



engage!



Caregiving

The Essential Link
Conduits to Caregiving
Spiritual Support

engage!

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Fall 2017

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Cover Photo: *Samuel and Lucille Dover, residents of United Methodist Communities at Bishop Taylor, take advantage of crisp fall weather.*

A LETTER FROM THE EDITOR

Edward Albert's quote, "The simple act of caring is heroic," gives extraordinary status to acts of kindness. Aligned with the number of family caregivers, it deservedly recognizes close to 40 million American heroes who give 37 billion hours of uncompensated care annually. As part of our cultural fabric, these heroes live in neighborhoods everywhere and make up about 21% of all households.

From parents focused on children with developmental and/or physical disabilities, to adult children assisting parents, caregiving occurs throughout the human lifecycle. The infographics herein speak to the enormity of caregiving, which will increase exponentially as our population ages.

Caregiving can make work-life balance difficult and strain family finances, underscoring the importance of self-care. These stresses prompt caregivers to seek support groups, spas, vacations, talk/cognitive therapy, partners to share care, compassionate listeners, exercise, and other coping mechanisms.

United Methodist Communities views 'care' from multiple perspectives. Our onsite senior campuses and offsite gathering spaces equip seniors with socialization and connection, helping to mitigate the risks of isolation. Research shows older adults with strong social networks experience longer and healthier lives compared to those with little social support.

While invaluable, caregiving involves much more than dressing, bathing and feeding. Bolstered by research, best practices, partnerships, senior surveys and experience, United Methodist Communities' holistic approach examines every ability level to best promote successful aging.

SeniorFITness, IN2L, person-centered living, brain games, lectures, pet therapy and ownership, volunteerism, intergenerational programming, gardening, computer centers, classes, spiritual life, and healthy dining, form myriad strategies to keep seniors healthy and active for as long as possible.



As a Christian organization, caregiving reflects our universal values and our passion.

Janet M. Carrato

CIRCLE OF COMFORT

CAREGIVER AND GRIEF SUPPORT GROUPS AT UNITED METHODIST COMMUNITIES

Support Groups have been growing in popularity at several United Methodist Communities. Drop by the location of your choice for sharing mutual challenges and extending compassion.



Bishop Taylor

Caregiver Support Group meets during Senior Space on first and third Wednesdays of each month at 2pm

Contact Tanya Preston at 973-676-9057.

Bristol Glen

Grief Support Group meets on the first Thursday of each month in the Conference Room at 6pm

A dementia/Alzheimer's family support group is coming soon.

*Contact Jeff Lisk at 973-300-5788 x1100
or Jeff Findlay at 973-300-5788 x1416.*

Pitman

Caregiver Support Group meets on the third Tuesday of each month at 6:30pm

Contact Tina Bontya at 856-589-7800 x7411.

The Shores

Caregiver Support Group meets during Senior Space in The Shores' Town Hall on first and third Wednesdays of each month at 11:30am

A grief support group is coming soon.

*Contact Keri Sherman at 609-399-6703
or Pam Garofolo at 609-391-6348.*

Discover a plethora of caregiver resources at www.asaging.org/blog/25-organizations-take-care-caregivers.



COMPANIONSHIP... THE ESSENTIAL LINK

By Deborah Walsh



Companions and home care clients may read and discuss books on mutually interesting topics.

As people age, they often have fewer social contacts in the community and their families may live far away. Home health aides may meet the personal care needs of seniors who live at home, but what about their emotional, social and spiritual needs? In many cases, they go unmet.

Most people acknowledge that dementia, such as Alzheimer's disease, and other chronic illnesses, as well as general aging, often intensify older adults' need for assistance in their everyday lives. Research confirms that loneliness and isolation can lead to deterioration of physical and mental health as well as overall wellbeing. The outcomes are comparable to smoking 15 cigarettes a day with greater risk for the probability of high blood pressure, developing dementia, and an early death.

Among HomeWorks essential services,' companionship care offers tangible and non-tangible value and shields

older adults from loneliness and its associated side effects. Companions assist with a range of activities such as shopping, chores, interacting with doctors, or just making friendly visits. These non-medical services help make clients' lives more manageable, while also adding to quality of life.

Companions can take care of easy tasks like taking out the garbage, washing the dishes or fixing lunch. They represent essential "eyes and ears" to family members and any supporting agencies involved with the client. Most importantly, they become a listening and caring friend.

Never underestimate the value of companionship. Instead of being isolated and lonely, seniors can participate in activities they truly enjoy and share good times with their care companions. They are always available to talk, whether about day-to-day things, current events, reminiscing about the past or discussing movies and books.

UMC HomeWorks' creates a plan of care, balancing clients' physical, social, emotional and spiritual needs. Through their interests and personalities, HomeWorks personnel specifically match caregivers to each of their clients to ensure a foundation of common feelings and build a solid, trusting relationship.

UMC HomeWorks provides hourly, certified home health aides and companions, as well as live-in care. To find out more about all HomeWorks' services, visit UMCHomeWorks.org.

Deborah Walsh is Executive Director of HomeWorks.

2018 Editorial Calendar

Spring: Honoring Our Heroes

Fall: Then and Now



PROFILES IN PHILANTHROPY

CHATHAM UNITED METHODIST CHURCH

By Gary Engelstad

William Pitt, 1st Earl of Chatham and a statesman, led the government of Great Britain twice in the mid-18th century. As a strong advocate of civil liberties for the American colonialists, many revered him. Twelve cities and three counties in the United States carry some form of his name, including three in New Jersey: Pittstown, Pittsgrove and Chatham.

Chatham United Methodist Church traces its roots to the 1800s and has been part of the fabric of Chatham Township for over 150 years. It has also been an integral part of the United Methodist Communities over the years. Special relationships to various campuses and generous giving to the United Methodist Communities Foundation have been hallmarks of the church.

With over 28 years of pastoral ministry and in his fourth year as the Chatham pastor, Rev. Jeff Markay states, “United Methodist Communities has been a part of my life since childhood. I remember volunteering at a community including helping with rummage sales. Hands-on outreach at the community and being with the residents gave me an early glimpse of what it would be like to be in ministry.”



Church member Betty Ann Keats remembers her parents' strong support of United Methodist Communities. “A neighbor moved to a community,” Betty Ann said. “We would visit with her and play scrabble. She was very happy but we also knew that she did not have a lot of money... My parents saw the benefits of giving to the Foundation up close and always felt very strongly about it.”



Rev. Markay said, “Chatham UMC has been faithful, built inclusive community, and shared compassion with all people.”

Ann English, who served on United Methodist Communities' Board of Directors for 10 years, also has roots in the Chatham. Now living in Bethlehem, Pennsylvania, she fondly remembers supporting the Foundation. “I went on the Walk for All Ages for many years. I would announce it at our services at UMC Chatham, ask for donations and get a team formed. People were handing me checks at church!”

The United Methodist Communities Foundation can attest to and appreciates the church's generous participation.

Gary Engelstad is Annual Giving Officer for the United Methodist Communities Foundation.

CONDUITS TO CAREGIVING: HOMEWORKS, TRANSITIONS AND SENIOR SPACE

By Cindy Jacques



12 million

Americans require help with activities of daily living in their homes

1/3 of elders live alone



HomeWorks, Transitions at Home and Senior Space create conduits for care and take United Methodist Communities' (UMC) commitment to seniors outside its traditional senior campuses. Currently, 12 million Americans require help with activities of daily living in their homes — by 2050, the number is expected to more than double to 27 million.

Launched in 2016, HomeWorks' in-home, personal care, companion and case management services, aim to close gaps often experienced in the traditional healthcare system, which treats the illness — not the individual. Hospital patients are quickly discharged to home. Compliance with discharge plans, such as purchasing medical equipment, understanding their medication instructions, transportation to medical appointments and preparing good meals, often evade and plunge seniors into chasms of uncertainty and repetitive ill-health.

About one-third of seniors live alone, increasing their vulnerability. Re-hospitalizations often result from isolation and lack of support. HomeWorks conducts follow-up and supports its clients as they move through the healthcare system. Regardless of their previous living situation, HomeWorks can lend the oversight and care necessary.

Complementing HomeWorks, UMC's Transitions at Home program includes a nurse visit in the client's home within 24 hours of discharge from rehabilitation and two additional follow up visits within 30 days to help assure optimal conditions. These protocols anticipate needs and provide support before a decline occurs with a goal to avoid re-hospitalization. Nurses can access information about client needs before they are discharged to home.

While Senior Space offers opportunities for physical activity, spiritual exploration, intellectual and vocational development and emotional well-being, it also serves as a path to care services. Its offerings attract older adults and can impact their likelihood of avoiding hospitalizations by managing pre-acute episodes of illness. Supervising social workers may disseminate information about healthcare resources and other services, assist caregivers looking for support and make referrals to HomeWorks.

With offices in Ocean Grove and Newton (Bristol Glen), HomeWorks will be available to seniors throughout the state of New Jersey over the next several years.

Cindy Jacques is Vice President of Housing and Community Initiatives.



AT THE SHORES

By Rebecca Roe

How were you introduced to United Methodist Communities at The Shores' Caregiver Support Group?

Gary, who lives in the Ocean City area, explains, "I learned about the group while my mom was living at Wesley by the Bay. I was looking for a group to join and Kerleigh Sherman, the social service coordinator, told me that The Shores was just putting one together. It was a blessing."

Nancy, a resident of The Shores, states, "I learned of the support group from the Director of Memory Support, Pam Garofolo."

What do you like best about the Caregiver Support Group?

Gary says, "I find the small group size to be very beneficial. It allows group members to feel comfortable opening up and creates strong relationships."

Nancy and Susan, a local participant, agree that, "the group discussions reassure them they aren't alone and remind them that other people have gone through similar situations and challenges."

In terms of attending group meetings, what do you most look forward to?

Susan reflects, "I look forward to catching up on what has happened since the group last met. Sharing with the group helps to ease my mind."

Nancy adds, "It's comforting to belong to a group that checks in on each other. I benefit from listening to others' experiences."

"I appreciate the honest and nonjudgmental discussion and also enjoy learning about scientific and medical explanations for loved ones' behavior. Pam has given talks to the group on topics such as brain function, filtering and loss of inhibitions," Gary shares.



Caregiver Support Group members Nancy Rhodes (seated); Susan Tubman, Gary Yentsch and Dottie Walmsley (standing).

What advice would you give to other caregivers?

"Prepare ahead of time as much as you can," say both Gary and Nancy. "Caregivers are often thrown into stressful, emotional situations and can be caught off guard and unprepared when an emergency occurs. Learning what can be covered by Medicare and Medicaid and what has to be paid out of pocket before a loved one actually needs those services, can help reduce stress."

Susan underscores the importance of caregivers remembering to take care of their own physical and mental health and urges, "Know that it's okay to step away and take a breath without feeling guilty."

Rebecca Roe is Donor Relations Coordinator for United Methodist Communities Foundation.

UNITED METHODIST COMMUNITIES' BLOG!

Read our new informative blog posts every Wednesday. Here are just a few:

NOVEMBER 2017

Diabetes in Seniors - Signs to Look for and Care Advice

DECEMBER 2017

Can Assisted Living Balance the Needs of Couples?

UMCommunities.org/blog

JANUARY 2018

Hospice Care Means Fewer End-of-Life Hospitalizations

FEBRUARY 2018

Keep Your Heart in Shape This Valentine's Day

A global aging population, one of the most far-reaching developments in the 21st century, brings both challenges and opportunities — including the care of older adults with Alzheimer's and other dementias. As a longstanding leader in senior living and care, United Methodist Communities Foundation launched the *Tapestries Memory Care Fund*.

Tapestries Memory Support programming is customized to each resident's unique needs, preferences and strengths. Everyday routines complemented by fitness, music, socialization and assistive technologies, help foster well-being. Above all, each Memory Support Residence prioritizes safety, joy, respect, dignity, and independence.

Contributions to the Tapestries Memory Care Fund strengthen resident quality of life, bringing peace-of-mind to families and caregivers.

Please contribute by visiting UMCommunities.org/donate and select Memory Care from the designation drop down. Checks made out to United Methodist Communities Foundation with "Memory Care" in the memo line can be mailed to 3311 State Route 33, Neptune, NJ 07753. Thank you.

Please Remember
United Methodist Communities in Your Will.



VISITING CHEFS PASSION AND CREATIVITY

By Greg Blumenthal and Janet M. Carrato



Gregory Blumenthal prepares the meringue for the Blueberry Clafouti Tart at Bristol Glen.

“Visiting Chefs of UMC, a new platform, showcases our chefs’ culinary passion and creativity. The program allows them not only to shine, but also, showcases their culinary expertise,” reports Area General Manager of Dining Services, Greg Blumenthal.

While envisioning Visiting Chefs, Greg believed the Blueberry Clafouti Tart with Lemon Curd, would be well-received. Piloting his idea at Bristol Glen resulted in a knockout — several residents asked for a return engagement to create something sweet.

Now established, Visiting Chefs seeks to:

- Build excitement around the program as a whole and for each event
- Create demand by advertising in the target community several days prior to the event

- Share best practices among all UMC chefs and cooks
- Create memorable culinary moments for our residents
- Yield opportunities for members of each community team to experience and work in new venues
- Connect members of the various culinary leadership teams
- Engage the teams in ways that build excitement for the events
- Increase chef and resident interactions through one-on-one contact

In the first few months, residents experienced unique meals, talked about food among the groups, and unlike their everyday experiences, connected socially with our chefs, cooks and servers.

“Visiting Chefs captures the heart of everything we do — our love for great food, and our motivation to do so as part of care for residents.”



Greg Blumenthal is Sodexo Area General Manager of Dining Services

Janet M. Carrato is Communications and Public Relations Director



Achieving Work-Life Balance

If you're a caregiver desiring a vacation, investigating senior living options or seeking a break, United Methodist Communities offers respite. Visit us on the web or call to discuss the ways we can assist.

CARE PLANNING EXPLAINED

By Robbie Voloshin and Deborah Walsh



Anytime nursing care is needed, a care plan is created. It outlines instructions for individualized care for all the people involved with a client in a home care situation or a resident within a senior living community. A comprehensive care plan in a senior community includes input from all members of the care team, representing nursing, social work and other disciplines, depending on the needs of the individual. A home care plan reflects collaboration among the family, client and nurse.

The care plan is a fluid document that responds to changes in the resident or client's status. Scheduled updates are done and unscheduled updates occur in response to the resident or client's condition.

A comprehensive assessment, the first step, not only includes a physical assessment of the individual, but also, conversations with them, their family or loved ones. Input from members of the care team occurs in the senior community setting. The assessment may review lab work, diagnostics and notes from healthcare professionals. This establishes a baseline for physical and mental health, as well as functional ability. In a home care situation, a registered nurse performs a home assessment, usually at no charge.

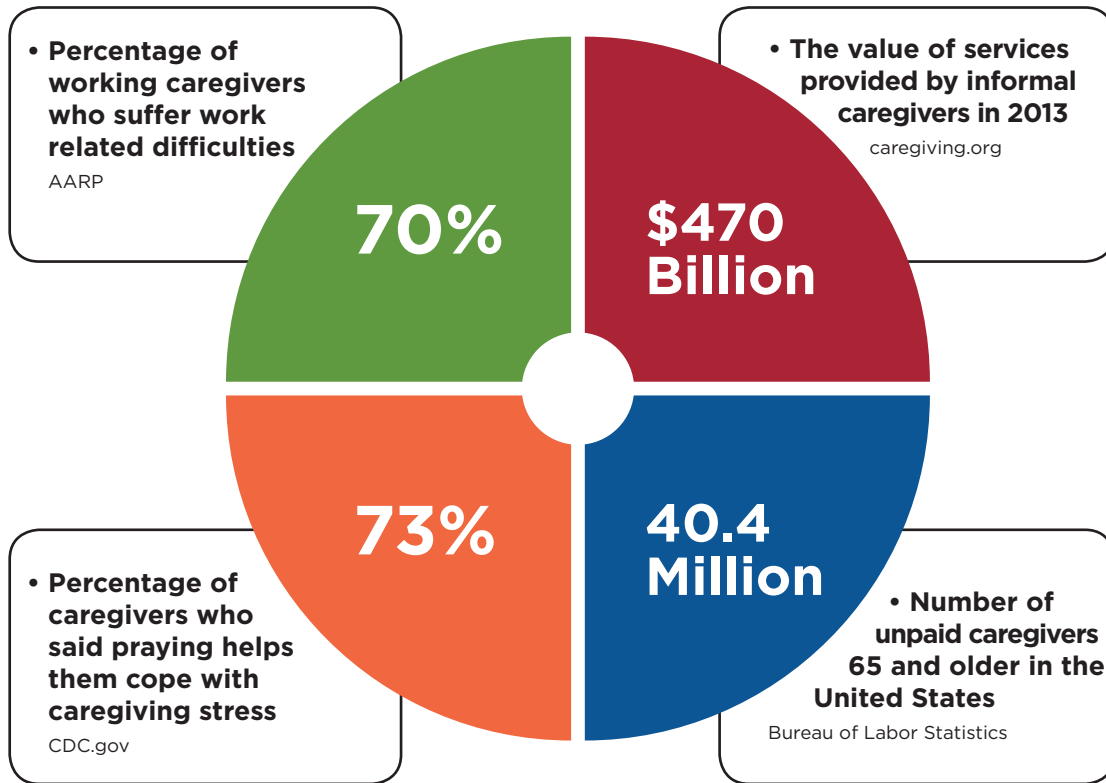
Armed with the larger picture, an analysis of the information occurs. Where is this person having trouble? How can they improve and how do we meaningfully measure improvement? How can we help them progress? If improvement is not an option, how can we stabilize their condition and ensure their comfort? This analysis determines the specific actions taken.

For home care, companionship and socialization form important elements, since many times, the client lives alone. The nurse asks about the clients' preferences, interests and activities. Home care planning intentionally seeks to prevent loneliness, which frequently leads to depression in older adults.

Always remember, the care plan serves as a guide for everyone involved in the care of a resident or client. It documents the information and outlines proper treatment for optimal outcomes.

Robbie Voloshin is Corporate Director of Marketing

Deborah Walsh is the Executive Director of HomeWorks



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TRANSITIONS SUPPORTS RECOVERY

By Carol McKinley



As part of *Transitions at Home*, a registered nurse conducts a home visit.

United Methodist Communities (UMC) recognizes that hospital and rehabilitation patients may not be ready or wish to return home upon discharge. Ideally, rehabilitation should occur in the least restrictive environment to support overall recovery and wellness. Sometimes, however, going home can limit recovery for various reasons, such as:

- Limited or lack of access to clinical and other supports
- Psychological or emotional issues stemming from illness

- Problematic living arrangements
- Need for increased monitoring due to a major medication change

Transitions, a new UMC service, bridges the recovery of such individuals in their homes (*Transitions at Home*) and in our full service communities (*Transitions at UMC*). Two major healthcare reform goals are ensuring shorter hospital and rehabilitation lengths of stay. Transitions' care and service options support shorter hospital lengths of stay, decrease emergency department use and reduce readmissions.

Transitions at Home focuses on in-home health monitoring by professional staff over a 30-day period. Nurses conduct home visits within 24 hours and make two additional visits to assure optimal healing conditions.

In contrast, *Transitions at UMC* clients receive the appropriate care, including clinical, psychosocial, emotional and dietician services; rehabilitation therapies; social engagement; wellness programming; home environment assessments; and transitional care to home with follow-up. Stays usually last between one and six weeks.





A resident of The Shores practices going up and down stairs in anticipation of returning home to her apartment.

Distinct reasons for a Transitions stay include:

- Trial use of new or modified medications
- Practice for living in a home-like environment
- Anxiety about going home without clinical support
- Delay in implementing support structures at home
- More stabilization required

Transitions fully furnished apartments come with dishware, linens and television services, requiring clients to bring only clothing and personal items. The daily rate is all-inclusive for meals, utilities, laundry, transportation, community life programming, clinical services, aides for activities of daily living care and needs, housekeeping, maintenance services, SeniorFITness, care transitions to home planning, and social work and dietician services. When appropriate, Transitions utilizes Medicare B for ancillary services, such as therapy, lab tests, and x-rays. Clients may also opt for additional services.

Both Transitions programs support the goal of returning to or staying in a home environment for the long-term. Beside clients, it also benefits hospital systems, accountable care organizations and insurance carriers, which avoid penalties when they do not return to the hospital within 30-days.

For additional information about client criteria, cost and other detail, call the full service community of your choice (see back cover for complete listing) or visit UMCommunities.org.

Carol McKinley, Ph.D., is Vice President of Operations.



Come experience a Dine & Discover, Parade of Apartments or Memory Screening Day at one of our communities! Visit any of the full service community websites (back cover) and click events to see the current calendars.

FOUR ADVANTAGES OF PROFESSIONAL RESPITE CARE

Whether for a family member, loved one, neighbor, or other person, caregivers know the physical and emotional demands of caregiving require long, unpredictable hours. Additionally, caregivers often have to juggle their own families and careers. Respite care services lend a valuable helping hand. Here are just four of the many advantages:

Ease recovery from hospitalization. Older adults who have undergone surgery or been hospitalized often require more help in order to recover and heal. Respite care services manage complex health issues and deliver short-term rehabilitation, accessing high quality healthcare and promoting a faster recovery.

Permit vacation time. Caregivers with loved ones who cannot or do not wish to travel, frequently postpone or avoid family vacations. Responsible, skilled and competent respite associates can ensure care while you are away — giving you peace-of-mind.

Afford a trial run. Booking a respite stay yields a no obligation method to decide if the community is a good fit. This temporary arrangement introduces seniors to the experience of assisted living in one of our campuses, highlights the benefits of the continuum, and creates social connections. Many residents chose this avenue.

Avoid burnout. Burnout, a very real and serious hazard for caregivers, also affects their loved ones. Caregivers need to rest and rejuvenate in order to cope more effectively with caregiving and to protect their own health. Taking a break to deal with other matters in life or just to free up time becomes guilt-free when you choose professional respite.

For more information about United Methodist Communities respite, please contact the full service community of your choice (see back cover).



OUR SACRED MISSION

SPIRITUAL SUPPORT IN HOME HEALTHCARE



By John Callanan



Spiritual care has always been at the core of our mission and remains key to our identity as we embrace home and community-based services. I am grateful for my colleague Deborah Walsh, Executive Director of HomeWorks, for sharing these insights about the value of pastoral care from the perspective of an allied health professional.

Healthcare specialists have long been aware that mental and emotional well-being significantly impacts the quality-of-life and wellness of all individuals. 70% of Americans (Home Health Care News) believe spirituality should be part of healthcare and 72% stated that their spiritual needs were minimally met or not supported by the medical system, which highlights the need for pastoral care. Also,

seniors face unique challenges from loneliness, loss of independence, illness and the death of loved ones. Pastoral care helps individuals persevere and thrive during these challenging times, where the objective view of a compassionate listener can be invaluable when trying to cope with a wide range of difficulties.

At HomeWorks, we offer clients, their families and caregivers, personalized, compassionate care that prioritizes health, happiness and independence. Beyond medical oversight and daily home care, we offer in-home chaplains' visits to provide spiritual and emotional support for those who desire it. Chaplains listen, pray (if requested) or identify community resources. Offering pastoral care means delivering holistic, individualized care that complements medical intervention for the best possible quality-of-life. Chaplains' visits are open to all HomeWorks' clients, whatever their religious, church, or faith community background, as well as to those who do not identify with a particular faith tradition and experience meaning and purpose in other ways.

I feel blessed to serve in an organization where spiritual care is embraced in home healthcare and where faith and values remain at the core of our mission.

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

Mission statement:

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



United Methodist Communities

3311 State Route 33
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UMCommunities.org

In-Home Care for Seniors

HomeWorks | Ocean Grove, NJ | 732-838-1950

HomeWorks | Newton, NJ | 973-940-6300

UMCommunities.org/HomeWorks

Full Service Communities

At the heart of United Methodist Communities' resident-driven services and amenities is a team of highly qualified professionals delivering a continuum of care to adults 65-years and over.

Bristol Glen

Newton, NJ | 973-300-5788

UMCommunities.org/BristolGlen

Pitman

Pitman, NJ | 856-589-7800

UMCommunities.org/Pitman

Collingswood

Collingswood, NJ | 856-854-4331

UMCommunities.org/Collingswood

The Shores

Ocean City, NJ | 609-399-8505

UMCommunities.org/TheShores

Affordable Housing Communities

Bishop Taylor

East Orange, NJ | 973-676-9057

UMCommunities.org/BishopTaylor

PineRidge of Montclair

Montclair, NJ | 973-746-0003

UMCommunities.org/PineRidge

The Wesleyan

Red Bank, NJ | 732-936-0760

UMCommunities.org/TheWesleyan

Covenant Place

Plainfield, NJ | 908-791-9430

UMCommunities.org/CovenantPlace

Wesley by the Bay

Ocean City, NJ | 609-399-6701

UMCommunities.org/WesleybytheBay

