



United Methodist
Communities

Bishop Taylor

Bishop Taylor Times

March 2023

Associate Directory

Tanya Sweet-Preston
Housing Administrator
TPreston@UMCommunities.org

Monique Evans-Counts
Assistant Housing Administrator
Mcounts-Evans@UMCommunities.org

Asia Saxton
Social Service Coordinator
ASaxton@UMCommunities.org

Robert Johnson
Superintendent
RJohnson@UMCommunities.org

Lynnvern Dickey
Maintenance
LDickey@umcommunities.org

Security Desk
973-676-9057 x4006

United Methodist Communities at Bishop Taylor

33 North Walnut Street
East Orange, NJ 07017

973-676-9057 (p)
973-676-3141 (f)

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Winter is behind us and it's time to enjoy the benefits of spring! The world is waking up and shaking off the past months of cold. And of course, longer days means spending more time in the great outdoors! Be sure to spend time outside this spring and feel the healing power of nature!

March is National Nutrition Month

Eating Healthy is very important. Celebrated each year during the month of March, *National Nutrition Month* focuses on the importance of making informed food choices and developing sound eating and physical activity habits.



wellness
FOR THE WIN

Administrator's Corner



My Dear Residents,

Please take advantage of the new Virtual Senior Space Program events we will be having on Wednesdays and Thursdays of the month. All the programs on the Virtual Senior Space is designed to help you manage your health and live a healthier lifestyle. These events will be hosted by our Wellness Nurse Monique. Come join us interact, and ask questions while you enjoy healthy cooking demonstrations, smoothie making and more.

The Wellness Nurse Monique is here on **Wednesdays 1:30-4:30 and Thursdays 8:30-4:30**. Feel free to come down and have your blood pressure taken, and ask questions about your health or medications.

Also, the IT specialist Andrew will be here on **Thursdays from 8:30-4:30pm**. If you have any technology questions or need help with your phone, computer or other smart devices come to the community room.

Thank you and be blessed,
Tanya Sweet-Preston
Housing Administrator



Social Service Coordinator Chat

By Asia Saxton

National Nutrition Month, celebrated each year during March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Taking a few simple steps can go a long way toward improving your diet and wellness. Health and wellness plays a very important role in our lives. It determines how our bodies function. No matter what age watching what you eat is very important. There are so many underlying health conditions that go undetected until it's too late by eating the wrong foods or consuming too much of the wrong foods that are not good for our body or your digestion system.



There are so many food we eat everyday that increases our cholesterol or blood pressure and raise our sugar levels. You would never know you have high blood pressure unless you go to the doctors and have a blood pressure taken or have your blood screened to see if your cholesterol or glucose levels are high.

~~I don't want to tell you how to live your life, just how to live your life healthier~~



Maintenance Memo

ATTENTION RESIDENTS: Do not throw away *unopened canned goods* into the trash containers, doing so causes the bags to become heavy and break. No opened bottles of *oil or liquids* should be placed into the trash containers this causes the trash bags to leak. Please avoid pouring cooking oil down your sink or toilet this causes damage and will lead to clogged pipes. Oil should be stored in a tightly sealed jar or container and then disposed into the trash bag. If you need any repair in your apartment a work order must be filled out. Work orders sheets are located at the front office. **Thank you! Maintenance Department**



Congregate Services

What is the Congregate Program?



The Congregate program is a grant funded program designed to help maintain independence. You can receive housekeeping and personal care services **for as little as \$1.29 a day**. You do not have to have these services everyday. You can choose if you want the services once or twice per week or if you want personal care services everyday or just one day a week or whatever day is best for you. You may already have a Home Health Aid but need additional housekeeping or personal care services to help you maintain your quality of life. If you do not have a Home Health Aid, this is the program for you. Our housekeeper will make sure your house stays nice and tidy and will provide you with outstanding services. Our housekeeper is always wearing the proper PPE and face mask at all times while inside of the apartment. Our personal care worker will help those who need assistance with personal hygiene, grooming, dressing, eating or preparing meals, bed making and light housekeeping. A thoroughly cleaned and well-maintained environment promotes a feeling of safety, comfort and enjoyment.

Please contact your Social Service Coordinator for more information at 973-676-9057 EXT #4003

A Message from the Foundation

Tribute Giving – Thoughtful Gifts That Make An Impact

Supporting the UMC Foundation can be a special way to recognize someone who has made a difference in your life! Whether you are paying tribute to a loved one's memory, marking a friend's milestone birthday, or expressing gratitude for an associate or volunteer who's gone above and beyond, your thoughtful gift helps make UMC's mission of providing abundant life for seniors a reality.

To learn more or make a donation, visit umcommunities.org/foundation or call 732-731-2121.





Join us for a Free, Fun, Hands-on workshop every Wednesday
 March 8th, 15th, 22nd, 29th
 11:00am-12:00pm

- Shopping for healthy food on a budget
- New ways to prepare fruits and vegetables
- Simple ways to get moving and keep active
- Choosing healthy ingredients to create delicious meals

Eat Smart Live Strong



Memory Café

Wednesday March 1st, 8th, 15th, 22nd, 29th

(Every Wednesday) 9:00-11:00am

Memory Café let's you socialize with your neighbors, talk about different topics, engage in different activities that are great for stimulating the mind.



Join us!



Healthy Smoothie Day

Thursday March 16th 1:00pm

The Wellness Nurse Monique will be making Healthy Smoothies in recognition of *National Nutrition Month*. Join us and learn more about nutrition and healthy eating while sipping on a nice *Healthy Smoothie!*



Heart Health Presentation with Cooperman Barnabas Healthcare

Thursday March 23rd 3:00pm

The Cooperman Barnabas Healthcare team will be hosting a *Healthy Heart* Presentation on how to promote a healthy heart.

Come learn more!



Healthy Body

A	E	I	Y	Y	X	O	C	R	E	E	I	O	E
N	S	S	E	N	E	P	U	L	S	E	M	A	X
O	S	E	L	C	S	U	M	E	N	I	O	R	E
I	I	P	C	S	E	C	S	E	E	I	N	T	R
T	R	T	Y	T	M	I	Y	E	G	I	R	E	C
A	D	E	C	O	O	R	S	M	Y	R	E	R	I
X	I	C	I	M	T	C	T	O	X	I	T	I	S
A	G	S	B	A	I	U	E	I	O	E	E	E	E
L	E	N	E	C	O	L	M	I	O	L	S	S	E
E	S	I	V	H	N	A	L	P	O	L	H	E	R
R	T	E	C	I	S	T	U	T	E	E	N	A	T
S	I	V	R	R	S	O	B	R	A	I	N	O	I
Y	V	T	O	S	E	R	R	R	N	G	I	C	O
R	E	R	I	S	I	Y	T	D	R	U	O	Y	X

RELAXATION
 CIRCULATORY
 ARTERIES
 OXYGEN
 MUSCLE
 STOMACH
 DIGESTIVE
 VEINS
 PULSE
 EXERCISE
 BRAIN
 HEART
 SYSTEM
 BICYCLE
 EMOTIONS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1020529/>



Connect with us through social media!

Wellness and Learning

HOLSMAN PHYSICAL THERAPY
Fall Prevention & More with
Outreach Coordinator Diane Hooten



Thursday March 9th 1:00-2:30pm

Join us in the community room for a fun-packed 120 minute program which will include bingo with prizes, a raffle, stretching, core and balancing exercises, and Fall Prevention Tips.

Refreshments will be served!



Music Therapy

Monday March 13th @ 1:00pm
What Is Music Therapy?

Music therapy is an evidence-based treatment that helps with a variety of disorders including cardiac conditions, depression, autism, substance abuse and Alzheimer's disease. It can help with memory, lower blood pressure, improve coping, reduce stress, improve self-esteem and more. **Music therapy** is a therapeutic approach that uses the naturally mood-lifting properties of music to help people improve their mental health and overall well-being.



On-Site Hearing Clinic

Wednesday March 15th
1:00-3:00pm



Greg's Mobile Hearing Aid Services will be offering:

- **Full OSHA Hearing Testing**
- **Ear Wax Removal**
- **Hearing Aid repairs and adjustments**

If you're concerned about your hearing or if you're concerned about a loved one who may be showing evidence of hearing loss come to the hearing clinic and get your hearing tested.

How good are your ears?

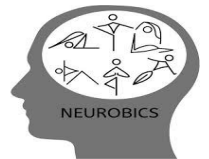


Please bring your *insurance cards and ID*. If you have *PAAD* card bring that along with your insurance card. *(for further information contact your Social Service Coordinator)*

Neurobics

Friday March 31st 11:30-12:30pm

Mental Exercises designed to create new neural pathways in the brain by using the senses in unconventional ways. **Neurobics** is the science of brain exercise. Its primary goal is to help you keep your memory, along with the ability to learn new information. **Neurobics** are mental activities and cognitive exercises that stimulate the brain, prevent memory loss, and improve memory recall.





Here are some fun ways to spring into health:

Get outside and discover a park near you! Run, fish, bike, hike, and swim your way through our national parks! There's plenty to see and do this spring.

Spring clean your brain! Springtime is full of new beginnings and fresh starts, so take some time to check in on your mental health. Write in a journal, meditate, or let your mind relax in nature. ***Prioritize positivity and wellness!***

Enjoy seasonal foods! Fresh fruits and vegetables are plentiful in the spring. Add them into your meals for good health that tastes delicious!



When life is tough and things aren't easy,
I know a way to make it breezy!
Look up, look out,
Give thanks, be glad.
Don't dwell on things that make you sad
Stay with the present stay in today,
And step by step you'll find your way!

~~Lightbulb Mindfulness~~

Virtual Senior Space Master your Memory



This month's course in Senior Space library will be Master your Memory. Each week we will watch a virtual video on the effects of Memory and Brain health. Join us for these fun interactive sessions. ***All session will start at 2:00pm Hosted by our Wellness Nurse Monique***

Thursday March 2nd:

Lessons 1-2 Common Myths and Misconceptions

Wednesday March 8th:

Lessons 3-4 Memory Technique (Distraction, Lifestyle, And Age)

Thursday March 16th:

Lesson 5 Brain and Body Connection
Smoothie Social

Wednesday March 22nd:

Lessons 6-7 Processing Speed and Lifestyle factors that affect Brain Health

Wednesday March 29th:

Lesson 8 How to keep track of your stuff



***THE ENERGY OF THE MIND
IS THE ESSENCE OF LIFE...***

~~ARISTOTLE~~

Emergency Preparedness

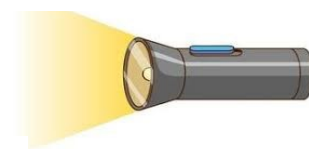


What is the meaning of Emergency Preparedness?

The term refers to the steps you take to make sure you are safe before, during and after an emergency or natural disaster. These plans are important for your safety in both natural and man-made disasters. Being prepared can reduce fear, anxiety, and losses that accompany disasters. Disasters can happen anytime, so it's important to be prepared. Having a ready "go bag" to quickly grab before evacuating instead of taking time to assemble the essentials can make all the difference in emergency situations.

THINGS THAT SHOULD BE IN YOUR EMERGENCY KIT

- ◆ IDENTIFICATION
- ◆ COPIES OF IMPORTANT DOCUMENT
- ◆ MEDICATION-7 DAY SUPPLY OR MORE
- ◆ CELLPHONE WITH CHARGER
- ◆ EYE GLASSES, HEARING AID, ETC.
- ◆ FAMILY AND EMERGENCY CONTACT INFORMATION
- ◆ SURGICAL MASK OR FACE COVERINGS
- ◆ KEEP YOUR WALKER, CANE, WHEELCHAIR OR OTHER MEDICAL DEVICES ACCESSIBLE AT ALL TIMES
- ◆ FIRST AID KIT
- ◆ TOILETRIES- PERSONAL HYGIENE PRODUCTS
- ◆ WATER 3 DAY SUPPLY AT LEAST
- ◆ FLASH LIGHT WITH EXTRA BATTERIES
- ◆ SWISS ARMY KNIFE AND WHISTLE
- ◆ BLANKET
- ◆ BATTERY OPERATED RADIO
- ◆ BLANKET
- ◆ EXTRA CLOTHES AND STURDY SHOES
- ◆ CANNED FOOD

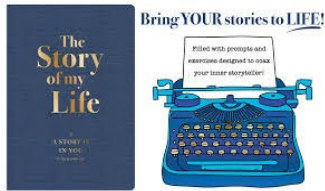


Pack all items you may need in a book bag or Suit case with wheels

Life Story Exercises

Monday March 6th 2:00-3:30pm

There may be no activity for older adults that's more meaningful than capturing their own unique life story, either in written form or by gathering their photos and mementos together in a scrapbook. Not only do you preserve a slice of history, but you also get the chance to reflect on your own life experiences.



Charades

Monday March 13th 1:00-2:30pm

Charades is a game of pantomimes: you have to "act out" a phrase without speaking, while the other members of your team try to guess what the phrase is. The objective is for your team to guess the phrase as quickly as possible.

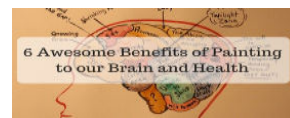
Join us for some fun and laughter with a game of Charades. See if you can guess what your neighbor is trying to tell you!



Painting Lessons with J. Robinson Art Workshop

Thursday March 23rd 12:00-1:00pm

We keep talking about the benefits of the arts (painting in particular) to our lives. Although sports and physical activities are widely recommended by health professionals to help us stay sharp, painting also has plenty of benefits to our mind and body. It's more than just a fun hobby to keep yourself busy with. The arts can be a way of life and a constant source of benefit for your mind and body!



Painting fosters creative growth-Although you may consider yourself not the artistic type, taking up a beautiful hobby like painting is ideal even for the non-creative.

Painting helps strengthen our memory-Did you know that painting (and other forms of art like music, writing and drawing) can boost memory recollection skills? This is so because painting involves conceptual visualization, imagination and implementation.

Painting promotes expression of emotions-Feeling sad and gloomy? Paint those emotions out! Painting allows us to express our feelings and emotions without words, and this can be very therapeutic when dealing with stress, anxiety and even depression.

Painting builds problem solving skills-Did you know that painting does not only promote our creative expression, but our critical thinking process too? After all, artists need to think conceptually before bringing life to any of their paintings.

Painting promotes optimism-Creating beautiful artwork can encourage an optimistic approach to life. As we progress from basic painting lessons to advanced ones, the sense of achievement inspires a positive emotional reaction within us.

Painting nurtures emotional growth-The light that guides any artist during a painting process is there emotion. This reality of painting encourages an artist to look into their very own emotional state and discover feelings they may not realize they have.

Gardening

Let's grow together

Tuesday March 14th 1:00-3:00pm

Come join us as we plant fresh herbs for spring. Gardening is a great exercise for both the body and the mind. Studies have proved that gardening decreases the chances of depression, lowers blood pressure and decreases cholesterol levels in blood.

Gardening is also helpful when it comes to relieving stress.



St. Patrick's Day

Bingo with Prizes

Friday March 17th 1:00-2:30pm

I know you've been waiting to play, so come join us for Bingo for prizes.

Bingo is not just a game, Bingo helps with eye hand coordination and can be very beneficial for cognitive functions. See if you will be lucky on this lucky day!

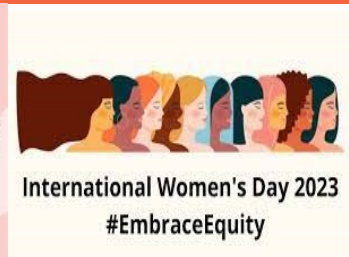


Movie Day

Tuesday March 20th 2:00-4:00pm

Sit back and enjoy a movie while you snack on popcorn and treats.

Movies could provide both enjoyment and stress reduction. Many people find watching movies both entertaining and a way to reduce stress. Watching movies can make us forget our problems is an alternative to anxiety loss. As previously said, watching movies can have a positive emotional impact.



International Women's Day is a global holiday celebrated annually on **March 8th** as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.

Women's Day began in New York City on March 8, 1857, when female textile workers marched in protest of unfair working conditions and unequal rights for women. It was one of the first organized strikes by working women, during which they called for a shorter work day and decent wages.

U.S. International Women's Day (March 8) is a global day celebrating the historical, cultural, and political achievements of women. The day also observed in support of taking action against gender inequality around the world.

Wear **purple, green,** and white in support of **Women's Day March 8th!**



"I raise up my voice, not so that I can shout, but so that those without a voice can be heard... We cannot all succeed when half of us are held back"

~Malala Yousafzai~

Celebrate Women's History Month



Spring is right around the corner and the fresh air presents the perfect time for renewal. As the days grow longer, the increased exposure to sunlight revives energy lost within the dark winter months. Now is the time to open the windows and thoroughly rid your home of the mess that accumulated over the cold season.

Always ask a family member or friend for help if you are unable to clean by yourself. You can also sign up for the CHSP House-keeping Program. Speak with the Social Service Coordinator for more information about the CHSP program.

Never underestimate the importance of a cleaning sequence. This is crucial for the Best Spring Cleaning Guide. Clean smart by following the basic.

“STAR” Cleaning System.

- *Soak First – let nature do the work. Soak the hard-to-clean, moisture-resistant surfaces in the kitchen and bathrooms in advance.*
- *Top Down – eliminate re-cleaning by working from top to bottom.*
- *Always Start in One Location – move around the room in a complete circle to finish at your starting point.*
- *Rank Floors the Last to Clean – dust drops, so clean the floors only once by cleaning them last.*

Experts say doing a thorough spring-cleaning of your home has a number of health benefits. For starters, a clean home can strengthen your immune system and help you avoid illnesses. A decluttered house can also reduce stress and depression as well as help avoid injuries.



Spring Cleaning Checklist

KITCHEN

- Clean out refrigerator
- Wipe down all appliances
- Wipe down counters/cabinets
- Sweep & mop the floors
- Clean out the pantry

LIVING AREAS

- Remove all clutter
- Dust all surfaces
- Clean windows/blinds
- Vacuum/mop all floors
- Change filters in air vents

BATHROOMS

- Wash rugs/shower curtain
- Clean shower & toilet
- Mop floors
- Wipe down counters/mirrors
- Restock paper products

BEDROOMS

- Change sheets/flip mattress
- Change Filters in air vents
- Dust all flat surfaces
- Wash rugs/curtains
- Vacuum/Mop floors

GET OUTSIDE & ENJOY THE SUN!



SPRING



*Spring, Spring, Is coming soon,
Grass is green and flowers bloom,
Birds returning from the south,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, Spring is finally here!*

*~~Don't forget to set your~
clocks forward
March 12th*



Tips to Become Computer Savvy By: It Specialist Andrew Kwon



Following are some tips to become computer savvy.

1. Conquer Your Fear

Fear holds us back from living our best lives. While exploring a new thing can be intimidating and scary, you know that you will get better with time. You have not come this far in your life by being timid, but by being brave.

Look back at all those things that you were once afraid of that now enjoy, maybe it was making a speech or dancing and see how you conquered that! This too will be fun.

2. Have A Positive, Open Attitude

It is true that your attitude determines your altitude. Have an open attitude towards learning about computers and the Internet.

Your friends and colleagues have probably said some negative things about it and therefore held some strong opinions against it but now is the time to let that go and find out on your own. You may like the experience a lot and even find it exciting.

3. Reach Out

Do not be afraid to reach out and ask for help when you make the choice to learn about technology. Most young people are really good at this and will be more than willing to help.

This could also be a great time to spend time and bond with your child or grandchild. If you are an older person, who is still working you could request your younger colleagues or someone from the IT department to spend some of their breaks teaching you.

4. Google

In some cases, you may not have someone physically there to assist you, not to worry Google is your friend. Once you are connected to the Internet, you can use Google to find out anything you need to know.

If you search 'how to use Microsoft word,' Google will provide you with countless detailed results to pick from. Follow the instructions that are simplest to you.

5. Basic Settings Should Suit Your Needs

Making simpler alterations to suit your needs such as larger text size and louder sounds will improve your experience.

6. Write Down Your Passwords

As you get older you may experience some level of forgetfulness which is quite normal. It is therefore advisable to have a backup plan. Write down your new passwords in your journal so that in the event you log out and forget, you can always get them in hard copy.

7. Take Your Time

Take your time as you explore this new topic, take short breaks when you feel exhausted. Don't be too hard on yourself. Be patient and know that you cannot learn everything in a day. After learning a new skill, take time to practice it repeatedly so that you really understand it.

8. Battery

Only charge your computer, tablet, or phone when the battery is running low on charge. Charging your device all day can reduce the battery life.

9. Stay Connected

It is okay to switch off your computer when you are not using it, you can switch it on every now and then to see if you have any new messages for example once or twice a day.

However, with your phone, you do not need to switch it off since that can prevent people from reaching you in real time.

10. Personal Information

If you are making an online transaction or storing bank details, it is important to speak to your bank and understand the precautions you need to take. However, your information is safe in such situation.

11. Always Opt for Touch Screens

Research shows that seniors get on better with a tablet that has a touchscreen than a traditional computer so given a choice always choose a tablet or a smartphone.

12. Search History

If you share your tablet or computer with someone say a spouse or your grandchildren who want to play games but you want to keep your activities private, always delete your search history when you are done.

13. Most Things are Free

While in the real world most things are not free, on the Internet they are. According to a BBC article, an application for counting your calories or playing your favorite puzzle will not cost you a thing. However, be sure to check first.

14. Read Reviews Before Buying Items Online

If you want to buy a particular product or use a certain service say booking a hotel online, online reviews are very helpful. Most companies will not be honest about their shortcomings on their website, but a reviewer will be.

15. Virus/Malware Scanning

Invest in a good antivirus; this is a great way to keep your information protected. The good news is that most computers nowadays come with an inbuilt virus and malware and the scanner is quite user-friendly.

Andrew will be at Bishop Taylor on Thursdays, feel free to come down ask questions or learn how to operate your laptop, tablet, or other smart devices.

March 2023

Calendar of Events

Check out our calendar and plan to attend the fun activities, educational workshops and special events happening in our community. All activities will be held weather permitting. You must wear a mask and social distance at all times.

SUN	MON	TUE	WED	THU	FRI	SAT
 A Good Health is the Best Wealth.	 CELEBRATE MARCH NATIONAL NUTRITION MONTH SAVOR THE FLAVOR OF EATING RIGHT		1 Memory Cafe	2 Virtual Senior Space Master your Memory 	3 IT'S GAMEDAY Y'all!	4
5	6 Happy Purim PURIM	7	8 happy WOMEN'S day Virtual Senior Space	9 Holsman Physical Therapy and Occupational Therapy	10 GAMEDAY	11
12 SPRING AHEAD	13 Charades 	14 Gardening 	15 Hearing Clinic How good are your ears? 	16 Virtual Senior Space Smoothie Day 	17 Wear Green HAPPY St. Patrick's DAY Bingo	18
19	20 hello Spring! Movie Day	21	22 Virtual Senior Space THINK BRAIN HEALTH	23 Healthy Heart Presentation Cooperman Barnabas Medical Center RW Barnabas HEALTH	24 IT'S GAMEDAY Y'all!	25
26 HAPPY BIRTHDAY	27	28	29 Virtual Senior Space Brain Health You Can Make a Difference!	30	31 Neurobics NEUROBICS	

Katie Duncan 3/4

Douglas Hatcher 3/4

Marie Merisier 3/8

Veronica White 3/10

Erwin Gibbs 3/10

Doris King 3/12

Rebecca Gregory 3/19

Violet Pringle 3/24

Wuanetta Burgess 3/26

Clifford Lawrence 3/30

