

September 2021

Zoom Programming:
10:00AM Monday and Wednesday:
Senior Fitness

Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SENIOR ZUMBA 10:00AM 	2	3 Labor Day Celebration 10:30am-1:00pm 	4
5	6 CLASSIC MOVIE MONDAYS 11:00AM 	7 Hackensack Meridian Dietician speaker 11:00am 	8 SENIOR ZUMBA 10:00AM 	9 BCBS Eating Healthy on a Budget & Cholesterol 11:00 	10	11
12 Grandparents DAY 	6 CLASSIC MOVIE MONDAYS 11:00AM 	14	15 Walgreens Presents Flu Clinic 10:00am-1:00pm 	16	17	18
19	20 CLASSIC MOVIE MONDAYS 11:00AM 	21	22 SENIOR ZUMBA 10:00AM 	23	24	25
26	27 CLASSIC MOVIE MONDAYS 11:00AM 	28	29 NATIONAL HEART DAY 	30		



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UMCommunities.org/The Wesleyan

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The Wesleyan Echo

BreAsia's Health Notes

September 2021

As we all began to age nutrition becomes a major part in adulting. Eating right and staying active are important no matter what age you are. As seniors get older their bodies have different needs, so certain nutrients become especially important for good health. Eating well is important for good nutrition at any age, but it is even more necessary for older adults because nutritional needs change. Adequate nutrition is necessary for health, quality of life and vitality.

Unfortunately, for a variety of reasons, many seniors do not eat as well as they should. This can lead to poor nutrition or malnutrition. Malnutrition is seen in varying degrees in the elderly, along with varying vitamin and calcium deficiencies. Malnutrition is due to undernutrition, nutrient deficiencies, or imbalances. Reducing calorie intake can also easily get mistaken as a disease or illness. There are many reasons our bodies change as we get older, including perceptual, physiological, and general age-related conditions. These changes all influence the performance of each person's body, which in turn influences our eating, nutritional intake, and overall health.

Health professionals recommend following a preventative health maintenance nutritional program, such as the Dietary Guidelines for Americans, from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). Healthy nutrition can lead to better and longer living.



Administrator's Corner

My Dear Residents,

As we enter September and the long holiday weekend, we would like to remind you that our office will be closed on Monday, September 6th in observance of Labor Day. A very Happy Labor Day weekend to all of you.



We are sorry to inform you that our Wellness Nurse, Anita Durban will no longer be working at The Wesleyan. Anita has made the decision to help her daughter with her child so she can go back to work full time. We will miss Anita dearly, and we hope she enjoys her time with her Grandchild. We wish Anita and her family all the best going forward.

The Community Room will be closed on the morning of Wednesday, September 8th due to a Leading Age Meeting held from 8:30 a.m. through 12:30 p.m. Please refrain from using the room during those hours, while the room will reopen at 1:00 p.m. Thank you for your cooperation.

We are happy to have our new and beautiful sliding doors installed, they will make it easier for our residents to get in and out of our building with wheelchairs, walkers, and packages. We are in the process of providing everyone with new and updated key fobs as well.

Thank you and be blessed.

A handwritten signature in blue ink, appearing to read "Debra".



Senior Space

Woman's Club of Red Bank
164 Broad Street, Red Bank, NJ
Wednesdays, 10am-2pm

A place for older adults to live, learn, and socialize through activities, classes and more!

The Wesleyan, a senior housing community, hosts *Senior Space*, a resource hub for the area's older adults. It is a dedicated place to learn, socialize, find wellness information, engage in programs, and have meaningful interactions.

Activities, resources, and presentations at Senior Space include, but not limited to, Technology Support at the Internet Café, Medicare/Medicaid/Entitlements, Financial Assistance Support, Transportation/Access Link, Nutrition/Food, "Shut-In" Support or Monitoring, Senior Gold/PAAD, Mental Healthcare, Adult Daycare, Fitness and Exercise, Volunteerism, Home and Community Based Services (HCBS), and Physician Finder.

In-person Senior Space is currently on pause; however we are offering virtual programming on Zoom:

In addition, Social Service Assistance is available via telephone or Zoom.

For More Information, Please Call 732-936-0760

Congregate Services: If you need assistance with cleaning, grocery shopping, and other errands, there is help available to you through the Congregate Housing Program (CHSP). The CHSP program aims to help you remain independent in your apartment by providing assistance with daily tasks such as cleaning, shopping, laundry, linen change, meal prep, and other tasks.

Cost for CHSP services is based on your income. The State of New Jersey provides a subsidy to reduce your cost for services.

Please call BreAsia Wright, Social Service Coordinator if you would like to request services, or if you would like more information.



A MESSAGE FROM OUR WELLNESS NURSE

September is a good month to focus on Nutrition.

We begin the month with the last of the BBQ's for Labor Day. Say goodbye to Hot dogs and buns until next May. Every September is the best time to clean out the cupboards and your refrigerator. Dispose of all items that are outdated and use up any goods that are about to expire. Limit the purchase of canned food/soups that are high in Sodium. Frozen dinners can have a very high amount of Sodium also. Read the labels! Compare items! Look for choices that indicate Low Sodium or No Salt Added. Be careful that these items are not high in sugar. Especially if you are a Diabetic.

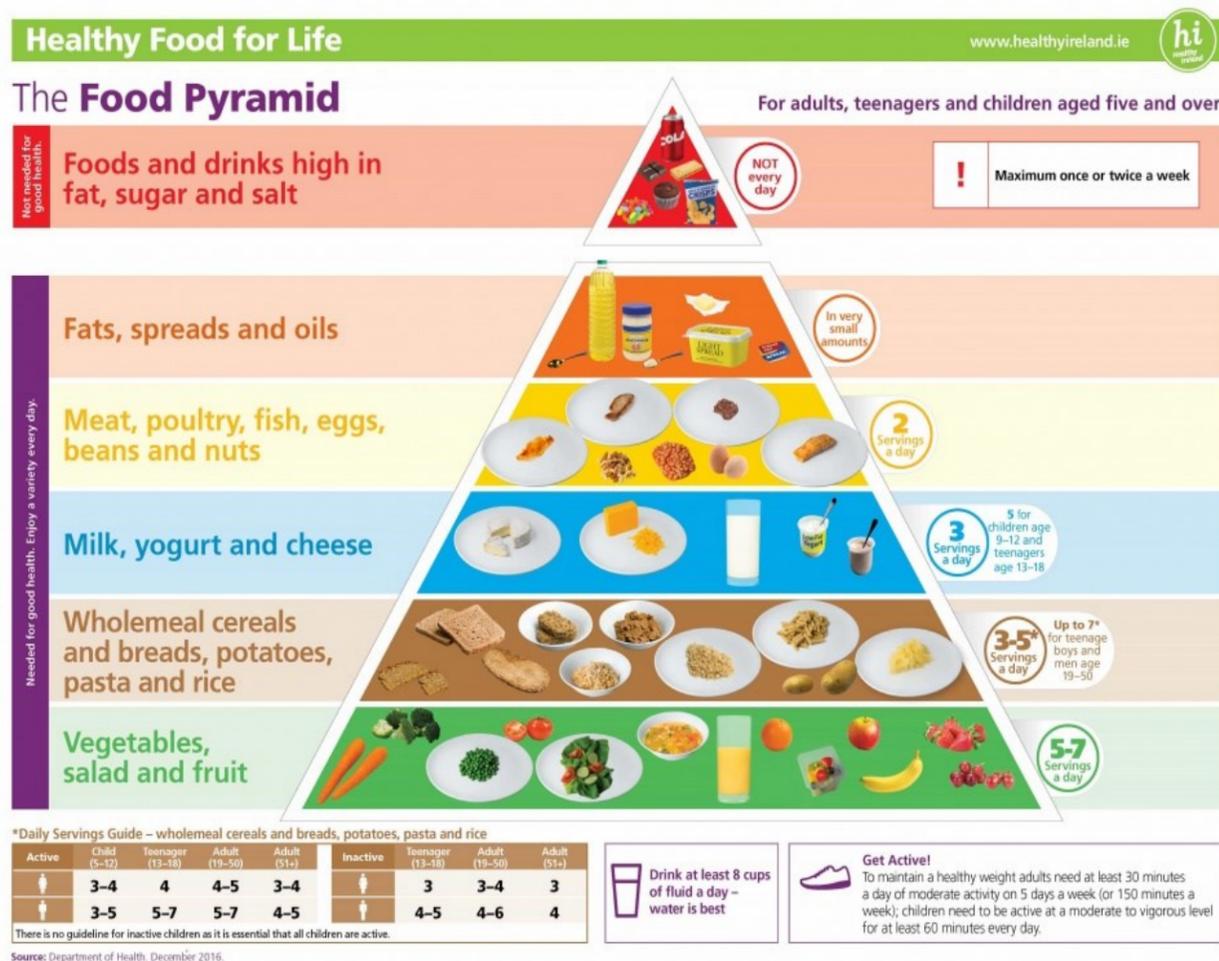
A healthy Diet will help you sleep better and promotes all around wellness. We all like a few treats now and then but always try to remember: **Moderation is the key.** Having something you like, once in a while, is not going to hurt you.

Here are some healthy snack treat ideas: *Cheese and crackers, *Apples and Peanut butter, *Popcorn, *Turkey and cheese rollups, *Larabars or Kind bars, *Almonds, *Plain Greek Yogurt with fresh fruit, *Salsa with chips, *Hard-boiled eggs, *Veggies and Hummus.

Stock up for the winter and get rid of your COVID-19 extra 20 pounds.

Anita Durban Rn

FDA FOOD PYRAMID



A Message from the Foundation

UMC Foundation supporters make our mission strong! The prayers and generosity of our donors, friends, and neighbors ensure our ability to provide abundant life for seniors will never waver. To learn more about the UMC Foundation and how you can join the UMC Family, please visit umccommunities.org/foundation.

