



UNITED METHODIST HOMES

Seasons

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

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United Methodist Homes Facilities

Doris L. Patrick Campus, Norwich, NY
Graceview Manor (subsidized HUD housing)
Pearl and Everett Gilmour Skilled Nursing Facility

Elizabeth Church Campus, Binghamton, NY
Elizabeth Church Manor Skilled Nursing Facility
Manor House (independent living)
St. Louise Manor (residential living, assisted living,
adult care)

Tunkhannock Campus, Tunkhannock, PA
Offers assisted living and personal care

Hilltop Campus, Johnson City, NY
James G. Johnston Skilled Nursing Facility
The Highlands (independent living)
Grand Care Children's Center
Also offers adult care and assisted living.

Wesley Village Campus, Pittston, PA
Anderson Personal Care Facility
Brooks Estates (independent living)
Myers Manor (independent living)
Partridge-Tippett Skilled Nursing Facility

UMH Campuses to Go Tobacco-Free in 2008

United Methodist Homes has made its 2008 New Year's resolution – the organization is going tobacco-free on July 1, 2008. As of that date, no tobacco use of any kind will be permitted inside or outside any UMH facilities. This initiative also will include elimination of designated areas outside UMH facilities where employees, residents and visitors currently use tobacco products.

According to Gary Breuille, UMH Assistant President and Chief Operating Officer, "As a health care organization, moving toward a tobacco-free environment is the right thing for us to do, for the health of our residents, employees and visitors, and for the cleanliness of our campuses." The new rule will apply to all tobacco products, including cigarettes, cigars, pipes, snuff and any others. The change will apply to staff, residents and visitors alike, and includes personal vehicles parked on UMH property, as well as buildings, parking lots and sidewalks.

The New York State Association of Homes and Services for the Aging (NYAHS) does not currently mandate or recommend a smoke-free environment for member long-term care facilities. While many other health care organizations in the region, such as hospitals, have moved toward tobacco-free campuses in the last few years, UMH will be among the first long-term care facilities in the area to do so. For example,

for the last decade, residents being admitted to UMH facilities for short- or long-term stays have been informed that they cannot use tobacco products.

UMH has been considering this across-the-board change for about a year, and will work closely with commercial and residential neighbors to ensure that the burden is not transferred into the communities in which UMH campuses are located. "We're asking for employee support of our tobacco-free initiative. We are not taking away anyone's right to smoke, just the privilege to smoke on our campuses. This change is a concrete way we can demonstrate our ongoing commitment to healthy living," said Breuille.



As a health care organization, moving toward a tobacco-free environment is the right thing for us to do, for the health of our residents, employees and visitors.

— Gary Breuille, UMH Assistant
President and Chief Operating Officer

By announcing the change in policy so far in advance, it is hoped that employees who would like to cease tobacco usage will have time to do so using any one or a combination of available

medications, counseling, support groups and more. For those who are quitting tobacco use, a tobacco-free environment will help support their efforts.

Look for more updates about this initiative in future issues of *Seasons*.

Administrative Editorial

Arthur B. Gordon, United Methodist Homes Board Chairman



Caring for seniors requires hard work and special skills, and it is not work that can be done

by everyone. As Board chairman, I am truly impressed with the compassion and quality of staff at all our facilities. We are blessed to have such wonderful people who believe whole-heartedly in the Homes' mission and ministry. I believe it is a calling, as you can see first-hand when observing our dedicated employees at work. Many staff members wear service

pins denoting five, 10, 15, 20 or more years of service.

As our population ages, the type of services and programs United Methodist Homes provides will become more and more essential, and continuing to employ the best staff will be essential as well. The Homes' Board recently engaged a professional firm to conduct market studies of housing and home- and community-based services to determine what we should focus on in the coming years. The report revealed that in the

not-too-distant future, seniors in our region will have a range of unmet needs, enabling us to chart the course the Homes will follow in decades to come.

United Methodist Homes celebrates its fiftieth anniversary this year, and I am confident that with the caliber of our staff and services, we will continue with strength into the future.

My thanks to everyone who makes our success possible every day.

Employees Honored for Service

The UMH Corporate Office recognized employee service anniversaries during the annual Christmas luncheon on December 20. Congratulations to the following staff for their dedicated service:

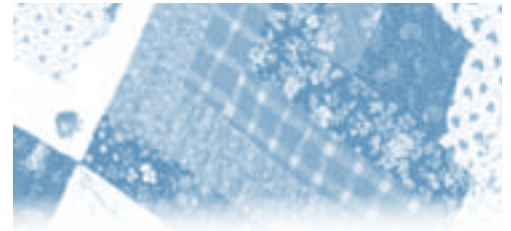
- **20 years:** Brenda McGowan, Accounts Receivable Coordinator
- **15 years:** Chris Felter, Account Specialist; Peggy Jones, Cash Manager; and Chet Lowrie, Vice President of Building Management
- **10 years:** Marie Ryan, Medicare Billing
- **5 years:** Sue Morrow, Network Technician; Randy Reynolds, Network Administrator; and Lou Shiber, Director of Reimbursement/Privacy Compliance Officer

Clinical Assessment Coordinator Kim Snyder, RN, who was eligible to receive her certificate and pin last year, was also recognized at the event.

The Tunkhannock Campus also recently recognized employees for years of service. Congratulations to Geraldine Redmond, Cook – 5 years; Joanne Doty, Housekeeper –10 years, and in memory of Mary “Chris” Gaultney, who provided the Homes with 15 years of dedicated service before her untimely passing in October.



Posing with their certificates are (front row, left to right) Sue Morrow, Randy Reynolds, Brenda McGowan, Marie Ryan and Peggy Jones, and (back row, left to right) Chet Lowrie, Lou Shiber and Chris Felter. Absent from photo: Kim Snyder.



Calling All Quilts!

St. Louise Manor is planning to host a quilt show in February. If you have a quilt you would like to loan for display, call Karen or Martha at (607) 724-4000, ext. 288, before February 1.



Staff Announcements



Jackie Otremba, BS, RN, WCC, RAC-CT

Jackie Otremba, BS, RN, WCC, RAC-CT, has been named

Assistant Administrator for Clinical Services for the James G. Johnston Nursing Home on the Hilltop Campus. She has been with UMH for 11 years, most recently as the Director of Nursing at JGJ. She will remain the DON of record for JGJ in addition to her new administrative responsibilities.

Otremba earned her undergraduate degree in health care administration from St. Joseph's College in Brooklyn, NY, and is currently completing graduate work to earn her nursing home administrator's license through St. Joseph's College in Standish, ME.

She is a member of the National Association Directors of Nursing Administration/ Long Term Care, the Association for the Advancement of Wound Care, the National Gerontological Nursing Association, and the American Association of Nurse Assessment Coordinators.



Tammy Patak, RN

Tammy Patak, RN, has been named Assistant

Director of Nursing for the James G. Johnston Nursing Home on the Hilltop Campus. She has been with United Methodist Homes for nearly two years, most recently as the Rehabilitation Unit Manager on the Hilltop Campus.

Patak earned her associate's degree from Broome Community College. She has 21 years of nursing experience, including home health nursing, long-term care, staff development, infection control and more.

TECHNOLOGY SPOTLIGHT:

UMH Offers Early Detection for Pressure Ulcers

United Methodist Homes has invested more than \$160,000 in purchasing pressure ulcer ultrasound scanners for each of its Twin Tiers skilled nursing facilities.

Pressure ulcers, also known as bedsores, develop when a body part remains in the same position over a long period of time. Continuous pressure on the same area, even from simply lying in bed, can cause skin breakdown ranging from mild discoloration to a deep wound. Pressure ulcers are most common on the lower back, heels, elbows and hips.

The goal of pressure ulcer ultrasound is to examine nursing home residents for skin and tissue changes invisible to the eye. This enables potential pressure ulcer sites to be treated at the earliest possible stage, preventing the development of hard-to-heal wounds. "Most of our residents have multiple risk factors for developing pressure ulcers, and many have chronic diseases that place them at risk," said Janine Savage, RN, United Methodist Homes' Vice-President of Clinical Operations. "Anything we can do to detect pressure ulcers early is beneficial for our residents and the staff who care for them," she said.

United Methodist Homes nurses and therapists use Longport ultrasound scanners, which unlike the familiar deep-tissue ultrasound used in cardiac and obstetric applications, scan only to the depth of ten dimes, targeting the surface areas of the skin most prone to changes. Residents are screened upon admission and during their stays in United Methodist Homes' skilled nursing facilities. Residents found to be at risk can receive early interventions such as increased nutritional support, pressure reduction devices and topical treatments.

Stone Soup Luncheon Held at Hilltop Campus



Nearly 150 residents, staff and family members enjoyed homemade ham-bone soup, white turkey chili, bread, desserts and more at the Hilltop Campus' Stone Soup open house on December 20. "Just like the villagers in the Stone Soup fable, we asked everyone to bring something for the meal. Residents provided the soup ingredients and staff provided desserts. It was a wonderful afternoon of fellowship during the holiday season," said Hilltop Wellness Director Vinni Wingell. Here, (clockwise from left) Diet Technician Karen Lupka, Dietitian Amy Miller, Employee Health/Quality Assurance Nurse Ashley Bezek, RN; JGJ STAR Unit Activity Leader Misty Harper, and JGJ Assistant Director of Nursing Tammy Patak enjoy their lunches at the event in the Eastwood Rec Room.

Elizabeth Church Campus Names Employee of the Month

As 2008 begins, the Elizabeth Church Campus has instituted an employee of the month recognition program. "There were so many wonderful nominations for this first month that it was difficult to decide – the volume shows what phenomenal staff we have on the Elizabeth Church Campus," said committee co-chairperson Maria Sisson, Purchasing Agent.

Agnes Lado, a St. Louise Manor personal care aide and a four-year UMH employee, was named as the first honoree. Lado was nominated by several individuals, with her above and beyond service on December 4 specifically noted. Said her nominator, "On December 4 we had a bad snow and ice storm. Agnes' car was in the shop. She called a cab to bring her

to work, but the cab never showed up. So after finding child care for her four children, Agnes walked to work, in the snow, all the way from her home on the other side of Binghamton. Agnes could have called in, but she didn't."

Employee of the Month honorees receive a \$25 gift card, a reserved parking space and a recognition certificate. Honorees are selected from "Shining Star" nominations, which can be made by residents, resident family members, coworkers, administrators and managers. Shining Star nominee names are collected weekly and posted on a special bulletin board in the facility for the entire month. Boxes for Shining



Elizabeth Church Campus Administrator Vicky Morabito presented Agnes Lado with her Employee of the Month certificate.

Star nomination form drop-off are located throughout the facility.

Congratulations, Agnes!

Shorts

The Endless Mountains Red Hat Divas, based in Wyoming (PA) County, hosted a party for Tunkhannock Campus residents on December 15. Members served refreshments, and played games and sang Christmas songs with the residents. They also presented gifts. This is the second event they have hosted for Tunkhannock residents.

Congratulations to the following staff who recently earned Resident Assessment Coordinator – Certified (RAC-CT) certification through the American Association of Nurse Assessment Coordinators (AANAC): Kate McHugh, RN, Assistant Director of Nursing Services, JGJ; and Jackie Otremba, BS, RN, Assistant Administrator for Clinical Services, JGJ.

Doris L. Patrick Campus Administrator Steve Woodruff gave a presentation about UMH's Norwich campus and its services at the Leadership Chenango 2008 session on health care on January 10.

Congratulations to Hilltop Wellness Coordinator Vinni Wingell, who was recently promoted to department head status. "Vinni has assumed growing responsibility for the coordination of interdisciplinary wellness services on our campus, and her new status as a department head will enable us to more easily integrate all aspects of wellness into our overall program," said Hilltop Administrator Jerry Halbert.

In January, St. Louise Manor activities focused on "Laughter is the Best Medicine," with activities and events geared toward laughing through the cold days of January! Movies included *Patch Adams* starring Robin Williams, along with viewings of old television shows like *Jack Benny*, *The Honeymooners*, *George Burns and Gracie*, *Dean Martin and Jerry Lewis*, *Bob Hope* and others.

Congratulations to SLM's "Santa's Workshop" team for winning the Christmas decorating contest on the Elizabeth Church Campus. Team

members won a large basket filled with candy and chocolate. The panel of resident judges reported difficulty in making a winning selection due to the wonderful decorations in all areas.

Students from the Pittston Area Primary Center and Wesley Village Campus residents enjoy monthly intergenerational programs, during which the students always put on a special performance. On November 19, the students presented a Thanksgiving program of singing and dancing, and distributed handmade Thanksgiving cards. On December 19, the students performed a special Christmas program, and distributed Christmas artwork.

The Jenkins Township Lions Club visited the Wesley Village Campus on December 15 to deliver Christmas presents to all the nursing home residents. "The Jenkins Lions began this program over 10 years ago. We'd like to give special thanks to Bob Jones, Walter Bectal and all the Lions Club members who work so hard on this program each year," said Wesley Village Activity Director Tami Chesniak.

Guardian Angel Fall Prevention Program a Success at Wesley Village

Long-term data related to the Guardian Angel Fall Prevention Program at the Partridge-Tippet Nursing Facility on the Wesley Village Campus shows positive trending related to fall and fracture reduction. According to East Unit Nurse Manager Mary Lou Langdon, RN, the program has reduced falls and fractures by half since 2003. "We established Guardian Angels after learning about various fall-prevention programs at national conferences, as well as our involvement with the Pennsylvania Restraint Reduction Task Force," she said.

Wesley Village takes a proactive approach to determining fall risk and prevention. When an individual is considered for admission, a fall risk evaluation is part of the pre-admission assessment. If potential residents and family members are able, they are asked to describe any past falls and the circumstances surrounding the event (a one-time fall, an individual

who falls often while walking, etc.). The cause of falls is then closely evaluated, including use of medications that can precipitate dizziness, overall change in functional ability, generally impaired safety awareness, cognitive loss and other factors. At-risk individuals who are subsequently admitted have personalized fall protocols established as part of their care plans.

Current residents who have had two or more falls in a month, those with a single fall two months in a row, or those at high risk due to unsafe ambulation habits are automatically entered into the Guardian Angel program so all staff are aware of increased fall potential. Residents with a change in their balance and ambulation safety who are able to participate in rehabilitation to restore balance are enrolled in appropriate therapeutic activities. Residents in the program are identified with a yellow bracelet with

an angel stamped on the label, and an angel magnet is also placed on the door frame of the resident's room to indicate that the resident is at risk. If the resident uses a wheelchair or walker, a bracelet is placed on the assistive device. Residents enrolled in the Guardian Angel program are reviewed monthly; if the resident has not had a fall in two months, he or she may be removed from the program unless continued high risk is identified.

Said Langdon, "Many factors contribute to a reduction in falls, first and foremost the involvement of all staff. It's important that even our non-clinical employees feel empowered to report changes in residents' walking safety. In the near future, staff will be inserviced on documenting in CareTracker that an 'at risk' resident was observed and was 'safe' at the time of observation so records will reflect that residents are being observed frequently by staff from all departments."

Renovations Underway at UMH Corporate Office

Renovations to create additional office space at the UMH Corporate Office began the week of January 14. The work includes conversion of an existing garage into two offices, transfer of records storage to a more ideal location within the facility, and conversion of the former records storage space into another office. A final office occupancy plan is still being developed, with a goal of locating staff in proximity to each other by function.

United Methodist Homes has had its Corporate Office at 10 Acre Place in Binghamton, near the Industrial Park, since November 2006. The Corporate Office was previously located in a rented building on Davis Avenue in Endwell, which was impacted by regional flooding in June 2006. Damage from the flood made the Davis Avenue location unusable, requiring a temporary move of corporate staff to the Hilltop Campus. "The foresight in buying this building has enabled us to accommodate all necessary staff at our corporate location with only minor renovations," said Gary Breuille, Assistant President and Chief Operating Officer.

Work is being completed by Cutmore Construction of Sanitaria Springs, NY, with an expected completion date of mid-February.



Cutmore Construction carpenters John Hinman (foreground) and Jeremy Hine (rear) work on shelving installation in the new storage space.



UMH to Celebrate 50th Anniversary in 2008

United Methodist Homes is proud to celebrate its fiftieth anniversary in 2008. Throughout the year, the milestone will be marked with an educational seminar and open house at each campus.

The foundation of the Homes' program began in the mid-1940s, when the Reverend Harry Brooks and other voices from the Wyoming Conference began a campaign to start a "Homes for the Aging" program. In 1951, he succeeded in incorporating the Methodist Homes for the Aged in Pennsylvania. The New York counterpart was incorporated in 1958, with a Board of Directors established in March of that year. The first facility, located on Washington Street in Scranton, opened its doors in January 1959, housing 16 residents. The Scranton home remained in operation until 1974, when the remaining residents were transferred to the new Hilltop Campus in Johnson City.

Today, UMH campuses and facilities employ almost 1,300 staff members, and are home to nearly 1,500 residents. The organization is dedicated to wellness and a holistic approach, offering a full continuum of care from independent living through to skilled nursing.

According to Keith D. Chadwick, UMH President and CEO since 1980, "We applaud the vision and early leadership of the Wyoming Conference that supported, financially and in spirit, the development of the Homes. All members of the United Methodist Homes' Board of Directors, past and present, also deserve great credit for placing the organization on a solid foundation. This required a great deal of faith and long-range planning. Through the vision of the Board of Directors and the management team, United Methodist Homes continues its dedication and concern for our aging population. We're looking forward to our next fifty years!"

Watch for more details about anniversary events in 2008!

Opening Dates for Current UMH Campuses/Facilities

- Elizabeth Church Campus..... 1963
- Tunkhannock Campus 1969
- Hilltop Campus 1974
- Wesley Village Campus 1978
- Grand Care Children's Center..... 1985
- The Highlands..... 1992
- Doris L. Patrick Campus..... 1992
- Brooks Estates..... 2001

Future Wyoming Conference Changes May Impact UMH

In October 2007, members of the Wyoming Conference joined three other United Methodist conferences in upstate New York and Vermont to vote on a recommendation that would create a new conference including all or part of each of the four. The recommendation was approved, and this change will take place sometime in 2010. A second measure, approved by just the Wyoming Conference, will result in the Wyoming Conference being split along state lines, with congregations in Pennsylvania joining the Central Pennsylvania Conference and those in New York becoming part of new conferences.

Representatives of the Wyoming Conference will meet with their counterparts from the Central Pennsylvania, Troy, North Central and Western New York Conferences in the near future to begin making plans.

What the changes will mean for affected United Methodist Churches and for United Methodist Homes is not yet clear. However, according to UMH President and CEO Keith Chadwick, "No matter how the Wyoming Conference is affected by these jurisdictional changes, United Methodist Homes will remain intact, and committed to its mission of providing exceptional care to residents on all our campuses."

Watch for more information in future issues of *Seasons*.

Bye-Bye Winter Blues Party at Hilltop

The Hilltop Campus hosted a "Bye-Bye Winter Blues Party" on January 9, featuring music by Senior Sounds, and brownie sundaes were served. The highlight of the event was the indoor snowball fight with yarn snowballs. Shown getting into the action are JGJ resident Dorothy Yearke with activity leader Mike Zimmer, and activity leaders Jessica Zollbrecht and Adriane "Bean" Hotchkiss (inset).



Letters of Appreciation

To the Hilltop Campus

Thanks to Chris and crew – what an amazing job and what a lot of work to have so many people enjoy a Halloween treat plus your regular daily work.

To the Hilltop Activities Staff from the Resident Council

Thank you all so very much for all our Halloween activities. The haunted house was terrific. We appreciate all you do for us – thank you all so much!

To the Hilltop Activities Staff

On behalf of the adult care facility staff, we would like to commend the activity staff and volunteers for a job well done with the haunted house and decorations. It was outstanding. We can't wait until next year!

To the Elizabeth Church Campus

Our family would like to thank you for all the care you have given our father. We appreciated the fact that several of you took the time to come to the wake. We need people like you when a spouse can no longer care for their loved one. Thank you for always listening to our concerns.

To the Wesley Village Campus

To Anita and everyone else who took part in preparing such a festive, memorable Christmas dinner, I offer grateful thanks. Your efforts were well received by everyone who attended. It was a delight to enjoy every morsel served knowing how much effort others contributed to its success. My Christmas wishes to the dedicated workers at Wesley Village, who I love and respect.

To the Tunkhannock Campus

Your staff treat our loved one with such caring. Be very proud of your employees.

To the Hilltop Campus

My mother is a JGJ resident who recently celebrated her one-hundredth birthday. We had a party in the Eastwood Recreation Room, with 40 friends and family members on hand to share in her special day. We are writing to express our appreciation for the outstanding support we received from your staff in scheduling, planning and hosting the party. Kat Stoudt, Wilma Ace and Gina Boyea on Unit 2 scheduled the room, organized aides and nurses to get Mom ready, and arranged for beautician Donna Scordino to come in on Saturday and do Mom's hair. We had sketched our desired room layout and Sue Stanley helped us meet with Ed Glavitch, Ida Sargeant and Paul Paydo to plan the room set-up, tables, seating and table covers. On Sunday morning, everything was exactly as we requested. In addition, maintenance staff member Brian asked if he could help, and obtained an additional table for us. Finally, Ed checked to make sure everything was set, typical of the staff's thoroughness. The party was a huge success, and everyone enjoyed themselves, especially Mom. The assistance we received with the party was typical of Mom's care since she came to Hilltop in 2000 – a wonderful combination of caring and professionalism. We thank you and your staff for helping make Mom's special day even more so.

To the Wesley Village Campus

My mom passed away peacefully on December 9. She was extremely well cared for, and loved as well as respected. What more can I say but thank you!

To the Hilltop Campus from BCC Students

Thank you to the Unit 2 staff at JGJ for their kindness and smiling faces. Thank you for your patience and for welcoming us with open arms. You all helped to make this a great clinical rotation.

To the Hilltop Campus

Thanks to the short-term rehabilitation staff at JGJ for all your kindness and professional care.

To the Hilltop Campus

Thank you to the short-term rehabilitation staff for all your help and expertise. Your job is more than a job – you offer such help in the many aspects of recovery. Be proud of what you do!

To the Hilltop Campus

Thanks to the fantastic rehab staff for all your hard work in rehabilitating our mother. You are truly miracle workers – look at how far she has progressed in all areas! We are truly grateful for your compassion, perseverance and patience. Thank you again.

Donating to the Homes

If you would like to make a donation or consider a planned gift to United Methodist Homes, please call the Corporate Office at (607) 775-6400, ext. 280. Checks may also be mailed to 10 Acre Place, Binghamton, NY 13904.

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Abbreviations

DLP – Doris L. Patrick Campus, Norwich, NY

ECC – Elizabeth Church Campus, Binghamton, NY

JGJ – James G. Johnston Skilled Nursing Facility, Johnson City, NY

SLM – St. Louise Manor, Binghamton, NY

UMH – United Methodist Homes

WV – Wesley Village Campus, Pittston, PA

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Elizabeth Church Campus Celebrates 500 No Lost Work Days

For the second time, staff at the Elizabeth Church Campus have achieved 500 no lost work days. This means that following a work-related injury, no staff member is out longer than a week. Managers work with staff to get them back to work on light duty, saving in workers' compensation costs. The most recent 500-day period ended on October 1. "We 'reset the clock' at 500 days so no one feels pressure not to report an injury to preserve the record," said Marie Woody, Assistant Administrator.

This achievement is aided through the annual in-services staff throughout UMH receive on the proper use of equipment, proper lifting techniques and other tasks that pose a high risk for staff injury. "This accomplishment is very much a team effort – management and staff work together to keep everyone safe," said ECC Administrator Vicky Morabito.

ECC's 200 staff members were recognized for their achievement with sweatshirts for each staff member and a January 24 luncheon catered by Chicken Chalet. The campus will also receive a plaque from UMH President and CEO Keith Chadwick.



Every ECC staff member received a UMH logo sweatshirt to mark the achievement of 500 no lost work days. From left, ECC Bus Driver Roland Stout, SLM PCA Nancy Tarbox, Dining Services Aide Andrea Dow, Dining Services Aide Bobbie Toney and Assistant Administrator Marie Woody model the shirts.