Engage!
United Methodist Homes of New Jersey

Theme: Volunteerism in the Homes

A Special Chemistry
Charitable, Sacrificial and Supportive
Portraits in Volunteerism
A LETTER FROM THE EDITOR

Along with their time, our volunteers bring their education, professional experience, skill, talent, warmth, and enthusiasm to our communities. Their ages are as diverse as their interests. We’ve seen volunteers as individuals, civic groups, business entities, families, couples, churches, schools, pet and owner pairs, and more.

During the last fiscal year, countless volunteers in 10 United Methodist Homes’ communities gave us 29,407 hours of their time. Although that translates to an estimated $516,652, it’s truly difficult to access their immense contributions. Volunteers give meaning and vitality through “social capital,” and they strengthen and augment our programs and services. Residents and associates feel deep appreciation for the difference volunteers make each and every day.

Volunteers throughout the Homes train residents to use computers; teach meditation, crafts, bridge, painting, and other subjects; plan, build and maintain community gardens; transport residents; cook; raise funds; donate gifts, supplies and equipment; give parties; lead book groups and discussions; sing and play musical instruments; friendly visits; paint walls and furniture; and other endeavors. Let us not forget the Homes’ board of directors and Foundation’s board of trustees, the volunteers who govern and lead the organization. Where would we be without them?

Dr. Norman Vincent Peale (1898 – 1993) said, “Such a simple thing as the giving of yourself – giving thoughtfulness, time, help or understanding – will trigger the cycle of abundance.” As it turns out, evidence exists to support his statement. Seventy-six percent of U.S. adults who volunteer report that volunteering has made them feel physically healthier, and 78 percent report that volunteering lowers their levels of stress, leading to feeling better than they did before volunteering.

Although small in membership Simpson United Methodist Church in Perth Amboy has proven mighty in faith. The pastor, Rev. Joel Fernandez, invited me to present a ten-minute “Minute for Mission” following the sermon during a Sunday worship service in February. This diverse congregation conducts each service bilingually in Spanish and in English.

Rev. Fernandez gave aousing sermon entitled Jehovah Shalom (Jehova’ es mi Paz). As a former United Methodist Bishop of Cuba, he was imprisoned for eight years for speaking against the Castro regime and then fled. For the anthem, parishioner Juan Bonillo sang a medley of spiritual songs in Spanish, strumming and drumming on the guitar in the style of Jose Feliciano.

Since Simpson had not met their annual voluntary Fellowship Fund goal for many years, a remarkable (and probably unprecedented) event took place at the close of the service. Rev. Fernandez called me to the back of the chancel and announced that from now on, the church would meet 100% of their goal of $2.50 per member per year.

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Mrs. Pierson served as the Bradley Food Pantry’s first administrator and was eventually succeeded by Helen MacAllister of Bradley Beach and the current administrator, Rich Brugger of Avon. For her outstanding volunteer efforts, Mrs. Pierson received Rotary International’s prestigious Service Above Self award which was presented to her by the Rotary Club of Belmar-Wall.

PineRidge Posse
By Deede Bolger

How relaxing is this? The only thing missing from Myrna Cavallo’s hand while sitting in the sun is a glass of lemonade. PineRidge of Montclair residents enjoy being outdoors and walking the neighborhood. When it’s time for their annual flea market, they jump to volunteer, ready and willing to assist in every way possible.

Crew at Wesley by the Bay
By Deede Bolger

What could be better than helping a neighbor? Nothing makes a person feel better about themselves than knowing they’ve made someone’s day brighter. Wesley by the Bay residents realize joy from helping their neighbors. Margaret Bell spearheads the group that regularly sends birthday and get well cards. Peggy Gilbey, Penny Tyson and Barbara Ann DeBaufre visit shut-ins, helping them to manage their mail and offer friendly conversation. Need groceries or a prescription picked up? Ask one of their very busy gentlemen for help. Several who love to cook share their bounty with neighbors.

Barbara Crane
By Janet M. Carrato

Since her arrival at Collingswood Manor resident Barbara Crane has become a member of the Welcoming Committee, Book and Bridge clubs, president of the Resident Council, reporter for the Collingswood Manor News, and volunteer in the Collingswood Manor Shop. With an outgoing personality, she comments, “Collingswood Manor is unique in that what’s presented offers something for everyone. I’ve made suggestions and presented ideas that have been incorporated — residents have an important voice here.”

In addition to volunteering where she lives, she’s an active member of the Haddon Fortnightly, a civic and social club for women and part of the New Jersey State Federation of Women’s Clubs. The group promotes education, literary and social interests in the community and raises about $5,000 annually for charitable organizations such as summer camps, YMCAs, food banks, and animal shelters.

Wayne Ford
By Janet M. Carrato

For nearly half a century Covenant Manor resident Wayne Ford, affectionately known as Papa San, has been an icon in the New Jersey martial arts community.

The 8th degree black belt in both karate and Aikijujutsu, recognized Grand Master and a member of the Black Belt Hall of Fame, remains a renowned teacher, trusted mentor and a loyal friend to legions of adoring students, parents and contemporaries.

As a volunteer, Grand Master Ford taught self-defense to his fellow residents and the Plainfield community weekly for six weeks. This enriched participants as they learned martial movements, also gaining meditation skills and mental discipline. He remains a JuJitsu Master in Residence for a number of martial arts schools in Central Jersey.

Eleanor Pierson
By Patricia Darcey

The Bradley Food Pantry, which feeds tens of thousands of men, women and children each year, was founded 30 years ago by Francis Asbury Manor resident Eleanor Pierson, a local woman with a vision and a need to serve.

“The pantry began on the second floor of St. James Parsonage but soon outgrew that space and moved to the kitchen and basement,” noted Mrs. Pierson. “Again we outgrew our space,” she said. “A donor left a large sum of money to help fund the pantry. That money was used to purchase our new building.”
Gavin Stobie
Gavin Stobie, age 17, from Boy Scout Troop 184 in Green Township, New Jersey built a gazebo at Bristol Glen for his Eagle Scout Community Service Project. He organized and led a team of volunteers all through the summer – they logged in over 180 hours of service planning the project, selecting the site on the grounds, getting a permit, raising money, soliciting gifts in kind, and finally constructing the structure. The gazebo ribbon cutting ceremony and celebration of Gavin’s Eagle Scout project was attended by many residents, including his grandparents, Al and Marian Mearns, who had watched the progress for many months. Three years later and yet again, residents are eager to use it this spring.

Kraft Foods
Corporate volunteer efforts have also occurred at our senior housing communities. Volunteers from Kraft Foods, based in East Hanover, have worked their magic at Bishop Taylor Manor. Housing Administrator Tanya Preston noted that a former schoolmate helped facilitate contact with the company. Kraft Foods values corporate volunteer efforts have also occurred at our senior housing communities. Volunteers from Kraft Foods, based in East Hanover, have worked their magic at Bishop Taylor Manor. Housing Administrator Tanya Preston noted that a former schoolmate helped facilitate contact with the company. Kraft Foods values giving back to the community and was happy to participate. Kraft volunteers came to Bishop Taylor Manor to talk, play games and engage residents in multiple activities.

Steve Sands
Who doesn’t enjoy being pampered at the hair salon? Three days a week Steve transports The Shores’ residents to the hair salon for a day of beauty. It lends an opportunity to bond with the residents, share a smile and give some encouragement. They leave the salon feeling refreshed and confident looking their best.

Sun National Bank
Sun Sun Vineland, focuses their employee efforts toward an annual day of service at Collingswood Manor, Francis Asbury Manor and The Shores at Wesley Manor. Susan Clark, volunteer services coordinator at The Shores, noted that Sun National Bank approached the Homes more than four years ago about employees playing board games with residents and/or performing some landscaping clean-up. Susan reflected, “Community service is an important part of Sun National Bank’s mission and they enjoy the relationship they’ve developed with us. The feedback from a core group of employees who drive the three days of service has always been positive.”

Jay Louise Weldon
Although our seniors did not grow up with computers, many have adapted and learned to use them and other digital devices. PineRidge at Montclair has a fully-equipped Computer Learning Lab. Jay Louise Weldon has been teaching computer classes once a week to the residents and helping them individually. Realizing the important role of technology and how it matters at all ages, the instruction helps them stay in touch with family and friends, find essential information, play games, track finances, write, file documents, and more. Jay Louise gets so much joy from this assignment.

Holman Enterprises
Volunteer initiatives may focus over multiple days or on an annual “day of service.” Holman Enterprises, a worldwide automotive and truck group headquartered in Pennsauken, has supplied many volunteers at Collingswood Manor over the past few years. According to Mary Moloney, volunteer services coordinator, “Holman employees have performed a number of resident activities during different days including entertaining bingo games, lovely fall walks in a nearby park and even manicures. They also graciously assisted with gardening and clerical projects.”

Stella Bock
Once a month, Covenant Manor residents eagerly await Stella’s arrival. This volunteer teaches the art of watercolor painting. Stella’s effort has proven that everyone has the ability to express themselves artistically regardless of age. The fruit of her mentoring is exhibited on the residents’ faces, as art has given them a new-found vitality.

Ginny Hewitt
Ginny has been volunteering for three to four years at Pitman Manor. She regularly calls bingo on Wednesday afternoons in Assisted Living and is an on-call volunteer for the Tuesday Shoppers. LeadingAge New Jersey awarded Tuesday Shoppers the Innovation of the Year in 2012 (see photo on page 12). The program, incubated almost 40 years ago, remains bolstered and supported by people like Ginny and others who typically go to several different stores and shop for items requested by residents.

Using her sewing skill, she has made walker bags and clothing protectors for residents. Ginny shared, “Volunteering at Pitman Manor is a privilege and I have learned so much from the residents. In fact, it has helped improve my relationship with my 90-year-old brother.”

DaLinda Love is Corporate Director of Clinical Services and Kevin Daly is Legacy Advisor for the United Methodist Homes Foundation
A SPECIAL CHEMISTRY
By Alice Coghill

A special chemistry exists between students and seniors. Maybe it’s the unique combination of youthful enthusiasm and wisdom or the willingness to accept each other at face value. These inter-generational ventures from school groups bring tremendous support and enjoyment among all the Homes’ communities.

Montclair State University and Seton Hall University School of Nursing volunteer frequently at PineRidge of Montclair. The students relish coming to PineRidge to form bonds, interact, talk and teach. The seniors, in exchange, impart living history lessons as well as pearls of wisdom.

Nursing students gain valuable public speaking experience by giving health presentations and hone their nursing skills during resident mini health assessments. The seniors receive healthy living tips, learn new skills and keep their memories sharp with cognition-improving games and puzzles.

Bristol Glen’s young volunteers come from many schools. Preschoolers at Merriam Avenue School and Tender Heart Daycare make Halloween brighter with their colorful songs and costumes. The pen pal program at Halstead Middle School encourages students to correspond with residents. Their letters of encouragement and quarterly friendly visits really lift spirits.

Sussex County Community College students have assisted residents with their computer problems and given hands-on technology lessons. Some set up a giving tree in the lobby and donated more than 60 presents for residents to receive on Christmas morning. Other area school and student groups are involved in everything from drama and musical performances to robotic presentations and weeding flowerbeds.

Throughout the course of the year students from more than seven area high schools take part in hands-on annual service projects at Collingwood Manor. Whether rolling up their sleeves to do manicures, playing board games, conducting sing-alongs or planting flowers in the gardens around the building – their youthful enthusiasm is contagious. Volunteers from Cherry Hill West High School share their musical talents – the beautiful voices of the a’capella Men of Note, Fermata, and the Chamber group have brought tears to the residents’ eyes.

Also for more than 10 years, second graders from next door neighbor Garfield Elementary School have been enchanting the residents with stories from their favorite books. After the children finish reading they engage the residents with questions about their lives and interests. In return residents share stories of what second grade was like “back in the day.”

Francis Asbury enjoys a special relationship with nearby Monmouth University. Recently, 18 students spent the day volunteering. They pampered residents with manicures, played the popular game “Chicktionary,” called bingo, and created floral arrangements.

Monmouth University students give a health presentation to PineRidge of Montclair residents.

Over 400 students volunteer their time to help local food pantries, nursing homes, beaches, parks, churches, and schools.

Lastly, Francis Asbury Manor is blessed to have the Pennington School Youth Choir regularly perform a Sacred and Spiritual Music Service for Vespers under the direction of Music Director Bill Alfred. The then New Jersey Conference of the Methodist Church founded the school in 1838. The founders identified three guiding principles: “The education of the physical, the training of the mental, and the grounding of the soul in character.”

Pitman Manor has an active and involved core group of young volunteers. Many are affiliated with school clubs, home school groups and church outreach ministries. For example, the Fellowship Bible Church in Sewell will be partnering with Pitman Manor for a service learning program.

The Pitman High School Key Club continues to be involved, most recently bringing in treats for the residents on Valentine’s Day. Students have hosted an annual Spring Fling, called bingo and volunteered for special events.

Pitman Manor hosts the monthly meetings of Kids on a Quest, a youth group associated with the Angels of God Clothing Closet, a Pitman-based charity. Their monthly service project comes in the form of gifts presented to residents – usually with a seasonal theme. Annually, Gateway High School’s Student Council works with Wenonah Elementary on community service projects which include Valentine’s Day gifts for residents. In addition, students from Gateway have also participated in a few of Pitman Manor’s special event programs.

Holy Spirit High School visits annually during the Christmas season to present cards and carol. Students from Ocean City Intermediate School “trick or treat” each Halloween, attend Veteran’s Day programs and offer tours of the school’s rain garden and consumer science classes. Students from Rutgers University and Richard Stockton College of New Jersey embark on internships within the Social Work program.

Monmouth University students at Francis Asbury Manor.

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Charles and Janet Czyzowski dance at the Mardi Gra themed Senior Prom.

Wesleyan Arms residents recently attended a piano recital featuring 11-year-old, Aron Wiener. Aron is studying with teacher Julia Meunch at the nearby Monmouth Conservatory of Music. The performance highlighted a number of classical selections including pieces by J.S. Bach, Claude Debussy and Camille Saint Saens. Guests really appreciated the performance by this gifted young student.

Alice Coghill is Marketing Assistant at Pitman Manor.
HELPING STUDENTS STEP CONFIDENTLY TO THE MUSIC THEY HEAR

By Patricia Darcey

Four days a week they volunteer at Francis Asbury Manor. They arrive promptly. Their enthusiasm is contagious. They get right to work shredding papers, vacuuming carpets, dusting furniture, folding laundry, alphabetizing files or watering plants. Their young faces glow with pride as they receive words of praise. They are special needs students in a landmark Ocean Township pilot program with a goal to help them become self-sufficient.

Because two teachers with more than a half century of Special Education experience to their credit, believed with passion that their students required skills that could take them beyond the 12th grade Special Education curriculum, a program called Community Connections was born.

In 2012, Susan Smith and her colleague and fellow teacher, Linda Dexter (now retired), created the curriculum for 18-to-21-year old Special Education students as an extension of the Ocean Township program. “The purpose of the program is to give each student the tools he or she needs to transition to adult life and ultimately to the working community,” Ms. Smith says. “Our students have learning, physical and/or emotional disabilities to overcome,” she adds, “but by the time they reach 18, they need exposure to the real world; they need to learn self-sufficiency.”

“A typical class day begins at 7:25 a.m.,” Ms. Smith reports, when two of our four students stack the “Spartans-on-the-Go” breakfast cart with popular morning favorites, including their own baked goods, made in class the day before. Students take the breakfast cart to all departments throughout the school. Each student is accompanied by a certified trained job coach.

“By doing this they learn job skills,” Ms. Smith notes. “They need to handle money, make change and keep records.” She adds that they learn “it’s not okay to do a job halfway through; they must finish what they start.” She also says that communication skills are reinforced. “They learn to carry on a conversation – something most of us take for granted!”

Taking this training one step further has been the true measure of success for the Community Connections program. “We have two students who have completed the program,” Ms. Smith beams, “and both are working as volunteers in the business community – one of them at Francis Asbury Manor.”

Ms. Smith has high praise for Francis Asbury’s Volunteer Services Coordinator, Meg Cox Gerth and for the community’s willingness to accept the program. “Francis Asbury Manor really helped us get this program off the ground,” she says, sharing their goal to involve more companies. “It’s a win-win situation for everyone.”

So what happens when students reach the age of 21 and leave the program? “By that time, they’re able to use public transportation, manage their money, balance a checkbook, cook, follow a recipe, use an oven and load a dishwasher,” Ms. Smith observes, “They are pretty self-sufficient, but I still cry when they leave.”

Patricia Darcey is Director of Marketing at Francis Asbury Manor.

United Methodist Homes of New Jersey Foundation

For over 100 years, through your support, the Fellowship Fund has kept its promise that no residents will ever be asked to leave a Homes community due to their inability to pay the total cost of care.

Sunday, September 7, 2014
Francis Asbury Manor • 70 Stockton Avenue • Ocean Grove, NJ
Registration begins at 12 noon

For more information and to register online go to www.umhfoundation.org/events

“Do something grand for Grandparents Day!”

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INTRODUCING OUR NEW MISSION:
Compassionately serving in community so that all are free to choose abundant life.

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“If a man loses pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured, or far away.”

— Henry David Thoreau
One hundred and seven years of ministry and thriving communities have required much. It has taken generous donors, dedicated volunteers, spirited residents and their families, professional vendors and partners, talented associates, faithful churches, reliable community partners, caring organizations, businesses, and individuals. Among the dedicated volunteers fall our auxiliaries, which from our founding, have sacrificed and supported the Homes in every way imaginable. While their activities vary, here are a few snapshots:

Resident Pegge Grote wears a red hat, sweater set and pearls to high tea.

Bristol Glen Auxiliary President Barbara Bechtold explains, “Most of what we do is for Assisted Living and the Harris Center residents, so when resident and member Ann Bozak suggested high tea, we embraced it as a good opportunity to fund something special for the Independent Living residents. Ann took charge of all the details. Dressed up for the unprecedented occasion, men wore tuxedos and women donned colorful dresses, elegant jewelry, and exquisite hats and gloves. Further setting the ambiance, volunteer and talented musician, Katie Pachnos, played beautiful harp music. Attesting to its success Ann stated, “I would love to do it again.”

The Ocean Grove Service Auxiliary are 40 members strong and hail from as far as Cranford and as near as Ocean Grove to volunteer. The auxiliary is nonsectarian and its members belong to United Methodist, Presbyterian and Catholic churches as well as other denominations. But lest anyone think they are not dead serious about what they do, the numbers speak louder than words. “Since the late 1980s they have contributed just under a quarter million dollars to the Homes’ Fellowship Fund,” notes Margaret Barton, president and Francis Asbury resident. “Essentially, there are two big events each year, the summer Fair and the December Bazaar.” While the auxiliary entirely directs the former, they assist the Francis Asbury Manor Resident Council with the latter.

The Pitman Manor Auxiliary, headed by President Joanne Padget, does many events throughout the year. They solicit clothing donations from churches in the area twice annually and hold sales in September and April at Pitman Manor. October generates a large bazaar with all kinds of items. On the first Friday of each December, they give a Christmas party, assisted by volunteers on the day of the event. Each resident also receives a book of stamps well ahead of holiday mailing time. As all their sister community auxiliaries, some of the proceeds are donated to the Fellowship Fund and some for needs within the community. For example, the auxiliary donated money specifically to purchase two new chairs in the library, a space well-used by residents.

The annual April Showers brings out residents from every floor of Collingswood Manor. Churches donate bathroom, kitchen and personal grooming articles, perfume, stationery, paper products and more. The auxiliary sets up about eight tables organizing everything by bathroom and kitchen. Then, residents line up to shop, taking anything they want for free. Any leftovers are saved for future resident need. President Marti Milne observes, “It’s just like watching children on Christmas morning.”

In contrast, the annual Grandma’s Attic which fills up the entire lobby, living room and music room, brings in a profit as does the November Craft and Thrift Sale. Some funds are donated to the Fellowship Fund and some for needs within Collingswood Manor. Most recently these included a smoothie maker, chocolate fountain, new luncheon tables for the chapel, and a handicapped picnic table.

With focus on The Shores at Wesley Manor and Wesley by the Bay, the Wesley Friends consists of between 15 and 20 members. President Janet Gibbons conveys, “My aunt and grandmother were volunteers at Collingswood Manor. It’s in my blood I guess. My aunt would carry dishcloths, knives and other items, sold for fundraising purposes. She had a little black book listing all the members and their dues payments.”

In addition to shopping for specific items for residents, these dedicated volunteers buy at discount stores and sell the items at cost as a convenience for residents. The Shores Shop sells paper towels, tissues, snacks and more. When stock is needed, the auxiliary members do the shopping. They also run a bazaar in August, Christmas party and monthly birthday parties.
Grilled Caribbean Chicken

INGREDIENTS:
- 1 teaspoon allspice
- 1/4 cup red onion, chopped
- 1/2 cup green onion, chopped
- 2 tablespoons extra-virgin olive oil
- 1/4 cup orange juice, freshly squeezed
- 1 tablespoon lime zest
- 2 tablespoons soy sauce
- 2 tablespoons fresh thyme leaves, chopped
- 2 teaspoons jalapeño pepper, seeded & diced
- 2 teaspoons fresh ginger root, grated or chopped
- 1 clove garlic
- Salt and pepper
- 4 chicken breasts with bone and skin
- Lime wedges

PROCEDURE:
Puree all ingredients except chicken in a food processor to create a marinade. Add marinade and chicken to a re-sealable plastic bag, mix thoroughly and marinate in the refrigerator for 4 to 8 hours. Preheat oven to 350 degrees Fahrenheit. Heat grill to high. Remove chicken from marinade and grill each side of chicken for 3 to 4 minutes then place on a pan and finish in the oven for 15 minutes. Serve with fresh lime wedges. Serves 4.

Enjoy!

Chef’s Choice: Francis Asbury Manor
Executive Chef Lloyd Cato

By Stephen Davis

Chef Lloyd grew up on the Caribbean island of Jamaica where his passion for food was recognized at an early age. As a child, he watched relatives create fresh meals daily. As a working adult, he familiarized himself with every professional role in the kitchen and obtained an Associate’s Degree in Culinary Arts from Brookdale Community College.

His unique style combines his Caribbean background and training from various culinary professionals. Lloyd continued to develop his skills with local restaurants along the Jersey Shore including The Columns and Chef Ed’s. He believes in creating fresh, honestly delicious and wholesome meals. Currently working at Francis Asbury Manor, Chef Lloyd loves what he does every day – being hands-on in the kitchen, working with his staff to ensure the best possible meals, making sure service runs smoothly and keeping the residents happy.

Chef Lloyd really can’t imagine working for a better employer. “They give me all the tools I need to be successful from training to networking and resources you can only dream about.” In his spare time Lloyd enjoys spending time with his wife and two children. His hobbies include cycling and playing basketball.

Stephen Davis is Area Executive Chef for Sodexo

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United Methodist Homes 2013 Annual Report, The Power of Community, is posted on our website umh-nj.org.

The 2013 Honor & Memorial Gifts to the Fellowship Fund will be posted online at http://www.umhfoundation.org/fellowship.php beginning May 30, 2014.

United Methodist Homes blog features senior issues and trends, consumer and health advice and resident, associate and volunteer stories. Visit http://blog.umph-nj.org/ or access it through the QR code.

Time to Check Out Senior Living?
Perhaps the demands of maintaining a house have become a burden? Have you noticed a change in your loved one? Consider a senior community to help with the tasks of daily living. We’re here for you. Come to an Open House or a Lunch and Learn. Get a firsthand look at Bristol Glen, Collingswood Manor, Francis Asbury Manor, Pitman Manor, or The Shores, gather information, and meet the people who make it a great place to live and work. Visit http://www.umph-nj.org/openhouse for the schedule.
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At the heart of United Methodist Homes’ resident-driven services and amenities is a team of highly-qualified professionals delivering a continuum of care to adults 65 years and over:

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