

October Wellness Events

We can change the way we age by staying active, to the fullest extent possible, within all areas of life: physical, spiritual, emotional, intellectual, professional, environmental and social. Aging within these dimensions of wellness keeps us involved, alert and enjoying a productive life. The concept of active aging is summed up in the phrase “engaged in life.” Individuals can participate in life as fully as possible, regardless of socioeconomic status or health conditions, within the wellness dimensions. *Source:*

30 VOTER REGISTRATION/ MAIL-IN BALLOT APPLICATIONS Monday-Friday	1 10:00AM Let's Walk and Talk 11:00AM Ted Talk/ Discussion/Jane Fonda: Life's 3rd Act	2 VNA BP Screenings 10:00 AM Balance Class w/ Laura 3:00PM Bible Study 7:00PM Yoga	3 10:30AM QiGong 1:00PM Brain Health with Dr. Kristine Keane	4 10:00AM IN2L Neurobics 11:00AM Aging and Healthy Eating w/ Horizon BC/BS 12:00 Noon Kitchen Table Life Stories
7	8 11:00AM IN2L Music Therapy	9	10 11:00AM Pet Therapy With Noodles	11
14 11:00AM Ted Talk	15	16	17 FARMER'S MARKET 12:00PM IN2L Brain	18 11:00AM Conversations with the Pharmacist: Osteoarthritis
21	22 1PM Documentary	23	24 9:00AM IN2L Physical Fitness	25 11:00AM Kitchen Table Life Stories
28 11:00AM-2:00PM Medicare Open Enrollment Counseling with Lisa Stoughton	29 11:00AM National Alliance on Mental Health Presentation: Mental Health Awareness	30	31 9:00AM IN2L Physical Fitness	



The Wesleyan Echo

October 2019

Pam's Health Note

In this issue:

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United Methodist Communities at The Wesleyan

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UMCommunities.org/
TheWesleyan

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Communities



We are celebrating Active Wellness Week October 1 through October 7. There are many aspects of Active Aging: physical, spiritual, emotional, intellectual, professional, environmental and social. All are very important, however there has been an increase in research that has found that social connectedness is vital to active aging.

What is social connectedness:

A person's level and quality of contact with other people.

Why is social connectedness so important to our health and well-being? Studies have shown that older people who have close connections and relationships not only live longer, but also cope better with health conditions and experience less depression. Further, studies have shown that how we bond and attach to others is at the core of our resilience, self-esteem and physical health.

While there may be a decrease in some areas of the brain as we age, new neurons continue to grow in our brain until the end of life. In fact, there are many healthy adults past 100 years of age that show no signs of significant brain volume loss. *What is their secret?* All studies show that these individuals share one common factor: maintaining close connections with others.

According to Louis Cozolino, PhD, author of *The Neuroscience of Human Relationships*, we keep our brains healthy and growing throughout our lifetime by staying connected to others. He also found that the qualities of wisdom and compassion that tend to emerge as the brain ages is a direct result in how people interact and treat one another.

Living at The Wesleyan offers you the opportunity to tap into social connectedness every single day. The beautiful thing about living in a community such as this is that you have people around to support and engage you.

I want you all to live your best life. Therefore, I urge you all to reach out to your neighbors, to build friendships, and to participate in the activities and programs we offer. By doing so, you are building and strengthening your social connectedness and the overall so-
cial capital at The Wesleyan. By building greater social capital where one lives serves to build trust amongst neighbors, and neighbors

Administrator's Corner

My Dear Residents,

I can't believe we have two months until Christmas. Time does not wait for no man. The year has gone by so fast and we are another year older. We thank God for each day that is added to our lives. Each day is a gift from God.



I am happy that Pamela and her husband decided not to relocate to Florida, and that Pamela is staying with us. I am sure that you all are happy, as well.

Thank you, Pam! You know that we all love you.

Coming your way this month:

- Active Aging Week October 1-7
- IN2L Programming with which you can learn many new things
- Medicare Open Enrollment
- Free Flu Shots with Rite Aide/Walgreens

Please read your weekly calendars for up-to-date activities.

I want to take the time to give thanks once again to all of our volunteers. You are a big factor in why the Wesleyan is the best place to live. Again, my door is always opened. Please bring your ideas and suggestions to me. You all are part of our success.

Thank you and be blessed.

Gertrude Kehleay
Housing Administrator

Associate Directory

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Security Desk

CHSP

What is the Congregate Housing Service Program (CHSP)?

CHSP is a grant funded program designed to assist seniors with maintaining an independent life. Housekeeping services are available on a sliding-scale fee basis.

What Services Are Available?

CHSP offers housekeeping services and assistance with errands. Please see Pamela Joyce, Social Service Coordinator if you would like to sign up or if you would like more information.



United Methodist
Communities
The Wesleyan

Senior Space

Woman's Club of Red Bank
164 Broad Street, Red Bank, NJ

A place for older adults to live, learn, and socialize through activities, classes and more!

October 2019

Wednesday, October 2

10am	Yoga With Pat
11am	Lets Talk/Lunch
12pm	Documentary: 306 Hollywood

Wednesday, October 16

10am	Yoga With Pat
11am	Let's Talk/Lunch
12pm	Watercolor with Donna

Wednesday, October 9

10am	Senior Fitness With Laura
11am	Let's Talk/Lunch
12pm	Watercolors/Donna Como

Wednesday, October 23

10am	Yoga with Pat
11am	Let's Talk/Lunch
12pm	NAMI/One Voice Presentation

Wednesday, October 30

10am	Senior Fitness With Laura
11am	Let's Talk/Lunch
12pm	Memoir Writing Class/

Community Enrichment Report

By Linda Masi

SEEING GOD IN EVERYTHING CAN CHANGE YOUR LIFE!

I hope everyone is enjoying the Fall weather. September came in quickly and left just as quickly. I would like to thank all of you who came down for our Hot Dog and Ice Cream fundraiser. Our Labor Day and Grandparents Day Breakfasts went well and it was nice to have a breakfast once again. October is Mental Health Awareness Month and we will be hosting a few presentations here, as well as our Senior Space so check your calendars.

As we learn more and more about the new technology IN2L (It's Never Too Late) I am hoping to see more and more of you participating. This is a great way to socialize with fellow residents and make new friendships. This month we have quite a few IN2L activities on the calendar and it's always more fun with more people. I would like to invite all of you that are interested in learning about IN2L technology to drop by my office. There are many fun activities that you can do on your own. Get ready to go apple picking and then bake apple pies. Fall is a beautiful time of year so enjoy and be blessed!

October

Check out our calendar and plan to attend the fun activities, educational workshops, and special events happening here at **9 Wall Street, Red Bank.**

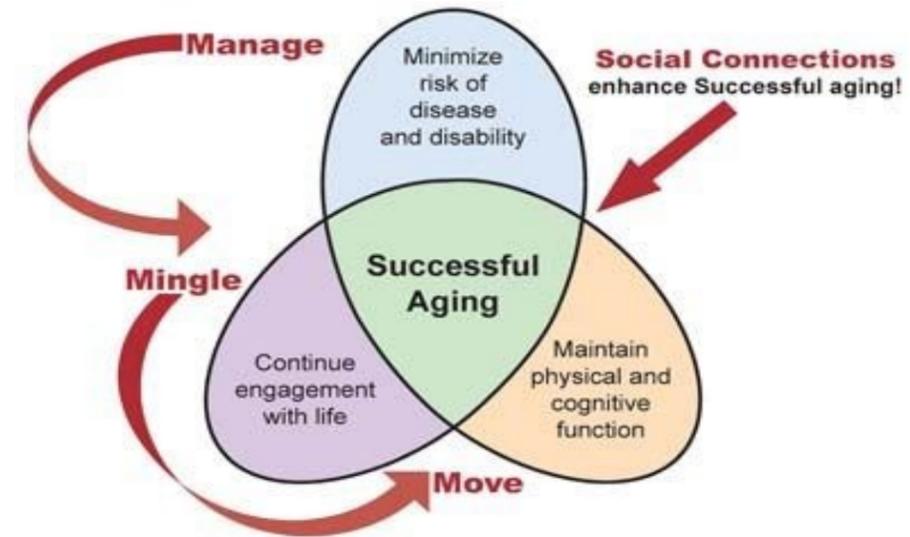
Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 10-2PM Senior Space Free Bread	3 3:30PM Bingo	4 1-4PM Bridge	5
Please See Active Aging Week Calendar						
6	7 3PM Gin Rummy	8 Check Wellness Calendar	9 10-2PM Senior Space Free Bread 3pm Bible Study	10 12:00PM IN2L Armchair Travel to Spain 3:30PM Bingo	11 11:00AM IN2L Armchair Travel to Spain/ Cooking Demo 1-4PM Bridge	12
13	14 3PM Gin Rummy	15 11:00AM Pumpkin Craft	16 10-2PM Senior Space Free Bread 3pm Bible Study	17 10AM Farmer's Market 3:30pm Bingo	18 1-4PM Bridge	19
20	21 3PM Gin Rummy	22 10:00AM Apple Picking Trip	23 10-2PM Senior Space Free Bread 3pm Bible Study	24 11:00AM Make Your Own Apple Pie	25 1-4PM Bridge 6:00PM Social Club Spaghetti	26
27	28 3PM Gin Rummy	29	30	31		

In addition, when one lives in a community with greater social capital they feel more comfortable leaving their apartments to socialize and engage, which helps them stay mobile and as noted earlier, is vital to active aging.

Not sure how to begin forming social connections? Begin by looking within yourself. What are your interests? What kind of people/personalities are you naturally comfortable around? Then, take small steps in becoming active at The Wesleyan or out in the larger community of Red Bank: participate in activities and programs, volunteer, or join a social organization. If/when you meet a new potential friend, create opportunities to spend time with them—have them over for coffee or lunch; or simply take a walk and chat.

Social connections truly impact your overall health and well-being. These connections may begin with just coffee or lunch, but they will require your consistent time and effort. Forming strong, healthy connections with others means opening up, actively listening, and being open to sharing what you're going through. This all may be new for you, and perhaps a little scary. Be brave. Your efforts will be well worth it... The new relationships you will form may change the course of your life.



A Message from the Foundation

Nonprofit Status and Mission

Our mission is compassionately serving in community so that all are free to choose abundant life. UMC reinvests revenue to improve our ministry.

UMC depends on financial support from generous partners who believe in our mission. The IRS recognizes us as a 501 (c)(3) charitable organization and, like many charitable organizations, UMC has a foundation.



Four full-time associates currently staff the Foundation: Susan Sharp, vice president of philanthropy; Pam Senatore, administrative assistant; Rebecca Roe, donor relations coordinator; and Gary Engelstad, annual giving