

# engage!



## Honoring Our Heroes

Roaming Reporter

Red Bank Heroes

VetAssist Homecare

Volume 7, Number 1  
Spring 2018  
Editor:  
Janet M. Carrato

Composition:  
Merz

Photography:  
Charlie Booker  
Gary Engelstad  
Nancy Hannum  
Millie Jeter  
Pamela Joyce  
Colleen McCann  
Kerileigh Sherman  
Matt Weinbaum

## Managing Board

Deede Bolger, *Housing Administrator, Wesley by the Bay*

Janet M. Carrato, *Director of Communications and Public Relations*

Matt Weinbaum, *Digital Marketing Strategist*

Gary Engelstad, *Annual Giving Officer*

Rebecca Roe, *Donor Relations Coordinator*

Robbie Voloshin, *Corporate Director of Marketing*

Cover Photo: *Dennis Degnan*

## A LETTER FROM THE EDITOR

Yes, we all have heroes. While some live among us, others have left remarkable legacies for future generations. I'm not taking about mythical or fictional heroes. George R.R. Martin's reflects, "My own heroes are the dreamers, those men and women who tried to make the world a better place than when they found it, whether in small ways or great ones. Some succeeded, some failed, most had mixed results ... but it is the effort that's heroic...."

In an organization like United Methodist Communities, the consistent everyday effort of frontline associates such as CNAs, CMAs, CHHAs, nurses, dining servers, housekeepers, affordable housing staff, and others, equals heroism. Everyday around-the-clock, whether a holiday or a personally-significant day, they diligently and lovingly care for residents in our nine communities or seniors living at home.

My historic heroes include Martin Luther, John Wesley, Alice Paul, Frederick Douglass, Benjamin Franklin, Martin Luther King Jr., Harriet Tubman, Abraham Lincoln, Mother Teresa, and Nelson Mandela. Their impact on public institutions, politics, law, social structure, civics, philanthropy, education, and religion, touches everyone today.

On the other hand, one personal hero is my late father-in-law, Umberto. He grew up tending sheep in the Italian hillside, fought in the Italian Army during World War II, and became a prisoner-of-war in the United States — ultimately, that led to a better life. His admirable character traits leave a heroic legacy: humble, courageous, hard-working, loving, joyful, and duty-bound to family.



Janet M. Carrato



## HUMBLE VETERAN, HERO AND HUSBAND

By Gary Engelstad

If there is a common thread among war veterans, especially those who served in World War II, it's humility. Regardless of their rank and what they encountered, their collective perspective is very similar: "I did my job and through the grace of God, I came home."

United Methodist Communities at Pitman resident Dick Subber is one of those humble veterans. Dick attended North Catholic High School in Philadelphia's Fishtown neighborhood. Soon after graduation, Dick found himself in the Army. He reflects "I got into Morse code training because I knew it from my days in the Boy Scouts. I got a perfect score in the test, so I was put into the Signal Corps."

The role that the Signal Corps played towards military success in the European Theater in World War II cannot be overstated. Effective and secure battlefield communication was critical and Dick participated in that effort, primarily with the British Second Army.

While the Signal Corps tends to be a strong support unit, that did not prevent Dick and his group from several close calls. "We were stationed at a golf course in Waterloo, Belgium and a German V-2 rocket hit right near us. We were very lucky. The crater from that bomb was huge."

Dick's group was making the move toward Berlin when instructed to stop. "We were 40 miles out when we let the Russians take Berlin."

While home during a 30-day furlough, Dick married his longtime love, Jean. Her grandmother gave them a little party. Upon return to duty, Dick expected to assist in the invasion of Japan. After the Japanese surrender following the bombing of Hiroshima and Nagasaki, that never happened. "Harry did us a



Jean and Dick proudly display their 1945 wedding photo.

favor," Dick said with regard to President Truman's decision.

Dick and Jean, now married for 72 years, have three adult children, including a son who served in Vietnam. How do they feel about each other? "He's a pretty nice guy to be with," Jean says, prompting Dick's response, "I can't imagine being without her."

Gary Engelstad is Annual Giving Officer for the United Methodist Communities Foundation.

# HOMETOWN HERO COLLEEN MCCANN

By Deede Bolger

I consider Colleen McCann a hometown hero. Demonstrating a spirit of unconditional love, care and acceptance, Colleen, the community's assistant administrator, not only grew up in Ocean City, but also currently lives there.

As an associate of three and a half years, Colleen voluntarily enriched the lives of several residents. Two apartments became vacant and the former residents' families requested much of their furniture be donated. Aided by the families' generosity, Colleen selected pieces perfectly suited for the three residents.

Mrs. Bee\* marveled at the dramatic transformation of her previously sparsely furnished home, due to the addition of a beautiful bed, linens and quilt; bedside tables with matching lamps; paintings; upholstered chair; end table; dining table and chairs; and drapes covering the sliding door. To further enhance the apartment, Colleen's family gave additional items.

Colleen then initiated a second makeover. Displaced by Superstorm Sandy, Mr. and Mrs. Andrew\* lived in a furnished boardinghouse room and would arrive with nothing more than their clothing.

Colleen arranged for a double bed, linens, side table, bureau, mirror, television and stand for the bedroom; dinette table and four chairs; and dishes, pots, pans, utensils, toaster and microwave for the kitchen. Once again, Colleen personally contributed new bed linens including a beautiful duvet cover and pillow shams. For the bathroom, she coordinated a blue shower curtain and a shelving unit.



*With coordinating furnishing and accessories, the Andrew's bedroom now represents a comfortable sanctuary.*

Envisioning the overall apartment décor, Colleen spent hours painting home – sweet – home panels to go over the bed and a flower painting for the bathroom. Upon seeing the result of Colleen's labor on move-in day, the grateful and overwhelmed couple called it their first real home.

Knowing her actions far exceeded associate expectations, I nominated her for a UMC Radical Hospitality Recognition as Colleen:

- Goes above and beyond to make everyone feel welcomed;
- Looks beneath the surface and engages in the essence of goodness that is the heart/base of every person; and
- Takes responsibility and follows up on working toward a solution.

The time and love Colleen gave to make those residents welcome in their homes truly exemplifies the radical hospitality fostered by the mission, vision and values of United Methodist Communities.

*Deede Bolger is Housing Administrator at United Methodist Communities at Wesley by the Bay.*



*Colleen also transformed this welcoming living room.*

*\* Names changed to protect residents' privacy*

## LOCAL FAITH-BASED HEROES ENHANCE ABUNDANT LIFE

By Deede Bolger

The Ocean City Ecumenical Council is a group of people representing various churches in Ocean City. The council's volunteers coordinate the Ocean City Food Cupboard housed at St. Peter's United Methodist Church and the Clothes Closet located at 6th Street and West Avenue, where people can obtain food and household items at no cost as well as gently used clothing.

For many years, Wesley by the Bay residents in need have been included in the Ecumenical Council's distribution of Acme gift cards four times annually.

Realizing that many Wesley by the Bay residents lacked transportation to the Food Cupboard, the council began delivering food. Now, bags of food and household items help meet residents' preferences and dietary requirements each month.

Residents are so thankful for these wonderful, generous heroes, whose dedication enhance abundant life for our seniors.

*Deede Bolger is Housing Administrator at United Methodist Communities at Wesley by the Bay.*



*Michael and Pam Moran, Ecumenical Council volunteers, deliver packages to apartments at Wesley by the Bay.*

# PROFILES IN PHILANTHROPY

## ROTARY CLUB OF OCEAN CITY—UPPER TOWNSHIP

By Gary Engelstad



For over 90 years, the Rotary Club of Ocean City-Upper Township has been living up to its slogan of “Service above Self.” Made up of members of various ages, backgrounds and vocations, the Rotarians feel passionate about service. Members become Rotarians because they want to do something for somebody else and realize joy and self-fulfillment in the process.

Another mission-driven organization exists within Ocean City — United Methodist Communities at The Shores. A donated bench, improvements to the Shores’ Tapestries Memory Support garden and other gifts, speak to the special bond between the senior community and the Rotary. The bench represents a partnership between the Rotary and the Robbins family in memory of Millie and Nelson “Doc” Robbins. During his lifetime, Doc was an active Rotarian.



Cynthia Harris-Chadwick visits The Shores.

Cynthia Harris-Chadwick, the Rotary president, comments, “The Shores will continue to impact our community. They have enhanced their services to a continuum of care from assisted living to nursing. Many of our residents live at The Shores, including some past Rotary members. We have collaborated by



The Ocean City Rotary supports overseas students.

hosting various children’s choirs during the holidays, holding events to help seniors find services, offering various volunteer opportunities, and promoting successful aging. We have shared fellowship, an integral part of the Rotary experience, at The Shores. In turn, The Shores has hosted dinners and tours for us.”

The Shores is not the only group on the receiving end of the Rotary’s giving. The club supported and participated in a water filtration project through a grant from their district. Members matched funds, purchased training systems and traveled by train to Guatemala. Several communities gained access to fresh water for drinking, washing and cooking. The club has also aided youth scholarships, youth water safety and numerous initiatives to assist and recognize achievements of students in the Ocean City area.

The wonderful partnership between The Shores and the Rotary benefits and blesses the community, equaling perfection.

Gary Engelstad is Annual Giving Officer for the United Methodist Communities Foundation.



## COVENANT PLACE SENIOR SPACE

A conversation with Valerie Grunther, certified yoga instructor.

### How were you introduced to yoga?

I started teaching yoga 10 years ago and since April 2017, have done so at the Covenant Place Senior Space held every Wednesday at the Plainfield Public Library.

### What drew you to yoga?

Prompted by a friend’s recommendation, I started practicing yoga due to physical issues. I gradually started and developed a great connection. I love and believe it can help people improve their balance, posture, muscle tone and feel more relaxed.

### How did you evolve into teaching yoga?

Armed with my passion, I embarked upon teacher training in 2007. While my teaching style has evolved, my main style is flow yoga. I love teaching seniors because of the rewards and positive outcomes.

### What outcomes have you observed?

When seniors make it part of their lives, they benefit on all levels: mentally, spiritually and physically.



Valerie dispenses information and solicits sign-ups at the Senior Space grand opening.

## SHOW YOUR GREEN

Sign up for a digital engage subscription at [UMCommunities.org/engage-magazine](http://UMCommunities.org/engage-magazine). Help reduce our carbon footprint.



# BLOG TIME!

Check out United Methodist Communities' blog posts. We feature a new blog every Wednesday.

Related to our theme, Finding Assisted Living Communities for Senior Veterans with PTSD (Post Traumatic Stress Disorder), appeared in June 2017 and can be easily accessed on the blog. Upcoming topics include:

## APRIL

Essential Qualities to Look for When Hiring a Senior Home Healthcare Aide

## MAY

Private Duty Homecare Through The Veterans Administration

## JUNE

5 Options for Summertime Fun with Seniors

## JULY

Director, Soldier, Athlete and Friend

[UMCommunities.org/blog](http://UMCommunities.org/blog)

## A MESSAGE TO OUR DONORS ...YOU ARE OUR HEROES!

At United Methodist Communities, donors are our everyday heroes. For over a century, you have helped us provide a true home for seniors of all income levels. You have ensured that residents dealing with dementia and memory loss are still able to live with joy and dignity. Most recently, you've made our dream of bringing services and expertise to seniors outside our walls a reality.

Our mission is **compassionately serving in community so that all are free to choose abundant life** ... thank you for making that possible!

We know our goals are only achievable with support from faithful partners in ministry. Secure, online donations can be made by visiting [UMCommunities.org/donate](http://UMCommunities.org/donate) and selecting your fund of choice. Checks payable to the United Methodist Communities Foundation may be mailed to 3311 State Route 33, Neptune, NJ 07753. Please designate your fund of choice in the memo area or enclose a note.

Please Remember United Methodist Communities in Your Will.

# LUNCH BREAK AND JBJ SOUL KITCHEN RED BANK HEROES

By Dee Carmichael



Their website tells a story of compassion:

*Where there is love, there is plenty. As you will see, our menu has no prices. You select what you like and make the minimum donation. If you can afford to donate more you are helping to feed your neighbor. If you are unable to donate, an hour of volunteering pays for your meal.*

If by definition a partner is one associated with another, especially in action, then United Methodist Communities at The Wesleyan mightily includes Lunch Break and the JBJ Soul Kitchen as their partners.

Lunch Break freely provides food, clothing, life skills and fellowship to those in need in Monmouth County and beyond. The organization delivers lunch to homebound residents at The Wesleyan. Consistent with charity, many of its residents who are able to contribute food, clothing and other items to Lunch Break, assist not only their neighbors within, but also those beyond.

Through Lunch Break's Farmers' Market program, residents of The Wesleyan as well as its Senior Space participants, select from fresh locally grown produce beginning in summer and continuing weekly through November.

Gertrude Kehleay, housing administrator at The Wesleyan, comments, "Everyone feels extremely grateful for Lunch Break's staff and volunteer service to our community and to Red Bank at large."

A second partner, the JBJ Soul Kitchen, represents one outreach program of the JBJ Soul Foundation. They have worked with The Wesleyan since opening their doors in Red Bank. In keeping with the cooperative model above, The Wesleyan's residents and staff volunteer their time and contribute — residents also fall among its many beneficiaries.

Going a step further, the Soul Kitchen has contributed catered meals to The Wesleyan's events. Based on a longstanding relationship, they feel proud to partner with the Soul Kitchen and its program manager, Marylou Caputo, in fostering the spirit of giving back. Marylou states, "JBJ Soul Kitchen strives to provide a sense of purpose and community, while providing healthy meals served with dignity."



*Clara's Closet, one of Lunch Break's many services, assists individuals seeking clothing for interviews and employment opportunities.*

Linda Masi, community life assistant at The Wesleyan, states, "Our residents and staff thank and congratulate Lunch Break and the JBJ Soul Kitchen for their loyal and tireless service to The Wesleyan and to all in Red Bank."

*Dee Carmichael is Administrative Assistant at United Methodist Communities at The Wesleyan.*

# DIRECTOR, SOLDIER, ATHLETE AND FRIEND

By Janet M. Carrato

When the drain clogs or something needs repair, every resident of United Methodist Communities at Collingswood knows Ian Barnett, building services director, and his department will come to the rescue. Many residents consider him more altruistic superhero than everyday associate.



*Ian in his present day role at Collingswood.*

Perhaps a paradoxical quid pro quo, Ian views the residents as heroes. Ruth, a native of Germany, relishes opportunities to converse with Ian, who voluntarily served full-time in the British Army for almost 24 years. He learned to speak the language while stationed in Germany. Similarly, Art, a World War II veteran, frequently compares notes with Ian about their military experiences in various worldwide locations.

Deployed during Operation Granby (known as Desert Storm in the US) with the 4th Armored Brigade, Ian completed a six-month stint in the Falkland Islands and numerous tours of Bosnia as part of the Stabilization Force (SFOR). Ian also served in the United Kingdom, Germany, Denmark, Norway, Iraq, Kuwait, and Saudi Arabia.

Born in Chorley and educated in Leyland, Lancashire, England, Ian left school after graduation at 16-years-old. He joined the Army Apprentice College and completed one year of basic training as a Junior Leader. At 17, he joined the Regular Army and furthered his education.

His “Don’t give up, just keep at it” approach to life has served him well as a soldier, civilian and athlete. From 1996 to 2010, Ian was part of the British Bobsleigh Team competing on the European Cup circuit. Ian won the Army championships four times and was part of the winning Army team at least seven times.



*Ian and Graham Richardson, currently Canadian National Bobsleigh development coach, at practice.*



*Ian in his Army barracks.*

During his Army career, Ian received numerous medals including the NATO Meritorious Service Medal. As the head of transport and logistics for a NATO communications unit, Ian managed soldiers, vehicles, weapons, ammunition, equipment, and buildings, which naturally led to a second career in facilities management.

Honorably discharged in 2011 with exemplary military conduct, he enjoyed some down time. He began his second career in Sodexo’s Healthcare Division and for the last five years, in the Senior Living Division.

Although Ian came to Collingswood on a temporary assignment, he liked it so much he decided to apply, got the job and stayed. He comments, “Collingswood residents are absolutely fantastic characters. It has great management and everyone is so friendly.”

*Janet M. Carrato is Communications and Public Relations Director.*



**You’re invited to a Banana Split Social, Chocolate Lovers’ Tour, Dine and Discover, Spring Painting Art, Parade of Apartments, and other enticing happenings at our communities!**

**Visit any of the full service community websites (back cover) and click events to see the current calendars.**

# PRIVATE DUTY HOME CARE THROUGH VETASSIST

By Deborah Walsh



Have you considered private-duty home care for your elderly family member? Maybe they are experiencing difficulty with mobility, strength and balance, or other health issues. Family caregivers often feel overwhelmed and wonder about the available choices.

Perhaps the idea and cost of hiring a home care aide has simply not been an option. If, however, your elderly veteran parent or grandparent is considered a wartime veteran or served during a time of active combat, they may qualify for the Aid and Attendance Benefit.

## What is the Aid and Attendance Benefit?

This benefit, available through the Department of Veterans Affairs (VA) and developed after World War II, helped soldiers get the proper care and support to cope with injuries and disabilities sustained in battle. Through the years it expanded to now cover veterans of all ages, whether they were injured or disabled in active service or not. The Aid and Attendance benefit can be used for private duty home care, incontinence supplies, medical alert bracelets and other services that allow a senior to live safely at home.

## Wartime veterans must prove home care is necessary.

In order to qualify, a physician must confirm the veteran's need for custodial care at home. In other words, the veteran or their surviving spouse needs assistance with activities of daily living such as: preparing meals, bathing, dressing, walking, or moving about, grooming and using the bathroom. Surviving spouses of wartime veterans are also eligible. Women or men who never served in the military are eligible for this pension if they were married to a wartime veteran at the time of his death and haven't remarried.

## The application process can take a long time.

The backlog at the VA means it could take several months, even up to a year, for qualifying veterans to have their applications for the Aid and Attendance Benefit approved. It's essential that any veteran who believes he or she would qualify for this pension and has a need for home care support, begins the application as soon as possible.

## But help is available right away!

Through our partnership with Veterans Home Care, VetAssist Program, *United Methodist Communities HomeWorks Home Care* can provide home care services before an application is approved. This program will help in the following ways:

- Determine if you qualify;
- Identify and obtain the documents needed;
- Assist in completing the application;
- Furnish an interest-free loan to obtain home care services right away while you are waiting for your application to be approved; and
- Monitor the application's progress and aid with responding to VA requests for additional information until your pension is approved.

To find out more about all HomeWorks' services, visit [UMCHomeWorks.org](http://UMCHomeWorks.org).

*Deborah Walsh is Executive Director of HomeWorks.*



## RESPITE FOR SPRING AND SUMMER

Whether you're planning a vacation, investigating senior living options or seeking a break, United Methodist Communities can help with respite. Visit us on the web or call to discuss the ways we can assist.

# WEBSITES FOR VETERAN'S BENEFITS

Consumer Protections for Veterans & Military Personnel

<http://www.atg.wa.gov/consumer-protections-veterans-military-personnel>

Gary Sinise Foundation; Supporting Our Veterans

<https://www.garysinisefoundation.org>

Job site for veterans

<https://vetjobs.com/>

My Next Move (careers)

<https://www.mynextmove.org/vets>

The Veterans of Foreign Wars

<https://www.vfw.org/>

U.S. Department of Veterans Affairs

<https://www.va.gov/>

Veterans Benefits for Seniors

<https://www.Military.com>



Veterans Educational Assistance Program (VEAP)

<https://www.benefits.va.gov/gibill/veap.asp>

Welcome Back Veterans Initiative

<https://www.rand.org/health/projects/wbv.html>

## LEAVE US A REVIEW

Share your feedback about any of United Methodist Communities' four full service locations on Facebook, Caring.com and Google (permissible only with a Gmail account)!



Facebook <http://bit.ly/2oNXwuk>  
Caring.com <http://bit.ly/2AZ9qTU>  
Google [goo.gl/mmazYX](http://goo.gl/mmazYX)



Facebook <http://bit.ly/2BzAxGf>  
Caring.com <http://bit.ly/2B0Rc4o>  
Google [goo.gl/mJCfXN](http://goo.gl/mJCfXN)



Facebook <http://bit.ly/2ByYXj2>  
Caring.com <http://bit.ly/2kldmIe>  
Google [goo.gl/v3SmiG](http://goo.gl/v3SmiG)



Facebook <http://bit.ly/2D3Ecfl>  
Caring.com <http://bit.ly/2ByZyRO>  
Google [goo.gl/3qq36D](http://goo.gl/3qq36D)

# OUR SACRED MISSION

## HONORING OUR HEROES

By John Callanan



One way we celebrate abundance in life is by honoring our heroes, who come in all shapes and sizes. Jesus defined our faith heroes when he said, "There is no greater sacrifice than to give one's life for another" (John 15:13, paraphrased), and in his stories of "the Good Samaritan" and the widow who gave everything she had.

John Wesley was a faith hero for inspiring early Methodists to visit people in prisons and create the forerunners of modern health clinics and savings and loans, which taught physical and financial stewardship to help people improve their lives while deepening their faith. Likewise, he also created homes for destitute widows and inspired our own ministry in senior health and retirement living today.

I have been privileged to know many heroes within our communities. I recall one veteran who was present at the Flag Raising on Iwo Jima and another, who witnessed the horrors of human evil at Dachau, the German Death Camp outside of Munich during World War II, and was inspired to dedicate his life to "doing good for all." Both were beloved husbands and fathers and outstanding citizens. The latter also worked to make the United Methodist Church in New Jersey racially and ethnically inclusive and labored to expand our ministry. I also remember many other heroes and imagine that you do as well.

Our residents and associates are also certainly heroes for their generous response last year to our hurricane relief effort. I am proud that we created and delivered 603 Hygiene Kits and collected over \$4,000 in additional donations for the United Methodist Committee on Relief (UMCOR). Incredible! And I would be remiss, if I did not acknowledge that I feel inspired by and proud of how our associates go above and beyond each day with generous acts of compassionate service.

**Our heroes for sure!**

*Rev. John Callanan is Corporate Director of Mission and Pastoral Care.*

## MISSION STATEMENT:

Compassionately serving in community so that all are free to choose abundant life.





# United Methodist Communities

3311 State Route 33  
Neptune, NJ 07753

Connect with us through social media!



Facebook



Pinterest



Instagram



Twitter



LinkedIn

[UMCommunities.org](http://UMCommunities.org)

## Full Service Communities

Offering a continuum of care for adults 65-years and over. Contact the community of your choice for information.

Independent Living | Residential Living | Assisted Living | Memory Support  
Respite Rehabilitation | Long-Term Care | Hospice & Palliative Care

### **Bristol Glen**

Newton, NJ | 973-300-5788  
[BristolGlen.UMCommunities.org](http://BristolGlen.UMCommunities.org)

### **Pitman**

Pitman, NJ | 856-589-7800  
[Pitman.UMCommunities.org/](http://Pitman.UMCommunities.org/)

### **Collingswood**

Collingswood, NJ | 856-854-4331  
[Collingswood.UMCommunities.org](http://Collingswood.UMCommunities.org)

### **The Shores**

Ocean City, NJ | 609-399-8505  
[TheShores.UMCommunities.org/](http://TheShores.UMCommunities.org/)

## Affordable Housing Communities

### **Bishop Taylor**

East Orange, NJ | 973-676-9057  
[UMCommunities.org/BishopTaylor](http://UMCommunities.org/BishopTaylor)

### **PineRidge of Montclair**

Montclair, NJ | 973-746-0003  
[UMCommunities.org/PineRidge](http://UMCommunities.org/PineRidge)

### **The Wesleyan**

Red Bank, NJ | 732-936-0760  
[UMCommunities.org/TheWesleyan](http://UMCommunities.org/TheWesleyan)

### **Covenant Place**

Plainfield, NJ | 908-791-9430  
[UMCommunities.org/CovenantPlace](http://UMCommunities.org/CovenantPlace)

### **Wesley by the Bay**

Ocean City, NJ | 609-399-6701  
[UMCommunities.org/WesleybytheBay](http://UMCommunities.org/WesleybytheBay)

## In-Home Care for Seniors

HomeWorks | Ocean Grove, NJ | 732-838-1950

HomeWorks | Newton, NJ | 973-940-6300

[UMHomeWorks.org](http://UMHomeWorks.org)

