



Seasons

UNITED METHODIST HOMES

A NEWSLETTER FOR STAFF, RESIDENTS & FRIENDS OF UNITED METHODIST HOMES

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Old-Fashioned Christmas at Wesley Village!



Saturday, December 10
from 11 AM-2 PM,
entertainment at
2:30 PM.

Enjoy refreshments,
crafts, tours and photos
with Santa!

Elizabeth Church Campus, Binghamton, NY
(607) 722-3463
*Independent living, adult care, assisted living,
skilled nursing, short-term rehabilitation*

Hilltop Campus, Johnson City, NY
(607) 798-7818
*Independent living, adult care, assisted living,
skilled nursing, short-term rehabilitation*

Tunkhannock Campus, Tunkhannock, PA
(570) 836-2983
Personal care

Wesley Village Campus, Pittston, PA
(570) 655-2891
*Independent living, personal care, skilled nursing,
short-term rehabilitation*

St. Louise Manor Activity Leader Karen Mayer Receives Statewide Honor *Named an employee of distinction by LeadingAge New York*

During a November 1 ceremony, St. Louise Manor Activity Leader Karen Mayer was presented with a LeadingAge New York Long-Term Care Employee of Distinction Award. The event took place in the St. Louise Manor dining room and was attended by Mayer's coworkers and nearly three dozen St. Louise Manor residents. LeadingAge New York Director of Government Relations Ami Schnauber bestowed the honor, saying, "The energy and passion Karen brings to the activities program at St. Louise Manor exemplifies LeadingAge New York's mission to 'Inspire, Serve and Advocate.' Karen's work inspires seniors to enjoy active and creative lives and overcome physical challenges. It is this important, hands-on work that improves the quality of life for seniors that LeadingAge New York recognizes with its Employee of Distinction Award. No one is more deserving than Karen."



United Methodist Homes' St. Louise Manor Activity Leader Karen Mayer (center) shows off her state Assembly proclamation with (from left) Assemblyman Clifford Crouch, LeadingAge New York Director of Government Relations Ami Schnauber, St. Louise Manor Administrator Kim Garey and Elizabeth Church Campus Administrator Vicky Morabito.

Assemblyman Clifford Crouch (R, Binghamton) also attended the ceremony, presenting Mayer with a New York State Assembly certificate of merit, a New York State Senate proclamation and a New York State legislative resolution.

The LeadingAge New York (formerly the New York State Association of Homes and Services for the Aging, or NYAHS) Long-Term Care Employee of Distinction Awards program was instituted in 2001 to recognize the extraordinary efforts of front-line long-term care employees such as nursing staff, aides, and dietary and

housekeeping workers. Staff in any of New York's not-for-profit, mission-driven public nursing homes, senior housing, adult care facilities and other long-term care organizations are eligible for the honor. Individuals must be nominated by managers or supervisors, and nominations are reviewed by LeadingAge New York staff as well as those from other state agencies and health care organizations.

Mayer, who has been with United Methodist Homes for four years, was nominated by St. Louise Manor Administrator Kim Garey. Mayer was selected to receive the award because of her engaging activity planning and ability to draw out of residents what they are interested in learning, trying or pursuing.

Mayer has added a wide range of activities, both one-time and ongoing events, tailored to the interests of St. Louise residents. Some of her more well-known adventures are music-based: In 2008, Mayer and a group of interested residents embarked on a crash-course



EDITORIAL

Alice Murphy

James G. Johnston Memorial Nursing Home Resident

Editor's Note: With St. Louise Manor Activity Leader Karen Mayer receiving the Employee of Distinction honor from LeadingAge New York in early

November, it seemed appropriate to offer the floor to a resident this month to explain the value of quality staff.

Staff help me with anything and everything I need, such as bathing, dressing and more. I have multiple sclerosis, and require assistance 24-7. I've lived at the James G. Johnston Memorial Nursing Home for almost two years, and the staff makes it very livable.

When I realized that I would need to stay long-term, it was difficult for me and didn't sit well. But the staff here are

so wonderful and so caring, and that made a big difference in my adjustment. When I have down moments, the aides will come in and give me a hug and listen to me, and that means an awful lot. Last Christmas, one of the aides helped me write out my greeting cards and then mailed them for me. It's the little things staff do that matter so much.

I go to wellness twice a week and work on standing and doing other exercises. The trainers focus on my left side, which is the area most impacted by the multiple sclerosis, and also work with me on my right side. The trainers are helping me to maintain my strength and range of motion so I can do as much for myself as possible.

And the activities here are great – anything the activity department schedules, I'm there! Very often I find

myself having to pick and choose what to attend as there are so many options. I especially like the musical groups that come in to perform, as well as trying new crafting projects.

All the staff I interact with each day – nurses, CNAs, activity staff, dietary, wellness and others – help me stay active and maintain as much of my independence as possible. Knowing that there are competent, caring people who are looking out for me and are genuinely interested in me, my comfort and my happiness makes all the difference in the world. Thank you to all our staff!

Murphy is a Binghamton native and former first-grade teacher in the Vestal School District. She has two adult children and lived in Johnson City before moving to the Hilltop Campus in January 2010.

Around The Block

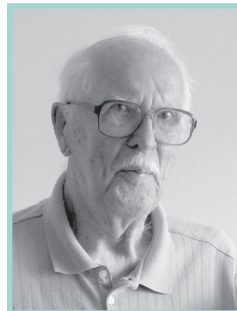
A series featuring our amazing residents

Our "Around the Block" series profiles United Methodist Homes residents who explain what their lives have been like, what their big adventures have been, how they've made a difference, and how they want to be remembered.

Bob Lee St. Louise Manor, Elizabeth Church Campus

Bob Lee was born in Susquehanna, Pennsylvania, in 1915, although his father's job with the Erie Railroad took the family to East Rutherford, New Jersey, soon after. In 1922, Lee's parents returned to the area, settling in Windsor, New York, and then divorced. Lee's father continued working for the railroad and his mother played piano for silent movies at Hogan's Opera House in Susquehanna. Lee went to live with his grandparents and attended school in a one-room schoolhouse.

After high school, Lee drove a milk truck for the Colwell brothers' dairy in Windsor,



Bob Lee

then found work in quality control at Fairbanks Valve in Binghamton. In 1937 he began a job at AGFA ANSCO (later General Aniline and Film, or GAF) but was drafted into the military four years later, just three months prior

to the Pearl Harbor attack. He chose the Army as his branch of service and was selected for the cryptographic section of the Signal Corps. After completing his stateside training and obtaining top-secret clearance, Lee was transferred to Lurgan, about 20 miles outside Belfast, Ireland. For five months, the Lurgan team's top-secret task was to transmit daily decoy radio messages to division headquarters – the goal was to fool the Germans into thinking that the Army was about to attack Norway. Lee's unit came ashore at Omaha Beach on D-Day plus seven. He recalls, "I remember that the sky was just full of parachutes and gliders – you couldn't see anything else overhead."

Lee was with one of the first American units into the Dachau concentration

camp outside Munich following the camp's liberation in April 1945. With some difficulty, Lee explains being shown around the complex by a former inmate who had escaped: "We walked through the crematoria, and saw bodies stacked like cordwood." By the time Lee was discharged from the military in 1946, he had earned a Bronze Star and four battle stars. He returned home to Binghamton, went back to his job in quality control at GAF's photographic paper plant and married his wife Agnes, a teacher. In 1959, Lee moved into a research position at GAF and spent nearly 20 years in that division.

When the couple retired, they wintered in Florida, and spent time travelling – the now grown-up boy who remembered watching faraway places on the opera house screen in the 1920s went on seven cruises, 100 airplane flights, and visited 49 US states and 24 countries including Argentina, Austria, Brazil, Chile, Colombia, the former Czechoslovakia, Germany, Greece, Peru, the former Yugoslavia and more.

Agnes passed away in 1984. A few months later, while visiting a friend in Florida, Lee was introduced to a woman named Betty. Lee invited her out for clams

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Staff Announcements



Jessica Carnevale-Czebiniak, RD, LDN

Jessica Carnevale-Czebiniak, RD, LDN, has joined the Hilltop Campus as a Dietitian. She comes to United Methodist Homes from Susquehanna Nursing and Rehabilitation Center in Johnson City, New York, where she was a clinical dietitian.

Carnevale-Czebiniak earned her undergraduate degree with high honors in family and consumer science with a concentration in dietetics from the University of Montevallo in Montevallo, Alabama, and is pursuing her master's degree in clinical nutrition from the University of Alabama at Birmingham.

She serves as the professional issues chair for the Southern Tier Dietetic Association and is a member of the American Dietetic Association.



Richard Jones

Richard Jones has joined United Methodist Homes as a Skilled Maintenance Assistant at the Tunkhannock Campus. He comes to Tunkhannock from Gemark Services Corporation in Pittston, Pennsylvania, where he was an electrician, welder and mechanic.

Jones holds welding and electrical certificates and has pursued continuing education throughout his career, including courses in hydraulics, pneumatics, electronics, various types of welding and more. He has a strong background in preventative maintenance and troubleshooting and is also a master gardener.

Social Connections Luncheon Brings Senior Women Together

On November 12, more than 50 members of Social Connections for Senior Women gathered at St. Louise Manor for a special luncheon and a chance to catch up. Coordinated by the Broome County Council of Churches' Faith in Action Program and the Binghamton University School of Social Work, the program has nine groups in Broome County



Elizabeth Church Manor's Social Connections group members (seated from left) Beverly Smith, Terri Cain and Martha Talkiewicz, (standing left to right) facilitator Martha MacMillen and member Mary Ann Lesso.

that meet individually and come together as a unit when possible. The program began in 2005, when senior women interested in developing and nurturing new friendships came together in settings facilitated by trained leaders, under the umbrella of the Council.

Said Elizabeth Church Campus Activity Leader Martha MacMillen, who facilitates the St.

Certified Nursing Assistants Recognized

Certified nursing assistants (CNAs) from 13 skilled nursing facilities in Broome and Cortland Counties were recognized by the Long-Term Care Administrators of the Southern Tier during a luncheon at the Binghamton Riverwalk Hotel on November 2. More than 50 CNAs were selected for recognition at the fifth annual event; each received a framed certificate and a beveled glass award in recognition of exceptional effort and dedication to residents.

Representing Elizabeth Church Manor Nursing Home were CNAs John Gilbert and Heather Norris, accompanied by Administrator Vicky Morabito and Assistant Director of Nursing Denise Johnson, RN. CNAs Robin Butts and Heidi Westervelt were also invited but unable to attend. Representing the James G. Johnston Memorial Nursing Home were Derrick Christ, Sarah Finch, Kelly Meagley, Barb Pompeii and Chuck Shay, accompanied by Administrator Jerry Halbert, Assistant Administrator Jackie Otremba, BS, RN, WCC, RAC-CT, and Director of Nursing Tammy Patak, RN.

Said Elizabeth Church Campus Administrator Vicky Morabito, "CNAs are key players in the lives of our residents. The Long-Term Care Administrators of the Southern Tier are pleased to take this opportunity to recognize, celebrate and validate the work CNAs do. Those we recognize at the event are just a sampling of the people we rely on every day to deliver compassionate, hands-on care to our residents. It is a pleasure to be able to take time out and say thank you."

The Long Term Care Administrators of the Southern Tier is a professional organization that provides a forum for administrators to discuss issues facing long-term care, share survey and best practices information and more. Fox 40 News and WBNG-TV News both covered the event; Hilltop CNA Kelly Meagley was interviewed on camera by Fox 40.



Elizabeth Church Manor Nursing Home and James G. Johnston Memorial Nursing Home CNAs were among those honored at the luncheon, including (from left) Sarah Finch, Derrick Christ, Kelly Meagley, Barb Pompeii, Chuck Shay (all JGJ), Heather Norris and John Gilbert (both ECM). Absent from photo: Robin Butts and Heidi Westervelt, both Elizabeth Church Manor.

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St. Louise Manor Activity Leader Karen Mayer Receives Statewide Honor *Continued from page 1*

in harmonica-playing during her annual “try something new” program. Three years later, the group – now called Spontaneous Combustion – remains intact and meets weekly to practice and perform. Group member and resident Ralph Efthimiou is never without his harmonica, always tucked safely into his breast pocket in case it’s needed! Another group, those with and without musical experience, tackled learning to play the hand chimes. Their group, Sounds of Silver, also practices and plays weekly. Mayer consistently arranges for interesting speakers, outings and programs designed to engage residents, address their interests and expand their world.

Said Gary, “Karen has redefined our activity program. She takes the time to learn about each resident, determine what is important to him or her, and then incorporate this into an activity that gives residents a feeling of self-worth, purpose and individuality.”

Mayer downplayed the honor, focusing on the team effort of the activity staff and all other campus staff who meet residents’ needs. “It was a real surprise to be recognized in this way. I just try to do my best every day and focus on our residents,” she said.

In addition to formal recognition at ceremonies throughout the state, this year’s 18 honorees also each received a \$100 cash prize.



United Methodist Homes’ St. Louise Manor Activity Leader Karen Mayer (left) receives congratulations from St. Louise residents Joseph Ferraro (standing) and Gussie deBuzna (seated) after the award ceremony.

Around the Block

Continued from page 2

and oysters, and the two were soon an item; they married in 1985. Starting in 2003, Betty’s health required her to be on constant oxygen. When their riverside cottage was inundated during the flood of 2006, the couple decided a change was needed. Said Lee, “We stayed awhile in motels, and visited some family, but needed a better living arrangement, so we applied to St. Louise Manor. We moved in just two weeks later.” Sadly, Betty died not long after the transition.

About a year after Betty’s death, Lee called Doreen Almy, a former coworker from his GAF days whose husband had died in 1998, and invited her to lunch. “Doreen and her husband hosted an annual Kentucky Derby party for friends when we were young, and we’d always gotten along well,” says Lee. They dated for two years, until it became clear that Almy was no longer safe in her house of 50-plus years. Says Lee, “Her family said, ‘We don’t know what to do,’ and I said, ‘I do. We’ll get married and she’ll come live with me at St. Louise.’” The couple wed in the fall of 2009. They are inseparable, and are often seen hand-in-hand at activities on campus.

To make a suggestion for the Around the Block series, contact Sarah Soden, Director of Marketing and Public Relations, at (607) 775-6400, ext. 288. Residents are welcome to suggest themselves!



United Methodist Homes Aids Smaller Not-for-Profits

United Methodist Homes President and CEO Keith Chadwick recently announced that the organization has assisted two smaller not-for-profits with a donation and a reduced-price sale. “As a larger regional not-for-profit, it’s our obligation to assist smaller not-for-profits whenever we can. It’s important for community organizations to work together and help each other as much as possible,” said Chadwick.

The Homes donated a computer server to the Community Foundation of South Central New York, based in Johnson City. The Homes had outgrown the server’s capacity, but it will serve the Community Foundation’s needs well for several more years.

The Tioga County Open Door Mission purchased the Hilltop Campus’ 14-passenger bus with wheelchair lift from the Homes at a good price. Said Chadwick, “They would not have been able to get a vehicle with mileage that low for that kind of price even from a used-vehicle vendor.” The bus was delivered to the Rescue Mission on October 4, filled with clothes collected by the Hilltop community for Rescue Mission clients and other Owego residents affected by the flooding.

Learn more about the Community Foundation at www.donorswhocare.org and the Open Door Mission at www.tiogaodm.org.

Student Nurses Train at Elizabeth Church Manor

From October 12 through November 4, 27 first-semester registered nursing students from neighboring Broome Community College (BCC) spent two days per week on the Elizabeth Church Campus, getting hands-on practice with basic nursing care skills such as bathing, dressing, feeding and transferring. The students in the registered nursing program are a mix of traditional college age and adults either changing careers or pursuing higher education for the first time.

Jennifer Houghtalen, RN, MS, and Denisa Talovic, RN, MS, are professors of nursing at BCC who instruct the students while at Elizabeth Church Manor. Said Houghtalen, "It's always exciting to watch the students' ideas change from the beginning of the rotation to the end. At the outset, they are primarily concerned about how fragile the residents appear but once they work with them, they appreciate that the residents are still strong individuals with personalities. Students come away with the perception that the skilled nursing environment can be a place where you can still be yourself."

The nursing program instructors work with unit managers on Elizabeth Church Manor's nursing units to match up students and residents for a positive experience on both sides. Said Brandea Sparks, RN, Unit Two Manager, "The residents really enjoy the time the students are here. Residents love the extra attention they receive. The students give excellent care and are always welcomed by our staff."

The James G. Johnston Memorial Nursing Home on the Hilltop Campus is also a clinical rotation site for the BCC nursing program.



BCC nursing student Andrea Judge helps Elizabeth Church Manor Nursing Home resident Dale Reckhow organize his breakfast.

A is for Apples, S is for Sampling

Hilltop Campus Food Service Manager Warren Rincavage hosted an apple sampling event for Hilltop residents on October 25 and for James G. Johnston Memorial Nursing Home residents on October 26. Participants had the chance to try six different apple varieties (with caramel dipping sauce), applesauces and five different cheeses. More than 70 residents total turned out to taste-test and hear Rincavage discuss the attributes of each variety as well as learn some apple trivia. Although many residents are lifelong New Yorkers (the state is second in the nation in apple production), many tried types for the first time; others were rooting for old favorites. Activity Leader Adriane Hotchkiss and Rincavage stand ready to serve samples at the Hilltop event.



Shorts

On September 30, a Pennsylvania Restraint Reduction Initiative (PARRI) regional seminar took place at the Irene Raeder Community Center on the Wesley Village Campus. Approximately 50 people attended, including five nurses from Wesley Village.

On October 29, Tunkhannock Campus residents hosted their annual Halloween Safe House. More than 450 children from the community stopped by to trick or treat for candy bagged by the residents.

Just in time for Halloween, 10 members of the youth group (ranging in age from 10-16) from St. Monica's Parish in West Wyoming, Pennsylvania, visited the Wesley Village Campus and set up a miniature town near the Anderson Personal Care Dining Room. Each youth group member created a small cardboard house and sat inside costumed – more than 50 for Myers Manor and Anderson Personal Care residents came through to knock on the doors for scares and snacks! This is the second year the St. Monica's group has set up the trick or treat town.

On November 2, the Tunkhannock Campus hosted a special event for residents, giving all interested participants the chance to have the floor and talk about their lives and their loved ones. More than a dozen residents spent an hour and a half together sharing and learning about each other. Reported Activity Director Terry White, "One resident even sang 'The Marseillaise' [the French national anthem] and was applauded by all the other residents. It gave me goose bumps! Moments in life like that are great."

On November 7, staff at the Elizabeth Church Manor Nursing Home and the James G. Johnston Memorial Nursing Home received thank-you cakes from the staff and administration of the Vestal Park Rehabilitation and Nursing Center in Vestal, which evacuated its residents to several skilled nursing facilities in the area during the Labor Day week flood. The United Methodist Homes staff were pleased to be recognized for their extra service during the emergency!

St. Louise Manor Holiday Party

For residents and adult family members
7-9 PM on Thursday, December 15
Entertainment by Cobblestone Crossing
Please RSVP to (607) 724-4000 by
December 6.



Halloween Happenings



A Howling Good Time at Tunkhannock

Tunkhannock Campus residents got into the Halloween spirit with a party! The campus' lower level was decked out in orange, green and black, and residents attended in a variety of costumes, masks, hats and other scary gear. Resident Catherine Mattocks and Activities Assistant/mad scientist Laurel Matson-Bonner paused for a photo during the party.

Telling Tales of Terror at Wesley Village

On October 29, Wesley Village Activity Aides Rita Ductor and Mary Ann Battista, with the assistance of Assistant Activity Director Shelli Ratchford and Activity Aide Carol Noonan, presented a series of scary Halloween vignettes. The performance was enhanced with a fog machine, sounds, scenery and costumes. Residents in attendance could snack on "hands" – plastic gloves filled with cheese puffs and augmented with spider rings. Shown after the performance are (standing left to right) Noonan, Battista, Ductor and Ratchford and (seated left to right) Partridge-Tippett Nursing Facility residents Edith Pfaff, Jean Tilley and Anna Pelak.



Scaring Up a Good Time



In what has become an anticipated annual event, the Hilltop Campus hosted its Halloween haunted house on October 27 and 28. More than 200 people associated with United Methodist Homes and from the community came through for a fright, with a line at one point

stretching out the main entrance! Visitors are individually escorted through the Hilltop Auditorium, which is transformed into a wheelchair- and walker-accessible scare. This year, those brave enough to risk it toured through a haunted hall of fame, a wedding scene, a spooky garden, Grandma's creepy living room and other venues. Special thanks to the staff throughout the campus who helped with the concept, setup, staffing and tear-down. Shown at the entrance of the tour of terror are (standing from left) Chaplain Lea Harding as the ghoulish groom, Dietary Aide Bob Coty as the night stalker and volunteer Lindey Baranyk as the living tree. In front are Activity Leader Tara Scales as the terrifying topiary and Activity Leader Adriane Hotchkiss as the ghastly grandma.



LDC Charter Members Recognized

This fall, two charter members of the Wesley Village Local Development Committee (LDC) who are still serving as part of the group were honored for 35 years of dedicated service. Reverend George Kramer, Jr. and Reverend Dr. William (Bill) Lewis were recognized at the LDC's October 25 meeting at the Irene Raeder Community Center at Brooks Estates on the Wesley Village Campus.

Said United Methodist Homes CEO Keith Chadwick, "It's exciting to still have committee members who have been part of the Wesley Village project since it was just a concept. We appreciate Bill and George's long service and dedication to the organization."

A local development committee's role is to serve as a liaison between the community and an organization in the process of developing a property and building on it. Once the project is complete, the committee's role is ongoing as members receive information about budget and statistics. They continue to serve as a link between the community and United Methodist Homes.

Letters of Appreciation

To the Hilltop Campus from an employee

A family friend who was a resident here recently passed away. His family has been singing the praises of the amazing care their loved one received while he was on the second floor of James G. Johnston. Their comments make me proud to work here. They have articulated what a comfort it was and how compassionate and competent the staff are. It was their hardest moment and Hilltop Campus staff made it okay. They felt safe and cared for, and knowing that made all the difference in the world. Because of Hilltop staff, their loved one was able to die as he lived – peacefully and well. Thanks so much – I feel honored to work here!

To the Hilltop Campus

Thank you to all the West Side staff. Dad considered you his second family. We really appreciate everything you did for him over the last few months. Thanks for taking such wonderful care of him. You are all very caring people.

To United Methodist Homes

I would like to commend your marketing director Sarah Soden for so speedily fulfilling my request by making campus menus available on the United Methodist Homes Facebook Page. Being able to ask about meals is a great conversation cue conversation with my mother. I was also happy to get a chance to meet Chef Warren Rincavage at the SUN Unit family barbeque. He was very informative and enthusiastic about nutrition and new menu ideas. We have noticed that Mom's alertness is much improved with the good meals, exercise and care she is being given at Hilltop.



Wesley Village LDC charter members Bill Lewis (left) and George Kramer (right) were honored for their long service at the October 25 LDC meeting.

To the Tunkhannock Campus

I would like to thank all the staff at the Tunkhannock Campus for taking such good care of my friend. I know he would want me to write you and thank you for all the care and concern you showed him. He enjoyed all the staff who helped him out. He and I both appreciate all your efforts.

To the Elizabeth Church Campus

Thank you to the staff at Elizabeth Church Manor. Words are inadequate to express my gratitude to those of you who cared so lovingly for my sister. I could not have found a better place with more loving and caring people. My mother is also a resident, and when my sister needed care, staff found a place for my sister so I didn't have to go between two nursing homes. It was such a relief for me to be able to visit both my loved ones in the same trip. When changes were implemented in my sister's care, such as lowering her bed or a change in her medications, I was kept informed. I felt like the loving caregivers were always thinking about ways to keep her safer and less anxious. You thought about these things as much as I did, and that's saying a lot! I was able to be with my sister when she died because vigilant staff called me right away – this was a gift beyond measure. You helped make her last day one of the most peaceful of her long ordeal. Staff made us comfortable and, in a remarkable display of affection, also came to say good-bye. You allowed me to grieve in my own time, leaving her room untouched until I came to take her things home. During all this, you cared for my mother so I never had to worry about her while my attention was focused on my sister. Thank you from the bottom of my heart.



Homes Selects New Financial Software

A year ago, United Methodist Homes began searching for a replacement for its outdated financial records software, a Linux-based system that has been customized in-house over several decades. According to Senior Vice-President and Chief Financial Officer Brian Picchini, "It's no longer practical to complete in-house programming. We wanted an out-of-the-box solution for our general ledger, accounts payable and payroll needs."

The Homes considered five companies and selected GP Dynamics for its general ledger, accounts payable and financial reporting software, and Ultimate Software (known as UltiPro) to manage payroll and human resources. Prior to purchase of this new software, human resources functions – such as tracking licenses, certifications, physicals and other items – were completed manually. Staff will continue to use the Kronos payroll system to record their daily time. According to Corporate Office Human Resources Director Karen Smith, "What is exciting for our employees is a self-service component, where they can view their own personnel information such as pay statements. This module will be phased in the early part of 2012."

Finance and human resources staff began training in the new programs the week of Labor Day. Several staff members will be trained as "superusers" to assist coworkers in learning to interface with the new system. The new software is expected to go live in January 2012.

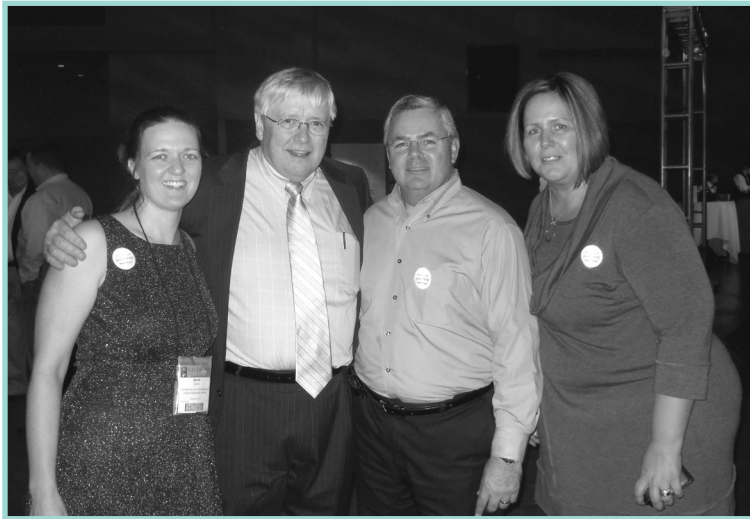
Calling all extra Christmas cards!



Help our Tunkhannock Campus residents continue to participate in the important card-sending holiday ritual by donating your extra unused Christmas cards and envelopes for them to send to friends and family. Call Tunkhannock Activity Director Terry White at (570) 836-2983 to make arrangements for your cards to reach the campus.



Learning at LeadingAge



Fourteen United Methodist Homes staff members attended the LeadingAge 2011 conference in Washington, DC, from October 15-19. This year marks the 50th year of LeadingAge, so the conference included special events such as a "Birthday Bash" party, daily lectures featuring notables such as poet Maya Angelou and author Elie Wiesel, as well as networking opportunities, an expo where attendees could explore products and services from companies nationwide, plus more than 200 educational sessions to choose from. Shown at the Birthday Bash are (from left) United Methodist Homes Public Relations and Marketing Director Sarah Soden, LeadingAge CEO Larry Minnix, United Methodist Homes President and CEO Keith Chadwick and Quality Management and Clinical Services Director Kate McHugh, RN, RAC-CT.

Brooks Knitters Support Troops Overseas



A group of knitters at Brooks Estates on the Wesley Village Campus is assisting in a regional knitting project designed to provide a helmet liner for each soldier in a 500-member National Guard battalion that recently deployed overseas. So far, the Brooks group has produced 21 liners. As part of the combat uniform, the helmet liners must be made of wool and be a specified color. Thanks to resident Dorothy Turner for contributing the required yarn, and resident Jane Landau for serving as the coordinator for the project on campus. Thanks to the hardworking Brooks knitters, including (seated, left to right) Jane Landau, Pat McManus, Mary McGinty, Ruth Gardner, Nita Geneczko, (standing, left to right) Maryann McTighe, Wilma Hurst, Marilyn Pahl and Genny Harenza. Absent from photo: Dorothy Turner.

Art and Brain Games for Residents with Alzheimer's and Dementia

Since late August, residents on the Elizabeth Church Manor Nursing Home's Unit Three have benefitted from two new programs. Unit Three has a high population of residents with Alzheimer's disease and dementia, and the programs are designed to provide relaxation and improve cognition.

Art sessions with Bassam Eldekar, a middle school art teacher in the Susquehanna Valley School District and a multimedia artist, are drawing six to eight participants weekly. The group began with an introduction to making color using decorative icing, which the residents then applied to cookies and ate. They moved on to tissue paper suncatchers, watercolors, and the hands-down favorite, painting. Although some of the residents were crafters in their younger years, most of the art techniques explored in the sessions are new to the participants.

Said Activity Leader Ellie Johnson, "Although Bassam has never instructed art sessions for people of this generation, he demonstrates a caring, patient and positive attitude. Art often brings out strong emotions, and I've watched him console residents who became upset. He's very quick to turn a sad moment into a positive one."

Residents are also enjoying weekly "brain exercise" sessions with Jan Fiore, a licensed Brain Gym practitioner and consultant with a background in education and whole-brain learning. Participating residents sit in a circle as Fiore demonstrates and explains the day's exercise, which can range from working with a ball, drinking from a glass of water, doing deep breathing or each individual completing visual and massage exercises with their fingers and thumbs. Said Johnson, "Jan comes in before church services and the sessions make a big difference for residents' attention and alertness."

For more information about brain exercises, visit www.brainworksaturally.com or www.braingym.org.

Skilled Nursing Facilities Now Fully Sprinklered

Keeping up with ever-changing codes and regulations can be a challenge, but United Methodist Homes' building and maintenance staff are always on top of the job.

Previously, areas in skilled nursing facilities measuring less than 100 square feet were not required to be sprinklered. In 2013, fire codes in New York and Pennsylvania will change to incorporate these spaces as well. To be ahead of the game, United Methodist Homes fully sprinklered the James G. Johnston Memorial Nursing Home on the Hilltop Campus in 2010, and this summer completed sprinklering of the therapy wing at the Partridge-Tippett Nursing Facility on the Wesley Village Campus. Beach Lake Sprinkler of Beach Lake, Pennsylvania, did the work in both states.

The Elizabeth Church Manor Nursing Home on the Elizabeth Church Campus was built in 1994 according to a newer version of the sprinkler code, so no upgrades were necessary.

Honoring Those Who Served

On November 7, the Wesley Village Campus hosted a breakfast celebration for 32 resident veterans as well as 12 veterans from the Wilkes-Barre Veterans' Association. Honorees entered the celebration under an allée of flags waved by Wesley Village staff. At the conclusion of the meal, all veterans in attendance received personalized certificates and a flag pin, both provided by Veterans of the Vietnam War in Pittston. Activity Director Tami Chesniak is shown putting a flag pin on – and sharing a laugh with – Myers Manor resident and Army veteran Vincent Mammarella. Visit United Methodist Homes' Facebook page at www.facebook.com/UnitedMH for more photos from this event!

Thank you to these Wesley Village resident veterans for their service to country: Air Force: John Coleman, Charles Fetko, Theodore Jones. Army Air Forces: John Million. Army: Albert Begliomini, Eugene Chiavacci, Vincent Crane, Michael Day, Edward Evans, Edward Furman, Dorothy Gilbert, William Giles, Andrew Lasky, John Ludzia, Vincent Mammarella, James Nocito, Felix Rossi, Stanley Salavantis, Charles Schifano, Samuel Sorber, Nick Stefanoski, Lee Sweinberg, Daniel Thomas. Marine Corps: Frank Palmasani. Navy: John Osmun, Andrew Shugdinis, Russell Seibert, Dorothy Strubeck, Charles Taylor, Clem Urban, Jean Zekas. Army and Navy Veteran: Frank Sharry.



Grand Care Celebrates Silver Anniversary

On October 21, the Grand Care Children's Center on United Methodist Homes' Hilltop Campus celebrated its 25th anniversary with an open house. Current and former Grand Care children, families and staff were invited to come share memories of their time at the Center; more than 120 people stopped by to catch up.

Amberlee Pelz provided live musical entertainment on saxophone and flute, while Nichole Smith staffed a creative art station for young attendees. Pelz and Smith, both assistant teachers, are the Center's two newest staff members. There was also a sensory station and a children's yoga spot. Attendees could look through photo albums from Center history, and enjoy healthy snacks as well as a birthday cake. The Center's last director, Charlene Harvilla, made a cameo appearance.

Grand Care opened in 1986 to provide day care and early childhood education to staff members' children and children from the community ages six weeks to five years. Weekly intergenerational activities with residents on the Hilltop Campus are an integral part of the Center's programming. Collaborative age- and ability-appropriate activities range from balloon kickball and parachute play to joint movie viewings, cookie decorating and much more.

There are currently 37 families and 50 children enrolled at Grand Care, and since its inception the program has served more than 1,250 children. Happy Birthday, Grand Care!



Mikala and Gail Chadwick, granddaughter and wife of United Methodist Homes CEO Keith Chadwick, check out photo albums from the years now 12-year-old Mikala went to Grand Care.

Dear Grand Care,

Congratulations on your silver anniversary! You made such a difference in my children's lives, and for me there is no better center in town. Going back to work after having a baby is such a hard thing, and knowing my children were so well cared for left me with one less thing to worry about each day. I don't imagine many centers have the dedicated, long-term staff that Grand Care does! Thanks again for all you did for my family, and for what you do every day to make the lives of so many moms a little bit easier!

Sue Morrow, United Methodist Homes Network Manager

(Morrow's son and daughter attended Grand Care for five years between them.)

Social Connections Luncheon Brings Senior Women Together

Continued from page 3

Louise Manor and Elizabeth Church Manor meetings weekly, "Many older women have lost spouses, siblings and lifelong friends. The groups provide compassionate and confidential settings where they can bring joys or concerns. Discussions range from participants' childhoods to recent experiences and anything else they want to bring up. There's often significant emotional content, but everything discussed in the group stays in the group."

A keynote address was offered by Paul Gould, a faculty member in Binghamton University's Department of Social Work and supervisor of the graduate student interns who support the Social Connections program. He spoke about the value of this initiative and the benefits participants have identified, including personal growth, exploration of new interests, extended community connections and increased recreational activities.

Russell Lockwood donated his musical and comedic talents to the delight of the audience. At the close of the event, Fran Zigmont, a member of the St. Louise Social Connections group and president of Resident Council, thanked attendees for coming and extended kudos to the dining staff for the catered, fine-dining experience. The meal included a gourmet salad, a choice of flank steak or catalina chicken, vegetables, and desserts the St. Louise Social Connections group baked together as an activity.

For more information about the Senior Connections program, visit www.broomecouncil.net/FIA/connections.html.

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Visit our Facebook Page for updates, event info and photos. Go to www.facebook.com/UnitedMH.

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It's Oktoberfest at Hilltop!

On September 22, the Hilltop Campus got in touch with its German side, celebrating the traditional fall festival of Oktoberfest just a little early. At lunchtime, a crowd of 80 residents tucked into sauerkraut and German potato salad, both homemade by Maintenance Assistant Brian Percival and his wife, as well as German hot dogs, German chocolate cake and beer. Diners enjoyed music by an oompah band (of course!) and later in the evening, residents snacked on hot pretzels and cheese while being entertained by the choir from the German-American Club of Binghamton. Hilltop resident Irmgard Parrington is shown at the luncheon wearing her own *dirndl*. When she was growing up in Nuremberg, Germany, Parrington and her family members wore traditional Bavarian clothing on Sundays and special holidays. "We were comfortable in our native outfits and proud to wear them," she said.



Cookies for a Cause

On October 28, the St. Louise Manor Resident Council hosted a baked goods and pizza sale in the lobby, with edibles donated for the event by residents and staff. The



\$106.50 proceeds benefitted the American Red Cross to replenish their coffers after providing so much assistance for local flood relief. St. Louise Manor Social Worker Angela Nunez (left) and resident Denise Simmons took a break from their brisk sales for a photo.

**American
Red Cross**