

Our Mission in Action

The spirit of innovation, creativity and our commitment to our mission is what makes life different here at UMH. As we share in this edition of Window, I trust you will be pleased by our path to find solutions for families and provide the highest quality of care for the residents of our communities, stewarding the mission of this great organization. At the time this publication goes to print, we will have completed large-scale renovations of our Middlewoods of Newington community. In a similar fashion to the renovations of Bishop Wicke Health and Rehabilitation Center, we have invested in creating spaces that foster relationship-building at Middlewoods. From cozy, homelike spaces, to health and wellness facilities, to a grand entertaining room, life at Middlewoods will be changed forever. Marrying innovative designs with a culture of caring that has been developed throughout generations enriches the lives of those at Middlewoods and at each of our communities.

This fall we will be addressing the high demand for assisted living dementia care on our Wesley Village campus. More than 1 out of every 3 families we serve has expressed this desperate need. Therefore, a wing of our Wesley Heights Assisted Living Community will be dedicated to our new Lifestyle Transitions Program. In cooperation with the Alzheimer's Association, we have developed a renovation design that will create spaces to best meet the specific needs of our residents that live with a dementia diagnosis. The program will be led by a director who is an expert in the field, and all our staff will receive intensive specialty training to better understand and connect with residents with changing cognitive needs.

Throughout all these exciting renovations, however, it is our people that matter most. People like Irene Scheld, our Social Worker at Bishop Wicke Health and Rehabilitation Center who has retired this



Irene Scheld pictured with David Lawlor

year after making a difference in the lives of thousands of residents under our care for over 46 years. We have all learned from Irene's kind, soft spoken, understanding approach to caregiving. Thank you Irene for decades of hard work, compassionate service and for helping UMH become what it is today!

On behalf of our residents, families, staff and volunteers, thank you to all who make the mission of UMH possible.

David

David M. Lawlor, President and CEO

Living the Good Life at the New Middlewoods of Newington



GREAT ROOM

After many months of living with construction, residents and staff at Middlewoods of Newington are enjoying the new design, activity rooms, apartments and other amenities at the community! Here's what people are saying:

"I think it is beautiful! All of the new areas are very nice. I love the colors. It was hard to explain before the work was done, what it would look like and it is much nicer than I ever thought! With the new addition, my apartment is now close to everything." Resident - Sue Fresello

"I like the Great Room for the residents. They have more room for all the things they want to do. The large, round tables are great for the residents who like to play poker. It is easier for the residents and staff to get around, especially the short cut to the Dining Room." Employee - Zofia Kempna

"We have more room; it's a big difference. We've needed that for years. It's all very attractive; the Country Kitchen is good!" Resident - Oronzo DeNigris

"It is very nice, a big improvement. I love the new furniture; it gives me something to show off to my visitors! Everything matches and it is much easier to get around the community. Management knew what they were doing with the planning and it is beautiful." Resident - Marie Pelletier

"When the Activity staff cook and have other activities in the Country Kitchen, the table is full all the time! It is so nice to see families play pool and visit with the residents there too. Having the Wellness Office in the center provides easy access for everyone and is convenient for the residents. I was gone for three weeks and when I came back and saw all the work complete... it was stunning! Everything matches and it looks great!" Employee - Floretta Tinsley

"The Great Room is terrific! There's lots of things we can do there now; different games and activities. You can even have a nice space to eat if you have guests. I like the whole addition." Resident - Josephine Smith



COUNTRY KITCHEN



FITNESS & THERAPY CENTER

UMH
Caring Relationships & Enriching Lives
Development and Public Relations • United Methodist Homes
580 Long Hill Avenue • Shelton, CT 06484

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Window

UNITED METHODIST HOMES
CONTINUING A 125-YEAR TRADITION OF SERVICE

Our Values in Action



FOR MORE INFORMATION ABOUT ANY OF THESE EVENTS, VISIT OUR WEBSITE AT WWW.UMH.ORG OR FOLLOW US ON FACEBOOK AT: WWW.FACEBOOK.COM/UMHCARING OR TWITTER AT: UMHCARING

Stop by for our annual Wesley Village Craft Fair and TEAM Festival of Trees, November 22nd - 23rd from 10 AM - 3 PM!



Register today for our annual road race, happening on October 25th at 9 AM!



Happening at a UMH community near you!



Save the Date! Join us for some of our exciting upcoming events...

Window
UNITED METHODIST HOMES
Continuing a 125-Year Tradition of Service

UMH
Caring Relationships & Enriching Lives

Introducing... Lifestyle Transitions



area by engaging them in life and activities within the larger Wesley Heights community. It will provide encouragement, friendship, and a feeling of security, while developing daily routines that focus on successfully managing individualized physical, social and cognitive challenges.

This program is unique in that personalized and purposeful activities will

“We are excited for the opportunity to provide comprehensive dementia training to the staff at United Methodist Homes to enhance the quality of care that they provide for their residents”

~Eleonora C. Tornatore-Mikesh,
President & CEO, Alzheimer’s
Association, CT Chapter

Currently in the United States, the need for dementia care increases every year. There are five million people with dementia and that number is expected to triple in twenty years! In our assisted living communities, one out of three inquiries is for dementia care.

Working with the support of our Board of Directors, our senior management team began to explore the current best practices in the area of dementia care. Utilizing resources from the Connecticut Alzheimer’s Association, our physician networks, and respected colleagues around the state, a plan for dementia care was formulated. The result is a new and exciting initiative, **Lifestyle Transitions**, which will be located in the Northwest Wing of Wesley Heights. This program is designed to support residents with cognitive impairment who live in this

be offered for **Lifestyle Transitions** residents in their neighborhood as well as in the larger community. The entire Wesley Heights building will be equipped with a Wander-Guard system and the **Lifestyle Transitions** neighborhood will be secured in the evening and over-night hours, for added peace of mind. Routine safety checks will be carried out by consistent caregivers who will be familiar with the

habits and needs of our residents. Individuals or couples can receive the assistance and memory support they need through a personalized package of care services provided by our dedicated nursing staff who understand our mission and live our values.



To best care for the changing needs of all our residents and those living in this new neighborhood, staff will receive specialized training from the Alzheimer’s Association, with a focus on our relationship-centered approach to care. Staff will also work closely with our **Lifestyle Transitions** Director, Lisa Kelleher, who will collaborate with our team to support the physical and cognitive needs of our residents with dementia. Lisa will also continue with her existing role as Resident Services Coordinator, acting as a liaison between residents, their families, and community-based service providers. Staff educators, trained by the Alzheimer’s Association, will provide on-going education to continually promote state-of-the-art practices and approaches to maximize residents’ independence, choice and happiness.

The **Lifestyle Transitions** program space in the Northwest Wing will encompass existing apartments and newly designed and renovated common areas, including a library, family-style kitchen, living room area,

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laundry nook, and enclosed outdoor courtyard. These cozy, home-like gathering areas will provide safe and quiet space for reading, relaxation, and dining, and other stimulating activities such as baking, gardening, exercise, art classes, musical entertainment and more. Keeping the needs of our residents in mind, a dementia consultant was hired to guide the process of choosing colors, textures, appropriate lighting, furniture, and

the overall organization of these therapeutic spaces.

Renovations to this Northwest Wing are set to begin this fall, which means that exciting changes will be coming to our Wesley Village Campus in the very near future. While the project will be taking place in the coming weeks, deposits are being accepted for apartments in the **Lifestyle Transitions** program even now.

Advancing Excellence at our UMH Communities

2014 Connecticut Assisted Living Association Awards Recognizing Outstanding Resident Service

Crosby Commons
Cathy Brelsford, Dining Services
Dianne Terrace, Wellness Center Director

Middlewoods of Farmington
Rosemarie Christie, Wellness/
Housekeeping

Middlewoods of Newington
Elizabeth Colon, Wellness



(From left to right) Dianne Terrace, Cathy Brelsford, Rosemarie Christie, & Elizabeth Colon

• Congratulations to **Middlewoods of Newington** for winning the Newington Chamber of Commerce **“Best of Newington”** Award for Best Retirement Village!

• Congratulations to **Bishop Wicke Health and Rehabilitation Center** for perfect attendance in all sessions of the **Connecticut Nursing Home Quality Care Collaborative** (an initiative of Qualidigm), as well as their 2013-2014 achievement in consistent monthly submission of CARES Reports; project data gathered by staff to help promote quality improvement and person-centered care.

• Congratulations to **UMH** for winning a Silver Award in the **2014 National Mature Media Awards**, for their web-based resource, **“The ABC’s of Assisted Living”** (e-book). Download it at www.umh.org

“The ABC’s of Assisted Living”



Wesley Village Welcomes Lisa Kelleher!



Wesley Village is pleased to welcome Lisa Kelleher, Director of the new Lifestyle Transitions memory care program. Lisa has an extensive background in healthcare services and has worked as a community liaison and program director in many different capacities; building relationships, partnering with health professionals, and supporting families with the resources they need. For the last seven years, she has worked closely with individuals with Alzheimer’s and dementia and will collaborate with us to expand the continuum of services on our Wesley Village Campus. Lisa assumed her new role in July and has an office in Wesley Heights. Welcome, Lisa!

Mission Corner



In the first few months in my new position as Director of Mission Development, I have had the opportunity to delve into the history of United Methodist Homes. What a collection of wonderful stories!

It is only by knowing about and understanding our past, that we can forge ahead and continue to be mindful stewards of the legacy of care that has been handed to us. From its founding days in 1874, the UMH story has been one of like-minded individuals banding together to provide care for aging people. It is indeed the individual acts of caring and kindness, that when woven together, create our collective history.

1918 saw the Methodist Church Home in West Haven, Connecticut opening. What was in the minds and hearts of the founders as they worked so hard to provide senior care? Part of our history includes the story of Fanny Crosby, a prolific writer of hymns and gospel songs. Thanks to her efforts and generosity, we have Crosby Commons, our assisted living community in Shelton. A wise bishop named Lloyd Wicke had a vision for a health care center on Long Hill Avenue. With a collection of churches and committed members, he made it happen! The Bishop Wicke

Health and Rehabilitation Center is a five star community of which we are all proud! These stories are but a few of the hundreds of tales that are the foundation of what we are and who we are today.

What is the story that our generation will write? Certainly it is one of focus on relationship based care. It is a story of work based on the values of respect, spirituality, excellence, collaboration and stewardship. It is a story of a group of like-minded individuals working to provide the best senior care possible. Today that story is working on a building renovation at Middlewoods of Newington, developing a dementia care program at Wesley Heights, and providing outstanding service and care at all of our communities.

Won't you be a part of our story? Won't you help to make a difference? Our predecessors were recipients of generous gifts that helped them make United Methodist Homes what it is today. Your financial contribution today will help to ensure that our story will never end!

Most sincerely,

Carlene Rhea,
Director of Mission Development

Interested in Providing Life-Enriching and Life-Changing Experiences for Someone?

United Methodist Homes is proud of our legacy of caring relationships that enrich the lives of our residents and staff. As an organization, we strive to provide the kind of services all of our residents deserve and enjoy. With that as a goal, we are often asked how one can support UMH, our mission and the work we do to provide opportunities for residents to continue living meaningful lives filled with quality experiences.

There are many ways you can help:

- Make a gift in the form of cash, check, or credit card.
- Provide a gift of stock or other appreciated securities.
- Make a legacy gift by including United Methodist Homes in your estate planning.
- Designate all, or a portion, of your United Way gift or pledge to benefit United Methodist Homes.
- If your company has a matching gifts program, you can multiply the impact of your donation (please check with your human resources representative for your company's policy).

For additional information, please return the form on the right, or contact Carlene Rhea or Mary Ann Bradshaw at 203-925-4952.

Name _____

Address _____

2nd Address line _____

City _____

State, Zip _____

Phone number _____

E-mail address _____

Enclosed is my contribution of:

- \$1,000 \$500 \$250
 \$100 \$50 \$35
 Other \$ _____

My gift is in honor of:

My gift is in memory of:

Please list my name for recognition purposes as:

I prefer to give anonymously.

I have included United Methodist Homes in my estate plans.

I would like more information about the following gift options, with no obligation on my part:

Making a gift through my will or a trust

A gift annuity that will pay me a lifetime income

My date of birth _____

Spouse or other income recipient's date of birth (if applicable) _____

Return this form to:

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