

Spring 2017



THE WESLEY COMMUNITY

CONNECTION

Greater Health | Greater Life | Greater Saratoga



Introducing Wesley Senior Solutions

Unidine Serves Up Home Style Meals

Short-Term Rehab: A Stepping Stone



Spring again! It is nice to have trees in bud and the prospect of pleasant days ahead. Our campus will soon be green and full of vibrant flowers, which our residents, staff and visitors truly enjoy.

We enter this spring with exciting news to share. Our leadership team and the board of directors continually monitor trends in our industry, and realize that the expectations of aging adults have changed. What worked in the elder care field less than

twenty years ago requires new understanding, new vision and additional options. We know that some seniors have begun to express a preference for assistance at home over congregate care when it becomes more difficult for them to live alone.

This issue of Connection highlights The Wesley Community's most recent venture. You'll find an article introducing our newest offering, a home care service called Wesley Senior Solutions, on page 2.

We feel uniquely equipped to deliver quality home care. The Wesley Community's nearly 45 year history of providing well-regarded health care and housing for older adults at Wesley Health Care Center, Embury Apartments, and Woodlawn Commons translates very well into the expertise required to offer senior care in the privacy and comfort of someone's own home. We believe the time is right for us to make this avenue available to those who look to us for elder care.

Other stories in this issue recognize our dedicated and caring staff. It is always a pleasure to tell you about those who enrich the lives of our residents each and every day.

Over the years, The Wesley Community's Board of Directors has remained steadfast in carrying out the mission of our founders. We thank them and all of the generous friends, volunteers, donors and benefactors who keep The Wesley Community moving forward.

Sincerely,

Brian Nealon

J. Brian Nealon, LNHA
Chief Executive Officer
The Wesley Community

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Published by The Wesley Community
Operated by United Methodist Health and Housing
131 Lawrence Street, Saratoga Springs, NY 12866
518.587.3600 | www.TheWesleyCommunity.org

For further information or to schedule a tour, please contact marketing director
Lorrie Shilling at 518.691.1563.

Editor: Nikki Williams
Designer: Karen Ward, Creative Connections, NY
Contributing Writers: Greg Dixon, Nikki Williams
Photographer: Seth Guistimbelli

Cover Photo by Tom Stock

Any errors, omissions or feedback should be sent to nwilliams@TheWesleyCommunity.org.
If you would like to stop receiving this publication, contact Nikki Williams at 518.691.1616
or email nwilliams@TheWesleyCommunity.org.

Our Community



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SPRING 2017



COVER PHOTO: John and A.C. Riley admire the flowers sent regularly to the Woodlawn Commons reception area for the residents' enjoyment by Marylou Whitney and John Hendrickson.

National Nutrition Month Marked

Registered Dietician Bernadette Piniewski offers samples of smoothies made with healthy ingredients to patrons of the Embury Café including Wesley Community staff, housing residents and visitors. Each Friday during National Nutrition Month staff dieticians from Wesley Health Care Center passed out helpful information on making informed food choices and developing sound eating habits.



Wesley Art Gallery



Each month the Wesley Art Gallery features a different local artist. Residents enjoy paintings in a variety of mediums, photography, graphic art and other creative efforts. Sometimes our talented residents or staff members contribute to this space. The gallery is located on the first floor of the Victoria Building at Wesley Health Care Center. Come and see!

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Introducing WESLEY SENIOR SOLUTIONS

The Wesley Community has announced its entry into the home care market with Wesley Senior Solutions, a service that enables older adults to continue to enjoy the comforts of home while receiving the exceptional care that Wesley is noted for.



THE WESLEY
COMMUNITY

WESLEY SENIOR SOLUTIONS

“We feel uniquely equipped to deliver quality home care,” said Brian Nealon, The Wesley Community’s CEO. “The Wesley Community’s nearly 45 year history of providing health care and housing for older adults translates very well into the expertise required to offer care in the privacy and comfort of someone’s home. We believe the time is right for us to make this avenue available to those who count on Wesley for elder services.”

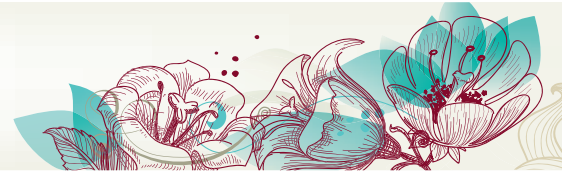
Wesley Senior Solutions’ caregivers are available 24 hours a day, seven days a week for temporary or long-term situations in Saratoga, Schenectady and Warren Counties. Each caregiver is carefully selected and thoroughly screened including a criminal background check, then bonded and insured.

After a professional in-home nursing assessment, a customized care plan is developed for the client. Fully trained staff can assist with getting into and out of bed, bathing and personal hygiene, dressing, walking or using a walker or wheelchair, medication reminders, meal preparation, light housekeeping and laundry, transportation, shopping and much more.

Wesley Senior Solutions’ caregivers exhibit the competency and qualities necessary to earn trust – qualities like dependability and compassion. They provide sensitive companionship for seniors while helping them maintain a safe daily routine at home.

For more information, call 518.584.1200. ■

Wesley Nurses Receive Scholarships



Britni Thompson (left), Jenna Lord (right)

Britni Thompson and Jenna Lord recently received Associated Nursing Services Administrators (ANSA) scholarships. Four such scholarships are awarded each year to persons attending nursing school to help with general expenses while furthering their careers.

Britni started her career as a student in Wesley Health Care Center's popular Certified Nurse's Aide (CNA) program. She then enrolled in the BOCES Licensed Practical Nurse (LPN) program and worked as a CNA while attending classes. She is currently EMR Clinical Lead at Wesley Health Care Center.

Jenna began working at Wesley Health Care Center eight years ago. She currently works as an LPN on various units.

Both Britni and Jenna are studying to become a Registered Nurse (RN). ■

Perfect Attendance – A Goal of Dedicated Employees

Jane Robinson is the reigning champion of perfect attendance at The Wesley Community. She has been employed as a pharmacist at Wesley Health Care Center for almost thirty years, and has had perfect attendance for eleven straight years.

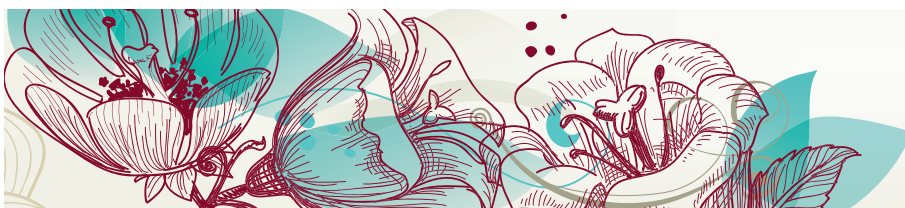
Sue Sicard, Wesley Health Care Center's Director of Social

Services, has been employed at Wesley since 1995. Sue is a close runner-up with perfect attendance for the past ten years.

We honor these and our other perfect attendance superstars annually at a luncheon. We are grateful to the many Wesley Community employees who make it to work every single day. ■



L to R – CEO Brian Nealon, Jane Robinson, Sue Sicard, Wesley Administrator Dutch Hayward.



UNIDINE SERVES UP HOME STYLE MEALS

Unidine Corporation, a leader in dining management services for healthcare and other groups, became the sole food service provider for Wesley Health Care Center a little over a year ago. In addition to providing food service at the nursing home, Unidine also manages the Embury Café.

Residents, staff and visitors have enjoyed brand new menus and delicious foods as part of Unidine's Fresh Food Pledge, which is their commitment to scratch cooking using fresh local and regional products and ingredients. Experienced professionals craft creative meals using no pre-packaged meals, trans fats, or food from a can. They are guided by environmentally responsible practices, and avoid additives, chemicals and preservatives. All preparations for recipes are done by hand. Popular items

from Unidine's menus at Wesley include Pumpkin Pancakes, Veggie Cheese Breakfast Strata, Chicken Piccata, Stir Fry Pork, Herbed Orzo Pasta and Potato Bacon Chowder.

Using Unidine's Fresh Food Pledge, chefs, cooks and the food production team prepare food for 1000 meals every day at Wesley Health Care Center. Since not all residents have the same needs, several special Unidine programs meet a variety of nutritional requirements.



Fresh Benefits

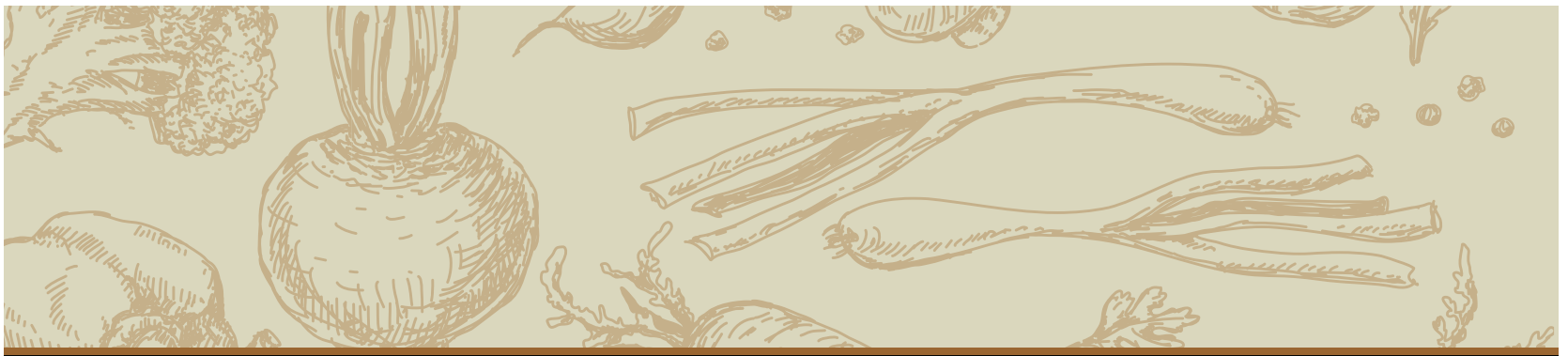
The Fresh Benefits program is designed to reduce the use of commercial supplements like canned nutrition drinks by providing an array of smoothies, and enriched snack and fortified foods prepared with fresh ingredients to those with unplanned weight loss. Wesley's Fresh Benefit food items currently include oatmeal, soup, pudding and fruit smoothies, all containing much needed protein and calories.

Puree with Purpose

Approximately 10% of Wesley Health Care Center's residents are on modified consistency diets for a number of medical reasons. Food preparers use piping and molding to make pureed foods resemble their regular counterparts. The foods look more appetizing and residents find them more palatable, which improves residents' nutritional and caloric intake.

Fresh Bites

Memory impairment can result in an overall disinterest in eating, a decline in a person's feeding ability and distraction at meals. The Fresh Bites program is designed to support those suffering from dementia by transforming regular menu items into nutritionally dense, bite-sized portions that enable residents to consume appropriate amounts of food more easily.



Dave Blizinski

Dining Services Manager Wins Unidine Award

David Blizinski came on board as Dining Services Manager at Wesley in early 2016. Within a year he was nominated by his regional supervisor for the "Living the Unidine Values" award for building a solid relationship with Wesley management, bringing in sound candidates to fill open positions and high quality meal production.

Congratulations, Dave, on being regional runner-up for the Unidine award! We thank you and your staff for your care and concern for our residents.



Adam Ford, Valerie Meredith & Krystal Lewry

Dining Services Employees of the Year

Dining Services Employees of the Year awards are given to employees nominated by their co-workers. Recent honorees are Krystal Lewry, Food Services Supervisor at Wesley Health Care Center; Valerie Meredith, Lead Cook at the Embury Café; and Adam Ford, Food Service Worker at Wesley Health Care Center. We congratulate Krystal, Val and Adam, who make daily life more enjoyable for our residents and guests in such an important way. ■



DAKE FAMILY DONATION MAKES BEAUTIFUL MUSIC

Wesley CEO Brian Nealon (center) joins Bill Dake (left) and Gary Dake (right) of Stewart's Shops at a reception honoring their gift of a new grand piano to Woodlawn Commons. Woodlawn residents enjoyed a performance by pianist Jeffrey Halstead at the gathering. ■

TWO NEW WESLEY COMMUNITY BOARD MEMBERS NAMED

Mary Anne Macica (left) and Tara Anne Pleat (right) have been appointed to the Board of Directors of The Wesley Community.



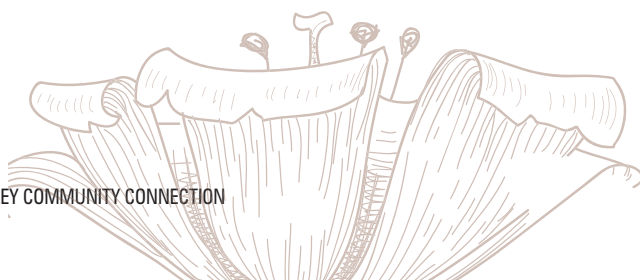
VAN WAGNER RECEIVES IMPACT AWARD

L. Clifford Van Wagner has received the IMPACT award for Outstanding Project from the Stakeholders Civic Engagement Council recognizing him for his leadership role in the significant expansion and improvement of the Franklin Community Center's food pantry.

Cliff, who has been involved in numerous community and charitable projects in Saratoga Springs, has been Wesley Health Care Center's Pharmacy Director for over 30 years. ■

Mary Anne Macica works for Stewart's Shops Corp., where she has been employed since 1990, and currently serves as Stewart's Risk Manager. Her responsibilities have included purchasing corporate vehicles and real estate, and running the corporate insurance department. She has taken the company from a traditional health insurance consumer to a fully self-insured program.

Tara Anne Pleat, Esq., co-owns the law firm Wilcenski & Pleat PLLC. She practices in the areas of special needs and traditional estate planning and administration, long-term care planning, and elder law. Tara is co-chair of the Special Needs Planning Committee of the Elder Law Section of the New York State Bar Association and is a member of the Taxation Committee of the Trusts and Estates Law Section. Tara has also served on several other local boards including the Board of Directors of The Wesley Foundation. ■



WHOSE NAMES ARE THESE?

Take the Quiz

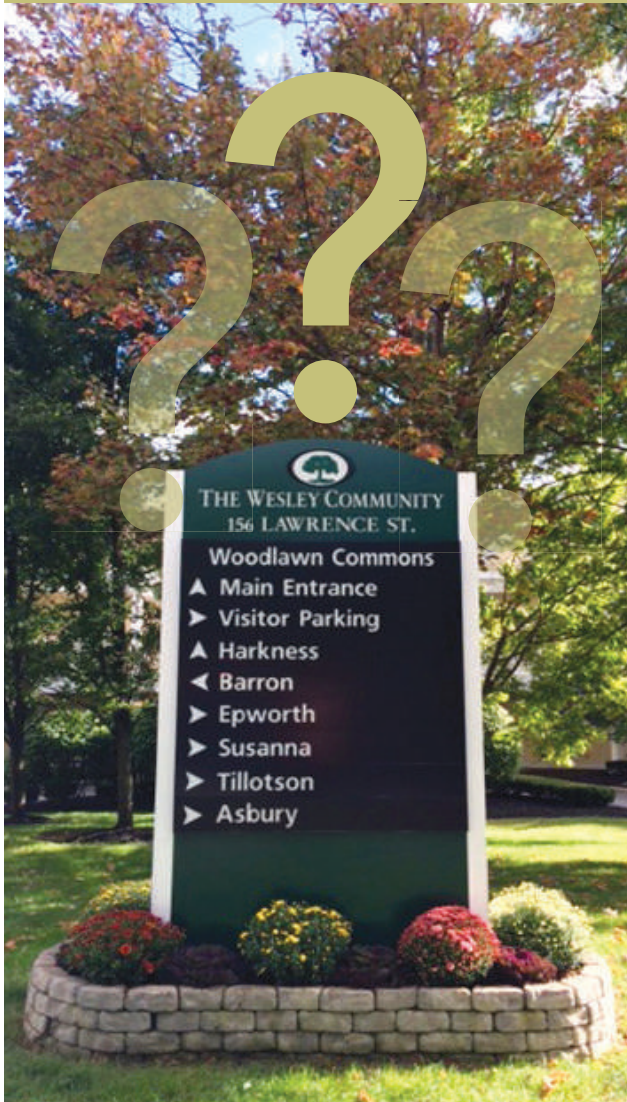
Embury Apartments and the Springs building at Wesley Health Care Center opened in 1972 as an undertaking of the local regional affiliates of the Methodist Church. Eventually two additional buildings, Victoria and Hathorn, were added to Wesley Health Care Center. Then Woodlawn Commons was built to offer more housing for independent seniors and an enriched living program.

Though we are not officially affiliated with the Methodist Church any longer, our roots are Methodist and many signs around campus display Methodist names.

Whose names are they? Do you know? Answers on page 8.

Answers Bank:

- | | | | | |
|----------|-------------|-----------|-----------|------------|
| 1 Wesley | 3 Tillotson | 5 Epworth | 7 Asbury | 9 Harkness |
| 2 Embury | 4 Susanna | 6 Barron | 8 Barrett | 10 Wicke |



- _____ A. First executive director of the Saratoga Retirement Center. Other name Ralph.
- _____ B. Bishop of New York who was the architect of the creation of the United Methodist Church from two separate churches in 1968. Other name Lloyd.
- _____ C. Donor for whom the Woodlawn Community Center is named. Other name Margaret.
- _____ D. Very active and well-known person in the Troy Conference during the Saratoga Retirement Center years. Other name is Dr. Byron C., Sr.
- _____ E. Town in Lincolnshire, England that is the birthplace of the founder of Methodism.
- _____ F. First woman minister in Methodism for whom Georgia's restaurant at Woodlawn Commons is named.
- _____ G. First Methodist minister in America. Other name is Philip.
- _____ H. The founder of Methodism. Other name is John.
- _____ I. First Bishop of the Methodist Episcopal Church in the United States in 1784. Other name Francis.
- _____ J. Mother of the founder of Methodism who is known as the mother of Methodism.

ANSWERS
PAGE 8



GRANTS HELP WESLEY

ARNOLD COGSWELL HEALTH CARE FUND

A \$14,124 grant from The Arnold Cogswell Health Care Fund of the Community Foundation for the Greater Capital Region has been used to purchase and update medical equipment for Wesley Health Care Center's nursing operations. Purchases included three electrocardiogram (EKG) machines, two mechanical insufflation-exsufflation machines (cough assist devices), and an automated external defibrillator (AED). ■



Staff shows off equipment purchased through grant funding from The Arnold Cogswell Health Care Fund of the Community Foundation for the Greater Capital Region. L to R: Amanda Duket, RN, Charge Nurse; Jessica Ross, RN, 2 Hathorn Unit Coordinator; and Vellecia Izzo, RN, 5 Springs Unit Coordinator.

"These grants and gifts help with our ongoing effort to provide compassionate, quality care to our residents," said The Wesley Community CEO Brian Nealon. "We thank these organizations for their commitment to our mission and those we serve."

WILLIAM GUNDRY BROUGHTON CHARITABLE PRIVATE FOUNDATION

This \$7,500 grant helps support the cost of programs for resident activities at Wesley Health Care Center. Funds help pay for some of the on-site activities each year that feature professional entertainers, as well as make possible other types of activities such as crafts and baking. The funds also help pay for some of the community-based outings planned each year, including admission fees for residents who could not otherwise pursue these rewarding activities. ■

ADIRONDACK TRUST COMPANY COMMUNITY FUND

A \$1,320 gift from the Adirondack Trust Company Community Fund helped Wesley Health Care Center purchase two PT/INR Control Clinical Monitoring Machines, which are devices for staff to use when residents need frequent blood testing with fast results. ■

ALFRED Z. SOLOMON CHARITABLE TRUST

The Digital Communications Project funded with \$9,000 from the Alfred Z. Solomon Charitable Trust will provide residents of The Wesley Community access to custom programming through their existing television sets, further connecting them with campus activities, entertainment, and information. Dedicated channels will be developed for Embury Apartments, Wesley Health Care Center and Woodlawn Commons, the three residential entities in The Wesley Community.

Wesley will live-stream some on-campus activities, programs, and events to those who lack the ability to attend such offerings in-person. In addition, recordings/rebroadcasts of popular musicians, lecturers, and performers will be shared across the campus. The project also creates digital information hubs for residents' guests and families through the addition of digital display screens at the main entrances to Wesley Health Care Center. ■

REGAIN STRENGTH AND INDEPENDENCE WITH SHORT-TERM REHABILITATION AT WESLEY



Sometimes an older adult's ability to move about or perform self-care is compromised when he or she is not feeling or eating well for a period of time and ends up in the hospital. Following this situation, or after a hospitalization for an acute medical episode like a stroke, serious surgery or other debilitating health event, an in-patient stay for rehabilitation can make a big difference. Wesley Health Care Center's Short Term Rehabilitation program provides the stepping

Short Term Rehab Facts:

- Medicare and private insurance cover rehabilitation for those who qualify.
- Most insurance coverage, including Medicare, requires a defined stay in an acute care setting like a hospital prior to in-patient rehabilitation.
- Length of stay in short-term rehabilitation depends on an individual's ability to make progress and complete established rehabilitative goals.
- We can accept referrals from physicians and hospital discharge planners.

stone that may enable the individual to successfully return home or regain his or her highest possible level of independence.

Rehabilitative care may include daily physical, occupational and/or speech therapy, depending on a person's needs. Patients receive quality individualized attention from our professional nursing staff and physicians. The therapies

team understands the need for a friendly and encouraging approach. Our short-term residents report more self-confidence, renewed strength, and better self-care skills after their stay, and their families and caregivers agree.

The director of admissions is happy to provide more information. Call 518.691.1426. ■



THE WESLEY COMMUNITY

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Happy Spring



BOND STYLE

THE WESLEY FOUNDATION GALA



Celebrate all things James Bond at Saratoga Golf and Polo Club to raise funds for the Resident Activities Room Renovation at Wesley Health Care Center.

FEATURING:

Music by The Refrigerators, food from Chef John Ireland, décor from Fine Affairs, a silent auction and much more!

RESERVATIONS:

\$125 per person | \$200 per couple

FOR MORE INFORMATION OR RESERVATIONS:
visit www.TheWesleyCommunity.org/gala or
call 518-691-1420.

SATURDAY **MAY 20TH**
6 PM - 10 PM
SARATOGA GOLF & POLO CLUB
301 CHURCH STREET
SARATOGA SPRINGS



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Honorary Chairs:
Tom & Kristie Roohan

Proceeds to benefit



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