

engage!

United Methodist Homes



Techno-Savvy Seniors

It's Never 2 Late

Planned Giving Made Easy

engage!

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Cover Photo:

Collingswood Manor Marketing Assistant, Carlene Sunarth and resident Anne Hargrave.

A LETTER FROM THE EDITOR

Technology touches everyone and makes a timely theme for this last issue of 2013. Ever-present and ever-changing, it can seem difficult to keep up with, however technology vastly impacts and transforms how we communicate, work, play, research, plan trips, donate, learn, network, socialize, take photos, and much more! We expect technology's practical and useful applications to improve and make our lives easier.

This morning, for example, I got into my car and used a remote device to open and close the garage door. I plugged my iphone into my vehicle's port and switched on a desired song. Later, I transferred to SiriusXM satellite radio. I drove by intersections with cameras mounted on the overhead traffic signals. When I arrived at the Home Office earlier than usual, I entered my personal code into the keypad to be admitted. Then, I logged onto my computer. So many encounters with technology already!

Similarly, technology is employed by the Homes in direct care to seniors. Part of wellness promotion, maintenance and restoration includes utilization of wisely-chosen tools for cognitive and physical health. Village Merchant, IN2L and Daylight IQ™ are just a few examples. They assist in meeting our compliance goals, increasing our efficiencies, promoting risk reduction, and benefit us economically.

Let us not forget our residents—technology is not just for the young. As a demographic, they are increasingly turning to the technologies which best meet their unique needs and lifestyles, as reported in the two Techno Savvy Senior articles. United Methodist Homes facilitates this trend by offering residents instruction. On-site libraries and computer centers offer free use to all residents and many possess their own devices.

By the time the next issue appears, innumerable new apps and devices will have surfaced!



Janet M. Carrato, Editor

WE'VE MADE PLANNED GIVING EASIER THAN EVER!

As technology races forward, the newly expanded planned giving section of the Homes' Foundation website is readily available by going to umhnj.plannedgiving.org. It's designed to be easy to navigate yet informative and useful. This site is your special resource for estate and gift planning, and makes it is easy to discover the benefits of gifts anyone can make.

We invite you to explore the *Plan-A-Gift*® interactive section of the site to prepare your own illustration of how planned giving could work for you and your family. You may also see how you might benefit from increased income or reduced taxes by creating your own gift illustration using the *Gifts That Pay You Income* link. While there, download the *Estate Planning Guide* to help begin your will planning process. There's even information for financial planners for those of you who work with a professional advisor! You can also create personalized gift illustrations for various types of other gifts, including: insurance, real estate, gift annuities, and trusts.

Our development team can help you achieve your goals as you leave your legacy to the Homes or to your local church. As a trusted partner with the Greater New Jersey Annual conference, our Foundation is sanctioned to solicit and administer Charitable Gift Annuities that benefit the conference, your local church, and the Homes.

Please contact us:

Kevin Daly, Major and Planned Giving Officer at KDaly@umh-nj.org or 732-922-9802, ext 2190

Charles Murray, Planned Giving Specialist at CMurray@umh-nj.org

The United Methodist Homes of New Jersey in partnership with the Greater New Jersey Annual Conference and MetLife invites you to a complimentary financial education opportunity: Retirement Income Planning. You will learn about creating an income strategy, managing five common retirement risks, and turning savings into income. For more information please call Jane Marion, Church Relations Director at 732-922-9802, x2183.



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

IT'S NEVER 2 LATE: DIGNITY THROUGH TECHNOLOGY

By Tara M. Sciddurlo

Meet IN2L, also known as It's Never 2 Late, the hi-tech computer system. "It" is mobile, active, bright, fun, adaptable, and always ready for another great and therapeutic activity at all of the Homes' communities.

According to Jack York, IN2L's president and co-founder, the system is "dedicated to helping older adults realize the full benefits of technology by integrating the various hardware, software, media, ergonomic, and adaptive components necessary to allow virtually any person with any interest in using a computer – regardless of background, physical or intellectual abilities – to do so pleurably, engagingly, and with minimal frustration."

Essentially, IN2L is "built on a picture-based reach and touch screen interface that generates stimulating and interactive educational, spiritual, and personalized content appropriate for their level of cognitive acuity and physical ability." It holds tremendous value in therapy and rehabilitation. A resident experiencing a decline in his motor skills used a joystick and the IN2L screen in a series of hand exercises. Because he used a scooter to get around, it not only strengthened his hands, but also restored his mobility.

Since IN2L's arrival earlier this year, it has become an integral part of the communities, playing a vital role in creating programming that enhances, improves, and/or maintains physical, emotional, mental, social, and spiritual interests. With IN2L on the team everyone gets up close and personal, because it immediately becomes the center of any resident group.

IN2L offers a wide variety of aerobic exercise programs. On the softer side, it offers tai chi ch'uan, yoga and qigong. Would you like to take a ride on a bicycle? IN2L gives you pedals and access to any destination point in the world! You can cycle from the Eiffel

Tower to the Roman Coliseum, travel among the giant redwoods in California, or the Grand Canyon.

IN2L provides religious hymns – with or without lyrics and Bible study courses. IN2L can take residents on virtual tours to all the world's great spiritual centers, from New York City cathedrals to the Holy Land to follow Jesus' footsteps.



Alecia Parker, CNA, accompanied by residents Sylvia Carpenter and Emily Mitchell, take on a cognitive challenge delivered by IN2L.

Despite these innovative capabilities, never doubt for a moment that IN2L isn't social. It connects to Facebook, sends email, and teaches residents about the latest in social media. Through the use of Skype, a resident can use IN2L to talk with and see on a screen, a loved one regardless of their location! Associates faced with a resident needing encouragement to continue her therapy, cleverly enacted a solution. They connected her to her son, a considerable distance away, via Skype. Seeing him and hearing his comforting and reassuring words, eased her transition.

IN2L offers a variety of music choices which can easily be incorporated into many social settings. The music therapy interface provides pre-programmed music for specific activities, while other musical interfaces offer formats to suit every taste, always playing commercial-free.



CNA Lauren Donahue monitors a resident on the IN2L pedaling along a forest path.

IN2L loves to play games! It may challenge residents to take seven letters and create 24 words from them. Or it'll completely engross them in Chicktionary (a variation of anagrams), Who Wants to Be a Millionaire, Family Feud, The Price is Right, or puzzles, all designed for fun, entertainment, as well as social and intellectual stimulation. IN2L even has Google Art Project, an online platform through which the public can access, explore and appreciate art collections in 151 museums in 40 countries around the world.

With IN2L, residents may take a trip to a zoo via a live web cam, and enjoy the visual experience from the comfort of their own community. For therapeutic relaxation and mood stabilization, IN2L takes the viewer to a lagoon, offering a true-to-life image of a rippling pond complete with swimming fish and the soothing sounds of cascading water. This offers an especially calming activity for residents with Sundowning Syndrome (confusion and restlessness sometimes found in residents with some forms of dementia during sundown or evenings) and Alzheimer's disease.

There's no question IN2L is a multi-talented and indispensable tool! In fact, its vast array of talent and charisma has led some communities to personify her – it is called Rosie at Francis Asbury Manor. Each new day brings new opportunities to utilize this amazing technology designed to enhance independence and improve the quality of life for all United Methodist Homes' residents.

Tara Sciddurlo is Activities Director at Francis Asbury Manor



TECHNO-SAVVY SENIORS TAKE SURFING IN STRIDE

PART 1: FULL SERVICE COMMUNITIES



Nan Davis focuses on her Apple laptop while relaxing in her Francis Asbury Manor apartment.

By Pat Darcey with contributions from Alice M. Coghill and Barbara Wrzeszcz

They Google, they text and they email. They tweet and Skype and they surf. They are today's seniors... mostly 80 and 90+-year-olds...who adapt today's technology to fit their senior lifestyles. Current statistics show some 53% of seniors 65 and older, use the Internet and/or email. In fact, most of this group — 70% — are on their computers every day.

"I like to write letters to my cousin in Norway," says very computer savvy, 92-year-old Al Aanensen. Al, a resident of Francis Asbury Manor, has set up his Mac and printer in his apartment. He quickly admits that although he and his Norwegian cousin have never met, they have established a close relationship through the computer.

"When I was helping my mom, Shirley Murphy, move into Pitman Manor," recalls daughter Kathie, "she sent me to pick up a few things. As I went over the list I realized I could easily have been sending a kid off to college. Mom wanted yoga pants, a coffee maker, DVDs, and a couple of power strips."

Shirley will be 80 this year but she is part of a new generation of high-tech seniors and her technology of choice is her Apple iPad. "She doesn't even have a clock!" says her amazed daughter. "She relies on the digital clock display on her cable box." With Kathie living in Canada and another daughter, Nancy, in Texas, Shirley uses iMessage, FaceTime and Skype to stay close to her family. Shirley says, "The iPad helps me connect with everyone I love — and I don't miss anything!"

At age 85, Joan Krumm wheels up to her large screen computer to send emails, check her finances, order medications and write her autobiography. Joan's been using the computer for at least five years. She also has a copy machine, a printer and a cell phone.

Collingswood Manor's Don Chapdelaine logged on to computer technology at the age of 75 — and that was ten years ago. Although he emails friends and family, he enjoys beginning each day with *The New York Times* online while having morning coffee. Don says, "It's so easy to stay in touch with family and friends using email and I like getting financial information every day." He is also Resident Council Recording Secretary and is adept at setting up meeting minutes on his computer. Don is overjoyed to be continually learning and looks to the possibility of owning a cell phone or using Skype in the very near future.

At age 98, Eleanor Pierson was introduced to Skype by her son, John, a frequent visitor to Francis Asbury Manor, as are Eleanor's two daughters, Margaret and Jane. John describes it as "one of those 'priceless' moments" when his mom was able to see and chat with daughter Jane, a Washington, DC resident, via Skype.

Retired registered nurse, Carol Wilson lives at Francis

Asbury Manor and uses her computer to chat with her former nursing school roommate who lives in Arizona. Carol likes to look up book and movie reviews, too.

Registered pharmacist, Nan Davis, 78, keeps up with developments in her field using her Mac laptop. She also takes courses via computer, submits articles, sends email and is active on Facebook "to keep up with my grandkids." Nan, a passionate speaker and self-described "activist," stands firmly on the side of Native American rights, saving wildlife, and preserving rainforests. Nan says when it comes to causes close to her heart, "I will petition anyone that will listen." And she does...via computer.

Francis Asbury's Marian McKillop, 83, says, "I bought a computer in the 1980s to keep up with students in my school library." Marian was awarded a Master's Degree in Computer Education prior to her retirement. Recently, she bought a laptop and is happily updating to new technology via lessons at the Neptune Senior Center. Says Marian, "You're never too old to learn."

Author's note: Indeed!

*Pat Darcey is marketing director at Francis Asbury
Alice M. Coghill is marketing assistant at Pitman Manor
Barbara Wrzeszcz is marketing director at Collingswood Manor*



Pitman Manor resident Shirley Murphy browses through the different apps on her iPad and plays the game, "Words with Friends" with Pam Mezis, marketing director.

Engage, the Homes' newsletter which debuted last year, received a Gold Aster Award! In partnership with the Homes, The Merz Group, of West Chester, Pennsylvania, designed Engage. The annual contest allows healthcare organizations and advertising agencies across the nation and world to compete. A diverse panel of experts, judge and score entries; winners are recognized for excellence in healthcare marketing and advertising. Congratulations!

FIVE OPEN DOORS!

Summer is gone and fall presents many opportunities to attend an Open House and Lunch and Learn events. Experience Bristol Glen, Collingswood Manor, Francis Asbury Manor, Pitman Manor, or The Shores at Wesley Manor, gather information, and meet the people who make it a great place to live and work. For a complete schedule, visit <http://www.umb-nj.org/openhouse>.

Daylight IQ™, an outcomes measurement and performance improvement technology, has become the assessment standard for residents with multiple and complex health conditions. Learn how it has favorably improved resident health. It can be found on the Homes' blog.

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.*

TECHNO-SAVVY SENIORS TAKE SURFING IN STRIDE

PART 2: SENIOR HOUSING COMMUNITIES

By Deede Bolger

Almost all residents in our five Senior Housing communities were born prior to the 1950s; these were relatively peaceful years of conformity and conservative values. No one considered the possibility of travel to the moon, cell phones in every hand or computers in every household. Over the years, families began to adapt to advancing technologies.

Today, technology touches almost everyone and people expect housing communities to utilize it. While computer programs track our finances, associates' work histories and residents' health, it doesn't end there. Computerized scanners check our shopping purchases and we can pay with credit or debit cards that record or deduct an exact amount. We can verify account balances online.

When you call for a medical appointment the receptionist consults a computer for availability. The doctor carries a computer tablet into the exam room, enters notes, then sends prescriptions to your pharmacy. If you are curious about anything: a recipe, new movie, recliner, research, or virtually anything else, go to a computer and type your inquiry into a "search engine" and voila—there's the answer.

Our Senior Housing communities have resolved the expense and confusion of computers by establishing computer labs in each Community Room with staff and volunteers to help with instruction and guidance. Wesley by the Bay residents play Chicktionary (a variation of anagrams) on an IN2L computer tablet and learn and explore a wealth of subjects or write their autobiographies guided by a software program. One resident booked a cruise and banks online. Another entered photographs in an art contest and chats with family and friends. If residents want to check their Medicare and insurance options, the



Monmouth University student intern volunteers Patrick Gillian and Nicole DeSantis (first and third from left), demonstrate the IN2L system for Wesleyan Arms' residents Liz Abrams and Joe Narvaez (second and fourth from left).

social service coordinator guides them through the process.

PineRidge of Montclair residents have consistently engaged in computer technology. Back in 2004, it was classified as a Certified Center for "Developing and Providing Programs to Support Self Sufficiency of Multifamily Housing Residents" for Neighborhood Networks under the U.S Department of Housing and Urban Development. Today, computer training is always available to the residents with support from Montclair State University students and local volunteers.

The program was so robust that residents began outpacing the training, asking for more advanced capabilities. Social media networks such as Facebook, Skype, Twitter and websites keep them connected.

The Community Room houses the Learning Center, Wesleyan Arms' Computer Lab. With tutoring by volunteers, the residents access computers for social media and internet, a Wii gaming system, Netflix for movie viewing, and a computer tablet that gives access to It's Never 2 Late (see article on pages 3&4).

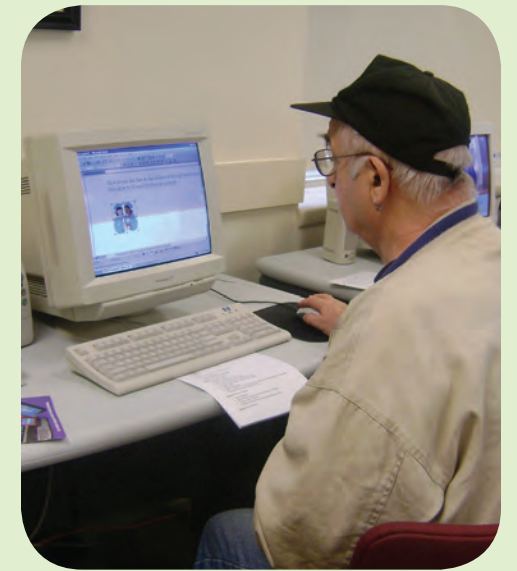
Volunteers give one-on-one instruction and assist residents with installing hardware and software on their personal devices. Students from Red Bank Regional High School and Brookdale Community College teach residents how to use their phones and iPads and answer questions.

Covenant Manor residents assist students in their Computer Center. An after school program, envisioned for the fall, will enable residents to partner with children who need homework assistance. The interaction will sharpen the students' education and also refine residents' familiarity with the computer, where most homework takes place these days.

Residents of Bishop Taylor Manor have enthusiastically boarded the technology train, surfing the net and emailing family members and friends. A number of more adventurous residents have even joined Facebook and are working toward blogging. Bishop Taylor's has moved quickly with no intention to slow down—next stop Tumblr or maybe Instagram.

Telehealth represents an emerging application for residents as well. Monitoring pacemakers via the phone and an internet connection easily allows health monitoring without an actual doctor visit. Senior Housing is forging ahead with research on home monitoring using telehealth technology. Older people living independently in their own homes will have use of this technology for medical oversight. Expect much more to come in this area.

Almost everything in today's world requires computers to some extent. Therefore, the Homes' believes it is important to continue educating residents and associates on many technologies to improve nearly every aspect of our personal, professional and organizational lives. With the 1950s more than six decades behind, we truly find ourselves in the information age. Indeed our techno-savvy seniors are taking surfing in stride!



PineRidge of Montclair residents including James Campbell, have developed computer skills, aided by Montclair State University student volunteer instructors.

EDITORIAL SCHEDULE FOR 2014

JANUARY:
United Methodist Homes Strategic Plan
& Industry Trends

MAY:
Volunteerism in the Homes

SEPTEMBER:
Resident Stories

CHEF'S CHOICE: COLLINGSWOOD MANOR

EXECUTIVE CHEF JOE KRATOCHWILL

By Stephen Davis

Collingswood Manor Executive Chef Joe Kratochwill always wanted to be a chef. Following graduation from Johnson and Wales he began his career with Hyatt Hotels. After growing with them for 10 years, he next worked with Sodexo at Muhlenberg College and later for Wegmans. While both organizations operated kitchens, some of Joe's most memorable "chef moments" came from career experiences in London, England and Tuscany, Italy.

Joe enjoys cooking many different cuisines and reflects, "I consider Regional American my favorite because of all the cross cultural influences that American food has developed."

Since joining Collingswood Manor in March he has begun researching the foods of the 30's and 40's for their weekly Happy Hour. Residents love the culinary trip down Memory Lane.

Joe lives in Mount Laurel with his wife, Eileen, and children, Sabrina and John. He relished cooking in New Orleans and chose to share a recipe for Jambalaya, a staple of creole cuisine.



Sambalaya

Ingredients:

- 12 medium shrimp, peeled, deveined, and cut in half
- 6 ounces cooked chicken, diced
- 1 tablespoon Creole seasoning
- 2 tablespoons olive oil
- ¼ cup chopped onion
- ¼ cup chopped red and yellow bell pepper
- ¼ cup chopped celery
- 2 tablespoons chopped garlic
- ½ cup chopped tomatoes
- 3 bay leaves
- 1 tablespoon gumbo filé powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon hot sauce
- ¾ cup rice
- 3 cups chicken stock
- 5 ounces Andouille sausage, cooked and sliced
- Salt and pepper to taste

Procedure:

- In large saucepan heat oil over high heat, sauté the onion until caramelized.
- Add, pepper and celery, garlic and spices toast the spices slightly (3 minutes).
- Add garlic, tomatoes, bay leaves, Worcestershire and hot sauce. Stir in the rice then slowly add broth while continuing to stir to ensure that the rice does not clump.
- Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally (15 minutes).
- When rice is just tender add shrimp, chicken and sausage. Cook until meat is heated through (10 minutes).
- Season to taste with salt, pepper and Creole seasoning.
- Serves 4.

Enjoy!

Steering Group

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NEW DINING ROOM SOFTWARE IS HIGH TECH AND HIGH TOUCH

By Tom Boileau

United Methodist Homes is now using Village Merchant, a point-of-sale (POS) software technology system, in its five full-service communities. Today's senior living residents want dining flexibility, greater food variety, and control of their meal options. The system provides greater flexibility and increased dining choices to residents and associates.

In addition to the dining room, where residents enjoy waited table service and a variety of menu choices, Village Merchant has also been implemented in the bistros. These offer lighter fare, beverages, and deli selections as well as complete meals for casual dining or takeout. In the dining rooms, Village Merchant will assure 100% attention to all special requests, provide a double check for residents on special diets, and enhanced security, notifying management if a resident misses a meal.

Executive Chef Stephen Davis reported, "Today's noon meal service at The Shores went very well. The POS system is now up in both dining rooms and the servers are adapting very well. Service from the kitchen was very fast and the residents have already noticed a huge difference, supported by the focused and committed team of Jean Monteith, Brian Bailey and Chef Robert LaBoy."

Tom Boileau is Corporate Director of Dining





3311 State Route 33
Neptune, NJ 07753

Full Service Communities

At the heart of United Methodist Homes' resident-driven 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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