

engage!

United Methodist Homes

Shopping on Tuesday

Culture Change

A New Day in Dining

**From Blitz to Barn
to Beach**

David Solomon



engage!

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A LETTER FROM THE EDITOR

Welcome to the premiere issue of Engage! Yes, Engage with an exclamation point to reflect our missional passion and enthusiasm for the transformative journeys taking place at United Methodist Homes.

The change from Spectrum to Engage! began over the winter. We formed a managing board with organization-wide representation from unique functional areas: senior housing, marketing and sales, health and wellness, church relations, development, and communications and public relations. I consider these associates, who bring valuable perspectives, my guiding light. As a team, we will strive to keep you informed of significant developments and portray the Homes' vibrant communities in Engage!

While two stories, *From Blitz to Barn to Beach and David Solomon: Personifies "Never Give Up"* clearly reflect this issue's theme, *Life Journeys, Walking for 18 Years* references an organizational journey. Culture change, the compass for charting our future, comes to life in three features: *Action Pact, Marching Toward Culture Change* and *A New Day in Dining*. These foreshadow the theme for the next issue, Culture Change.

What does this mean? The current model of institutional-centered care, which has dictated every aspect of service delivery and environmental design, will gradually become more person-centered. Programs, environments and broad operations will be driven by resident choices and preferences. We look forward to sharing additional details in the next issue.



We welcome your comments about Engage! In the meantime, engage in the best of what life offers you.

Janet M. Carrato, Editor

EIGHTEEN YEARS OF WALKING



Family members and employees of Hawks & Co., the Grand Marshal Partner, enjoyed the day in Ocean Grove.

By Janet M. Carrato

The Walk for All Ages started in 1995 in honor of the 250th anniversary of Bishop Francis Asbury's birth. A Methodist Episcopal circuit rider across New Jersey, many towns and churches bear Asbury's name. On June 10 for the eighteenth consecutive year, a throng of walkers in Ocean Grove processed from Ocean Pathway to Francis Asbury Manor. They all walked in the Nancy Gilbert Rhodes Walk for All Ages with the original purpose—to raise proceeds for the Homes' Fellowship Fund which assists residents who have outlived their financial resources. It pays for expenses not

covered by health insurance and other sources including rent, meals, housekeeping, medical supplies, prescriptions, etc.

Of the \$67,500 raised, business partners contributed almost \$28,000, including the Grand Marshal Partner, Hawks & Company of Deptford, New Jersey. Luncheon Partner, The Weston Group, and Entertainment Partners, Atlantic Trust Private Wealth Management and Johnson, Kendall & Johnson, also generously demonstrated their philanthropic spirit. Starting Line Partners included American Plus Printers, The Merz Group, PNC Bank, Pike Construction, and Herbert J. Sims & Co. The Central Jersey Bank (Ocean Grove branch) provided bottled water.

While every walker received a tee shirt, one-day beach pass, lunch and entertainment, awards were also given. Lawrence D. Carlson, President and CEO, presented the traveling trophy to the top adult fundraising team, The Shores at Wesley Manor, led by Nancy Gilbert Rhodes. The team, which has garnered the trophy four of the last five years, won with almost \$12,000 contributed and retains the trophy until 2013. Members of the highest fundraising youth team from the Pitman United Methodist Church each won free registration to the annual Ocean City Youth Weekend.



Nancy Gilbert Rhodes (far left) led The Shores at Wesley Manor to the top adult fundraising team trophy.

AFFORDABLE HOUSING—MOVING TOWARD CULTURE CHANGE

By Deede Bolger

When it comes to implementing initiatives, Affordable Housing is held to the same high standards as our full-service communities. Residents are valued as “family” not just tenants. Recent housing administrator and service coordinator visits to non-affordable housing facilities has highlighted the difference between the Homes’ philosophy and that of many other housing providers.

In stark contrast to our neighbors, our focus on resident well-being and comfort has been primary. Housing staff provides life-enriching activities and opportunities and are poised to step into the future of resident-centered service. Moving toward Culture Change, where decisions are made by the group for the group will be new, but not totally divergent from current practices.

Recently, HUD’s (U.S. Department of Housing and Urban Development) focus shifted from *independent housing* to *supportive living for the elderly*, encouraging the provision of services that allow the resident to remain in an apartment for as long as possible and delay early institutionalization. The Homes’ early addition of the Social Service Coordination program has provided the added expertise to refer residents to community services needed to remain independent.

While Service Coordination has been in existence for many years, some providers choose not to add this position. As a result, the Homes has progressed far ahead of other housing communities. Social service coordinators are able to offer assistance when the impact of health, family, finances and lack of resources becomes overwhelming or complicated. Because our Affordable Housing staff is small, even the maintenance person knows each resident by name and circumstances such as disabilities and frailties. They can provide service specific to that resident and circumstance. For example, alerting a visually impaired resident in ways that will not startle, but will still get their attention.

Services such as Congregate Housing Services, housekeeping and meals, are provided through a Department of Health grant. The Homes applies annually and has been awarded this grant for about seven years, which aims to further delay early institutionalization. Similarly, the Homes’ therapy company now provides services in the residents’ own apartments, saving costly transportation fees to off-site therapy centers. LifeChoices has been a major “wellness” initiative of the Homes for the past five years. In Housing, it has driven a culture of enrichment and individual-centered planning, which will flow naturally into the resident centered Culture Change initiative.



Photo: Rachel Gray and John Ciocco from Home Helpers, with Wesleyan Arms’ resident Jack Conway.

A TALE OF TRANSFORMATION AND OTHER FOOD FOR THOUGHT

By Len Weiser

United Methodist Homes of New Jersey has embarked on a journey to truly engage our community members in creating home. We know some aspects of our communities still carry institutional practices and artifacts of the elder housing and care world that hinder this goal. We have begun to plan for physical and operational changes to make this a reality (or bring this vision to fruition).

Action Pact, a national consulting group that assists nursing homes and other elder care organizations in making these changes, will be partnering with us for the next two years to help all our communities study the possibilities for creating a more person-centered and resident-directed lifestyle at every level of housing and care.

This journey will be highly inclusive. Each community will be sending a small team of five to ten people to a series of all day learning experiences with Action Pact. The teams will then bring these resources back to their community, share them, and engage residents, families and associates in studying, deciding on, and making changes to create and maintain true home.

The process has already begun. In May and June, Action Pact consultant Bev Cowdrick visited many of our communities to find out more about each. In July, LaVrene Norton, executive leader of Action Pact, and Bev Cowdrick led an all-day

retreat for the community teams and corporate leadership members who brought skills and resources back to the communities.

Every few months for the next two years, the teams will reconvene at a central location with an Action Pact consultant/trainer. Teams will report on happenings in their communities, learn new skills, and get new resources to help everyone continue on their journey.

Learning sessions include:

- A Tale of Transformation
- Food for Thought
- Honoring Personhood
- Vibrant Living
- Wellness for the Frail Elder
- The New Face of Leadership

After each session, they will be coming back to their communities to engage everyone in thinking about how these resources can help. We hope everyone will get involved and become part of this exciting process of renewal and transformation. For more information about Action Pact and its work, visit their website at www.actionpact.com.



FROM BLITZ TO BARN TO BEACH

THE EVELYN E. BURGESS PALMER STORY



By Pat Darcey

With her Queen's English accent still very much intact, Francis Asbury Manor resident, Evelyn Palmer, recalls how "Our Prime

Minister (Neville Chamberlain) barely got the Declaration of War words out of his mouth when the bombs began to fall." The place was London—the time, September 1939 to May 1941.

Londoners were officially under Germany's blitzkrieg, a devastating concentration of artillery, tanks and air power that barraged London and surrounding towns for 76 consecutive nights. When it ended more than 40,000 civilians perished, half of them Londoners. The London blitzkrieg eventually ended but the fighting continued for nearly three more years.

War was waging on the other side of the world as well. The capture and imprisonment of Evelyn's brother by the Japanese during the fall of Singapore, while serving in the British Army in 1942, further impacted the Burgess family. He remained captive for nearly four years.

On Evelyn's twenty-second birthday in April 1943 she met Charles Turner, a handsome American soldier, in Cheltenham. He proposed, she accepted and her adoring fiancé happily

waded through the myriad paperwork involved in bringing a war bride to the States. Evelyn and Charles were married in October 1943.

Charlie went to France with the American allies while his bride traveled to America in a convoy of 22 escort ships. Evelyn reflected, "We actually zigzagged across the Atlantic to avoid submarine attacks." During the nightmarish journey, she often awoke from a deep sleep to hear depth charges whizzing by the ship.

In October 1945 on the couple's second wedding anniversary, Charlie returned home. Life continued for them on a Maryland farm – a place Charles had purchased before entering the service. Evelyn hit the ground running, raising three daughters, while being a happy, albeit, inexperienced farm wife.

By 1998, Evelyn, twice widowed and a New Jersey resident, found a home at Francis Asbury Manor. Evelyn loves the friendships she's made and remains very fond of the staff. "I could go on and on," she said. "I love the place!"

Immediately active in her new community, Evelyn started the Francis Asbury Manor Glee Club in 1999 and also operated the Gift Shop for six years. What are some of this nonagenarian's life lessons? "You have to roll with the punches," she commented. "And remember you can't please everybody."

DAVID SOLOMAN: PERSONIFIES “NEVER GIVE UP”



By Pat Darcey

Imagine growing your own food in order to eat. David Soloman, a gentle Jamaican native, recounts cutting sugarcane 14 hours a day in blistering sun and unforgiving heat,

with hands bleeding – and then leaving to a second job tending livestock. The third of six children, David’s family members and neighbors constructed a simple wooden home for them, complete with an outdoor bathroom minus running water. The Methodist family attended church every Sunday.

Years later, a farm work program brought David to Florida where later, a Jamaican friend encouraged him to travel to the New York area. David landed in New Jersey, became a nurse’s assistant, and worked very long hours. By the early 1990’s he was a restaurant cook and saw an advertisement for a dishwasher at Francis Asbury Manor. He was hired on the spot, but kept his restaurant job, working 16 to 18 hours a day.

David inherited culinary skills from his dad, a baker, and eventually transitioned to full-time cook at Francis Asbury. Accustomed to long hours, David also went to work for Jersey Shore University Medical Center, transporting himself by bicycle. At Jersey Shore, David became the expert floor polisher. This skill led to yet another career for his spare time – David bought floor polishing equipment and launched a business.

David believes in working hard, saving money, retiring young and relaxing. “Bob Marley said ‘never give up,’” David echoes, “That stays with me – I never give up.” David maintains two homes in Jamaica, a vacation home in Canada, and a home in Neptune. In February 2012 he and his wife, Luz, experienced a harrowing home fire. They lost everything, but have been rebuilding and expect to move back this fall.

Undaunted by setbacks, David’s philosophy is simple: “My goal is to make life better for my family.” He and Luz have three grown children, all college graduates with excellent careers. David’s advice to young people today is “Go to school and get a good education.”

MISSION:

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

***Please Remember
the Homes in Your Will***

SHOPPING ON TUESDAY FOR 38 YEARS

By Janet M. Carrato

At their annual meeting and exposition, LeadingAge New Jersey awarded Pitman Manor's Tuesday Shoppers' program the *Innovation of the Year*. This recognizes an innovative best practice program or service that promotes and enhances quality of life for senior residents, staff and/or the surrounding community.

The Tuesday Shoppers' program, incubated almost 38 years ago by Eleanor and Jack Weatherby of Woodbury, remains bolstered and supported by members of Kemble United Methodist Church and other area churches. When Pitman Manor opened in August 1974, they hung curtains, unpacked boxes and settled residents in their apartments. The couple learned that many residents did not drive or have families in the immediate area, yet needed to make purchases — Tuesday Shoppers came to fruition. About 25 volunteers take turns shopping for several hours each Tuesday for Pitman Manor residents.

“The process has not changed much since Eleanor and Jack started the program nearly 40 years ago. Residents still complete shopping request forms indicating their needs and delivery preferences. It is very rewarding and the residents are so appreciative and grateful,” said long-time volunteer Henrietta E. Sauter, who along with Carol Davis has assumed many of the administrative responsibilities.

Shoppers typically go to three different stores mostly purchasing personal hygiene items, laundry detergent, paper products, envelopes, batteries, snacks, beverages, and fresh fruit and vegetables. The expert Tuesday Shoppers rarely get stumped and endeavor to accommodate all requests.

Program volunteers need no experience as on-the-job training is provided. People who enjoy social interaction, feel comfortable handling others' money, have good basic math skills and patience, and ability to lift packages and work in a busy environment ideally fit the qualifications. In the meantime, thousands of hours have been lovingly donated.



“We are fortunate to have the Tuesday Shoppers. I would be lost without them,” remarks Kathryn Wenderoth. Another resident, Rita DeStefano adds, “They are simply the best and never tell me they can’t find something.”

The LeadingAge community includes 5,400 not-for-profit organizations in the United States, 38 state partners, hundreds of businesses, research partners, consumer organizations, foundations, and a broad global network of aging services organizations that reach over 30 countries.

For more information or to volunteer for the Tuesday Shoppers please contact Kemble United Methodist Church at 856-845-1627.



(left to right) Michele Kent, president of LeadingAge New Jersey; Tuesday Shoppers’ awardees Carol Davis and Henrietta Sauter; and Sharon Capella of Borden Perlman Insurance, award sponsors.

EDITORIAL SCHEDULE FOR 2013



January: Culture Change



May: Wellness



September: Finance/Money

A NEW DAY IN DINING

By Dave Newton, Sodexo Regional Sales Executive

Recently United Methodist Homes' leadership and Sodexo Senior Living embarked on a strategic planning process. It generated some exciting new opportunities through the provision of a systematic approach to dining and culinary services.

By the expansion of the partnership to all five full-service communities, United Methodist Homes can now take full advantage of the aggregation of functions such as procurement, staff training, reporting standards, food production management, retail offerings and recipes. Benefitting residents, guests and associates alike, this will result in an exceptional dining experience while creating a competitive advantage for the Homes in the marketplace.

As your dining and culinary service partner, we do not take our responsibilities lightly. Our commitment is to create exceptional dining and culinary experiences through a system wide model of hospitality, wellness and nutrition while embracing the individuality of each resident. In doing so, we promise to fully support the United Methodist Homes' ministry, mission and vision as we work together to secure our future successes.

Baked Atlantic Cod with Barley Risotto, White Beans and Escarole

Ingredient

Cod filet – 4-6 ounces seasoned with sea salt and fresh ground pepper and freshly chopped dill

Barley – 1 cup

Onion – ½ cup diced fine

Celery – ½ cup diced fine

Carrot – ½ cup diced fine

Garlic – 2 cloves chopped fine

Shallot – 1 chopped fine

Escarole – ½ head washed well, roughly chopped

White beans – 1 cup (cooked)

Chicken stock – 2 quarts as needed

Chive oil (optional)

Fresh thyme- 1 tsp finely chopped

Fresh chives- sliced thinly

Procedure:

Clean fish or buy pre filleted.

In a medium saucepot, sauté onions, celery, carrots, garlic, thyme, and shallots in a little olive oil for three minutes or until slightly browned.

Add barley and continue sautéing for two more minutes.

Add chicken stock two cups at time and stir continually until stock is absorbed by the barley.

Continue this process as needed until barley is cooked tender.

Add escarole and carefully fold in cooked white beans.

Season to taste with salt and pepper.

Season fish with salt, pepper and dill and bake at 350 degrees for 10 to 12 minutes.

Place 3-4 ounces of risotto on a serving plate, place cod on top and garnish with chive oil and fresh sliced chives.

Enjoy!

Steering Group

Lawrence D. Carlson, *President & CEO*
Joseph Baldanza, *Corporate Director of Plant Operations*
Carlos Beato, *Corporate Director of Clinical Services*
Sharon Clapp, *Vice President of Development*
William Ermolowich, *Vice President of Human Resources*
Cynthia Jacques, *Vice President Housing & Community Initiatives*
Carol McKinley, *Vice President of Operations*
Maggie Murphy, *Corporate Director of Compliance & Risk Management*
Diana Scotti, *Corporate Director of Interiors*
Roberta Voloshin, *Corporate Director of Marketing & Sales*
Sara Wilkinson, *Executive Assistant*
Richard D. Wilson, *Vice President of Finance*

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E-mail: umh@umh-nj.org



Phone: 732-922-9800 or toll-free 800-352-6521

Home office : 3311 State Route 33
Neptune, NJ 07753

COMMUNITY EVENTS CALENDAR

BRISTOL GLEN, Newton 973-300-5788

OPEN HOUSES, 11am to 2pm

October 13, November 23, November 24

LUNCH AND LEARN, 11am

September 19, October 18

*Come join us and see how relaxing life can be.
RSVP required; call Denise at 973-300-5788, ext.1113.*

COLLINGSWOOD MANOR, Collingswood 856-854-4331

AUXILIARY ATTIC SALE, Saturday, November 3, 10am

VETERANS DAY SERVICE, November 11, 2pm

*For further information contact Dr. Richard Leaver at
rleaver@cm-umh.org or 856-854-4331 ext. 305.*

ENDLESS SUMMER, September 15, 10am to 3pm

Outdoors weather permitting. Crafters, specialty vendors, white elephant and food. Call Barbara Wrzeszcz at 856-854-4331 for details.

LUNCH AND LEARN

October 5, 10am to 2pm

November 23, 10am to 1pm

December 21, 10am to 1pm

OPEN HOUSES

September 26, 5 to 7pm

October 20, 10am to 2pm

November 2, 10am to 2pm

December 6, 10am to 2pm

FRANCIS ASBURY MANOR, Ocean Grove 732-774-1316

OPEN HOUSE, November 24, 10am to 2pm

LUNCH AND LEARN, 12 Noon

September 21, October 19, December 14

Have a delicious lunch in one of our beautiful lounges, bring your questions and tour our community. Reservations are necessary. Please contact Pat Darcey at 732-774-1316.

HOLIDAY BAZAAR, Saturday, December 8, 9am

Trinkets, treasures and tasty treats.

PITMAN MANOR, Pitman 856-589-7800

FIRST SATURDAY OPEN HOUSES, 1 to 4pm

October 6, November 3, December 1

HOLIDAY OPEN HOUSES

November 24, 1 to 4pm

December 20, 4 to 7pm

Come experience Pitman firsthand, gather information, meet the people who make it a great place to live and work, and enjoy light refreshments. Just stop in!

THE SHORES AT WESLEY MANOR, Ocean City 609-399-8505

OPEN HOUSE, 1 to 3pm

September 19, October 17

BREAKFAST AND BROWSE, 8am

September 26, October 24

*Join us and see how relaxing life can be. RSVP is required.
Call Jessica Stewart at 609-399-8505.*

WESLEYAN ARMS, Red Bank 732-936-0760

VETERAN'S DAY AT THE ARMS' CAFÉ, November 9

View a grand display honoring veterans; free breakfast for veterans and their family members.



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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