



United Methodist  
Communities

The Wesleyan

# The Wesleyan

## Echo

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Friends are important. Friends are there for us to listen and offer a shoulder to lean on.

Friends celebrate our new adventures or when we make positive changes in our lives. From the swing-set to adulthood, friends are integral in regards to who we become and they bring soul-deep enrichment into our lives. In addition to all that, friends are good for our health.

### Friends help us maintain good health.

According to a study from the University of North Carolina, the more mutually loving friendships we have the better our health is during older age. In fact, those with stronger friendships have been shown to have lower blood pressure, waist circumference, BMI and inflammation—all of which are known factors in mortality risk and lifespan.

### Friends keep our brains working.

Speaking with friends helps keep your brain pumping by offering you insights and ideas that you may not have developed on your own. Being social with our friends on any level regularly, even if only over the telephone or virtually can reduce the risk of Alzheimer's disease. We think, feel, sense and reason when we are being social. Engaging with our friends is mentally-stimulating and enables us to build up healthy brain cells and promote new connections between neurons.

### Friends provide mental and emotional support.

None of us are immune to obstacles and difficult times in our lives. I can not even imagine having endured my obstacles and hardships without my friends by my side to support me. Friends help us cope with our trying times and celebrate the good times and our successes. Having quality friendships decreases feelings of loneliness.

It may seem impossible to maintain friendships during times when we are to be socially distancing and avoiding activities with others. But, now more than ever is when we all should be trying even harder to maintain our friendships. We are all in need of support and encouragement; of kind words and gestures. Our friends can help boost our happiness which ultimately will reduce our stress levels. The chronic stress that is associated with loneliness can lead to illness, so I am urging you to schedule time to connect with your friends and loved ones. Pick up the telephone. Call one friend or family member every day. Pick up your pen. The art of writing a letter is a forgotten one. It, however has never been forgotten by me. I still send handwritten cards and letters to friends. They all express how much it means to them to check their mailboxes and be surprised by a handwritten letter from an old friend. Schedule a time in our Zoom Room. You can meet with your family and friends virtually. Although it is not the same as being with our friends and loved ones in person, I can attest how much joy comes out of just seeing smiles and hearing the voices of those that mean so much to us. **CONTINUED ON PAGE 3**

# Administrator's Corner

My Dear Residents,

Once again, I thank you for being the best residents. Thank you for being diligent in taking care of yourself. Also, thank you for following the guidelines in order to prevent the spread of this deadly virus, such as practicing social distancing and wearing your masks at all time. So far, there are no cases of COVID-19 here at the Wesleyan. Please continue to take care of yourself and others.

I want to let you know that **free** COVID-19 testing will be held at the Pilgrim Baptist Church, 172 Shrewsbury Avenue in Red Bank. The testing will take place on:

Friday	August 1 – 9 AM – 1 PM
Friday	August 7 – 3 PM – 7 PM
Thursday	August 13 – 3 PM – 7 PM

I encourage you all to take advantage and get tested. You do not need to make an appointment. Simply arrive during the dates and times listed above and get tested. If you need transportation, please let us know. We are also trying to have them come here to our community for testing. If this can be arranged, we will inform you.

As we try to get to the new normal, we are planning some outdoor activities for you. Please try to participate. August may be hotter than July, so please drink plenty of water to keep hydrated.

We pray that this too will come to pass. We are all in this together.

We love you and be Blessed.



## Social Service Coordinator Chat:

**The Heat is On! Please stay hydrated!** One of the most frequent causes of hospitalization for individuals 65 and older is dehydration. The two most serious conditions for seniors that result from heat and exposure to high temperatures are heat exhaustion and heat stroke, both which primarily result from dehydration. The most important way to prevent dehydration is to make sure you are drinking enough fluids. All adults (except those with certain conditions such as kidney failure) should drink at least 64 ounces of water or non-caffeinated fluids daily. Caffeinated beverages cause frequent urination and promote dehydration. Water can also be found in many fruits and vegetables, so including them as part of your daily diet will help you stay hydrated as well. Fruits like melons, berries, apples, oranges and peaches have high water content. Vegetables such as lettuce, cucumbers, celery and cauliflower are also have high water content. Keep water readily available, especially if you plan on being outside during high temperature weather. If you are not fond of the taste of water, try adding a powdered drink mix that flavor the water, but do not add any excess sugar.

## Congregate Service

**Congregate Housing Service Program (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. 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.

### CONTINUED FROM PAGE 1

We are all in need of extra nurturance right now. There is a well full of nurturance available to us if we only lower the bucket and get what we need. It is OK to reach out and get the nurturance you need. Lower the bucket into the well and get the nurturance you need. But also pour your nurturance into the well for those who also need it.

Tips to help you stay connected during this time:

**Schedule a virtual or telephonic coffee break with a friend.** Social isolation can have a negative impact upon your health, but spending time with others – even virtually/telephonically – will help you stay connected.

**Schedule regular check-ins with your friends.** Even a quick call or text to your friends will help them (and you!) feel more connected.

**Ask your friends how they are doing and what they are doing to take care of themselves.** Social distancing can make us feel disconnected, not just physically but emotionally. Bridge the disconnect with a simple question — *How are you?*

**Keep your friendships alive with small acts of kindness** Sometimes, a small gesture can help you reconnect. Even though we can't bake/cook with our friends, we can get in the kitchen and bake a batch of cookies, place them in a pretty gift bag and drop them off at a friend's door. Or leave a handwritten compliment in the message box outside their apartment door.



## A Message from the Foundation

*#UNITEDagainstCOVID19*

From the moment COVID-19 was declared a pandemic, our strong donor community of family members, residents, business partners, and friends sprang into action. Handmade masks, meals, and notes of hope and encouragement have been delivered to residents and staff. With donor support, “blessing bags” of treats and activities were distributed to brighten residents’ days. This outpouring of love means so much to our residents and team members.

Many families and friends who are new to the UMC Foundation have asked how they can help. **Right now, the best way to honor our residents is to support the superhero staff that care for them with such compassion and creativity.** The UMC Foundation launched a **#UNITEDagainstCOVID19** appeal to fund special appreciation bonuses for all full-time and part-time staff serving in our Communities. We're blessed to share that just over \$106k has been raised towards our \$200k goal. If your family would like to join our **#UNITEDagainstCOVID19** effort, please visit [foundation.umcommunities.org/donate](https://foundation.umcommunities.org/donate) or send a check made out to **United Methodist Communities Foundation** to 3311 State Route 33, Neptune, NJ 07753.

## MINDFUL EVENING ROUTINE



THE HEART THINKER

### SELF CARE

Shower, cleanse your face, nourish your skin and use a facemask. Eat a healthy and light meal before you go to sleep.

### JOURNAL

Write about your day. What made you happy? What do you want to improve the next day? How would you rate your day from 1-10?

### MEDITATE

Take 5-10 minutes to sit in silence and reflect on your day.

### UNPLUG

Put your phone away and turn off your computer or tablet 30 minutes before you go to bed.

### READ

Reading will help you calm your mind for a good night's sleep.

### TALK TO THE UNIVERSE

Ask for guidance, love and protection. Don't forget to thank the Universe for everything you can be grateful for.

TAKE TIME FOR YOURSELF TO UNWIND AND BE STILL. THIS WILL IMPROVE YOUR SLEEP AND HELP YOU WAKE UP REFRESHED.

### Emergency Food Needs/Meal Delivery:

Salvation Army: 732-747-1626

Lunch Break: 732-747-8577, Extension 3013  
Contact Person-Taylor Oliveras

Red Bank Senior Center/Meals on Wheels:  
732-747-5204

### Other Important Telephone Numbers:

Town of Red Bank Emergency Management:  
732-530-2777, ext. 496

Red Bank Health Department: 732-493-9520

**Please call Linda Masi** if you are in need of items from our Food Pantry.

**If you are interested in the Senior Farmer's Market Voucher Program** please call Christine Mindnich at the Division of Aging: 732-431-7450

**The small conference room** off of the lobby is now the **Zoom Room**. In the Zoom Room you can virtually meet with your family and friends and participate in virtual medical appointments with your physicians. Use of the room will be by appointment only. Pamela will be distributing detailed information regarding the Zoom to all residents.

**Visitation Guidelines: VISITORS who are for the HEALTH and WELL-BEING of a resident are permitted to visit.** Examples are: visitors who assist with a bath, preparing food, filling medication, etc. **In addition**, at this time, residents are permitted to have 2 visitors at a time in their apartments. Visitors are to abide by the 1 person on the elevator policy (2 on the elevator if related).

**Please do not congregate in the lobby or by the security desk. If you are waiting for a ride, please wait in the vestibule, not the lobby.**

**New Jerseyans feeling the emotional and mental toll of #COVID19 can call the following for free confidential support:**

**1-866-202-HELP (4357)**

**NJ Hopeline  
(855) 654-6735**

**National Suicide Prevention Hotline  
1-800-273-8255**

**Riverview Medical Center/Helpline /Crisis  
Unit 24 hours /7 days a Week:  
(732) 219-5325**



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## **Senior Space**

**The Women's Club of Red Bank**

165 Broad Street, Red Bank, NJ

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

The Wesleyan, a senior housing community, hosts *Senior Space*, a resource hub for the area's older adults. It is a dedicated place to learn, socialize, find wellness information, engage in programs, and have meaningful interactions.

Activities, resources, and presentations at Senior Space include, but not limited to, Technology Support at the Internet Café, Medicare/Medicaid/Entitlements, Financial Assistance Support, Transportation/Access Link, Nutrition/Food, "Shut-In" Support or Monitoring, Senior Gold/PAAD, Mental Healthcare, Adult Daycare, Fitness and Exercise, Volunteerism, Home and Community Based Services (HCBS), and Physician Finder.

**Senior Space is currently on pause; however we maintain regular contact with our participants during this time.**