

Seasons

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

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*Independent living, personal care, skilled nursing,
short-term rehabilitation*

Beginning this month, Seasons will feature a three-part series on topics related to planning ahead for the long-term, including living arrangements, discussing your wishes and options with your loved ones and selling your home.

Planning Ahead for Senior Living

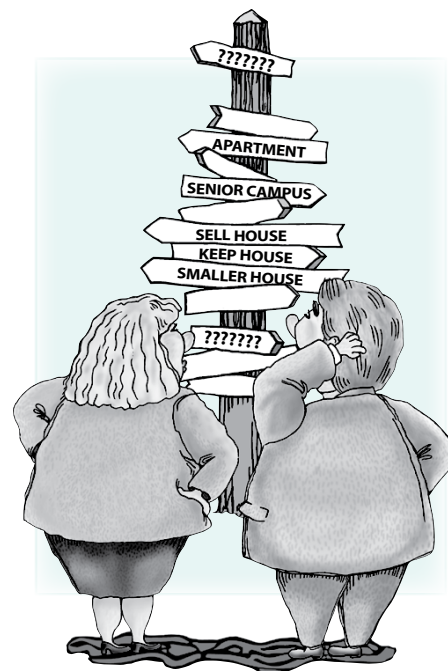
When is the right time to sell the big house and move to an apartment or a retirement campus? There are as many answers to this question as there are people. But if you're a Baby Boomer or older, it's never too soon to think ahead about what you want and what you may need. This month, *Seasons* considers some of the key questions that surround long-range plans for accommodations and care.

My house is paid for. Why should I think about moving?

Your home may be free and clear, but its maintenance continues to cost you, whether it's anticipated fees such as paying someone to mow the lawn or plow snow, or unexpected expenses such as a new hot water heater or removal of downed trees. The sale of your home can finance the next chapter in your life and reduce the stress associated with its maintenance. The time and money you save on home upkeep can be redirected to the pursuit of old and new hobbies and interests.

Won't adding a few grab bars in the bathroom be enough to make my house safe for me in the long run?

Although the bathroom is a common place for falls, it's not the only concern. Do you have a first-floor bedroom, bathroom and laundry? Do you have a stepless exterior entrance? Is there a long driveway down to your mailbox? Is there extensive wall-to-wall carpeting that may make using a walker difficult? Are your halls and doorways wide enough to accommodate a wheelchair if you need one? These are all issues to consider related to your current home.



Why choose a retirement campus? Isn't an apartment an apartment?

The advantage of a retirement campus over living in a small house or apartment in your city or town is the immediate access to a higher level of care if your needs change. A campus includes everything from independent living through to skilled nursing care, all in the same location. Entering at a lower level of care, such as adult care, gives residents easy access to higher levels of care if needed – sort of like making a reservation. And you can move seamlessly to new accommodations without leaving the staff members, wellness center or activities with which you've become familiar.

EDITORIAL

Warren Watkins, United Methodist Homes Board Chairman



In this issue, Board Chairman Warren Watkins begins a series of editorials that will periodically highlight specific departments and their contributions to the organization.

I recently attended a Property Subcommittee meeting of the United Methodist Homes' Board of Directors. As plant operations directors and maintenance staff discussed repairs and upgrades for each campus, I found myself astounded at the routine work, emergency repairs and long-range planning these staff members undertake.

The health and longevity of buildings and grounds is analogous to a human body. With proper care, nutrition and exercise, a body remains healthy and strong. Likewise, as long as our buildings are maintained and periodically upgraded, they stay in excellent shape. And just as the body's continued function calls upon a

remarkable orchestration of systems – respiration, digestion, circulation – the smooth operation of our campuses requires the same. Much unseen maintenance and repair work happens to keep the lights on, the water running and the environment comfortable in relation to outdoor temperature.

Our maintenance and plant operations staff are collectively responsible for nearly 1,200 units ranging from cottages and apartments to single rooms. On a rolling basis, they assemble new furniture, repaint, replace floor coverings and appliances, maintain heating, ventilation and air-conditioning systems and much more. Some work is done between residents, other work is carried out in

occupied units, and friendly, competent staff make either eventually a non-issue. Just as much as clinical staff, the comfort of our residents is the daily priority of our maintenance and plant operations staff.

Plant operations staff members even impact those who aren't – or aren't yet – residents. Their diligent maintenance of buildings and grounds creates the "curb appeal" that brings potential residents in to visit, and their care of interior spaces keeps prospective residents and families impressed once they're in the door.

Thanks to the ongoing work of these employees, our facilities are in great shape and are on track to remain that way into the future. I applaud their hard work.

Pavilion Added to the Hilltop Campus

In memory of his wife Mary Ellen, who passed away last October, Hilltop resident Fred Bennett made a donation to the Hilltop Campus to fund construction of a pavilion. Freelance Construction and Concrete of Binghamton recently completed work on the 30- by 40-foot structure, which is located on the hill just above the employee vehicle entrance.

The open-air, concrete-floored building will be used for picnics and parties, and will be kitted out with grills, an outdoor fireplace, tables and chairs to make it a gracious entertaining space. Bennett requested a pavilion because his wife was a great entertainer who enjoyed hosting parties and feeding guests, especially summer picnics, and he felt that a picnic pavilion would be a fitting memorial in her honor.

Said Administrator Jerry Halbert, "We're extremely grateful to Mr. Bennett for making this donation and suggesting it be used for the construction of a pavilion. This will be a well-used space on our campus for years to come. In the near future, we're also hoping to add a paved sidewalk to make accessing the area easier."

The pavilion will be dedicated in a ceremony this October.



The new pavilion on the Hilltop Campus.

Staff, residents, family members and friends of the organization are invited to join United Methodist Homes' 2010 Alzheimer's Association Memory Walk teams!

Walk day is Sunday, September 19 in Binghamton and Saturday, October 9 in Wilkes-Barre/Scranton.

alzheimer's association
memory walk[™]
 Taking steps to end Alzheimer's

Sign up online at
www.alzcn.org or www.alz.org/pa.

Staff Announcements



Kim Snyder, RN

Kim Snyder, RN, has accepted the position of MDS Coordinator at the Elizabeth Church Campus. She has been with the Homes since 2001, most recently as a skilled nursing admissions coordinator.

Snyder earned her nursing diploma from the Arnot Ogden Memorial Hospital School of Nursing in Elmira,

NY. She has worked in the long-term care field for more than a decade, and also has experience in home care, hospice and acute care. She is a member of the American Association of Nurse Assessment Coordinators.



Sharon Wilkins, RN

Sharon Wilkins, RN, a nurse at Elizabeth Church Manor, recently earned her registered nursing degree through Excelsior College, an online degree program based in Albany, NY. With the completion of her nursing degree, she will take on the position of 3-11 Supervisor.

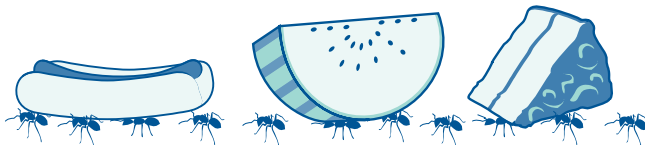
Wilkins earned her licensed practical nursing degree from North Country Community College in Saranac Lake, NY. She has been with the Homes for 15 years, most recently

as floor nurse and relief supervisor.

Broome County Senior Picnic



The Broome County Office for Aging hosted its annual senior picnic at Broome Community College in Binghamton on June 23. Attendees could take advantage of information from a wide range of groups and organizations, including area senior centers, long-term care providers, banks, medical device companies and more. Broome County Independent Living Admissions Coordinator Teresa Felter and Broome County Adult Care and Assisted Living Admissions Coordinator Sharon Hauver represented the Homes at the event. Cooking demonstrations, an interactive drum circle and a picnic lunch were also available. A group from St. Louise Manor made the trip next door to the campus to check out the festivities. Shown waiting for lunch to be served are (from left) resident Ralph Efthimiou, Activity Leader Karen Mayer, resident Joan Bomboy, Chaplain Janet Abel and Licensed Agency Director Malene Fralick, RN. Doris Cole, Mary Dadamio and Art Dewing (not shown) also attended.



Hilltop Implements New Monitoring System

In May, a new nurse call and resident security system was installed on the Hilltop Campus. Called SARA (Situational Awareness and Response Assistant), it replaced the existing nurse-call and wander-alert systems with a wireless, pager-based approach, eliminating hallway chimes. Staff members receive messages directly to the pagers they each wear, indicating which resident needs assistance. Said Administrator Jerry Halbert, "In the short time we've had the system, residents are finding that call bells are answered more quickly, and staff have said they feel more aware of residents' immediate needs."

A central computer server runs the campus-wide system. Staff members are assigned a "permission level" which determines how much of the system they can use, depending on their roles. The computer records all alarm activity on campus, including call bells, resident wander alerts, door security breaches, fire alarms and other notifications. SARA records those alarms, and instantaneously forwards the information to the pager programmed to activate for that type of alarm: call bells to aides and fire alarms to maintenance, for example. The program enables tracking of response times, and also includes an alert escalation feature – if a notification is not handled after a set amount of time, the next level of staff receive the alert as well. Via a text-to-voice option, the system can also send messages to any and/or all pagers, or can call a telephone in a specific resident room to remind someone of medication, a bus departure time or to let them know about an emergency.

Manufactured and supported by Virginia-based Status Solutions, the technology is constantly monitored and updated by the vendor. SARA is being trialed at Hilltop and will be rolled out to other campuses if staff and resident feedback is positive.

Special Note: Installation Manager Troy Hughes of Integrity Installation Experts paid United Methodist Homes a wonderful compliment, saying that the Hilltop Campus was the best place he and his staff have ever worked. He highlighted the assistance of the maintenance staff, whose knowledge of the facility was invaluable during installation, and the nursing staff, whose dedication to the residents and willingness to learn the new system were key to finalizing the process.

Planning Ahead for Senior Living *Continued from page 1*

What does a retirement campus offer that a neighborhood in the community doesn't?

A retirement campus offers a wide range of services at various levels of care. Residents in independent housing can take advantage of a wellness center, activities, events, trips and other programming. Should your needs change, you can access higher levels of care without necessitating a search for a new facility, or a major move. Retirement campuses also typically offer amenities such as transportation, on-site banking and other perks, all within easy reach. Additionally, retirement campuses offer structured socialization and activities opportunities and professional nutrition support, which can help you avoid isolation, loneliness and boredom and potentially a downturn in health status.

If I move to a retirement campus I'll miss seeing children and other people of different ages in my neighborhood.

Rather than thinking of a retirement campus as an island, consider it a community located within a community. Residents can (and should!) continue to participate in the social and volunteer groups to which they've always belonged. They also benefit from frequent visits with schoolchildren and other community groups for performances, interactive programs and more. At United Methodist Homes' Hilltop Campus, an on-site day care center brings young children and

residents together for regularly-scheduled activities and events, benefitting both groups.

Isn't a retirement campus terribly expensive?

On the face of it, the numbers may seem high. But think about all the monthly and annual expenses associated with a home, including utilities, taxes, insurance, exterior maintenance and unanticipated expenses. Sit down and add up your annual expenses and compare them to the costs of the retirement campus you're considering. Think also about the additional amenities and services a campus provides. Additionally, some campuses offer a rental option rather than a "buy-in," which is what drives the typical perception of high cost.

How should I choose a retirement campus?

Think back to helping your child search for a college: It involved asking friends and family for recommendations, making phone calls, requesting literature and going for campus visits. You can approach your retirement campus selection in much the same way – only now with the added benefit of the internet. Your search should be based around whatever is most important to you – geographic location, services, available accommodations or other considerations.

For more information about visiting a United Methodist Homes campus, go to www.unitedmethodisthomes.org and click on "Admissions" on the main page.

Doris L. Patrick Campus Names Employee of the Month

Special recognition for Grace View manager also awarded



Activity Assistant Donna Farnham.

Activity Assistant Donna Farnham was named the Doris L. Patrick Campus Employee of the Month for July. According to her nominator, "She continuously goes above and beyond her duties to ensure all residents are happy

and active. She always has a smile on her face and works hard at making sure all residents are engaging in activities they have always enjoyed. She is extremely creative and brings new activity ideas and programs each month. The residents respond well to her and her upbeat attitude."

In addition, Grace View Manager Pat White was presented with a special employee appreciation award – Grace View's tenants collectively wished to recognize her for outstanding service to them all.

Congratulations, Donna and Pat!



Rockin' the Suburbs

The St. Louise Manor Quality of Life fund recently made possible the purchase of new rocking chairs on the front porch. Residents and guests are able to use the chairs while enjoying the beautiful weather! Special thanks to St. Louise resident Millie Zander for donating the cushions. Shown relaxing in the new chairs are St. Louise residents Dorothy Wooster (left) and Ruth O'Donnell (right).



Grace View tenants gathered to recognize Manager Pat White for her outstanding service. Seated left to right are Jannette Diefenbacher, Florence Biviano, Naomi Smith, Tony Funaro and John Biviano, and standing left to right are Don Hadlock, Jim Pizzi, Doris L. Patrick Campus Administrator Mary Lou Faust, White, Doris Dalrymple, Harriett Carpenter, Claude Carter and Gloria Williams.



June Fling Features International Flavor

On June 10, St. Louise Manor and Manor House residents, friends, family and staff enjoyed the annual June Fling event. This year's party sported an international theme, with food from countries and regions such as Asia, Ireland, Italy, Mexico and Poland. Decorations such as icons, clothing, maps, paintings, instruments and more were on loan from residents, staff and family members, representing cultural backgrounds and travel destinations. Attendees also enjoyed music by Cobblestone Crossing. St. Louise Manor resident Art Dewing (left) and Manor House resident Leon Frank (center) sample treats at the Mexican table while Dietary Assistant Victoria Snow (right) keeps an eye out to be sure food remains well-stocked.

"Church Ladies" Assist With Religious Services at Wesley Village

If it's a Catholic Mass day at Wesley Village, or if rosary is scheduled, you can bet you'll see "the church ladies" – faithful volunteers from St. John the Evangelist Church in Pittston and St. Maria Goretti Church in Laffin. Dolores D'Elia, Ann Irvin, Mary Ann Iskra, Sally Kelly, Marilyn Krall, Theresa Sketchus, Wilma Stack and Carol Subache of St. John the Evangelist and Marie Fearick of St. Maria Goretti all regularly volunteer on campus. With more than 80 residents from independent living, personal care and skilled nursing attending Catholic Mass each week, this regular assistance is especially vital.

D'Elia, Fearick, Iskra, Krall and Subache are eucharistic ministers who bring Communion to residents on the first Friday of the month, during Mass and at other times as well. They help transport residents to and from Catholic Mass and rosary, and provide assistance during Mass. Fearick also volunteers in the Wesley Village gift shop.

Said Activity and Volunteer Director Tami Chesniak, "We are so grateful for the assistance these women provide. In addition to their work related to religious services, they also visit with residents individually and will do almost anything the residents want or need."



Volunteers (standing, left to right) Dolores D'Elia, Ann Irvin, Theresa Sketchus, Marie Fearick, Carol Subache, Mary Ann Iskra and Marilyn Krall with some of the Partridge-Tippett Nursing Facility residents they assist, including (seated, left to right) Catherine Koslick, Mary Bidwell, Pauline Grasavage, Mary Pompino, Lillian White, Clara Zajulka, Edna Zant and Catherine Wanalista.

Shorts

On June 4, St. Louise Manor's Audibel representative Adrian Skarvinko entertained St. Louise Manor residents with some piano favorites, and invited the St. Louise harmonica players to join him for a rock and roll/blues rendition of "You Ain't Nothin' But a Hound Dog." The harmonica group recently added a rhythm section and is now playing under the name Spontaneous Combustion!

Golden Oldies Café Coordinator Vicki Considine recently recognized the James G. Johnston Memorial Nursing Home residents who volunteer their time to fold café takeout bags by presenting each with gift cards for free ice cream at the café.

The butterflies are back at St. Louise! The painted lady butterfly caterpillars arrived in mid-July and staff and residents will be tending them in the activities area for about three weeks. When they hatch from their chrysalides, they will be released into the flower garden. Watch our Facebook Page for a release date announcement!

Donating to the Homes

If you would like to make a donation or consider a planned gift to United Methodist Homes, please call Bonnie Slocum, Director of Planned Giving, at (607) 775-6400, ext. 281.

Checks may also be mailed to 10 Acre Place, Binghamton, NY 13904.

Halupki, golakbi, gwumpki... they all spell "yummy."

St. Louise Manor resident Marge Kozik recently taught Dining Services Manager Bobby Yacuzzo the "right" way to make halupki! She begins with celery stalks, cabbage leaves and fresh parsley in the bottom of the pot, with the halupki rolls layered on top and everything boiled in tomato juice thinned with water. St. Louise residents enjoyed the cabbagey treats as a pre-dinner hors d'oeuvre that evening.



You've Got to Roll With It

On June 15, St. Louise Manor residents enjoyed cooling off with "tin can ice cream." To make the frozen treat, a small metal coffee can is filled with milk, cream, sugar and vanilla and placed inside a larger coffee can. The space between the cans is filled with crushed ice and rock salt. Residents take turns rolling the can back and forth across the table – the constant agitation of the salt and ice lowers the temperature of the inner can, turning the ingredients into ice cream! While rolling, participants reminisced about all sorts of ice- and ice-cream-related memories, such as making ice cream the old-fashioned way in a wooden churn, home delivery of ice blocks for the refrigerator, ice-cutting on Cutler Pond, and Magic City Ice. New St. Louise Manor resident Norma Ayers is shown taking her turn rolling the can.



Crystal Band Performs at Wesley Village

On June 26, Wesley Village residents enjoyed music by the Crystal Band of Scranton, which has been a part of northeastern Pennsylvania's musical tradition of since its founding in 1879 as a boys' brass band. Today, the 60-member, all-volunteer band includes woodwind, brass and percussion musicians ranging in age from high school students to retirees. They perform a wide variety of favorites, including Broadway, light classical, big band and holiday music. Partridge-Tippett Nursing Facility residents (background) enjoy the show as clarinetist Ashley Lovejoy (left) and bass clarinetist James Daly (right) play. For more information about the band, visit www.crystalband.com. The performance was sponsored by the Friends of the United Methodist Homes of Pennsylvania.



Tunkhannock Employee Appreciation Picnic

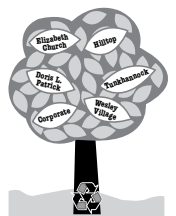
Tunkhannock staff enjoyed an employee appreciation picnic on July 8 in the lower-level activity area. The menu included grilled shrimp, steaks and salads.



Shown enjoying the event are Dietary Directory Fran Barbaro (standing) with her daughter Caterina Barbaro (left) and granddaughter Arianna Barbaro (center).

Eco Tip: Use Less Water

Water conservation is always important, but especially so in the warm summer months. Some water-saving tips: Take shorter showers. Shut off the water while you brush your teeth. Only run full loads of laundry and dishes. Use "gray water" (runoff water from your shower or clothes washer) to water your garden.



This tip brought to you by the United Methodist Homes Green Team.



Interact with us on Facebook!

See additional photos from events featured in *Seasons*, get alerts about upcoming events and much more! Visit www.facebook.com, create an account if you don't already have one, and interact with United Methodist Homes!



Letters of Appreciation

To the Tunkhannock Campus

Just a quick note to say thank-you once again for your time and your hospitality last week in affording my mother and me a thorough tour of Tunkhannock Manor. I'll be in touch when, and if, mother decides it is time for her to relocate.

To the Hilltop Campus

I wanted to let you know how much help Social Worker Angela Davis has been to me since Mom moved to the STAR Unit. She was a tremendous help during the transition and just helped us out again when the lens for Mom's good eye popped out of her glasses and they were unable to find it. Angela found out exactly what insurance Mom had, and that Roberts Eye Care accepted it. Sandy made an appointment for Mom and is making arrangements for the Medi-Van for transport. Roz, also, has been there every step of the way starting with Mom's transfer to the STAR Unit. Without the help of all the managers, nurses, aides, and event planners at Hilltop, Mom wouldn't be as content as she is and my stress level would be extremely high. So just in case I forget to say "thank you" more often, I wanted you to know how much I appreciate the help we have received. The Social Work department has helped me the most, with Aaron Ampula leading me in the right direction from the start and helping me throughout the process. Everyone on the first floor assisted living, the SUN Unit and now the STAR Unit has helped Mom adjust to her surroundings and become content with her living arrangements. They have all been loving and supportive to her. Our entire family appreciates all the love and care the staff have given Mom in the past and continue to give her.

To the Hilltop Campus

Whatever words I write here will not be adequate to express my thanks, but please know they are sincere and heartfelt. You took such good care of my mom during a very challenging time. When I could not be there, I knew that she was safe and well cared for. She received such professional care in rehab. Your jobs are not easy, and it takes special people to work with the elderly. Please know that what you do makes a significant difference in the lives of those you care for, as well as their families. Mom is so happy to be home. She is doing well. Thank you to each of you!

To the Hilltop Campus

Thank you Reverend Diane Prentice and Reverend Lea Harding for the prayers you said with us and for my dad during the final day of his life. It helped to talk and to pray. I know my dad could hear us. God bless you both for all your kindness.

To the Hilltop Campus from a resident

Thank you to Brian and Brian in maintenance – you did a great job!

To the Hilltop Campus

Thanks to Anne for your professional and caring help to us and our mother during her stay at the rehab center. You were a great help in assisting us in all matters. Thank you again for all your kindness.

To the Hilltop Campus

Thank you to the nurses, aides and staff for all the love and care you gave our dad during his stay in rehab.

To the Hilltop Campus

Thank you to Cindy, Colleen, Donna and everyone for your kindness, concern and care for my loved one over the years. He was so fond of all of you. You are such a wonderful group of caregivers and we were blessed in a special way by all of you.

To the Hilltop Campus

Our family wishes to thank everyone at Hilltop who took such good care of our mother. We never worried about her while she lived under your care – from an apartment in the east side to adult care and assisted living in the west side and finally to the nursing home – all the nurses and aides were wonderful to her. She loved you all! Special thanks to Reverend Lea Harding for being there when we needed her. Please know we thank you from the bottom of our hearts. May God bless each and every one of you.

Wesley Village Voted Best Nursing/ Retirement Home in Greater Pittston Area

Congratulations, Wesley Village staff!

Readers of *The Wilkes-Barre Times-Leader* and *The Pittston Sunday Dispatch* recently voted United Methodist Homes' Wesley Village Campus the "Best Nursing/Retirement Home" in the Greater Pittston area. On July 21, the publications recognized winners from all categories during an awards banquet at St. Maria Goretti Church in Laflin. A special section in the July 25 edition of the *Sunday Dispatch* highlighted each winner and runners-up.

Said Administrator John Lopatka, "I'm so pleased that our staff members offer such excellent care and services that members of the community have voted us the best nursing/retirement home in the Greater Pittston area. Our goal is to consistently go above and beyond in the care we provide."

is published monthly for the staff, residents, family members and friends of United Methodist Homes. Please direct all inquiries about *Seasons* to Sarah Soden, Director of Marketing and Public Relations, at 10 Acre Place, Binghamton, NY 13904. If you no longer wish to receive this publication, please call Sarah at (607) 775-6400, ext. 288. If you are receiving duplicate copies of the newsletter, please let us know so we can amend the mailing list.

Visit our website at www.unitedmethodisthomes.org to view contact information for each campus, as well as monthly activity calendars, news releases, or to view back issues of the newsletter electronically.

Visit our Facebook Page for updates, event info and photos. Go to www.facebook.com and search for United Methodist Homes.

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ICE CREAM Truck



at Wesley Village

Summer has officially started at Wesley Village when the ice cream truck arrives! On June 25, 195 residents, staff and volunteers from Myers Manor, Anderson Personal Care Facility and Partridge-Tippett Nursing Facility selected sweet treats from the truck and then enjoyed them in the dining room while listening to Tony Bennett tunes. According to Activity Director Tami Chesniak, the residents can't wait to see the smiling face of Travel Twist Ice Cream truck owner Erin Yatsko each summer. Shown with the truck are (from left) Partridge-Tippett Nursing Facility resident Marion Perks, Travel Twist assistant Grace Kuschke, junior volunteer Nicole Romanowski, Partridge-Tippett Nursing Facility resident Florence Bone and junior volunteer Melissa Romanowski. Nicole and Melissa are the daughters of Activity Aide Nancy Romanowksi and are also Girl Scouts.

