



**United Methodist
Communities**

Wesley by the Bay

The Buzz by the Bay

October 2021

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Another Successful First Responder Appreciation Lunch Delivered!

Thanks to the overwhelming out pouring of donations, lunch was provided to 3 fire stations, EMT's and The Ocean City Police Department. They were very grateful for the lunch and the good thoughts that were provided to them. They do have a Thank you posted on their Facebook page to our residents and staff.

A big Thanks to all that donated. Our First Responders are first rate in Ocean City and it's nice to show them our appreciation.

Administrator's Corner

Hi Everyone,

Welcome to October. It's hard to believe it is here already.

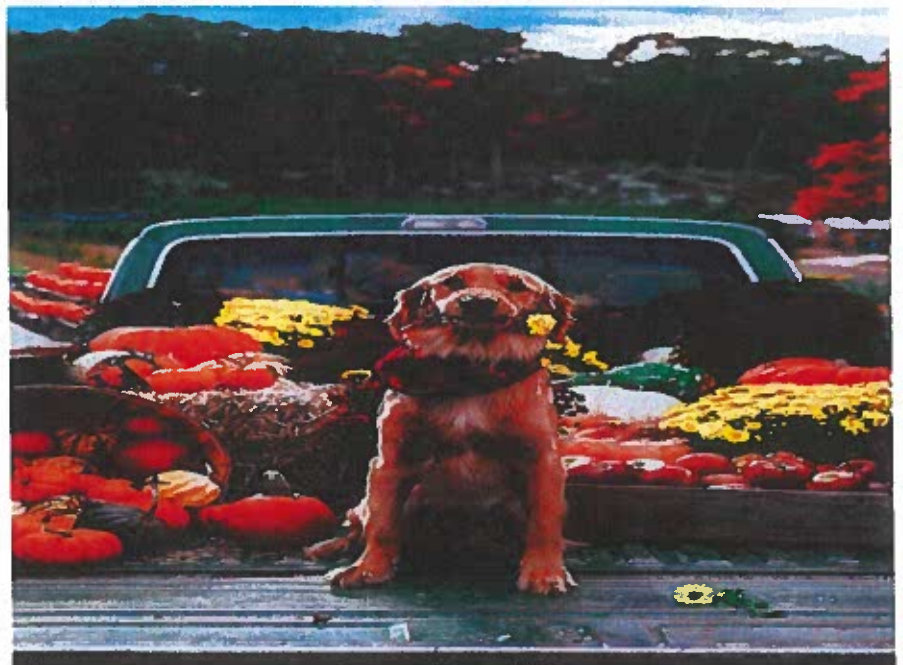
Just a few things I wanted to touch base on that are very important.

First, I would like to remind everyone that you should obtain renters insurance. It is very inexpensive and you may not ever use it. However, if you would ever need it, you will be glad you have it. I have had many situations where I have seen residents lose many possessions in fires and other disasters who just assumed they would never need it or the communities they lived in would cover their losses. Our insurance only covers our property and our losses. Check with your insurance agent. The few dollars that you pay each month is well worth the peace of mind.

Just to follow-up on Margie's note to everyone concerning emergency information. Please be sure to keep an UPDATED list of medication and other pertinent emergency information on your refrigerator. It is helpful to the EMTs to have this information at the ready so they can relay the information to the hospital and will enable the hospital to contact your emergency contacts.

Lastly, a great big Thank You to those who gave so much to the First Responders lunch. The donations were greatly appreciated and they loved the cards and notes.

Have a great month everyone. Stay safe and remember to social distance, wash your hands and wear your mask when you are out and about.



Sugar

FOODS HIGH IN SUGAR ARE USUALLY LOW IN NUTRIENTS AND HIGH IN CALORIES.

Lack of physical activity can result in difficulty maintaining a healthy weight.

Eat carbohydrates (sugars) in the morning. This will give your body a chance to use them before they are stored as fat. Over eating sugar may lead to chronic illness such as diabetes, heart disease and cancer. Many studies about sugar and its effects on the body are in the works.

The CDC (Center for Disease Control) recommends less than 10% of your calories should come from sugar.

American Heart Association recommends no more than 6 teaspoons (tsp) for women and 9 tsp for men.

Eating added sugar in moderation and a high-quality fiber rich diet is best to maintain a healthy weight. If you have adequate nutrient dense foods, there is not usually room for foods & drinks that are high in added sugar.

Make small changes each day. Measure and use the least amount of sugar possible. Substitute water with lemon, oranges or strawberries for flavor.

Make your sauces, such as barbecue or salad dressing. You may be surprised how much sugar is in these products.



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.



Welcome to fall and sweater weather!!

We appreciate your understanding during the recent events that caused us to reschedule our calendar of activities. I would also like to take the opportunity to commend all of you on the contributions you made to the first responders. The outpouring of generosity was well received. Sometimes in giving to others, we also give to ourselves.

In the next few weeks, I would like to restart the file of life program. It is a documentation system in which your medical history is displayed in an area of your home that is easily accessible in the case of an emergency. I will be calling to set up an appointment if you need assistance.

Even though we are not able to meet up as a group, I would like to continue our INFORMATION sessions in the monthly newsletter. This month we will talk about sugar, what it does in our bodies, and how to reduce intake. October is also Breast Cancer awareness month so now is the time to reach out to your health care provider and radiology site for a mammogram and follow up appointment .

As soon as we get approval, we will begin to schedule our COVID-19 booster clinic. Look out for information delivered to your door.

Enjoy the sun filled cooler days and take advantage of the scents and signs of fall. Grab a sweater and go for a walk. Take some deep breaths. Most of all stay happy and WELL

Your WELLness nurse,

Margaret Mc Closkey R.N.



A day trip to Cape May Lighthouse? Sure....

The best part about the fall is the weather. It's not too hot and not too cold. It's perfect weather to do a day trip to Cape May. You can walk around and see the beauty of the lighthouse and enjoy the wildlife. The Cape May Zoo is always a great trip also. Not into wildlife? The shopping is great in Washington Square with nice little boutiques that have something for everyone. If you want to relax and grab a great meal, some of the restaurants Cape May are rated among the best in New Jersey. The important thing is to get out and get fresh air and exercise and have a wonderful time. If you need a ride, contact FareFree transportation and book transportation by calling 609-889-3700. Be sure to invite a friend or neighbor to go with you to double the fun.

What to do when you are really stressed? Take a walk. It's a win-win.

As we all know, we are looking at an uptick in COVID once again. Sometimes the stress of this can seem overwhelming and we aren't sure what to do about it.

A daily walk can not only be beneficial to your cardiovascular health and blood flow, but on your entire nervous system. Honoring and cultivating a healthy mind-body connection is essential to treating both mental and physical diseases & disorders, and anxiety sits at the top of that list. Making time can seem difficult at first, but is possible:

- Use a pedometer to track your steps, and set a manageable daily goal.
- Try to walk at the same time every day to create a routine.
- If you don't have thirty minutes, five or ten is better than nothing!

The point is to get moving and distract yourself from the stress/anxiety and get the endorphins going. Walk with a friend or neighbors and make an event of it and go on the boardwalk and enjoy the sites. You will see in a short period of time you will enjoy the activity and it will also assist with lowering your stress level.





The best dip ever for the fall season.

With all the amazing and complex flavors of your favorite Fall pie, this pumpkin pie dip comes together in 5 minutes, with minimal effort, and no baking!

- 8 oz cream cheese softened
- 2 cups powdered sugar
- 1 1/4 cups canned pumpkin
- 1/2 cup sour cream
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/4 tsp cloves
- 1/3 cup frozen whipped topping -

Mix all ingredients together and chill for one hour.

For the best dipping options, use spiced wafers, graham crackers, fruit or sugar cookies. Some people like it with pieces of cooked pie crust. I promise this will become a holiday staple in your family.

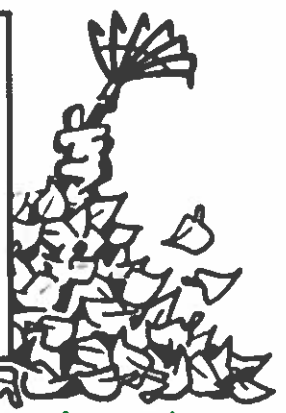


AUTUMN




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|----------|-----------|----------|-----------|-------------|
| apples | colorful | frost | pumpkin | squash |
| autumn | cozy | harvest | quilt | squirrel |
| birds | crow | hayride | rake | sunflower |
| blanket | deciduous | jacket | rustling | sweater |
| bonfire | equinox | leaves | scarecrow | trees |
| changing | flannel | migrate | season | vegetables |
| cider | foliage | orchards | spider | wheelbarrow |



OCTOBER 2021

Wesley by the Bay

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 ACTIVE AGING WEEK	5 ACTIVE AGING WEEK	6 ACTIVE AGING WEEK	7 ACTIVE AGING WEEK	8 ACTIVE AGING WEEK	9
10	11 WESTERN PEST Apts 1- 15	12 WATCH FOR POP UP	13	14 BINGO 11 AM	15	16
17	18	19	20	21 FALL CRAFT 11 AM	22	23
24	25 WESTERN PEST Apts 16-30	26	27 WALK ABOUT WEDNESDAY Noon	28 TREAT OR TREAT	29	30
31 HALLOWEEN			1	2 MAMOGRAPHY VAN	WATCH FOR BOOSTER CLINIC	