

## Our Mission in Action

What a gift it is to live in New England where frigid temperatures, snow and ice are replaced by the warm breezes of springtime in a matter of weeks. This year's storms put our facilities and teams to the test. Especially at Crosby Commons where our sprinkler system malfunctioned causing flood damage. Thanks to the great support of the local fire department and the extraordinary efforts of our team, along with the understanding and cooperation of our residents and their families, we managed quite well. In times like these, the mission of UMH shines the brightest in the way our staff respond to emergencies by consoling, supporting and caring for our residents. Renovations are now underway which include apartment remodeling, new lounge furnishings, as well as new carpeting and wallcoverings to give Crosby Commons a welcomed spruce-up.

The winter months have also seen the beginnings of our new Lifestyle Transitions program at Wesley Village that has been designed for those needing extra

support. We are proud to report that all staff in every department have obtained training from the Alzheimer's Association in order to better understand and care for the needs of residents in the program. The newly renovated northwest wing of Wesley Heights is now a secured area with its own dedicated staff and amenities. All apartments are in close proximity to a country kitchen and gathering spaces, and therefore difficulties navigating the community and related anxiety have been eliminated. Furthermore, the program allows us to reduce the cost of care for our families who confront the daunting price of nursing home residency. Phase II of the program is now underway which will include a sunroom, secured outdoor space and eight newly designed apartments.

We must also report that this summer will see the retirement of Lois Poutney, our beloved Crosby Commons Executive Director for the past 15 years. Lois will be transitioning her leadership to Lori Pisani over the upcoming months and will for-



ever be a friend of Crosby Commons. Thank you Lois for being such an important part of the UMH story!

Finally, we mourn the loss of our longtime friend and Board member, Robert Brennan. Bob was a true gentleman who always provided thoughtful counsel, encouragement and support. As a Board member since 1993, his wisdom helped chart our growth, and his forward thinking ideas are a big part of our future plans. He will be greatly missed.

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

**UMH**  
Caring Relationships + Enriching Lives  
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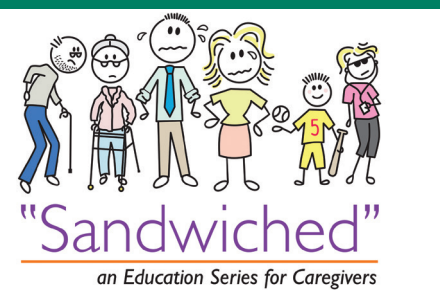
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## Feeling Sandwiched?

The Sandwiched Caregiver Education series launched in January 2014 was designed to provide resources and an outlet for caregivers looking for support as they manage roles as caregiver, child, parent, spouse and friend. The positive feedback we've received has been overwhelming. We now offer this monthly series in all of our assisted living communities. Topics covered have included:

- What Family Members Really Want to Know About Assisted Living
- The Emotional and Social Aspects of Aging
- Keeping Connected in the Disconnected World of Dementia
- Partnering with Your Parent
- Exploring VA Benefits and Assisted Living
- The Spiritual Aspects of Making a Move
- Tools for Caregivers: Education, Resources & Stress Management
- Let's Move! The Practical Aspects of a Move
- Navigating the World of Senior Living Options
- The Legal and Practical Aspects of Aging



As we continue to seek feedback on topics and ways to improve our offerings, we've received some great responses!

The Sandwiched Series is held monthly at Crosby Commons, Middlewoods of Farmington and Middlewoods of Newington. For an updated listing of topics, dates and times, please visit our website at [www.umh.org](http://www.umh.org).

*"We found each session to be interesting and very informative. The speakers were all excellent and we feel more knowledgeable now about taking care of our elderly parent, because of the Sandwiched Series. Thank you for a great program."*  
Andy and Charlene Samudosky

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

**Halloween 5K Road Race and Fun Walk - Saturday, October 24 at 9AM**  
A race for all generations! Kids' Activities & Trick or Treat!  
Participants are encouraged to run or walk in costume!  
Prizes galore!



**Lifestyle Transitions at Wesley Heights - The Next Generation in Memory Care**  
Please join us for one of our upcoming events:  
**Dinner with the Doc on Tuesday, May 12 at 5:30 - Meet Dr. Daniel Wolman, Medical Director for Wesley Village.**  
Open House on Sunday, June 7 from 1-3 PM



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

Continuing a 125-Year Tradition of Service  
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## Celebrating Volunteers



efforts continue to the present day. We are blessed with volunteers who serve on our Board of Directors and on our Foundation Board, ably steering our company in the right direction. We often see our own employees volunteering their free time to help our annual Road Race or

the Festival of Trees & Craft Fair. Some of our very best volunteers are our residents, many of whom contribute on a daily basis to enriching the lives in the communities in which they live.

**Patty Nodolny**, a longtime volunteer at Middlewoods of Farmington, enjoys the feeling of "giving back" that she experiences helping residents on the computer, learning to knit or playing card games. One of our younger volunteers, **Adam Emanuel**, age 16, has been volunteering at Bishop Wicke since he was 12! His most rewarding moments are "seeing his favorite residents" not to mention calling a mean game of BINGO!

**Maria Valente** has been a faithful volunteer at Middlewoods of Newington



for over 10 years! "I will do anything they ask me", she says. "The staff and the residents are like one big family, I just love it here."

**Carol and Doug Osgood**, longtime residents in the Wesley Heights Cottages have been active volunteers on our Shelton campus since the day they moved in. Doug's passion for gardening benefits all. Not only are flower pots beautifully maintained, but a greenhouse was secured to extend the gardening season! The herbs Doug grows are used to enhance the meals served in our dining rooms. Carol is a talented pianist who is always happy to share her gift. "It is important for me to stay connected, be social, and be with people. Playing my music for others helps me achieve that." When they are not busy gardening or playing the piano, Doug and Carol oversee the Café at Bishop Wicke two mornings a week.

**Diane Ciaramella** became a member of the UMH family when her Mom moved to Wesley Village seven years ago. Although her Mom has passed away, Diane continues to come to the place that feels like her second family. "I have never met a more caring or committed staff, and the residents I volunteer for are filled with tenacity, wit and love." Diane has directed a

resident chorus, transcribed Life Stories, and is now leading a weekly exercise class.

All of our many volunteers view their work as a two-way street. Not only are they giving of their time and talent to impact the lives of our residents,

but they are gaining joy, a feeling of accomplishment, and a strong sense of purpose. Their actions do matter and make a difference.

**Barbara Quinn**, Director of Volunteer Services, says it the best, "Our volunteers join a long list of faithful stew-

ards who so lovingly give of their time to make our communities the very best homes they can be. Volunteers in motion equal love in motion. The UMH tradition of service to others lives strong today, 140 years after our founding."

## Congratulations!

**Heartfelt thanks and congratulations go out to our 2014 Values in Action Award Winners:**

**Bishop Wicke Health and Rehabilitation Center** - Veleka Coon, Larry Johnson and Richard Scaife

**Crosby Commons** - Kathy Vayda

**Middlewoods of Farmington** - Joan Jakiela

**Middlewoods of Newington** - Tor Alston

**Wesley Heights** - Donna Brice

**United Methodist Homes** - Marissa Salvesen

**Connecticut Assisted Living Association - Annual Awards**

**Crosby Commons** - Best Practices Award in the Managed Residential Services category for "The Crosby Commons Express," which featured an unforgettable New York City experience for Crosby residents, with opportunities for shopping, education, fine dining, arts, entertainment and more, in the comfort of their home.

**Humanitarian of the Year** - Ginny Brown, Activities Director at Middlewoods of Farmington



**UMH** - Media Award, "The ABC's of Assisted Living" ebook

**Middlewoods of Newington** - CE Floyd, contractors for the addition and renovation were recently awarded an Excellence in Construction Merit Award from CT ABC (Associated Builders and Contractors).

## The Next Generation in Memory Care

We officially launched Lifestyle Transitions at Wesley Heights in January! Residents in this new memory care neighborhood have the flexibility to participate in activities and programs in the larger community as well as specialized happenings in their neighborhood. Residents are supported by our staff who are trained by the Alzheimer's Association. Staff takes the time to know who our residents are and their likes and dislikes. Through this cus-

tomized approach, we've been successfully transitioning individuals from up to 24-hour caregiving to an environment and life with more independence and control in a safe environment. Phase Two of the project has just broken ground. Eight companion suites and additional community spaces will round out the Lifestyle Transitions offering. To learn more or schedule a tour, please call 203-225-5024.



Lori Pisani



Lisa Bisson

## A Warm Welcome!

Please welcome **Lori Pisani, Executive Director for Crosby Commons!** Lori has over 15 years' experience in Assisted Living and an extensive background in providing relationship-centered care. **Lisa Bisson** also joins our team as **Director of Community Outreach for Wesley Village!** Lisa has many years of experience working with care providers in the area. In this new position, Lisa will be the first point of contact for people looking to move into Wesley Village.

## We need your old iPod!

Lifestyle Transitions is seeking gently used iPods for a music initiative with our residents. Personalized music selections have been shown to enhance the quality of life for those experiencing memory loss. Please see Peter Belval, Vice President for Wesley Village for more information or to drop off your iPod.

## Donor Dedication

I am delighted to take this opportunity to focus on the important value of Stewardship. We would not all be here today as members and friends of a vibrant senior community had it not been for the stewardship shown by those who have come before us. Acts of caring, kindness, hard work, and dedication to making the best life possible for senior residents have all contributed to who we are today. Yesterday's stewards are the strong souls and pioneers who have shown us the way. Today, one such faithful steward is **Virginia Ware**, who not only gives of her time as a longstanding volunteer of more than 18 years, but also gives of her treasure. Virginia has been a faithful financial supporter of UMH. A contributor to our Annual Fund each year, Virginia has also participated in numerous capital campaigns throughout the years. One of her volunteer efforts on behalf of our residents serves a critical need; that of running our Village Store at Wesley Heights.

I recently visited the Village Store on a busy shopping day. Tissue, soap, toothpaste, candy, cards, stamps...it is all there! And if it is not, Virginia will take your special order and go shopping for you. I was only there for a short time, but could easily see it is more than a new toothbrush that brings customers in; it is Virginia! With a twinkle in her eye, she dispenses goods, compliments, advice and acts of kindness. She is the

heart and soul of that little corner in Wesley Heights. Virginia appreciates the fact that residents like to shop and they like their independence maintained for as long as possible. She says, "This is my chosen place to try to make a difference." And that she has. The giving of her time, talent and resources makes it easy for all of us to see a steward among us.



I invite you to join us on our journey. Become a steward of UMH. Maybe you have time to give; a need to make a difference in the lives of our residents. Perhaps you can contribute today, knowing your monetary donations help us to sustain a relationship-centered model of care. I look forward to hearing from you.



*Most sincerely,*  
Carlene Rhea,  
Director of  
Mission  
Development



## A Fond Farewell

The UMH family mourns the loss of long time Board member Robert Brennan. With kindness in his heart and wisdom in his mind, Bob was able to help guide our organization through years of expansion and growth. We were blessed to be able to work closely for 22 years with a gentleman who truly embodied and lived the values that are so important to us. Our mission of supporting health, independence and dignity was always foremost in his mind.

In gratitude for his years of devoted service, we invite you to join fellow Board members in making a monetary donation to UMH in his honor and memory. We are most thankful for those who have chosen to remember Bob Brennan in this meaningful way.

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**Enclosed is my contribution of:**

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**My gift is in honor of:** \_\_\_\_\_

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**Please list my name for recognition purposes as:** \_\_\_\_\_

- I prefer to give anonymously.  
 I have included UMH 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  
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My date of birth \_\_\_\_\_

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