Abundant Life for Seniors

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Chat & Happenings
May 2020

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Jessica’s Journal

Hello!

Let me just say…. You all have some of the best family members!!!! I have received an overwhelming amount of emails and calls from your loved ones with accolades for all that is happening here at The Shores and more importantly…. continued healthy blessings. And you guys,… I took off on Wednesday and came back to find little notes from so many of you and I surely felt the love! I even posted it on Facebook. Now you know its real news. Ha!

We are continuing on what I dare say…. A healthy streak. Two of our staff that were out are now back to work and the last one will be returning in 10 days. This is really exciting! Now I pray for continued health.

We are still working on getting his in-house TV system working. By the time we get this going, it just may be my retirement legend. There seems to be a glitch with the information not carrying over into your apartment TV’s. We are continuing to work on this.

We have set up a cool way for your family members to visit without coming into the community. We are currently arranging times with them for visits. If you are out for a stroll, swing by the new lobby area and you can check out the set up. These visits will start Monday. Michelle Morrell or I will be in touch to let you know that your family has arranged a visit.

On a side note, beginning in May we will start taking credit cards for monthly invoices. I know some of you have inquired about this in the past, please see Eva in the business for more details.

I am working on an email list for residents. If you would like to be on my email listing, please feel free to email me at jstewart@umcommunities.org and I will add you to my email list. This is just another way I am trying to bridge the gap for communication.

As always my fellow warriors, I thank you for all you are doing to help us remain healthy. If you have suggestions of different types of outdoor things we may be able to do and maintain a social distance, I am open to recommendations to work with Mary Kate and her awesome team.

With love,
Jessica
NEW RESIDENTS
We are pleased to welcome Sonia Forry to our community!

NEW ASSOCIATES
We are happy to welcome new associates to our team!
Tammy Aldridge, Resident Care Asst.
Dawn Hillman, Homemaker
Sara Newman, LPN
Slavia Schrey, RN
William Wilson, Utility Worker
Sonalba Zala, CNA

Our Mission
Compassionately serving in community so that all are free to choose abundant life.
Here’s What Happened Last Month

Hallway BINGO, Pajama Day and our daily Joy on Wheels Cart have been creative ways to stay connected and cheerful as a community!
Here’s What Happened Last Month

Congratulations to the winners of *The Shores Hallway Putting Contest*!

**1st Place – Midge**

**2nd Place – Maxine**

**3rd Place – Winnie**

This contest was inspired by resident, Winnie who has been practicing her short game during quarantine. Close to 20 residents participated in friendly competition for bragging rights and candy. Our next contest will be held on **Friday, May 15 at 3:00pm**. Please see Michele Musto for details 609-391-6321.
OUR UMC HEROES!

Big THANK YOU to our Shores' team heroes who are on the front line every day caring for our community during this crisis!
CHAPLAIN’S CORNER

Good Day Shore Family!

We are entering the month of May and closing the book on the month of April. We have all heard the saying “April showers bring May flowers.” Well it is true, we did get a lot of rain in April and we are beginning to see flowers pop up in our yards. The truth is that time and seasons are standing still. While this is not only a season of trial and testing of our faith, it is a season that causes us to feel isolated with our thoughts, mindsets and perspectives. We did not ask for this trial and tribulation. We cannot undo, control, or explain the tragedies in the wake of COVID-19. We are at a loss to even make sense of all those we have lost throughout the world. Both as victims and heroes who stepped up to the oath they took and gave their lives trying to save lives. We find it hard to wrap our minds around this massive heartbreak.

Here is the question I must ask you as well as myself. Until it passes, how will we handle the time? How will we use our thoughts during this time? What will we focus on? Will we look back and tell ourselves “I wish I had done this or that?” Will we take this season and decide to simply isolate and wait for it to get better? What can we do in this season of chaos? We can, take control of what we can control, and that’s our mind. We can control our thoughts, we can acknowledge and accept our feelings of grief and sorrow and begin to use that as power to intercede in prayer for those who are grieving, suffering and fighting to save life every day. We have an opportunity now to take control of our thoughts and refocus our prayers on those who are in the thick of things. We can now take time when we would do other things and devote that time to prayer for this community, city, state and world. We have the opportunity now to live what we say we believe. We have the opportunity now to walk by faith and not by sight. We have the opportunity to use the power of prayer which consequently shapes our reality now and in the future. James 5:16 states “The effectual fervent prayer of a righteous man availeth much.” God’s Word says we can have confidence when we pray.
In Matthew chapter 13, Jesus uses a parable to challenge those gathered around him to compare their faith to the seeds which a farmer had scattered. Some seeds were scattered in rocky places where there was little soil. They grew quickly, but when the sun came up, the plants were scorched, and withered because they had no real roots. When trials come do we feel burned out, with no real strength? Others were scattered among the thorns which choked the plants as they began to grow. Still other seed fell on good soil, where it produced a crop. Our faith is possible because the ground is fertile and rich filled with the nutrients of a real honesty, trust, vulnerability and submissiveness.

In the life of trees, one key to survival is having more roots than shoots. In his book *Oak: The Frame of Civilization*, author William Bryant Logan says, “If a tree puts on a lot of top growth and few roots, it becomes weak-wooded and short-lived…If a tree puts down a great deal of roots and adds shoots more slowly, however, it is liable to be long-lived and more resistant to stress and strain.” The problem with roots is not seen; they are not pretty but they are necessary if we are going to live in this pandemic season.

Are we living with shoots rather than roots? The shoot system includes leaves, buds, flowers, stems and fruits, if applicable. Shoots are what the world sees. Shoots are what we project to the public. Roots are not seen. It’s the roots that fuel the leaves, buds and flowers. If the root system is not nourished and given room to grow, the plant will not be able to stand the scorching rays of the sun. The root system of followers of Christ grows when faith is stretched and the heart makes the decision to trust God and the mindset follows. It does not move on what it sees physically, but what the heart believes. It knows that in order to stand the rays of the heat of the day, frustration, fear, impatience and anger, it cannot stand on its own, but what the word of God states. Otherwise the tree of faith will wither under the hot intense rays of the sun.

We are living in the early morning sun and some of us are living in the heat of the day. We may be holding on to the shoots, but our root system has not been given the time and space it need. This only comes through a growing relationship with God. We know that we are grounded through salvation, but the question is “are we really rooted in faith” or is our relationship trying to survive through the shoots. It is amazing to me that we can trust God for our eternity, but not for our day to day needs.
Our root system is not determined by how many years we attended church or how many committees we were involved with. Our root system is determined by how much time we spend with God in honest prayer and vulnerable meditation. Without these components, “root – rot” is inevitable. Like a plant, our faith, our spiritual strength can be suppressed and our spiritual growth restricted. Now is the time to take an honest look at ourselves. God already knows where, what and who we are. Now is the time to be open to hearing God’s still small voice speak. As he reveals to you what HE wants to say it may not be what you want to hear, it might be what you never expected to hear.

We are all a work in progress. We are not a completed project waiting to be recognized and utilized. God wants to use each of us in ways we don’t expect, but he needs to prepare us, chip away the dead branches by pruning all that is not useful and poses a threat in our journey. God has a plan for each of us. We are never too old for His plan. He calls us to be fruitful, but our roots must be run deep into the knowledge, love, trust and guidance of the Father. Take this time to grow deeper roots and allow God to cocoon you in not only His love, but his will for your life. How deep do your roots go? Don’t be afraid to find out! You just might be surprised by all God wants to share. Will you take the time to not just hear his voice, but listen to what He has to say and then trust Him to guide you in every way!

Your servant in Christ!
Pastor Marcia

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**Flower Sale**

34th Street Farm & Garden Center has offered all residents a 20% discount on select flowers. Volunteer shoppers will deliver flowers to The Shores on **Thursday 5/7 & Friday 5/8**. Please contact Michele Musto for further details 609-391-6321.
A Message from the Foundation

An Impact Update

During the last fiscal year (July 1, 2018 – June 30, 2019), 958 members of the wider UMC family made a difference through their donations to the UMC Foundation. The graphic below shows where these donors directed their support.

Here are a few examples of how your generosity continues to impact older adults:

- 38 residents benefit from Gift of Care Circle support
- 9 Senior Space sites provide social interaction, learning, art, and wellness experiences
- $48,000 in designated trust income aids HomeWorks, helping their team members provide high quality home health care and companionship to seniors

Each contribution makes an impact, supporting UMC’s mission of compassionately serving in community so that all are free to choose abundant life. Thank you!

HAPPY BIRTHDAY

to our residents celebrating a May birthday!

5/2 Peter Barunas 5/3 Sylvia Erb
5/3 Orvis Leopardi 5/6 Cass Pollakis
5/9 Elsie DiNicola 5/12 Jeannette Biletta
5/14 Valerie Ksansnak 5/15 Lois Parry
5/18 Judy Snow 5/22 Gloria Becker
5/22 Elizabeth Rathblott 5/23 Pat Angstadt
5/24 Eva Gifford 5/27 George Yocum
5/28 Merion Perfect 5/30 Shirley Halbruner
5/30 Mildred Howe
Keeping our sunny side up!

Another fierce warning to COVID-19, a reminder to wear your mask for safety and A Guidebook to Quarantine from an OCHS Key Club member.
Keeping our sunny side up!

Blessings and **Happy 65th Anniversary** to residents, Shirley and Larry! Their family surprised them by lovingly decorating their patio.

Resident, Leona receives a tender message from her granddaughter.

Mary Kate taking good care of Melly! “Thanks for the umbrella Mom!”
How To Stay Healthy at Home During the Coronavirus Lockdown

By Karen Cooper, Exercise Physiologist at The Shores
Excerpts taken from article in EcoWatch Magazine, March 29, 2020

At unsettling times like the coronavirus outbreak, it might feel like things are very much out of your control. Most routines have been thrown into disarray, but there are still lots of things you can do – aside from social distancing and washing your hands with soap – to protect your health and wellness.

**Eating Well:** Without a vaccine, none of us can entirely eliminate our risk of contracting coronavirus. And experts say that’s still 18 to 24 months away…But eating as healthily as possible is important not only for our physical health, but also for our psychological wellbeing, too. A healthy diet has been shown to reduce our risk of chronic illnesses such as cardiovascular disease, diabetes and obesity, as well as depression and anxiety.

**Sleeping Soundly:** Sleep is essential for our bodies to repair cells, clear toxins and process information. There’s good information that sleep deprivation can have major impacts on our health – negatively impacting our psychological wellbeing, concentration and even our emotional intelligence. It can also increase our risk of developing chronic health conditions. Just like our schedules for eating, working and exercising, it’s important to sustain a regular sleep schedule. Aim for between 6-9 hours a night.

**Exercising Enough:** Exercise releases chemicals in the body that make us feel good. It’s been linked to better sleep, reduced stress and anxiety, and improved memory and cognition. The World Health Organization (WHO) recommends moderate movement for 30 minutes per day. You can even break that up into 10 minute sections several times per day. Just be careful not to exercise if you have flu-like symptoms, or if you feel exhausted.

**Social Connection:** Now more than ever, we need our friends. Evidence supports that social connectedness is as important for our health as diet, movement and sleep. And not all social interactions have to be face-to-face to be meaningful. Try recreating them through video calls like Zoom or Google Hangouts. Think of it as being distantly social.

**Keeping yourself healthy can be the one thing that you can be in control of at this time. Do your best to control what you can!**
The Giving Corner

We continue to be blessed with an abundance of thoughtful contributions and kind support from our community. Our friends at Jilly’s Candy, Artisan Body Products and Johnson’s Popcorn donated special treats for our associates and residents while volunteers and friends continue to shower us with goodness!
The Giving Corner continued...
Volunteer Appreciation Week
We acknowledge each and every one of our kindhearted volunteers during National Volunteer Appreciation Week! We truly miss their smiles and look forward to the day when we can safely invite them back to our community.
Please note these pictures were taken prior to the restrictions.
Kindness Surrounds Us
By Susan C. Slaninka, Volunteer

There is no question these days are challenging as we enter into yet another month of isolation and social distancing. The number of positive COVID-19 cases in New Jersey is staggering and it’s hard to imagine the loss experienced by so many. And yet in the midst of this pandemic, I am struck by the huge number of acts of kindness we are seeing every day. Bob Kerrey is quoted as saying, “Unexpected kindness is the most powerful, least costly, and most underrated agent of change.”

Thousands of folks are sewing masks every day as Governor Murphy has indicated the guideline that everyone in New Jersey wear a mask. Kind people are donating material and elastic to those who have the talent of sewing. Masks are being donated to hospitals, nursing homes, grocery stores, home health agencies, etc.

Who can ever forget the people in New York City and other cities who have decided to give a huge round of cheers and applause each night at 7pm for the essential workers on the front lines: physicians, nurses, respiratory therapists, lab technicians, housekeeping, food service, sanitation, etc. The kindness they exhibit is overwhelming; bringing tears to anyone who sees this.

Teachers are missing their students and yes, students are missing their teachers too. Many teachers have gone the extra mile to participate in a parade of cars as they wave and say hello to students as they pass each house in the neighborhoods. This small act of kindness makes all the difference in the world to these children.

Churches and other relief organizations are providing food for those who have lost their jobs and need to continue to feed their families. St. Peter’s United Methodist Church in cooperation with OCNJ Cares is just one of many churches helping out in this important relief effort. Feel free to donate food to help out.

If you haven’t seen the YouTube video of people singing on their balconies in Italy, please take the time to do that. Music is a gift of kindness we can all share and the joy on the faces of the people in that country is inspiring. A wonderful find on YouTube is the show “Some Good News (SGN)” created by John Krasinski. What a gift of kindness these shows are at a time when the real news is so sad. SGN is filled with examples of acts of kindness and is a pleasure to watch.

Kindness is a gift to us all. Be kind to one another each day. As John Wesley said, “Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.”
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Smile - *sombunny* loves you!