

“The most important things in life are human relations.”

—Katharine Susannah Prichard, Australian author

Those of you who have visited Wesley Village in Shelton during the last year may have sensed a little “something different” in the air. In a place that is already known for its supportive staff, there's even more of an emphasis on relationships and caring. In a place where enthusiasm is in abundance, there's a little more camaraderie and joviality. What has been happening?

United Methodist Homes, in conjunction with the international Planetree program based at Griffin Hospital in Derby, has embarked on an exciting venture on the Wesley Village campus. Combining our strengths with elements of the Planetree philosophy of hospital care, Wesley Village has become a living laboratory for the development of an innovative, relationship-centered model of senior residential care.

Planetree was founded twenty-five years ago by Angelica Thieriot in response to the technologically advanced but impersonal medical care that she received when hospitalized in the United States for a rare virus. Thieriot began a crusade that resulted in the founding of Planetree, a nonprofit organization dedicated to improving the hospital experience for patients and their families.

The number of hospitals committed to the Planetree philosophy of care has grown steadily over the years; Griffin Hospital became the headquarters for the Planetree program in 1998, and, within five years became Connecticut's fastest-growing hospital. When we examined our programs and services, we saw that our values had much in common with Planetree, particularly in terms of providing services that are supportive of residents and their families. We also recognized our role as an innovator in senior services and realized that our continuing efforts to provide independence, dignity, and choice could serve as a model for other senior living facilities.

This collaboration has prompted new programs at Wesley Village, which is comprised of: Bishop Wicke Health Center, which provides rehabilitation and long-term nursing care; Crosby Commons, our assisted living community; and Wesley Heights, which offers retirement living in cottages and apartments. We value this unique opportunity to reaffirm our mission and renew our commitment to seniors through relationship-centered care for body, mind, and spirit.

Robert L. Clapp, President and CEO
United Methodist Homes

An advisory council
comprised of nationally
recognized leaders
in the field of aging as
well as Angelica Thieriot,
the founder of Planetree,
have participated in a
series of teleconferences
to provide input on our
Planetree Senior Living
model. In addition,
staff and residents of
Wesley Village have
collaborated to develop
the components of
the model.



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.

Travel with UMH



Office of Development and Public Relations
United Methodist Homes
580 Long Hill Avenue
Shelton, Connecticut 06484

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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 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.

Companions: Assistance and companionship in one's own home.

Hospice of Northwest Connecticut serving residents of Northwest Connecticut and neighboring New York.

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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Planetree at Wesley Village: A Relationship-Centered Environment for Senior Living

THE PLANETREE Senior Living Model combines the standards developed by United Methodist Homes for operating senior housing and healthcare with the concepts of Planetree, a program designed for acute care hospital settings. The following pages present just a few examples that illustrate how Planetree has taken root at Wesley Village and continues to create healing partnerships.

Hands of Comfort

"Hands of Comfort," a program implemented in 2003 recognizes the importance of compassionate touch in promoting physical, mental,

emotional, and spiritual health. Staff members and volunteers are trained in therapeutic hand massage techniques. Volunteers also treat residents to regular manicures, which provide social time as well as stress release and relaxation. One resident who had never had a hand massage



is not uncommon to see staff making good use of the machines, as membership is open to everyone on campus. "I cannot believe the difference that it has made in my balance and flexibility," shares a resident about the popular balance class. "And on top of it, I've made new friends!"

Blessing of the Hands

All of the Planetree components recognize that relationship-centered care for body, mind, and spirit is just as important for caregivers as it is for those they serve. Staff members also need guidance and support as they form healing partnerships with

residents, residents' families, and with one another. Ceremonies like "The Blessing of the Hands" help staff recognize their individual and collective strength and reaffirm their ability to care for others. In this ceremony, the chaplain blesses the hands of each employee with an aromatic oil named "Inspiration" and with the invocation, "May your hands and your work be an inspiration for others, that they may have new life." The chaplaincy program recognizes the crucial role of spirituality in healing and offers one-on-one pastoral care for residents and staff, as well as regular worship services, memorial services, and prayer groups.



Nurturing Aspects of Food

Human Interactions Enhancement of Life's Journey Nutritional and Nurturing Aspects of Food Family, Friends, and Social Support Networks

Independence, Dignity, and Choice Spirituality Activities and Entertainment Paths to Well-Being Empowerment through Information and Education Environment Conducive to Quality Living

Hug a Housekeeper

Residents often comment on the diligence of those in the housekeeping department at Wesley Village. These same residents have the opportunity to publicly recognize the staff's efforts during Hug a Housekeeper week. The members of the housekeeping department are featured on a photo display board, and everyone is encouraged to hug a housekeeper in appreciation of their extra efforts. Before long, there are smiles and hugs all around. "The housekeeping staff really deserves special attention for keeping everything spic and span," remarked a resident who shared a hug and some words of praise. "And who would have thought that a simple gesture like a hug would make all of us feel so good?"



Baking Program

In a cheerful, well-lit kitchen, the familiar smells of baked goods help trigger pleasant memories. On some days, it's chocolate chip cookies; on other days, it's banana nut bread. Volunteers and staff make sure that the comforting aromas drift down the hallways and that residents gather to sample their creations. Food, a source of pleasure, comfort, and familiarity, helps create a nurturing environment. At Wesley Village, food provides a unique form of "aromatherapy" for the residents. "It just feels — and smells — more like home," states a visitor to Wesley Village, "and I know that the residents love it."

Perpetuating the Planetree Spirit Through a Legacy Gift



"What I like about the Planetree philosophy is that it treats mind, body, and soul. As a result, people are treated with more compassion and sensitivity," says Joe Pagliaro, Sr., a member of the boards of both Planetree and United Methodist Homes. "Planetree also encourages the involvement of family

members in the care of their loved one. I know this firsthand because my son recently spent nine days in Griffin Hospital, the local Planetree hospital and international headquarters for Planetree. Our family felt very welcome when visiting him at the hospital."

"Because Wesley Village is known for providing loving, tender care, it's a great place to bring the values of Planetree to a senior living environment. And since I want to ensure that compassionate care is available to our elderly citizens, I have provided for United Methodist Homes in my estate plans. I have made a bequest in my will and am in the process of setting up a trust that will pay United Methodist Homes a perpetual income. Please join me in supporting UMH by planning a legacy gift."

Leaving a Legacy by Bequest

A bequest to United Methodist Homes through your will may allow you to make a more substantial gift than would be possible during your lifetime. To make a bequest to United Methodist Homes, you should include the following language in your will:

I give, devise, and bequeath (state specifics of bequest here, e.g. 10% of my estate) to United Methodist Homes, Inc., 580 Long Hill Avenue, Shelton, Connecticut 06484.

If you prefer, you may make your bequest to a specific service such as Hospice of Northwest Connecticut or Sharon Health Care Center.

Unrestricted bequests give United Methodist Homes (UMH) the flexibility to use funds where they are most needed at the time. If you are considering a bequest with specific restrictions for its use, we encourage you or your attorney to discuss your plans with the development office, to ensure that UMH will be able to meet your intent.

A Legacy Gift That Pays Lifetime Income

You may be able to increase your income while supporting the work of United Methodist Homes by establishing a charitable gift annuity. In exchange for your gift of cash, securities, or other assets, United Methodist Homes Foundation would agree to pay you, or one or two annuitants you name, a fixed amount each year for life. The annuity rate is determined by the age of the annuitant at the time of the gift. The older the annuitant, the higher the rate, for example, 6.5% at age 70 and 8% at age 80.

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Enclosed is my contribution to be used where it is most needed
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My gift is in honor of in memory of _____

Please list my name in the donor report as _____ I prefer to give anonymously.

I have included United Methodist Homes in my estate plans.

I would like more information about the following gift options, with no obligation on my part:

Making a gift through my will or a trust A gift that will pay me a lifetime income My date of birth _____
 Spouse or other income recipient's date of birth (if applicable) _____

Return this form to the
Office of Development and Public Relations, United Methodist Homes, 580 Long Hill Avenue, Shelton, CT 06484.



or a manicure was hesitant to participate at the start. "Now," her daughter says, "she looks forward to it every week!"

Wellness Center

Opened in 2001 and operated in conjunction with Sacred Heart University's Department of Physical Therapy, the Wellness Center offers personalized exercise programs for muscle strength, balance, flexibility, and cardiovascular fitness. Staff assess residents and then help develop and monitor personalized fitness programs. Aquatherapy in a heated pool and physical therapy are available for people needing outpatient rehabilitation. The Wellness Center features exercise equipment that is particularly suitable for use by seniors. But it