

## Our Mission in Action

As winter slowly loosens its grip, we are energized by the prospect of spring and the future of UMH. Over the past few years we have made great progress in stewarding the mission of UMH for future generations. We began by recruiting a top notch group of board members with diverse leadership backgrounds, well equipped to guide our efforts. Next, we assembled a management team of leaders with complementary skills and experiences that provide our communities with professional oversight of daily operations, in keeping with our mission and values. With our governance and management teams in place, together we have worked to invest in our infrastructure; making smart decisions to help protect UMH from the risks of these difficult economic times.

Over the past three years, we have taken steps to insulate our Foundation (Wesley Foundation for Health and Aging, Inc.) from economic instability by selling our

freestanding skilled nursing facilities in Sharon, CT and Cloverdale, IN. Both of these properties are now owned by organizations uniquely positioned to operate skilled nursing facilities and best able to continue the relationship-centered mission that we began.

Meanwhile, the investments we are making in our communities over the last year ensure we are well positioned to continue our mission for years to come. Our renovation project at Bishop Wicke Health and Rehabilitation Center has helped maintain our high standards in nursing services at our Wesley Village campus. Our generator installations at Foxbridge (Memphis, TN) and Middlewoods of Newington guarantee that all our communities are supported by a backup power source. After 10-years of ownership, our large-scale renovation project at Middlewoods of Newington will add much needed common space and living options, allowing our award-winning community to grow and thrive.



Finally, with guidance from our Board of Directors, we have recently adopted a strategic plan that will chart our path in the upcoming years. Our focus will remain on stewarding our mission by expanding our services and strengthening the commitment we have to our culture of care. We look forward to sharing the details of the plan in the next edition of Window. Expect great things!

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

David M. Lawlor, President and CEO

# UMH

*Caring Relationships + Enriching Lives*

Development and Public Relations • United Methodist Homes  
580 Long Hill Avenue • Shelton, CT 06484

## Window

**Would you like to receive periodic updates by email?**

If so, please email your current information to [umh@umh.org](mailto:umh@umh.org).

United Methodist Homes • 203-925-4952

[www.umh.org](http://www.umh.org)



## The "New" Middlewoods of Newington Will Soon Be Complete!

Renovations are well underway at Middlewoods of Newington Assisted and Independent Living Community! The 2.5 million dollar renovation project will add nearly 5,000 square feet of new community space including a beautiful country kitchen and great room, a state-of-the art fitness and therapy center, and expanded offices for UCONN physicians.

dio suite and one-bedroom apartments to be completed this spring and are now accepting deposits for these styles.

The structure of the main addition is complete and the construction crew will be working diligently to wrap up the entire project by the end of the summer. Additionally, the common areas of the existing building will receive a face lift with new flooring, lighting, furniture, window treatments and artwork.

Our residents, families and staff have been so supportive of the project and we are honored that a number of present and past residents and their families have



stepped forward to make a donation. To learn how you can become involved in this great project, please contact Kathy Braga at Middlewoods of Newington, or Carlene Rhea in our Development Office at 203.225.5020. To follow our progress, check out the Middlewoods of Newington Facebook page.

WE REGULARLY SHARE NEWS, PHOTOS, AND HELPFUL RESOURCES ON AGING. "LIKE" US TODAY!

Woodruff/Brown Photography



**Our five-star, award-winning Bishop Wicke Health and Rehabilitation Center has been beautifully renovated...bringing relationship-centered care even closer to our residents! Stop by for a tour...**

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

*Caring Relationships + Enriching Lives*  
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### Middlewoods of Farmington Welcomes New Executive Director, Katie Mauriello



Middlewoods of Farmington Assisted and Independent Living Community is proud to welcome Katie Mauriello as its new Executive Director. Katie, an active member of the Connecticut Assisted Living Association and LeadingAge Connecticut, has served the residents and families of non-profit assisted living communities for over ten years. She assumed her new leadership role at the community in March, which was previously held by longtime employee, Carlene Rhea who takes on the new position, Director of Mission Development for UMH. Katie looks forward to continuing our award-winning tradition of caring and innovation at Middlewoods of Farmington. Welcome, Katie!

## Deepening the Mission of UMH

Many people walk through the doors of a UMH community for the first time and comment how surprisingly “different” it feels inside our walls. Whether it’s a family member and prospective resident looking for senior living options, a patient beginning a short-term rehab stay, or a newly hired employee completing their first full week, people clearly notice that there is something “different” about us! What is it that speaks so strongly to our guests and leaves such a memorable impression?

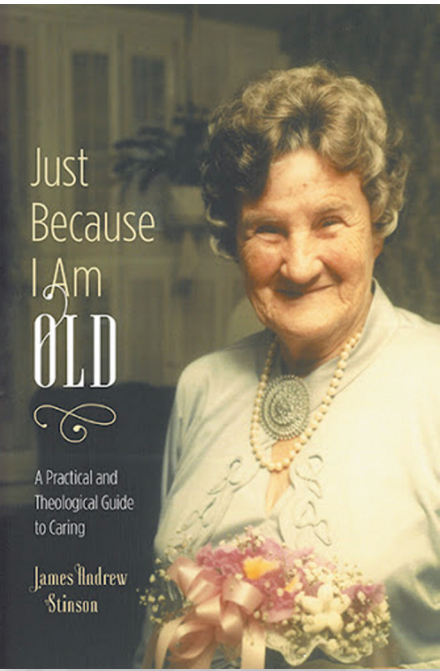
Perhaps it’s the warm, welcoming interactions with our staff during a tour that made them feel respected and at ease. Maybe it’s the sense of family they felt when they joined us for a social, out-trip, or special event. It may even be the support and resources offered, along with a listening ear, that helped them make decisions about their work, their future, or their loved one’s care.

The “difference” felt in our communities each day is the result of something very special...a tradition of caring. The mission of UMH is something that we, and those before us, have cultivated since 1872, over 140 years. It is indeed the reason we are all here and the reason for the “difference”. In the beginning it likely did not have a name, but was purely an expression of compassion for those in need that initially formed our culture of caring.

Simply stated, the Mission of UMH is to provide a continuum of services that supports health, independence, and dignity. We build this continuum on the belief that a relationship-centered philosophy best sustains body, mind, and spirit.

Our five core values of Spirituality, Respect, Excellence, Collaboration, and Stewardship empower us to move this mission forward for the benefit of our residents today and tomorrow. These values are more than just words on paper; they are the very threads that tie all of our work together. They are the base from which decisions are made and actions are taken that can be seen and felt at all of our UMH communities.

Our value of **Spirituality** has been of particular note this spring with the publishing of a book by our Director of Spiritual Life, Reverend Jim Stinson. Jim’s book, *Just Because I Am Old*, A Practical and Theological Guide to Caring, has been warmly received by our staff, residents and families, as well as the larger community. In sharing the stories of the people he ministers to, Jim has painted a vibrant picture of the power of the spirit in giving meaning and purpose to the lives of those we care for and love.

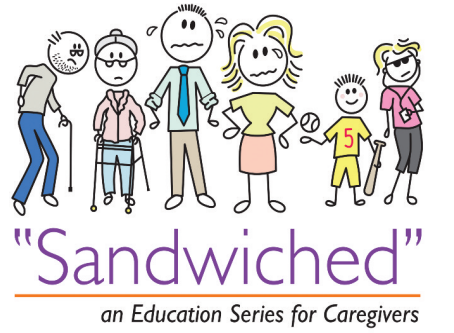


This past winter, our value of **Respect** came to light. Through the collaborative efforts of twenty-six different staff members, residents, and family members, an e-book, *The ABC’s of Assisted Living*, was published and shared online. The respect each person had for what their co-workers, families and residents contribute was so evident. If you haven’t seen the e-book, we invite you to visit our website and download a copy at [www.umh.org](http://www.umh.org).

**Excellence** is a value of great importance to UMH. It is not enough to just expect excellence each day; we also measure and track our results. Each year our residents, family members, and staff complete confidential surveys related to resident care, food, activities, maintenance, housekeeping, and overall care. The results are analyzed, discussed and taken very seriously. Improvement plans are then created and implemented based on survey results.

*“The ‘difference’ felt in our communities each day is the result of something very special...a tradition of caring.”*

New at our Wesley Village campus and our Middlewoods of Farmington community in 2014, is a caregiver education series, “The Sandwiched Series”. Catering to the needs of the sandwiched generation, our programs are the ultimate example of our value of **Collaboration**. Tackling such topics as: “The Legal and Practical Aspects of Aging”; “The Emotional and Social Aspects of Aging”; and “Understanding



Memory Loss and Dementia”, we are partnering with local physicians and attorneys as well as our talented staff to provide the latest information and resources. Upcoming programs are listed on our website, [www.umh.org](http://www.umh.org).

**Stewardship** is a value that calls us to preserve all that has come before us and to be mindful of those who will



come after us. This spirit of stewardship is alive and well at Wesley Village! Recently, over one hundred prayer shawls were blessed and sent on to those in need. In total, over 3,000 shawls have been made by members of the Wesley Village community and blessed since 2004. The many hands that knit and crochet each stitch are a visible example of people who are concerned, caring and willing to leave the world a better place. We applaud their efforts and are so proud of this ministry.

With our values at work making a “difference” in our communities, it is easy to see how our mission and

development efforts fall directly in line with one another. With the support of the Board of Directors and in full alignment with our overall strategic vision, we’ve created a new position, Director of Mission Development. We welcome Carlene Rhea, formerly Executive Director of Middlewoods of Farmington, into this new role. She will guide UMH as we help others to better understand our history, mission, and values. Carlene will be working with residents, families, staff and the broader community. We invite you to be part of these exciting new developments at UMH.

## Celebrating UMH Achievements & Successes

**Bishop Wicke Health and Rehabilitation Center was once again selected as one of US News & World Report’s Best Nursing Homes for 2014!**

**Congratulations to Reverend Jim Stinson, Director of Spiritual Life for UMH, on the release of his new book, *Just Because I Am Old*.**

**UMH Values in Action Awards 2013 - 2014**  
Joshua Andrews, Dining Services – Middlewoods of Newington  
Clifford Holcomb, Transportation – Wesley Heights  
Angel Randall, Nursing – Bishop Wicke Health & Rehabilitation Center  
Anna Wiegus, Dining Services – Middlewoods of Farmington  
Dorothy Anschau, Nursing – Crosby Commons  
Barbara Vinson, Wellness – Foxbridge

## Connecticut Assisted Living Association Awards 2013-2014

**CROSBY COMMONS Humanitarian Award:**  
*Lois Poutney, Executive Director*  
**Distinguished Resident Accomplishment Award:**  
*Jeannette Dermody*

**MIDDLEWOODS OF NEWINGTON Young Leader of the Year: Jeanie Banh, LPN**  
**Best Practices Award, Managed Residential Services:**  
*The “Little (Big) E”*

**UMH Distinguished Service Award, Beth Schave-Bemis**  
*VP of Marketing/Assisted Living Operations*

## Mission Corner



### Greetings!

As I embark upon my journey in the newly created position of Director of Mission Development, I’d like to extend my heartfelt thanks for the good wishes that have come my way. It is indeed an honor to continue to work for a company that places such an emphasis on its mission and values. More than mere words on a piece of paper, UMH strives to make our values of Respect, Spirituality, Collaboration, Excellence and Stewardship an integral part of our work together and give meaning to our caring relationships.

In the spring of 2013, I was given the opportunity and privilege to begin working with an outstanding group of employees on the creation of a UMH Employee Retreat. Drawn from all facets of our workforce and with representation from all of our Connecticut communities, this group has worked diligently to create a day-long retreat program for all of our staff, focusing on our core values and how they come into play in our professional and personal lives each day. Retreat segments will also be

devoted to aging sensitivity, the concept of loss and tools to use in the workplace to foster collaboration and mutual respect. We anticipate starting these retreats sometime in late 2014.

Along with cultivating our mission with the staff, I strive to help our residents, their families and the community at large to understand what we do, why it is important and how they can play a role as stewards of this great organization into the future. As such, I hope that you will consider a gift to our Annual Fund knowing your kindness and generosity helps to support an organization dedicated to providing high quality, relationship-centered care and programming for all of our residents as well as upcoming retreats for all of our staff. I thank you in advance for your thoughtful gift.

I look forward to the opportunity to meet you and to listen to any ideas you may have as we make this journey together!

*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
<b>Enclosed is my contribution of:</b>
<input type="checkbox"/> \$1,000 <input type="checkbox"/> \$500 <input type="checkbox"/> \$250
<input type="checkbox"/> \$100 <input type="checkbox"/> \$50 <input type="checkbox"/> \$35
<input type="checkbox"/> 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) \_\_\_\_\_

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