



United Methodist  
Communities

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# engage!



## Fitness

Farm to Table

Associate Wellness Benefits

United Methodist Communities App

## A LETTER FROM THE EDITOR

A Google search of 'fitness' yields about 718 million results in 0.66 seconds. At the top of page one, a list of gyms and fitness clubs compete for attention. Echoing this result, the Merriam-Webster online dictionary ranks its popularity among the top 20% of words.

Fitness lives large in public spaces. Evidence that many chronic diseases could be prevented, delayed, or alleviated, through simple lifestyle changes, may explain the profusion of fitness messages.

Through our onsite community life offerings and the senior resource cafés, United Methodist Communities encourages older adults to engage in physical exercise, which not only strengthens health, but also improves self-esteem. While they have self-determination and choice, yoga, walking, dancing, movement to music, and SeniorFITness, form just a few of the low-tech options.

Throughout this issue, you'll find Fitness through Technology tips as well as no-tech fitness tips. Food and fitness go together. Beside the nutritional science behind dining services, nearly all our campuses hold farmers markets during the growing season. As an organization serving people of all faith traditions, our chaplains, religious groups, services and celebrations, focus on supporting spiritual fitness.

Realizing we can only care for residents with a healthy workforce, Vice President of Human Resources, David Glenn, shares four Associate Wellness Benefit points, clarifying how our associate health plans and benefits encourage a healthy lifestyle. This is just one important strategy because the United States will need an additional 3.5 million long-term care health workers by 2030 just to maintain the current ratio of worker per older resident.



Janet M. Carrato

## ASSOCIATE SPOTLIGHT: DANNY ARMENTI

By Gary Engelstad



Danny Armenti, professional exercise physiologist for United Methodist Communities at Bristol Glen, truly flourished during his high school years. At West Morris Central in Chester, New Jersey, he participated on the

track, football and wrestling teams. He admits, "there were a few trophies" in his room during his teenage years.

Danny reports, "As a college freshman, I knew that I wanted to study Exercise Science." At Montclair State University he limited his athletic endeavors to intramural sports, but started training high school and college-age athletes to improve their performance, speed and agility.

Following graduation, Danny went to work as a health and wellness coordinator, but it was not until his dad suffered injuries in a motorcycle accident, that he realized his true calling. Using his personal training skills, Danny helped his dad recover as best he could and realized he wanted a different path.

At Bristol Glen he loves getting residents to do something that they could not do before. "Working with older people is just a great feeling," Danny says. "It's great to be able to earn their trust as their confidence grows through exercise."

He enjoys devising personal fitness programs and leads classes in balance, healthy hands and addresses arthritis concerns. What's the best part of his job? "I love seeing the littlest improvement in their lives, which then creates a huge positive change," Danny offers.

*Gary Engelstad is Annual Giving Officer for United Methodist Communities Foundation.*

### Fitness through Technology Tip #1 - Tracker Devices

A fitness tracker can keep you motivated to reach and maintain wellness by relaying how active and healthy you are every day. Do you want accurate step counting? Reliable sleep tracking? Or heart rate tracking? Be sure to pick an activity tracker based on your individual needs! #Fitbit #Jawbone #Garmin







## United Methodist Communities has developed an App, giving you access to information at your fingertips!



View menus and community life events, communicate with management teams, send a gift to a resident and much more.

1. Go to the App Store (iPhone) or Google Play (android).
2. Type in the community name.
3. Download the App!

### Fitness Tip #1

Physical activity can enhance weight loss, reduce body fat and increase muscle, which improves your ability to burn calories. Take the stairs or fit in walk breaks for extra activity, even on a busy day.

## IN-HOME CARE FOR SENIORS



With over 109 years of experience caring for older adults, United Methodist Communities now brings personal care and case management services into homes through HomeWorks. Our expertise lends support and peace-of-mind to seniors and caregivers alike.

Call 855-355-1000 or visit [UMCommunities.org/HomeWorks](http://UMCommunities.org/HomeWorks).

## ASSOCIATE WELLNESS BENEFIT #1

United Methodist Communities' wellness program uses accountability as one method to encourage associates toward their health goals. Health plan participants access health coaches, check in periodically and report progress on their personal goals. Multiple reports from successful associates include one who says,

“By cutting carbs and exercising daily, I’ve lost 18 pounds since we last spoke!”





# PROFILES IN PHILANTHROPY

## DR. CARL & MRS. VIRGINIA SCHEETZ

By Rebecca Roe



Dr. Carl and Mrs. Virginia Scheetz's involvement with United Methodist Communities has always been a family affair. The pair grew up in Glassboro, New Jersey, and attended school together from kindergarten through college.

Virginia, a lifelong United Methodist, followed in her mother's footsteps early on and supported the Church's various ministries, including the Methodist Hospital in Philadelphia. Since their marriage, Carl became acquainted with United Methodist Communities through church activities. They participated in Richwood United Methodist Church's annual Mother's Day fundraisers for United Methodist Communities, a tradition many churches in Greater New Jersey continue today.

Both had a parent live at United Methodist Communities at The Shores. Virginia's mother, formerly a resident at the Wesley Homestead, moved into the newly reopened and renamed The Shores at Wesley Manor, upon completion of the first construction phase. She was the second Homestead resident to move there in December 1995. Shortly thereafter, Carl's father also became a resident.

The Scheetz family has financially supported United Methodist Communities for many decades. During the Centennial Campaign, their daughter, Staci Scheetz; son-in-law, Robert Uyehara, Jr.; and their young granddaughter Virginia Scheetz Uyehara; seized a donor naming opportunity for The Shores' beauty salon. In keeping with the name the young Virginia had adopted for her grandmother, it became Gigi's Salon, honoring both grandparents.

As legacy donors, Carl and Virginia are also members of the United Methodist Communities' Wesleyan Society. Virginia explains, "Our parents received excellent care here, and we felt it was right to do our part to ensure residents and future residents can receive that same level of care."

In fact, they look forward to eventually becoming residents of The Shores. When that day comes, it will surely be the start of a new, exciting chapter in their remarkable relationship with United Methodist Communities.

*Rebecca Roe is Philanthropy Assistant for United Methodist Communities Foundation.*

Please Remember  
United Methodist  
Communities in  
Your Will.

Hot cider, pumpkin pie, crisp fall apples and new friendships beckon at our free Lunch and Learn events. Or perhaps, try an Open House. Visit any of the full service community websites (back cover) and click events to see the current calendars.

# CHECK OUT UNITED METHODIST COMMUNITIES' BLOG!

We feature a new informative blog post every Wednesday. Here are just a few:

## SEPTEMBER

- A Senior's Guide to Keeping Joints Healthy
- Vitamin and Mineral Supplements for Healthy Aging

## OCTOBER

- Gloucester County Dancing with the Stars
- The Best Exercise Workouts for Seniors

## NOVEMBER

- Seniors and Diabetes
- Winter Healthcare Tips for Seniors

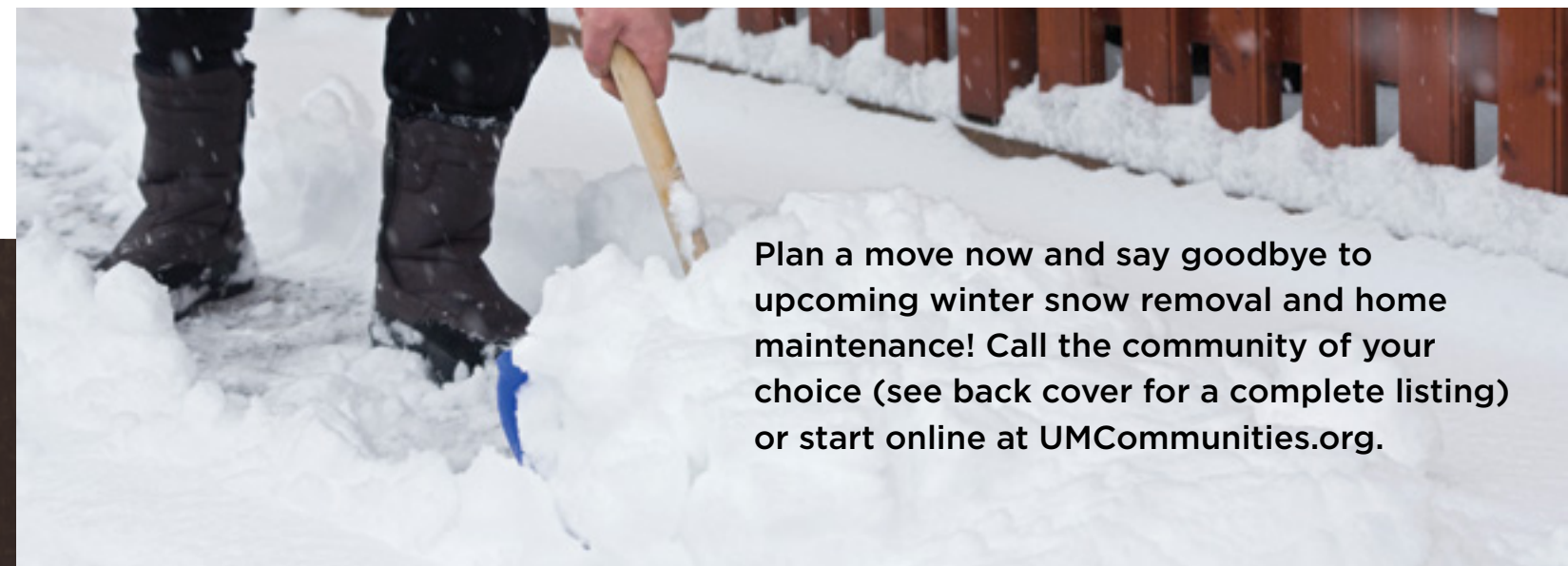
## JANUARY

- Nine Tips for Boosting Senior Nutrition
- Physical Therapy Benefits for The Elderly

[UMCommunities.org/blog](http://UMCommunities.org/blog)

## Fitness Tip #2

Being active reduces your risk of stroke. Everyday housework like vacuuming, sweeping or washing windows helps you stay active and, as an added bonus, your home looks great.



Plan a move now and say goodbye to upcoming winter snow removal and home maintenance! Call the community of your choice (see back cover for a complete listing) or start online at [UMCommunities.org](http://UMCommunities.org).



# FARM TO TABLE AT BRISTOL GLEN

By Emi Lewis



Paul Repetti, Linda Grinthal and Emi Lewis prepare for the June Farmers Market opening outdoors at Bristol Glen.

In June, United Methodist Communities at Bristol Glen hosted a Farm to Table event, which coincided with their first Farmers' Market of the season. Farmers' markets support family farms and connect local communities.

Less packaging and shorter distances to market equal a smaller carbon footprint and fresher food. Farmers' markets typically shun pesticides, hormones and antibiotics, which promote sustainable and organic practices. Compared to most supermarkets, consumers benefit from wider and fresher choices and peace-of-mind, knowing the origin of their food.

In preparation for Farm to Table, Executive Chef, Paul Repetti visited Linda Grinthal at Sunset Vista in Andover, New Jersey. The farmer handpicked basil, oregano, mint, kale, Swiss chard, and a host of other items specifically for the event.

With freshness abundantly evident upon Paul's return to Bristol Glen's kitchen, Emi Lewis, director of dining services, observed, "We live in a wonderful area that supports many great family farms. Access in turn, forms a key component of our diet, nutritional menus and living healthier lifestyles."

Sodexo's Mindful program, based on the latest science, employs sound nutritional philosophy and guidelines. Mindful eating reduces salt, sugar and fat without sacrificing taste, which goes hand-in-hand with farmers markets.

Bristol Glen held farmers' markets every month this past summer. As the harvest season progressed, Sunset Vista responded with new offerings. You can promote the local food movement by signing up for shares of community supported agriculture (CSA) in your area and patronizing farmers' markets.

*Emi Lewis is Director of Dining Services of United Methodist Communities at Bristol Glen.*

## SEPTEMBER IS NATIONAL GRANDPARENTS' MONTH

Think about your grandparents or the older adults in your life. Whether grandma, grandpa, or another name, they helped you become who you are today.

With the wisdom and love of a second set of parents, they read stories, baked cookies, applied band-aids to scrapes, and attended your school events, encouraging you every day.

Please make a donation to United Methodist Communities. By honoring or memorializing a loved one, you also bring abundant life to seniors and peace-of-mind to their families.

Use the envelope attached or visit our secure website at [UMCommunities.org/foundation](http://UMCommunities.org/foundation) to make your tax-deductible donation today.

Thank you very much!



"Local food", "local food movement" or the "Locavores" are a movement which aim to connect food producers and food consumers in the same geographic region; in order to develop more self-reliant and resilient food networks, improve local economies, or for health, environmental, community, or social impact in a particular place.

Source: Wikipedia



# MINTED CUCUMBER AND TOMATO SALAD

By *Emi Lewis*

In keeping with Mindful, this recipe celebrates the pure flavor and wholesomeness of seasonal ingredients. Mindful core tenets include combining ingredients to utilize low fat cooking methods using only vegetable-based oils, herbs and spices instead of salt, and high proportions of fruits and vegetables to maximize nutrients and retain flavor. Try this easy and delicious side dish.

## Ingredients

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons granulated sugar
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 fresh cucumber, peeled, seeded and 3/4" diced
- 1 fresh plum tomato, 1/4" diced
- 1 red onion, 1/4" diced
- 2 teaspoons fresh mint

## Instructions

In a bowl combine vinegar, sugar, salt and pepper. Mix dressing well to combine.

In a separate bowl, combine the cucumber, tomato, onion and mint.

Add dressing and mint to vegetables and mix well.

Refrigerate for at least 30 minutes prior to use, mixing occasionally.

Use within 24 hours.

Prep Time: 10 minutes

Serves: 6

## Fitness through Technology Tip #2 – Tracker Websites

Take control over your health and well-being by monitoring your exercise habits, health goals, and diet progress with a fitness tracking website or mobile app. There are plenty of sites to help improve your health, offer access to coaches, keep you on track, and most are free!  
#MyFitnessPal #Fitocracy #RunKeeper #SparkPeople

## ASSOCIATE WELLNESS BENEFIT #2

The U.S. Centers for Disease Control and Prevention estimates that eliminating three risk factors – poor diet, inactivity, and smoking – would prevent 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer in a year.

One Aetna health plan option United Methodist Communities' associates have access to offers:

- GlobalFit® - Information about and savings on gym memberships and name-brand home fitness and nutrition products accessed online and via a toll-free phone number.
- LifeMart® - Website featuring discounted fitness plans, club memberships, fitness and sports equipment, etc.



## Fitness Tip #3

Back pain can be managed with a fitness program that includes muscle strengthening and flexibility. Use hand weights or exercise bands (or unopened soup cans) while you watch television or listen to music to build strength.

For the latest news visit [UMCommunities.org](http://UMCommunities.org)  
Blog: [UMCommunities.org/blog](http://UMCommunities.org/blog) • Email: [info@UMCommunities.org](mailto:info@UMCommunities.org)  
Phone: 732-922-9800 • Toll Free: 800-352-6521  
Home Office: 3311 State Route 33, Neptune, NJ 07753

## 2017 EDITORIAL CALENDAR

Spring: Beyond Our Walls  
Fall: Caregiving

# SENIOR RESOURCE CAFES

Drop by one of our lively, new senior resource cafes. Socialize, take a class, access resources, engage in discussions, learn to use technology, mingle, and have fun.

Most services and classes are either at no cost or a nominal fee.

## WEDNESDAYS FROM 10AM TO 2PM

Mix and Mingle | Covenant Place, Plainfield | 908-791-9430

Seaside Seniors | Ocean Grove | 732-774-1316

Senior Space | Montclair Public Library | 973-746-0003

The Wesleyan Café | Reckless Estate, Red Bank | 732-736-0760

## FIRST AND THIRD WEDNESDAYS, 10AM TO 2PM

Bristol Branches | Bristol Glen, Newton | 973-300-5788

Connections at The Shores | The Shores, Ocean City | 609-399-8505

Connections on Broadway | Pitman United Methodist Church | 856-589-7800

## SECOND AND LAST WEDNESDAYS, 10AM TO 2PM

Savvy Seniors | Collingswood | 856-854-4331

## Fitness Tip #4

The Nurses' Health Study showed that women who walked four or more hours a week had 41% fewer hip fractures than those who walked less than one hour a week. Go for a walk with a friend — outside, in a mall or a gym. Use a pedometer for motivation.

## ASSOCIATE WELLNESS BENEFIT #3

Americans carry a lot of job-related stress. According to studies and among the many negative health consequences, stress increases the risk of heart attack and can accelerate the aging process and raise women's risk of diabetes.

United Methodist Communities offers a free, confidential, 24/7/365 Employee Assistance Program to every associate. Through crisis intervention, professional assessment, counseling and referral, it addresses family and relationship problems; stress; legal, financial and elder care concerns; addictions; life transitions; emotional difficulties; and other challenges.



## THE ROAMING REPORTER ASKS: What do you like most about coming to the gym?

“Riding the bike makes me feel better. I have arthritis and it helps my knee,” comments resident Dorothy “Dot” Rouh. “I woke up this morning and it was hurting. I rode the bike and it feels great now!”



Elwood “Jim” Taylor declares, “I love coming to the gym and getting out of my room. I also enjoy seeing all the nice people here. Our SeniorFITness exercise physiologist plays great music, too, like Frank Sinatra and Lawrence Welk.”

## THE ROAMING REPORTER ASKS: What's your favorite part about working here?

“As a quote from the group, Casting Crowns, says, ‘It’s time for us to more than just survive; We were made to THRIVE,’” SeniorFITness exercise physiologist, Jessica Martin answers. “I love watching the residents learn new things and discover that they can learn new things. I have seen people’s fitness levels, balance and confidence improve. Helping them thrive is my favorite part of the SeniorFITness program.”



## THE ROAMING REPORTER ASKS: What advice would you give to other residents about staying fit?

“Everyone should come to the gym! As you age, your muscles get weaker and coming to the gym builds them up,” Harold “Hal” Rayser, enthusiastically notes.





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### Fitness through Technology Tip #3 - Social Media

Social sites like Facebook, Instagram, and Pinterest not only offer an enormous amount of information about health and fitness, but they give people the ability to encourage and help one another through support groups, forums and posts. Individuals can share their successes and setbacks, and hold each other accountable on their fitness journey. Feeling unmotivated or uninspired? Search for "fitness support groups" to find all sorts of encouragement. #Facebook #Pinterest #Instagram #SupportGroups #Inspiring

## ASSOCIATE WELLNESS FITNESS BENEFIT #4

Health economists at Duke University calculated that obesity-related absenteeism costs employers as much as \$6.4 billion a year. The obstacles obese people often experience, such as shortness of breath and pain, cut into on-the-job productivity, further adding cost.

United Methodist Communities' Aetna health plans offers some popular weight-loss programs and meal plans including CalorieKing, Jenny Craig and Nutrisystem.



# OUR SACRED MISSION

## SPIRITUAL FITNESS

By John Callanan



Spiritual fitness relates to how our religious beliefs give us hope for the future and help us thrive each day by experiencing abundance and joy in life. It's easy to feel blessed and joyful when everything is going well, but much harder when we are facing life's trials. We all go through hardship at different times, especially from the cumulative losses we experience as we age; none of us are exempt.

The central question is, do our beliefs about how God operates in our world help us cope? Do we feel overwhelmed by life's troubles and abandoned by God or are we prepared to face hardships with grace; strengthened by our awareness of God's unconditional love?

The message of faith is not that we will not struggle, suffer or die, but that God will stand alongside us and give us the grace to face life and even death with hope and peace. Thus, spiritual fitness has to do with embracing the power of faith to persevere and remain hopeful, no matter what comes our way.

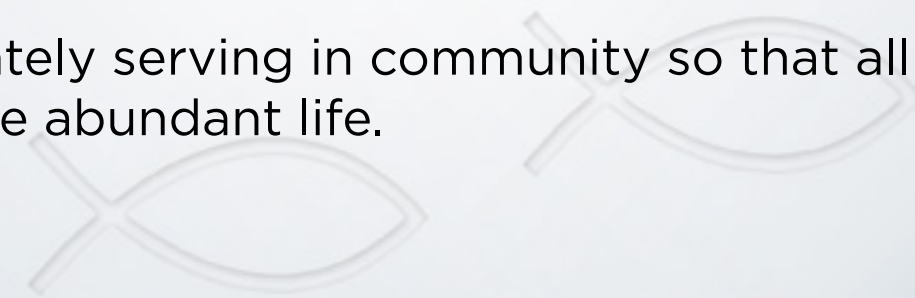
The Apostle Paul captured the gritty reality of life's journey and the power of faith in this promise, when he proclaimed, "Nothing in life ... not hardship, distress, persecution, death ... or anything else in all of creation, can separate us from the love of God made known to us in Jesus Christ" (Romans 8:35b-39 paraphrased).

Within United Methodist Communities, all of our religious groups, services and celebrations focus on supporting spiritual fitness. However, our chaplains, as representatives of God, hold a unique role, because they risk wading into the dark and painful places in life to walk alongside of those who are suffering in order to bring them reassurance and hope. Through their presence, our chaplains help others tap into the resources of their own beliefs and faith traditions and experience the life-giving power of God's unconditional love anew.

*Rev. John Callanan is Corporate Director of Mission and Pastoral Care.*

### MISSION STATEMENT:

Compassionately serving in community so that all are free to choose abundant life.







# United Methodist Communities

3311 State Route 33  
Neptune, NJ 07753

Connect with us through social media!



Facebook



Pinterest



Instagram



Twitter



LinkedIn

## Full Service Communities

At the heart of United Methodist Communities' 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  
[UMCommunities.org/BristolGlen](http://UMCommunities.org/BristolGlen)  
973-300-5788

### Collingswood

460 Haddon Avenue, Collingswood, NJ 08108  
[UMCommunities.org/Collingswood](http://UMCommunities.org/Collingswood)  
856-854-4331

### Francis Asbury

70 Stockton Avenue, Ocean Grove, NJ 07756  
[UMCommunities.org/FrancisAsbury](http://UMCommunities.org/FrancisAsbury)  
732-774-1316

### Pitman

535 North Oak Avenue, Pitman, NJ 08071  
[UMCommunities.org/Pitman](http://UMCommunities.org/Pitman)  
856-589-7800

### The Shores

2201 Bay Avenue, Ocean City, NJ 08226  
[UMCommunities.org/TheShores](http://UMCommunities.org/TheShores)  
609-399-8505

Independent Living • Assisted Living  
Long Term Care • Memory Support  
Rehabilitation • Respite • Hospice & Palliative Care

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## Affordable Housing Communities

### Bishop Taylor

33 North Walnut Street, East Orange, NJ 07017  
[UMCommunities.org/BishopTaylor](http://UMCommunities.org/BishopTaylor)  
973-676-9057

### Covenant Place

623 East Front Street, Plainfield, NJ 07060  
[UMCommunities.org/CovenantPlace](http://UMCommunities.org/CovenantPlace)  
908-791-9430

### PineRidge of Montclair

60 Glenridge Avenue, Montclair, NJ 07042  
[UMCommunities.org/PineRidge](http://UMCommunities.org/PineRidge)  
973-746-0003

### Wesley by the Bay

2401 Bay Avenue, Suite 2, Ocean City, NJ 08226  
[UMCommunities.org/WesleybytheBay](http://UMCommunities.org/WesleybytheBay)  
609-399-6701

### The Wesleyan

9 Wall Street, Red Bank, NJ 07701  
[UMCommunities.org/TheWesleyan](http://UMCommunities.org/TheWesleyan)  
732-936-0760

