

UNITED
METHODIST
HOMES

*Continuing
a 100-Year Tradition
of Service*

Window

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Middlewoods of Newington

A MESSAGE FROM THE PRESIDENT

It's hard to believe that autumn is already upon us. As we prepare for winter — hopefully, a less stormy one than last year — we also continue to raise the bar for innovative and comprehensive senior services. In every location, including the three that we profile here in *Window*, we continually renew our commitment to improving the quality of life for each individual that we serve.

First, we spotlight Beginning Years Children's Center, located within Sharon Health Care Center in the Northwest corner of Connecticut. The preschool program of this center, a forerunner in intergenerational programming, is now open to the community.

In the Hartford area, Middlewoods of Newington, our newest assisted living community, is quickly becoming a favorite choice for seniors who are interested in affordable assisted living. In this issue we spend the day with a Middlewoods of Newington resident.

The Campaign for Wesley Heights is well on its way. To date, we have raised one-third of the \$1 million necessary for extensive improvements to our retirement community. Inside is a sneak peek at the renovations as well as comments from a few residents describing the impact of those improvements.

We hope that you share our excitement about the evolution of our organization. And, as always, thank you for the continued support of our mission.



Robert L. Clapp, President and CEO

Beginning Years Children's Center Opens Doors to Community



Beginning Years Children's Center (BYCC), situated in Sharon Health

Care Center, has provided quality care for infants, toddlers, and preschoolers for ten years. Until this fall, the program was open only to the children of employees of Sharon Health Care Center and Sharon Hospital. Now, Beginning Years Children's Center is accepting applications for preschoolers from Northwest Connecticut and neighboring New York.

With two spacious classrooms, two playgrounds, and a staff of seven trained teachers, the program has been accredited by the National Association for the Education of Young Children. Because of its location in Sharon Health Care Center, it is well suited to intergenerational programming that joins individuals from different generations in a variety of engaging educational activities.

"I see potential for a unique opportunity not available in other facilities," states Sharon Vesely, the director of BYCC. "A resident of Sharon Health Care Center could participate in activities with a granddaughter or great-grandson who is enrolled in our program. We look forward to giving the families in the area an opportunity to use this convenient, affordable, and high-quality service."

**For more information regarding the program,
please contact BYCC at 860.364.1002.**

Welcome
to 
Middlewoods
of Newington
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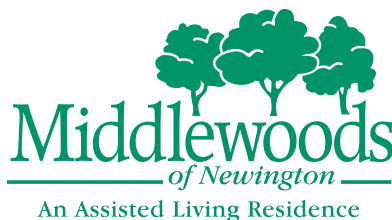
Call for a personal visit 860.667.1336

Middlewoods of Newington

–An Insider’s View

“I was impressed with how cordial everyone was, and how quickly I felt at home,” relates Charlie Yacobucci, who moved to Middlewoods of Newington six months ago. His apartment was fully furnished when he arrived in February, and he also brought his own mementos, including a portrait of Alice, his wife of 34 years. Charlie recently invited us to spend the day with him at Middlewoods of Newington.

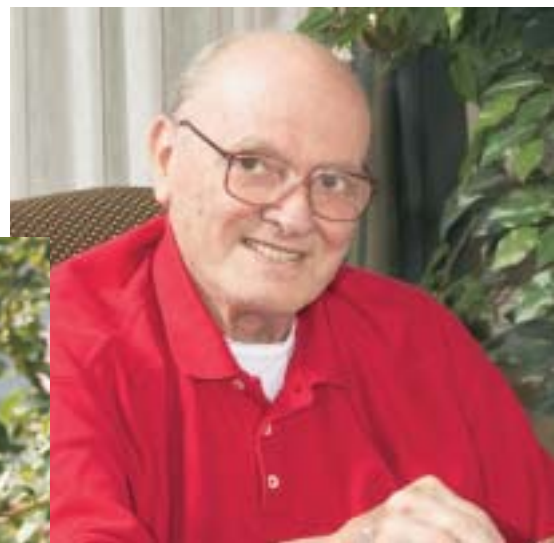
To start the day, he fortifies himself with a full hot breakfast made to order in the dining room. He checks the activity board on the way into the dining room to



plan the day ahead and to see what outings are on the schedule. Anna Kulinski, the Activities Director, works hard to provide ample entertainment on and off campus, including trips to museums and parks. And “Chubby,” the new Middlewoods of Newington sedan, gives

residents the opportunity to shop and make medical appointments in the towns of Farmington, Hartford, New Britain, Newington, and West Hartford.

Next it’s just a few steps across the courtyard for “Chat and Coffee,” a morning ritual for a number of the residents. After catching up on current events, at Middlewoods and in the outside world, it’s time for a quick trim at



the barber shop/hair salon before the daily morning exercise class. Charlie also has the opportunity to sit in on the Book Club, and the convenient scheduling leaves him plenty of time to get to the dining room in time for the mid-day meal.

On the menu today is a choice of a soup or salad, followed by grilled shrimp over bowtie pasta with snow





peas. And, for the finishing touch, there's either peach cobbler or chocolate cake. He is also ready for some good-natured ribbing from Chef Manager Marilyn Schaller, who always stops by each table to check that everyone is satisfied. On most days, he is

pleased with the choices on the menu; if he prefers an alternate, Middlewoods is always able to accommodate personal requests.

The afternoon also provides a number of options. Charlie relaxes in the library with a book before the pianist begins playing in the activity room. Some of the

residents are making quilts for babies at the Hartford Children's Hospital. There's also bocce in the courtyard before afternoon tea. While some members of the community retire to their rooms before dinner, others gather in the activity room for a video or a lecture.

After the evening meal, Charlie returns to the activity room, where the Key Club from Newington High School leads a series of games, based on residents' choice. There's a scrabble tournament heating up in the Courtyard Lounge along with a devoted group of "Jeopardy" and "Wheel of Fortune" watchers. Charlie opts for a few games of Pokeeno, a snack, and a chat with his daughter on the phone before he retires for the night.

His monthly rent covers meals, activities, and a variety of supportive services. For Charlie, it also means peace of mind and freedom to enjoy his retirement. "I'm very happy here," he states. "It has everything I need — and then some!"

AN UPDATE ON THE CAMPAIGN FOR WESLEY HEIGHTS




“These renovations will really make a difference to the residents. The present library, in the corner of the dining room, provides no quiet place for people to sit and read without interruption. I also have no space for new books. I can’t wait for the opportunity to shelve all of the books that are presently sitting in cartons!”

Grethe Popp,
volunteer librarian

WESLEY HEIGHTS, our retirement community at Wesley Village in Shelton, has provided seniors with a balance of independence and community life for more than thirty years. We are extensively renovating Wesley Heights to meet needs that were not foreseen when the community was designed. Improvements include construction of:

- a multipurpose activity room with a chapel
- a living room overlooking landscaped gardens
- a library and a village store
- wheelchair accessible restrooms
- a patio-garden area

The plan also includes new decor and lighting in the central dining room, corridors, and lounges; power-assisted doors; and a modern wireless emergency

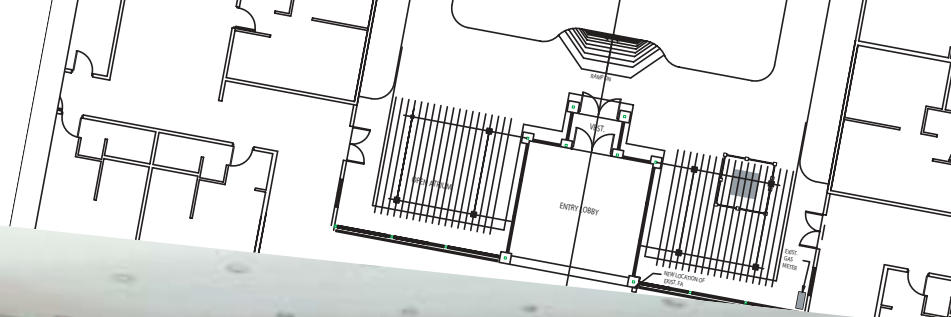


call-for-aid system. We have already begun work in the corridors and the lounges.

The 200 residents, with an average age of 85, include retired clergy, teachers, shopkeepers, homemakers, factory workers, and nurses. Working closely with the Residents’ Association, we have developed a plan for improvements that will enhance quality of life for residents of Wesley Heights.

Because Wesley Heights was financed through a federal affordable housing program, funding for improvements cannot come from rents and must come from donations and other sources. We have already raised one-third of our \$1 million goal.

If you wish to make a gift to The Campaign for Wesley Heights, please call the Office of Development and Public Relations, 203.925.4952.



“I play piano at the Tuesday morning worship service. Because the space we use is also a passageway and a sitting area, there are numerous distractions during the service. The new addition will give us more privacy for worship and meetings.”

Rev. J. George Hilton



There are several popular ways that you can support the work of United Methodist Homes:

- Making a gift to The Campaign for Wesley Heights or to one of our other facilities
- Planning a bequest through your will
- Making a gift that will pay you a lifetime income at an attractive, guaranteed rate

Call the Office of Development at 203-925-4952 for more information.



Our Mission

To provide meaningful lifestyle options built upon a foundation of spirituality that allow people to maintain their independence for as long as possible, to rehabilitate from sickness or injury, and to be vital members of their community.

Care Management for senior adults and their families through **Senior Care Navigator**. Professional care managers assess needs, evaluate options, and arrange services for home-based care.

Assisted living at three Connecticut locations: **Crosby Commons** at Wesley Village in Shelton, **Middlewoods of Farmington**, and **Middlewoods of Newington**. Services include meals, activities, transportation, housekeeping, and personal care.

Skilled nursing and rehabilitation now at two Connecticut locations: **Bishop Wicke Health Center** at Wesley Village in Shelton and **Sharon Health Care Center** in Sharon. Both short-term and long-term care are offered. JCAHO (Joint Commission on Accreditation of Healthcare Organizations) accredited.

Retirement living: Wesley Heights at Wesley Village in Shelton. Independent living with meals and optional assisted living services.

Hospice of Northwest Connecticut serving residents of Northwest Connecticut and neighboring New York. Trained volunteers help the terminally ill and their families cope with the physical, emotional, and spiritual demands of death and dying.

Consulting and management services through **The Long Hill Company**, a wholly-owned subsidiary with properties in New York, Florida and the Mid-West.

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Rome and the Amalfi Coast	November 4, 2004	\$1,999
"New Year in California"	December 29, 2004	\$1,499

For more information call Pamela Giblon 203.944.8278

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