



THE WESLEY COMMUNITY

CONNECTION

Greater Health | Greater Life | Greater Saratoga

Renovation Underway
in Springs Building

Nursing Director Receives
Prestigious Award

How Does Our
Garden Grow?





Autumn is upon us. It's time to settle back into our fall routines. That would be endless leaf raking for me. I hope your summer included time to relax with family and friends.

In our Outdoor Moments program at Wesley Health Care Center, residents were able to spend more time outdoors with assistance from employees who volunteer from departments all over The Wesley Community. The fresh air, sunshine, and splash of the rock garden fountain in Wesley's courtyard

rejuvenated everyone. Picnics, gardening, ice cream socials and excursions to the track are just a few of the activities campus residents enjoyed since our last issue of "The Wesley Community Connection."

The renovation project at Wesley Health Care Center made good progress in the past several months. We appreciate the patience visitors have shown as the construction crews move from place to place. Everyone has handled detours and other surprises in the Springs building with flexibility and good grace.

Activity on the first floor includes the main entrance being closed temporarily as we make it much more resident and family friendly. The former business office will become six new offices. On the fifth floor, half of the floor is currently under renovation. Resident rooms and common areas are being demolished and reconfigured new spaces replace them. This half of the floor should be completed by late October. The whole floor will have a much nicer look and feel by next spring when we are finished. You can see more about the Springs renovation project on page 4 of this newsletter.

The financial support of the friends of The Wesley Community has helped make possible these and so many other improvements that enhance the quality of life of our residents and clients. We can't thank you enough for your continuing support.

Sincerely,

Brian Nealon

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

UMHH BOARD OF DIRECTORS

BRENDAN CHUDY
President

JON ALLEN
1st Vice-President

ANDREW WISE
2nd Vice-President

WALTER SANKOWSKI
Treasurer

KAREN MARTELL
Secretary

ERICA COLETTI

HELEN ENDRES

CATHY MASIE

ELIZABETH ROVERS

CAROL SHIPPEY

BETH THAYER

CARLA WILLIAMS



Wesley residents and family members gathered for a picnic in the Wesley courtyard.



L to R: Marie Matarazzo, Linda Bolton



L to R: Ellen Himilbleu, Beverly Somerville and Barbara Lafond

This is a publication of 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.

If you would like to stop receiving this publication, contact Nikki Williams at 518.691.1616 or email nwilliams@TheWesleyCommunity.org.

Our Community



COVER PHOTO: George Moline's long life includes beginning a new hobby at age 80. Read his story on page 6.

Casual for a Cause

Wesley Community employees Katie Lahoff, Controller (left), and Mac Noonan, Information Technology Assistant (right), participate in "Casual for a Cause." Employees may buy and wear stickers that allow them to dress casually one designated day a week. All proceeds from sticker sales benefit the Northeastern New York Chapter of the Alzheimer's Association.



L to R: Instructor Roland Lavigne, Barbara Vincent, Jim Lloyd, Robin Rozines and Helen Gordon.

Tai Chi at Embury

Embury residents improve their skills at Tai Chi during the weekly class. Classes also take place at Woodlawn Commons.

Contents

FALL 2015

- 2 | How Does Our Garden Grow?
- 3 | Employees Receive Honors
- 4 | Renovation of Two Floors in Springs Building Underway
- 6 | Trying New Things - A Way of Life for George Moline
- 7 | Nursing Director Receives Prestigious Award
- 8 | Alfred Z. Solomon Therapeutic Activity Program Plaque Dedicated
- 9 | Family Donates Rose Garden
- 9 | Wesley Health Care Center's New Admissions Team

Want news about
The Wesley Community
each month?

Sign Up ...

for our e-news
on our website at
www.thewesleycommunity.org/e-news

How Does Our Garden Grow?

Start with a wet and under-utilized green space near Embury Apartments on The Wesley Community campus. Add donated landscape design, site grading, wood, stones, and organic mulch, and recruit volunteers to put it all together. Invite the participation of enthusiastic people with green thumbs who are dedicated to organic growing, and you have the Saratoga Springs Community Garden at Wesley.



Wesley's Community Garden was the brainchild of local resident, Susan Bokan. When Wesley agreed to use of the space in 2012, the garden came to life under Susan's guidance and because of her fundraising expertise. Now in its fourth season, the Community Garden is a resounding success, so much so that applicants are now subject to an annual lottery to choose who will get one of the coveted beds.

While a number of free beds have been set aside for low-income campus residents, the \$25 per growing season fee is used for supplies, upkeep and improvements.

Community gardeners agree to follow strict organic gardening guidelines, keep their gardens consistently maintained, and contribute to the composting bins. All participants also perform tasks that support the whole enterprise like weeding the paths or turning compost in the bins. Experienced gardeners help novice gardeners, and people use a buddy system to share watering duties when people go away on vacation.

This year the Embury Café began contributing appropriate kitchen waste, such as vegetable peelings and leftover salad lettuce to the compost bins. Mike Hughes, who manages the Embury Café as well as Georgia's Restaurant at Woodlawn Commons, says, "It's a little extra work for the kitchen staff, but we're happy to contribute what we can to help make organic gardening a success for The Wesley Community."

For the past two growing seasons, the community gardeners have shared hosting garden parties once a month on a Sunday afternoon. The socials help gardeners get to know one another and make new friends. Campus residents enjoy meeting younger families and other people from the neighborhood.

At the end of each growing season, a pot-luck Harvest Dinner for all participants takes place in the Embury Café. ■



CARL PICIOCCIO, CNA

was selected Certified Nursing Assistant of the Year at Wesley Health Care Center. Carl interacts closely with residents every day by helping them with activities of daily living. Carl was judged on his clinical skills, friendliness, and compassion.



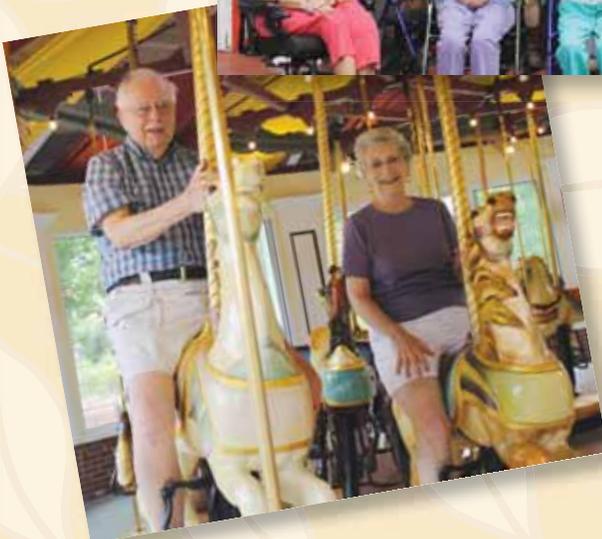
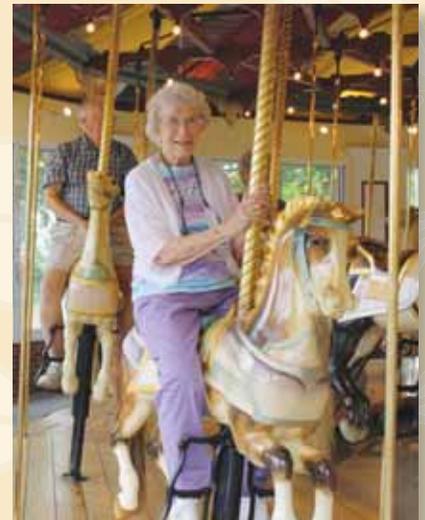
SCOTT JOHNSON

was named Employee of the Year from the combined housekeeping, laundry, and floor care departments at Wesley Health Care Center. Scott's positive attitude, motivation, and dedication to customer service earned him this award.

Residents Enjoy a Perfect Summer Day

A big thank you to Patrick Pipino, owner of Ben & Jerry's in downtown Saratoga Springs, who made the day for Woodlawn Commons residents by treating everyone to ice cream.

Afterwards residents walked down the street to Congress Park and had fun riding the carousel.





Renovation of Two Floors in Springs Building Underway

The full renovation of the 5th floor of the Springs building at Wesley Health Care Center will offer more homelike surroundings where residents can flourish in Wesley's person-centered living environment.

The number of private rooms on 5 Springs will increase from only four to seventeen. Each room will have its own European-style bathroom with shower, new furnishings and a flat screen television.

A cluster of resident rooms is designed to feel like a neighborhood. Each neighborhood will have its own great room with fireplace and big-screen television. The two neighborhoods on 5 Springs will have a shared dining space with a kitchen and pantry. Food for meals will be delivered to the kitchen from a centralized preparation area, but dishes and utensils will be stored in the kitchen. When a resident requests it, snacks and some meal substitutions will be available from the pantry.



Main Lobby



Kitchen and Dining Room

ENHANCEMENTS ON THE GROUND FLOOR OF SPRINGS BUILDING

PERSON-CENTERED LIVING

- ◀ A new porte-cochere will offer more protection from weather at the entrance to the Springs building, which is also our main entrance.
- The main entrance will get new doors to facilitate traffic in and out, and the reception area will be refurbished.
- The new gift shop space will include a café seating area.
- Walls and floors throughout the ground floor will receive updates and improvements
- A new and more efficient ambulance entrance will be constructed.

Getting up and going to bed at an hour of our choosing, eating when we are hungry, having a routine for bathing and personal care, and participating in our favorite pastimes on our own schedules are activities that we take for granted. Wesley Health Care Center believes that residents receiving long-term skilled care desire and deserve similar flexibility and freedom. Wesley's person-centered focus creates a more home-like environment for residents. Residents can express preferences about their daily routines and are offered options within the regulatory guidelines established by the New York State Department of Health.



▲ Great Room

Resident Room ▼

The entire floor will feel less institutional with the elimination of the large central nurse's desk. But when more institution-like care is needed, it can be provided. For example, residents requesting or requiring tub bathing will use the new spa room with its Jacuzzi and safety lifts to help attendants assist residents in and out of the tub. Bed-bound residents will benefit from a stretcher-sized shower.

New lighting will brighten all of the spaces and an improved heating and air circulation system will increase resident comfort in all seasons.

We hope you'll pardon any personal inconvenience as these changes unfold.



We look forward to utilizing this new space and serving its residents the traditional Wesley way, with competence, caring, and compassion.

For the past few years The Wesley Community's fundraisers have focused on helping offset the cost of the improvements on the ground and 5th floors of the

Springs building. We are grateful for the generosity of all who have contributed to this project so far. Your continuing support keeps us confident that we will effectively serve the needs of aging adults well into the future. ■

TRYING NEW THINGS -

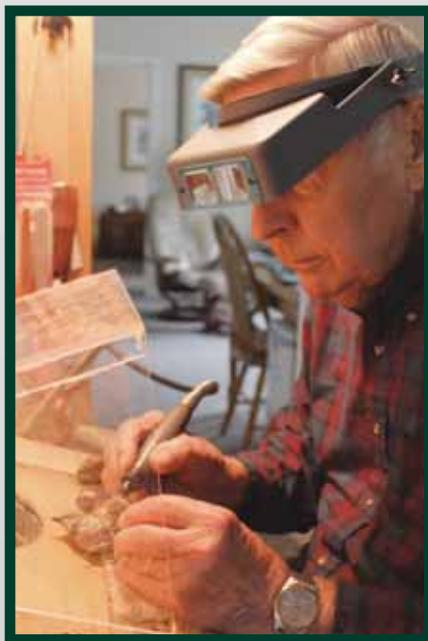
A Way of Life for George Moline

Most people do not take up a new hobby at the age of 80, especially one requiring as much skill as carving life-like birds from wood, but then George Moline is not most people. One has only to meet and talk to George to realize that he isn't afraid to try his hand at much of anything.

George was born in Minnesota in 1925. His family worked its way through the Great Depression like everyone else at that time. As a youngster, George built rubber band powered balsa wood and paper model airplanes and flew them with his friends. That was a portent of things to come. In 1943, George volunteered for the Army Air Corps. By the time he was discharged from active service in 1946 he had served as a B-29 Navigator – Bombardier – Radar Operator and, as a 2nd Lieutenant, rising to Group Navigation Officer in the 382nd Bomb Group VH. After the war he served in the Air Force Reserve until 1959.

George earned his mechanical engineering degree at the University of Minnesota courtesy of the G.I. Bill. Beginning in 1949, he worked for the General Electric Company for 35 years. Besides that, he volunteered for the Boy Scouts, Junior Achievement, United Way,

and a variety of positions at his church. He received a service award from the Albany Veteran's Administration Center for serving 1200 hours



George Moline at work on his latest project.

over eleven years with the Saratoga National Cemetery Honor Guard and Color Guard Associations. His other interests include fishing, reading, traveling, auto mechanics, and geothermal heating and cooling. George also holds two U.S. patents.

In high school George had met the love of his life and future wife, Jean, who was also a descendent of Swedish immigrants. They married in 1946 and had four children,

three sons and a daughter. George lost his precious Jean in 2010 after 64 years of marriage. Their wedding picture and Jean's beautiful portrait taken as a young woman grace the wall near George's easy chair in his independent living apartment at Woodlawn Commons. George now has five grandchildren and three great-grandchildren. He names time with his family as his greatest pleasure.

At the age of 90, George is still active and inquisitive. He says, "I exercise and eat well, but most of all I like to get out there and try something different."

While resuming his interest in woodworking ten years ago, George uncovered a talent for carving birds that has garnered him multiple awards from the Northeastern Woodworkers Association. Many of his carvings of colorful back yard birds and birds of prey can be found throughout his apartment. Although his specialty is birds, he also creates Little League baseball trophies. His remarkable skill at woodcarving is self-taught. ■





George's favorite quotation, written by Laurence Sterne, sums up his long-time philosophy of life:

“What a large volume of adventures may be grasped within this little span of life by him who interests himself in everything.”



Nursing Director Receives Prestigious Award

Cindy Canzeri-Labish and her husband, Isaac.



Wesley Health Care Center's Director of Nursing, Cindy Canzeri-Labish, has received the coveted 2015 Professional of the Year Award from LeadingAge New York.

LeadingAge New York represents not-for-profit, mission-driven and public continuing care providers, including nursing homes, senior housing, adult care facilities, continuing care retirement communities, assisted living and community service providers. The annual Professional of the Year Award is a statewide honor recognizing extraordinary dedication in service to older adults by front-line staff at member communities.

Canzeri-Labish oversees 400 employees as Wesley's Director of Nursing, a position she has held since 1999.

“The Wesley Community is proud that Cindy Canzeri-Labish was chosen for this prestigious honor,” said Brian Nealon, CEO of The Wesley Community. “For more than 15 years she has displayed an unparalleled dedication to Wesley Health Care Center. We thank Cindy for her hard work and applaud LeadingAge New York for selecting such a deserving candidate.”

Canzeri-Labish serves on numerous local and statewide boards and committees, provides consultation to several health care facilities, and has led health care symposiums throughout North America. Her community service includes roles at her church, the New Skete Chapel Community in Cambridge, NY, where she is a parishioner and volunteer. She also volunteers at the Hubbard Hall Center for the Arts and Education, and for community dinners and annual events in Washington County. ■

Alfred Z. Solomon Therapeutic Activity Program Plaque Dedicated

Recently, members of The Wesley Community participated in a plaque dedication for the new Alfred Z. Solomon Therapeutic Activity Center Program being piloted on the 2nd floor of the Victoria building at Wesley Health Care Center. Funding for the

training and necessary equipment was provided, in part, by a grant from The Alfred Z. Solomon Charitable Trust. The program includes training for key staff, known as Dementia Champions, using the Buddies Forever Dementia Communication Coaching model developed by Gemini Consulting, and the development of Alfred Z. Solomon Therapeutic Activity Center Programs for residents with dementia in appropriate areas of the Wesley campus. The programs will offer strength-based stations that

are specific to an individual's level of functionality and interests. Residents can visit these stations to hold and use props that are familiar, and everyday objects designed to engage the mind, including jewelry, sewing materials, tools and puzzles. ■



Pictured are:

Back Row – L to R: Greg Dixon, Executive Director, The Wesley Foundation; J. Brian Nealon, CEO, The Wesley Community; Shelly Amato, CFO, The Wesley Community; Dutch Hayward, Administrator, Wesley Health Care Center.

Front Row – L to R: Carl Picioccio, CNA; Sharon O'Sullivan, RN, Enriched Living Program Coordinator; Rose Rhodes, BSN, Nurse Educator; Janet Morett, 2 Victoria LPN; Trudi Cholewinski, MS, 2 Victoria Program Coordinator; Karen Gilligan, RN, 2 Victoria Unit Coordinator; Jami Blackmer, CNA; Brooke Cunningham, CNA.



Family Donates Rose Garden to Honor Resident's 100th Birthday

The Wesley Community has received a rose garden donated by the family of longtime resident Elsie G.B. Shepherd in honor of her 100th birthday. The Elsie G.B. Shepherd Centennial Rose Garden at The Wesley Community is located in the courtyard of the Hathorn building, part of the Wesley Health Care Center.

Ms. Shepherd's family presented her with an oversized birthday card and promised the rose garden when Shepherd turned 100 on November 1, 2014. The Wesley Community maintenance staff tilled the garden in May and planting commenced in June, with members of the family spending time on weekends adding flowers and tending the garden.

The entire family gathered with Ms. Shepherd recently to enjoy the garden in its full summer bloom. "It was a fantastic afternoon together," said her granddaughter, Kate Jarosh. "We enjoyed the courtyard, the new garden and being with family, as we hope many other families will now do at the rose garden." ■



Wesley Health Care Center's New Admissions Team



Sue Sicard, social worker at Wesley Health Care Center for the past 20 years, was recently promoted to Director of Social Services. As Director she conducts tours and helps families with the transition of a loved-one to living at Wesley. She also supervises the social workers of the various long-term care units at Wesley Health Care Center.



Kim Crannell, RN, joins us as Wesley's Admissions Coordinator. Kim networks with area hospitals and their case managers to facilitate the transfer of hospital patients to Wesley's long-term care setting.



Aileen Shippee, is now Financial Admissions Coordinator. She assists resident families with the financial aspects of long-term care including insurances and other sources of financial support.

Wesley Events

Saturday, October 3rd 2nd Annual Balloon Walk

Fundraiser to benefit The Wesley Community
10:00 am - Opening Ceremony and Walk
11:00 am - Giffy's BBQ serving chicken
BBQ & pulled pork sandwiches

Pre-register today via 518.691.1420 or visit
www.balloonwalk.com
(See our ad below)

Saturday, May 21, 2016 The Wesley Community's Annual Gala

Saratoga Golf and Polo Club
For information call 518.691.1420 or visit
www.thewesleycommunity.org/gala

Friday, June 10, 2016 Annual Spring Event Dinner and Entertainment



THE WESLEY COMMUNITY

131 Lawrence Street, Saratoga Springs, NY 12866

Non-Profit Org.
U.S. Postage
PAID
Albany, NY
Permit #164

Come for the walk, for the BBQ, or both!



Saturday, October 3rd | Walk – 10 a.m. BBQ and Music – 11 a.m. to 1 p.m.

The Wesley Community, 131 Lawrence Street, Saratoga Springs

Enjoy this family friendly event to raise funds for The Wesley Community! Walk a one-mile course throughout the campus and see more than 1,000 colorful balloons and a hot-air balloon too. Registered walkers receive a free t-shirt. The walk is followed by a BBQ featuring Giffy's BBQ and music.

Walk & BBQ	Walk Only	BBQ Only
\$25 adults	\$20 adults	\$10 adults
\$15 kids (12 and under)	\$10 kids (12 and under)	\$8 kids (12 and under)



Balloon Station Sponsor



Balloon Station & Family Fun Zone Sponsor



THE WESLEY COMMUNITY

Reservations required | Sign up at www.theballoonwalk.com or call 691-1420 | Rain Date 10/4/15