A LETTER FROM THE EDITOR

By Janet M. Carrato

Community Outreach and Industry Trends coincides with our new brand and Strategic Plan 2013 - 2017 initiatives.

Multiple senior resource hubs offer lifelong learning. Onsite resource coordinators offer information allowing access to vital resources to successfully age in place at home: meals, home care, tele-health, and choice, social and transportation connections. United Methodist Communities at Bristol Glen, Collingswood, The Shores, and Pitman have implemented SeniorFITness, another initiative to improve strength, balance, mobility, and mental well-being.

Our full-service communities continue to transition from medical models in long term care to household models — The Shores led by developing three neighborhoods. Bridges at The Shores, an assisted living neighborhood dedicated to hospice care, expanded from six, one-bedroom apartments to twelve, just eight months after opening as the first residence of its kind in Cape May County.

Accountable care organizations and bundled payments have surfaced as key strategies of the federal government to control the cost and quality of healthcare. Our ability to reduce hospital readmission rates and track key clinical performance metrics have proven invaluable, distinguishing United Methodist Communities in the marketplace. We continue conversations with several accountable care organizations and major insurance companies.

Our rebranding includes a logo derived of the roof shape from the previous logo. Expanding the shape into four richly-colored and connected houses in the form of a cross, conveys our unity in community, diversity, faith-based values and motivation to reach out.

The subtly revised community names (see back cover) retain their heritage, but are more contemporary and aligned with the parent organization. For example, The Shores at Wesley Manor, is now United Methodist Communities at The Shores. This will help build long-term brand recognition more efficiently and streamline the branding system.

United Methodist Communities emphasizes our larger statewide presence, especially with the parent name first and foremost. Communities speaks to engagement with older adults in all the resource hubs and forming partnerships with organizations which focus on seniors to improve community health and wellness.

Communities better describes our services and influence. It more effectively explains our mission and our five-year strategic plan ending in 2017, focusing on person-centered living and home and community-based services.

Omitting “Homes” emphasizes multiple levels of service and shifts away from a “nursing home only” perception. Welcome to United Methodist Communities, the expert resource on aging well in New Jersey.

Janet M. Carrato is Communications and Public Relations Director.
Profiles in Philanthropy
Frank Kardashian
By Rebecca Roe

Frank Kardashian has an incredible history of volunteerism in a variety of areas spanning business, athletics and his United Methodist faith. For 25 years, Frank served as chairman of the Middlesex County branch of the New Jersey Business & Industry Association. He also dedicated his time to the children of his town, serving as the president of the Spotwood Board of Education. An avid softball fan, Frank organized the Spotwood Recreation Department’s first girls’ softball league and personally sponsored a team of college-aged scholarship players in Edison.

Frank, actively involved at Simpson United Methodist Church in Old Bridge, heads the Facilities Planning Committee and is diligently overseeing construction of a new church fellowship hall. Other organizations he supports include the VFW of Old Bridge, the Veterans’ Memorial Home in Edison, and Old Bridge’s championship-winning senior softball league, of which he is the co-founder.

Frank Kardashian’s involvement with United Methodist Communities began almost 15 years ago, when his business experience at Dataram prompted an invitation to join a committee, which he gladly embraced. In 2004, Frank accepted a nomination to the board of directors and Foundation board of trustees. Frank chaired the Foundation board from 2008-2015, and is currently serving his emeritus year. He still sits on several committees of the board of directors.

Frank is proud of his years serving and wholeheartedly supports the mission, devoting his time, consistently making donations, and acting as a strong ambassador. He feels a connection with our residents and enjoys seeing them happy. When asked why he continues to devote so much of his time volunteering, Frank sums it up beautifully, saying, “I feel grateful that God has given me these 80+ years to help people.” We, in turn, certainly feel grateful to have his support!

Rebecca Roe is Philanthropy Assistant.
By May 2016, United Methodist Communities will have launched nine lively, new senior resource hubs at our communities. As a major initiative of the Strategic Plan and a further expression of social accountability, the hubs will offer distinctive programs for older adults in the local areas listed below. Seniors can socialize, take a class, access resources, learn to use technology, engage in discussions about current events, mingle, and have fun.

The resource hubs will have a casual “drop-in center” feel, inviting older adults to the weekly programming. Family members will be encouraged to attend and inquire about resources, use the public Wi-Fi, and otherwise occupy themselves while their loved ones are engaged in activities, giving caregivers a break. The resource hubs will provide a platform for additional senior services and supports to be offered in the future.

While the programs vary among the nine hubs, (The Shores and Wesley by the Bay will share a hub), some of the offerings include:

- Technology education
- TED talks (a global set of Technology, Entertainment and Design conferences)
- A resource professional to provide information about senior living, entitlements and benefits
- Chair yoga, Zumba®, dance and exercise
- Enriching specialty programs led by multi-talented volunteers
- Culinary demonstrations and healthy eating programs
- Creative writing groups, reading and book clubs
- Art and jewelry making

Most services and classes are either at no cost or a nominal fee; snacks and lunch will be available. Participants may choose, free of pressure and commitment, to attend activities akin to their interests, what they find appealing and share in the abundant life.

Each established Senior Resource Hub operates either every Wednesday or every other Wednesday, generally between the hours of 10am and 2pm. For information about a specific senior resource hub, please call the numbers listed on page 6.

CHECK OUT UNITED METHODIST COMMUNITIES’ BLOG!

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

- June: The Importance of Compassionate Hospice Care | Sun-Safe Tips for Seniors
- July: A Senior’s Guide to Keeping Joints Healthy | What Are Your Senior Housing Options?
- August: Memory Games That Promote Healthy Brains | What Are Memory Care and Support Services All About?
- September: Senior Health Tips: Increasing Your Core Strength | Five Advantages of Choosing Professional Respite Care Services

By Cindy Jacques and Deede Bolger

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ASSOCIATE SPOTLIGHT: CATHY FOLEY
DELICIOUS GRATITUDE
By Patricia Darcey

Feeling a lot of negativity diminishing the public image of law enforcement, one determined woman has taken a very unique appreciation campaign to her heart – and to her kitchen. Toward that end, Cathy Foley, sales assistant at United Methodist Communities at Bristol Glen, developed “Cookies for Cops.”

With unanimous affirmative decisions from Cathy’s husband and their four adult children, the plan was launched. Cathy – who lists ‘becoming an owner of a cookie shop’ close to the top of her bucket list, has been baking cookies since her pre-teen years. Networking played a major role in Cathy’s law enforcement connections, and beginning last November, Cathy began by distributing some 60 pounds of her delicious confections that month. Her message with each two-pound cookie platter reads: “Cookies for cops with heartfelt thanks for your courage and love of community. Always remember how many eyes, big and small, light up when you enter their world. May God keep you safe each and every day.” Cathy says, “The police in our communities need to know we care!”

To say that Cathy bakes delicious cookies is an understatement. Says Dennis Maira of the 122nd Precinct, NYPD, Staten Island, “We are so appreciative, not only because the cookies are delicious, but because we know where Cathy’s heart is when she bakes them. I think we are all surprised that someone would go to the trouble to bake for hours and hours, just to thank us.”

Cathy’s Cookies has taken on a life of its own. As of this writing, a short list of their outreach includes police departments in more than 25 New Jersey communities, as well as the New Jersey State Police; the 84th NYPD Precinct, Brooklyn; the MTA Police Department; and the NYPD Gang Squad. Her cookies have also traveled to her nephew on a tour of duty in Afghanistan.

Cathy recently received a shout out on ‘Live with Kelly and Michael’ while the hosts were featuring acts of kindness. It’s entirely possible Cathy has already achieved her bucket wish list as owner of a cookie shop ... without walls.

Patricia Darcey is Sales Director of United Methodist Communities at Francis Ashby.
SOARING LIKE AN EAGLE
By Robbie Voloshin

United Methodist Communities has earned and was awarded the EAGLE (Educational Assessment Guidelines Leading toward Excellence) accreditation, given by the United Methodist Association (UMA). EAGLE is the only faith-based accrediting body in the world and focuses on ministry with older adults and children. Their goal is to recognize organizations that voluntarily go beyond the minimum requirements of licensure to improve operational processes and outcomes. EAGLE challenges organizations not just to compete in challenging human services environments, but to soar above the competition while living their faith values.

In 2015, United Methodist Communities’ associates across all disciplines and communities, analyzed processes and compiled data as part of the first stage of the accreditation process. Many, many hours were spent on this self-assessment step and the detail was submitted to the EAGLE accrediting team. After its thorough review, a team of trained peer reviewers made on-site visits and spent considerable time with associates discussing the submissions. The final result came this spring — United Methodist Communities became EAGLE accredited!

Vice President of Operations, Dr. Carol B. McKinley, best describes the organizational impact, and states, “United Methodist Communities is a forward-thinking organization, working to stay ahead of the ever-changing healthcare landscape. We are honored and proud to be recognized with the EAGLE accreditation.”

Robbie Voloshin is Corporate Director of Marketing.

Your Donation Makes a Difference!

It affirms United Methodist Communities’ tagline, Abundant Life for Seniors and upholds its mission. Use the envelope nested into this engage! or make a secure online donation at UMCommunities.org/foundation.

AWARDS 2015

Your Donation Makes a Difference!

If you wish to continue receiving engage! in print and your mailing information is correct, there is no need to do anything. If however, any data imprinted on the addressee section is incorrect or you are receiving duplicates, please email your requests to rroe@UMCommunities.org or call Rebecca at 732-922-9802 ext. 2128 during business hours.
EXCEPTIONAL APPETIZER ACHIEVES TOP ACCOLADE
By Robert LaBoy

With the intensity of a high-stakes, nationally-broadcast cooking competition, two confident culinary connoisseurs planned and plotted for their participation in Dining with Rotary Chefs, a Rotary International charity event. Pitman's Director of Dining Services, Norm Engel and Sodexo Area Executive Chef, Robert LaBoy, arrived at Lucien’s Manor in Berlin, New Jersey.

Representing both United Methodist Communities and Pitman, the duo began the evening by setting-up and arranging a 6-foot table, yielding enough working room, as their appetizer, steak bruschetta with charred tomato compote, required nine steps to build individual plates, each holding one portion.

After positioning the first 15 plates and taking a couple of photos, the doors flew open and guests streamed inside. Suddenly, all appetizer competitors were inundated with a deluge of hungry guests, who naturally wanted to begin with appetizers.

“In addition to all the other parameters, we had less time to prepare than those serving entrees and desserts. After turning out the individual plates like a well-oiled machine, it forced competitors to perform at the high standard we established,” observed Norm Engel.

From that moment and for the next 30 minutes, they built and presented about 200 plates. The next two hours involved artfully serving up another 125 portions — creating over 300 appetizers. Just as seamlessly, their cup quickly filled up with voting-tickets, finishing the event with a first place victory in the Rotary Club’s Professional Chef Competition in the appetizer category. Everyone agreed, Dining with Rotary Chefs proved a fruitful and rewarding evening.

The recipe is available on United Methodist Communities’ blog at UMCommunities.org/blog.

Robert LaBoy is Area Executive Chef for Sodexo.

IT TAKES A HOUSEHOLD TO CHANGE A CULTURE
By Dr. Carol B. McKinley

Seniors coping with frailty and chronic illness typically spend significant time in medically-oriented and sterile surroundings. United Methodist Communities wants to alter that model for their residents by changing both the physical plant as well as the overall culture of how care is provided.

United Methodist Communities at The Shores is the first to undergo this transformation. Over the past year, renovations have been underway to convert a 60-bed long term care residence into three separate areas called households; spaces that not only offer a living room and dining room, but also a working kitchen. Each household will provide a home for approximately 18 residents.

Upon arriving to the third floor and ringing a doorbell, visitors will enter a household through a front door. Upon entry, one will find the comfort of “home” as seen in its interior. Each household will boast an intimate dining room, a cozy living room, and an inviting working kitchen. The overall goal is to reduce the clinical focus of the environment and augment the normalcy of life. The last of three reconstruction phases is expected to be completed by late spring 2016.

Transforming the physical environment though, is not quite enough to forward our endeavors to enhance a life of “home.” It is also driven by the soul of the community. United Methodist Communities President and CEO, Larry Carlson shares this vision noting, “The only thing that should change when people move into our communities is their addresses.”

Realizing that nursing home residents may find it hard to conceptualize, we ask ourselves, “How do we create home?” It starts in the smallest of ways, through knowing the simple pleasures of our residents, reflecting their individual lives through their daily activities. We are seeing this in modest ways, and with the support of enthusiastic associates, have more to do.

The Shores is eagerly leading the way for the other communities, each at a different stage of development. While architects are actively working on construction drawings, associates are engaged in culture change. This process will take time, but in the interim, it is wonderful to watch it all unfold.

Dr. Carol B. McKinley is Vice-President of Operations.
TRIPLE THE GENEROSITY
By Rebecca Roe

Investors Bank Foundation & Roma Bank
Community Foundation

United Methodist Communities at Pitman has partnered with their local branch of Investors Bank to secure a new sound system. Since Roma Bank’s 2013 merge with Investors, the Investors Bank Foundation and Roma Bank Community Foundation have worked together to support nonprofits in the towns they serve. Major Gifts Officer, Rody O’Rourke, approached them, which turned Pitman’s wish into a reality.

The sound system will greatly enhance residents’ ability to clearly hear programs, meetings and entertainment. Investors and Roma have contributed $5,000 complemented by the Pitman Auxiliary’s $2,500 donation.

Investors Foundation

The Investors Foundation has generously pledged $20,000 to the United Methodist Communities Foundation. This unrestricted grant to the Fellowship Fund will help mitigate the growing gap between Medicaid and Medicare support and the actual cost of care.

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Rebecca Roe is Philanthropy Assistant.

WHAT’S IN A NAME?

By John Callanan

One question that many of you may be asking is, “Why do we need to change our name?” The terms “Home” or “Homes” have served us well throughout our history, so “Why change now?” The short answer is to honor our mission by accurately reflecting the changing nature of our ministry.

Throughout the history of our ministry, our name has changed from “Methodist Episcopal” to “Methodist” and more recently to “United Methodist” to reflect changes in the Church. It also changed from “Home for the Aged and Infirmed” to “Homes” in order to reflect shifts in our attitudes toward aging and retirement living.

We were created as separate homes, by separate Methodist organizations to care for different populations. Now we are building an identity as one system, which is a community in itself. And as we expand into home and community-based services with United Methodist Communities HomeWorks, the communities and regions we serve will go far beyond our current brick and mortar infrastructure.

Our goal is to help seniors feel at home, whether that means remaining in their own homes, towns and congregations, or, if they choose to live in one of our communities, feeling like they are in new ones. While we plan to expand our brick and mortar footprint, even as we embrace United Methodist Communities HomeWorks, our ministry will be growing in new and exciting ways that the term “communities” more accurately represents.

As we now use the term residents, rather than inmates, and call our community leaders executive directors, rather than wardens, the term “communities” embraces the larger network of relationships which our future will bring.

Further, we work not merely as individual caregivers in isolated siloes, but as part of team. Like Jesus’ followers, who held all things in common and worked together to achieve their goals, we serve as a community. Likewise, the Apostle Paul understood that faith is lived in community, where each follower, who held all things in common and worked together to achieve their goals, we serve as a community. Likewise, the Apostle Paul understood that faith is lived in community, where each member’s gifts strengthen the community by complementing each other (1 Corinthians 12). Our individual gifts, roles and talents all shape and strengthen our communities, as we too are shaped and strengthened by serving within a community that values compassionate care.

So, what’s in a name? Our name reflects our identity by expressing who we are now and who God calls us to be; compassionate communities.

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

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.

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<th>Community</th>
<th>Address</th>
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<tr>
<td>Bristol Glen</td>
<td>200 Bristol Glen Drive, Newton, NJ 07860</td>
<td>973-300-5788</td>
<td>UMCommunities.org/BristolGlen</td>
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<tr>
<td>Collingswood</td>
<td>460 Haddon Avenue, Collingswood, NJ 08108</td>
<td>856-854-4331</td>
<td>UMCommunities.org/Collingswood</td>
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<tr>
<td>Francis Asbury</td>
<td>70 Stockton Avenue, Ocean Grove, NJ 07756</td>
<td>732-774-1316</td>
<td>UMCommunities.org/ FrancisAsbury</td>
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<tr>
<td>Pitman</td>
<td>535 North Oak Avenue, Pitman, NJ 08071</td>
<td>856-589-7800</td>
<td>UMCommunities.org/Pitman</td>
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<tr>
<td>The Shores</td>
<td>2201 Bay Avenue, Ocean City, NJ 08226</td>
<td>609-399-8505</td>
<td>UMCommunities.org/TheShores</td>
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**Affordable Housing Communities**

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<tr>
<td>Bishop Taylor</td>
<td>33 North Walnut Street, East Orange, NJ 07017</td>
<td>973-676-9057</td>
<td>UMCommunities.org/BishopTaylor</td>
</tr>
<tr>
<td>Covenant Place</td>
<td>623 East Front Street, Plainfield, NJ 07060</td>
<td>908-791-9430</td>
<td>UMCommunities.org/CovenantPlace</td>
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<tr>
<td>PineRidge of Montclair</td>
<td>60 Glenridge Avenue, Montclair, NJ 07042</td>
<td>973-746-0003</td>
<td>UMCommunities.org/PineRidge</td>
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<tr>
<td>Wesley by the Bay</td>
<td>2401 Bay Avenue, Suite 2, Ocean City, NJ 08226</td>
<td>609-399-6701</td>
<td>UMCommunities.org/WesleybytheBay</td>
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<tr>
<td>The Wesleyan</td>
<td>9 Wall Street, Red Bank, NJ 07701</td>
<td>732-936-0760</td>
<td>UMCommunities.org/TheWesleyan</td>
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