



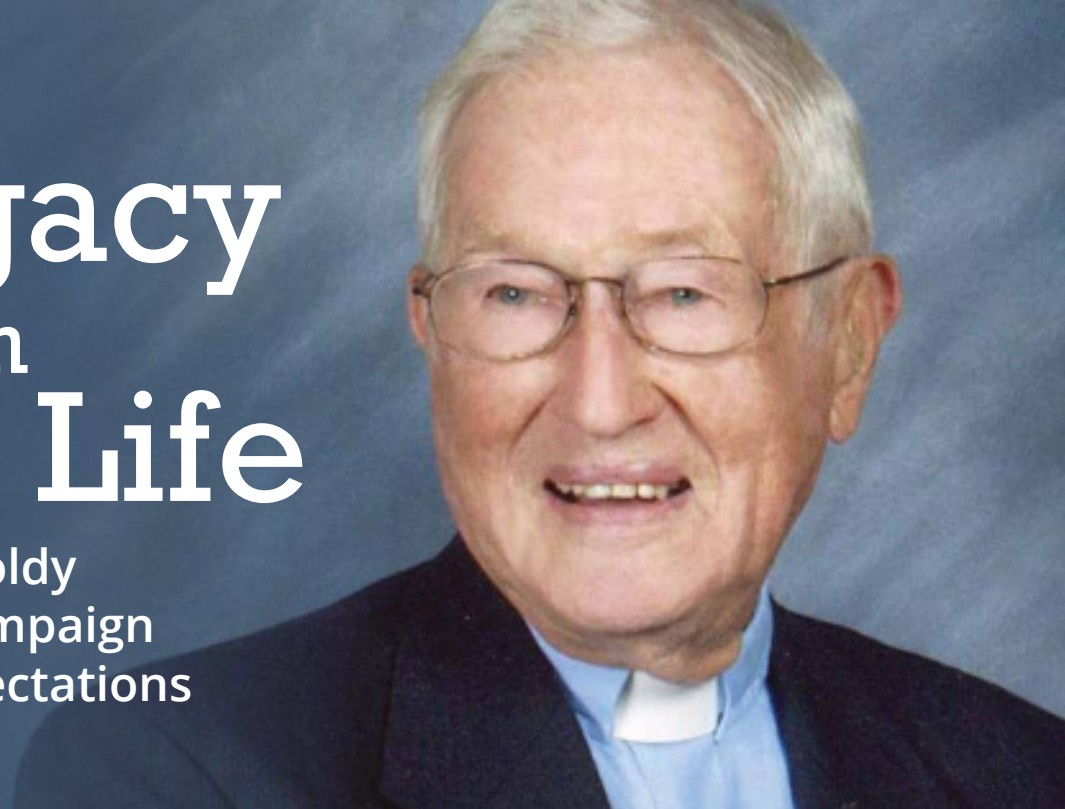
# United in Philanthropy

Fall 2017 • Volume 1 • Issue 1

The Many Ways  
to **Wellness**

# The Legacy of an Active Life

## Champ Goldy Memorial Campaign Surpasses Expectations



**W**hile many of our friends are staying active into their ninth decade, few are as accomplished as Rev. Champion B. Goldy, Sr., a United Methodist minister and advocate of fitness for seniors. He competed for almost 30 years at the Penn Relays and other track and field events, and continued to be active as an athlete until just before his passing, at age 99.

In January 2017, the Foundation launched the Champ Goldy Memorial Campaign in memory of this longtime friend and supporter of United Methodist Communities. Plans had been in place to create a dedicated fund to promote and support wellness for seniors, so this was a perfect match to honor our beloved friend's memory.

**Just like the man himself, Champ Goldy Memorial Campaign has exceeded expectations!** Thanks to a very generous donor's lead gift and an abundance of smaller gifts in Champ's memory, you have contributed over \$30,000 to our new Senior Wellness

Fund! Your generosity is a beautiful testament to Champ's life of service. We are thrilled to continue his legacy by helping seniors live healthy, abundant lives.

Your generosity has allowed us to secure a certified physiologist for the Senior Space Resource Cafés at our Affordable Housing locations. Cindy Jacques, Vice President of Housing & Community Initiatives, is already working with our corporate partner Symbria to bring the Senior Fitness program that our full-service residents currently enjoy to *all* of the other seniors we serve!

With the spirit of friendship that we all remember evidenced in Champ, our Senior Spaces will not only be open to our residents, but to any and all seniors in the local area! Any senior that lives near a UMC Affordable Housing location will be able to drop into their local Senior Space to take a class or get advice from a certified professional.

Your dollars are bringing our services to older adults within *and beyond* our walls. Thank you for helping seniors to live happier, healthier lives!

**Your generosity is a  
beautiful testament to  
Champ's life of service.**

**Want to learn more about our Senior Spaces?**

Visit [homeworks.umcommunities.org/senior-space](http://homeworks.umcommunities.org/senior-space) for locations and schedules!

# The Many Ways to Wellness

It's more than hitting the gym!

**W**e kicked off our newly established Senior Wellness Fund with a campaign in memory of Rev. Champ Goldy, a lifelong advocate of physical fitness (*See page 2!*). But did you know that there are actually *six* types of wellness? Here are some ways you can pursue a holistic approach to wellness.

## 1 Physical

This is the most common perception of "wellness." Eat plenty of fruits and vegetables, take the stairs when you're able, stretch your muscles, and get moving to stay physically healthy!

## 2 Spiritual

Explore your religious faith, values, and core beliefs! Practice mindfulness by giving meditation or journaling a try.

## 3 Intellectual

Our creative, energized residents prove you're never "too old" to learn something new! Take a class, participate in community activities, read something new, and sign up for the lifelong learning program at a local community college.

## 4 Vocational

Part of living a healthy, abundant life is finding meaning and purpose through work. Volunteering is a great example of vocational wellness, sharing your talents to benefit others.

## 5 Emotional

Get in touch with your feelings! Consider your self-esteem, self-worth, and relationships. Discover healthy ways to deal with stress and cope with anger.

## 6 Social

Work on your communication skills! Plug into a good network of friends, family, neighbors, fellow church members, and others from whom you can gain and give support.

When you care for your whole self, you live an abundant life! Use these ideas to build, enhance, and maintain your mind-body-spirit wellness!



## Exploring the World of Wellness

**L**earning about volunteer opportunities. Participating in a trivia quiz. Engaging in physical activity. Exploring faiths around the world. All of these activities are ways to promote an individual's overall wellness. On October 12<sup>th</sup>, residents, associates, and families at our Bristol Glen community participated in these events (and more!) as they "Explored the World of Wellness".

This event was sponsored by the UMC Foundation and made possible through the generosity of our local and statewide donors and business partners. Participants were treated not only to methods to improve their physical, emotional, spiritual, intellectual, social and occupational wellness, but to a delicious lunch as well.

This event was a great reminder that all six areas of wellness are critical components of a fulfilled and abundant lifestyle. The fun-filled day was a microcosm of what takes place at all of our locations as seniors enjoy the benefits of living in community. Residents realize that it is never too late to take up an exercise activity, it's never too late to learn, it's never too late to become more involved in their faith and it's never too late to volunteer to help their fellow residents. By "Exploring the World of Wellness", the Bristol Glen community came together and had tons of fun -- but more importantly, they realized that their growth is never ending.



# On a Mission

Residents Helping Residents, Seniors Helping Seniors

**E**very year, our Senior Housing Communities come together in the spirit of compassion and fellowship to work on a mission project. In the past, the Housing Mission Team has fundraised and gathered supplies for United Methodist Committee on Relief

(UMCOR) disaster relief kits. This year, the Housing Mission Team has decided to focus on memory care and assemble Memory Enhancement Kits.

These kits will be used by residents and caregivers at all of our locations, including

HomeWorks clients in their own homes. The packages will be filled with items such as memory games, puzzles, arts and crafts supplies, gardening items, and more — all designed to offer the mental stimulation and social interaction that benefit those living with dementia.



## When It Rains, Donations Pour In: HURRICANE RELIEF

We are proud of our residents and associates who together supported UMCOR's disaster relief efforts this September.

You raised **\$4,230**, and a whopping **603 hygiene kits** were assembled for distribution to the people of Texas, Florida, and the Caribbean who are dealing with the aftermath of devastating storms. Thank you for your great example of service in action!





# I Give Because...

**O**ur annual report this year will include a special new section, highlighting UMC associates who are also donors. Our UMC team members have built careers out of pouring their hearts and energy into bettering the lives of older adults. The Associate Honor Roll will recognize those, from the highest leadership team to part-time staff, who have chosen to also support our mission financially.



**Mary Moloney**, Volunteer Service Coordinator at United Methodist Communities at Collingswood, gives out of love for her residents. She shared, "I contribute to the UMC Foundation through an easy and convenient payroll deduction, and I know my gift delivers results. I care about the well-being of

the residents, and I can see that my contribution makes a meaningful difference in their lives."



**David Glenn**, Vice President of Human Resources, feels a responsibility to give back. Dave noted, "In Luke 12:48 it says, 'to whom much is given, much will be required'. I take this to mean that since I have personally been blessed with knowledge, talent, time and finances, I have a responsibility to

give back. Choosing to give to UMC as one of my charitable causes was natural because I'm already invested here for my professional career. I believe UMC's mission reflects my personal values. It makes me feel good to know that I am 'paying it forward' and positively impacting the lives of seniors."

## Stewardship: Saving Trees, Saving Dollars

In an effort to be better stewards of the resources entrusted to us to you, our faithful donors, **our Annual Report will be available online this year**, rather than in print. The same Annual Report you're used to seeing can now be found on our website instead of in your mailbox. You can visit [umcommunities.org/annual-report](http://umcommunities.org/annual-report) to view Fiscal Year 2017's donor listings, community impact report, and more.



## Reminder

United Methodist Communities operates on a July to June fiscal year. This Annual Report reflects financials from July 1, 2016 to June 30, 2017.

# TRIBUTE GIFT CONTRIBUTORS

# Memorial and Honors

## Gifts Received FY2018, Quarter 1

### Gifts received In Honor of Janet L. Adams

Mr. Robert L. Adams on behalf of Ms. Janet L. Adams

### Gifts Received in Memory of Ruth L. Aicher

Ms. Karen Armstrong

Mrs. Jill E. Kelly

Mr. Uwe D. & Mrs. Janel C. Kieslich

Mrs. Kathleen Lally

Mr. James Lyons

Mrs. Wendy Swift

Mr. Chuck & Mrs. Barbara Wolfe

### Gifts received In Memory of MaryLou, Martha & Clifford Ballentine, Sr.

Mr. Clifford L. Ballentine

Anonymous

### Gifts received In Memory of Glen Campbell

Ms. Mary E. Patichio

### Gifts received In Memory of Elaine H. Deviney

Mr. Stephen Deviney

### Gifts received In Memory of Vivian Dimassimo

Mr. Anthony & Rev. Elizabeth Mallozzi

### Gifts received In Memory of Emma Donohue

Mr. Harry & Mrs. Sandra Hearing

Mr. Glenn & Mrs. Barbara Jarvis

Mr. Cosmo & Mrs. Elizabeth LaCosta

Mr. Bob & Mrs. Janis Nell

Mr. Henry F. & Mrs. Linda J. Schneeweiss

### Gifts received In Memory of Mary E. Dowlin

Mr. Cornell M. Dowlin, Jr.

### Gifts received In Memory of Josephine Duffy

Mr. John & Mrs. Debbie Duffy

### Gifts received In Honor of Gary Engelstad

St. Andrew United Methodist Church, Toms River

### Gifts received In Memory of Helen Erickson

Col. Leonard W. & Mrs. Kathy E. Pardue

### Gifts received In Memory of John Farrell

Estate of Mr. John Farrell

### Gifts received In Honor of Zelda A. Fischer

Mrs. Lorna M. Manahan

### Gifts received In Memory of Anne P. Grant

Ms. Janet Melven

### Gifts received In Memory of Theresa Gray

Ms. Denise Bennett

Ms. Nori Sue Fey

### Gifts received In Honor of Agnes Grote

Mrs. Maud Rowan

### Gifts received In Memory of Jay K. Helms

Mr. & Mrs. David Aitken

### Gifts received In Memory of Dorothy Hendershot

Mr. & Mrs. Dewitt Budd

### Gifts received In Memory of Elbridge T. Holland

Mr. & Mrs. Dewitt Budd

### Gifts received In Honor of Virginia Hubbard

Mr. Warren R. Moe

### Gifts received In Memory of Mary Josephine Laur

Mrs. Jeannette C. Flax

### Gifts received In Memory of Denise Lindsay

Mrs. Jeannette C. Flax

### Gifts received In Honor of Louise Lloyd

Mr. & Mrs. James K. Lloyd

### Gifts received In Memory of Mary R. Lochel

Miss M. Lynne Lochel

### Gifts received In Honor of Josephine Masullo

Ms. Noelle Ranero

### Gifts received In Memory of Joan Mattson

Mrs. Georgina H. Biermann

### Gifts received In Memory of Carol A. McFaul

Ms. Amanda McFaul

### Gifts received In Memory of Charles R. Morris

Mr. George Coffman

Mr. Marc Dorman

Ms. Jane Johnston

Ms. Patricia P. Lehman

Mrs. Winifred M. Leute

Mr. Robert J. McDonnell

Mr. Conrad J. & Mrs. Ruth E. Miller

Ms. Crystal Wells

Mrs. Mildred Wheaton

Mr. Robert Zimmermann

### Gifts received In Memory of Thomas B. Naglee

Ms. Pat Layton

### Gifts received In Memory of Vincent Renna

Mrs. Lorriane Renna

### Gifts received In Memory of Elizabeth F. Ridall

Ms. Holly Cassidy

Ms. Maryanne Christiansen

Mr. H. Barry Lengle

### Gifts received In Memory of Edith Rohrbach

Mr. Peter & Mrs. Judith Bellman

Ms. Peggy Garber

Mrs. Robin Kendig

Ms. Sarah Kendig

Order of the Eastern Star, Mountain View Chapter No. 205

Ms. Linda Penin

Mrs. Marion Wrenn

### Gifts received In Memory of Sandra Schirick

Mr. Dave M. Schirick

### Gifts received In Memory of William R. Smith

Rev. Richard L. Carlson

### Gifts received In Honor of Florence R. Springer

Dr. Karen Springer & Mr. Leonard Colucci

### Gifts received In Memory of Jean M. Thomas

KRG Enterprises, Inc.

Mr. Stephen & Mrs. Suzanne Thomas

### Gifts received In Memory of Jeannette Welch Garland

Mr. Philip Welch Jr.

### Gifts received In Memory of Ernest Williams

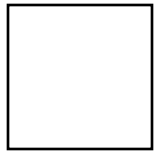
Mrs. Margaret J. Williams



# United Methodist Communities

Foundation

3311 State Route 33  
Neptune, NJ 07753  
UMCommunities.org



## The Many Ways to Wellness



### BUILDING CONNECTIONS

#### Stay in Touch

Updating your contact info or requesting removal from our mailing list is easy! To make any changes, please call 732-922-9800 x2121 or email [foundation@umcommunities.org](mailto:foundation@umcommunities.org).

#### Ways to Give

Please make all checks payable to United Methodist Communities Foundation and mailed to 3311 State Rt. 33, Neptune, NJ 07753. Your choice of fund (Resident Care Fund, Tapestries Memory Care Fund, Senior Wellness Fund, area of greatest need) can be listed in the Memo area or in a separate note.

Online credit card donations are easy and secure at [foundation.umcommunities.org/donate](http://foundation.umcommunities.org/donate). For assistance, please call 732-922-9802 x2121.

#### Gifts that Leave a Legacy

Have you ever wanted to give more than cash to UMC, but were unsure where to begin? We have invited Ambassador Advisors to come alongside us and offer effective stewardship solutions to meet our financial partners' giving goals. Ambassador Advisors' mission is to support and promote biblical stewardship through appropriate financial planning, estate strategies, and money management services for the benefit of religious non-profits, charities, individual donors, and investors.



If you are interested in learning more about how you can maximize your giving to causes you love, please call 732-922-9802 x2122, or speak directly to Bernie Bostwick at Ambassador Advisors at 800-395-7660.

*Ambassador Advisors is a Registered Investment Advisor.*