

engage!

United Methodist Homes
of New Jersey



Theme: Alternative Therapies

Nature Improving Human Health

Music and Memories

Yoga for an Active Life

Editor:
Janet M. Carrato

Composition:
The Merz Group

Photography:
Michael J. Booth
Tom Darcey
Lynda Hamrick
Kathy Lewis
The Merz Group
Mary Patichio
Marc Rosenthal
Mary Kate Somers
Pat Zackman
Joseph Zahner

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Cover Photo:
Phyllis Schmidt, a retired art teacher and Bristol Glen resident, gardens outdoors in warm weather.

A LETTER FROM THE EDITOR

Alternative medicine is formally defined as any of various systems of healing or treating disease (as homeopathy, chiropractic, naturopathy, Ayurveda, or faith healing) that are not included in the traditional curricula taught in medical schools of the United States and Britain. According to the *National Health Statistics Report*, the complementary and alternative medicine industry generated roughly \$40 billion in annual revenue in 2007. Since the counter-culture of the 1960s, Americans have been incorporating non-traditional approaches to living and health.

In response to this shift, holistic practices have grown as well as companies offering nutritional and supplemental products. Designed to promote wellness, and when appropriate, healing, alternative therapies fall within United Methodist Homes' policies, clinical programs and community life offerings.

This issue, as well as future blog posts (see page 12 for complete listing) cover pet ownership and therapy, yoga, exercise, horticultural therapy, T'ai Chi, art therapy, meditation, and customized worship services. Also, culinary strategies to improve health and nutrition, could be considered alternative. I personally subscribe to a daily regimen of dark chocolate and listening to music.

Do you enjoy pats on the back, hugs, holding hands and other everyday social touch? Research has shown that friendly platonic touching can lower stress and promote feelings of well-being. Undoubtedly, touch remains important throughout the spectrum of human experience.

Realizing the vital impact of pets, the Homes permit residents to own small animals providing they are able to care for them. Visiting the doctor less often and using less medication, just two proven benefits of pet ownership, underscore these bonds. In fact, greeting card companies market sympathy cards for those who have lost pets.

Whatever your alternative practices, I wish you good health and vitality!



Janet M. Carrato

PROFILES IN PHILANTHROPY THE GRAHAM COMPANY

By Kevin Daly



Good corporate citizens have been making social and financial contributions to the mission of United Methodist Homes of New Jersey for many years now. Like individual donors,

they stay involved with the Homes. The Graham Company of Philadelphia, Pennsylvania, has established a great partnership with the Homes — one they feel extends beyond the Home Office and directly into the individual communities across the state.

Thomas P. Morrin, a vice president with The Graham Company, is responsible for leading and growing the relationship between the employee and insurance benefits broker and the Homes. "I think we've established a very secure foundation upon which to build a long term relationship. We like to build relationships that are both wide and deep."

Tom affirms that The Graham Company understands the mission of non-profits and long term care industry in general and that knowledge helps enhance their client relationships. He views it as a year-round effort fostered

by multiple individuals at Graham involved with all of the Homes' communities.

The efforts of Tom and the team at Graham, specifically tailored to the Homes, lead to a stronger and closer relationship. That in turn, directly relates to Graham's corporate contributions in support of the Homes. "We certainly don't do it reluctantly. We participate with all of our customers in sponsoring their missions," says Tom.

Knowing current population demographics and future projections, changes in the senior care industry, and the explosion of the senior services sector, reveals that a lot of people will need some type of long term care. Continuing cutbacks in insurance reimbursements and other related challenges facing the senior care industry are having a direct impact on the growing level of uncompensated care that the Homes has to cover. Tom reflects, "We see it as vital that we support your mission."

Tom feels that Graham has been hired to act as a guardian of the Homes' resources, positively impacting all its employees and the residents. "We are part of the Homes' team and we know that we need to be supportive. We think it's a great relationship because UMH is constantly striving to get better." The Homes couldn't have a better partner.

Kevin Daly is Legacy Advisor for the United Methodist Homes Foundation.

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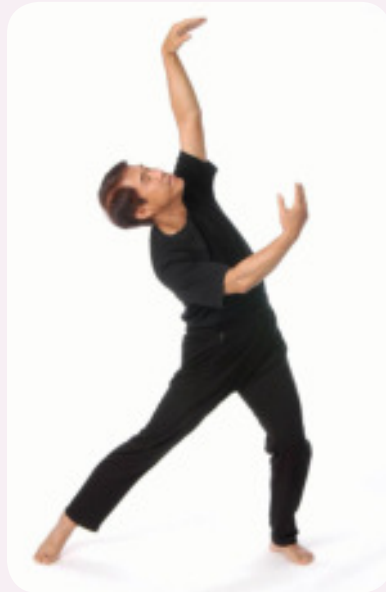
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FEELING BETTER ALL THE TIME ... THROUGH EXERCISE

By Jessica Martin



Most Americans have been told that exercise is beneficial for healthier living. What does that look like? It is supposed to be important, but why?

Different types of exercises have different purposes and outcomes. For example, lifting weights strengthens your muscles and bones while cardiovascular exercise strengthens your heart and lungs. Exercise can also offer non-physical benefits as well.

Taking care of yourself through exercise and healthy living will help you feel better about yourself, increasing self-esteem. When you feel better about yourself, you enjoy life more. That is one of the best benefits that exercise can give you.

Exercise can help manage stress and anxiety in several ways. Doing an enjoyable activity or class can take your mind away from stressful situations, at least temporarily. Add in some fun music and you could recall a happy memory or just sing along with a favorite song.

Exercising your muscles and bones can help release tension from your body and also give

you feel-good hormones that counteract stress. Although all exercise is capable of this benefit, yoga and T'ai Chi in particular, specialize in gentle movement, breathing and focus. These techniques can be very useful when practiced outside the exercise class as well.

Your body is designed for all dimensions to work together: physical, intellectual, emotional, spiritual and social. For this reason, it is important to think of yourself holistically or as a whole, not simply as taking care of the physical aspect. But ... by exercising the physical side, ALL the other aspects of YOU will benefit.

So, for a happier, healthier you, my advice is to start moving. Talk to an exercise professional about what type of exercise will best meet your needs. Most of all, enjoy what you choose!

Jessica Martin, MSOL (Master of Science in Organizational Leadership); ACE (American Council on Exercise) Certified Personal Trainer and ACE Health Coach; is the Senior Fitness Specialist at The Shores at Wesley Manor (Alliance Rehab).



For nearly half a century, Wayne Ford, affectionately known as Papa San, keeps fit through the martial arts.

ARTXPRESS AT WESLEYAN ARMS

By Dee Carmichael and Mary Patichio

The Arms Café at Wesleyan Arms, one component of the Homes' organization-wide Home and Community Based Services, offers a varied menu of offerings each week. Among those which have come to fruition through The Arms Café organizing team, ArtXPress, led by resident Wesley Fox, uses fine art therapy to help Wesleyan Arms' residents as well as older adults in the Red Bank area destress and socialize.

The monthly classes, guided by Wesley's patience and skill, foster a contemplative environment. Peaceful classical music playing softly in the background encourages



Elzbieta Masloska and Iran Behzadifard paint sunflowers during an ArtXPress class at The Arms Café.

introspection of thoughts and feelings, giving way to creativity. Various media such as oil paint, pastel chalk and other materials allow participants access to a broad range of experiences.

To the pleasure of all the students, The Arms Café team is compiling the body of work for public exhibition at the conclusion of their first year. Standby for an announcement this spring!

Dee Carmichael is Administrative Assistant at Wesleyan Arms.

Mary Patichio is Social Service Coordinator at Wesleyan Arms.



Wesley Fox, leader of ArtXpress and Wesleyan Arms' resident, at the grand opening of The Arms Café in June 2015.

T'AI CHI CHIH ANYONE?

By Lynda Hamrick

Collingwood Manor's weekly onsite T'ai Chi Chih classes are offered to residents as well the outside community, in partnership with Lourdes Wellness Center. T'ai Chi Chih is easier to learn and practice than other T'ai Chi forms. Its 20 movements, which can be practiced throughout one's lifetime, create an experience for more abundant health, harmony and balance.

The gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. Those who practice T'ai Chi Chih have realized many physical gains: regulating blood pressure, modifying body weight

and growing bone density. Emotional benefits include a greater sense of serenity amidst activity, increased alertness and increased energy and focus.

Consistent with T'ai Chi Chih's meaning, "an intuitive knowing of what is real," the spiritual gifts of T'ai Chi Chih generate a deeper sense of what is real. Used as a preparation for prayer, this body movement meditation gives a greater sense of clarity and inner peace.

Lynda Hamrick is Director of Community Life at Collingwood Manor.

Watch for the Spring 2016 engage!:
Community Outreach and Industry Trends

MUSIC & MEMORIES

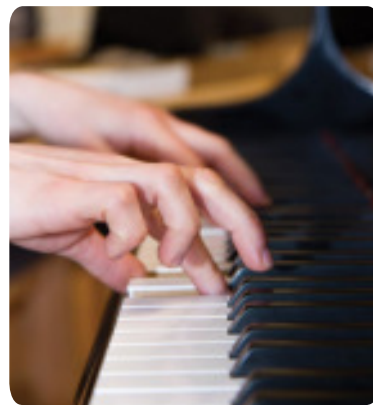
By Kevin Daly



“Faith is the last thing that is let go of before one passes.”
-Rev. Todd Lattig

Such is the idea behind the Music and Memories program led weekly at Bristol Glen by its Chaplain, Rev. Todd Lattig. His predecessor, Rev. John Callanan, now corporate director of mission and pastoral care, started Music and Memories.

Conceptually, the program serves residents who despite memory loss, still hold onto their faith. The familiarity of the music, prayers and gospel readings enable residents to connect at a more spiritual level.



Through the use of familiar scripture, hymns and prayers, Rev. Lattig uses all of these pieces in a worship service setting geared toward memory support. He has observed that some people are able to cognitively connect to the scripture lesson and the message while others are not, dependent upon their level of memory loss. However, they all start singing together when they hear the hymns.

Rev. Lattig says, “We’re providing a safe space and worship environment for people with memory support challenges. The service has evolved over time, but it has always been designed to be a worship service.”

Memory Support, healthcare and a few assisted living residents participate — these individuals have shown spirituality in the past. Some Bristol Glen associates have helped to identify residents for the service, while others self-identify. Similar to the idea of the approach taken in the Memory Support Residence, Rev. Lattig tries to provide consistent structure to the service. It normally consists of an opening hymn and prayer, God’s scripture for the day, Doxology, Psalm 23, Apostles’ Creed, Gloria Patri, benediction, and closing prayer with traditional hymns interspersed throughout.



Rev. Lattig notes, “We often relegate people to what we know about them —we put labels on them unintentionally.” He strongly feels the beauty of this service and of spiritual life typically, better enables getting to know people on a general level.

Rev. Lattig believes you see the core of that person when they are pouring out their heart to God. “Even if they can’t remember their past, they remember who God is and at the deepest level, you see the child of God that existed from birth until now, singing and connecting. You see the human being for who they are and not where they are.”

Kevin Daly is Legacy Advisor for the United Methodist Homes Foundation.

Mission statement:
Compassionately serving in community so that all are free to choose abundant life.

EYES FIRST

By Jane H. Keiner



Residents in the later stages of dementia often present with a variety of swallowing problems, but thanks to Sodexo, our dining services partner, they can enjoy appropriate and appealing menu items which also maintain adequate nutritional intake. The appearance of the food as well as the aroma stimulates the production of saliva and prepares the resident to chew and swallow. Jane H. Keiner affirms, “We first eat with our eyes. It needs to look good and then taste as good as it looks.”

Great care and thought goes into reaching our goal to serve foods at the proper temperature and texture for a positive dining experience. Choices follow the regular menu as closely as possible and preparation involves modification specifically to meet individual needs and remedy common impediments: difficulty keeping food in the mouth, less saliva production to help break down food, impaired ability to move the food with the tongue or a delay in the involuntary swallowing movement.

While these steps do not fall strictly under the realm of science, these alternatives are both important and essential. For example, some foods may need to be

chopped or ground and served with a sauce or gravy. For those who require a smooth texture, foods can be pureed. Liquids including soups and beverages can be thickened as needed to slow the swallowing rate and prevent aspiration.



It is always important to remind the resident what food item is being served especially if the texture has been modified. Food acceptance and nutritional intake improves when the resident can anticipate what the food will taste like when eaten.

Jane H. Keiner, R.D. C.S.G. L.D.N is Regional Nutrition Manager for Sodexo Senior Living.

Praise Moves at Covenant Manor

By Keisha Mapp



Every Friday, Covenant Manor residents participate in Praise Moves, an alternative to yoga, under the leadership of a certified instructor. Resident feedback indicates that Praise Moves represents a holistic healing mode, allowing them to join together apart from their daily routines.

Its’ prayer and meditation benefit residents, bringing instant gratification and releasing everyday stress. In the privacy of the Community Room, Praise Moves encourages and reinforces their goal for daily activity — health and wellness.

Keisha Mapp is Social Service Coordinator at Covenant Manor.

SAMMY AND BETTY = PURR-FECTION

By Tamika Jackson-White



Pets immensely improve residents' lives: give them love, make them feel protected, alert them to danger, and more importantly, provide constant companionship. At PineRidge of Montclair, Betty Lozano, the proud owner of a beautiful black cat named Sammy, loves her and feels confident that her cat loves her, too. As part of the Lozano family for 15



Betty and Humberto Lozano with their beloved cat, Sammy.

years, the bond between Betty, her husband, Humberto, and Sammy cannot be overstated.

Betty often tells stories of Sammy, whom she refers to as her baby. Sammy diligently wakes Betty up every morning. He gets upset when she leaves home without him and in protest, begins dragging her clothes all over the floor. She has even reported that Sammy calls her, "mama." Although she knows it sounds far-fetched, witnesses have vouched for this claim.

Most importantly, Sammy provides constant companionship for Betty. Needless to say, Sammy provides warmth, love and nurturing companionship. She's a prime example of how pets can impact a person's life.

Tamika Jackson-White is Social Service Coordinator at PineRidge of Montclair.

Pet Owners...

Visit the doctor less often and use less medication.



On average, have lower cholesterol and lower blood pressure.

120
80

Recover more quickly from illness and surgery and deal with stress better.



Are less likely to be lonely.



THE WONDER OF MASSAGE THERAPY

By Lynda Hamrick



Realizing the benefits of massage therapy in the elderly, Collingswood Manor offers basic massage primarily to healthcare residents, but also to others upon request. Gentle massage techniques on the hands, arms, back and neck using light lotion and heat wraps, has proven advantages, such as improving circulation and joint movement, helping to relieve muscle and joint soreness, and alleviating depression and anxiety. Massage comforts through touch and promotes overall wellness.

Lynda Hamrick is Director of Community Life at Collingswood Manor.

GRACE AND JACK

By Mary Kate Somers

Jack, a 7-year-old Papillion, lives at The Shores with Grace Loyle. Grace adopted him from the SPCA's South Jersey Regional Animal Shelter before moving to The Shores. At age 6, Grace got her first dog, an Alaskan Malamute named Fluffy.

"Jack is very smart and even knows how to tell time. Every night at 10:00 he comes out and looks at me as if to say 'It's time to go to bed,' but in his defense, he lets me sleep in the morning," Grace proudly reports.

In the morning Jack and Grace walk to the bay and in the evening, to the ocean. The pair took part in fundraising for the Homes' Walk for All Ages with The Shores' Walking Club. The group walked the equivalent of the distance between Ocean City and Ocean Grove, where the event occurred.

Grace states, "Everyone knows Jack. People speak to him before they speak to me. 'Hi Jack ... Oh, hello, Grace.'" Some even refer to Grace as Jack's mom, not even knowing her name. Whether it is a therapy dog, a service dog or just a much loved pet, the benefits of pets are truly therapeutic.



Mary Kate Somers is Director of Community Life at The Shores at Wesley Manor.

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Hawks & Company is a strong strategic partner of United Methodist Homes of New Jersey and an equally strong supporter of the Foundation and Fellowship Fund.



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YOGA FOR AN ACTIVE LIFE

By *Tamika Jackson-White*

Doctors beseech seniors to get more exercise as they age. To help their residents live a more active lifestyle, PineRidge associates proactively established chair yoga as a form of exercise and alternative therapy. Once a week, the residents can participate in chair yoga and meditation therapy with a certified instructor. They have been extremely receptive and appreciative of this optional program and look forward to it every Monday.

One senior's testimony lauds its outcomes, "There are just so many benefits from chair yoga. Kim is an excellent instructor and we learn a lot from her. As a matter of fact, I now do the stretches she taught us every morning. Now my joints feel looser; I can bend down with more ease; and my body doesn't ache as much as it once did. I am grateful for this program and hope it never goes away."

Tamika Jackson-White is Social Service Coordinator at PineRidge of Montclair.



Whether you choose chair or traditional yoga, all promote increased flexibility, strength and movement. Theresa Conlon, registered yoga teacher, progresses flawlessly through her routine.



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NATURE IMPROVING HUMAN HEALTH

By Alice Coghill



Otto Stahle, a Pitman Manor resident, beams as he admires the fall flower arrangement he created in November 2015. Beverly Agard, a registered horticultural therapist, leads the class each month.

Horticulture has been used as therapy for centuries. In 1798, Dr. Benjamin Rush, a signer of the Declaration of Independence, wrote that gardening improved the conditions of mentally ill patients. Gardening as a means of physical and occupational rehabilitation was employed in U.S. Veterans Administration hospitals for returning World War II veterans. The idea of using nature to improve human health and well-being gained credibility through research in the '70s and '80s.

The American Horticultural Therapy Association cites the following benefits of horticultural therapy:

- Enhance self-esteem
- Alleviate depression

- Improve motor skills
- Provide problem solving opportunities
- Encourage work adjustment
- Support social interaction

Many long term care communities use gardening and horticulture therapy to help residents become re-involved with life. At Pitman Manor, residents enjoy monthly classes taught by Beverly Agard, a registered horticultural therapist. Sometimes, as a bonus, residents can sample the fruits or vegetables of their labors.

While people of all ages and abilities can profit from simply viewing and growing plants, the advantages of people-plant interactions can be focused and enhanced with guidance from a horticultural therapist. Adaptive tools and therapeutic gardens often lend an even greater degree of accessibility and long lasting benefit.

Alice Coghill is Marketing Coordinator at Pitman Manor.



Francis Asbury Manor residents maintain a garden, growing squash and other vegetables, flowers and herbs. In addition to plants at ground level, raised beds yield easy access.

Visit any of the full service community websites (back cover) and click events to see the current month's calendars including dates for the free Open House and Lunch and Learn events.

We invite you to review, like, comment, and share with us on any of our Facebook pages, including Facebook.com/UMHNJ.



MORE ON ALTERNATIVE THERAPIES TO FOLLOW ON THE UMHNJ BLOG...

January 26

Glossary of Alternative Therapies

February 9

When Words Fail: The Power of Music

February 23

Ozzie and Harriet, Bonnie and Ray

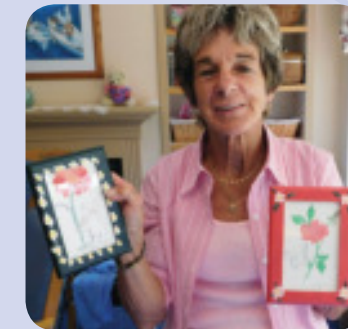
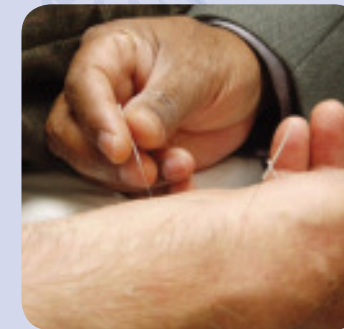
March 9

Creating Multi-Dimensional Memories

March 22

Doggone Awesome & Pet Therapy 101

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DELICIOUS DARK CHOCOLATE; WHAT YOU NEED TO KNOW

By Stephanie Coutros



You have probably heard the age-old saying, “an apple a day keeps the doctor away,” but has anyone ever told you that the sweet treat, dark chocolate, could improve your health as well?

Studies suggest that eating raw unprocessed cocoa, a natural rich source of flavanols, can positively increase energy levels, raise exercise stamina, and improve other measures of heart health in inactive older adults. In fact, numerous studies have demonstrated that cocoa flavanols, found in dark chocolate, can relax the arteries, decreasing blood pressure; increase blood flow to the brain, improving memory and thinking skills; and suppress the production of stress hormones, thus decreasing stress and improving one’s mood.

Now before you run out to purchase and devour an entire bag of M&M’s®, you need to be aware that most chocolate companies remove the many antioxidants that would provide any health benefit. Since most people find the flavanols very bitter and undesirable, they are removed during processing.

If you are interested in adding chocolate into your healthy lifestyle, look for non-alkalized dark chocolate containing 70% cocoa content or higher. The higher the cocoa content, the more antioxidants the chocolate contains. And while most dark chocolate contains added sugar, make sure it is not the main ingredient. Lastly, it is recommended to limit your cocoa intake to one ounce a day — just enough to curb your sweet tooth.

Therefore, if you want to enjoy chocolate without the guilt – then go for it! Better yet, how about treating yourself to some dark chocolate dipped apples?



Delicious Dark Chocolate Dipped Apples

Prep Time: 30 minutes
Cook Time: 60 minutes
Total Time: 90 minutes
Yield: 6 apples

Ingredients

6 apples
1 bag 70% dark chocolate melting chips
4 cups total of the topping(s) of your choice
(crushed peanuts, toasted coconut, almonds, walnuts, sea salt, candy chips, or other)

Instructions

Dry apples completely before beginning. Poke a stick in the bottom of the apple. Make sure to only go a little more than halfway through the apples with the stick.

Melt the dark chocolate in a double boiler.

Roll the apple in the melted chocolate, making sure to only coat each apple once.

Roll the chocolate covered apple in the topping(s) of your choice. Place on a baking sheet lined with parchment paper.

Repeat the process for the remaining 5 apples.

Put the baking sheet with the finished apples in the refrigerator. Allow to cool for at least one hour.

Stephanie Coutros is Digital Marketing Strategist.

OUR SACRED MISSION WELLSPRINGS OF LIVING WATER

By John Callanan



The Homes and its predecessors were founded on the beliefs that faith heals and spiritual care is therapeutic. Our call to healing ministry is inspired by John Wesley’s passionate stance that healing the world is the responsibility of every authentic person of faith. We live out this call, not only by the medical care and social support we provide, but also by nurturing souls, binding up spiritual and emotional wounds and promoting wellness through spiritually-inspired, abundant living.

Wesley knew that the “living water” of Jesus’ presence is like a “spring gushing up to eternal life” (John 4:14b) that quenches all our thirst with the healing power of God’s love. We encounter that living water in Jesus’ healing love as we discover consolation, hope, strength for perseverance and renewed sense of meaning and purpose. We are blessed with these strengths and our thirst is quenched by the spring of living water as we give and receive spiritual care.

For example, a chaplain intern at Bristol Glen led a “Prayer Pals” program (visit www.umh-nj.org/blog for complete story), which paired residents in the Harris Center, who gave permission to be prayed for, with persons in the Memory Support Residence, who were open to praying for others. The Harris residents were uplifted by knowing they were being cared for by others and the Memory Support residents felt energized by their own faith memory and experienced an increased sense of purpose, because they had something meaningful they could do for others.

Likewise, our Music and Memories Services and worship services in our health care residences reconnect persons with dementia with the joy and reassurance of their faith. It’s humbling when someone who is unable to organize complex thoughts begins reciting the 23rd Psalm, praying The Lord’s Prayer or singing Amazing Grace.

Wellsprings of Living Water!

Rev. John Callanan is Corporate Director of Mission and Pastoral Care.





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