

Brooks Estates residents on the go

Members of the Brooks Estates activities committee, along with campus life coordinator Lindsey Maslar, posed for a photo (right) after a recent meeting at the Irene Raeder Community Center at Wesley Village. The informal group gets together the first Tuesday of every month to plan upcoming outings and events. These include cookouts, movie nights, fishing trips, baseball games, ice cream excursions, snack-and-chat sessions, book club and more. "We just want to have fun," one member said. Call Lindsey at 570.655.2891 x230 to learn more.



New Assisted Living Residence enables 'aging in place'

Aging in place is a term commonly heard these days, and it is an important consideration for all of us as we grow older. Now it's a meaningful new option available to adult care residents of our Hilltop Campus in Johnson City.

"Adult care residents regularly asked whether it ever would be possible to stay in their current room even though their health needs were changing and they needed an increased level of care," says John Lopatka, executive director of UMH's Hilltop Campus. "Up until now it couldn't be done."

However, changes in New York laws enabled UMH to pursue licensure as an Assisted Living Residence (ALR). With this new designation approved by the state, these Hilltop residents may continue

to live in their same room while receiving the higher level of care they require.

ALR's many benefits include the convenience of not having to relocate within our Hilltop campus, maintaining the continuity of friendships with your closest neighbors, the overall peace of mind that comes with the routine familiarity you have with a space you've lived in for an extended period, and a seamless transition to the next level of care when that time comes. UMH's rates for Assisted Living Residence also are lower than other comparable facilities in the region.

"We're very pleased to give our adult care residents exactly what they've wanted," John says.

Triple Aim is changing the healthcare landscape



Sustainability. We're hearing about it in the news nearly every day. Whether the term is applied to the production and consumption of oil and food, the availability of clean air and water, or the viability of our nation's financial institutions and economic structure, sustainability now applies to the field of healthcare and senior living organizations such as United Methodist Homes.

The healthcare world has reached a critical crossroad. The old ways are no longer sustainable, so new ways must be found to meet the health challenges of the future. Those challenges are being driven by the Triple Aim. It's a new term for many people, but it is one that will become very familiar to us because it represents the reality facing everyone in this field—hospitals, nursing homes, family physicians and other providers.

The IHI Triple Aim is a framework developed by the Institute of Healthcare Improvement that is focused on optimizing the performance of health systems. The Triple Aim simultaneously pursues three dimensions: improving the satisfaction and quality of a person's healthcare experience; improving healthy outcomes in the communities served (population health); and reducing healthcare costs. The Triple Aim recognizes that reimbursement systems—the way United Methodist Homes and other providers get paid by the government and other insurers—need to change dramatically.

Quality measures and other performance-based statistics carry newfound meaning, with serious financial and operational implications for results that are not aligned with targeted outcomes producing value-based care.

All of this means that partnerships and collaboration, in all of their many forms, will be the way our work gets done, whether it's at the institutional levels or on the units, where hands-on care is the essence of our daily efforts.

Simply put, the new norm of the Triple Aim is about doing our work better, faster, and at lower cost, but our commitment to each of you—residents, families, staff and other stakeholders—is that we will do so in a manner consistent with the mission, vision and values of United Methodist Homes. It's where we're headed, and we'll need everyone on board in order to get there.

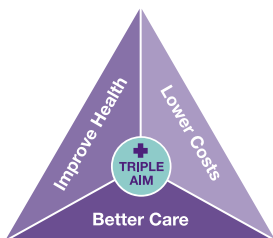
Brian Picchini, President and CEO



Estelle H. Andrews Friendship Room at Wesley Village



Second floor Anderson Lounge at Wesley Village, in honor of Jeff & Jo Ann Dickson



UMH residents help 'neighbors' at local dog shelter

Acts of kindness and generosity come in many forms, and they occur for many reasons. One recent display by residents of Elizabeth Church Manor benefited the four-legged guests of the Broome County Dog Shelter. "Our residents are aware of the shelter," says Diana Husnay, ECM activities director. "The facility is near our campus, and some of them wondered about the dogs that pass through on a regular basis. We investigated and shared what we learned." What they found is that the shelter is always in need of donations, particularly dog treats, blankets, Dawn detergent, Clorox bleach, and leashes and collars. The residents

of ECM decided to do something about it.

During the winter the activities team, which includes Ellie Johnson, Maureen Gilbert



Residents and staff delivered gifts to the shelter

and Pam Kettle, organized several baking sessions for a regular group of residents. They got together to knead and shape some high-quality home-made dough—prepared just for dogs using recipes from the *Healthy Doggie Biscuits* book. "A key benefit of this activity is the tactile nature of working with the dough," Diana says. "It can be very rewarding,

particularly for those who have done some baking in the past. People really come alive during these hands-on sessions."

In the spring the group visited the shelter to deliver about 40 dozen of the lovingly made treats, along with blankets and other items. They also spent time with some of the excited dogs. "This project has provided such a powerful reminiscence opportunity for our residents," Diana says. "We've talked

about pets they've had, and using the rolling pins on the dough recalled time spent in their own kitchens cooking for their families.

These are all such fond and personal memories."



Resident Maria Holovka rolls dough for dog biscuits



NYS Senator visits Hilltop Campus

United Methodist Homes CEO Brian Picchini hosted NYS Senator Fred Akshar's "pop-up office" meeting at UMH's Hilltop Campus in Johnson City. More than 80 Hilltop residents and local community members met in the newly-renovated auditorium for a 90-minute visit with the new senator. He offered a personal perspective on his first months in office and fielded questions on a wide variety of topics. Constituents were treated to fresh-made popcorn, courtesy of Senator Akshar.

Tunkhannock Campus of
United Methodist Homes



Photo by
Molly Darrow/Fox 40



Resident raises money for holiday gifts

Coloring is experiencing a resurgence as a recreational activity, and it's no longer just for kids. Its popularity has skyrocketed recently, particularly with adults. Hilltop resident Mary Prislupski is an artist who, until recently, did "her scribbles" only for residents and staff. Mary draws people, animals and landscapes, and she works strictly from memory. Earlier this spring she created her own original-art coloring book, which she signed and sold in a fundraising event covered by local media. Any money she raises goes toward the campus gift-giving program, which ensures that every resident will receive a wrapped Christmas present. If you'd like to buy a copy of Mary's coloring book for just \$5, call activities director Faye Clark at 607.798.1002 x205.

United Methodist Homes Foundation

"God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, gentle, and self-controlled. There is no law against behaving in any of these ways."

Galatians 5:22-23 (CEV)

This scripture comes to mind when I reflect on my first six months.

Here are a few reasons why:

- **Loving** – I was fortunate to be raised in a United Methodist Family (my Dad was Rev. William Highfield; my Mom is Carol Highfield). There was a lot of love shared in my family and with our many church families. I have witnessed a lot of love shared on our campuses!
- **Happy** – I am happy to be working here; I see a lot of happy staff and residents when visiting our campuses.
- **Peaceful** – the feeling I get when walking into our facilities.
- **Patient and Gentle** – traits I have witnessed from all staff. Whether it's a bingo game at Wesley Village or visiting a resident and her daughter

on a memory care unit! Special thanks to colleagues who have helped me with not getting lost too!

- **Kind and Good** – raising money isn't always easy. Our donors are generous and our board members are faultless when it comes to spending our funds in the best manner possible!
- **Self-controlled** – staff understand the importance of their 'calling' and are disciplined in making sure the resident's needs come first!
- **Faithful** – I am glad to be a member of such a devoted staff; a dedicated board of directors and most importantly—working for and with our beautiful residents and their loved ones!

– Submitted by Ann Lomonaco,
Director of Development

UMH is top corporate supporter for Alzheimer's Walk

Nearly 150 people representing United Methodist Homes – residents, staff, families and friends – were led by CEO Brian Picchini in the 2016 Walk to End Alzheimer's at Otsiningo Park in



Brian and CEO Catherine James of the Alzheimer's Association, CNY chapter, cut the ribbon to kick off the walk

Binghamton, with UMH as the event's Presenting Sponsor. Team UMH, organized by Sharon Hauver and clad in cardinal red shirts, was the top corporate supporter, raising nearly \$7,000 for the Alzheimer's Association, Central New York chapter.

Don Prutisto was UMH's leading fundraiser. More than 600 participants from 56 teams generated over \$60,000 locally for Alzheimer's support, care and research.



UMH residents are ready for the walk

Excellus BlueCross BlueShield award helps Hilltop residents

United Methodist Homes received a \$4,000 community health award from Excellus BlueCross BlueShield. The funds enabled the purchase of a SCIFIT PRO1 upper-body exerciser for the wellness program at our Hilltop Campus. The versatile new machine can improve strength, endurance, flexibility, mobility and balance. It can be used seated or standing, and it is wheelchair accessible and fully adjustable to ensure a proper fit for users of all sizes



Hilltop resident Grace Kosik (seated) demonstrates the PRO1 for Robin Chodkowski, trainer; Ed Betz, UMH Foundation chairman; Christa McEwan, trainer; and Ann Lomonaco, development director (missing: Melissa Klinko, regional communications manager, Excellus BCBS)

and abilities. The application for funding was developed collaboratively by Ann Lomonaco, UMH's development director, and Vinni Wingell, Hilltop's wellness director. The Excellus BCBS community health awards are for nonprofit organizations in their 31-county upstate New York Region and are targeted for programs that have clear goals to improve the health or health care of a specific population. Additional funds were provided by the UMH Foundation.



Caring. Connecting. *Community.*

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News & Notes

Marcia Richards is the new administrator of our Hilltop Campus... Annual employee recognition events were held on each campus recently, with more than 100 individuals being honored. **Those celebrating 25+ years of service included:** Corporate—**Joann Dudek** and **Sal Lamantia**; ECC—**Claudia Brown** (50 years!), **Kim Garey** and **Cheryl Knapp**; Hilltop—**D.S. Holmes**, **Michael Mclaughlin** and **Sandra Rought**; Tunkhannock—**Janice Corby**; Wesley Village—**Diana Basham**, **Sally Krause** and **Audrey Zeller**... **Heather Shabazz**, LPN, is the new staff educator in the staff development department at Wesley Village. In her seven years at UMH she has worked as a staff nurse and wound care nurse... **Shane McGuire**, CPA and vice president of finance, is a

2016 graduate of the Broome Leadership Institute. He is a Keystone College alumnus and serves on several of their boards and the SUNY Broome Foundation board... **Refer a friend and earn a bonus!** United Methodist Homes employees are our greatest assets. If you're an employee who knows an RN, LPN, CNA, HHA or PCA like you – someone who truly values the real meaning of Caring, Connecting, Community for residents and co-workers alike – then we want to talk. Make a referral today through our Employee Referral Program. "If your friend is hired and works six months at a UMH campus, you'll get a \$100 bonus," says **Dave Cawley**, UMH recruiter. Visit UnitedMethodistHomes.org/employment/ to have your friend apply (and mention your name).

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