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## United Methodist Homes' Memory Walk Team Leads the Pack!

### \$20,000 Raised for Alzheimer's Association

#### Impressive. Amazing. Dedicated.

These were all words used more than once during Memory Walk 2008 to describe the efforts of United Methodist Homes' Southern Tier Memory Walk Team. This Alzheimer's Association event took place on September 21 in Otsiningo Park in Binghamton, and the Homes' team shattered its 2008 fundraising goal of \$12,000 by bringing in a total of \$14,301.60 – a Southern Tier Memory Walk record for a single organization. This effort earned United Methodist Homes the award for Top Fundraising Team in the health-related category. In late September, the United Methodist Homes Trust rounded the Homes' contribution up to a full \$20,000. In addition, two teams made up of resident family and friends



Companion Terry Campbell (left), resident Shirley Maxon (center) and Wellness Center Director Vinni Wingell (right), all of the Hilltop Campus, walked together.

asked to have their fundraising totals credited to the United Methodist Homes' team – the "Root for Lucy" team (\$1,540) and the "Judge Lehmann's Mom" team (\$500).

A total of 526 walkers participated in the event, double last year's total. United Methodist Homes' 108-member team accounted for 21% of the event's participants, and included employees, residents, resident family members and employee family members.

According to Alzheimer's Association Regional Director Jane Hudreck, "Presenting sponsor United Methodist Homes truly stepped up to the plate and raised a phenomenal amount for the Association. Their dedication to fundraising enables us to support research toward a cure for Alzheimer's disease, as well as provide programs and services to those already coping with a diagnosis. We are grateful for United Methodist Homes' dedication to this cause."



Some Elizabeth Church Campus participants paused for a photo before the event. Clockwise from bottom center: Elizabeth Church Manor resident Loraine Holcomb, Activity Director Diana Husnay, Administrative Secretary Rosemarie VanKuren, Activity Leader Pam Kettle and her daughter Rachael, and Activity Leader Ellie Johnson.

## Administrative Editorial

**Gary Breully, Chief Operating Officer & Assistant President**



One of the key components of the American Association of Homes and Services for the Aging (AAHSA)'s Quality First Program is community involvement. A wonderful example of United Methodist Homes' commitment to community is our recent participation in the Alzheimer's Association's Southern Tier Memory Walk 2008. The Homes has a culture of community connection, but the all-out fundraising for and support of Memory Walk 2008 is an outstanding example of the genuine value Homes employees place on community, both on and off our campuses.

Our employees and their families have taken up the Alzheimer's disease cause with more enthusiasm than we could have imagined – I was so pleased to see more than 100 participants representing the Homes gathered at the starting line of the walk. And I am immensely proud of the evolution of our involvement in this event from my first year with the Homes to this year. When I joined the organization, we had a small walk team and small fundraising total. This year, we were the presenting sponsor, and our fundraising total topped \$14,000 – a Southern Tier Memory Walk record for a single organization – which in our current economic environment is even more impressive. Additional moneys from the United Methodist Homes Trust brought our final donation to the Association up to \$20,000.

I would like to offer special recognition to the individuals who spearheaded fundraising on the individual campuses, including Director of Activities & Volunteers Kate Conant (Doris L. Patrick Campus), Activity Leader Ellie Johnson and Administrative Secretary Rosemarie VanKuren (Elizabeth Church Campus) and Residential Services Coordinator Teresa Felter and Adult Care Placement Coordinator Sharon Hauver (Hilltop Campus), and to everyone from United Methodist Homes who participated in the walk. As an organization, we're already looking forward to the 2009 event – we hope to see you there!

## Corporate Office Staff Train in Lifesaving

More than a dozen Corporate Office staff members received training in cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) use in early September. Red Cross instructor Pam Corey, RN, provided two half-day trainings, which concluded with practical and written exams.

"We feel it's important for staff at all our locations – including our Corporate Office – to be trained in lifesaving measures," said Janine Savage, RN, RAC-CT, United Methodist Homes' Vice-President of Clinical Operations and the Corporate Compliance Officer. "A resuscitation mask kit and an AED have been installed in the upper corridor in the building, and these trained individuals now comprise a safety team that can respond in the event of an emergency," she said. On September 22, Savage conducted two drills in the Corporate Office, placing a rescue dummy in the hallway and calling for help. The teams that responded to both drills successfully "revived" the victim.

The following Corporate Office staff have received CPR/AED training: Keith Chadwick, Mary Cron, Laurie DeMarco, Chris Felter, Gary Gardner, Mary Hoskins, Patty Juriga, Betsy Kosick, Sal LaMantia, Chet Lowrie, Amy Miller, Heather Morgan, Jill Murray, Dianne Paige, Janine Savage, Lou Shiber and Sarah Soden.



*Financial Data Manager Patty Juriga (left), Assistant Chief Financial Officer Gary Gardner (center), and Clinical Informaticist Amy Miller (right) responded to the drill at the Corporate Office.*

## Openings at Grace View Manor Complex

Grace View Manor on the Doris L. Patrick Campus in Norwich currently has open units in its 40-apartment complex. The U.S. Department of Housing and Urban Development (HUD)-approved complex offers efficiencies and one-bedroom apartments to qualifying seniors over age 62 who meet income specifications.

The facility features two computers with internet access, a 911 call-bell system, weekly van transportation to shopping, an on-site manager; community events such as meals, an annual bazaar and rummage sale; plus in-house mail delivery, trash disposal and laundry facilities. The complex offers stunning views of the Norwich valley. Pets, including dogs up to 25 pounds and cats, are allowed.

According to Administrator Steve Woodruff, "Grace View Manor is a wonderful place to call home. I'd encourage community members looking to make a transition to a smaller residence to find out more about residency requirements."

For more information or to obtain a residency application, call Manager Pat White at (607) 337-1014.



## Staff Announcements



### **Kelli Kowalczyk, RD, LDN**

Kelli Kowalczyk, RD, LDN, has been named Director of Dietary Services on the Wesley Village Campus. She has been with United Methodist Homes since 1999, most recently as Food Service Manager.

Kowalczyk earned her undergraduate degree in nutrition and dietetics from Marywood University in Scranton, PA. She is a member of the American Dietetic Association and the Northeast Dietetic Association.



### **Louise Monico**

Louise Monico has joined the Corporate Information Technology Department as a Technical Support Specialist. In this role, she provides first-level help desk support and clerical support for the Information Technology Department. She comes to United Methodist

Homes from the Binghamton Senators hockey team in Binghamton, NY, where she was an Accounting/Administrative Assistant.

Monico earned her administrative assistant's certificate from the Ridley Lowell Business and Technical Institute in Binghamton, NY.

## Airing of the Quilts in Tunkhannock



On October 4, the Tunkhannock Campus was bursting with color during the town's seventh annual "Airing of the Quilts" event. The entire community hangs quilts on porches and fences for people to view and enjoy. Shown checking out a quilt on the facility's front porch are (left to right) Lynn Oliver, PCA; and residents Mildred Williams and Emma Spence. The quilts featured on the Tunkhannock Manor porch were loaned for the day by the Endless Mountains Quilt Shop in Tunkhannock.

### **Dining Room Decorations Needed**

St. Louise Manor Activities staff are seeking loans of the following items for display in the dining room in November and December: Christmas-themed quilts/tapestries, antique toys, large wreaths, Christmas stockings, and photographs or other artwork featuring winter scenes. If you'd like to loan an item, contact Karen or Martha at (607) 724-4000, ext. 288 by November 1.

## Hilltop Health Fair Delights

On September 18, the Hilltop Campus hosted its fourth annual Health, Safety and Wellness Fair in the Hilltop Auditorium. Staff and residents enjoyed displays and information from vendors including pharmacies, medical supply companies, fitness clubs, financial companies and banks, community organizations, educational institutions and more. Participating Hilltop departments included Chaplains, Infection Control (flu prevention information), Massage Therapy (free mini-massages), Physical Therapy, Wellness (chocolate tasting and Wii demonstrations), and Visions Federal Credit Union, which has an office on the Hilltop Campus.

Attendees could receive a number of free screenings, including hearing evaluations, hearing aid servicing/cleaning, blood pressure and heart rate checks, lung function testing, and walker evaluations. Special tables for employees included United Health Services Occupational Medicine, United Health Services Employee Assistance Program and Liberty Mutual Group Workers' Compensation. Everyone enjoyed free smoothies, demonstrations by FMK Karate and Winding River Karate instructors and students, and a wide variety of generous door prizes.

"I'd like to thank the committee of dedicated staff who worked so hard to bring this event together. It was very successful and brought good information about health and wellness to our residents and staff," said Wellness Director Vinni Wingell.

Assistant Director of Nursing Tammy Patak, RN (left), and Registered Nurse Assessment Coordinator Beth LaDue, RNAC, both of the James G. Johnston Memorial Nursing Facility, sampled chocolates at the chocolate-tasting booth staffed by Wellness Trainer Robin Chodkowski (right).



## United Methodist Homes' Memory Walk Team Leads the Pack! *Continued from page 1*

Staff from United Methodist Homes' three New York campuses and the Corporate Office raised funds throughout the year through personal appeals as well as campus activities. The Elizabeth Church Campus raised 51% of the United Methodist walk total, the Hilltop Campus raised 38%, the Corporate Office 6% and the Doris L. Patrick Campus 5%. Fundraising highlights include:

### Doris L. Patrick Campus

- Bake sale
- Dress-down days (staff members paid to be able to wear jeans to work)

### Elizabeth Church Campus

- Brownie sundae sales throughout the year
- Drawings for baskets throughout the year
- A two-day garage sale in June

### Hilltop Campus

- Drawing for a Wii
- Drawings for baskets throughout the year
- Various food sales
- California Grill Fundraiser – On July 28, the California Grill on the Vestal Parkway donated 10% of meal proceeds from all customers who presented a Hilltop fundraising coupon at the establishment.

Special thanks to campus leaders, including Director of Activities & Volunteers Kate Conant (Doris L. Patrick Campus), Activity Leader Ellie Johnson and Administrative Secretary Rosemarie VanKuren (Elizabeth Church Campus) and Residential Services Coordinator Teresa Felter and Adult Care Placement Coordinator Sharon Hauver (Hilltop Campus) for organizing activities and fundraising events.

Said United Methodist Homes President & CEO Keith Chadwick, "Members of the United Methodist Homes team went above and beyond our fundraising goal for this year. I am incredibly pleased with the support we are able to put behind this cause, which is so relevant to the work we do every day at our facilities. We built great energy behind this event, and I'm looking forward to breaking a record again next year."

For more information about how you can contribute to 2009 Walk fundraising efforts, stay tuned for details on each campus and to future issues of *Seasons*!



*Kate Conant, Director of Activities & Volunteers at the Doris L. Patrick Campus (right) participated in the event with husband Mike McCollough and son Jack.*

## Employee of the Month Named



*Emily McCabe, LPN*

The Elizabeth Church Campus has named Emily McCabe, LPN, the October Employee of the Month. She has worked for the Homes

for nearly a year, and is consistently recognized in Star Program nominations. Recent nominations included:

"I just learned about this opportunity to give positive feedback and express my gratitude. My grandmother has lived here for a year. Our favorite nurse is Emily. She has been a friend, comforter, counselor and nurse. She listens and cares. As a family, we trust that Emily will care for Grandma like she would her own grandmother. That is the ultimate goal: to have staff who care for these deserving ladies and gentlemen as they would their own relatives," and "She is always willing to help anyone and everyone; she is always smiling and always happy to help. Our facility should have more people like her."

Congratulations, Emily!

## Wesley Village Staff Participate in Memory Walk

Nearly two dozen Wesley Village staff members represented United Methodist Homes in the Wilkes-Barre Memory Walk in Kirby Park on October 11. Funds raised at the event benefitted the Greater Pennsylvania Chapter of the Alzheimer's Association. Wesley Village staff held a bake sale on October 3 to raise money for the event, bringing in over \$800. Staff pitched in by baking, buying or volunteering to work at the sale. Staff also conducted personal fundraising for the Alzheimer's Association, raising nearly \$1,500. Special thanks to Becky Psolka, CNA, Wesley Village Serenity Unit, for organizing fundraising events on campus. United Methodist Homes was a bronze-level sponsor of the Wilkes-Barre Memory Walk. Pictured is the Wesley Village Memory Walk team on walk day.





## Wesley Village Honors Centurions

On September 19, Wesley Village staff honored seven nursing home and personal care residents celebrating their one-hundredth (or more) birthdays in 2008. This annual event provides special recognition of this milestone in addition to each resident's actual birthday celebration. The guests of honor, along with staff, other residents, family members and friends, enjoyed cake, refreshments and music.



*Congratulations and happy birthday to (back row, left to right) Evelyn Bulger, 100; Mary Sindaco, 100; Sophie Maciejewski, 103; Catherine Koslick, 100; Julia Girton, 100; (front row, left to right) Frances Malyndziak, 100; and Rose Fanucci, 106.*

## Fire Prevention Week at Grand Care

On October 9, the Grand Care Children's Center on the Hilltop Campus was treated to a visit from Johnson City Fire Department firefighters to celebrate Fire Prevention Week.



The children learned about fire safety, and got to try out fire extinguishers, fire gear, and a charged hoseline. Shown helping out nozzleman Lieutenant John Thompson are children from Grand Care's preschool and pre-K classes.



## Holiday Craft Fair at Hilltop

**10 AM to 5 PM, November 13  
in the Hilltop Auditorium**

*Do your holiday shopping in one location  
with more than 30 vendors offering  
crafts, candles, baked goods and more!*

## Charitable Giving in the Holiday Season and Beyond

Although any time of the year is the right time for giving, the approach of the holiday season often puts people in a charitable frame of mind. With National Philanthropy Day approaching on November 14, United Methodist Homes is pleased to begin a series of informational articles related to charitable donations. First in our series: Cash Gifts.

### Gifts of Cash

There is no easier way to support the United Methodist Homes and receive a charitable deduction than by simply writing a check. If you itemize your taxes, outright gifts of cash are fully deductible for Federal income tax purposes up to 50% of your adjusted gross income.

According to United Methodist Homes President & CEO Keith Chadwick, "In these challenging economic times, charitable donations to not-for-profit organizations like the Homes make even more of a difference. Gifts may be designated for a specific use, such as our chaplain's fund or resident support, or remain undesignated so the funds can be applied where the need is the greatest within our organization. We appreciate gifts of all sizes, all of which are used to further United Methodist Homes' mission of providing quality care and services to the elderly."

For more information about charitable giving or to discuss a donation, call (607) 775-6400, ext. 280.

In next month's *Seasons*: Learn about bequests.

## Wesley Village Speakers' Bureau Available

Wesley Village staff members involved in the Speakers' Bureau on campus are available to speak on a variety of topics for community groups. Said Administrator John Lopatka, "Our staff have expertise in a full range of topics related to seniors, aging and long-term care. We're able to present at an organization's regular meeting, during a special event, or during a health fair at no charge."

A partial listing of topics includes Alzheimer's disease and dementia, geriatric nutrition, paying for long-term care, wellness for seniors and more. A full list is available on the United Methodist Homes website at [www.unitedmethodisthomes.org](http://www.unitedmethodisthomes.org) – click on Speakers' Bureau.

## Shorts

Elizabeth Church Manor celebrated Harvest Month throughout October. Events included a squash tasting, a German luncheon featuring authentic German fare from the American Civic Association, a fall fest with a focus on farming, harvesting and canning tools and equipment; an Oktoberfest celebration with German music, pretzels and sausage; an apple cooking day featuring apple dumplings and applesauce, a pie social, a visit by the Morris dancers, and a Halloween party.

Hilltop residents enjoyed a variety of events in October, from concerts to outings. Highlights included a retreat at the United Methodist camp at Sky Lake, a celebration of Oktoberfest with the European Brass Band, and a piano recital by Little Hands, Big Hearts on October 26.

On October 17, staff of the Wesley Village Campus hosted an open house of recently-renovated suites in Myers Manor. The spacious suites feature a large bedroom, a full kitchen, and a living/dining area with spectacular views of the Wyoming Valley. The suites have all new appliances including dishwashers, plus new cabinets and countertops, a pantry, and a laundry room. All suites have fresh paint and new carpeting. For more information about independent living at Myers Manor, call O'Mara at (570) 655-2891, extension 297.

On September 25, Hilltop Campus residents presented a talent show for fellow residents and family members. Participants included emcee Fred Bennett, who also sang, as well as a stand-up comedy routine by Alex Camadella,

a reading of her own work by Edith Cutting, two musical selections by Harris Allen (one in conjunction with wife Viola) accompanied by Betty Fahs, vocal performance by Fern Sherwood accompanied by Rhoda Wolf, vocal performance by Bill Herrick accompanied by Roberta Sanders, and a skit by Jeanette Melious. Resident family member Greg Bennett also gave a vocal performance accompanied on piano by his friend Mary Carrigan.

Master gardeners from Cornell Cooperative Extension presented a flower show for nearly three dozen Elizabeth Church Manor residents in September. The gardeners brought a wide variety of flowers and herbs for residents to smell and touch, and each gardener gave a presentation and answered questions.

## Commemorative Stamp Presented to the Homes

On October 17, United Methodist Homes' Assistant President and Chief Operating Officer Gary Breuille accepted a framed commemorative Alzheimer's awareness stamp from representatives of the United States Postal Service and the Alzheimer's Association during a ceremony at the Association's Southern Tier headquarters in Endicott. The stamp became officially available for sale on that date, just in time for National Alzheimer's Disease Awareness Month in November.

Jared Paventi, Public Affairs Director of the Central New York Chapter of the Association, and Jane Hudreck, the Association's Southern Tier Regional Director, addressed media and other attendees about the importance of keeping Alzheimer's disease in the forefront. Said Hudreck, "Until we find a cure, we must continue to provide education and support, as this is an issue that touches us all."

As the presenting sponsor of the 2008 Southern Tier Memory Walk, United Methodist Homes was asked to participate in the event. Breuille spoke about the Homes' commitment to the Alzheimer's cause, and the importance of the work the Association does in the community.

The stamp is now available for purchase at most post offices.



*Alzheimer's Association Regional Director Jane Hudreck (left) and Endicott Postmaster Patricia Sroka (center) presented United Methodist Homes' Chief Operating Officer Gary Breuille with an enlargement of the commemorative stamp.*

## Yar! Talk Like a Pirate Day at Grand Care



Kids and teachers at the Grand Care Children's Center on the Hilltop Campus celebrated International Talk Like a Pirate Day on September 18 with a full day of pirate activities. Teachers dressed up as buccaneers, and kids wore striped shirts to go along with the day's theme. Children in some classes made eyepatches and tricorne hats, others had moustaches and goatees drawn on their faces. Snacktime featured "grog" (cranberry and apple juice), and pirate songs played throughout the facility all day. Pictured are swashbuckling two-year-olds Brady Holleran (left) and John Swackhammer, both of the Toddler 2 room.



## Letters of Appreciation

### To the Wesley Village Campus

We would like to express our heartfelt and sincere gratitude for the wonderful care you provided for our mother and stepfather. We will be forever grateful for your many expressions of kindness and thoughtfulness to them. In addition, the support and encouragement you gave to us during difficult times was also very much appreciated. Both our parents loved Wesley Village and their caregivers. You were their extended family and it was such a comfort to know they were receiving such expert and compassionate care. May God continue to bless you and the work you do at Wesley Village.

### To the Hilltop Campus

On behalf of our family, I would like to express our sincere gratitude and appreciation for the staff – nurses, aides, social workers and administrative staff – who cared for my husband during his two years on Unit 2 at James G. Johnston Memorial Nursing Home. We know the work of each individual on staff, from supervisor to volunteers, makes an enormous difference in the quality of life for each resident. Special thanks to Marge Weisz, Barb Winters, Patty Comency and Jeanne Carlson for their expert professional nursing care and the exceptional kindness, compassion, patience and humor each showed. Their reassuring words of encouragement and comfort will never be forgotten. Thanks also to nurse aides Carla Riley, Sanka Petjak and Amy Cooper, whose care

was gentle, compassionate and kind. They each took great effort to help my husband maintain his independence, dignity and pride. We would also like to acknowledge the efforts of Karrie Klock, whose work went beyond speech therapy. She was a shining light in our loved one's life, and he looked forward to their sessions because of Karrie's patience and dedication. The devotion she showed in helping him maintain and improve his communication was exceptional. We will always be grateful to Karrie for her gift to our loved one: For some it's a job, for Karrie it's a calling. Our heartfelt thanks to Reverend Lea Harding for her many visits, comforting words and prayers, and her special service for our loved one at the Hilltop chapel. She also went out of her way to officiate at his funeral in the absence of the minister at our church in Greene, NY. Thanks to front desk receptionist Gina who always treated our whole family with the utmost respect, to the activities staff who brightened my husband's days with activities, and to all those who worked with our loved one in the Wellness Center to help him maintain his mobility.

### To the Elizabeth Church Campus

Thanks to the staff of the Elizabeth Church Manor, particularly those who care for my mother. I appreciate your selfless acts of kindness. To my mother, you are her family. To many of the residents you serve, you may be the only people they see, as their families may not

be able to visit as frequently as they would like. Your blessings will be many in the kingdom of heaven. Thank you all. God bless you for what you do and for the kind of people you are.

### To the Hilltop Campus

Thanks to Reverend Lea Harding. On behalf of our entire family, I would like to acknowledge the part you played in our mother's funeral. You have such an important role at Hilltop. Thank you for all you do for so many. May God richly bless you.

### To the Wesley Village Campus

We would like to gratefully thank the administration and staff of the Serenity Unit for the devoted and loving care our mother received during the years she was there.

### To the Hilltop Campus

Since we can't be here every day, you are my mom's surrogate family and that makes you important to her and to us! Thank you so much for your tender care. She is a great mom and we love her dearly, which is why her care means so much to us. Thank you!

### To Grace View Manor

Thank you for the memorial service and luncheon you provided in memory of our loved one. Your kindness is very much appreciated.

## Day of Caring at the Elizabeth Church Campus

During the Day of Caring on September 11, six volunteers from IBM donated their time working in the gardens on the Elizabeth Church Campus weeding, cutting back tree limbs, and planting tulips and daffodils. ACHIEVE volunteers also participated, planting bulbs and assisting with weeding, and Judge Maryanne Lehmann also volunteered time during the event. Regular gardening volunteers Ruth Hibson and Ginny Radner provided direction to the Day of Caring participants. "We'd like to thank the United Way for organizing such a useful community event. All the volunteers were go-getters who were fun to work with!" said Volunteer Coordinator JoAnn Kunkle.



*Pictured at the event are IBM volunteers (from left) Elaine Thomas, Kim Wilcox, Derek Clement, Jason Raimo, Bill Nadon and Lisa Corwin. (Absent from photo: IBM Team Leader Bob Gavazzi)*

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### Abbreviations

- DLP – Doris L. Patrick Campus, Norwich, NY
- ECC – Elizabeth Church Campus, Binghamton, NY
- JGJ – James G. Johnston Skilled Nursing Facility, Johnson City, NY
- SLM – St. Louise Manor, Binghamton, NY
- UMH – United Methodist Homes
- WV – Wesley Village Campus, Pittston, PA

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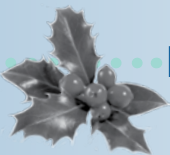
## It's a Dog's Life in Norwich

Doris L. Patrick Campus residents were treated to the facility's second annual dog show on September 30. More than half a dozen pooches turned out to impress the crowd with special outfits, tricks and more. Participants included (from left to right) Activities Assistant Stephanie Ashcraft with dog Fiona, pet therapist/volunteer Deb Gibbons with dogs Zander and Hannah, family member Ed Caputo with dog Burton, and Therapy Director Lindsay Dechow with dogs Tetley and Guinness. (Absent from photo: Holly Skuban, PT, and dog Samantha.)



## A Blast from the Past at Hilltop

The Hilltop Campus celebrated the end of summer with a "retro party" on September 16 featuring music by United Sound. Staff and residents boogied to music from the 1960s, 70s and 80s. Activity Leader Christine Anthony is shown doing the YMCA with SUN Unit resident Robert Godshall.



## Holiday Shopping Tips: Plan Ahead for Success

Visions Federal Credit Union, which maintains an office on the Hilltop Campus, offers the following tips for the upcoming holiday shopping season:

- **Budget your spending and set goals** – Decide in advance who you must shop for and how much you plan to spend per person.
- **Make a list to avoid impulse purchases** – Stick to your list to avoid going over budget.
- **Start early to give yourself time to comparison shop for the best deal** – You can compare the prices offered by major retailers online or in person.
- **Trim interest payments** – If you must shop with a credit card, be sure the one you're using has a low interest rate.
- **Consider a holiday club account** – Setting aside money each month throughout the year provides you with a shopping "nest egg" when the holidays roll around.

For more information, visit the Visions website at [www.visionsfcu.org](http://www.visionsfcu.org).