**, Bethesda Vice President, Skilled Nursing, can add another accomplishment to her portfolio—Leadership Academy Fellow! Jen was recognized at the national convention of LeadingAge, our industry’s professional organization. Her project, “Fostering Future Leaders Through Formal Mentoring,” will be integrated into the Bethesda Leadership Development program. Congratulations, Jen!



## Best Places to Work

In 2024, Bethesda achieved an impressive milestone by being named one of the Best Places to Work in St. Louis for the 8th time in the past 12 years. What set this year apart? A second-place finish in the “Giant Companies” category (for organizations with more than 1,000 employees)—our highest ranking ever!



This success is thanks in part to the hard work of the Bethesda HR teams, some of whom were present at the award luncheon. Their encouragement led to a record number of employees completing surveys.

The contest, coordinated by Quantum Workplace and the *St. Louis Business Journal*, typically attracts over 240 businesses and organizations from the St. Louis area, with fewer than 70 earning finalist recognition in their categories. Congratulations to all of us—and here’s to making 2025 our best year yet!

## Green Business Challenge

For the 8th consecutive year, Bethesda was recognized as a “Champion Level” participant in the Green Business Challenge, sponsored by the Missouri Botanical Garden. **Kiel Peregrin**, **Matt Scheer**, **Jessie Bathon** (holding award), **Jeff Waldman** and **Michelle Glass** represented Bethesda at this year’s award luncheon.



## BETHESDA AWARDS AND ACCOLADES



### MCC/Silver Quality Award

Earlier this summer, the team members at Memorial Care Center (MCC) learned that the American Health Care Association (AHCA) and National Center for Assisted Living (NCAL) had accepted its application. It had become only the third rehab/skilled nursing community in Illinois, and the only one in 2024, to earn the extremely prestigious Silver Quality Award.

According to the AHCA, this award demonstrates MCC's dedication to providing quality care and continuous performance improvement. "The application is so extensive that many communities who achieve the Bronze level choose not to try," says **Kiel Peregrin**, Bethesda's Chief Operating Officer, who submitted it along with **Keri Bryer**, MCC Administrator.

MCC joins Bethesda Southgate as the only two Bethesda communities to have achieved this honor.

Congratulations to everyone at MCC for this tremendous achievement!

### US News

Five Bethesda communities were named to the *U.S. News & World Report*—Best Nursing Homes list for rehab services for 2024-2025: Bethesda Southgate, Barnes-Jewish Extended Care, Christian Extended Care & Rehabilitation, Alton Memorial Rehabilitation & Therapy and, for the 15th consecutive year, Memorial Care Center!



### Newsweek

Four Bethesda Communities, Bethesda Dilworth, Bethesda Southgate, Barnes-Jewish Extended Care and Memorial Care Center, were named to *Newsweek's* Best Nursing Homes list!

This award recognizes communities according to key performance data and peer recommendations.



### St. Louis Magazine

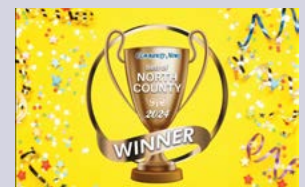
Nine Bethesda communities and one community-based service were named to the 2024 list of Top Area Senior Living Facilities and Home Health Providers, as researched by DataJoe and published in

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



### Best of North County

Kudos to the team members at Village North Retirement Community and Christian Extended Care & Rehabilitation for an outstanding achievement! For the second consecutive year, both communities swept the three senior-related categories in the annual "Best of North County" contest. Village North was named Best Retirement Community, while CECR earned honors as both Best Nursing Home and Best Skilled Rehab Community.





# BETHESDA FINANCIALS

Year ending June 30, 2024

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

### REVENUES

|                         |                       |
|-------------------------|-----------------------|
| Net service revenue     | \$ 107,126,147        |
| Other revenue and gains | 5,833,087             |
| Contributions           | 545,171               |
| Total revenues          | <u>\$ 113,504,405</u> |

### EXPENSES

|                                    |                       |
|------------------------------------|-----------------------|
| Direct professional care           | \$ 58,267,417         |
| Dietary service                    | 9,926,885             |
| General resident & campus services | 12,543,459            |
| Corporate administrative services  | 17,687,486            |
| Employee health & welfare          | 2,876,550             |
| Depreciation                       | 7,862,886             |
| Interest                           | 4,912,791             |
| Provision for bad debts            | 903,396               |
| Total expenses                     | <u>\$ 114,980,870</u> |
| Operating loss                     | <u>\$ (1,476,465)</u> |

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

### ASSETS

|   |                       |
|---|-----------------------|
| Current assets  |                       |
| Cash and cash equivalents   | \$ 11,740,018         |
| Accounts receivable   | 5,784,634             |
| Management fee receivable   | 2,831,651             |
| Other current assets  | 4,717,353             |
| Total current assets  | <u>\$ 25,073,656</u>  |
| Assets limited as to use, net of amount<br>required to meet current obligations | \$ 74,079,165         |
| Property, plant & equipment, net  | \$ 101,986,292        |
| Beneficial interest in trusts   | \$ 1,392,191          |
| Beneficial interest in affiliate  | 6,886,418             |
| Other assets  | 4,880,168             |
| Total assets  | <u>\$ 214,297,890</u> |

### LIABILITIES AND NET ASSETS

|   |                       |
|---|-----------------------|
| Current liabilities                               |                       |
| Current maturities of long-term debt              | \$ 3,245,000          |
| Line of credit                                    | 4,700,000             |
| Accounts payable                                  | 3,870,122             |
| Accrued expenses                                  | 7,002,231             |
| Other current liabilities                         | 2,894,349             |
| Total current liabilities                         | <u>\$ 21,711,702</u>  |
| Long-term liabilities,<br>less current maturities | \$ 89,458,483         |
| Life residents' fees                              | 55,217,810            |
| Other liabilities                                 | 7,514,496             |
| Total liabilities                                 | <u>\$ 173,902,491</u> |
| Net assets  | <u>40,395,399</u>     |
| Total liabilities and net assets                  | <u>\$ 214,297,890</u> |

### Bethesda Meadow Sold

In May 2024, Bethesda announced the sale of Bethesda Meadow, the long-term care/rehab community located in Ellisville, Mo., to Green Tree Healthcare Management. Bethesda Meadow had been part of Bethesda since 1989.

The move came as part of Bethesda's strategic effort to streamline operations and focus on a combination of demand, need and efficiency to best care for St. Louis seniors.

"Bethesda remains dedicated to its mission of providing exemplary care for seniors, and this move underscores our commitment to operational excellence and long-term sustainability," said **Joe Brinker**, President and CEO of Bethesda, at the time when the announcement was made.

### Another Great Year for Our 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 7,350 residents and families in 2024!

The breakdown is as follows:

- **St. Andrews & Bethesda Home Health**—provided in-home rehab and nursing for more than 7,000 visits to patients in the St. Louis area
- **Bethesda Senior Support Solutions**— provided in-home non-medical support (dressing, bathing) and Care Management consultation for more than 200 St. Louis-area seniors
- **Bethesda Hospice Care**—provided support services, including physical and spiritual support, to more than 150 St. Louis-area seniors and their families.

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



### Support for Our Residents

When patients like **Wanda Mitchell** are in need of a chair to help lift her from sitting to standing, the Bethesda Home and Community Based Services team works with the Bethesda Health Group Foundation to address that need.

Wanda, a St. Andrews & Bethesda Home Health patient, is seen at right with physical therapist **Wendi Hook** and her new lift chair, which arrived on Dec. 30—just in time for the new year. But the chair is among many items purchased in 2024 for seniors in need:

- a shampoo wash basin that allows the patient to have her or his hair washed while lying in bed or sitting in a wheelchair
- hand splints
- washable bed pads
- neck pillows
- Ensure/protein drinks and adult briefs (not covered by insurance)
- and more!

The Charless Foundation, the Margaret Grigg Foundation and the Lutheran Foundation all earmark their gifts to the Bethesda Health Group Foundation for these types of purchases—durable medical equipment and medical supplies that insurance will not cover, the client cannot afford, or for which benefits have yet to be approved.





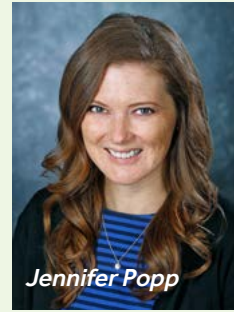
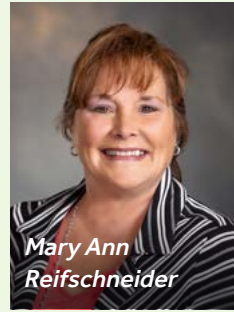
## New Positions

Two new leadership positions were created at Bethesda in 2024—Executive Director, Home and Community Based Services (HCBS) and Vice President, Skilled Nursing.

In July, **Mary Ann Reifschneider** joined the team as the HCBS Executive Director. Mary Ann is no stranger to Bethesda, serving as Rehab Account Manager to Bethesda for 17 years when she worked at RehabCare and Select Rehabilitation.

In this new position, Mary Ann will oversee St. Andrews & Bethesda Home Health, Bethesda Care Management, Bethesda Hospice Care and Bethesda Senior Support Solutions private duty services. She reports to **Michelle Glass**, Senior Vice President, Senior Living and In-Home Services.

And **Jennifer Popp** has been selected to fill the position of Vice President, Skilled Nursing. In this



position, Jen will oversee the operations of the skilled nursing/rehab communities that Bethesda owns and manages.

Prior to starting this position, Jen was a Bethesda Vice President serving as Administrator of Bethesda Southgate. She reports to **Kiel Peregrin**, Chief Operating Officer.

Welcome to the team, Mary Ann, and congratulations to you both!

## Capital Improvements

A top priority continues to be making sure that the facilities in which Bethesda residents live and Bethesda staff work are at the highest level, and the improvements in 2024 were plentiful:

- The front lobby at Pacific Place was renovated with new flooring and made more spacious for residents and guests. The renovation also included a new flat-screen TV for resident enjoyment (see photos).
- The kitchen area at Bethesda Terrace was renovated and refigured, resulting in more space for dining staff to work.
- A new breakfast nook was added at Bethesda Orchard.
- Flooring and parking lot repairs were completed at many Bethesda communities.

"**Alex Marshall** (Renovation Manager) and I work closely with the leadership at each community to determine what is needed to ensure the safety, security, comfort and satisfaction for our residents," says **Matt Scheer**, Bethesda's Director of Administrative Services. "After working with the Finance department to determine how to best financially prioritize the projects, our Renovations team goes to work!"

Matt estimates that between \$3-5 million in capital expenditures are used for these improvements.



# Bob Ackermann

Some might say **Bob Ackermann's** life story resembles the ripples on a calm lake—steady, far-reaching and deep, and extremely fitting for a fisherman like Bob.

Since moving to Bethesda Terrace in April 2021, Bob, 91, has become a beloved member of the senior living community, known for his kindness, his family ties and, of course, his lifelong passion for fishing. From organizing an annual fish fry to sharing stories of his globe-trotting adventures, Bob brings energy and joy to all those around him.

Fishing has been a thread running through Bob's life from the moment he cast his first line at the age of six. He learned to fish alongside his father—a tradition now passed down through four generations.

One of Bob's most cherished childhood memories involves his mother's unique fishing trick: making "dough bait" by dipping small pieces of dough into vanilla extract.

"The vanilla extract certainly attracted the fish," he says. "I owe my love for fishing to my father and my success to my mother!"

Bob's passion for fishing became a shared joy with his wife, Betty, whom he met on a blind date in high school. After marrying in 1954, Bob taught Betty to fish at Lake of the Ozarks, and together they discovered new fishing spots around the world, traveling to areas such as Ontario, Canada and the Sierra Madre Mountain range in Mexico.

"Betty had the best luck," Bob recalls with a smile. "She always caught the biggest one."

Even through different phases of his life—serving in the Navy during the Korean War, working in the printing trade and later as a handyman—Bob always found time for fishing. More than just a hobby, fishing became his sanctuary; it was at the water's edge, with rod in hand, that he found true peace.

"Fishing has been the consistency throughout my life," Bob says. "It gives me time to think and meditate."

Since joining the Bethesda Terrace community, Bob has made sure to keep his fishing traditions alive. He annually treats the members of a Bible study group



he leads to a fish fry lunch, with this year's event featuring around 50 pounds of fish caught and filleted by four generations of the Ackermann family.

"I was keeping the fish in my apartment freezer until I had too many and had to transfer it to the big freezer," he says.

Upon seeing how much fish he had, the Bethesda Terrace dining services team offered to assist by preparing and cooking the fish, using Bob's preferred seasoning.

When he's not fishing, Bob enjoys taking walks around the community, reading mystery novels and spending time with his family. His daughter calls him twice a day, and family members frequently visit to share meals with him in the dining room at Bethesda Terrace.

"Family has always been important to me," Bob says. "I'm grateful for their love and the fact that they're just down the road."

Looking ahead, Bob's sense of adventure remains undimmed. With ice fishing and skydiving still on his bucket list, Bob Ackermann proves that the thrill of life doesn't fade with age—it only grows richer.



# Mary Brown

**Mary June King**, affectionately known as June, was a trailblazer in a time when few women pursued higher education. Prior to becoming a resident at Bethesda Dilworth, June dedicated her life to education and inspired those around her to embrace learning.

Her commitment to education lives on through the Mary June King Scholarship, which supports Bethesda employees in advancing their education and careers. Founded by her daughter, **Mary Brown**, the scholarship honors June's belief in the power of education.

June's own foray into higher education began after high school, when she attended secretarial school and began her career. Her passion for learning profoundly impacted her husband, who had only a sixth-grade education when they met. With June's encouragement, he earned his GED and built a career at McDonnell Douglas.

"She wanted my brother and me to receive a good education," says Mary of her mother. "We both went to college. It was a big deal for them, and I know they scraped and saved to send us."

After moving June to Bethesda Dilworth in 2010, Mary witnessed firsthand the joy her mother found in the community, from the sing-alongs to the loving care of the staff, who nicknamed her "June Bug."

"Every day after work, I'd come to Bethesda Dilworth and have dinner with my Mom," Mary says. "The staff would make sure she was awake and even put little bows in her hair, which was so sweet."

These experiences inspired Mary to create a lasting tribute to her mother's legacy. Following June's passing in March 2013, Mary worked with Bethesda's leadership to create a scholarship in her mother's honor. The scholarship provides funding for education-related expenses such as tuition, books and technology.

"A lot of these recipients are raising a family, going to school and working," Mary says. "I don't know how they juggle it all. It's just amazing to me. Whatever I can do to help further someone's education, I'm happy to do that."

Mary plays an active role in the scholarship process, from reviewing the applications to meeting the recipients.

"This scholarship isn't just touching the recipient—it touches their whole family," Mary explains. "Their kids get to witness how hard their Mom or Dad is working."

A particularly special moment for Mary occurred when **Katrina McFarland**, her mother's caregiver at Bethesda Dilworth, received the scholarship.

"It was a full-circle moment," Mary says. "My Mom talked to Trina about the importance of education, and now Trina is realizing her dream of becoming a nurse."

Since 2014, the scholarship has helped 19 Bethesda employees advance their education. Mary hopes to hear how the recipients progress in their careers, knowing that each one is honoring her mother's legacy.

"My mother wasn't wealthy," Mary says. "But this scholarship is a way to give back to the people who gave her such wonderful care. It's just a small way to say 'thank you.'"

**Mary Brown** (front row, left) enjoys a visit with a few of the past and current recipients of the Mary June King Scholarship—**Fatima Maningo**, **Lena Ell**, **Julie Strassman**, **Lisa Kirika** and **LeTravia King** (clockwise from Mary).



# Patty Nakashima

**Patty Nakashima** may be a California girl at heart, but these days she's embracing life in St. Louis at Bethesda Orchard, exhibiting a passion for hard work, friendships and Wisconsin-based hamburgers. We'll get to the hamburgers in a second.

Born and raised in Los Angeles, Patty moved to St. Louis in the 1960s with her then-husband, where they ran a business and raised their family. Even after selling the business, Patty enjoyed St. Louis, and while one daughter returned to California, her other daughter and family live nearby.

After living alone for many years, Patty toured Bethesda Orchard in March 2023 at age 80. It was the first place she visited—and the last.

"I liked how close it was to everything," Patty says. "After the tour I looked at my family and said, 'This is it; this is where I want to be.'"

Patty has always stayed busy. Over the years, she worked at the family business, a bookstore and a department store. But her life changed in her 40s, when friends who worked at a Wendy's restaurant encouraged her to apply.

She wasn't looking to work at Wendy's. She wasn't looking for a job in food service. She wasn't even looking for a job! And here comes the best part.

"I had never even been to a Wendy's before," Patty says. "But I thought it would be fun to be with friends. Once the owners knew I had experience with bookkeeping, I was made a manager!"

She managed a few stores over the next 10 years before she decided to retire—for the first time.

Not too much time had passed before an old colleague and friend persuaded Patty to open a restaurant, which she ran for a couple of years before retiring once more.

Food has always been significant to Patty's life. Her mother taught her to cook, and family gatherings often revolved around meals. On a Wisconsin vacation, she remembers discovering Culver's and their "nicely browned burgers." Upon moving to Bethesda Orchard, she was thrilled to find a Culver's nearby. She stopped by for a ButterBurger one day—and left with a job.

"I never thought I'd work in food again," Patty says. "But I love their food. And I was bored not working, and I missed being around people. So, I thought, why not?"

Currently, Patty spends around 25 hours a week keeping the dining area spotless, wiping down tables and greeting every customer with a smile. Occasionally, fellow Bethesda Orchard residents drop in for a bite and to say hello.

"We were all so excited when Patty started working there," says **Patsy Conte**, a Bethesda Orchard resident and Patty's friend. "We all wish we had her energy."

And energy is something that Patty has in abundance. She is enjoying her time at Culver's until she decides to retire for a third time. Then, how will she reinvent herself again?

"I'm not sure what I'll do next," Patty muses. "I might go back to school. I've always thought that would be fun."





# Brian and Jane Smith



It would be difficult to find a couple that embodies the spirit of staying active more than **Brian and Jane Smith**, with a shared passion for adventure that has taken them around the globe—on two wheels. What began in 1986 with a pair of secondhand bikes quickly turned into a lifelong journey that has spanned six continents and almost four decades.

The couple's love for cycling truly blossomed after their first organized tour in 1989, when they pedaled through the Loire Valley in France. What attracted them to the cycling tours was how they were able to experience the world in a way few people do—offering an unfiltered view of each destination.

"You're not stopping for the shops during these tours," Jane says. "You are traveling the back roads, and the roads less traveled."

A memorable moment came while resting on a park bench in Cairo, Egypt. Two children approached them, curious about the foreign couple. When the children discovered Brian and Jane could speak English, they eagerly pulled out their homework and asked for help. Jane, a former English teacher, was happy to oblige.

"They took off their backpacks and handed us what they had written that day," Brian recalls. "Jane went through with a red pen and began marking their papers. The kids were so excited to have somebody to help, and we enjoyed chatting with them."

A special moment occurred when their biking group stopped at an irrigation farm. The farmer warmly invited them to stay for lunch, but due to time constraints, the group had to decline. Curious about the generous offer, Jane asked the guide how the farmer could have managed to feed the entire group on such short notice.

"The guide told us that the farmer would have called on everyone in the village to supply food," Jane explains. "But the villagers wouldn't have eaten the rest of the day. They had what they had, and they were willing to share it with us."

Over the years, Brian and Jane estimate they have participated in 20 to 30 cycling tours. With more than 30 years of experience, they have witnessed firsthand the evolution of these trips. What once involved navigating with paper directions stapled to their bike bags eventually grew into GPS-guided tours.

"You didn't get lost as much with the GPS!" Jane jokes.

Since moving to Bethesda Barclay House in 2020, Brian and Jane have not slowed down. For Brian, he picked up a tennis racket for the first time in years. Now, he plays three times a week.

"I love the social aspect of tennis," Brian says. "We're out there making mistakes, but we're laughing and having fun."

While Brian enjoys his time on the tennis courts, Jane has found comfort in the water. Swimming laps has become one of her favorite forms of exercise, along with biking and walking.

"The water is therapeutic, and I love the endorphins I get afterward," Jane says. "It's gentle on my body, but it still gets my heart rate up."

For Brian and Jane, life has been a cycle of discovery, connection and movement. As they continue to pedal forward, their journey reminds us all that the cycle of life is best enjoyed in motion—one ride, one step, one lap at a time.



# Dave Bowles

The moment **Dave Bowles** took his first steps at Bethesda Southgate, it was a celebration of resilience. These steps marked a triumph over immense challenges—a journey that began just months earlier with a shocking diagnosis.

After returning from a trip to Las Vegas, Dave suddenly lost the ability to stand and was rushed to the hospital where he was diagnosed with Guillain-Barre Syndrome, a rare condition in which the body's immune system attacks the peripheral nerves. Overnight, his world changed. Unable to perform even basic tasks, he arrived at Bethesda Southgate for rehabilitation with no movement in his lower body and minimal upper body strength.

"I couldn't even feed myself," Dave says. "They had to use a Hoyer lift to get me in and out of bed, and I needed a wheelchair to get around."

Physical therapy began with small, humbling tasks, like digging toys out of sand to regain motor skills.

"It was frustrating when my mind wanted to do something, but my body wouldn't or couldn't," he says.

After a month, he transitioned from short-term rehabilitation to the long-term care side of Bethesda Southgate. He knew it was the only way that he'd be able to continue his therapy and regain the strength he needed to go home.

There he underwent five days of therapy each week, often going beyond prescribed sessions by using the handcycle or doing extra exercises. Progress came slowly, but steadily. First, he regained strength in his upper body. Then, movement returned to his legs.

"I'll never forget the day I stood up and walked 10 feet for the first time without any help," he says. "I immediately sat back down and cried. I couldn't believe it."

With support from his friend Sandie, his brother Albert and the Bethesda Southgate staff, Dave kept improving. Soon, he could walk 150 feet and manage his daily activities on his own.

"The staff at Bethesda Southgate were amazing," Dave says. "They always pushed me to do 'one more' and go further than I thought I could."

After eight months at Bethesda Southgate, where he consistently challenged himself to improve, Dave was finally discharged—but his rehabilitation continues.

"My next goal is to get back to driving, and I know Sandie would definitely like that," he jokes.

For anyone going through a similar challenge, Dave offers a piece of advice: "Do what the doctor and therapists tell you and keep a positive attitude. It won't always be easy, but you can get through it."

*Dave Bowles is surrounded by some of his favorite people—the rehab and nursing team members at Bethesda Southgate!*





# Water Aerobics

At Bethesda Barclay House in Clayton, summer afternoons by the pool are more than just a chance to cool off—they're an opportunity for residents to embrace fitness, fun and vitality through water aerobics.

Led by seasoned instructor **Cynthia Saffa**, who brings 33 years of teaching expertise and an infectious enthusiasm, these classes have become a highlight of the season. For the residents, water aerobics isn't just exercise; it's a joyful way to stay active, improve mobility and foster independence in a safe environment.

"When Bethesda was looking for instructors, I immediately reached out—it was an easy 'Yes!'" Cynthia says. "They are my inspiration and give back to me so much!"

The classes feature a variety of exercises designed to help residents improve balance, breathing and mobility—all without putting stress on their joints.

"I really enjoy the water aerobics classes," says **Patricia Melechen**, who hasn't missed a class since it began. "And Cynthia is great—she keeps us moving and makes it fun."

For some, like Bethesda Barclay House resident **Arnie Kaplan**, water aerobics has offered more than fitness—it's provided mental and emotional renewal.

"I'm new to water aerobics and I'm still learning all of the steps, but I feel great," he says. "It's one of the few times I can get out of my head each week."

The classes are open to the residents at all Bethesda retirement communities. In 2024, thanks to a 10-passenger van, residents who live at Pacific Place in Webster Groves have been able to join in the fun.

For **Elizabeth Clark**, who was born in Cape Cod, Massachusetts, water aerobics rekindles her love for the water. "I just love being in the water," she says. "And the instructor is energetic and inspiring."



(Clockwise from top left): **Bob Boley**, **Arnie Kaplan**, **Shelly Moehl** (daughter of a resident), **Rosemary Oliver**, **Patricia Melechen** and **Joanne Leach** are among the Bethesda Barclay House residents who enjoyed the water aerobics class this summer.

For others like **Marie Carron**, the classes represent triumphs over past fears. "I had an incident when I was younger that made me afraid of the water," the Pacific Place resident explains. "But I've been doing water aerobics for 10 years, and I'll definitely be back to Barclay House next summer!"

**Judith Mitchell**, who has also attended water aerobics classes in the past, finds joy in every session. "I've never swam at a pool with such pretty flowers," she says. "And the instructor here is fantastic."

While the sessions are full of fun and laughter, Cynthia's mantra—"If you don't move it, you lose it!"—echoes in their minds, inspiring them to continue embracing active lifestyles.

Each class participant has a reason for going to water aerobics but for most, it's more than just exercise—it's a chance to stay active in a low-impact environment, all while enjoying every splash along the way.

# Carlo Bruno

At 98 years old, **Carlo Bruno's** passion for voting remains as strong as ever. A longtime resident of Bethesda, first at Bethesda Gardens and now at Bethesda Hawthorne Place, Carlo has turned his passion for democracy into a grassroots effort. He's often seen walking the halls, chatting with other residents and asking if they planned to vote.

If someone hesitates or says no, Carlo doesn't push party politics; instead, he emphasizes the importance of making their voices heard.

"It's the only way for you to communicate your desires to the government," he says. "Every vote matters."

For Carlo, voting is about ensuring everyone has a say, regardless of political party. He's less concerned about how someone votes and more focused on whether they are informed and vote at all. His goal is to encourage thoughtful participation.

"When I speak with fellow residents, I don't care what party they're from," he says. "I just want them to vote and let the numbers fall where they may."

Carlo's commitment to voting stretches back to 1944, when at the age of 18 he cast his first ballot for Franklin D. Roosevelt. Eighty years later, he hasn't missed a single election.

"I voted in every one of 'em!" he says with pride, listing off all the candidates he supported over the years.

His dedication to civil engagement is deeply personal, rooted in his family's history. Born in St. Louis to Italian immigrants, Carlo grew up hearing stories about his parents' experiences under Benito Mussolini's regime, a dictatorship that denied them the right to vote. His parents' disenfranchisement left a lasting impression on young Carlo, and he vowed to never take his own voting rights for granted.

"Under Mussolini, the people didn't matter," Carlo explains. "They had no say, and their voices weren't heard."



Carlo vividly remembers visiting family in Italy as a child. At just 6 years old, he was issued a uniform to join the Opera Nazionale Balilla, a fascist youth organization that aimed to foster allegiance to Mussolini. However, Carlo's family rejected those ideals and fled Italy by boat. Carlo recalls his mother tossing his uniform overboard, a symbolic act that he has never forgotten.

In 1944, Carlo received another uniform—this time for the United States Air Force. Still in high school, he enlisted after learning that a close friend had died in combat during World War II. The loss of his friend weighed heavily on him, and two weeks later, Carlo joined the cause. With his natural talent for electronics and engineering, he became a radio and radar technician responsible for maintaining and repairing critical communication equipment on a B-17 aircraft.

"I thought about him a lot after he passed," he says. "So, I finally went down and volunteered for the Air Force."



“When I speak with fellow residents, I don’t care what party they’re from.  
I just want them to vote and let the numbers fall where they may.”

—  
**Carlo Bruno**

Though the war interrupted his education, it didn’t halt his thirst for knowledge. After completing his service, he attended Washington University and Webster University, earning degrees in mechanical engineering and industrial management. Veterans like Carlo, who hadn’t finished high school due to the war, were granted exceptions that allowed them to pursue higher education. Still, in 2019, Carlo was finally honored with a high school diploma at a Clayton High School graduation ceremony.

Education and civic responsibility are central themes in Carlo’s life, and he’s carried those values with him into every new chapter. When he’s not researching or casting his vote, you can find him pursuing another lifelong passion: sketching.

Since childhood, Carlo has always carried a pencil and sketchpad with him. Over the years, he estimates he has created more than 10,000 sketches, capturing everything from his travels to detailed portraits of staff members at Bethesda Hawthorne Place.

“It takes me about two to three minutes to sketch something,” he explains. “But that depends on how detailed you want it to be.”

These sketches are more than just drawings; they serve as a visual diary of his life experiences.

Carlo’s late wife, Betty, shared his passion for education and civic duty. Together, they traveled the world, visiting 36 countries. But no matter where they were, the couple never missed the opportunity to vote.

“I didn’t have to convince her to vote!” Carlo says. “It was important to her, too.”

For Carlo, the act of voting is more than a civic responsibility; it’s a way to honor the sacrifices of his parents, his country and his own generation. His message is simple but powerful: participate, engage and use your voice to make a difference.



## BETHESDA FOUNDATION

The Bethesda Health Group Foundation continued to increase its ability in 2024 to provide substantial aid for the individuals and families under our care. We can't thank all our donors enough for their selfless generosity and continuing support.

## 2024 “Birdies for Bethesda” Recap

The second annual “Birdies for Bethesda,” fundraising event raised more than \$154,000 to support Bethesda seniors in need.

“The expansion from 36 to 49 golfing bays, which resulted in nearly 100 additional players, was a game-changer,” says **Linda Sanders**, Corporate

Vice President and Director of Development. “As a result, the combination of the golf committee’s tremendous work with the generosity and enthusiasm of our golfers and sponsors means more support for Bethesda seniors who rely on our programs and services.”

The Bethesda Health Group Foundation is known for its commitment to families grappling with financial challenges. The steadfast backing of partners like Midwest Elevator, who returned as Title Sponsor, played a vital role in this event’s success.

“We deeply appreciate the commitment of our corporate partners and friends who actively join in Bethesda’s mission and profoundly impact our families,” says Linda.

The third annual “Birdies for Bethesda” will take place on April 14, 2025. For more information, contact Claire Luna at [celuna@bethesdahealth.org](mailto:celuna@bethesdahealth.org).

*Bethesda Board Chair **Jackie Yoon** is very happy with her team of golfers, which includes (l-r) Board Treasurer **Kevin Klingler**, **Ray Riddle**, **Dave Otto** and **Joe Hermann**.*



## 2024 Women’s Board Holiday Party

The Bethesda Women’s Board brought its annual holiday party, a festive tradition that fosters connection and joy for residents, back to Bethesda Southgate.

“It’s our way of giving back and bringing joy to those who may not have family nearby,” says **Lisa Meyer**, Women’s Board President.

The party was especially meaningful for **Carole Teubner**, a Bethesda Barclay House resident who spent much of her time with long-time Women’s Board member **Judy Thielker**, a Bethesda Southgate resident who was among the very first members of the Bethesda Women’s Board.

Everyone left the event with a little more holiday cheer. Thank you to our Bethesda Women’s Board members for the joy they bring residents all year long.



***Carole Teubner** (left) and **Judy Thielker** enjoy the festivities at the 2024 Bethesda Women’s Board holiday party.*



# A Gift That Keeps on Giving: Ted Stein's Impact on Bethesda



**Ted Stein** has spent a lifetime making a difference in the lives of others.

As a general surgeon, his work required skill, compassion and an unrelenting dedication to his patients. Now retired, Ted continues to make a difference—not in the operating room, but through his generosity.

Ted moved to Bethesda Barclay House in 2018, drawn by the warm, welcoming community.

"People ask why I chose to live here," he says. "The answer is simple: the people. Everyone here is incredibly friendly."

Since arriving, Ted has embraced the vibrant social life at Bethesda Barclay House. Whether he's attending an art workshop, joining a fitness class or enjoying steak-and-whiskey nights with friends, Ted's infectious energy has made him a beloved part of the community. But his impact extends far beyond social gatherings.

Earlier this year, Ted met with **Linda Sanders**, Bethesda's Corporate Vice President and Director of Development, to discuss Bethesda's Humanitarian Care program. This program provides assistance to residents facing financial hardships, ensuring they can stay in their homes.

"Bethesda's philosophy is that once you move in, you're part of the family," Ted says. "I want to make sure finances don't stand in the way of that—I want people to stay part of the family."

With thoughtful planning, Ted named Bethesda as the beneficiary of two IRA accounts, creating The Ted Stein Humanitarian Care Fund for Bethesda Barclay House. This fund ensures that residents can continue to call Bethesda Barclay House home, regardless of their financial circumstances.

"There are many ways to establish a Named Fund with Bethesda," Linda says. "Make an outright gift, contribute part or all of your entrance fee, or place Bethesda in your estate plan, like Ted, and create a permanent legacy."

Through his generosity, Ted hopes residents will experience the same sense of belonging that he treasures.

"If you are fortunate enough to be in the position to give back, you should," he says.

To learn more about establishing a Named Fund, contact Linda at [lsanders@bethesdahealth.org](mailto:lsanders@bethesdahealth.org) or 314-800-1981.

## Establishing a Named Fund

Establishing a Named Fund with the Bethesda Health Group Foundation will create a permanent legacy; one that improves the quality of life for our residents, patients, their families and our valued employees.

Your investment will provide a steady and perpetual source of income, enabling Bethesda to continue providing an unsurpassed level of compassionate and innovative care to our seniors.

The minimum gift to establish a Named Fund is \$25,000. The principal will remain invested; a portion of the fund will be distributed annually to your designated priority area.

You may gift your Named Fund in one of the following ways:

- Make a single gift
- Fulfill a three-year pledge
- Donate all or a portion of the Entrance Fee to a retirement community
- Establish an irrevocable gift in your estate plan

If you are interested in learning more about establishing a Named Fund at Bethesda, please contact **Linda Sanders**, Corporate Vice President and Director of Development, at [lsanders@bethesdahealth.org](mailto:lsanders@bethesdahealth.org) or 314-800-1981.

## BETHESDA LEADERSHIP



### Board of Directors

*Front row (l-r): Joseph J. Brinker, President & Chief Executive Officer; Jackie Yoon, Chair; J. Dale Meier, Vice Chair.*

*Back row (l-r): Gary L. Mayes; J. Michael Keller; Susan G. Moore; James H. Esther, M.D.; Colleen M. Wasinger.*

*Not pictured: Frederick J. Falker; Philip A. Hutchison, Secretary; Kevin J. Klingler, Treasurer; Patrick J. Rooney.*



### Leadership Team

*Front row (l-r): Roger T. Byrne, Executive Vice President & Chief Financial Officer; Michelle M. Glass, Senior Vice President, Senior Living and In-Home Services; Joseph J. Brinker, President & Chief Executive Officer; Kiel S. Peregrin, Chief Operating Officer.*

*Back row (l-r): Laura Frame, Corporate Vice President, General Counsel & Compliance Officer; Caprina Wakefield, Senior Vice President, Human Resources; Jennifer Popp, Vice President, Skilled Nursing; Jeffrey R. Waldman, Corporate Vice President & Director of Marketing; Candice E. Brown, Vice President & Administrator; Andrea L. Tripp, Vice President & Senior General Manager; Linda L. Sanders, Corporate Vice President & Director of Development.*



### Advisory Board

*Front row (l-r): Bob Barrett, Dave Fleisher, Jackie Yoon, Joseph J. Brinker, Fred Perabo.*

*Back row (l-r): Tom Collins, Ken Bass, David Culver, Kathy Joslin, John Rowe, Al Poelker, Kevin Curry.*

*Not pictured: Sharon Burkhardt, George Clements, Franc Flotron, Earle Harbison, Juanita Hinshaw, Ronald Jones, Pat Kapsar, Matt Koch, Peter Krombach, Sally Lilly, Mark Reifsteck, Jim Sertl, Jackie Shillington, Steve Woodard.*



# 2024 Honor Roll of Donors

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, 2023, and June 30, 2024.

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.

## Bethesda Named Funds—Creating a Legacy

*Thank you to the following individuals for establishing a Named Fund with the Bethesda Health Group Foundation.*

*Their investment provides a perpetual source of income enabling Bethesda to continue offering compassionate and innovative care to our seniors.*

Barbara & George Clements Fund  
for Humanitarian Care

John Norwood Fund for Quality of Life

Ken & Garie Perry Readiness Fund

John W. Rowe Fund for Humanitarian Care

Ted Stein Humanitarian Care Fund for  
Bethesda Barclay House

### \$25,000+

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 Doris and Max Loudenslager (3)  
 Pam and Mike Lowe (2)  
 Katherine Lupo (12)  
 Jane Mahan (11)  
 Gretchen Martinson (4)  
 Joan Maxey  
 Ann McCandless (5)  
 Connie McManus (6)  
 Tom McNulty  
 Richard Mellow  
 Donna and Mike Melroy (2)  
 Lisa Meyer (13)  
 Nancy and Andrew Miller  
 Joseph Moffatt (3)  
 Mary Moore  
 Patty and James Moore (3)  
 Dessa and Gary Morrow  
 Karen Morrow  
 Pam Mosca (4)  
 Kristen and James Moynihan (3)  
 Jeanette Mueller (2)  
 Helen and Ed Mullen  
 Roger Nelson (11)  
 Amy and James Newhard (11)  
 Sue Nordstrom (2)  
 Rosemary Oliver (4)  
 Sharon and Mark\* Poe  
 Dawn Poppe (4)  
 Judy Portnoy (6)  
 John Puterbaugh (3)  
 Jan Randazzo  
 Juliette Reed (2)  
 Alphonso Richardson  
 Christy and Scott Roberts  
 Adam Rockey  
 Susan and Michael Roesch (3)  
 Marilee Blase Rogles  
 Barbara Romine (6)  
 Shirley Ross (12)



*The Bethesda Women's Board took advantage of a beautiful Spring day at the Deer Creek Club to gather for a photo. Scan here to learn more about the Women's Board and all that they do.*





Judith Rustige-Sher and Phil Sher  
 Kathleen Sanders  
 Gerald Sauer (8)  
 Caryl Scahill (3)  
 Rita Scherer (2)  
 Janice Scheurer  
 Margaret and Brad Schu (2)  
 Scott Schutte  
 Tammy Sengheiser (2)  
 Barbara and Paul Shaver (8)  
 Vincent Shaw (2)  
 Anita Sheehan  
 Megan Shelton  
 Margaret Sheridan (7)  
 Ashley Shula  
 Lisa Simpson  
 Martha Sivier (6)  
 Jo Ann Skelton (5)  
 Jane and Brian Smith (4)  
 St. Louis JAACL  
 Janet and Ron\* Stacy (12)  
 Robert Stamp (4)  
 Leon Steinbrueck (4)  
 Robert Stevens (2)  
 Debbie and Michael Sullivan (2)  
 Carol Szweda (3)  
 Etta Taylor Fund of the Greater  
 Kansas City Community  
 Foundation (3)  
 Carole Teubner  
 Joan Tiemann (6)  
 Barbara Tonkyn (6)  
 Marjorie Treeger  
 Susan and Richard Turner (5)  
 Robin Ude  
 Vincent Volpe  
 Sue Voorhees  
 Mary Jo and James Walker (2)  
 Sarita Weldon (15)  
 Melinda and Keith Whittle  
 Micky Williamson (4)  
 Susan and Bud Wilson  
 Ervin Wilson (4)  
 Thomas Winkle (4)  
 Debbie and Steve Woodard (6)  
 Gloria and Joe Wotka (11)  
 Chris Wynn  
 Cheryl and Rick Yehling (3)  
 Lisa Zoia and Eugene Johnson (8)

### Heritage Society

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

John P. Baird Estate  
 Mary Bard Trust  
 Tom W. Bennett Irrevocable Trust  
 Marge Bieser\*  
 Alyce Blome\*

Daniel and Blanche Bordley Fund  
 for Bethesda of the St. Louis  
 Community Foundation  
 John A. Botz Estate & Trust  
 Antoinette C. Breihan\*  
 Hermine J. Brooks  
 Revocable Trust  
 Leo R. Buder Foundation Trust  
 Susan Rassieur Buder  
 Memorial Trust  
 Margaret L. Butler Trust  
 James Meade Chouteau  
 Irrevocable Trust  
 Barbara and George Clements  
 Mary Alice Collins Memorial Fund  
 of the St. Louis Community  
 Foundation  
 Winnie Cummins\*  
 George B. D'Arcy Trust  
 Nick Dopuch\*  
 Robert C. Drews\*  
 Evelyn L. Eldridge Living Trust  
 Marie Falvey\*  
 Joyce Fincher\*  
 Mary Poore Fobes Trust  
 Harris J. Frank\*  
 Edward C. Gentzler, III  
 William L. Gleiber\*  
 Margaret B. Grigg Foundation  
 Oscar Groebl  
 Dorothy M. Hanpeter\*  
 Mary Jane Heitzmann\*  
 Briggs A. Hoffmann\*  
 Peggy and Harold\* Jolley  
 Virginia\* and Russell\* Jones  
 Sally S. Lilly  
 William C. Malcolm\*  
 Mary E. J. Mermod Trust  
 Annelise Mertz\*  
 Jean Mullgardt\*  
 Jan\* and Roger Nelson  
 Jean G. Newton\*  
 John F. Norwood Trust  
 Joe Palecek Trust  
 Garie and Ken\* Perry  
 Viola J. Reynolds Trust  
 John W. Rowe  
 Frank A. and Alpha H. Ruf Fund  
 for Bethesda of the St. Louis  
 Community Foundation  
 Eleanor G. Ryan Estate  
 Albert L. Schweitzer, Jr.\*  
 Martha Sivier  
 Katherine Stauffer Charitable  
 Trust  
 Ted Stein  
 Ann F. Sternberg  
 Alice Logan Temm Trust  
 Lois C. Tuttle\*  
 Richard Weidert\*  
 Ethel V. Wilder Trust

### In-Kind Donors

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 St. Louis Cardinals  
 St. Louis Union Station  
 Stolze Printing  
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 The Fabulous Fox Theatre  
 The Repertory Theatre of St. Louis  
 Audra Thomas  
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 Topgolf  
 U.S. MedRehab, Andrew Johnson  
 Urban Chestnut Brewery  
 Vitality Unlimited  
 Caprina and Tim Wakefield-Schetter  
 Georgee and Jeff Waldman  
 Westlake Hardware  
 Carrie and Rob Wetzel



*Bethesda Gardens resident **Garie Perry** (center) is all smiles, standing with **Linda Sanders**, Corporate Vice President and Director of Development, and **Jerry Ahillen**, General Manager of Bethesda Barclay House, at the 2024 Elizabeth Hayne Society luncheon.*

\*Deceased ♦Board Member

# Life at Bethesda

This year, in accordance with our theme, we decided to use these pages to display residents and staff celebrating and enjoying themselves. To see numerous examples of our residents and staff celebrating then and now, just scan the QR code with your smartphone to find direct links to each of our communities' Facebook pages.



1 After months of planning, members of the Bethesda Hospice Care team gather at the annual Kayman 5K Remembrance Walk/Run to celebrate a job well done. Close to 80 people assembled to celebrate the memories of their loved ones.

2 A vibrant group of Bethesda Gardens residents took advantage of a beautiful Spring afternoon and visited, appropriately, the Missouri Botanical "Garden"'s Butterfly House.

3 Bethesda Barclay House residents and Bethesda Women's Board members **Susan Galloway** and **Mary Nielsen** display their new purses, both of which were purchased at the special Tory Burch fundraiser sponsored by the Women's Board.





4 **Anna Holway**, an Assisted Living at Charles Village resident, and the rest of the Holway family are clearly having a great time at the annual Oktoberfest at Bethesda Southgate. An estimated 200 people attended the event.

5 Village North resident **Ervin Wilson** gives **Adrienne Loyd**, the community's Life Enrichment Coordinator, a big hug after receiving his Veteran's Day pin and certificate. Veteran's Day commemoration ceremonies were held at all Bethesda communities to honor Veteran residents, staff and Veteran spouses.

6 **Pamela Wiley**, a resident at Barnes-Jewish Extended Care, shows off her beautiful (and colorful) vase she decorated during the community's 3-D flower and vase craft activity.

7 (l-r) Christian Extended Care & Rehabilitation employees **Rhonda Griffin-Haire, Nediya Lewis, Princess Brown, Diana Bell** and **Antoinette Hubbard** know that you are never too old to hang around with Santa!

8 It looks like **Joyce Lotz** found a new friend when a few baby goats paid a visit to Alton Memorial Rehab & Therapy in March 2024.

## BETHESDA INDEPENDENT LIVING COMMUNITIES

### Bethesda Barclay House

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

### Bethesda Orchard

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

### The Oaks at Bethesda

Big Bend & Berry Roads  
Oakland, MO 63122  
(314) 686-4250

### Village North Retirement Community

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

### Bethesda Gardens

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

### Bethesda Terrace

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

### Pacific Place

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

## BETHESDA SKILLED NURSING COMMUNITIES WITH REHABILITATION AND RESPIRATORY THERAPY

### Bethesda Dilworth\*

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

### Alton Memorial Rehabilitation & Therapy

1251 College Ave.  
Alton, IL 62002  
(618) 463-7330

### Barnes-Jewish Extended Care

401 Corporate Park Dr.  
Clayton, MO 63105  
(314) 725-7447

### Bethesda Southgate\*

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

### Christian Extended Care & Rehabilitation

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

### Memorial Care Center

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

\* Memory Support

## BETHESDA ASSISTED LIVING COMMUNITIES

### 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

### St. Andrews & Bethesda Home Health

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

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

### Bethesda Senior

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

### Bethesda Care Management

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

\* Memory Support

