

engage!

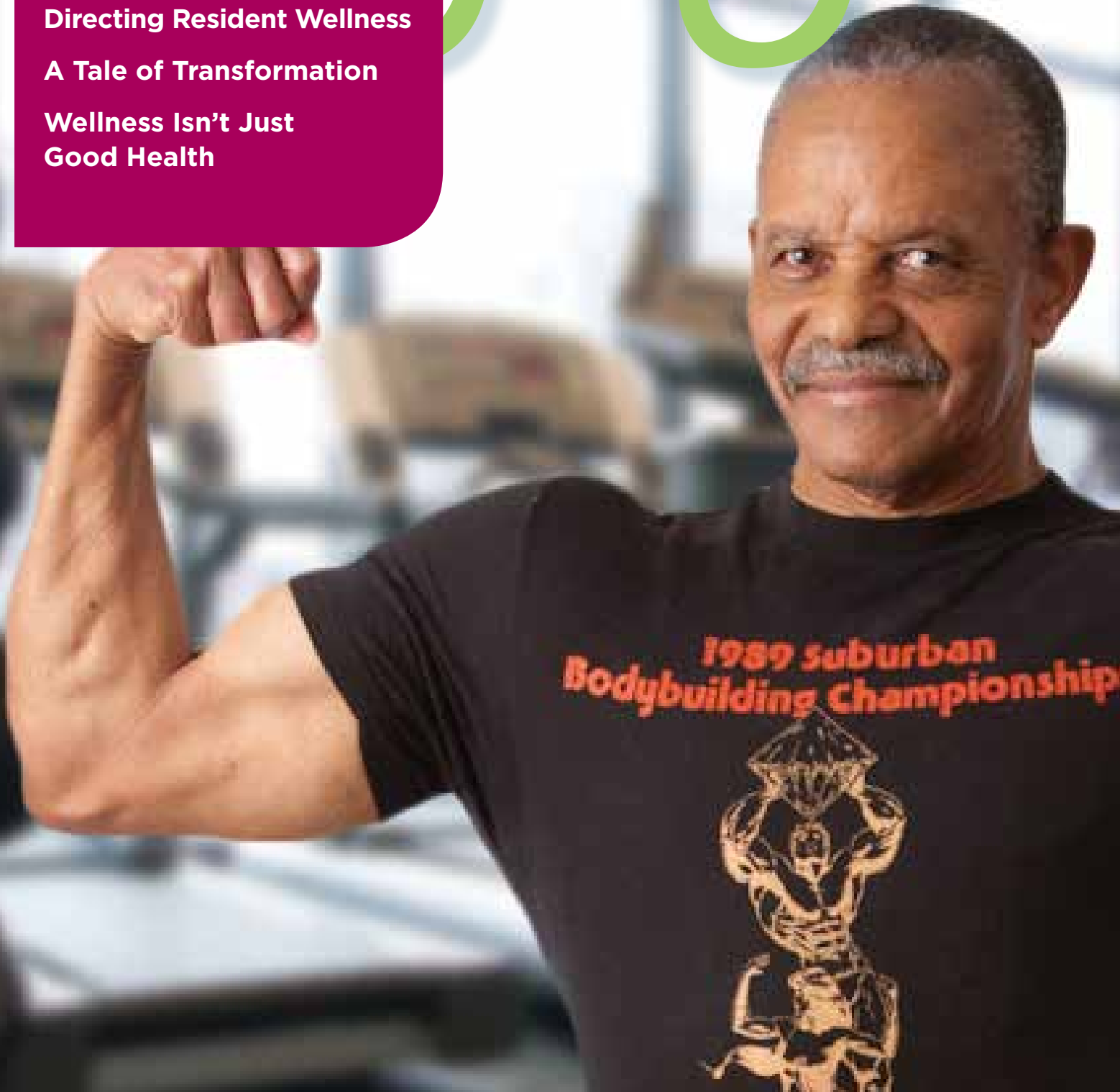
United Methodist Homes

Keeping Spiritually Fit

Directing Resident Wellness

A Tale of Transformation

**Wellness Isn't Just
Good Health**



engage!

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Cover Photo:

George Campbell, body builder, volunteer and Bishop Taylor Manor resident.

A LETTER FROM THE EDITOR

Welcome to our wellness-themed issue! What does health or wellness mean to you? I like Hannah Green's quote, "Health is not simply the absence of sickness." Every United Methodist Homes community strives for a culture of enrichment, which nurtures people intellectually, spiritually, vocationally, physically, socially, and emotionally.

Simply living in a retirement community and having daily interaction with others has a positive impact. Avoiding isolation, a risk factor for decline, helps seniors stay healthy, fit and active. Aside from any programmatic interventions, socialization benefits a person's immune system, blood pressure, cognition and memory, amount of physical activity they engage in, mood, nutrition, and relationships.

Our physical locations in towns support residents becoming part of the life of their community. Promoting lifelong learning and new experiences works in tandem with high quality resident care and independence. These include day trips; dining out; lectures; gardening and other hands-on activities; playing games, trivia and brain-challenging puzzles; volunteering and giving to charitable causes; taking art classes; pet and music therapies; prayer, book, exercise and walking groups; and much more.

United Methodist Homes has almost 1,400 residents ranging in age from age 62 to 110, with unique ideas, backgrounds, resources, networks and talent. As we move into person-centered care, these will play an even greater role. Because many lived through the Great Depression, World War II, economic transitions and technological and social change, associates often describe them as practical, hearty,

resilient and courageous.

In the meantime, make choices to yield a healthy and robust lifetime!



A handwritten signature in black ink, appearing to read "Janet".

KEEPING SPIRITUALLY FIT

By John Callanan

At United Methodist Homes (UMH), spiritual wellness is integral to our mission. The Homes and its predecessors were founded as part of a movement in American Methodism to care for homeless widows and orphans following the Civil War. Throughout the 105 years since its founding in 1907, UMH has been engaged in a ministry that nurtures the spiritual wellness of our residents and their families.

Spiritual care remains at the core of our identity as a Wesleyan Christian housing ministry based on the values of compassion, respect for the sacredness of each person, Christian hospitality and social justice. John and Charles Wesley did not set out to found a separate church, but sought to restore spiritual wellness by reviving the Church of England. Nurturing spiritual health through the methodical practice of faith disciplines became the hallmark of the early Wesleyan societies, so much so that we embraced a derogatory nickname, “Methodists,” as our name.

John Wesley’s values frame our practice of faith around a balance of personal piety and social action, affirming that personal salvation and social transformation go hand in hand. He gave us three simple rules for spiritually healthy lives, paraphrased by saying, “Do no harm, do all the good that you can, and stay in love with God.” Holding that God is active in all things, he urged humility and hospitality in ecumenical and interfaith relationships, saying, “If your heart is as my heart, give me your hand.”

“Do no harm, do all the good that you can, and stay in love with God.”

In modeling Christ’s unconditional love for others, the Homes nurture spiritual wellness. Chaplains in each of our full service communities offer a diverse range of ecumenical worship services, bible and book studies, and individual pastoral care to residents, their family members, as well as associates and volunteers. Several of these communities have Spiritual Life committees, in which residents collaborate with chaplains in creating programs and engaging in outreach ministries. Over the next five years, we plan to expand our chaplaincy coverage and increase the religious services and support that we offer to our increasingly diverse resident groups.

DIRECTING RESIDENT WELLNESS

Each of the five full services communities has a director of wellness (DOW), who are registered professional nurses (RN) and with their staff, oversee care in the Assisted Living residences. Although their responsibilities and job duties remain consistent, each shares some thoughts on what they do to promote and maintain resident wellness.

JODIE JOAQUIN - BRISTOL GLEN

“We offer walk in clinics for any questions, blood pressure screening, weight monitoring, and hand out medical information. In addition to rehabilitation screening and basic first aid, a vast menu of important complementary health options can be arranged to ensure continuity of service: private nursing; appointments and private transportation to local physicians; nutrition consults; laboratory and diagnostic services; and health education.

As a faith-based organization, my staff and I consider the role of pastoral visits and act accordingly in each case. Often overlooked, but with the potential for a huge impact, we monitor residents who take medications independently and properly dispose of any which have expired.”

KAREN VIOLA - COLLINGSWOOD MANOR

“I feel Collingswood Manor has continued to grow and maintain excellent care on both the Assisted Living+ and Assisted Living residences. We have been given the privilege and trust to serve each resident. I believe our team focus on resident well-being makes us more effective.

Our nurses promote and educate residents on a

daily basis as part of care excellence. We meet them where they are with the supports they need to best prolong their independence and health.

A few examples include daily exercise group, nutritional health programs; physical, occupational and speech therapies; psychiatric and podiatry services; and educational in-services on topics like diabetes, cold and flu prevention; socialization; group activities; and many more.”



Residents focus on Touch Screen iN2L assistive technology, which enhances cognitive function, memory and lifelong learning; and physical therapy at Collingswood Manor.

MICHELLE BARKAUSKAS - FRANCIS ASBURY MANOR

“Many pairs of eyes function better than one. The managers and their staff interact with residents every day. An interdisciplinary team communicates monthly to coordinate the residents’ care. The team reviews each resident’s general service plan at least every six months.

This enables us to document up to date observations — an improvement, maintenance or a decline. The charge nurse reviews the findings. Foremost,

adjustments can be made to the residents' level of care and the process helps to maintain communication between associates, who may work different shifts — all to maintain optimal resident health.”

KATHLEEN LEYPOLDT - PITMAN MANOR

“Promoting and maintaining holistic wellness begins by matching residents to the appropriate care levels. During the resident interview, I summarize Pitman’s many resources, such as therapy, exercise, medication reviews, and activities to promote an active lifestyle. Support services and referrals help foster and maximize resident independence.

An open door and listening are important. I know my residents and many of their families by name. I encourage them to share concerns as soon as possible so that little issues don’t grow into big problems. Being proactive with safety, interventions and creative solutions is my mantra.

Rotating staff assignments is another way I like to keep things fresh. Every resident belongs to every associate. Every associate has unique strengths, innovative ideas, perspectives and insights on residents to share.”

JOAN CAVALIER - THE SHORES AT WESLEY MANOR

“Last year, we initiated a powerful idea — a wellness education table strategically placed for maximum accessibility. Situated just outside the Wellness Office and across from the library, residents may browse and take pamphlets,

flyers and essential medical information about maintaining optimum health and preventing communicable diseases. Further attracting utilization, we decorate the table seasonally.

For some residents, reading through the literature about a particular health concern sparks a conversation that would not have otherwise occurred. Each month the table targets additional timely topics such as flu prevention, signs and symptoms; proper hand hygiene; fall prevention and causes; anti-coagulants; and much more. I’m a firm believer in empowering our residents with knowledge!”

*Resident Myrna Thomas
exercises regularly with weights.*



WELLNESS ISN'T JUST GOOD HEALTH, PART 1: SENIOR HOUSING COMMUNITIES

By Deede Bolger

The five United Methodist Homes' Senior Housing Communities focus on various aspects of "wellness" beyond the obvious when planning each month. Taking advantage of the seashore location, Wesley by the Bay residents participate in a twice weekly, fair weather walking group on Ocean City's boardwalk. They also have access to a shuffleboard court and participate in exercise classes in their community room.

Beyond physical health Rev. John Jamison and Stockton College faculty have been presenting lectures. Topics include hospital issues and spiritual health, complemented by discussions, support and counseling, reading groups, and friendly visits. A strong commitment to mutual support and a new community awareness program helps keep them emotionally balanced and looking outward rather than focusing on personal problems.

On January 15, a group from Calvary Roseville United Methodist Church and some Bishop Taylor Manor residents embarked on a nine-day pilgrimage to the Holy Land, bolstering their spiritual wellbeing. Sponsored by Educational



Paul Robinson, Opal Borchart and Joe Eminson play pool at Pitman Manor.

Opportunities Tours, they visited Biblical and historical sites including the Garden of Gethsemane. Bishop Taylor Manor hosts regular exercise and dancing classes to keep residents moving.

PineRidge of Montclair takes great pride in a host of ongoing wellness activities. A fair weather walking group walks to, around and from Glen Ridge High School's track field. One day per week, PineRidge holds a lively, senior-friendly line-dancing class.

An on-site Computer Center offers classes where seniors learn to use computers and apply knowledge to daily life. Deacon Slater lends religious guidance and spiritual wellness when sought. Throughout the year, PineRidge benefits from Montclair State University student volunteers, who host yoga, crocheting, arts and crafts, scrapbooking and so much more.



Sheila Johnson and Mary Terrell exercising.



Dr. Evelyn Nelson, chair of Covenant Housing Corporation and member of Covenant United Methodist Church with George Campbell, board member, 33 Burnet Walnut Corporation and Bishop Taylor Manor resident at the Wailing Wall in Jerusalem.

At Covenant Manor wellness takes many forms. Thursdays bring exercise while Fridays' wellness group conducts strengthening exercises, balance and range of motion techniques, line dancing, and nutrition education. Residents kicked up their heels to the music of DJ Tee Mo at a Valentine's Day party. A group of sewing hobbyists make a variety of dining scarves for area nursing home residents, visit with them and present their gifts.

In February, Wesleyan Arms residents celebrated Black History Month, after raising all the funds to support their activities. The first monthly "FYI Fair" held in the Community Room, allowed residents to network with local and county service providers. Heart health events included screening, education and healthy eating tips to raise awareness about heart disease and increase knowledge about prevention. Residents and associates gather annually to celebrate the nonagenarian birthdays, or those residents age 90 or above.

With the variety of opportunities, residents can participate or pursue their individual choices. Senior Housing staff regularly consults residents, as their needs and interests change. Future plans include community outreach to broaden awareness and opportunities for interaction, service and new relationships.

We approach wellness with our individual perspective; however, a positive mindset enhances the probability for a fuller life. Residents deserve to be surrounded with caring and loving people and participate in the many programs of their choice.

“WELLNESS” ISN’T JUST GOOD HEALTH, PART 2: FULL SERVICE COMMUNITIES

By Carlos Beato



Last year, Collingswood Manor and The Shores partnered on a fishing trip. Lewis Petrillo hopes their location in the bay off of Somers Point yields a catch.

Keeping residents vibrant and healthy as they age is a team effort at United Methodist Homes of New Jersey. The interdisciplinary team very purposefully implements enriching programs, services and activities that support each resident’s needs, mind, body and spirit. The full-service communities offer a variety of stimulating options that all residents can enjoy alone, with friends or family.

These choices provide everyone with opportunities to stay connected and engaged through a variety of intellectual, spiritual, physical and emotional activities. We offer numerous daily choices to help maintain good health and prevent disease. As I travel from community to community, I have observed a variety of endless opportunities and options. A few provide great value and center around resident wellbeing:

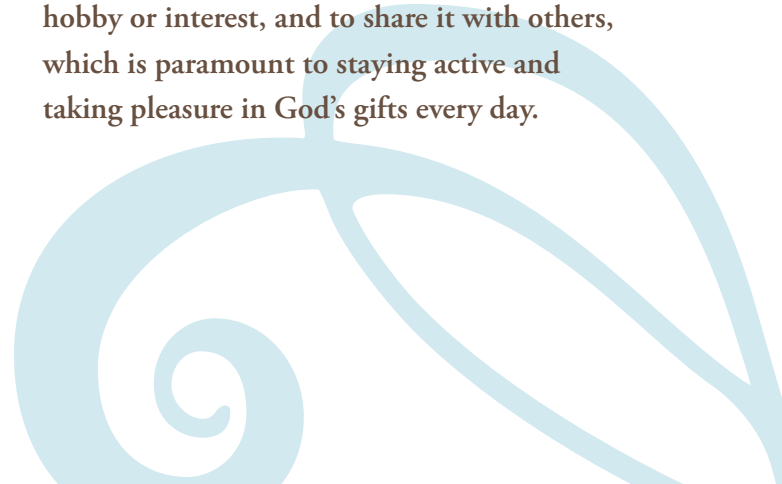
- *Exercise* - Our Activities departments provide this important and enriching program. Exercise is paramount to maintaining overall balance,

strength and stamina. It fuels muscles with much needed oxygen, blood and nutrients and is heart healthy. Exercise comes in many forms from sitting and moving the arms and legs to stretching and balance. We advise residents to speak with their doctor so that a plan can be customized to meet their specific health needs.

- *Food Choices* - Our Dining Services departments offer abundant delicious healthy choices that fit everyone’s preferences. Vegetables, fruits and multiple protein foods are available for all meals and snacks. For hydration and overall metabolic balance, water and beverages are always available.

- *Spiritual* - Healthy living starts with a positive view of life, friends, family and spiritual strength. Our communities have chaplains, worship services, interfaith cooperation, spiritual and religious programming, and more to nurture and support residents spiritually.

- *Social* - Staying connected throughout the day is an integral part of keeping a healthy and alert mind. The full service communities offer cooking and other classes, movies, current event discussion groups, outings to community events, offsite trips, lectures, entertainment, etc. We encourage residents to continue a past hobby or interest, and to share it with others, which is paramount to staying active and taking pleasure in God’s gifts every day.



United Methodist Homes of New Jersey Foundation



To benefit the Fellowship Fund, which promises that no resident will ever be asked to leave a United Methodist Homes' community due to exhausting their financial resources.

Sunday, September 8, 2013 | www.umh-foundation.org

Registration begins 12 noon at



70 Stockton Ave., Ocean Grove, NJ • FrancisAsburyManor.org • 732-774-1316

Walk • Lunch • Entertainment • Fellowship • Awards

MISSION STATEMENT:

To provide quality and caring services to senior men and women in a Christian community.

Homes is where the heart is - please remember the Homes in your will.

The 2012 Honor & Memorial Gifts to the Fellowship Fund will be posted on our website, umh-nj.org, beginning May 22, 2013.

OUR DOORS ARE OPEN!

Spring is the perfect time to attend an Open House and Lunch and Learn event. Bristol Glen, Collingswood Manor, Francis Asbury Manor, Pitman Manor, and The Shores at Wesley Manor hold these throughout the year. Come experience these communities firsthand, gather information, and meet the people who make it a great place to live and work. For a complete schedule, visit <http://www.umh-nj.org> and click on the community of your choice.

CHEF'S CHOICE: PITMAN MANOR EXECUTIVE CHEF CHAD KUBAT

By Stephen Davis

Chef Chad started his culinary career as a cook while in high school at the very United Methodist Homes community where he is now executive chef. He enrolled in The Restaurant School at Walnut Hill College in Philadelphia. After graduation, Chad joined Sodexo and became the executive chef at the Loyola Center in Philadelphia, where he mastered his craft as a young chef.

In 2012 he seized the opportunity to return to the very place he started his career. In his role as executive chef, Chad has established a solid foundation for the staff at Pitman Manor, where they create and prepare wonderful meals for residents. He and his wife have two young boys and they reside in Pitman. On his days off Chad enjoys family time, hockey and racing his Mustang.

Outdoor grilling is a perfect time to enjoy the nice warmer weather and prepare healthy meals. Throughout the five full-service communities Sodexo plans special grill-themed events throughout the summer months. Chef Chad is no stranger to the grill and shares a recipe that has become one his favorites.



Chef Chad Kubat flanked by Pitman Manor residents Grace Bielakowski and Barbara Clancy.

Grilled Asian Salmon

Ingredients:

24 ounces Atlantic Salmon; four, 6 ounce pieces

Marinade

- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 cup apple juice
- 1/2 cup vegetable stock
- 1/2 cup olive oil
- 2 tablespoons small diced onions
- 1 tablespoon chopped garlic
- 4 tablespoons cornstarch
- 1/3 cup water
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons thinly sliced scallions

Procedure:

Sauté the garlic and onions over medium high heat for three minutes. Add soy sauce, apple juice, brown sugar, and vegetable stock and bring to a boil.

Combine cornstarch and water and stir into to the boiling sauce to thicken slightly. Finish the sauce by adding the cilantro and scallions.

Let sauce cool completely, reserving 1/2 cup of sauce. Add salmon filets to the cooled sauce and let marinade for 1 hour.

Turn on your grill and allow it to get very hot, as fish may stick if the grill is cool. Once your grill is hot, carefully place salmon on the grill. Cook each filet 4 minutes per side. Being careful when turning, cook fish to an internal temperature of 145 degrees.

Place salmon on plates and dress each piece with a little of remaining sauce.

Enjoy!

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MINDFUL BY SODEXO

A NOVEL APPROACH TO NUTRITION AND WELLNESS

By Phyllis J. Famularo, DCN, RD, CSG, Senior Manager Nutrition Services, Sodexo

Sodexo is launching a new wellness program, Mindful, to meet the high market demand for nutrition and wellness. The health and obesity crisis is worsening and many report a lack of appealing solutions. We hear people say, “Wellness does not fit my lifestyle” and many people are confused about what truly are the best choices for good health.

Contrary to the restrictions of most diets, we ought to say, “What should I be eating”? Fad diets can lead to on and off again dieting, going from deprivation to over indulgence. The goal of the Mindful program is to learn how to eat, not how to diet. A person choosing our wellness options will be eating to satisfaction, which almost feels like indulgence.

The Mindful mix includes more food and nutrients for the calories and is a combination of an abundance of fresh fruits and vegetables, a moderate amount of lean protein and wholesome carbohydrates. A Mindful entrée contains half fruits and vegetables, one-quarter lean protein and one-quarter wholesome carbohydrates, including whole grains.

To prepare Mindful entrees, side dishes and desserts, techniques such as searing, roasting and grilling are used to enhance flavor and retain nutrients without adding excessive fat, sugar and salt. For example, to limit sugar content, we use fresh fruit, vanilla and cinnamon to boost flavor. You’ll soon be seeing the Mindful program at United Methodist Homes’ five full-service communities!

DCN, Doctor of Clinical Nutrition
RD, Registered Dietician
CSG, Certified Specialist in Gerontological Nutrition


by *sodexo*





3311 State Route 33
Neptune, NJ 07753

Full Service Communities

At the heart of United Methodist Homes' resident-centered services and amenities is a team of highly-qualified professionals delivering a continuum of care to adults 65 years and over:

Bristol Glen 200 Bristol Glen Drive Newton, NJ 07860 973-300-5788	Collingswood Manor 460 Haddon Avenue Collingswood, NJ 08108 856-854-4331	Francis Asbury Manor 70 Stockton Avenue Ocean Grove, NJ 07756 732-774-1316	Pitman Manor 535 North Oak Avenue Pitman, NJ 08071 856-589-7800	The Shores at Wesley Manor 2201 Bay Avenue Ocean City, NJ 08226 609-399-8505
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**Independent Living • Residential Living • Assisted Living • Skilled Nursing
Memory Support • Short-Term Rehab • Respite • Hospice**

Affordable Housing Communities

Senior Housing communities designed for residential living for adults 62 years and over:

Bishop Taylor Manor 33 North Walnut Street East Orange, NJ 07017 973-676-9057	Covenant Manor 623 East Front Street Plainfield, NJ 07060 908-791-9430	PineRidge of Montclair 60 Glenridge Avenue Montclair, NJ 07042 973-746-0003	Wesley by the Bay 2401 Bay Avenue, Suite 2 Ocean City, NJ 08226 609-399-6701	Wesleyan Arms 9 Wall Street Red Bank, NJ 07701 732-936-0760
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